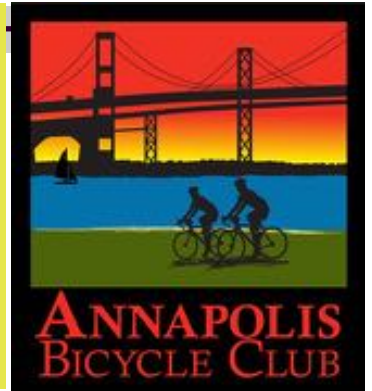


Tailwind Express

2018 Fall Edition

The Club with a place for every pace.

annapolisbicycleclub.org



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President's Column



As the end of 2018 approaches, I would like to reflect on the year and why I love being associated with ABC...

- Thanks to the efforts of 40 club members who served as volunteers the 5th annual Lifeline 100 was again a big success with 840 registered riders and more than 30 sponsors! The Annapolis Bicycle Club continued its support of the Lifeline 100 by staffing the four major rest stops and providing SAG drivers and other volunteers. It is our honor to be involved in Anne Arundel County's signature bicycle event, promoting health, safety, recreation and fun through beautiful and historic areas of Annapolis and the County.
- ABC is indebted to the members who participate, volunteer, and set aside their time to support ABC activities. That said, one of our Tailwind Express editors is retiring! **David Bleil** has been an editor for the Tailwind Express for at least 7 years, and he has decided that it is time to hang up his pen. On behalf of all club members I thank David for his years of service and also for his dedication to ABC as a ride leader, rest stop volunteer, and for always enthusiastically stepping up and volunteering as needed to support the club. (In related news, we are seeking an editor to handle two issues of the Tailwind Express each year! Please contact us at ABC_Pres@annapolisbicycleclub.org for more information.)
- ABC is truly a club for everybody, which is why we continue to see a rise in membership. We have members from beginners to racers (and even a few triathletes). We have rides paced at 12 MPH up to 18+ MPH. We frequently participate in out of area rides throughout the year with large participation numbers. We have 6+ regularly scheduled rides per week with designated ride leaders to prevent dropped or lost riders. For more social interaction, we also have Third Thursday Get Togethers (TTGTs) at various restaurants around Anne Arundel County that are very well attended, as well as a summer picnic and winter party!!! We have the perfect distribution of fun, fitness, and social events!
- One last thought... We rely heavily on ride leaders. They set aside their time every week/weekend to lead the rides and they make sure they return with the same number of cyclists they started with, which is really a significant obligation! We do have a growing number of stand-in ride leaders that have stepped up to share the burden (THANK YOU!), and I encourage each of you to consider volunteering as a ride leader (regular or stand-in) in 2019. If being a ride leader is really not your thing, then take pictures during a ride or share your story of a national/international ride to make an impact and provide entertainment to the group. **The Annapolis Bicycle Club is YOUR club, and it wouldn't be the same without member participation.**

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2018 State Legislation Recap



During the 2018 session BikeAAA worked closely with Bike Maryland and other advocates to secure new bike safety legislation. We also had the benefit this year of the work done by the [Maryland Bicycle Safety Task Force](#) created by the legislature in 2017, appointed by the Governor over the summer and completed its Final Report which you can find at the preceding link. The Task Force included 4 advocates including two from Anne Arundel County – Jack Keene and Jon Korin. The report has dozens of recommendations in a variety of areas including Funding, Infrastructure, Policy, Outreach/Education and Legislation.

For a recap on the 2018 Maryland Legislative Session, read [BikeMaryland's Summary](#).

