



The Spokesman

NEWSLETTER OF THE HARRISBURG BICYCLE CLUB OCTOBER, 2019

President's Corner....

All HBC Members

On the 15th Of October, we will be having the end of the year membership meeting at the Giant Center located at 2300 Linglestown Rd starting at 6:30 for Social time, 7:00 for the meeting. We have a great agenda planned and hope that the date allows you to attend. The Schedule for this Meeting is being worked on now, so if you have a particular item you want to be discussed or you need more information on, please e-mail me. This meeting will provide to the members a brief summary of where we are and the outlook for the future from the Operation Committee and Chairperson's that currently, play a role in the daily and yearly operations of the club. Also, the election of Officers will be voted on for the upcoming year.

1. Grant Program: Harrisburg Bicycle Club started a Grant program, to help different community programs that promote Cycling. The Grant Program is currently being operated by the Operations Committee. My concern is that this program has not been incorporated into the By-Laws that govern our club. So, at the meeting in October, we will be discussing this program with the members. In January, we will vote on whether the program stays or is eliminated. If voted to continue, we will draft the new language and vote on that language in February for incorporation into the By-Laws.
2. Spring Fling: We will have two Spring Flings this year. Howard Ross as you know if you follow facebook has been working on a trip to the 1000 Islands in May of 2020. We originally had two entries one to Bethany again, and one to 1000 Islands. The Bethany trip was pulled by the contestant that submitted it. So, the winner automatically became the 1000 Islands. Then we received two more entries. They are Lewes, DE, Chestertown, MD, and Charlottesville, VA. So, the vote is now between Bethany Beach (resubmitted), Lewes, Chestertown, and Charlottesville. This event will happen in April. Details will be presented at the Members Meeting in October.
3. Spokesman: Larry Wasser has accepted the role of Spokesman editor. December is anticipated as his first issue.
4. Service before Self Award: Please get your nominations in for this reward as soon as possible. Please show your support for the members that constantly volunteer to make this club work. Deadline is October 1st. Please submit to Chris Wright at cjwright1919@gmail.com Remember a brief description of why you feel your nominee should receive this reward is required. This is one of the ways our club recognizes volunteers that give so much to our organization. **Your nomination is important.**
5. The year 2020 Membership Meetings will be the 8th of January, February 12th, March 11th. More information to follow about guest Speakers and time and location.
6. Banquet: This is always a great time!!! November 16th at the Radisson Hotel in Camphill we will be celebrating another great year as a club. This year more gifts and surprises than ever. Starts at 5:30 and we already are filling the seats, so please get your registration in as soon as possible. The Schedule and Registration with all the details are currently on our Web site. See you there.
7. Volunteering: As always this becomes a bigger issue every year. The Club continues to grow, as well as our events. Remember, **This is your Club** and to continue to move it forward, does take a lot of work. So, as the workload gets heavier, more volunteers are always needed. So, I ask every member when the call goes out, that volunteers are needed, seriously look and see how you can pitch in, even if only for a few hours. Thank You!

Glenn Wareham

HBC President

717-730-5577 - Direct, 717-979-3019 – Cell

gwareham@aol.com



You're invited to join us for the:
Harrisburg Bicycle Club
Annual Banquet
Saturday, November 16, 2019

The Radisson Hotel Ballroom
1150 Camp Hill Bypass, Camp Hill, PA

Send in your Registration Form today and plan to join us for a great time!

[The Radisson Hotel Camp Hill](#)

[Directions to The Radisson Hotel](#)

Social Hour will begin at 5:30 pm with appetizers, cash bar, the HBC Year in Review slide show and ice breaker game. ***Dinner will start at 6:30 pm.***

Our customized menu for The Radisson's Dinner Buffet and Desserts is coming!

Menu:	Tossed Garden Salad with House Dressing / Assorted Freshly Baked Rolls with Butter
Entrees:	Braised Beef Tips Chicken Palermo - 5oz. Baked Chicken Breast Topped with House Made Fresh Bruschetta, Loaded with Tomatoes, Basil, Garlic and Finished with Melted Provolone Cheese Pasta Primavera - Pasta tossed with Seasonal Vegetables, Garlic, Olive Oil, and Herbs
Side Dishes:	Roasted Garlic Mashed Potatoes and Seasonal Vegetable Medley
Desserts:	Freshly Brewed Regular and Decaffeinated Coffees, Selection of Tazo Teas, and Iced Tea New York Style Cheesecake - Chocolate Triple Layer Cake - Apple Pie

Win GREAT door prizes from local bike shops and restaurants!!

