

ABC Officers

President: Jim Black
abc_pres@annapolisbicycleclub.org

Vice President: Susan Robinson
abc_vp@annapolisbicycleclub.org

Treasurer: James Edison
treasurer@annapolisbicycleclub.org

Web Master: Jim Black, Joe Hutchins

Tailwind Editor: Sandi Delcore and David Bleil
editor@annapolisbicycleclub.org

Presidents column –

I would like to welcome Kim Maxwell to the Club Steering Committee. Kim agreed to become part of the Steering Committee earlier in the summer and we look forward to working with her.



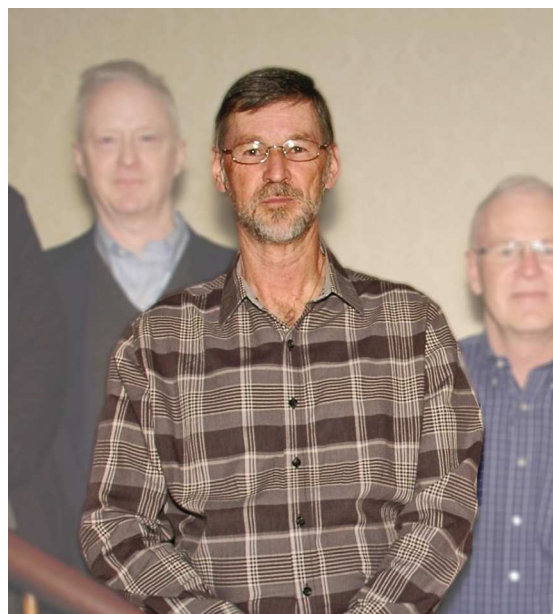
Also, I welcome the new members who have joined this summer, many of them the result of Susan's BWI Trail Ride series. I encourage all recent new members to come to our picnic or a Third Thursday event – these are great ways to get to know others in the club.

Patricia Beers-Block
 Mary Ann Curry
 Deborah Duvall
 Chris Fairhall
 Tiffany Mitchell
 Sari Puth

James Blake
 Paul Doughty
 Joan Emberland
 Sue Lynch
 Jareth Perts

Jim Black, President

Meet the ABC Board Members
 Jim Van Horn





I believe I joined the club in either fall 2009 or winter 2010 I know it was before I did my first RAGBRAI which was 2010. I was a club officer for almost 4 years starting as Co-President and

ending as Vice-President although I think I was always more of the vice then co-president. I also was a ride leader for the same number of years that I was in office. I have done RAGBRAI 3 times 2010,2011,2012 which is the ride across Iowa and I recommend it to everyone to do at least once. As you know I also have done Festivelo in South Carolina 2 times. I have been the rest stop captain at the BWI rest stop for the Lifeline 100 twice.

I grew up in Clinton, Iowa which is located on the Eastern side of Iowa along the Mississippi River and love going back home and riding my bike with family members and sharing the photos of my rides there. Besides being a member of ABC I am also a member of the Iowa bicycle group Team Take A Break which is a terrific group of bike riders that include my sister Deb and her husband Dennis who were the ones that got me into bike riding. Little did I know that when they told me

how great it was and how much fun I would have that they were forgetting to mention the flat tires, raining days, blazing heat or freezing cold and expense of it once you get hooked. Team Take A Break as their name implies clearly know that it is a ride and not a race and always have time for food drink and socializing on their rides.

Least I forget I am married to Karen for 24 years who is also a club member and would love to retire from her job at Macy's but I keep her working to support my biking habit. We have 3 children and 4 grandchildren that I keep trying to get them in to biking. I am a huge Iowa Hawkeye fan hence the nickname of Hawkeye although Susan Robinson is always telling me it is because I see all the wild animals along our rides that everybody else misses.

Club business

We are accepting Club clothing orders through August 31 for the ABC Women's Kit and the ABC Club Kit. Pricing and sizing information is posted online under the news tab here. No payment is due initially - let us know which item(s) you would like to order, and once we have all orders in hand we will request payment. Pricing may change slightly based on the quantities ordered.

Please send any questions to abc_pres@annapolisbicycleclub.org.



ABC Riders on the Bay to Bay Century Ride line up for the group photo before heading out to cross the DelMarVa penninsula and return.

Club Picnic –

will be held this Sunday August 28 from 2:00 to 6:00 PM at Discovery Village in Shady Side. Kayaks will be provided by Discovery Village. Come prepared to get wet.