Each fall the Anne Arundel County State Delegation convenes to hear priorities from county non-profits. BikeAAA has presented each year since our inception four years ago. You can read it here: [BikeAAA-AACTyDelegation-Nov28-2017](#). This year we focus on legislative priorities coming out of Task Force Report:

1. Vulnerable Road User Law – More care required and stiffer penalties under current laws for drivers who seriously injure or kill pedestrians, cyclists, wheelchair users, etc. *This bill was worked very hard and a strong version was passed by the House of Delegates but did not pass the Senate Committee. We will press for this again in 2019*

2. Safe Passing of Cyclists – Address narrow road exception in current 3 foot passing law by allowing safe crossing of the double yellow line following the example recently set in a new Delaware law. *This has been a multi-year effort and again a good bill was made progress but was not passed. We will go after this again in 2019.*

3. Stronger commitment to Complete Streets – Strengthen the commitment to Complete Streets by extending it from SHA to other agencies including MdTA (e.g. bike lanes on the new Nice Bridge) and MTA ([HB0744](#) and [SB0850](#)). There was also a bill that promotes Complete Streets for Maryland Counties and Cities ([HB0535](#) and [SB0407](#)). *Both bills were passed into law after being somewhat weakened. MdTA was deleted from the former bill and funding was taken out of the latter.*

4. Comparative Negligence – In Maryland and a just a few other states if one party is found to contribute even slightly, say 1%, to a crash then that party may be denied recovery of damages under the doctrine of “contributory negligence”. This is grossly unfair to cyclists that are hit by vehicles. [SB0465](#) addresses the problem with a narrow carve-out modeled on a recently passed D.C. law. *This is a very complex issue with broad-ranging implications for Maryland beyond cyclists. It did not get out of Senate committee.*

5. Other Initiatives – We are also working for more state funding for bike infrastructure especially in the MD Bikeways program; safe biking and walking routes to school; and other bills that promote general road safety dealing with distracted driving and the like. *HB285 providing for an assessment of safe routes to schools was passed unanimously by the House and Senate and signed by the governor.*

The Fifth Annual [Anne Arundel County Lifeline 100 Century Ride](#) took place on Sunday, October 7, 2018. This award-winning 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. We don't have a final accounting yet but we're quite sure our non-profit donations to local 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 will be strong again. This year, we will also contribute \$1,600 to the Capital Gazette Family and Scholarship Funds based on our August registration drive. We are especially pleased that our non-profit partners who serve children with special needs, Rise for Autism and V-LINC, had such strong levels of ridership and participation and are able to use Lifeline 100 to support their important missions. We were especially moved to see children of all abilities participate together in the Bike Rodeo provided by PedalPower Kids!

ABC works closely with BIKEAAA, and has managed the aid support for all aid stations over the last 5 years, helping make the even a success! 2018 registered ~840 participants, more special needs riders, record-setting sponsorship surrounding businesses, and FUN REST STOPS organized by Annapolis Bicycle Club and Preservation Council!

Crofton

Aid Station Coordinator: LJ Reiter, helpers: Curtis, Sergio, Richard Strafella, David Bleil, and Kathy Matthews



Bayridge

Aid Station Coordinator: Tina Frye, helpers: Tony Cruz, Mark Annis, Lynn Mullineaus, Kim Maxwell, Martha Schoenfeld, John Gallagher



Nice coconuts, Jim!



Hanging low...



Submit your own pictures and stories to the Tailwind Editors: Sandi Delcore, David Bleil
editor@annapolisbicycleclub.org

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Galesville
Coordinator:
Steve Graham

Dixon/BWI

Aid Station Coordinator: Bill Hays



Bad to the bone!!! (Renegade!)



↑
This aid station has the famous "baked potatoes"!

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Upcoming Rides/Events

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

In the event that a ride is canceled or postponed, the ABC Communications Officer will try 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 with questionable weather forecasts.

Weekday rides—Tuesdays/Thursdays, 9:00AM Generals Highway Corridor Park (27 miles)

— Wednesday night rides are done for the season

Weekend rides—Saturdays, 9:00AM Southern High School (64-mile ride to North Beach, 16-17MPH ride)

— Saturdays, 9:00AM Davidsonville Park (25-mile, 12-13 MPH NO DROP ride)

November 3, 2018, the second ABC Bicycle Handling Skill Workshop—the first Bicycle Handling Skills Workshop took place on May 12, 2018. The participants learned good and proper techniques for cornering and counter steering, and emergency braking. They practiced intentional touching, bunny hops, and looking over their right/left shoulders while maintaining a straight forward motion. If you were unable to attend the May 12 class, consider the upcoming one on November 3!

