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President's Column

A Donation in Memory of Patricia Valentino.

Recently our club was honored to receive a donation from Linda Valentino of a bike and car rack that belonged to her sister Patricia Valentino, who passed away this Spring. Patricia was an avid rider and club member for many years and Linda makes this donation in memory of her sister. We will honor Linda's wish to find a new home for her sister's bicycle and car rack.

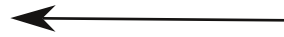
SAVE THE DATE —

The ABC Club Summer Picnic is scheduled for Sunday August 26 in Galesville at Hartge's Yacht Harbor at the end of Church Street. The Club Picnic Registration is now open for our Club Picnic on Sunday afternoon, August 26, 2018 at a scenic riverside location in Hartge Yacht Harbor! The Club will provide chicken, hamburger and veggie burgers, and hot dogs with fixin's; club members are asked to bring a side or dessert and BYOB. Please visit the calendar event for registration (\$5) and more information. There will be overflow parking available at the Methodist Church on Church Street.

More details will be provided on the website and through email communications.

Ocean to Bay, April 28 —

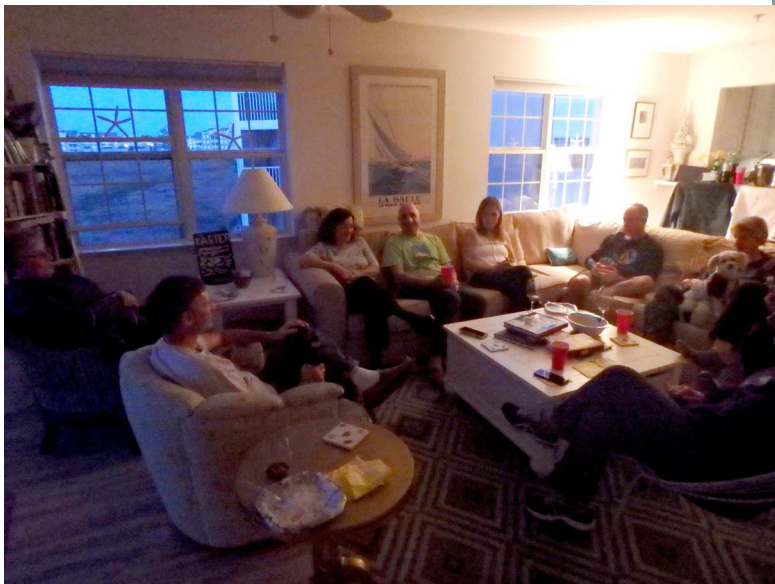
This popular ride had a good turnout as usual, 16 riders made the group photo at the Boardwalk Bandstand and a few others showed up later. Weather was near perfect for a Spring ride. Most riders chose the Metric Century route but there was also a 50 mile route which drew a few ABC riders. This year almost everyone made it to the finish line before the food ran out. This popular event was followed by an equally popular after-ride party at Jim and Martha Black's Ocean View condominium. Contributions from riders resulted in more food and a greater variety than we could cope with.



Munching on the hamburgers, hot dogs, chips and other assorted health food at the party at the finish line in Bethany Beach.



Rehashing the day's ride at the Black's condominium with adult beverages -- just before things got rowdy.



Third Thursday gatherings

The social component of ABC features the monthly Third Thursday food and beverage gathering. Third Thursdays, April 19 at Nandos in the Annapolis Mall shown here. Smiles all around. We are still not up to the photography standard we had when Susan Robinson wielded the camera.



Group discussions over good beer and various forms of chicken at Nandos.

The next TTGT was May 17 at Houlihan's. There was no record of any ABC member providing sanctioned entertainment this time. The two photos from Jim Miner, show the group at Houlihans.

June 21st TTGT was held at Ellie's Place. There are no photos at this time.



6_Pillars Metric and Century May 5.

Nine ABC riders. There seems to be a ringer in the 6_Pillars Woman's team. Ken Kisling commented that he was proud to represent the ABC with the shortest ride in 6 Pillars history due to a pulled tendon. Very glad everyone had a good ride.



Rides on the Eastern Shore

The Tuesday / Thursday group was treated to an out of area ride on Thursday May 17th lead by Jim Miner. The group is shown riding the ferry across the Tred Avon River to Oxford.

Another weekend ride in the same vicinity led by Jim Van Horn was held on July 17th.



