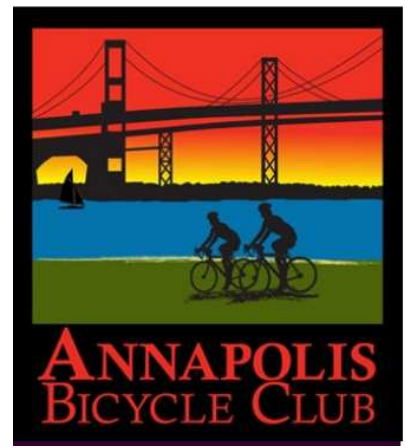


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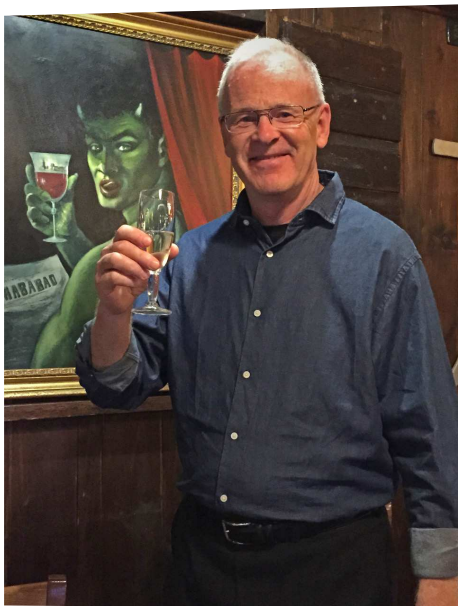
Spring 2017



The Club with a place for every pace.
annapolisbicycleclub.org



President's Message(s)



A New Look to our Website

The new responsive version of our website is online; most of the changes were in appearance with little change to content. The goal of these changes was to make the site easy to read on mobile devices. We will be making a few more edits over the next

several weeks; if you experience difficulty finding or viewing website content please contact webmaster@annapolisbicycleclub.org.

Club Clothing Store will open soon

Our club clothing provider, VOmax, is finalizing an online store which will offer on-demand production of jerseys, shorts, and other apparel. Production time is five days after receipt of order, and then VOmax will mail your order to you. This is a busy time of year for cycling clothing manufacturers – I hope to see our store open in the next couple of weeks, and I'll send an announcement as soon as it is online.

Ride with GPS

Our Ride with GPS club has been closed due to the

ABC Officers

President: Jim Black

abc_president@annapolisbicycleclub.org

Vice President: Susan Robinson

abc_vp@annapolisbicycleclub.org

Treasurer: James Edison

treasurer@annapolisbicycleclub.org

WebMaster: Jim Black, Joe Hutchins

Tailwind Editors: Sandi Delicore, David Bleil

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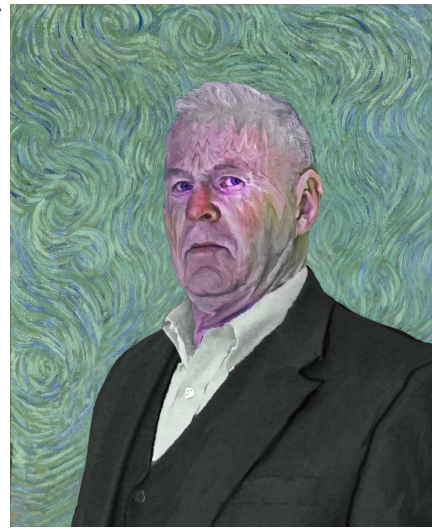
high cost of club insurance. It was unrealistic for us to pay steadily increasing insurance costs as well as the \$250 annual cost of the RWGPS club. We have many RWGPS routes posted on our website and we will add more routes in the coming weeks.

Strava Club and Widget

Over the winter we started an Annapolis Bicycle Club club on Strava; it was set up as a private club so that we can hold discussions about participation in out of area events without broadcasting our absences from home to the entire internet. This feature is subject to review and change depending upon the usage and preference of the club participants. Recently I placed a widget on our home page that shows total weekly mileage for Strava club members. Check it out!