Check the website (<https://annapolisbicycleclub.org/>) for other rides and ride details



TTGTs:

- ◆ October 18— Molly's Irish Pub
- ◆ November 15—Union Jack;'s; this will be a combined BikeAAA/ABC TTGT.

The club with a place for every pace.

45-year-old American Woman breaks drafting speed at 183.9 mph

Yes, that's MILES PER HOUR! I'm all for drafting, but this brings drafting to a new level! See the full article and video at:

<https://www.adn.com/sports/national-sports/2018/09/18/u-s-woman-pedals-a-bike-184-mph-smashing-record-held-by-men-for-more-than-100-years/>

A 45-year-old American woman shattered a two-decade-old cycling speed record Sunday, pedaling 183.9 mph across Utah's Bonneville Salt Flats in the slipstream of a specially designed racecar.

The record for paced cycling speed was previously held by Dutch rider Fred Rempelberg, who hit a top speed of 167 mph in 1995.

For Sunday's record-breaking attempt, [Denise Mueller-Korenek](#) rode a custom-designed machine featuring a unique double drivetrain capable of propelling the bike forward 128 feet with each revolution of the pedals, a necessity for hitting speeds surpassing the takeoff velocity of the typical commercial jetliner. By contrast, a typically geared bike might travel about 17 feet with each pedal revolution, and racing bikes used in competitions like the Tour de France hit around 30 feet per turn of the pedals in their highest gear.

Because of the extreme gearing of the bike, Mueller-Korenek was towed for the first two miles of the five-mile course behind a dragster driven by Shea Holbrook, a professional racecar driver. At a speed of over 100 mph, Mueller-Korenek released the cable attaching her bike to the rear of Holbrook's car and pedaled the remaining three miles on her own. She benefited from the aerodynamic boost provided by the dragster, speeding along just inches ahead of her front wheel.

Vehicle-assisted speed records are nearly as old as the modern bicycle itself. As early as 1899, an American named Charles "Mile-a-Minute" Murphy hit a speed of 60 mph in the wake of a Long Island Rail Road train. Subsequent speed records were set with the assistance of motorbikes, cars and eventually racecars designed specifically for the purpose.

Pursuing the motor paced record is a dangerous pastime given the high speeds involved, as well as the proximity to a souped-up vehicle. Rempelberg, the previous record holder, broke 24 bones in one of his first attempts to break the record after his pace car began fishtailing at 140 mph, flinging him out of the slipstream and into the air.

Mueller-Korenek set a women's speed record of 147 mph in 2016. It took her two years to return to the salt flats to attempt to best the men's record, in part because of a string of setbacks in 2017: a crash that broke a shoulder blade and a rib, as well as an accidental self-inflicted gunshot wound to the leg.

Mueller-Korenek, the CEO of a home security firm and a mother of three, is the first woman to hold the speed record. "Denise & I are the only women in the history to attempt and now hold this record," her driver, Holbrook, noted on Facebook.

The paced record is one of a number of different cycling speed records, which vary by the equipment and rules involved. The top speed for a human-powered bicycle without any vehicle assistance is 89.6 mph, set on a recumbent bicycle fully enclosed by a bullet-shaped fairing. For a traditional upright bicycle without any aerodynamic assistance, the closest analogue to Mueller-Korenek's record is probably the 200-meter track time trial, which the current world record holder completed at a speed of about 48 mph.

Mueller-Korenek isn't the only woman to recently demolish a long-standing cycling record held by men. In 2017, Florida cyclist Amanda Coker biked 86,573.2 miles in a single year, surpassing the previous mark by more than 10,000 miles. To pull it off she averaged about 237 miles per day.

Mueller-Korenek credits her coach, previous paced speed record holder John Howard, with inspiring her to tackle the record herself. She writes on her website that when Howard approached her about being the first woman to hold the record, it was like "a match being thrown on gasoline."



Submit your own pictures and stories
to the Tailwind Editors:

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Pirate's Cove, 7/19/2018



Casa Della Nonna, 8/16/2018



Neo Pizza 9/20/2018



We didn't have any pictures of ABC members at the September TTGT at Neo Pizza, so here are a few stock pictures! Lesson learned –take pictures and send them to us for posting in the Newsletter!



