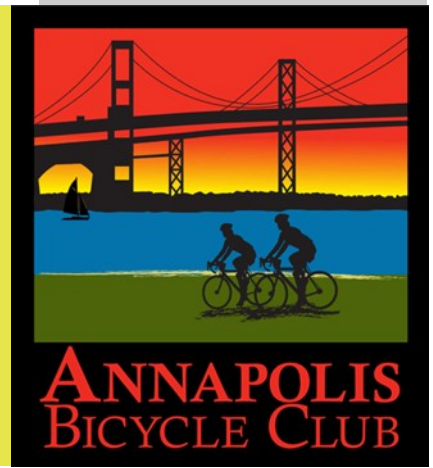


Tailwind Express

2016 Fall Edition

The Club with a place for every pace.

annapolisbicycleclub.org



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President's Column



Greetings, Annapolis Bicycle Club members, and welcome to our Fall Newsletter edition. Fall brings many welcome changes, such as cooler weather and colorful landscapes. But along with the colorful landscapes comes slippery mounds of dropped leaves and hidden road obstructions. ABC members have had an extraordinarily accident-prone summer, resulting in broken bones, road rash, and sore muscles. In this edition, we have included articles and information to raise your awareness on biking and road safety.

Please take a moment to read these insightful articles.

Safety awareness is mandatory when riding on open roads, and ultimately, safety begins with you.

Inside this issue:

President's Column, Meet the ABC Board Members	1
Bike AAA Updates, Lifeline 100	2
Upcoming Rides/Events, Safety Corner	3
Safety Continued	4
Photo Gallery; Summer Picnic, Miscellaneous Rides	5-7
Photo Gallery; Lifeline 100	8-9
Photo Gallery; TTGTs	10
Photo Gallery; Club Mem- ber Outside Activities	11

Meet the ABC Board Members:

In this edition, meet our President, Jim Black (yep; same guy as above):

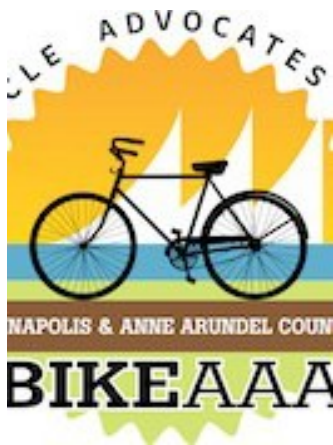
Born a faculty child in Princeton, New Jersey back in the days when it was a normal small town, Jim moved to the Washington, DC area after a few years in Philadelphia and a trip to China with his father. Upon arrival in Washington, DC he became involved with the US China People's Friendship Association and met its newsletter editor and his future spouse, Martha Mihaly. They have a daughter, Madeleine, a special education teacher who lives in Los Angeles.

He enjoyed cycling as a youth then got caught up in the running craze of the 1970s, which coincided with theft of his Oscar Egg. He was drawn back into cycling when, as a recent cancer survivor, he attended the LIVESTRONG Tour of Hope finale in 2003. Then, at the 2012 ABC winter party he dozed off for a few minutes and awoke to find that he had been elected club co-President.

When he is not busy with Club business Jim works in recruiting and business development for an IT consulting firm in Annapolis.



BikeAAA



Nov 17 6-8:30pm at Union Jack's Annapolis

Join county cyclists for a recap of county cycling past, present and future! We'll also have a special panel on bike safety and legal issues including county police, states attorney and a private attorney. All members of Annapolis Bicycle Club, Annapolis Bicycle Racing Team, Annapolis Triathlon Club and Severna Park Peloton are BikeAAA members -- Let's make this our "club of clubs" social and meeting!

6-7pm Social, cash bar, order food and Lifeline 100 volunteer appreciation
7-830pm Annual Meeting

RSVP and share with your friends by clicking [HERE](#).