* Fellow club members, lend me an ear! *

We have discussed cycling safety a lot over the past several months, but for now I would like to focus on safety in the sun. Even if you tan easily and rarely get sunburned, use sunscreen and protective clothing and make sure you get checked regularly by a dermatologist. Skin cancer can develop in some unusual locations, such as parts of the ear that one might think are partially sheltered.



Vincent Van Black

Meet the Board Member – Len Jones

Born in Washington, DC and living in the Maryland/Virginia area for all of his life, Len Jones has loved cycling since he was a boy and rode with his brothers – getting into trouble along the way. After a six year stint in the US Navy, he would ride around the DC area and the Mount Vernon bike trail with his friends.



He tried to get his wife on a 12-speed but after she almost ran over a man in Sligo Creek Park, she told him no way! He settled on his two sons and one of them would occasional ride with him around Laurel. After the family moved to Millersville and his sons were away at college in 2011, he looked up ABC and decided to join. On his first ride, he was dropped – but he wasn't that easy to

get rid of. He rode his first century that same year at the 6 Pillars ride with Jim VanHorn and Jim Black.

In 2013, his youngest son, Michael, surprised him by signing up for a cross country bike ride to benefit his fraternity's charity. Watching Michael ride from San Francisco to DC was one of the proudest moments of his life.

Len shares leading the Wednesday night and Saturday rides. Joining ABC turned out to be a great decision. Great riding and great friends – what more could you ask for?

Tuesday/ Thursday morning ride.

This ride goes all year with only a start time adjustment to produce at least a minimum acceptable level of warmth and daylight. Rides are canceled for rain, snow or icy roads. Otherwise it is a good excuse to test out your cold weather riding outfits. The bison showed up earlier with their calves but they have not been visible in recent weeks. Participation does vary with the temperature from a low of 4 to a high of 10. With larger turnouts there are at least two different pace groups to accommodate riders who took much of the Winter off.

With the return of longer days ride leader John Richardson has been investigating alternative routes to add a few more miles and strategically position rest stops where the county maintains plastic loos.

A recent alternative route had riders investigating a canoe launch site on the Bowie side of the Patapsco. To get there riders had to cross the Queen Anne's bridge which is closed to automobile traffic but is still open to bikes. After all its on the East Coast Greenway.

The most recent good weather day, Tuesday April 18 had 13 riders and 3 different pace groups. This ride also marked the anniversary of Paul Revere's famous ride on that date in 1775.



FOURTH ANNUAL
ANNE ARUNDEL COUNTY
LIFELINE100.COM
100, 65, 30, & 15 mile routes
Free Children's Bike Rodeo and
Community Health Fair open to the public.
DATE: October 1, 2017
START/END: Kinder Farm Park
REGISTRATION NOW OPEN!

Register and Learn More Online at **LIFELINE**
facebook.com/Lifeline100
twitter.com/AALifeline100

100 & 65 mile sections
Severn River, Historic
Academy, Chesapeake
30 & 15 mile flat, paved
own pace, plus free coffee
Contact us for a

The 4th Annual Anne Arundel County Lifeline 100 Century Ride will take place on Sunday, October 1, 2017.

The Annapolis Bicycle Club is proud to once again support Lifeline 100 (100/65/30 mile routes) by coordinating and staffing all rest stops with ABC member volunteers. If you would like to be involved in this fun and worthwhile charity event by volunteering with your fellow ABC members please contact Susan Robinson at abc_vp@annapolisbicycleclub.org or 202-580-5448.

30+ volunteers are needed to donate 3 to 4 hours of their time at a rest stop.

Lifeline 100 is co-sponsored by the Anne Arundel County Police Department, Anne Arundel County Department of Recreation & Parks and Bicycle Advocates for Annapolis & Anne Arundel County. All event proceeds will be used to support the following non-profit organizations:

*** Anne Arundel County Crisis Response System**

*** Recreation Deeds for Special Needs**

*** Bicycle Advocates for Annapolis and Anne Arundel County Bike Safety Programs**

Last year's Lifeline 100 was a tremendous success with a record 723 registered riders, over 100 volunteers, more than 25 sponsors and \$21,000 raised for the above local non-profits. For further information go to <https://bikeaaa.org/lifeline-100/>

On January 18, 2017 the Annapolis Bicycle Club was recognized as "Volunteer Organization of the Year" by the Anne Arundel County Department of Recreation & Parks for the extraordinary ongoing support of the Lifeline 100 Century Ride since its inception in 2014. ABC members are the best!!!

