



annapolisbicycleclub.org

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ABC Officers:

(tap row for email send-to link)

- President - John Tyrrell
- Vice President - Ryan Geisel
- Treasurer - Steve Sharkey
- Web Master - Leon Bloom
- Social Media - Matt Schuster
- Safety Manager - Paul Garza
- Tailwind Editors -
Ed Marx, Sandi Delcore

Join the Ride - Summer 2022



A Message from the President

ABC is a vibrant, exciting, and growing club that currently has 180 members who ride and socialize across a wide range of routes and venues. Halfway through the 2022 cycling season, we continue growing and riding.

We have outstanding relationships with local shops and associations who help our members, plus we are known for having a safety culture. Our members are sporting new jerseys for 2022 that show our pride and identity. We even have an ABC members-only Strava Club to join so we can see what we are up to on the road and receive various announcements. Our leadership team is stable and committed to you, our members, and safe and exciting cycling.

Our club is a “co-op style” operation, meaning we need our members to lean in and request rides with our ride coordinators, lead rides from time to time across all of the speed and distance categories (the first time I led a group ride I got lost but kept it to myself!), and volunteer for roles that will help each other. Feel free to give myself or Ryan Geisel, our VP, a call any time you have an idea or suggestion. I would like to see lots of ABC rides on the calendar as far in advance as possible, but even a day or two in advance is OK. Just let us know so we can get the word out when rides are posted.

Thanks for all that you do for the Club, for riding safely, and let’s give a big ABC welcome to all of our new members! I look forward to getting to know all of you.

-John Tyrrell

Featured Annapolis Bicycle Club Events

Here are events outside of the standard ABC rides and Other Sponsored Rides (OSRs). See the ABC website or phone app for a full slate, including OSRs.

**July 21 - 6 pm, the TTGT (Third Thursday Get Together)
at URBURGER, 120 Mitchells Chance Rd., Edgewater**

**August 28 - 1 pm, the annual ABC Picnic at Sandy Point State Park
- Bluefish Shelter- \$15 per head. Registration is open.**

**October 2 - The BikeAAA Lifeline 100
-VOLUNTEERS NEEDED-**

About The Lifeline 100

The Lifeline 100 bike event showcases Anne Arundel County's scenic trails and roadways, teaches cycling awareness, safety and its benefits, and has grown every year into a celebrated annual event drawing one thousand cyclists from around the Mid-Atlantic. The event raises funds to support local non-profits, including the Crisis Response System, Recreation Deeds for Special Needs, and BikeAAA. Over the last seven years, it has raised over \$250,000. It began in 2014, and from the beginning ABC has been a major contributor to the success of the event.

ABC volunteers staff the four major rest stops for the Lifeline century and metric routes. This is the primary opportunity for us to give back to the cycling community and to help promote ABC.

We typically need about 35 volunteers to staff the rest stops at Bay Ridge, Galesville, Crofton and the Dixon Obs. Area at BWI. The date for the event is Sunday, October 2. Please volunteer by contacting the ABC Lifeline coordinator, Jim Miner, either by email jnminer1@gmail.com or at a club ride or TTGT event. If you want a particular rest stop, you can indicate that, or the best option is to indicate that you're flexible and can work any rest stop.

On September 24th, ABC will be doing a pre-ride of both the century and metric courses, so mark your calendars and come out and run the course one weekend, then join your fellow ABCers to staff the rest stops the following weekend.

-Jim Miner

-RIDE LEADERS WANTED-

by Joe Urban

Having led many a ride I would think of it more as being a ride coordinator than actually ride leader. For the most part enough experienced riders will be on the ride, and rides seem to run themselves once they get under way.

As coordinator or leader you get to pick the route, time and start location, and you'll then have company on your ride. If you are thinking of leading a ride and have not done so before, here are a few basic suggestions:

- Pick a route you have already ridden at least a few times on a club ride and have some familiarity with. The most popular start locations are in south AA County at Davidsonville Park, Davidsonville Park & Ride, and Southern High School. Pick one of these start locations and either a route from the club website library, or from one of the ridewithgps links from a previous ride.

