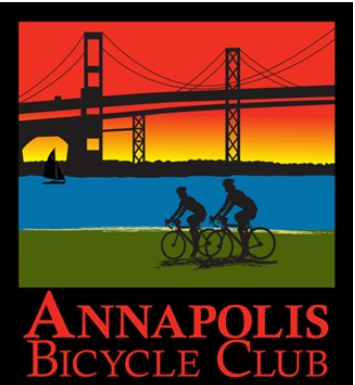


Tailwind Express

2017 October-November (Fall) Edition

The Club with a place for every pace.

annapolisbicycleclub.org



ABC Officers

President: Jim Black

abc_pres@annapolisbicycleclub.org

Vice President: Susan Robinson

abc_vp@annapolisbicycleclub.org

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President's Column



In this edition, we are taking a little time to say Good-Bye to our good friend and Vice President of ABC, Susan Robinson. Susan has been involved in the club since 2011, and was quickly roped into being the social events coordinator, primary picture-taker, and more recently, Vice President. She contributed an amazing amount of time, energy, and initiative to the club in every task she undertook. Most notably, Susan started the Third Thursday social events that we all love to attend! She also welcomed and inspired new riders at the Sunday morning BWI rides. She organized the club's winter and summer parties, organized ABC's members to staff the Lifeline 100 rest stops, and then took over management of all the Lifeline 100 rest stops in 2017. Whew; all this, and she's not even retired!

I have enjoyed working with her and I will miss her greatly. She is just moving up the street to Delaware, so we should have plenty of opportunities to meet up with her on some out-of-area rides, but we will miss her presence on the local rides and Third Thursday Get Togethers.

Please wish Susan well when you get a chance. *-Jim*

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Announcing the ABC Winter Party and Club Officer Elections!

Please join us for the Annapolis Bicycle Club Winter Party from 4-7 PM on Sunday, January 28, 2018 at Pirate's Cove in Galesville, Maryland. The Pirates will present a buffet dinner, and we will hold club elections and conduct a raffle. Registration will open in mid-December once we finalize the menu; the cost will be \$25 per person.

For 2018, President Jim Black and Treasurer James Edison are planning to continue in office, unless unseated in the election. Jim Miner has volunteered to step into the role of Vice President, replacing the outgoing Susan Robinson. Jim Black plans to continue as President for two years, through the end of 2019, and then scale back to website support and leading rides.

If you would like to throw your cycling cap into the tightly contested race for club officers please contact us at abc_pres@annapolisbicycleclub.org.



The ABC jerseys are getting a fashion upgrade. These new options will be available over the winter at the ABC clothing store at: <http://vomax.com/abc>.

Upcoming Rides

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

In the event of rain or extreme heat and humidity affecting summer rides, the ABC Communications Officer tries to keep everybody informed as to the status of rides, but you might want to make a habit of contacting ride leaders prior to rides if questionable weather is forecasted.

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

Weekend rides — Saturdays, 9:00 AM Davidsonville **Park** (44+mile drop ride),

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

— Sundays, 9:00 AM Davidsonville Elementary School (35-40 mile no drop ride)

Upcoming Social Events

Nov 16, 2017 —6:00 PM Pirate's Cove Restaurant, Galesville, MD

Dec 21, 2017 — Grotto Pizza, 2404 Brandermill Boulevard, Gambrills

Jan 28, 2018— ABC Winter Party, Pirate's Cove Restaurant, Galesville, MD



Cold-Weather Riding: Tips to Stay Warm on the Bike

General Rule: A good rule of thumb when preparing for a cold weather ride is to start off just a little cold, because after about 10 minutes of pedaling, you'll warm up quite nicely. If you overdress, overheating can be uncomfortable, so you may have to experiment a little before you get it right.

The Core: consider the rule of layering. This is a technique of wearing varying weights of clothing designed to wick, trap, hold and block. The overall purpose of layering is to trap insulating air between layers of clothing and subsequently hold heat in.