Thanks for your generous support of the Anne Arundel County Lifeline 100 Century Ride.



Saturday, June 24, 2017



The Susan G. Komen Maryland 2nd Annual Promise Ride

will be held Saturday, June 24, 2017 in Edgewater, Maryland. Last year's event earned wonderful feedback from the local cycling community for its beautiful, safe routes with water views in southern Anne Arundel County, as well as festive themed rest-stops and a pre-

and post-ride picnics.

As a proud charity partner for the Lifeline 100, Susan G. Komen Maryland is grateful for the generous support from Anne Arundel County Parks & Recreation and Bike AAA for the Promise Ride. The event offers three routes--10, 34, and 66 miles--for a variety of cycling abilities. Funds raised from the event go to local breast health programs and national research into the cures for breast cancer. Cyclists who raise \$500 will receive a collectible Promise Ride jersey. Those who raise \$1,000 will receive coordinating bike shorts. To register and find out more, visit www.promiseride.komenmd.org or call **410-938-8990**.

Bike to Work Day

This year the 20th anniversary of Bike to Work Day will be happening on Friday, May 19, 2017. Bikers can stop at one of eight pit stops in the county and collect their free participatory t-shirt. Make sure you register at Bike2WorkDayCentralMD.com. The event is still seeking volunteers, too! Volunteers are needed between 6:45 A.M. and 9:30 A.M. at the Downtown Annapolis Location, and between 6:45 and 8:45 at the National Business Park (Cafe Joe's), the Arundel Mills Mall, and the Baltimore Coffee and Tea shop of Odenton pit stops. Let's make the 20th anniversary the best year yet!

To volunteer or for more information please contact Tabitha Ernst at (410) 222-7762 or pzerns49@aacounty.org



Ellicott City ride from Severn Run School and the start of the Wednesday night Rides.

The Wednesday evening rides have resumed, leaving the Dixon Aircraft Observation area off Dorsey Rd. at 5:30 PM. But on weekends the hills of Howard County drew the determined cyclist in Patapsco State Park, who here demonstrate



On the left, the riders of the second Wednesday Night, April 12, ride at bridge leading to Ellicott City.

To the right, the February 19th riders pause in the Park.



the rewards of a February 19th window of Spring like weather.



LJ Reiter on the North Beach Boardwalk during yesterday's ride. Two of her children are in Puerto Rico on a school trip and texted her a photo of the beautiful ocean and this was her reply!

The **Talbot Special Riders Spring Classic** was held Saturday April 8 starting and ending in Easton, MD. The tour offered a choice of several routes, the longest being a Metric Marathon. Their website offered an apology for the weather last year when it snowed halfway through the day. The food at the end was good this year and plentiful. ABC was



represented by James Edison, who attempted the Metric and by David Bleil who rode the 50 mile route. James is here showing the effects of the 20+ mph wind we had for most of the day.



Cherry Blossom Ride through the years

Jim Black created this comparison composite of the differences caused by weather on our annual ride through DC to view the tourists and the tourist attractions.

2015 & 2016



2017



Tours of interest in the near future.

Ocean to Bay,

Saturday April 29, starts in Bethany Beach, Delaware

and wanders, as advertised, between the Atlantic Ocean and Delaware Bay.

This tour has always been well attended by ABC riders many of whom drive over on Friday and spend Friday evening exploring the eating and drinking establishments of Bethany Beach. There is a team discount so check with the club officers for directions for signing up at the team rate.

Draw for Sight – Bike Poker Run

Sunday April 30 at 8:30 AM in Chestertown Maryland with either a 36.8 or a 60 mile course. Cyclists will draw two playing cards at each of five drawing stations. Card Draw stations will close at noon. Cash awards will be awarded to the top ten riders with the best poker hands. Last year John Richardson was one of the winners.

IronFurnace Fifty, May 13

Snow Hill, MD. 50K, 50 miles, 100K Fully supported benefit ride. Register by April 30 for T-shirt. www.ironfurnacefifty.org or call 410632-2032

Tour de Chesapeake, May 20, Mathews County, VA.

