

Buddy Ride Schedule – revised 4/20/10
TNT Summer Season Tahoe and STP

Go Team! Here's the buddy ride schedule for the TNT summer cycling season. Please call/e-mail the ride organizer if you plan to join the ride and call if you're running late for any reason.

Tuesdays

- **Laytonsville, MD** – Joan Davis ride organizer (c 301-602-6097, jed213@gmail.com)
Time: Meet at 5:00p, ride out at 5:15p
Address: Laytons Village Shopping Center on Rt. 108 across from Stadler's Nursery, 6830 Olney-Laytonsville Rd., park by post office, bathroom in 7-Eleven
Ride info: 2-3 hrs (20-32 miles) pending avail sunlight, dinner option afterwards.
- **Burke, VA** – Terre Simpson ride organizer (c 703-403-6015, terremary@gmail.com)
Time: Meet at 12:15 pm, ride out at 12:30 pm
Address: Burke Lake Park, park at far end of train/mini-golf parking lot, near amphitheater
Ride info: Up to 20 miles.
- **Vienna, VA** – Jared Parker ride organizer (c 703-424-4578, parker.w.jared@gmail.com)
Time: Meet at 5:45p, ride out at 6p
Address: Meet at Spokes, etc., parking lot, 224 Maple Avenue East, Vienna, VA
Ride info: Ride on WOD trail, 20 miles, sunlight permitting.
- **Bethesda, MD** – John Huntzinger ride organizer (c 202 821 9653, jehuntzingeriii@comcast.net)
Time: Ride out at 6pm
Address: Meet at parking lot at the top of the Capital Crescent trail
Ride info: Ride on trail for first few weeks, then switch to a 20 mile loop, sunlight permitting.

Wednesdays

- **Rockville, MD** – Lisa Fadden ride organizer (c 301-873-1498, lfadden13@hotmail.com)
Time: Meet at 5:45p, ride out at 6:00p
Address: Universities at Shady Grove, 9630 Gudelsky Dr., Rockville, corner of Darnestown and Shady Grove Road. Meet in overflow parking lot.
Ride info:
- **Vienna, VA** –Patty and David Natoli ride organizers (Patty 703-798-1567, patricia.natoli@verizon.net and David c 703-593-3283, dnatoli@verizon.net)
Time: Meet at 5:45p, ride out at 6p
Address: Vienna Caboose Parking Lot
Ride info: WO&D trail
- **DC Georgetown** – Mark Frieden and Stephanie Hedeane ride organizers (Mark c 703.864.7576 mark_frieden@yahoo.com; Stephanie c 703-304-1190 sahedeane@verizon.net)
Time: Meet at 6:00p, ride out at 6:15p
Address: Meet in front of Washington Harbour, on K Street and Wisconsin Avenue below the freeway.
Ride info: Crescent Trail for first few weeks

Thursdays

- **Shirlington, VA** – Jared Parker and Karen Marston ride organizers (Jared c 703-424-4578, parker.w.jared@gmail.com; Karen c 571-643-9053, marstonrk@aol.com)
Time: Meet at 5:45p, ride out at 6:00p
Address: Meet at Bungalow Billiards parking lot, 2766 S Arlington Mill Dr
Ride info: Lake Barcroft loop, 20 miles, 2 hours.

- **Glen Echo Park, MD** - Carol Dreher organizer (c 301-221-0670, carolmalia@gmail.com)
Time: Meet at 5:45p, Ride at 6:00p.
Address: <http://www.glenechopark.org/directions.htm> Easy, free parking in a lot located just off MacArthur Boulevard at Oxford Road. Oxford Road is easy to miss, but it is across from the Glen Echo Shopping Center
Ride info: 17 to 20 miles, good hill practice.