We will recognize HBC Volunteers, Special Event Chairpersons, Committee Chairs and our HBC Ops Committee. Ride Leaders and Sweeps will receive well deserved gifts and awards. HBC President, Glenn Wareham will present the prestigious "Service Before Self Award."

Over 60 Door Prizes will be available from local bike shops and restaurants along with special "Just for Fun" Gifts that HBC Members nominate members as winners!

The evening will conclude with an after dinner social hour.

We want your biking pictures for our slide show! Submit your pictures from this year's rides no later than Oct. 30th to Dave Gorski (timebandit1950@yahoo.com) with a brief description about the photo and you could be a star!

The special price for HBC members is \$28.00 **RIDE LEADERS:** If you've taken the ride leader training this year or last, and have led 5 rides this year with submitted ride reports, your admission is **FREE (a registration form must still be submitted).**

The cost for non-HBC member guests is \$40.

The Registration Form can be downloaded from the HBC website.

Make your plans now to join us.

The deadline for registration and receipt of payment is Saturday, November 9th.

HBC Annual Banquet Registration Form

**Saturday,
November 16, 2019**

**The Radisson Hotel
Ballroom
Conference Center Entrance
1150 Camp Hill Bypass
Camp Hill, PA**



Banquet Schedule:

5:30 – 6:30 PM	Check in, Social Hour, Year in Review Slide Show, Ice Breaker Game
6:30 – 8:30 PM	Buffet Dinner and Desserts
7:30 – 9:00 PM	Awards, Recognitions, Door Prizes, Awarding of the Service Before Self Award
9:00 – 10:00 PM	After Dinner Social Hour

Banquet registration and payment must be received by Saturday, November 9, 2019

Please mail your check (payable to Harrisburg Bicycle Club) and registration form to:

Ann M Hammond
112 Pickett Road
Dover, PA 17315

Name(s):			
Phone:		Email:	
Number of Banquet Tickets:		Total Members @ \$28 Each=	\$
Number of Banquet Tickets:		Total Non-members @ \$40 Each=	\$
Total Amount of Enclosed Check Payment=			\$

_____ I am a ride leader who attended the HBC ride leaders training and have led 5 or more rides during the 2018 ride year and completed ride reports for at least 5 rides - per the Ride Leader guidelines. Please waive the \$28 price for my ticket.

_____ I prefer a Vegan or Vegetarian meal and will contact Sue Casto to reserve by 11/9/2019.

Questions? Please contact Sue Casto @ 717-891-6348 / susan.casto14@gmail.com



“JUST FOR FUN” AWARDS

Nominate HBC Members for these “fun” awards at the October General Membership Meeting or email Sue Casto with nominations at susan.casto14@gmail.com by October 20th, 2019.

Prizes to be awarded at the HBC Annual Banquet on Saturday, November 16th, 2019
Radisson Hotel Ballroom, Conference Center Entrance, Camp Hill Bypass, Camp Hill, PA

Nominate an HBC Member to receive the "Just for Fun Awards" Nominations must include which award you are nominating them for and a paragraph stating why you think the HBC member deserves the award.
Best Cycling Spouse Award
Best Non Cyclist or does Minimal Riding
2019 Bounce Back Rider – A member who bounced back from something to keep on riding.
Early Morning Rider
Cleanest Bike
Still Riding Strong after all these years
Most Improved Cyclist
Served on the Ops Committee for years
Financial Wizard of HBC
Biggest Cookie Award
Street Artists
Best New Member Rider
Best New Ride Leader
Best New HBC Volunteer
HBC Member with the most flats
HBC Member always willing to lend a hand with others mechanical problems
Do you have an idea for a Just for Fun award? Write it in here!



Membership Meeting Tuesday, October 15th – 6:30pm

We will be having the end of the year membership meeting at the Giant Center located at 2300 Linglestown Rd starting at 6:30 for Social time, 7:00 for the meeting.

Election of Officers will be voted on for the upcoming year. The following is a list of those volunteers.