This will be the 19th annual ride. Register www.tourdechesapeake.org

Chesapeake Challenge, June 17 & 18 in Easton, MD

Charity ride/fund raiser for the MS Foundation. For more info see James Edison.

Bay to Bay Ride (32nd annual)

June 25, 2017 From Chesapeake Bay to Delaware Bay and back again. Multiple routes including a full Century.

Ride for Clean Rivers {formerly Tour de Talbot}

Sunday, September 17 Chesapeake College, Wye Mills, MD in support of the Mid-Shore River Keepers.

BikeAAA ride list. <http://www.bikeaaa.org/calendar/>

Sunday, April 23 at 1:00pm Ride for Autism Health & Safety Fair

Saturday, April 29 10:00am BikeAAA Spring Bike Expo

Saturday, May 6 10:00am B&A Trail Planet Walk/Bike

Tuesday, May 9 1:00pm AACBAC – Note 1pm Start Time

Wednesday, May 10 7:00am National Bike to School Day

Wednesday, May 17 6:30pm Ride of Silence

Friday, May 19 7:00am BIKE TO WORK DAY



Third Thursday Get Together

The February TTGT was the fourth anniversary of this staple of the Club's social activities. The first ABC – Third Thursday Get Together was held at Paul's Homewood Cafe in February 2013.

This February we were back at Paul's with a few of the original group and some new faces.

Thanks to Susan Robinson for arranging and supplying the comparison photos and several others. Food and beverages were excellent as always.



TTGT at Pauls Homewood Cafe -2013

TTGT at Pauls Homewood Cafe - 2017



The March TTGT was held at Ellie's Place in Millersville. About 20 persons attended on a cold, blustery evening.



Our President and Vice President looking formal.



At the March TTGT, a few of the hardier souls hung around Ellie's Place to close it down.

Cycling New Zealand

ABC's pair of paripatetic peddlers, David and Donna, cycled New Zealand's South Island this January and this is what they found. New Zealanders drive, walk and bike on the left side. (They also put the hot water on the right, cold on the left.)

Most rental bikes in New Zealand are Mountain Bike styles and consistent with their reverse orientation, the brake levers are reversed, left to the back, right to the front. We soon learned to use both at once. The first Rail Trail in New Zealand is the Otago Central Rail Trail. It runs from the end of the active tracks in Middlemarch to Clyde, 152 kilometers. This section of



the railroad was abandoned after the end of the gold rush and start of WW 2. Grades do not exceed 3 percent and there are several tunnels through the mountains of the Raggedy Range which the trail crosses at right angles. Trail surface is crushed stone. The trail is maintained by a charitable trust which relies on grants, donations and the sale of Official Passports (\$10 NZ), but not mandatory. The passport has places for stamps at each station on the line. As you reach a station you use the self inking stamp to register you have been there.



Donna pauses in front of the plain where the battle scenes from *Lord of the Rings* were filmed.

During our visit the weather was exceptionally unfriendly with winds of 20 MPH gusting to 30 MPH.

On exposed ridges we had to walk our bikes to prevent being blown sideways off the trail. Occasionally, for variety would become a head wind. The adverse circumstances, not helped by unfamiliar bikes cause us to curtail the ride to about 34 K.

There are other rail trails we did not have time to explore such as the Round the Mountain trail, recently completed.



it



Riding past snow capped mountains. We don't get this at home.



Attention Sandi

The Coast to Coast race is a serious triathlon you may want to add to your bucket list. New Zealand's Coast to Coast is one of the world's longest running multisports in the world, even older than the Hawaiian Ironman, founded in 1983. Instead of swimming, there is a Kayak portion down rushing Glacier fed streams. Competitors complete the course anywhere from 11 to 24 hours. The above graphic shows the running, biking and Kayaking segments of this race.



Adventure Cycling is promoting a program to allow roll on / roll off access to Amtrak trains. They are seeking financial and personal support to get Amtrak to upgrade ALL routes to carry on service for cyclists. Currently only two routes have retrofitted baggage cars with bike racks. Check out this program at adventurecycling.org