

ABC Officers

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Presidents Column

2016 BIKE MS: CHESAPEAKE CHALLENGE



Jim Black and James Edison rode in this year's Bike MS Chesapeake Challenge on the first weekend in June based at the Talbot County Community Center. The weather cooperated for a change and both Jim and James rode 100 miles Saturday and 30 on Sunday. Although both of us (as well as other ABC members) had participated in this event in previous years, this year's ride was especially poignant since David, James's brother, passed away in March from complications associated with Multiple Sclerosis. As part of Team Geared for Good, Jim and James raised over \$2,850 (with James Edison raising the lion's share) while the team raised over \$30,000 for research and support!

ABC Steering Committee Meet Lynn Mullineaux

Lynn serves on the social committee, helping to arrange club parties and picnics.

Although not so active now, she was previously responsible for the winter and summer club parties and a few past events in the spring that featured guest speakers including a nutritionist and a yoga instructor. She has been a member of the club for 11 years and served one year as Vice President.



Lynn has participated in rides from Maine to Florida, as well as a recent 10 day bike tour through Tuscany.

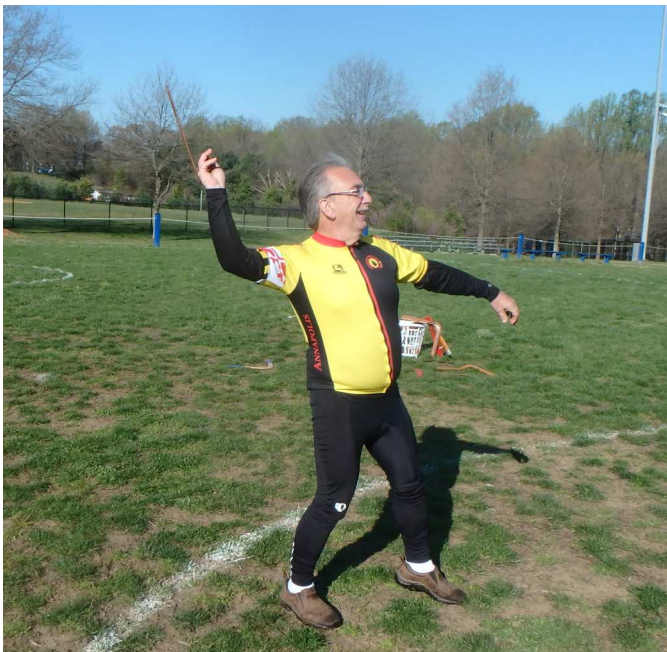
She is looking forward to leading some

rides throughout the local area this summer that do NOT include the Galesville route!

Lynn works for the Senior Vice President at the University of Maryland. She recently became certified as a Master Watershed Steward and is working on several conservation landscaping projects. Other hobbies include yoga and boating.

Tuesday/Thursday Morning Pre Ride: Tossing Boomerangs

Spring weather brings out more than just riders. John Richardson, one of ABC's renaissance men brought out a bushel of home made boomerangs to a Tuesday/Thursday morning ride and



demonstrated to a few interested folks how to throw them so that they would generally come back.



CALL FOR 2016 LIFELINE 100 REST STOP VOLUNTEERS AND SPONSORS

Be sure to save the date . . . Sunday, October 16, 2016 for the Lifeline 100 Century!

The Annapolis Bicycle Club will once again support the Lifeline 100 Anne Arundel County Century Ride (100/65/30 mile routes) by staffing all rest stops with ABC member volunteers. If you would like to be involved in this fun and worthwhile charity event by joining other members in their support of Lifeline 100 **please contact Susan Robinson at abc_vp@annapolisbicycleclub.org**. And, if you know of any potential Lifeline 100 sponsors please also contact Susan. Your support is very much appreciated and needed.

For those of you who would prefer giving their support by riding in Lifeline 100 here are the details:

Register NOW For the October 16, 2016 Lifeline100

The Lifeline 100 Anne Arundel County Century Ride features rides 100 and 65 mile road/paved trail routes and 30 and 15 mile paved trail rides, a Children's Bike Rodeo and the Make Health Happen health fair on Oct. 16 2016 at Kinder Farm Park in Millersville. There were 670 registrants (up 30% from 2015), more than 50 sponsors, 100 volunteers and the event raised \$21,000 for county non-profits! More details here. The 2016 Lifeline100 will be Oct 16. Registration is open!