LIFELINE 100 CLAIMS SUCCESS

The Annapolis Bicycle Club once again staffed ALL rest stops for the Lifeline 100 charity ride that was held on October 16, 2016. The rest stop captains coordinated all food, drinks, and other supplies, workers, assignments, decorations, and motivation! Thank you to everybody that volunteered, and especially to the captains for their support and effort.

Final registration stats are as follows:

- ◆ 723 total registered riders
- ◆ 58 for the 15-mile ride
- ◆ 169 for the 30-mile ride
- ◆ 264 for the 65-mile ride
- ◆ 231 for the 100-mile ride



Here is Message from the Lifeline100 event hosts:

Thank you for making the 3rd annual Anne Arundel County Lifeline100 held on Sunday, Oct. 16 a rousing success! This year's event attracted a record 723 registrants who rode on routes from 15 to 103 miles. The 15 and 30 mile routes were entirely on trail utilizing the county's B&A and BWI Loop trails. The 65 and 103 mile routes were scenic tours of the county including the USNA Bridge, Statehouse, City Dock, Eastport, USNA Stadium, Galesville, and BWI Airport. County Executive Steve Schuh rode in the event as well as others from county and city of Annapolis agencies. Riders came from all over the region!

Our success is made possible by the generous time, skill and enthusiasm of over 100 volunteers and financial and in-kind support from more than 25 sponsors! Our awesome volunteers provide parking, registration, rest stops, SAG Drivers, music, cheering and other support. Our sponsors provide financial support, food, facilities, printing, promotion, bike mechanics and other important supplies. Net proceeds will be donated to county nonprofit organizations including the Crisis Response System, Recreation Deeds for Special Needs and Bicycle Advocates for Annapolis & Anne Arundel County ("BikeAAA"). New this year were cyclists riding for the Alzheimer's Association and Komen Foundation who raised additional money for these causes.

The Anne Arundel County Lifeline 100 Century Ride also included the "Make Health Happen Community Health Fair" at Kinder Farm Park with 18 exhibitors from the Healthy Anne Arundel Coalition, including local hospitals and public agencies. The Children's Bike Rodeo provided a fun safety orientation and skills course for children ages 4-10. The Lifeline100 provides rides for every age and ability and helps promote a safe cycling culture in Anne Arundel County.

Thank you for your support and please join us on **Thursday, Nov. 17 at 6pm at Union Jack's on Somerville Rd in Annapolis** for a Lifeline100 Volunteer Appreciation social hour then stay for the BikeAAA Annual Meeting at 7pm. We'll provide hors d'oeuvres and there'll be a cash bar and time to order dinner. Details and RSVP [HERE](#).

Check out the [2016 LL100 Photo Album](#). And order your Lifeline100 jersey until Nov 1 [HERE](#).

Upcoming Rides/Events

Refer to the Events calendar on the ABC website (<http://annapolisbicycleclub.org/>) for all events, dates, times, happy hour specials, etc.

Weekday rides—Tuesdays/Thursdays, 9:00AM Generals Highway Corridor Park

Weekend rides—Saturdays, 9:00 AM Southern High School (45+ mile drop ride),

—Saturdays, 9:00 AM Davidsonville Park & Ride (30+ mile no drop ride)

—Sundays, 9:00 AM Davidsonville Park & Ride (30+ mile meet up ride;
generally no designated leader)

November 17—**TTGT**: Union Jacks, Annapolis

December 15—**TTGT**: Grotto Pizza, Crofton

Safety Corner—the Danger of Distracting Riding

Below are some highlights from an article found at: <https://www.roadbikerider.com/latest-rbr-newsletter-2016/244-issue-no-726/2295-the-danger-of-distracting-riding> which describe distracted side-effects of our ever beloved HIGH-TECH devices:



Roadies hate – hate! – seeing a driver with their mobile phone glued to their ear or, even worse, holding it in front of them as they text while driving.

Roadies love – love! – our bike computers, GPS and other electronic devices. These ever-advancing tools help us measure, gauge performance, map and explore the roads we ride.

