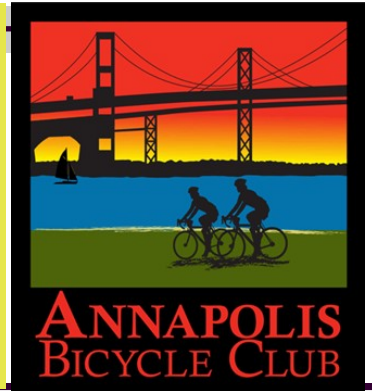


# Tailwind Express

Spring 2020

Join the Ride

[annapolisbicycleclub.org](http://annapolisbicycleclub.org)



## ABC Officers

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## President's Column



Welcome to the new era of ABC (ABC gen 3!). Many thanks to Jim Black and the other outgoing board members for their years of excellent service to ABC! I welcome in the new board members, but am also thankful to have you continue to be part of the ABC family! It is our hope that we continue to make ABC the perfect match for the casual bike-riding community, "the place for every pace!", while at the same time bringing in fresh ideas and new technology. I am please to announce that we now have our own "Social Media" expert that will help us bring the joy of cycling to a broader spectrum of cyclist that may be looking for a cycling home such as ABC.

In the last couple of months, I have met with old board members and new board members to get things organized for a smooth transition. We are still conducting a full financial analysis, preparing for a new proposed budget, reviewing the renewal of club insurance policies and guest rider waiver, etc. The ride calendar on our website also has a new look and feel—please take a look when you have a chance!

Club promotion and member growth are two of my top priorities. We have a new club slogan - "Join the Ride". Many thanks the club members for your continued support and please feel free to contact me at any time ([abc\\_pres@annapolisbicycleclub.org](mailto:abc_pres@annapolisbicycleclub.org)) with suggestions, ideas, concerns, etc.

In the coming editions, profiles of each Board Member will appear so you can better get to know them.

-John

## ABC and COVID-19 update 03/23/2020

Greetings fellow cyclists,

Unfortunately, our ABC **rides and TTGTs** are postponed as of 03/23/2020. We are definitely looking forward to getting back to our favorite ABC events as soon as we can. In the meantime, let's keep each other pumped up and motivated for the season for when it really gets underway.

We are looking into posting on-line group rides for ABC members using Zwift or Rouvy. Many of us use these training websites as individuals and they are a good time. I'm looking forward to training alongside my fellow ABCers. A little friendly internet competition will be good for the spirit and legs. Please let us know if you have fun suggestions about riding together on-e-line and how it can work for our range of members. For those who put rubber on pavement, ABC will be with you in spirit. If you have a partner riding near you, keep an appropriate distance and follow the rules and guidelines that apply to cyclists. Keep sharing our cycling expertise, good cheer, and 'nutrition' recommendations on our Facebook page and the ABC website bulletin board. Fun pictures of our members and events are especially welcome.

Check back on the home page and Facebook from time to time. You might see some on-line invitations before long. And of course, monthly TTGTs will resume as well and keep an eye on your inbox for the next Tailwind Express newsletter.

## Inside this issue:

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## Upcoming Rides/Events

*Note: Please check ride web sites often for ride cancellations or postponements due to Corona virus. The Ocean to Bay and Six Pillars have officially been postponed.*

- Draw for Sight Bicycle Poker Ride Betterton MD Apr 26<sup>th</sup>
- Bike to Work Day, May 15<sup>th</sup>
- Delaware Gran Fondo, Wilmington, DE May 17<sup>th</sup>
- Double Creek Tour, York PA May 30<sup>th</sup>
- Patuxent River Rural Legacy Ride, Upper Marlboro MD June 13th
- Bay To Bay Ride, Betterton, MD June 28<sup>th</sup>



Regular Club Rides: - **CANCELED AS OF 3/23/2020, but keep these in mind for future planning**

- Tuesdays/Thursdays, 10:00AM Generals Highway Corridor Park (27 miles)
- Wednesday night, 5:30 PM Dixon Aircraft Observation Area parking lot (25-30 miles)
- Wednesday night, 5:30 PM Davidsonville Park (not the Park and Ride) (22-25 miles)

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

The club with a place for every pace.

TTGTs—as with the rides, TTGTs are canceled or postponed for the foreseeable future. Please check the website for updates.