BWI Trail Ride for Novice & Returning Cyclists

The ABC now offers a BWI Trail Ride for novice cyclists out of the Thomas A. Dixon Aircraft Observation Area parking lot in Glen Burnie most Sunday mornings at 9 AM. This program features a 10.6 mile loop and is primarily aimed at helping new riders become more comfortable riding in a group while learning basic skills. Turn out has been good for both novice cyclists and returning cyclists - i.e. those who have not cycled for a while and for those recovering from surgery, accidents, etc. Several novice riders have



Novice Riders on the BWI Airport Loop starting at the Dixon Observation area and pausing for a break part way along..



also joined ABC. Ride leaders for this program are: Susan Robinson and David Bleil. If you would like to join or volunteer for this ride please **contact Susan at abc_vp@annapolisbicyclub.org**. Check out the Events listing on the ABC website for upcoming ride dates. Rides are not held if it is actually raining.





Happy smiles at Nando's Peri Peri during the April Third Thursday Get Together with extended Happy Hour prices.



May's Third Thursday was at Brian Boru, an Irish Pub in Severna Park.

Third Thursday Get Together

Third Thursday Get Togethers are held in rotating venues for the purpose of socializing with other riders in comfort, without helmets and without conversation interrupting traffic. In April the TTGT was held at Nando's PeriPeri in the Annapolis Mall.

The May Third Thursday Get Together was held at Brian Boru in Severna Park.

The next TTGT will be held on Thursday, June 16th from 6-9 PM at the Frisco Tap House located in The Village of Waugh Chapel, 2406 Brandermill Blvd., Gambrills, MD.

Riding for Donations

ABC in action this spring include members doing charity rides; Ellen Pomerantz riding for the Baltimore Charity Movable Feast.

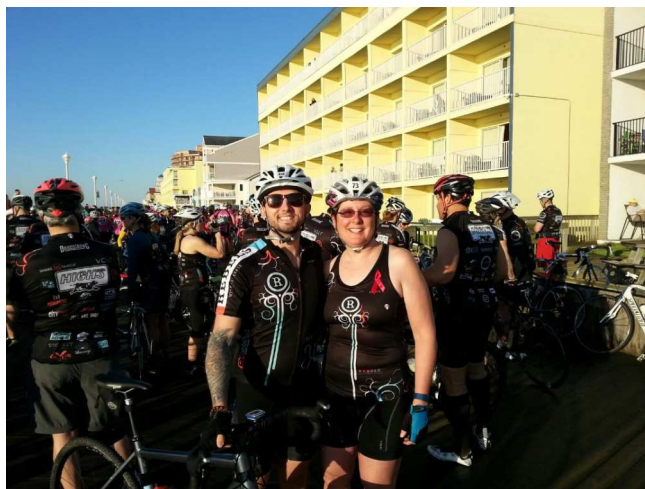
One of the primary fund raiser is the ride from Ocean City to Baltimore about 145 miles in a day and a half. Ellen has raised pledges for several years, previously riding for Team Ober-

achievers. This year she switched teams and rode for the Rebels with a Cause. They apparently ride faster and raise more money. ABC President Jim Black served as a course monitor for the B&A trail portion of the ride where the motorcycle escorts could not go.



Saturday June 4 at a 6:30 AM start in Easton, MD: Club officers James Edison and Jim Black rode in Bike MS: Chesapeake Challenge for 100 miles on Saturday and 50

miles on Sunday. Donations are still being accepted to fight Multiple Sclerosis!



Above, Ellen Pomerantz and the other members of Rebel With a Cause raising money for Movable Feast on the ride from Ocean City to Baltimore.

On left, Jim Black as course monitor for the RFTE.

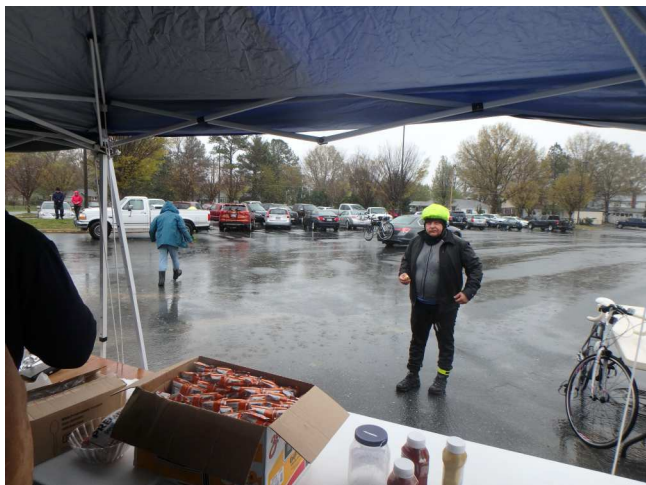
Recent Rides –

The Talbot Special Riders tour, a fund raiser for the therapeutic riding program, was held on Saturday, April 9th. This has been a well organized tour through rural Talbot County