But are our cycling gadgets becoming a bane to road safety, much like mobile phones? Is distracted riding a danger similar to distracted driving?

Common Sense Guidelines For On-Bike Tech

Bike computers and GPS units should only be set (or reset) while stopped. Choosing the route, clearing your last ride's data, etc., should become just another pre-ride (or post-ride) routine so you don't have to mess with it when you're rolling.

Never touch or look at your device while in a pace line. This is the same rule we follow when drinking, blowing, eating, and such. And it's even more important when it comes to an electronic device; it only takes a split-second distraction to make you veer off course, touch another wheel, not see a rider stand up, etc.

Only glance at your device or scroll to a different screen after first checking around you to make sure there are no other riders or cars nearby. Keep a safety zone for your sake, and theirs. If you've never looked up from checking your device and realized you veered off your line, then you're in the minority.

Just peek at your device, don't stare at it. Learn the screens or display of your device at home, sitting on the couch, so that you know exactly where to look to find the desired info while on a ride. Even then, keep your glances very, very brief.

Only check one piece of information at a time. Don't think you need to know your heart rate, the gradient of the climb, *and* your average speed all at once. Establishing in your mind the ONE thing you're going to look at when you glance down will help you avoid wandering all over the screen.

Spend your time exploring metrics at home, after the ride. Many devices allow us to download our data onto websites, into spreadsheets, and email it to friends. If you want to dive deep into your ride metrics, do it from the comfort and safety of home.

Stay focused, my friends.



Accident Lessons Learned by Jim Minor

On June 21st, I was biking the usual Tu/Th morning route and had just turned left onto Rt. 450 when I was hit from behind by a motorcyclist who had been travelling at a high rate of speed and passing cars across a double yellow line.

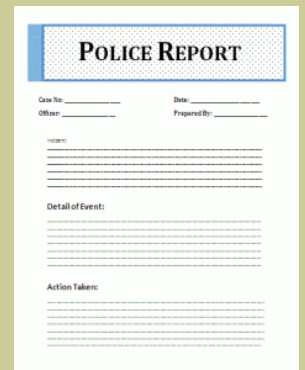
I was very lucky with my accident that my injuries weren't worse than they were. I was medevacked to Shock Trauma and received excellent care but my injuries were relatively minor compared to some recent club member accidents. But in looking back on everything that happened, it's clear that if many things had been handled differently, the accident "process" could have been a lot smoother. Many of the following suggestions were covered in David Bleil's article (see the July-August 2016 Tailwind Express Newsletter or the summary below) but I think they bear repeating.

Don't bike alone. And just because you normally just bike on the trail doesn't mean you're immune to accidents, either because of running into other people who frequently do unpredictable maneuvers on the trail or because something happens to you medically. For my accident, I was biking with four other club members and they helped significantly, in looking after me, calling my wife, retrieving my car and taking care of my bike, as well as interacting with the police.

Make sure your information is available for others. I wear a RoadID on my shoe but I'm not sure it was noticed because its color blends in with my shoe color. It will stand out in the future. You should have your emergency contacts, blood type, known allergies, doctor's name on that or other identification. On your phone, if it's not locked, put ICE (In Case of Emergency), into your contacts list (ICE1, ICE2, etc.). First responders know to check for that. On a locked smartphone, different phones have different ways to let you access emergency contacts. For iPhones, you can use the Health app to enter multiple emergency contacts plus medical information like drug allergies, critical medications, etc. Once in the system, that information is then available via an emergency button on the lock screen. For real redundancy, you might also have a laminated card in your bag with the same information. And if you are riding out of the area, make sure you put in emergency contacts that are appropriate for that ride.

Assuming your accident requires the police, don't count on them to do everything you might expect them to do. For my accident, the two police officers took no pictures, refused to take down at least one witness statement and came away from the scene with no (zero) witness names! They had already come to a conclusion (the wrong one) and so didn't believe the witnesses mattered. Hard to believe! So, it's up to us to get the name and contact info for every person at the scene, even those who don't stick around (in my case there were two witnesses who had very relevant information but who left once they found out that I was being taken care of). Make sure you get the names of police and medical personnel. Use your phone cameras to take as many relevant pictures as you can. Some critical information like skid marks can be perishable.