Elected positions Approved by Operations Committee

President	Glenn Wareham
Past President	Susan Casto
VP 1	Susan Tussey
VP2	Felix Thau
VP3	Cindy Gorski
Treasurer	Howard Davison
Secretary	Alicia Reigel
Alternate	Jill Bradley

New Chairperson positions that will be a change for 2020. (Not elected positions)

Volunteering and Nominating	Lou Searles
Ride Leader Training	Chris Wright



NEW! Other Special Rides Forum (Email List)

Just created is a new forum category called Other Special Rides. Leaders can post on this forum when they plan a unique, non-regular HBC ride. This does not include HBC Events like the Fall Tour, Spring Fling or Finger Lakes to name a few. It might be a special HBC ride in Washington D.C. to see the cherry blossoms or out in Shepherdstown VA. It may also include special HBC rides around the area like the Apple Butter Boil, etc.

Unique to this forum ONLY is the ability for leaders to post on this AND their traditional email forum. For example, the Silver Spokes or West Shore Weekend group may post they are riding in Washington D.C. on their regular forum AND they may post on this forum to inform members interested in different rides but do not want to receive regular Silver Spokes or WSW ride emails.

You must sign up to receive these emails. Sign in to the HBC website and go to your profile. Under Personal Info, click onto Additional Member Data. Scroll down to find "Other Special Rides" and subscribe to it.

The Coordinator for these rides is Cindy Gorski. If you wish to be approved to post rides on this forum you must be a trained and approved HBC ride leader. For more information contact Cindy Gorski.



To have an article or photo included in the Spokesman, send it to:
editor@harrisburgbicycleclub.org
by the 20th of the preceding month.

Three Creek Century

2019 Three Creek Century Report

by Rebecca Bausinger, Century Chair

HBC Three Creek Century had a record-breaking year, with 709 registrants. 72 more than last year! We had participants from all across the New England and Mid-

Atlantic region. Long-time riders and first-time riders expressed a great experience to the volunteers, who enjoyed the Century this year, remarking on the terrific food, helpful volunteers, and scenic, well-marked routes (King's Gap pictured here).

Our many HBC Volunteers deserve all the credit for a job well done as the Century would not have been successful without them. It really takes the support of almost the whole club. Our willing volunteers pitched in wherever needed, sometimes spending almost the whole day, even flexibly joining last minute or changing shifts (THANK YOU!), serving up soup (Lois Young and Susan Tussey pictured here with a rider), and coming to the rescue of bikes in need of repair, (shout-outs to the ones that I am aware of: near-by Andrew Dapkins, who ran home to get supplies, new-time SAGGER Mike Stewart, and all-day SAGGER Chris Wright).



I especially want to thank the 2019 Century Committee Coordinators who did an outstanding job of ensuring the event went off almost seamlessly for the riders:

Marilyn Chastek – Public Relations
Ann Hammond – Head of Registration and T-shirt organization
Dick Norford – Parking
Terry Drachbar – Routes
Ken Frohnherth - SAG
Elizabeth Lenhard - Rest Stops
Diana Bermingham – Cookies
Dave and Lois Young- Food
Steve Holland – Photograph Team
Howard Ross – Jack of all trades
Howard Davison- HBC OPS Committee Liaison

We also thank the following organizations for their contributions to the Century:

Donegal Insurance Group
Wegmans
Giant Foods
Karns Foods
Recycle Bicycle, the Pedal Pusher and Cole's Bicycles for providing the repair stations.
Bicycle Outfitters
IV Hydration



For lots of great photos of the event and participants, see HBC's Facebook page
<https://www.facebook.com/fabulousbikerides/>

We expect it to be another astounding fundraising event for the club's net income, thanks to Donegal Insurance Group, our sole sponsor, and the large number of registrants. Stay tuned for a final financial total.

Save the date for the next Century: September 20, 2019



2019 Service Before Self Award Nominations Now Open! Deadline: October 1, 2019

The HBC Operations Committee is now accepting nominations for the 2019 Service Before Self Award. This award was established in 2000 to recognize individuals who distinguish themselves by dedicating significant time and effort to the success of the club.

Past recipients of the award have been:

2000	Mary Lott	2010	Mike Prestosh
2001	Carole Rockland	2011	Michael Floyd
2002	Marilyn Chastek	2012	Rick Nevins
2003	John Donoughe	2013	Dave Young
2004	Owen Moore	2014	Bill Wierman
2005	Mark Riordan	2015	Jeff Hoch
2006	Cindy Hoehn	2016	Cindy Gorski
2007	Bill Pickering	2017	Larry Riley
2008	Ross Willard	2018	Sharon Brumbaugh

Please send your nominations to Glenn Wareham at president@harrisburgbicycleclub.org with your reasons why your nominee deserves this award. Provide as much background information as you can about their service to HBC to ensure that they receive full consideration. Nomination deadline is October 1, 2019.