Recently a Sunday 50 mile ride was led by John Tyrrell and explored Kent Island and the Graysonville area on July 1.

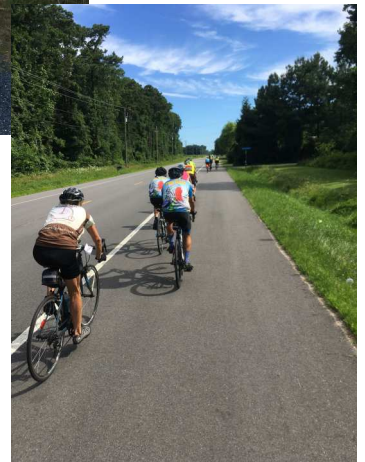
Ride for the Rivers

The ride in southern Maryland to benefit the River Keepers organization drew nine stalwart ABC riders for a bright day of no rain.





**EASTERN SHORE METRIC CENTURY RIDE
ST. MICHAELS, MARYLAND • 7 JULY 2018**



Autumn Alpine Weekend at Deep Creek Lake

This spring, John Tyrrell and Jim Black enjoyed an Alpine Weekend at Deep Creek Lake, touring the lakeside roads and enjoying the area's sights and natural beauty. Some notable attractions are the Oakland B&O Railroad Museum and an unusual sculpture garden. With some careful route planning we were able to find routes that avoided Accident, MD as well as avoiding the steep climbs that are typical of Western Maryland – with the exception of a one mile 500 foot climb to the top of the Wisp ski resort.



John Tyrrell is planning another Alpine Weekend in the Fall of 2018 – the date has not been finalized yet. Please contact him if you are interested in a fun weekend:
johnctyrrell@gmail.com
 Sculpture Garden & Lakeside View



Biking in Majorca on the Mediterranean

Rob Weintraub toured Majorca for a week with the company Fit 4 Adventure and sent us these photos of his adventure.

He and his wife stayed in Porte de Pollencia, a beautiful beach resort on the Mediterranean. Majorca is an hour by plane from Madrid or Barcelona and is known as a favorite training site for pro bike riders because of the mountain roads and beautiful views of the sea. I went on daily guided rides that averaged about 40 miles. I would definitely recommend Majorca as a travel destination for everyone.

The Tailwind Express is always happy to receive news and images of ABC members who travel the world on bikes. Please send more.



Photos by Robert Weintraub



Next up -- Summer and Fall organized Rides

The web site <http://annapolisbicycleclub.org> is the best place to find out what rides are available in the region.

Members should check it regularly for the details of when, where, and how much.

ABC Bicycle Handling Skills Workshop

Although the parking lot surface was less than ideal, we enjoyed cooler than expected temperatures at Quiet Waters Park for our club's first workshop on Saturday, May 12th, 2018.

Our instructors for the day were Peaks Coaching Group Master Coach BJ Basham and Elite/Master Coach James Schaefer, both USA Cycling Level 1 coaches. They showed us good and proper techniques and had each of us run through each drill several times, under their guidance, to get familiar with the maneuvers. Another workshop is scheduled for November 3, 2018.



First up was basic cornering and then counter steering: we practiced tilting or leaning the bike using the inside hand and outside foot – including grabbing the outside calf with our hand. Tilting the bike does not mean tilting our body, just leaning the bike and keeping our center of gravity over the wheels. Brake BEFORE entering the turn to manage your speed through the turn – look where you want your bike to go.

We also next practiced steering, which is used more at slower speeds, in tight circles around and inside cones to include 180s and 360s.

We also practiced emergency braking: gripping both front & rear brakes evenly at the same time and shifting our weight backwards to maintain control of the bike and stop in a very short distance.

Grass drills allowed us to practice intentional touching, and provided unintentional humor, as we tried to do this, to get used to



riding close to someone without overreacting. First was reaching out and touching our partner's shoulder or upper arm, next was touching elbow to elbow or bumping handlebars to get used to what this feels like.

Bunny hops take practice. James S showed us great form for us to follow. Two basic ideas: 1) hop the front tire, then shift your weight forward and hop the back tire or 2) hopping the front tire and bring your legs up to the seat. We used foam insulation to do this, but you really don't need anything to do this – lines in the parking lot work just fine.

Lastly, we practiced looking over our right/left shoulder as we pedaled in a straight-ish line to simulate looking at traffic. The idea here is to turn only your head, not your shoulders or torso – this causes you to turn the bike which you want to avoid.