After the fact, get a copy of the police report. Mine contained seven really major errors which have since been corrected. If there were emergency medical personnel involved, a copy of their report can also be useful.



Upcoming Safety Awareness

ABC members recognize the importance of bike safety, and are exploring options to promote safety awareness. Here are a couple of ideas we are working on:

- * Bike safety-skills workshop: workshop contents will include safety education and on-bike drills. It is hoped workshops may be scheduled in late winter before next season begins. More info to come.
- * Lights and visible clothing: we are working with Bike Doctor, Crofton, to bring examples of lights and visible clothing to our December TTGT.
- * If you have any recommendations, send a message to abc_pres@annapolisbicycleclub.org so we can start working on the details





The summer picnic was held on Sunday, August 28, at Discovery Village in Shady Side. Club members enjoyed kayaking/canoeing, and shared great food, conversation, and of course, the ABC raffle of top-notch gifts! Sadly, the Jim and Sandi Barbershop duet was not requested to perform!

Summer Picnic



Questions? Email abc_pres@annapolisbicycleclub.org

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Indian Head 70/100



Ride for Clean Rivers



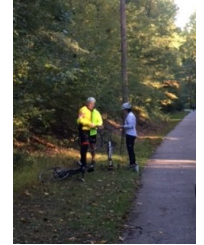
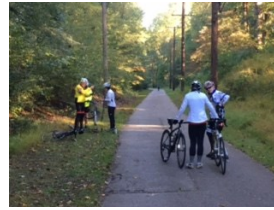
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Plagued with flat tires, this group still had fun on the Lifeline 100 preview. Luckily we decided to just do the 60-mile route,!

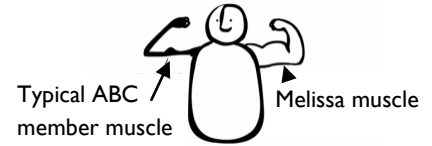


LifeLine 100 Preview Ride

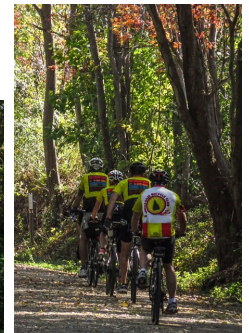
Check out the new ABC jersey on Dave Gordon! It's not just for women anymore!



And shown here is muscle-man Melissa De La Fuente—her biceps are being **strangled** by the ABC **men's**-cut jersey! Be forewarned—don't mess with Melissa! She may be little, but she packs a mean bicep!



ABC Wardrobe Peculiarities



NCR Trail Ride, 10/30/16

Congratulations, Adam Hewison



Adam Hewison reports on the beginnings of his career as a racer:

"I am not sure if I shared this with you or not, two weeks ago I attended the Maine Senior Games. This was the first time I've ever participated in any competitive cycling anywhere. "

"I entered the 10K time trials and also a 20K race. I didn't do too well in the 20K race as I started sprinting too early and bonked before the finish. It was a different story in the 10K time trial, where I did podium by coming in second in my age group which was 70 to 74. The really cool thing about making the podium is that I am automatically eligible for the National Senior Games which will be held in Alabama in 2017. I have not decided yet if I am going to participate in the National Senior Games.



Ellicott City Bakery ride—

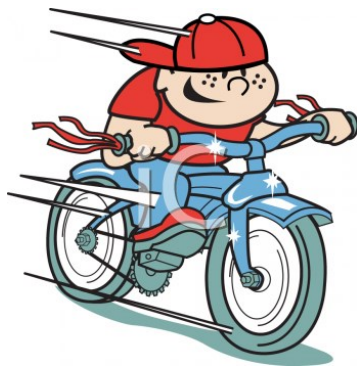
Sad to see the bakery is permanently closed!