The award will be presented at the HBC Banquet in November. Beginning with this award in 2019 the Operations Committee has decided that previous winners are still eligible for the award. Current HBC officers are not eligible and HBC membership is required for all nominees.



The latest round of the HATS Regional Bicycle and Pedestrian Count Program is here. We appreciate the help we've gotten for this effort over the years. The data collected has been used in studies and analyses throughout the region, such as the Camp Hill to Capital Corridor study and the Route 39 Corridor study. This effort depends on the help of people like you, and be assured it is greatly appreciated. As always, please feel free to post the following information (and links) to any social media or website of a group you think would be interested in participating. You can also get it touch with me, and I can reach out directly. All the information and links necessary to help can be found at [TCRPC's Bike/Ped Planning Page](#)

The Fall 2019 HATS Regional Bicycle and Pedestrian Counts will take place during the following dates and times:

Sunday, October 6, 12:00 pm - 2:00 pm

Wednesday, October 9, 4:00 pm - 6:00 pm

Saturday, October 12, 12:00 pm - 2:00 pm

Tuesday, October 8, 4:00 pm - 6:00 pm

Thursday, October 10, 4:00 pm - 6:00 pm

The counts are being done as part of the National Bicycle and Pedestrian Documentation project.

To perform the counts:

Print out the counting form and bring other necessary items (pen/pencil, timer, etc).

Arrive at your designated location approximately 15 minutes before you are to begin counting.

Find a spot from which you can best view the entire intersection.

Count and record cyclists, pedestrians, and "others" (skateboarders, roller-bladers) as they enter the intersection on the form in 15 minute increments.

When finished, simply scan or photograph the completed count form and email it to

HATSBikePedCounts@gmail.com.

Andrew Bomberger, P: 717-234-2639 | F: 717-234-4058



Christine Mummert

Christine, of Lititz, was involved in a bicycle accident and succumbed to her injuries on Sunday, September 8. Christine loved to stay physically active through cycling, skiing, walking and dancing. She was a member of the Harrisburg Bike Club, the Kick and Gliders Cross Country Ski Club, and the Tap Pups dance group. She and her husband annually took ski trips in the western U.S., explored the world through bicycle tours, and frequently walked together.

Police said she hit the passenger side of a vehicle that was trying to turn left on South Broad Street. Both drivers had a green light.

“Allow 4 Feet - It’s the Law” Lawn Signs Available Now!

These bright yellow signs help send an important message and are also useful for helping your friends find your house! They are only \$8 each. Arrangements for purchase can be made by contacting Marilyn Chastek at 717-798-4537 or mchastek2009@gmail.com



Share the Road

To obtain a plate from PennDOT, web search Pennsylvania Share the Road plate. You will find a link to form MV-917. Cost is a one time \$40 fee for a new plate and registration card. Annual renewal date and fees do not change. This is made possible by the Bicycle Access Council.

Advocacy: It's not a ride but an email list that is open to any member.

It can be used to share time relevant information about pending legislation, community bicycling projects, trail updates, relevant public meetings and bicycle advocacy events.

"To get Advocacy updates, subscribe to the Advocacy Forum on the HBC website."



Regular Rides.....

A typical listing for a typical riding week over summer.

Before you go: **ALWAYS** check the website for last minute location changes or weather cancellations.
email rides **DO NOT** always run as shown. Sign up to receive these emails.

Mondays:

Hershey C	6:00pm	Briarcrest Square
Hershey C+	6:00pm	Briarcrest Square
Hershey B	6:00pm	Briarcrest Square
Hershey B+	6:00pm	Briarcrest Square

Tuesdays:

East Shore Tuesday C (email Ride)	6:00pm	Varies, email notification
Friendship Park D	6:00pm	Upper Allen Friendship Park
Friendship Park C	6:00pm	Upper Allen Friendship Park
Friendship Park C+	6:00pm	Upper Allen Friendship Park
Linglestown (Kellytron) A	6:00pm	Aster Drive, Harrisburg
Hershey A	5:30pm	Briarcrest Square

Wednesdays:

Silver Spokes (email Ride)	Varies	Varies, email notification
Hershey B+	5:30pm	Briarcrest Square
Camp Hill D	6:00pm	Camp Hill Borough Office

Thursdays:

Carlisle Area C (email Ride)	6:00pm	Carlisle Commons Regal Theater
Hershey C	6:00pm	Briarcrest Square
Hershey C+	6:00pm	Briarcrest Square
Hershey B	6:00pm	Briarcrest Square
Hershey A	6:00pm	Briarcrest Square
Friendship Park C	6:00pm	Upper Allen Friendship Park
Friendship Park C+	6:00pm	Upper Allen Friendship Park
Linglestown (Kellytron) A	6:00pm	Kellytron, Aster Drive

Fridays:

Friday Night Social (email Ride)	6:15pm	Varies, check website and email
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Saturdays:

Linglestown A	10:00am	Kellytron, Aster Drive
Saturday Morning D+ (email Ride)	Varies	Old Grantville Restaurant parking lot
Saturday Morning C+ (email Ride)	Varies	Old Grantville Restaurant parking lot
EZC (email Ride)	9:00am	Old Grantville Restaurant parking lot
Mechanicsburg HS C	1:00pm	Mechanicsburg High School

Sundays:

Owen's Sunday Social D	7:15am	City Island
Carlisle Action C+	10:00am	K-Mart, Walnut Bottom Road
First Sunday Greenbelt	1:00pm	Parking lot behind City Line Diner
Learning to Linger (email Ride)	1:00pm	Negley Park
Mechanicsburg HS C	1:30pm	Mechanicsburg High School

Before you go: **ALWAYS** check the website for last minute location changes or weather cancellations.
email rides **DO NOT** always run as shown. Sign up to receive these emails.



The Harrisburg Bicycle Club Forums are a great way to communicate ad-hoc or short notice ride events. They also provide a way for ride leaders or coordinators to share information about planned routes and for ride cancellations.

NOTE: to subscribe to one of these lists follow the instructions at the bottom of this page. **You will be unable to receive from the list unless you are subscribed.** The Forum Moderator can add you so that you may post to the forum (Ride Leader). You need to contact the Forum Ride Coordinator to have yourself added.

The following are the "Email only" ride lists (E.R). These are rides that are scheduled on an ad-hoc basis and are generally NOT published on the website calendar. When you post to the Forum associated with the ride, every member that is subscribed to the Forum will receive an email from you regarding the information you posted. Go to with Club Information or Ride Information on the website and click on Forums to find the associated Forum for the below rides:

1. **Learn to Linger (Learning to Linger Email Ride Forum):** These rides are for those interested in a more leisurely pace and are scheduled in an ad-hoc fashion. The pace runs D to D plus (8-12 mph), with distances 8 – 25 miles. Check the notice for leader name, exact pace and distance.
2. **Silver Spokes (Silver Spokes Email Ride Forum):** The Silver Spokes are a group of bicyclists who ride on Wednesdays. All are members of Harrisburg Bicycle Club and most are retired, hence a ride scheduled during the day. They schedule rides of 25 to 45 miles most of the year, and keep the pace to 12-14 mph. In keeping with HBC tradition, they often have lunch together after the rides.
3. **West Shore Weekends (West Shore Weekends Email Ride Forum):** These rides are scheduled on the West Shore and have an average pace of around 12-15 mph. They are usually around 50 to 100 miles and stress the Joy of Riding verses training, how high can we climb and how fast can we go. They feature multiple starting points when possible, for various mileages on the same ride. They run year round with lower mileages in the colder months. They aren't necessarily every week, but instead scheduled when someone has the time to plan and lead a ride. There are occasional rides at remote starts. Cindy Gorski is the coordinator. Rides usually start from Joe Carr Field which is located next to the Monroe Township Building located at 1220 Boiling Springs Road, Mechanicsburg, PA 17055.
4. **Saturday Morning Rides (Saturday Morning Social C and Saturday Morning C+ Email Ride Forums):** The Saturday Morning Social C and the Saturday Morning C+ rides are now going to be e-mail rides. Chris Wright is now the coordinator for the Saturday Morning Social C and Robert Martin will coordinate the Saturday Morning C+ ride.
5. **Carlisle Area C Rides (Carlisle Area C Email Ride Forum):** The Carlisle Area C rides will normally ride on most (but not all) Thursdays at 6 PM, leaving from the Carlisle Commons Regal Theater parking lot off Noble Blvd in Carlisle. They may also ride occasionally on Tuesdays. The goal of these rides are to get cyclists who are unaccustomed to group riding comfortable riding in a group. The pace is a casual C (10 – 13 mph) with distances generally 15 – 30 miles. Stops are every 10 - 15 miles, more if necessary. No one will be dropped.
2. **Friday Night Social (Friday Night Email Ride Forum):** The Friday Night Socials are held throughout the core cycling system as scheduled. NOTE: they are not held every Friday, depending upon availability of Ride Leaders. Join this Forum list and check the website to receive the most up-to-date information. When held, these are typically casual, relatively short (10-15 mile) rides followed by dinner at a restaurant in the area (location varies).
3. **EZ-C (EZ-C Email Ride Forum):** An EZ-C ride is available for the novice, veteran or someone who just doesn't want to ride fast or extreme distances. Ride will typically take place Saturday Mornings at 9 AM. Notification of scheduled rides is through e-mail and cancellations are by 8 AM the morning of the ride. Veteran ride leaders will lead the rides and assist in group riding and any breakdowns. Breaks will be frequent and as necessary with no one left behind. You need to go to the HBC Website and sign-up for the EZ-C Forum to receive notifications or cancellations of the ride.