- **Base-layer:** Wear a lightweight, high-performance, polyester-based wicking fabric next to the skin. This type of garment will wick moisture away from the skin, keeping your skin and clothing dry to avoid heat loss through evaporation.
- **Mid-layer:** Wear something with thermal capabilities (polyester is excellent here as well) that retains warmth while allowing a slow "breathing" process of the fabric. Modern synthetic fabrics like polyester breathe and will help you stay warmer longer.
- **Outer-layer:** This will serve two purposes: hold warmth in, while blocking the cold air and wind. The outer garment should serve as thermal barrier as well as a wind block, since cycling through cold air increases the wind chill factor. Fabrics like nylon serve this purpose well. Natural fabrics like wool and cotton get wet and stay wet, so don't wear your cotton T-shirt next to your skin thinking it will act as a primary wicking garment. Also, if you're riding without a windbreaker and find that you need one, insert sections of a newspaper inside your cycling jersey. Insert it in the front to block on-coming cold air, and in the back to conserve core body heat and act as an insulator.

The Head: about 30 percent of the body's heat is lost through the head. A tremendous supply of blood circulates through this area, so if you keep your head warm, your body will stay warm. Ear bands and ear warmers are a good beginning. A skull cap of synthetic fabric is also a good lightweight remedy. Remember your short-billed cycling cap (*ABC now sells these*)? The bill can be invaluable to protect against both sun and rain. Flip the bill up out of the way when you don't need it, or just turn the cap backwards to protect your neck. In very cold weather, use a heavy-duty winter cycling cap that has both a bill AND ear flaps. Worn under a helmet, the helmet strap holds the ear flaps down, keeping the head nice and warm. And don't forget the **eyes**. Traveling through cold air causes your eyes to tear, making it extremely difficult to see. Choose a good pair of [cycling glasses](#) that curve around the face and protect eyes from wind and other elements, without fogging up.

The Hands: I recommend cycling gloves for a couple of reasons. Most cycling gloves are cushioned on the palms, providing proper circulation in the various hand positions on your handlebars. Full fingered gloves are a good idea or cycling mittens for more extreme conditions.

The Feet: Like the head, body heat is lost to a large degree through the feet. For cold-weather riding, use a heavier thermal cycling sock that wicks moisture and retains heat; choose socks made from synthetic fabrics. Cycling booties slipped over your shoes are great in cold weather. The booties are designed to accommodate your pedal cleats, and insulate your foot and ankle as well. For days that aren't cold enough for booties, wear toe covers. Toe covers accomplish the same thing that a windbreaker does for your chest: they keep the cold air from penetrating your foot. If you're on a ride without booties or covers and your feet get cold, get plastic bags from a convenience or grocery store and slip them over your feet (inside your shoes).

The Legs: Another rule of thumb is to keep knees covered anytime the weather is below 50 degrees. This helps keep them warm and protected from the cold air, thus keeping them properly lubricated and functioning. For semi-cold weather, short cycling tights are a good option; they come down just below the knee without covering the entire leg. Cycling leg warmers are also very convenient as they are easy to zip on and off quickly as needed. For colder weather, full cycling tights range from lightweight to heavy and waterproof, or you can find insulated cycling pants.

Be sure to check out the ABC clothing store for suitable options! Also check out Bike Doctor of Arnold, and for a 10% discount, remember to mention you are an ABC member.

The club with a place for every pace.



Dear Lifeline 100 Sponsors and Volunteers,

Thanks to your generous provision of time, talent, products, services, funds and enthusiasm the 2017 Lifeline 100 is in the books with record-setting participation and a new level of quality and buzz! Our non-profit donations to beneficiaries Anne Arundel Crisis Response System, Recreation Deeds for Special Needs, Bicycle Advocates for Annapolis & Anne Arundel County, Friends of Anne Arundel County Trails and Friends of Kinder Farm Park reached a new level as well.