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Questions? Email

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Indian Head, 9/3/2018

One of the best supported rides! Home made egg McMuffins at the first aid station, and Rita's Italian Ice at the last! Worth every mile!



Annapolis Mayer Buckley Ride 9/22/2018

Four ABC members joined over 100 other cyclists of all ages to ride through Annapolis, down the Main Street Bike Lane, and on to Susan Campbell Park.



Jim with the Mayor's son, Dash (obviously having TONS of fun!) and Mayor Buckley,



Our Prez smoozing with the Mayor!! Great job, Jim!. We need friends in high places!

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Covered Bridges Ride



↑
NOT SMART PEOPLE



SMART PEOPLE



Looks like it was a perfect day for a 63 mile swim (I mean, bike ride)!



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Summer Picnic, August 26, 2018

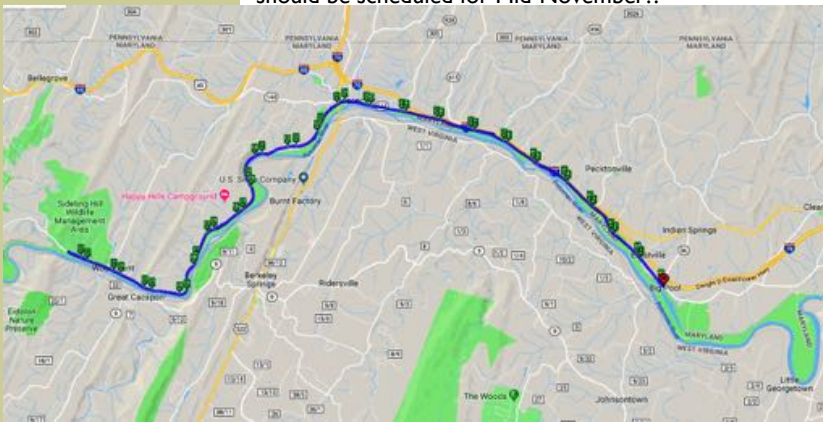


The 2018 ABC picnic was held on Sunday, August 26, in Galesville at Hartge's Yacht Harbor. The club provided chicken, beef and veggie burgers, and hot dogs with fixings'. Beautiful day with a great group of people!



Western Maryland Rail Trail ride, October 13, 2018

John Tyrrell organized and led the ride on this beautiful fall day! John interesting also equipped his SUV with a FRONT bike rack and a trailer that he customized to hold three bikes! The group stopped for a tasty lunch at Buddy Lou's in Hancock, Maryland. The fall colors were not quite in peak yet, but the ride was beautiful nonetheless. Perhaps a repeat should be scheduled for Mid-November?!