- I would also suggest starting your own RWGPS account to create routes and make them "public" so others can download the ride for use on the ride. If you would like me to post a ride for you, generally I need the route's RWGPS webpage address to post as a link, start time, and desired or expected pace.

Hope you'll give it a try soon.

Anne Arundel County & Annapolis have earned the prestigious Bronze Bike-friendly Community designation.

THE SAFETY CORNER

by Paul Garza

Hope everyone had a safe and enjoyable 4th of July holiday. As we approach the height of the summer months. Minutes in the saddle usually increases. That being said, so will more travelers both on vacation and/or from out of area will also take to the road. **Please use safe cycling practices/ gear -helmet, front and rear lights, etc... and make sure to stay hydrated!!** Hope to see some of our newest club members (new faces) out on our club rides. **PLEASE NOTE.... THIS WAS NOT A CLUB RIDE (BELOW)!!**

Some days it's hard to find motivation...



...some days motivation finds you!



Bicycle Maintenance: My novice experience with bike chain waxing, the benefits, and how easily YOU can switch from lube to wax

-by Khalil Kodsí



I stumbled onto the chain waxing practice after I watched YouTube one day. Since then, I have gained the "know how" and experience, so it's my pleasure to share this with you, ABC members.

First, I have a few facts to tell. Waxing the bike chain made me realize smoother gear shifting, way less dirt gets attracted to the chain during wet or dry rides, and I did experience less wear and tear on the chain and cassette. Do not forget that when you have to grab the chain after a derailment your fingers stay clean :) :) . I also noticed a bit more efficiency, you may call it gaining some speed! :) :)

"...when you have to grab the chain after a derailment your fingers stay clean."

Before we get into the "how to", let me list the items you need: 1. a small inexpensive crockpot, 2. three empty jars with lids, 3. a long neck screwdriver, 4. Degreaser liquid, 5. Gasoline, 6. Rubbing alcohol, 7. A clean small shop towel, 8. Four blocks +/- of paraffin wax, 9. A digital thermometer, and 10. A pair of shop gloves.

Now here is how easy it is to do! Remove the lubed dirty chain off your bike. Submerge the chain in the gasoline liquid jar.

You only need to nearly cover the chain with the liquid. Agitate the chain and continue to do so for several minutes. The gasoline will turn black. Do this process a couple of times until the solution becomes much lighter. Note, this step is not needed often, only once, since you are switching from lube to wax. Next place your chain in the degreaser jar and shake for several minutes. This should remove further dirt that could be lodged within the links. At this stage, you should be ready to rinse the chain under cold water.

In the third jar, add rubbing alcohol, about two inches worth. Dip the chain and agitate for several minutes. You may have to do this for a couple of times until the liquid remains clear. This is an indication that the chain is super clean and free from any remaining degreaser within the links themselves.

During the above steps, you should have turned your crockpot on, added the wax and maintained a temperature of 210 degrees Fahrenheit. Note, the melted wax in the pot should not exceed three and a half inches. Enough to cover the chain plus one inch.

Once you dip the clean chain into the wax you will notice air bubbles rise. This is an indication that the wax is penetrating the voids within the chain links.

Bike Chain Waxing, continued

Bubbling is critical - lubrication is being lodged where it is needed. The high temperature allows the chain to expand and let the wax penetrate the links. Once air bubbles stop at about 15 minutes into the process turn the crockpot off and remove the lid for faster cooling. With your gloves on, dip the thermometer and measure the temperature of the wax. Once the temperature is around 160 degrees Fahrenheit, use the long neck screwdriver to lift the chain from the crockpot slowly. Grab the towel and gently wipe the wax one quick pass. Hang the chain to cool. After a few minutes you will notice the chain stiffens. This is a good sign that the wax is where it needs to be, between the links. Before you mount the chain on your bike, twist the links back and forth for ease of mounting.

A waxed chain should last for about 150 miles. Your future maintenance should not require the gasoline cleaning step.

