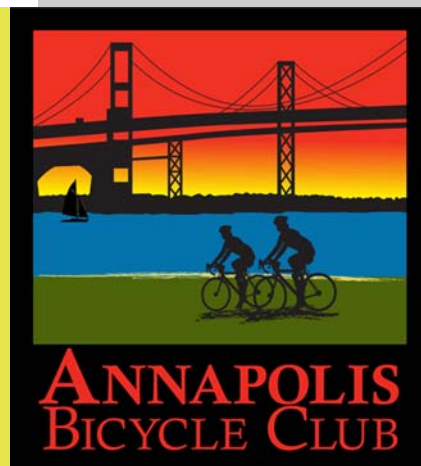


Tailwind Express

August/September 2015

The Club with a place for every pace.

annapolisbicycleclub.org



ABC Officers

President: Jim Black

Vice President: Jim Van Horn

abc_pres@annapolisbicycleclub.org

Treasurer: James Edison

treasurer@annapolisbicycleclub.org

**Web Masters: Jim Black,
Joe Hutchins**

webmaster@annapolisbicycleclub.org

**Tailwind Editor: Sandi Delcore,
David Bleil**

editor@annapolisbicycleclub.org

President's Column



Jim Black, President of ABC, is away biking in Venice (searching in vain for the fabled Venice Cycling Club) during the production of this Newsletter (I know; how dare he!). So, in lieu of a the President's Column, you get to read through a special Editor's Note. Being this is my first edition, I feel it appropriate to bore you with some nostalgia while Jim takes a moment to enjoy a toast with the BOOGEYMAN at Barababao, a restaurant in Venice, Italy.



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Editor's Note

I've been an ABC member for several years now. I still remember my first experience. I was training for an Ironman, and needed some alternate riding options. I joined a ride led by Ken Keeler. He immediately made me feel right at home, made sure I wasn't dropped, and welcomed me back for more torture! I think it took me awhile to feel like I fit in, but I was soon calling our group (affectionately, of course) the Old Farts and Pansy-Asses, yelling at them to PEDAL or PUSH THE BUTTON to activate the pedestrian walk signal.

This year I tore my Achilles tendon and missed FIVE MONTHS of riding! As I was acclimating back to some level of fitness, I was able to find somebody at all paces to ride with and help me through the transition. I first got my ass kicked by the one and only Karen Van Horn. That little lady looks sweet and innocent, but she can boogie down the hills! I quickly moved into the 13-14 MPH group, then 15-16 MPH group, and eventually landed in with the "unofficial" ABC Racing Team at 17-32MPH (ok; maybe not 32 MPH sustained, but this group, led by Len Jones, will give your heart and your legs a good work-out).

The point is (yes, there IS a point to this story), this truly is a club with a place for every pace. If you are unsure of which group to get into, try the slower one first. It's usually more enjoyable to be able to breathe during a ride! Besides, moving up is always more fun than moving down!

-Sandi

Safety Corner

Getting the word out for bike safety.

In case you haven't notice yet, there are driver education billboards appearing in our area. This billboard was provided by SHA and BikeAAA has supported it.

Jon said " We can't take credit for this particular location but we have certainly pressed for more driver education like this. "

Jon and Kathy support the campaign up close! This is located along Defense Hwy, just at the curve at the head of South River on the route of the Tuesday / Thursday morning ride.



Greenway Sign

The East Coast Greenway (www.greenway.org) is a 2,900 mile route from Maine to Key West. It winds its way 166 miles through Maryland using trails like the Torrey Brown (NCR), BWI Loop and B&A. Through a state of Maryland Bikeways Grant, the entire Maryland route will get wayfinding signs. BikeAAA has worked with the Greenway to get local approval. On our Tuesday morning ABC ride, we stopped for a photo on Rossback Road with one of the new signs.

Lifeline 100 Update

The Annapolis Bicycle Club will once again support the Lifeline 100 Century Ride by staffing all rest stops with volunteers. If you would like to be involved in this fun and worthwhile charity event by becoming a Lifeline 100 Rest Stop Volunteer please contact Susan Robinson, ABC Special Activities Coordinator at: srobin8106@gmail.com.

On Sunday, October 18, 2015 the Anne Arundel County Police Department; Anne Arundel County Department of Recreation & Parks and Bicycle Advocates for Annapolis and Anne Arundel County will host the second annual Lifeline 100 Century Ride. There will be 100, 65, 30/40 and 15 miles routes offered with the start and finish of all routes at Kinder Farm Park in Millersville, MD. Go to www.lifeline100.com/register to register for one of the rides. There is also a free

children's bike rodeo for ages 4-10 from 12:30-3:30pm. Go to www.lifeline100.com/rodeo to reserve a timeslot!

In 2014 Lifeline 100 attracted over 500 cyclists for its inaugural ride while this year over 600 cyclists are anticipated. All event proceeds will be used to support the Anne Arundel County Crisis Response System; Recreation Deeds for Special Needs and Bicycle Advocates for Annapolis and Anne Arundel County Bike Safety Programs.

Additionally, if you know of any potential sponsors who would like to get involved and offer their support that would be

terrific. For further information go to: <http://bikeaaa.org/lifeline-100/>. And, if you know of any potential food sponsors for the rest stops please advise Susan.

It's great fun to be a Lifeline 100 Rest Stop Volunteer as we, the ABC, have our own competition for the best rest stop endearingly referred to as . . . "Battle of the Rest Stops!" . (The Dixon Observation Park at BWI was voted the best rest stop in 2014 and will be looking to retain that title again this year.) Good luck to all!