Club members and their guests need to sign up so the proper amount of food can be ordered. Please bring sides, desserts and a beverage of choice. There is a limited number of picnic tables so if you have transportable chairs it would be a good idea to bring those as well. In the event of rain there will be space inside on the second floor to sit and eat while looking out at the West River and the Bay.

Last name ending in A-M: Please bring a side dish

Last name ending in N-Z: Please bring a dessert

For those who wish, kayaking will start at 2 PM with food being served at 3 PM and the picnic ends by 6 PM. Everyone needs to bring their own beverages. There will be Nando's grilled chicken, BBQ/potato salad/coleslaw, a vegetarian menu and sodas. The Club will not be providing beer – bring your own if you want it.

Jim Van Horn will bring his truck so that the kayaks can be moved from storage to the edge of the water faster than wheeling each one separately. Jim also to provide music and act as MC during prize drawing.

Recent Rides and events— Bay to Bay Century



Ellen Pomerantz leads a happy group on the Bay to Bay Century.

Fire Fighters 50 – Nine ABC riders took part in this hot, humid and hilly ride on July 17th.

Serious rehydration was the order of the day. After leading the BWI Trail novice ride on Sunday Jim VH, Jim (aka Thaddeus) and I did another 30 miles to Old Ellicott City. At the end of our ride we sent this photo to the Firefighter 50 riders with the caption "This is the way we cool down after a long ride. Cheers!" Susan



Patuxent River Rural Legacy Ride – Photos 1 & 2 courtesy of John Richardson.

Novice Rider ride.
Sundays mornings at the Dixon Aircraft Observation lot the Club is offering an approximately 10 mile moderate paced ride for novice cyclists and recovering riders. This ride is all on trail for those who are uncomfortable on roads.

Finger Lakes Bike & Sip

A three day bike tour around Lake Kuka and the vineyards of the regions took place August 13 through 15. The tour was graciously arranged by Ken and Linda Kisling, who have a house at the lake near Pen Yan in New York State. They had room for four. Most ABC members and guests made their own arrangements at local motels or B&Bs. Thursday evening riders started pulling in. Friday the ride visited wineries along the western

shore of Lake Sennica. The route took us up a significant hill which was supposed to be bypassed but the ride leader missed a turn. An impending afternoon thunderstorms caused the ride to be shortened to 43 miles distressing Jim Van Horn who wanted a longer ride..

Friday night featured a cookout and potluck at the Kisling house by the lake. The wide veranda facing the lake was the favored spot for food and conversation. Tours of local wineries and brew pubs as well as a 40 plus mile ride around the lake. The local rides were been mapped courtesy of Mark Jones including some more challenging hills than we can get here on the coastal plain in particular the one we were supposed to miss. Saturday we circumnavigated Keuka Lake threading through lake side rental cottages Swimming in the lake, and hiking in nearby Watkins Glenn are also available for those not inclined to spend the entire weekend in the saddle or in the pub. After the hikers returned from Watkins Glen, some folks headed home, some visited the Keuka Springs Winery for an afternoon of music and wine. The scenery is spectacular enough to devote an entire page of photos to this first of a kind event. There is talk that this will be an annual event. If so plan to attend.



The Covered Bridge Metric ride was the victim of a frontal passage which produced severe thunder storms. The Lancaster Bicycle Club posted a notice on their website that the route would close early and cyclists were expected to be back to their cars by 1:30 due to the severe weather forecast. Most ABC riders decided to cancel rather than drive 4 hours for a shortened ride.

Third Thursday Get Together

The Club's monthly social event was held July 21st at Pirates Cove Inn and Restaurant in Galesville. The restaurant has been a loyal supporter of the Galesville rest stop on the Lifeline 100 including the loan of their "official" pirate, a popular prop for photos on the tour.



August Third Thursday Get Together in August at Pauls Homewood Cafe.



Photos by
Jim Black.

Tour de Sussex, DE

September 24 from Georgetown tour several breweries.



Wednesday Night Ride at BWI

After a stimulating ride around the airport the Wednesday the riders ventured into the Patapsco River Park to view the flood damage. Debbie Duvall joined the group for her first on the road ride. She and everyone else were all smiles at the end. The beer helped.

will call the other person if you are stationary for longer than a predetermined time and tell where you are. It makes the call without your intervention in case you are unconscious



Ride for Sight group collected before they start.

