



Summer Cycling Series Rides: Intermediate +

Date	Type	Route	Meeting Point
12-June	Road	Buffalo Mills Loop: 25.79 mi. Buffalo Mills Manns choice in Buffalo Mills, PA Bike Map MapMyRIDE	Ride departs from Buffalo Mills Post Office at 2 PM.
31-July	Road	Bedford Springs Brunch: 60+ miles Out and Back	Ride departs Naves Crossroad Park and Ride at 10 AM
14-Aug	Road	Deep Creek Lake Lunch Ride: 43.14 mi. i-68 exit 22 Valero to Deep Creek Lake in Grantsville, MD Bike Map Map-MyRIDE	Ride departs Valero Station 10 AM off Rt 68
11-Sept	Road	Berlin to Somerset: Flight 93 Memorial Ride: 26 miles (Longer option available from Finzel)	Ride departs from Berlin at 11AM

DETAILS

When: One Sunday a month June - September

Departure Times: Varies (see ride meeting point info)

Rides: Routes are hilly and range in length from 20-60+ miles. Riders must be comfortable riding on roads.

Bring: Helmet, bike, water, and nourishment.

Other: Riders must wear a helmet and complete a ride form.

For more information: 301-729-2275 (or 301-707-8682 on ride day)





2011 Summer Cycling Series Rides: Beginner

Date	Type	Meeting Point	Goal
June 1	Great Allegheny Passage	Western Maryland Train Station Fountain	Toward Cash Valley Road
June 8	Great Allegheny Passage	Western Maryland Train Station Fountain	Toward Cash Valley Road
June 15	C&O Canal	Western Maryland Train Station Fountain	Toward Spring Gap
June 22	Great Allegheny Passage	Cash Valley Road	Toward Frostburg
June 29	Great Allegheny Passage	Cash Valley Road	Toward Frostburg
July 6	C&O Canal	Spring Gap	Toward Oldtown
July 13	Great Allegheny Passage	Frostburg Trail Parking Lot	Toward Eastern Continental Divide
July 20	Great Allegheny Passage	Frostburg Trail Parking Lot	Toward Eastern Continental Divide
July 27	C&O Canal	Oldtown	Toward PawPaw
Aug 3	Great Allegheny Passage	Frostburg Trail Parking Lot	Toward Cash Valley Road
Aug 10	Great Allegheny Passage	Frostburg Trail Parking Lot	Toward Cash Valley Road
Aug 17	C&O Canal	Western Maryland Train Station Fountain	Toward Oldtown
*Aug 24	Great Allegheny Passage	Western Maryland Train Station Fountain	Toward Frostburg
*Aug 31	Great Allegheny Passage	Western Maryland Train Station Fountain	Toward Eastern Continental Divide

Rides Begin at 5:30 PM from designated meeting point

* Earlier starting time of 4:30 PM