featuring lots of helpful volunteers and home made treats at the rest stops. This year the weather dealt them a low blow with



cold, rain, wind and snow. Four hundred riders had pre-registered and only 100 hard core riders came out. The hard core from ABC consisted of Will Scott and David Bleil and even these two abandoned their intention of a half century at somewhere around 38 miles when the second cold front came through and the headwinds kicked up to



about 20 mph while the rain turned to snow. Riding in the cold called for toe and hand warmers. If you did not use them at the start you put them on as soon as you could.

Some riders carried everything they could.

The highlight for the finishing riders was hot cream of crab soup, universally judged to be the best ever as well as all the burgers, cheese burgers and chips one could want. The nicest thing about adversity is to know that you did it and life was about to get better, warmer and dryer.

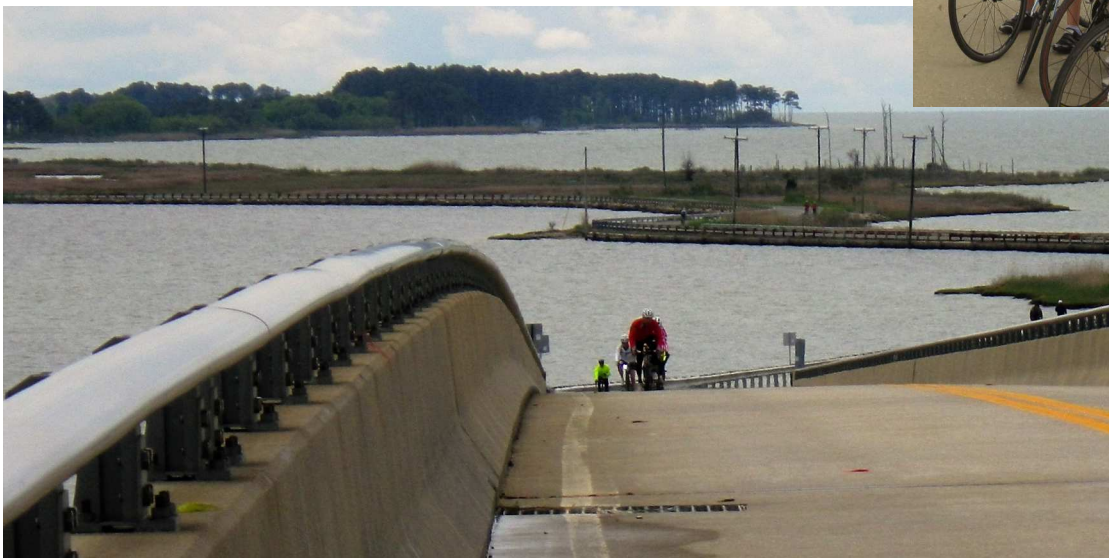
With warmer weather the **Wednesday evening rides** have started again, leaving from the Dixon Observation parking lot off of Dorsey Road. The route varies each week but starts on the BWI Airport Loop then down into either the Patapsco State Park or through the industrial areas

adjacent to the airport. The evening rides are noted for their refreshing beverages at the end of the ride.



Photos of the 6-Pillars Century Six Pillars Century 2016 Blackwater Tour,

a ride from Cambridge, MD through the Black-water Wildlife Refuge. Various routes including a metric century and a full century. The Century route featured an abundance of water views.



Draw For Sight Bicycle Poker Run Ride

had thirteen ABC riders raising money for the Lions Club vision program.



Ride for the Rivers,

from Shady Side through scenic South Anne Arundel County intended to raise money and awareness for the River Keeper program for the West and Rhode Rivers.



The **Corn Roast Ride**, a 57 mile ride following the route of an organized event. With the usual post ride refueling.