2. Always carry ID with name, age, emergency contacts (preferably more than one in case the primary is out). Carry health information such as blood type, allergy info and significant medications. Some smart phones such as the iphone have a feature which allows the EMT to access the emergency information IF YOU FIRST PUT IT IN THERE. Access can bypass y password locks on the phone. However in serious crashes the phone may not survive so carry a back-up piece of paper or Road-ID band.

Cycling safety – if you are riding individually;

1. Always let some know where you are planning to go and when you intend to be back. Road ID makes a smart phone app which will do just this. You input whose cell phone to call. The app will inform the other person when you are starting out on the ride and where you plan to go. The app will track you if your phone is set to do so and

Cycling safety if you are riding in a group;

1. If you are carrying a smart phone share numbers with the ride leader, helpful if you get lost or separated as well as if you are in an accident.
2. Always carry ID with medical information and emergency contact information. Don't assume other riders in the group know where you live, if you have a spouse (or even your last name).

Emergencies may be medical problems such as heart attack or hypoglycemic condition, not just crashes. Not just what info to have, but various ways to carry it with you such as QR code or USB stick.

3. It's a good idea to have your various information in more than one place and format when you ride. If, for example, you carry everything in a cycling wallet, and that wallet gets ejected in a crash, or left behind at a stop somewhere – you need redundancy

4. In the event of a crash or traffic accident DO NOT ride away. Instead:

5. – Call the police at 911 (not 311). If needed, get medical help.

6. Call the injured party's contact person if you have that information.

7. – From every vehicle involved, record: driver at the scene. Do not get mad, keep a level head so you can ask questions and take notes. Cell phones with cameras are useful in recording information, license plates etc.

8. – If injured, do not move. You may further injure yourself. Do not move others who are injured unless they are in immediate danger of additional serious injury.

2016 Lifeline 100 Sunday, October 16

The Annapolis Bicycle Club will again support the Lifeline 10, Ane Arundel County Century Ride with 100/ 65/ 30 mile routes. ABC will be staffing the rest stops with member volunteers. We need your help! To volunteer contact Susan Robinson at abc_vp@annapolisbicycleclub.org. If you know of any potential Lifeline 100 sponsors please also contact Susan. If you would rather ride than make and distribute sandwiches please register now for the October 16th Lifeline 100 at <https://bikeaaa.org/lifeline-100/register/>



John Korn of Bike AAA reminds us that –

Police Department policy is NOT to write a report unless there is bodily injury or significant damage to the bike. If an officer refuses to write a report, let us know at info@bikemore.net

Wisconsin trails

In July ABC riders Donna Carrington and David Bleil rode several of the Rail Trails in Wisconsin on a Senior Cycling Tour. These trails are maintained by the State and maintenance is funded through the sale of daily trail passes (\$5/day). The old Milwaukee Railroad (The Nickle Plate Road) right of way forms the basis of four of these trails totaling 105 miles. They are considered separate trails because they were developed as separate projects and have separate names although they connect end to end usually with a detour through a town to bring riders the benefits of the ice cream shops, pubs and pizza parlors.



The middle portion of the trail is the Elroy-Sparta trail, named for the two town which mark the ends. This is the oldest official Rail Trail in the U.S. and is known for the three tunnels still in use for the bike route. The tunnels on the Great Allegheny Passage are not maintained and are in the process of being bypassed for safety reasons.

The longest of the three Elrpy-Sparta tunnels Tunnel 1 is over three quarters of a mile long. , Tunnel 3 is shorter



and dryer. Being a Rail-Trail the grade was never more than 3.5% but there were plenty of long slopes in this middle trail.



Other portions ran along the LaCrosse River or along the Mississippi and included a stop in the historic steamboat landing of Trempalo. A thunder storm along this stretch of trail brought down a few trees to provide the riders some agility training. Near Baraboo, WI riders were treated to the sight of a family of Sand Hill Cranes who retreated into the tall grasses along the river

bank when a group of riders wielding cameras disturbed their breakfast.



Of course one can not visit Wisconsin without cheese, beer and Scandinavian culture so the tour featured stops at the Uf Da shop, creameries and pubs. The cheese shops were used to cycling tourists and provided cold packs to keep the cheese fresh in bike panniers. The State is making serious efforts to be bike friendly and is in the process of building more interconnected trails some of which are paved but not Rail Trails so the grades are



steeper. Wisconsin is definitely a worth while destination for the bike tourist.