Here are some highlights:

861 registrants - A new high nearly 20% over last year and close to 70% more than our first event in 2014! Riders from 15 states as far as California!

Big increase in 15 and 30 milers shows we are drawing a broader range of ages (8 to 84), abilities and bikes.

More groups from around the region rockin' their club cycling jerseys!

More riders with special needs! Thanks to our generous sponsorship from Prophasys, we drew more special needs riders!

New partnership with Rise for Autism brought new participants riding for an important cause!

More food variety including our 4 year sponsors Mission BBQ and Pirate's Cove, and new sponsors Metropolitan and Sailor Oyster Bar along with Gatorade Endurance, Picklejuice Company, Cabot Cheese, Costco, Giant and more!

Exciting rest stops organized by **Annapolis Bicycle Club** at beautiful venues at Anne Arundel County Parks and the Bay Ridge Pool Association

More nourishment at the start/finish area including burgers and dogs with grill-meisters from Friends of Anne Arundel County Trails, Friends of Kinder Farm Park, Recreation Deeds for Special Needs and Anne Arundel County Recreation and Parks

Great energy at Kinder Farm Park with music from Rod Madd Flava, finish line cheering from the Jaycees, Health Fair and sponsor exhibits and awesome support from the Kinder Farm Park staff

More kids at the Bike Safety Rodeo provided by our wonderful Anne Arundel County Bike Patrol Officers Newborn and Scali!

Make Health Happen health fair provided by Healthy Anne Arundel Coalition

Over 100 volunteers including more than 30 from Annapolis Bicycle Club supporting our rest stops and many more via the Anne Arundel County Volunteer Center

Safety support from Anne Arundel County Police and Fire/EMS and Annapolis Police

Wonderful SAG drivers helping cyclists and bikes in need of support

Great photography at Kinder Farm including aerial from J.J. Aerial Productions and along the course by Peter Klosky

Printing, posters, signs and new flags from Minuteman Press of Glen Burnie supporting us since our first event

Great bike tech support from Bike Doctor of Arnold, Annapolis, Crofton as well as Cycle Mill and Parvilla!

Loads of food and material provided to Sarah's House

Record-setting financial sponsorship from Prophasys, Maryland Live, ai Solutions, Annapolis Pediatrics, Drum Loyka, Velo Orange, Chesapeake Bayhawks, Living Health Integrative Medicine, AAA, Petrie Richardson, Physician Nutrients, Odenton Family Dentistry, MyKidsTherapy, Wisecare, UMD Men's Lacrosse & Lindquist Insurance

This annual Anne Arundel County signature bicycle event is hosted by a special partnership of Anne Arundel County Police, Anne Arundel County Recreation & Parks and Bicycle Advocates for Annapolis & Anne Arundel County. Together we promote health, safety, recreation and fun through beautiful and historic areas of Annapolis and the County. We highlight the joys and benefits of biking for recreation and transportation while sending a message of safe use of our roads and trails by all users.

Find pictures from the event at www.facebook.com/Lifeline100.

We greatly appreciate your support and look forward to working with you again on **October 7, 2018!**

Anne Arundel County Police
Anne Arundel County Recreation & Parks
Bicycle Advocates for Annapolis & Anne Arundel County





At the New Freedom Train Station



Entering New Freedom, PA



Gnome Hill



There's no place like Gnome!

