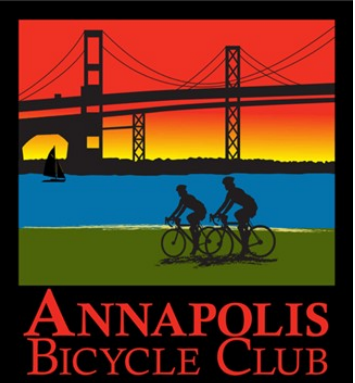


Tailwind Express

Summer 2020

The Club with a place for every pace.

annapolisbicycleclub.org



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President's Column



Greetings and happy late Spring/ early Summer!

ABC has continued to thrive and transition from winter. Our membership is growing with more than 20 new members this year so far. Many members rode solo or in small groups, all with positive results. Thanks to Rob Weintraub and Tina McDermott who hosted group rides online in Zwift which was a good way to connect during cold days and early sunsets. We can do that again on the blazing hot days coming up.

We begin our prime season with our favorite weekday and weekend rides underway with different interesting routes. We now have new Ride Coordinators, Eric Veit for local rides and Chris Higgins for out of area adventure rides, and Ride Leaders Khalil "KDog" Kods and RJ Marquette, all of whom are great additions. Recent club rides included crossing into Delaware and Pennsylvania, visiting lighthouses and state parks with awesome views, microbreweries, museums, and riding a number of paved trails locally and along the Delaware canal. It's been a thrill completing seven century rides myself so far this year and expanding the heat map with some great companionship. Now that restaurants are reopening, we look forward to starting and finishing rides at locations with good food and beverages.

A few things in particular coming up: Our Lifeline 100 coordinator John Kessler has all four rest stop captains returning this year. They will soon seek volunteers and anticipate your help. We hope that this event helps increase our membership. Members can ride the Lifeline route on another day to get the feel of the event. Linda Jones has already scheduled our annual picnic at Quiet Waters Park Saturday, September 19. Tina McDermott will be helping with various club operations and membership development.

We are very fortunate that our local bike shops are here for us. Please frequent Parvilla in Edgewater, Annapolis Velo, Bike Doctor locations, and all of the other fine local shops who keep us cranking along and help us grow. Annapolis Bike Doctor even gives ABC members 10% off. I just saved a few bucks there on a new tool. Parvilla looks forward to hosting a Beers and Gears night for ABC in the near future. You should see ABC promotional materials soon in these fine shops.

Please take a moment to get reacquainted with the ABC website pages that have loads of information at annapolisbicycleclub.org. All of the ride details are on the Events Calendar so check that often for updates from Chris and Eric. Please notify the ride leaders in advance and click the register link on the calendar to inform members who is riding. Let us know if you have a route suggestion or can lead a future ride.

Thanks for all that you do for our club, for riding safely in trying times and for having fun at the same time!

"Join the Ride"

John



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The club with a place for every pace.

Upcoming Rides/Events

Note: ABC started up its group rides as of June 1 in compliance with all government requirements. See the Events Calendar on our [club website](#) for the latest information and ride details.

- Patuxent River Rural Legacy Ride, Upper Marlboro MD – June 13th **Cancelled**
- [Bay To Bay Ride](#), Betterton, MD June 28th **Cancelled**
- **Annual Oxford Ferry Ride on Eastern Shore – July 11th**
- Seagull Century, Salisbury, MD October 10th – **This will be a virtual event.**

Regular Club Rides:

- Tuesdays/Thursdays, 9:00AM Generals Highway Corridor Park (27 miles)
- Wednesday night, 5:30 PM Dixon Aircraft Observation Area parking lot (25-30 miles)
- Wednesday night, 5:30 PM Davidsonville Park (not the Park and Ride) (22-25 miles)

Announcements

Save the date - the annual ABC summer/fall picnic will take place on **Saturday 9/19/2020** at **Quiet Waters Park**. The details will be posted to the on-line events calendar when we get closer to the date. This event will have a fee to participate to help offset some of the expenses. You may click the calendar announcement to register your interest.

Hope to see you there.
POC: Linda Jones \

Cycling Safety Tip

Use hand signals! →

Cycling Trivia

Who was the last rider to win the Tour de France and the World Championships in the same year?
⇒ Greg Lemond in 1989.

How many riders started the first Tour de France?
⇒ 60.

Which country has the highest number of bicycles per capita of any country?
⇒ Netherlands



REMINDER: AAA Members in MD have Bike Road Side Service at no additional charge. Call AAA to verify the information (and always ride with somebody that has AAA!).



ABC now has a **Facebook** and **Instagram** page! Find us on Facebook at <https://www.facebook.com/groups/AnnapolisBicycleClub/> or log into Instagram and search for Annapolis Bicycle Club.