4. **Mary's Meanderings D Ride (Mary's Meandering Email Ride Forum):** Saturday or Sunday "ad hoc" social rides (not EVERY week) in which we carpool/caravan to a trail/route outside the immediate metropolitan Harrisburg area or have weekend camping/biking adventures. Travel to venues will range from 45 minutes to 3 hours away.
5. **Family Rides:** These rides will be geared toward families looking for a safe environment for riding, such as trails and quiet residential streets. Location, times, ride distance and pace can vary.
6. **Saturday Morning D+ Ride (Saturday Morning D+ Email Ride Forum):** These social rides are D Plus (9-11mph) and typically approximately 15-20 miles in distance. Rides usually leave from the Grantville area, though other east shore start locations are occasionally used. These rides are available for riders who don't want fast speeds or long distances. Breaks are frequent and no one gets left behind.
7. **East Shore Flex (East Shore Flex Email Ride Forum):** These social rides are email rides that allow the ride leader to select speed, distance, terrain and starting point. Subscribe to this Forum to receive an email for an upcoming ride. Who knows maybe the next upcoming ride will be exactly what you have been looking for from the club!
8. **West Shore Flex (West Shore Flex Email Ride Forum):** These social rides are email rides that allow the ride leader to select speed, distance, terrain and starting point. Subscribe to this Forum to receive an email for an upcoming ride. Who knows maybe the next upcoming ride will be exactly what you have been looking for from the club!
9. **Mount Holly Springs Ride (Mount Holly Springs Email Ride Forum):** These rides are scheduled to start and end in Mount Holly Springs and have an average pace of around 15-17 mph. C+ riders wanting to try B class rides are welcome. They will be 25-50+ miles with an elevation gain around 1000 feet for each 25 miles, follow most of the Three Creek Century Ride Courses, and are not for the hard core trainers. They may feature multiple starting points to maximize participation and overall mileage for the rider. There will be 4 rides per week; Tuesday Hills (evening at 5pm), Wednesday Easy (evening at 5pm), Thursday Moderate (evening at 5pm), and Sunday (morning 8am) being the longest ride. They will be weekly until the Three Creek Century Ride in September and then taper off depending on ride leader availability and temperature; with no rides in the dark or subfreezing temps. Andrew Dapkins is the coordinator. Rides start at Trine Memorial Park, next to Mt. Holly Spring United Methodist, and located at 300 West Pine Street, Mount Holly Springs, PA 17065.
10. **Lenker Park C+ (Lenker Park Email Ride Forum):** These B rides leave from Lenker Park usually on Tuesday evenings.

Following are the "Scheduled Regular" rides lists (S.R). These are rides that are scheduled on a regular recurring basis (such as every Monday at 6 PM, etc.):

*Of particular importance is the cancellation notice, which will automatically go to these distribution lists if the ride leader cancels a ride on the website due to weather conditions. In addition, at the discretion of the leader, additional information may sometimes be sent out in advance of the ride. **Check the website calendar for the current schedule of these and all HBC rides.** It is highly recommended that you Register for these rides via the Event Calendar by going into the Event and clicking on the Register Now Button on the RIGHT hand side of the screen. This will allow you to be notified when the Ride Leader Cancels the Ride.*

1. **Carlisle Action C+ (Carlisle Action C+ Scheduled Ride Forum):** This list is for members who are interested in information related to the Carlisle Action rides which typically are scheduled on Sunday mornings, and leave from the K-Mart in Carlisle. They are classified as C+ and usually are in the 14-15 mph range and 25-35 miles.
2. **Upper Allen C (Upper Allen Friendship Park C Scheduled Ride Forum), C+ (Upper Allen Friendship Park C+ Scheduled Ride Forum), D (Upper Allen Friendship Park D Scheduled Ride Forum) Rides:** This list is for members who are interested in information related to the rides which typically are scheduled on Tuesday and Thursday evenings, and leave from the Upper Allen Friendship Park.