Upcoming Rides/Events

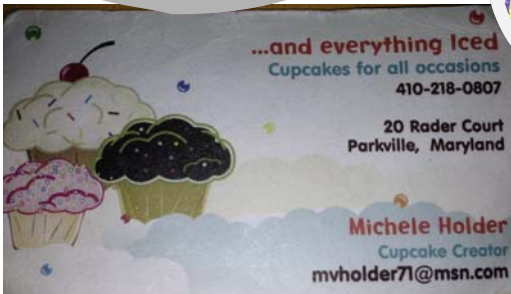
Refer to the Events calendar on the ABC website for all events, dates, times, etc.

The club with a place for every pace.

- ABC holds regularly scheduled rides every Tuesday/Thursday morning, Wednesday evening, and Saturday/Sunday morning. These rides are led by trained ride leaders that try hard not to drop any riders (but be sure to bring a cue sheet just in case). See the weekly messages from ABC, or go to the AnnapolisBicycleClub.org website under Events for specific details.
- October 3, 2015, The Seagull Century, Salisbury, MD
- October 10, 2015, Pre-Lifeline Century ride for rest stop volunteers and other riders that are unable to do the official ride on 10/18 (more details to come).
- October 11, 2015, The CF Cycle for Life ride, Herrington Harbour, MD (20,40, 60-mile rides)
- **October 15, 2015, Third Thursday Get Together, 6:00-9:00pm, Severna Park Tap House, 58 W Earleigh Heights Rd, Severna Park, MD.**
- October 15, 2015, All Hands Meeting at Kinder Farm Park for all Lifeline Volunteers, 7:00pm.

Special Events

Happy Birthday to the quiet, little lady that can boggie down the hills!



Karen's Baker...



Kenny's last ride with us as a "young fart". Welcome to the "old fart" category.

Susan and LJ represented ABC well in Delaware, taking home 1st and 2nd place awards!



LJ found a turtle on one of the weekend rides. Eating it like a protein bar is not exactly abiding by the ABC Animal Preservation guidelines! (And apparently "turtle" is "vegetarian-acceptable".)

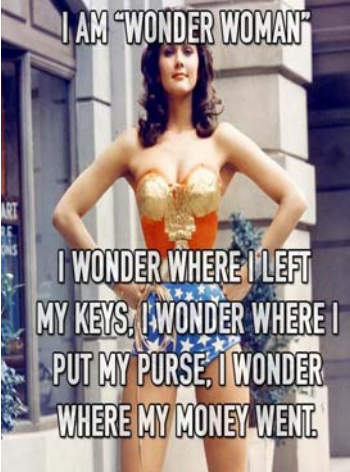




The Tuesday/Thursday morning rides for the retired or unemployed have become more popular now that school is out. There are two pace groups to try to accommodate everyone. While the Bison appear to have moved to greener pastures the marshes at the head of South River are in full bloom with pink rose mallow and white marsh mallow, each a variety of Hibiscus.



Drinkers with a biking problem



Three wireless ride leaders

When thunderstorms threatened the Wednesday night ride and email went out that the ride was canceled due to weather three intrepid ride leaders decided to check the odds on their individual weather apps. The cell phone radars convinced them that a dry ride would be possible and they led the standard route. They got wet on the way back.



**ANNAPOLIS BICYCE
CLUB**

P.O Box 224
Annapolis, MD
21404

Questions? Email
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Summer Picnic

The summer picnic is always a hit with this crew. This year we had a record number of quad-peds join the fun as well. So nice to see these family members join the festivities.

Thanks to the ABC leadership for the fabulous bar-b-que selections, and to Curtis Weller for the brilliant idea of bringing ice cream treats (my personal favorite).



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Drinkers with a biking
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Third Thursday Get Togethers always draw a large and enthusiastic crowd, including some long time members who have not ridden with the club for years. We're never quite sure if

we will be invited back to our TTGT locations or not, but we always have a good time while we are there.



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ABC Tire Changing 101

One of my favorite past times is taking pictures and timing people changing tires (um, yes, maybe to intimidate new members—just a little!). We’ve had ample opportunity for this the last couple of months.

I’m also happy to report that chivalry is not dead in the ABC. In most cases, women benefit from the “assistance” of the men! (Although finish time probably falters.)



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Old Farts with a need for speed



Mention ABC for 10% off your purchase.



Annapolis Bicycle Club

Page 8 - Photo Gallery; Misc. Rides

Indian Head Century—some of the best aid stations!



Slow(er) group ready to go (finally). The faster group was tired of waiting and missed the photo op.



This is a very unattractive picture of me, but I'm including it just to show you how MEAN Jim is to me!

Sometimes I just want someone to hug me and say, I know it's hard. you're going to be okay. here's a Coffee and 5 million dollars.



Cuba: Through Lens and Brush
September 25 to October 26, 2015
Reception Saturday, October 10 from 3-5pm

photography by Jennifer Heinz
paintings by Carol A Wetovich

River Gallery LTD 1000 Main St, Galesville, MD 20765
(410) 867-0954

wetovich wetovich heinz heinz

Consider attending this event—the artwork is by one of our very own members!

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Old Farts with a need for speed

**ABC Race Team - Pedal Away Prostate Cancer
Dover, DE - 9-19-15**



**Lancaster Covered Bridge Ride
8-16-15**



Grand History Trail - Press Conference
Maryland State House - Annapolis - 9-9-15



Firefighter 50 - Westminster, MD - 7-26-15


Annapolis Bicycle Club