News

ABC is discontinuing our US Post Office Box in Annapolis at the end of June due to lack of printed mail and to contain costs. Please contact the treasurer if you would like to mail in a renewal check instead of paying on-line.

Call for Ride Leaders

Like any growing cycling club, **we need more Ride Leaders**, especially at the 13-14 MPH and 14-15 MPH speeds on Saturdays.

Consider the following **benefits** of being a Ride Leader:

- ⇒ More Ride Leaders mean more rides for everyone.
- ⇒ You get to pick the day, time, route, distance and average speed of the ride. Think of all the wild and wonderful places in our area you can choose from.
- ⇒ You can lead as often as you would like based on your interests. You are free to cycle in other rides.
- ⇒ You determine where you are going to take a break and for how long.
- ⇒ Hilly or flat? Your choice!
- ⇒ You will always know where you are going and will never be lost at least not that you will ever admit to!
- ⇒ You don't have to lead from the front the entire ride. You can rotate to the back to take a break or chat with the others riders.
- ⇒ Never have to ride alone.
- ⇒ Will become a better rider at the same time.
- ⇒ Free ride planning website on RideWithGPS.com.

Let Eric Veit know that you are interested in leading and we'll train you for the role. Thanks to our longstanding and new Ride Leaders who have stepped up so far! You really make a difference to ABC.

Book Review - The Rider by Tim Krabbe

For anyone who loves cycling, this is a must-read classic. Written in the late 1970s by Dutch writer and former competitive cyclist (as well as champion chess player) Tim Krabbe, the book tells the story of the author competing in the

1977 Tour de Mont Aigoual, a 150 kilometer race in Central France. The book details the myriad of thoughts that go through a competitor's mind and provide real insight into the psychology of bicycle racing. From a passage in the book, Krabbe says "Why are you climbing that mountain? Because it's there, says the alpinist."



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**Join
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ride**

Board Member Profile—Chris Higgins

Each issue we will provide a profile of a Board Member so you can get to know them better. In this issue, we profile new At-Large Board member Chris Higgins.

I started road cycling in 2015; moving to Davidsonville there weren't many mountain biking trails or bike trails nearby so I gave road cycling a try. I found ABC online, and after Alan Wollenschlaeger and Len Jones taught me how to ride in a group (and the benefits of drafting behind tall people) I bought a real road bike and joined the club. I'm a transplant to the area from the Midwest, and graduated from the University of Michigan as a Naval Architecture & Marine Engineer, and currently work as a civil servant designing ships for the Navy. My wife Kristen and I have two daughters, one in the high school graduating class of 2020 and the other in 2022. You will normally see me on the south county rides, pedaling toward my 2020 goal of 5000 miles.

New Member Profile—Lucy Passaniti

In each issue we try to introduce the club readership to a new ABC member. In this edition, we have a profile from Lucy Passaniti.

My name is Lucy Passaniti, I got my first bicycle as a kindergarten graduation gift. I have been biking on/off since. I learned about the Annapolis Bicycle Club at the Life-line 100 bicycle event. I enjoy bike riding; it helps me relax and enjoy some fresh air. I have been known to stop in the middle of a ride to take pictures of a nice view or cute wildlife. I joined ABC because there are times I would rather not bike alone.

New Members

The following are new ABC members. Welcome them to the club!

Acosta, Judy
Biddle, Nora
Browne, Clare
Burns, Scott
Collins, John
Dabney, David
Ector, Sean
Enriquez, Reginald
Gavin, Jonathan
Hill, Ronald
Kramer, Michael
Kroh, Collin
Landers, Dean
Marks, Jeffrey

Martinez, Rick H
Mata, Silvester
McGreevy, James
Passaniti, Mary
Passaniti, Sebastiano
Sieracki, Frederick
Simon, John
Socha, Becky
Williams, John
Winter, David
Witt, John
Wunderlick, Linda

BICYCLE ADVOCATES FOR ANNAPOLIS AND ANNE ARUNDEL COUNTY

BIKEAAA is a 503C advocating safe cycling in Annapolis and Anne Arundel County. Remember that your membership with ABC automatically grants you membership with BikeAAA. Read below about all the accomplishments of this group! Please feel free to GET INVOLVED!

The following information has been extracted from the BIKEAAA.ORG website, modified to fit in this space.



Maryland and Anne Arundel County recognize the need for people to get outdoors to maintain both physical and emotional well-being during the pandemic. That is why exercise is considered an essential activity and Anne Arundel County has made our regional parks free of charge and keeps our trails accessible. At the same time, social distancing is critical to both individual and community health so there are restrictions on use of playgrounds and other facilities. A greater than typical number of people are out using our trails and many are new users unfamiliar with safety rules. With increased numbers, adherence to safety rules is even more critical.