3. **Mechanicsburg Weekend C (Mechanicsburg Weekend C Scheduled Ride Forum):** These rides leave from the Mechanicsburg High School on Saturday mornings and Sunday afternoons. NOTE: the Mechanicsburg HS C and Upper Allen Friendship Park C rides share a common email list.
4. **Hershey C (Hershey C Scheduled Ride Forum), C+ (Hershey C+ Scheduled Ride Forum), B (Hershey B Scheduled Ride Forum), B+ (Hershey B+ Scheduled Ride Forum) and Hershey A Scheduled Ride Forum Rides:** This list is for members who are interested in information related to the rides which typically are scheduled on Monday and Thursday evenings, and leave from the Briarcrest Square in Hershey.
5. **Linglestown Kellytron Rides (Linglestown Kellytron Scheduled Ride Forum):** These are "Fast" A rides leaving from Linglestown Tuesdays, Thursdays and Saturdays.
6. **Owen's Sunday Morning Socials (Owen's Sunday Sociable D Scheduled Ride Forum):** These Sunday Morning rides start at City Island and usually include breakfast.
7. **Greenbelt "First Sunday" (First Sunday Greenbelt Scheduled Ride Forum):** This is a D (10 mph average speed) ride on the Harrisburg Greenbelt which takes place the first Sunday of every month.
8. **East Shore Tuesday (East Shore Tuesday Scheduled Ride Forum):** This is a C ride that will leave from various East Shore locations such as Lenker Park, Fort Hunter, etc. Please check the calendar, contact the ride leader and/or subscribe to the email distribution list to find out where the start points will occur. This ride will occur at 6pm every Tuesday throughout the Regular Ride season of April-September.
9. **Camp Hill D (Camp Hill D Scheduled Ride Forum):** This is a D ride that will leave from the parking lot across the street from the Camp Hill Borough Building on Wednesday evenings at 6pm. The ride will occur from April through October. Depending on the level of the riders we have options. If the riders are not too confident yet we can stay within Camp Hill and zig and zag around. If the riders are more accomplished, we can cross the Bypass and go into Hampden, or continue South into New Cumberland, or continue into other municipalities around the area.

NEW: We now have an "Advocacy" list (Advocacy Forum) that will be used to share advocacy related information. This list is open to any member to join and any member can also send to the list. Use this list as a means to share time-relevant information about pending legislation, community bicycling or recreational trail updates or events like the "Bike Month" held every May.

Note: you must be an HBC member to be added to these Forums. This ensures that our insurance coverage is in effect, and is an added benefit of being a member of the HBC!

To subscribe OR unsubscribe to one of these Forums, simply follow these steps:

1. Login to the website using your username and password. If you have forgotten your username or password, click on the "forgot My Username/Password" link below the website Login box.
2. Once you log in, click on the White Down arrow up in the Right Hand corner of the webpage by your name. Look for Profile and click on that.
3. Click on Additional Member Data under Personal Info.
4. Select the drop down box and Select "Yes" for the Forums you wish to join.
5. Scroll to the bottom of the page and click on the "Save" button.
6. That's it, you should now start receiving emails when members post into the Forums you just subscribed to.

If you lead rides and would like to add a new email distribution list, send an email to ridecaptain@harrisburgbicycleclub.org with your request.

If you have any questions, send an email to webmaster@harrisburgbicycleclub.org

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DonegalGroup.com

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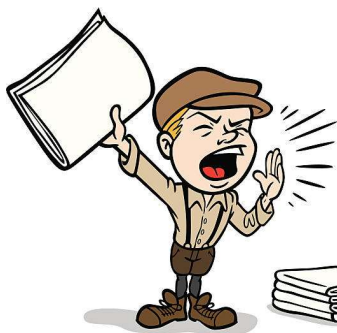
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Submissions for NOVEMBER Spokesman should be sent to editor@harrisburgbicycleclub.org by **OCTOBER 20th**

VISIT the website REGULARLY!

For announcements, registration forms, ride reports, ride leader sign up, email lists, current monthly calendar, regular and special rides, non-hbc rides, etc.