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ABC Women's Race Team



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ABC is proud to lead and support ALL aid stations for the Lifeline 100, stocking refreshments, hydration, and a welcome environment for tired bikers. In addition, each group has the yearly challenge of competing for BEST AID STATION. Take a look at the pictures below and vote on your favorite!

Crofton Aid Station



Galesville Aid Station



Thomas Dixon (BWI) Rest Stop

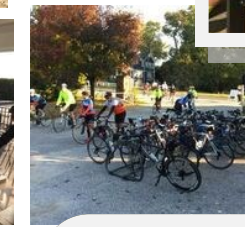
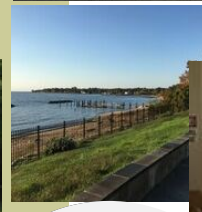
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Bay Ridge



9/15/2016



Old Stein Inn,



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John Richardson —
Woodcarver



John Richardson's other hobby is woodcarving. Six years ago John knew very little about woodcarving but he thought it might make an interesting second hobby. He is currently the vice president of the Arundel Carvers Club (ACC). When the ACC was formed in 1986 its sole focus was decoy carving. ACC still has some members dedicated to carving extremely life like birds but now club member's interests include relief carving, spoons, miniature animals, caricatures, chip carving...etc. The club meets every Wednesday morning (9-12) at the American Legion on Crownsville Road (about a mile south of the Renaissance Festival). Members are mostly retirees but they do have a soccer mom, shift worker and college kids that show up when their schedule allows. The club dues are \$35/year and the money goes nearly exclusively toward renting the American Legion's hall. Visitors are welcome. Some people join during their first meeting while others remain visitors for a month or 2 before they make their decision to pay dues and join...our version of a free trial period. One of the pluses of joining is that the club helps you find out about all of the woodcarving events, classes, etc. throughout the year.

The club doesn't have regular classes, it's more self taught with guidance. When I showed up at my first club meeting about 6 years ago, I told them "I'd like to try woodcarving but I don't know much about it." The response from one of the club members, Dave, was, "Well to get started you need: 1) a cut resistant glove like this, and 2) a good knife like this and this is where you can buy them." By the following Wednesday I had my glove and knife and Dave had cut out a Santa Claus blank for me. Dave handed me the blank and a Santa he had completed and said, "Now try to make THIS look like THAT". While carving my first Santa there was a lot guidance like "...see how the left shoulder is higher than the right"... or..."carve in the opposite direction through that area and you knife won't keep digging in". Although our club has been shrinking in size in recent years we still embody hundreds of years of carving experience and its members are glad to help new carvers get started. They are a very friendly and diverse group of people (about 60/40 male vs. female). If you've ever thought woodcarving might be an interesting hobby, stop by some Wednesday morning and learn more about it. Mention that you are an ABC member and someone will probably sweep up your chips for you...or not. You may have talent for woodcarving that

Club Mechanic—

Did you know an ABC member is also an experienced professional racer and expert bike mechanic? You will recognize Larry Dieren, with Champion Cycle, on many of the faster rides. Larry takes care of many of the ABC members biking needs, so we wanted to give him a special SHOUT OUT! Please feel free to reach out to Larry for any of your bike mechanic needs.

Here is a recent testimony to his service:

On the ABC Thursday Morning Ride I had a tire puncture and my tube exploded while doing approximately 20-21 mph causing me to lose balance and fall. After the ride I immediately called Larry and he said I could bring my bike by his shop and he would do a thorough check and repair any damage done from my fall. By late afternoon the next day my bike was ready with everything fixed along with a detailed checklist list of what he had done. I highly recommend Larry Dieren of Champion Cycle, Davidsonville, MD - Tel 410-798-4250 to all ABC members. FYI, Larry is a retired Engineer and bike racer with lots of riding and repair experience, gives superior service and offers ABC members a 10% discount.