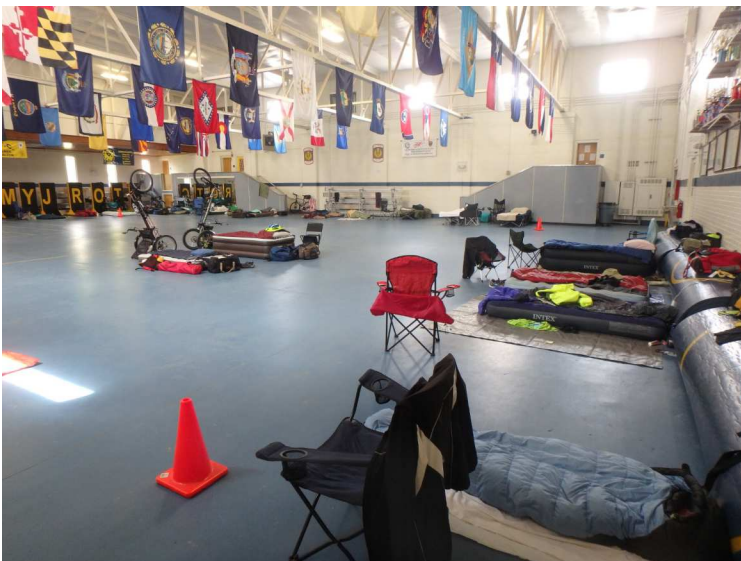
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Tupelo, Thunderstorms and Tillage – reflections of the 2016 North Carolina Coastal Ride. **David Bleil**

This year the Bike North Carolina Coastal Ride centered on Edenton, NC. The annual event rotates through three coastal towns including Oriental and another small town who's name I forgot. So each year of the cycle features different routes, three days of loops around the central location with distances ranging from 12 miles to a century plus a few. The 1,700 riders swamp a small town's available accommodations even though some residents rent rooms to visiting cyclists so the majority camp in tents, RVs or the local National Guard Armory. I chose the armory and was glad I did when the first of a series of cold fronts blew through, lightning flashed and the rain come down in torrents. Most, but not all of the riders heeded the ominous black sky and returned to camp before the storm but not all did.

Saturday I rode a 42 mile route, starting in light drizzle and finishing in bright sunshine and dry pavement. Along the way I passed a

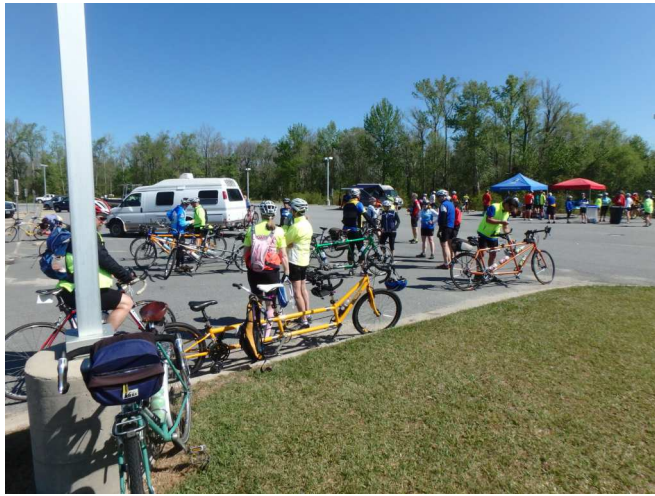
group of military veterans on hand cycles and their support riders.





was only one time I had to pull out my cue sheet and that was when a group of cyclists stopped over top of the turn arrow which I could not see and went straight. There are confirming marks on the road after every intersection and when I did not see one I went back to where I should have turned. Rest stops were well marked and well supplied.

Cold fronts passed through at least once a day so everyone had a temperature they liked, at least briefly. Saturday the organizers offered a free chicken, pulled pork, fish and grits dinner and a free concert. Beer was free all three nights but I only found out about that on the second night. As the tour concluded and the soggy tents were being packed up the North Carolina weather offered a benedictory rainbow.



All routes radiated out from the start/finish point at the waterfront park. Various mileages from 11 through 102 were marked with route variations between Saturday and Sunday. Road marking was excellent. There



New WB&A Trail Section Dedication

A dedication of a recently paved 1.7 mile section of the W B & A trail from Odenton to the Forks of the Patuxent was held on Wednesday June 1.

Five members of ABC joined two Prince Georges County bike coordinators to ride the trail from the MARC train station in Odenton to the site of the ribbon cutting. One representative of the East Coast Green way Alliance also rode in independently.

County Parks and Planning Director, Bike AAA president Jon Korin and AA County Executive Steve Schuh spoke about planned improvements to bike trails to link more trails.

The biggest applause line he got was the assertion that a bridge will be built spanning the remaining major branch of the Patuxent River to join the trail segments in Anne Arundel and Prince Georges Counties. Korin stressed that the focus of the current administration will be on building trail connections.

The end of the Prince Georges County portion of the trail has been extended up the river to meet up with the end of the Anne Arundel County trail and surveying is taking place to design the bridge approaches.

The trail extension is a downhill series of switch backs ending at the river.