Elected Officers

Glenn Wareham	President	president@harrisburgbicycleclub.org
Sue Casto	Past President	susan.casto14@gmail.com
Christopher Wright	Vice President 1	vp1@harrisburgbicycleclub.org
Amanda Harrison	Vice President 2	vp2@harrisburgbicycleclub.org
Susan Tussey	Vice President 3	vp3@harrisburgbicycleclub.org
Alicia Riegel	Secretary	secretary@harrisburgbicycleclub.org
Howard Davison	Treasurer	treasurer@harrisburgbicycleclub.org

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Featured items include: Eurotherm Jacket, Windbuster Vest, Aero Windbreaker, Long Sleeve Jersey, Short Sleeve Jersey, Sleeveless Jersey, Cycling Socks, Arm Warmers, Leg Warmers, and Shorts & Bibs Shorts.

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The mailing address for the club is:

Harrisburg Bicycle Club
P.O. Box 182
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HBC Club Wear

The HBC club wear is high quality, hi-visibility and reasonably priced. You can get jerseys, shorts, bibs, jackets, arm and leg warmers, vests and more. Orders will be shipped directly to you soon after you place your order. Show your HBC pride and order now at

www.vomax.com/hbc



Visit our Facebook page to view lots of photos from riding and social events!



<https://www.facebook.com/pages/Harrisburg-Bicycle-Club/242294573868>

Other Events.....

For a listing of non-HBC events, check the HBC online calendar or go to

https://scu.clubexpress.com/content.aspx?page_id=22&club_id=694201&module_id=253585

Also check the HBC website under non-HBC events.

Adamstown Dirty Dozen Hill Climb Saturday, October 5th

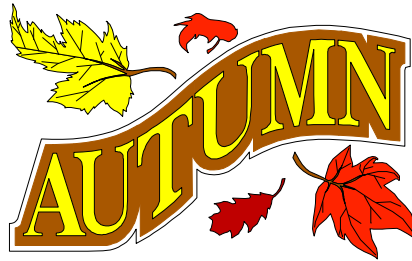
Starting in Adamstown and having 13 to 20% sloped hills with great technical descents, the route is now 68 miles with 9,967 feet of raw climb. A new double hill has been added.

Ride starts and ends at the Clock Tower at the back side lot at Stoudt's Black Angus Antiques Mall, 190 Stoudtsburg Rd., Reinholds, PA 17569

<http://www.adamstowndirtydozenhillclimb.com/>



Annual Apple Butter Boil Ride



- **When** : Saturday, October 12, 2019, 9:00 AM
- **Where** : Barner's St. John's Church, Liverpool, PA, follow Rtes. 11/15 to Liverpool (along the west banks of the Susquehanna), left turn on Rte. 17 west, and a right turn on PA 235 north (follow the Apple Butter Boil signs to the church).
- **Ride Lengths** : 25 and 50 miles
- **Cost** : No fee for rides but there is a charge if you would like to attend the all-you-can-eat Pennsylvania Family Style Dinner (Cue sheets and maps supplied)

Celebrate the end of the 2019 riding season by joining the Harrisburg Bicycle Club and the St. John's Lutheran Church by riding through the rolling terrain of Perry and Juniata Counties of Central Pennsylvania. This **no frills** event will have maps and cue sheets, but there are no sags, official stops, nor road markings.

Before or after the ride, see and learn how **apple butter**, a Pennsylvania tradition, is made. Don't forget to purchase freshly made **apple butter**.

No Frills "End-Of-The-Season" Ride



Recycle Bicycle Harrisburg added 9 new photos to the album: Farewell Atlas Street.

September 18 at 5:48 PM · 🌐

Today, 9-17-19, we finished loading the trailers and cleaning up 5 years of stuff! The Atlas Street building is ready for it's new owner. A special THANK YOU to all the volunteers who helped with this incredible move. Stay tuned for our pop-up repair sites and hopefully a new building location!



Farewell Atlas Street
9 Photos



Help **Recycle Bicycle** to purchase a new home to house their outreach, safety, "earn a bike", and other shop operations. They need \$150,000 to purchase a building with HVAC, electric, bathrooms and safe off-street parking to support their block parties, bike training and repairing, and bike rodeos for the many children they assist.

Send a check to: Recycle Bicycle Harrisburg, Inc
c/o Ross Willard
6 Creekside Drive
Enola, PA 17025

or online by credit card at <http://recyclebicycleharrisburg.org/donate/>

HELP US DO MORE OF THIS KIND OF THING, DONATE TO HELP US GET A NEW BUILDING!