Wax does not form the deep sludge like lube. On your second waxing, you need to boil some water and place your chain in a strainer. Pour the hot water on your chain to remove surface dirt and wax. If you wish to use degreaser, that is fine, and is a good practice. Rinse with cold water and dip in the rubbing alcohol jar. Follow the remaining steps as mentioned above.

Please Note: when it comes to the dirty used gas, proper disposal is highly encouraged. Best to dispose of this toxic waste at your local jiffy lube or your county/ town dump.

With waxing I certainly did not notice chain stretching or premature cassette wear. Both components last much longer than with lube. I hope your experience will be as good as mine. Happy waxing your chain, and if you have questions do not hesitate to send me an e-mail (kkodsi@gmail.com). Cheers!

History Corner -

Fred Birchmore's Amazing Bicycle Trip Around the World

Fred Birchmore of Athens, Georgia, belongs to an exclusive club: he's a round-the-world cyclist. The club's charter member, Thomas Stevens, pedaled his high-wheeler some 15,000 miles across North America, Europe and Asia between 1884 and 1887. Mark Beaumont of Scotland set the current world record in 2007-08, covering almost 18,300 miles in 194 days and 17 hours.

Birchmore finished his epic two-year, 25,000-mile crossing of Eurasia 86 years ago this October. (North America came later.) And unlike the American Frank Lenz, who became famous after he disappeared in Turkey while trying to top Stevens' feat in 1894, Birchmore lived to tell of his journey. A long-lived cyclist, he turned 100 on November 29, 2011.

SOURCE: Smithsonian Magazine

Skyline Drive Out-of-area Adventure Ride

ABC took its first trip to Skyline Drive in Shenandoah National Park for the Adventure Ride 'Skyline Climber'. The weather forecast was bleak on the original ride day, so the ride was moved to the rain day on Saturday. What a great trip it was! The climbs, which looked daunting on the profile, were long but were at a moderate grade of about 5% average; easier than those steep Catoctin mountain climbs. The road surface was incredible, with only one pothole in 40 miles of riding, and the road traffic was low. The views were spectacular with multiple pull-offs for sight seeing (and resting on the way up!) The ride started in Front Royal and ended at the local BBQ spot, the PaveMint Smokin' Taproom.



Because of the relatively close proximity of 1 hour and 45 minutes from Davidsonville, ABC may run this route again later this year if there is additional club interest, and will likely make an annual event of it. -Chris Higgins





Mallorca Memories, Part 1



The bicycling trip to Mallorca during the last week of April was a cyclist's delight. Four ABC folks were in attendance: Bob Wiggins, Eric Veit, Chris Higgins and Ed Marx. We joined a contingent called Group 2 with about 20 other folks. The tour was run by Stu Waring of Parvilla Cycles.

Ed Marx: "We stayed in a 4-star hotel across the street from a cycle rental place where we would pick up our bikes each day. Now that was a well-oiled machine; the bikes were hung indoors when not in use on numbered hooks, and secured. The outfit was Fred Rompelberg's, and we came away with some of Fred's swag: a small drawstring sack like you get at charity rides, a Fred R. jersey, and a pair of FR socks (Rompelberg left nothing to chance: although otherwise identical, the socks were marked with an L and an R). The cycling guides knew the territory well. We saw many backroads, quaint towns and wide vistas. Along the coastal reaches there were breathtaking views. Of course we earned our access to sights by doing some climbs.

"Until signing on, Mallorca Spain was just a phrase I knew. The reality was we were on an island out in the Mediterranean that is a cycling destination and even has its own cycling event, the Mallorca 312 (as in kilometers, a 9+ hour race that was run while we were there on April 30th).

"Bob Wiggins had ridden with Stu's tour before, The other 3 of us were new to the situation, but found it pretty easy to adapt. We were far from home without feeling all that distant. We knew to say 'agua, con gas' or 'sin gas.' Most contacts spoke English.