There are important differences between rules for bicycle riders and pedestrians on roads vs. multi-use paved trails. On trails, bicycles and other wheeled trail users are typically traveling at faster speeds than pedestrians so they need to be extra vigilant of more vulnerable trail users. Bicycle Advocates for Annapolis & Anne Arundel County ("BikeAAA") has worked with our partners at Anne Arundel County Department of Recreation and Parks to recommend the following rules for trail users of all ages and abilities whether on foot or on wheels:

ALL TRAIL USERS

- Respect all other trail users, private property, and trail property
- Travel on the right side of the trail and always around curves or approaching intersections
- Move completely off the trail when stopped
- Never pass another trail user within an intersection
- Obey road crossing and other signage. Never enter a crosswalk until clear of oncoming traffic in both directions
- Do not use earbuds/headphones that impede your hearing of other trail users
- Pay attention to your surroundings, not your cellphone
- Use short leashes and clean up after your pet
- Notify emergency services in case of an accident or incident. For police or fire call 911
- Equestrians always have the right of way when present

Bicyclists and Other Wheeled Device Users (skates, scooters, ellipticals, etc)

- Racing or riding in a reckless manner and pace lines are prohibited
- Must always yield the right of way to all other users
- Pass cautiously on the left single file when safe to do so – clear sight line, no oncoming trail users; always giving an audible warning, for example, "Passing on your left" or ringing your bell
- Obey posted speed limits, never exceeding 15 MPH
- Use extra caution around children and congested areas
- **Use bike racks and always lock your bike**

Special Rules During the Coronavirus

- Do not use trails or parks if exhibiting symptoms
- Observe the minimum 6 ft, social distancing, especially at crossings, trailheads and rest areas
- No groups, gatherings or meetups with the exception of immediate households
- Follow CDC guidance on personal hygiene before and after trail use
- Plan your trip accordingly as park amenities are closed

If you are not experiencing symptoms and choose to exercise outdoors, please do so safely and responsibly to protect your health and the health of our entire community.

Photos from recent club trips, parties, member cycling trips and all things cy-



Ride to North Beach, 5/23, led by Len Jones



Kent Island Metric Century,

Jim Van Horne's Iowa Trip Around his Hometown of Clinton, Iowa, May 2020



Submit your own pictures and stories to the Tailwind Editors:

Sandi Delcore,
Rob Weintraub

editor@annapolisbicycclub.org

P.O. Box 224
Annapolis, MD
21404

Questions? Email
abc_pres@annapolisbicycclub.org

Beverage break in Delaware with 30 miles remaining! The beer was named after Eddy Merckx!

(I had to look that up. Eddy Merckx is a Belgian former professional road and track bicycle racer who is widely seen as the most successful rider in the history of competitive cycling and is considered the greatest cyclist of all time. Obviously this editor has been quarantined too long!)



Point Lookout



Len and Leon—Chesapeake College ride



Mary from Deale

Recent Wednesday BWI ride through Patapsco State Park with Len, Paul, Khalil, Matt, Collin, Joe, Jeff, Sean.

Hey, where are all the women?!



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Recent metric and full century ride from Chesapeake College. Rich Catan made his triumphant appearance!



Delaware Canal Century



Century Ride #5 with Chris Higgins, Paul Garza, "Kdog" Kodsí and John Tyrrell. Also stopped by Point Lookout State Park.



Early Sprint North Beach ride with Khalil, John, Mark, Len, and Chris.



Rich Catan

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Tough guy, Paul Garza at Point Lookout State Park



Bob Wunderlick



Mark Jones "Lookin' Good!"



Wednesday night ride in Patapsco State Park. Who can identify the butts?



Rob Weintraub and David Bleil in Delaware. We miss you, David!



Our Club President with a beer! Wild man!

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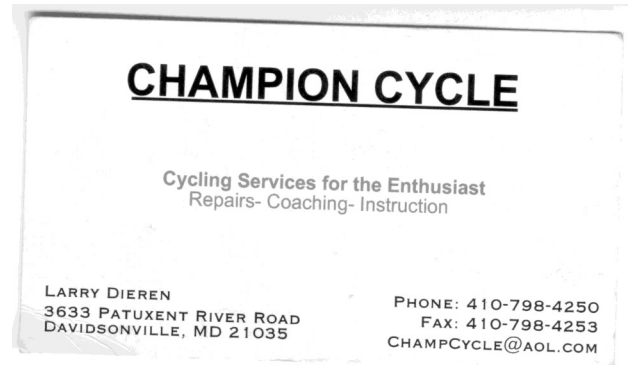
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ABC members get 10% off purchases at Bike Doctor—Crofton. Go talk to Ernest about lights for your bike or a new MIPS helmet!



Ensure your bike is ready for fall riding. Schedule an appointment today with Larry Dieren. Larry is sure to give you a great deal with a smile!