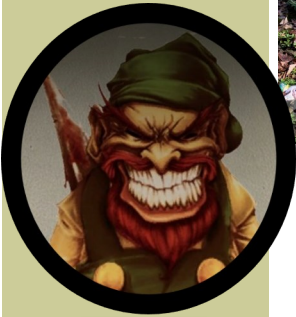


Submit your own pictures and stories
to the Tailwind Editors:

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David Bleil

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Questions? Email

P.O. Box 224
Annapolis, MD
21404

Frisco Tap House, Gambriils, November 9, 2017

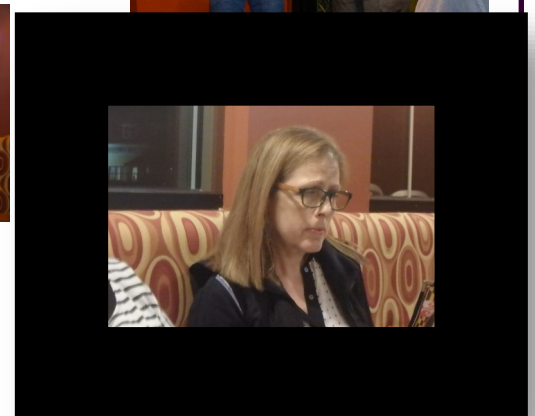


As expected, there was a record turn out for Susan's going away party! We will all miss her!

Board Member Meeting



LOVE this jacket!



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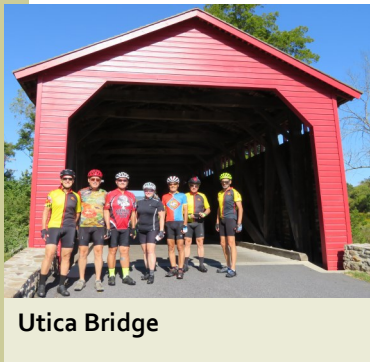


Rob Weintraub visited Buffalo Trace Distillery after a hard day of riding in the Lexington, KY area in September. Why am I thinking the bike ride was just an excuse to go to the distillery?



Thurs morning ride

Covered Bridge Ride, 9/28/2017



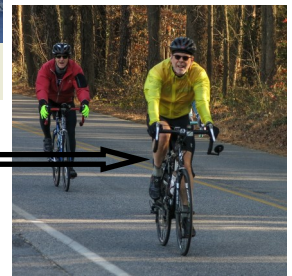
Utica Bridge



Loys Station



Roddy Road Bridge

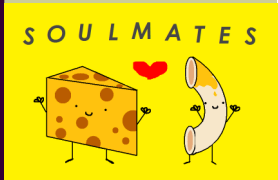


Burr—DUDE, it's freezing outside, where are your pants?

Editor's Choice Story!

I can hardly go into the holidays without sharing the most decadent Macaroni and Cheese recipe I have ever encountered. And trust me, **I know my macaroni and cheese!**

Creamy Macaroni and Cheese



INGREDIENTS

- ◇ 2 tablespoons butter
- ◇ 1 cup Ricotta cheese (not lowfat)
- ◇ 2-3/4 cups milk (not skim)
- ◇ 1/2 package low-fat cream cheese
- ◇ 1 teaspoon dry mustard
- ◇ Pinch cayenne
- ◇ Pinch freshly grated nutmet
- ◇ 1/4 teaspoon salt
- ◇ 1/4 teaspoon freshly ground black pepper
- ◇ 8 oz each: mild cheddar, sharp cheddar, muenster cheese (this is better if you do not use the pre-shredded; use the brick and shred yourself)
- ◇ 1/2 pound elbow pasta, uncooked
- ◇ Panko bread crumbs mixed with melted butter

PREPARATION

- STEP 1:
Heat oven to 375 degrees and position an oven rack in upper third of oven. Use 1 tablespoon butter to butter a 9-inch round or square baking pan.
- STEP 2:
Mix Ricotta cheese, cream cheese, milk, mustard, cayenne, nutmeg and salt and pepper together. Reserve 1/4 cup grated cheese for topping. In a large bowl, combine remaining grated cheese, milk mixture and uncooked pasta. Pour into prepared pan, cover tightly with foil and bake 30 minutes.
- STEP 3:
Uncover pan, stir gently, sprinkle with reserved cheese and dot with remaining tablespoon butter. Also sprinkle (or, better yet, "dump") the buttered panko bread crumbs on top. Bake, uncovered, 30 minutes more, until browned. Let cool at least 15 minutes before serving.