"To me, it felt like dropping into a summer camp for adults, with ad hoc groups formed

for our agreed purpose. And the ABC foursome dined together most mornings and evenings and grabbed a beer together following our day of cycling.

"Four categories of guided rides were offered daily, from most to least challenging: Tour, Hobby, Plausch (translation: 'gossip') and Cappuccino. Virtually no one at the hotel joined the Cappuccino rides."

Eric Veit: "I would definitely go back and recommend Mallorca to others - I will consider it for next year when Stu Waring provides info. Hard to pinpoint one favorite aspect, because for me it was the combination of everything: nice, fun group of like-minded people; beautiful island, weather and welcoming residents; easy and safe to navigate for an English-only speaker; great variety and options for ride routes; safe roads and courteous drivers; great support from the Rompelberg group from the bike rental to guides and mechanics; and a first-rate hotel

"I don't know if there really was a group going on easier rides than Plausch, so I'd just be sure that interested folks know that even though you don't have to ride every day and one could go off on one's own any time once you've learned the lay of the land, to really get the most out of it one needs to be in reasonably good shape and able to ride most days you're there. I'd suggest that the ability to do at least Plausch type rides should be preferred, and take into account what that means as far as distance, climbing and speed."

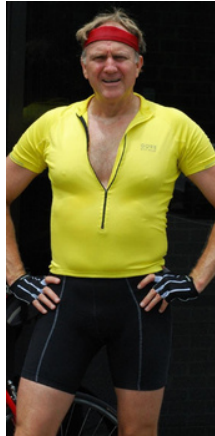
Mallorca Memories Part 2 will continue in the next issue of the TWE. Meanwhile, see the photo gallery for some pictures.

Welcome to Our New Members!

Peter Acosta
Brenda Affronti
Rick Beckner
Nicole Bertram-Love
Renee Brewster
Nancy Brien
Steve Brien
Joseph Chellis
Jennifer Coken
Denise David
William Dempster
Caroline Ewing
Matteo Favero
Kenneth Flee
Michael Graves
Christopher Gray
Mark Grimes
Mary Gunther
Angela Hayes
Peter Hunter
Martin Jarosz
John Jessup
Delaney Kuhar
Jennifer Meyers
Jon Mosbo
Eileen O'Neale
Karen Paster
Irish Psycler
Peter Smoluchowski
Paul Valesky
John Volkoff
Dave Zauche

Some New Member Profiles Submissions welcomed

Peter Acosta



I've been cycling since I was 7 or 8 in Puerto Rico. I got my first road bike around age 15, a Free Spirit from Sears. I used to ride that thing on the steep hills in my home town of Hormigueros until one day it was stolen. So, I picked up cycling again in May of 2003, a 9-gear carbon fiber Trek 5300 road bike. Another 5 bikes later I've ridden just under 71,000 miles, been almost killed twice by accidents with cars, but still kicking and enjoying it more since my retirement 9 year ago.

Rick Beckner



I am married with three children and live in the Downs in Annapolis. I am a partner at Sidley Austin LLP, where I am co-leader of the Telecom and Internet Competition practice. I have been road cycling since the 1990s, but my cycling fell off over time, given the demands of work and the kids' activities. When the pandemic hit, I got back into it and am now regularly commuting to work and doing long rides on weekends.

Peter Smoluchowski



I am a retired architect. I moved to Annapolis from NYC to be near my daughter, grandchildren, and son-in-law at the end of April. I originally started cycling to complement my running, was a serious road cyclist years ago and member of the NYCC. Have done the Penn Station to Montauk ride twice, but sold my bikes a few years ago after two bad crashes. Now I want to slowly start again. Just bought a gravel e-bike to ease back in. Feel a little illegit on an e-bike, but it's fun. Looking forward to my first ABC ride.