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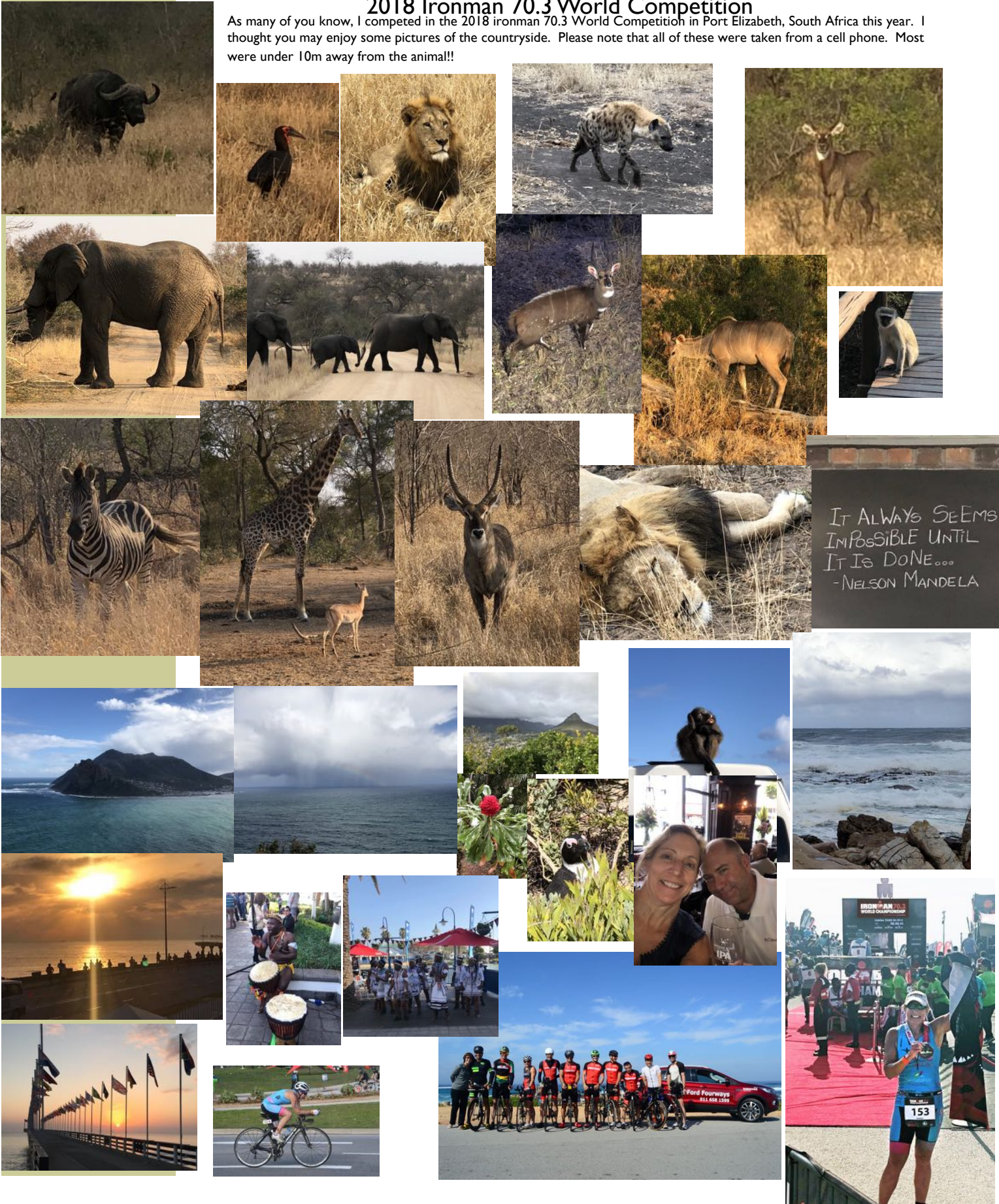
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2018 Ironman 70.3 World Competition

As many of you know, I competed in the 2018 ironman 70.3 World Competition in Port Elizabeth, South Africa this year. I thought you may enjoy some pictures of the countryside. Please note that all of these were taken from a cell phone. Most were under 10m away from the animal!!



IT ALWAYS SEEMS
IMPOSSIBLE UNTIL
IT IS DONE...
- NELSON MANDELA



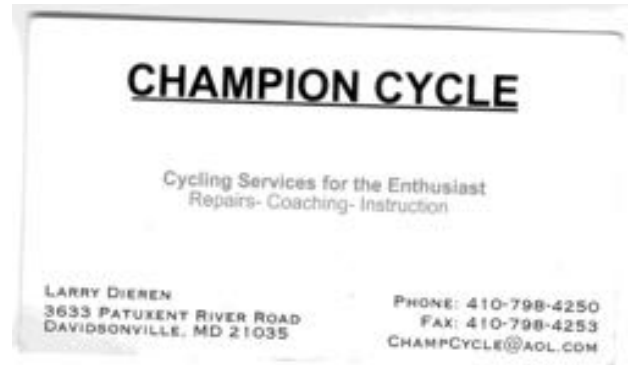
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ABC members get 10% off purchases at Bike Doctor—Crofton. Go talk to Ernest about lights for your bike or a new MIPS helmet!



Ensure your bike is ready for fall riding. Schedule an appointment today with Larry Dieren. Larry is sure to give you a great deal with a smile!