Practice makes better.

Next steps:

ABC has scheduled another Bicycle Handling Skills Workshop for November 3, 2018 at Quiet Waters Park. Register now on the club website.

Consider attending the Spring Blue Ridge Power Camp in Bedford, VA – April 28, 2019 to May 3, 2019. For more information please visit the Spring Camp website.

Bikes for the world needs your unused bike.

Note from Ann Jackson, Bikes for the World

What I do for Bikes for the World is to coordinate and manage a collection for them. Rod from Pedal Pushers and I identify a date, usually in the Spring but sometimes in the Fall and send the date to Bikes for the World to see if it meets with their schedule.

As the date gets close I publicize the collection and spread the word and ask for volunteers for the day of the collection. On the day of the collection the volunteers collect the requested \$10 donation and prepare the bikes for shipment by removing the pedals, lowering the seat, turning the handlebars and making the bike as small as possible so 500 bikes can fit in a shipping container! Bikes for the World sends a truck to collect the bikes. Once they have the 500 bikes for a container they ship the bikes

to one of 29 countries in the developing world.



Bikes for the World is an amazing organization. I have worked with them for 5 or 6 collections and they are very well organized and really make a difference for folks in developing countries. They have developed relationships with organizations in Africa, Costa Rica the Philippines and 26 other countries that can receive the bikes and put them to good use. The organizations also often teach

folks how to repair the bikes so they have a skill for survival.

<https://www.bikesfortheworld.org/>

Thanks for your interest in helping publicize this great organization. Please let me know if you need more or different info. Ann Jackson 443- 223- 7236

Exercise article from the New York Times

If you have ever run a marathon, you know that the effort can cause elation, exhaustion, achy legs, blackened toenails and an overwhelming urge to eat. But it is unlikely to have made you vulnerable to colds or other illnesses afterward, according to a myth-busting new review of the latest science about immunity and endurance exercise. The review concludes that, contrary to widespread belief, a long, tiring workout or race can amplify immune responses, not suppress them.

For decades, most researchers, coaches, athletes and athletes' mothers have been convinced that a single long, hard distance race or other strenuous activity can leave the body so fatigued that it becomes unable to fight off cold viruses and other microbes that cause infections.

Science supported this idea. Beginning in the 1980s, a number of studies of marathon and ultramarathon runners had found that many of them reported developing colds in the days and weeks immediately after their race. Their incidence of illness was much higher than among their nonrunning family members or the general population.

With those findings as a backdrop, other scientists began to look at the working of the immune systems of athletes during and after draining events. Their research showed that changes occurred, some of them drastic. During an event such as a marathon, for instance, immune cells would begin to flood the bloodstreams of the athletes, apparently flushed there from other parts of the body as heart rates rose and blood sluiced more forcefully through various tissues.

By the time the race ended, the runners' bloodstreams would teem with extra immune cells. But within a few hours, the numbers of many such immune cells in the bloodstream would crash, researchers found, typically falling to levels far lower than before the event.

The scientists interpreted these findings to mean that the runners' physical exertions had killed large numbers of their immune cells and created what some researchers dubbed an "open window" of immune suppression that could allow opportunistic germs to creep in, unopposed.

That idea became established doctrine in exercise science and sports.

But recently, health researchers at the University of Bath in England grew skeptical. From an evolutionary standpoint, they reasoned, immune suppression after strenuous exercise made little sense. Early humans often had to chase prey or flee predators, opening themselves to injury. If they experienced a weakened immune response at the same time, they were in serious jeopardy. In essence, the rodents' immune systems had bolstered their defenses in vulnerable areas of the body after exercise by redirecting cells from the blood. Whether the same migrations take place inside of us is still unknown.

"Live tracking of immune cells after exercise has not been done in people," says James Turner, the review's co-author and also a professor at the University of Bath.

But he and Dr. Campbell suspect that this scenario would explain how immune-cell levels in marathoners' blood rise back to normal within about 24 hours after a race.

"The body can't replace cells that quickly," Dr. Turner says. So they must be returning to the blood from elsewhere.

He and Dr. Campbell hope that future experiments will follow human athletes' peripartetic immune cells after exercise and track how they influence health.

But for now, the researchers would like their review to help to recalibrate our ideas about strenuous exercise and illness.

"People should not be put off exercising for fear of it suppressing their immune system," Dr. Campbell says. "Exercise is good for the immune system."