New Member Profiles, contiued

John Volkoff



I've lived in Annapolis since 1989 with my wife of 38 years. I'm a retired Navy Captain, worked in the power business, also retired as a Foreign Service Officer, have lived in 10 countries, always returning to Annapolis. Our daughter was also a Naval Officer, has moved on to other things. I grew up on Long Island NY and loved cycling as a kid, but haven't cycled for a long time. I used to run, but after I broke my foot, gave that up in favor of a modified daily Yoga routine for over 10 years. I just bought my bike and have started riding on the B&A trail, have been greatly enjoying it; my phone app says I'm riding around 15 mph. I'm looking forward to meeting folks from the ABC.

Photo Gallery for the Club With a Place for Every Pace

Photos from recent club events, member cycling trips and all things cycling

Below: A Regularly Scheduled Club Ride in 2 Seasons

Tuesday-Thursday Ride: Summer Crew, Winter Crew (inset)



Below: ABCers at the 2022 Firefighter 50 (L) and Bay to Bay (R) Rides



Photo Gallery, continued



Left: ABC President John Tyrrell pictured here thanking Jim Minor for his outstanding, lengthy and ongoing service to our club.

See Jim's write-up on the Lifeline 100 in this issue of the TWE. 🥚



Above: TTGT with Stu Waring giving a chat on performance optimization @ Parvilla Cycles this past winter.

Below: Ocean-to-Bay 2022



Photo Gallery, continued



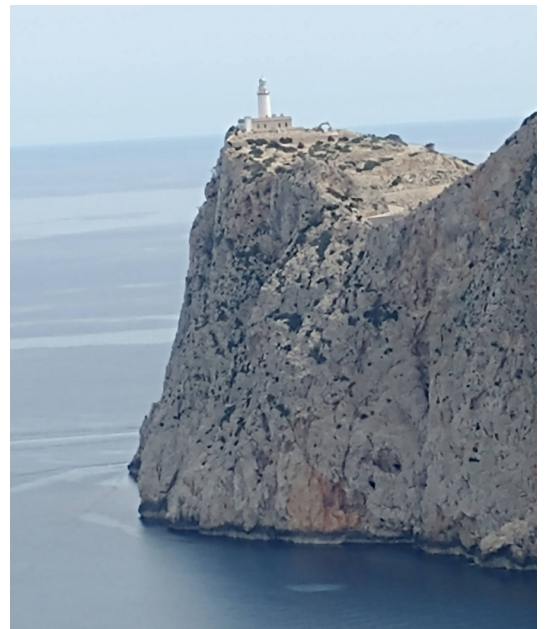
Clockwise from top left:
Columns at the National
Arboretum Ellipse Meadow**;
cool runnings at Perryville; a
passel of new club jerseys;
suspension Bridge at Patuxent
River State Park.



<-- Out of Area Adventure
crew: CJ & Kathy Fox, John
Tyrrell, Chris Higgins &
Paul Garza

** - Columns were removed
from the US Capitol when
an addition was added in
1958. For more info, click:
[The Backstory on the
Arboretum's National
Capitol Columns](#)
(hyattsvillewire.com)

Mallorca Trip



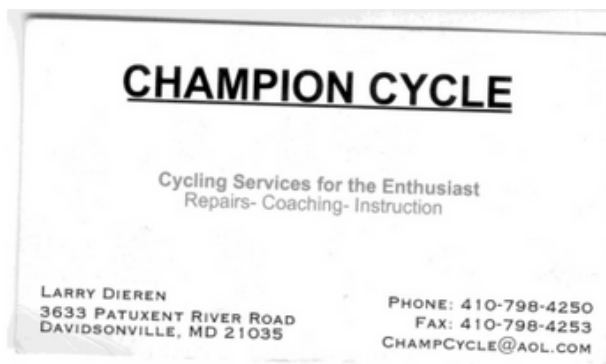
Clockwise from top: 4 ABCers; Chris Higgins; Cap(e) Fermentor light house; cake break; beer break; street in Buger; new ABC jerseys; where in the world we were.



ABC Affiliates and Business Supporters



Ski Haus Sports Center



[Humor?]



“Goodbye, Kevin. I could look the other way with the boozing and the skirt-chasing, but I did not sign up for bicycle clothes.”