Periodically, we have members submit reports on their biking travels. This recap is from our own Co-Editor, David Bleil on his travels through Ohio. Be sure to ask David about his adventure at the next TTGT! Enjoy...

Wandering through the Walnuts or Ohio Biking trails Oct. 2017

Ohio Bike Route #1 runs from Cleveland to Cincinnati mostly following the route of the canal from the Ohio (River) to Erie (lake) and the route of railroads which superseded it.

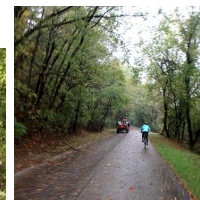
ABC rail trail riders David Bleil and Donna Carrington rode a large portion of this route in early October with Senior Cycling. The leaves were turning, the clouds were drizzling and the walnuts were dropping all over the trail. The walnuts are the size and nearly the hardness of billiard balls. They threatened serious damage to rims if run over. The canal towpath portion running South from Cleveland was partly paved, partly smooth crushed stone. Along the flood plain portions were elevated wood. The trail was wider than the bike trails in the Annapolis area and was well maintained by volunteer crews.



The central portion of the trail through Holmes County was a shared use trail with the Amish horse and buggies. Senior Cycling arranged for a video introduction to the Amish and Mennonite life and history. One side of the trail was reserved for horses use and the other side was for bike use so there was no manure for the bikes to deal with, a definite plus during days of drizzle.

The State of Ohio has decided to embrace cycling routes as economic development and is continuing to link up the formerly independent sections of the rail trails, (Canal towpath, Holmes County trail, Roberts Pass Trail, Prarie Grass trail, Little Miami trail) into one continuous bike route. Where in the past one rail trail would end at the edge of town and resume on the other side of town there are now bypasses or dedicated signed bike lanes through the urban areas. The trail passes through Akron, Berlin, Dayton, Columbus, Xenia and many other smaller towns.

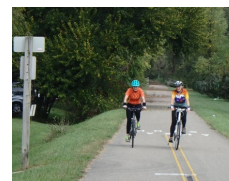
The trail runs alongside Yellow Springs, home of Antioch College where we stopped and hoisted a refreshing beverage in honor of ABC member Richard Strafella who once tended bar there while a student at the College.



The Senior Cycling company features shorter rides of around 40 miles per day, rail trail routes which avoid hills and van support. Riders stay in motels or Bed and Breakfasts. We do not camp.

We also ride at our own pace which means that only on rare occasions will everyone be in the same group picture. But we do ride in the rain.

Because the trail follows the route of the old railroad many of the old buildings served by the railroads still exist and evoke a sense of an earlier history. Riders looking for interesting scenery and some stress free riding would do well to consider the bike trails in Ohio.



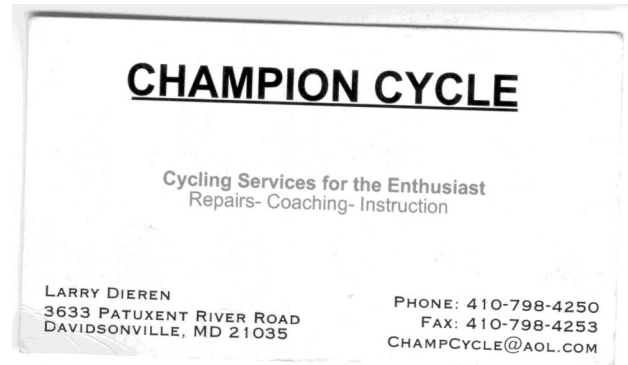
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ABC members get 10% off purchases at Bike Doctor—Crofton. Go talk to Ernest about lights for your bike or a new MIPS helmet!



Schedule an appointment today with Larry Dieren. Larry is sure to give you a great deal and ensure your bike continues to perform through the 2017 biking season!