- \* April 16, 2020, Downtown Annapolis Waterfront—Mission BBQ—MAY BE CANCELED
- \* May 21, 2020, TBD— please see the website for updates



## Board Member Profile—John Tyrrell

*Now that we have a total transition of board members, we plan to highlight one member in each issue for the next several Tailwind Express Newsletters. We will provide a profile of the member with some insight to their growing interest in biking, so you can get to know them better. In this issue, we profile new President John Tyrrell.*

I began riding as a kid on a Schwinn Typhoon, followed by a Schwinn Stingray Pea-Picker, and then a Schwinn Varsity. Sure wish I still had them! The Varsity carried me many miles between Dayton and Cincinnati and over to Indiana and on overnight trips while in high school with the Dayton Bicycle Club. Rode a little in college but it took a back seat to aviation which is my profession today. Cycling saved me four years ago when my physician told me to exercise. After riding with my neighbor who then moved away, I discovered ABC through the staff at Parvilla Multisport in Edgewater where I bought my first true road bicycle, an Orbea Avant. My wife Pam, who is an avid runner, encouraged my cycling and the friends, trips, and tips I have learned from ABC members has been just what the doctor ordered. I really enjoy many century rides each year and have had several multi-day rides spanning St. Augustine to Key West logged in Strava. Even got to ride the Cote D'Azur in Nice, France while Pam was running a few years ago. I'm ready to go anywhere, including repeating a ride from Sedona 4,000 up to Flagstaff. So here I am with 12,000 miles in the books and looking forward to many more with ABC. We have a great set of leaders and cyclists and I look forward to an outstanding 2020 and beyond!

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## New Member Profile—John Simon

*In addition to profiling a board member, each issue will try to introduce the club readership to a new ABC member. In this edition, we have a profile from John Simon.*

Hello members of the Annapolis Bicycle Club. Let me introduce myself. My name is John Simon, and I love bicycles! I love riding them, fixing them, and building them up from parts. I admire the technology and materials that go into the new ones, and the craftsmanship and history you see in the old ones. But to me, the most amazing thing about the bicycle is not the engineering of the object itself, but the joy, adventure, comradery, and challenge that I experience when I'm riding one. As a 55-year-old, there are few things that consistently bring out the kid in me like riding my road bike along a gorgeous country road or maybe getting out in the dirt on my mountain bike!

I recently moved to the Annapolis area from Alexandria, VA. Exploring a new town and the surrounding countryside is best done on a bicycle, so my first order of business was to find some local riders to show me the best (and safest) routes. Although I haven't done that many ABC rides yet, and am still learning my way around, I am very grateful to the ABC. Your club's roster is filled with friendly riders with solid skills who emphasize safety. This epitomizes the very best qualities of a bike club, appealing to novice and expert riders alike.

A few more details about me: I didn't start cycling seriously until I was about 30, but I've been pretty much all-in since then! I used to race with the Bike Lane Team in Virginia (mountain biking along with road racing and criterium), but never really caught the racing bug. Instead, I enjoy spirited group rides, and the wonderful charity rides and centuries that the mid-Atlantic area has to offer: The Civil War Century, Cumberland Century, Seagull, and many others. I am a bicycle safety advocate, and have taught classes for beginner cyclists (commuting, group riding basics, confidence/skills, etc.). I look forward to meeting and getting to know the club membership, as well as contributing to ABC in any way I can.

Submit your own pictures and stories  
to the Tailwind Editors:  
[editor@annapolisbicycleclub.org](mailto:editor@annapolisbicycleclub.org)

## Ride Leader Insight

*This space will contain thoughts and insight from one of our ride leaders. In this issue, [Jim Van Horne](#) shares the benefits of becoming a ride leader.*

I have been a ride leader for a few years with Annapolis Bicycle Club and since ABC is always in need of leaders, I thought I would offer some reasons why a rider would volunteer to do this.

- You get to pick the destination, distance and average speed of the ride. Think of all the wild and wonderful places in our area you can choose from.
- You get to decide if you want to ride hills or stay on the flat lands. If someone whines about too many hills you get to change the route to find more hills!
- You will be able to meet new people and make new friends. This is important because when you change the route and find more hills you may lose old friends.
- No more staring at somebody's rear end the entire ride - you can be the first in line and let everyone else stare at yours. Ok the downside can mean you are stuck riding into the wind and not being sheltered by the big guy in front of you. Also recommend you wear shorts that make your rear end look good, and not see through.
- You determine where you are going to take a break and for how long.
- You will always know where you are going and will never be lost at least not that you will ever admit to.

So now that I have listed 6 terrific reasons to become a ride leader please do your part for the club and volunteer to lead a ride. Remember it is all downhill with a tail wind and if you don't believe me just **suck it up buttercup** and keep pedaling.

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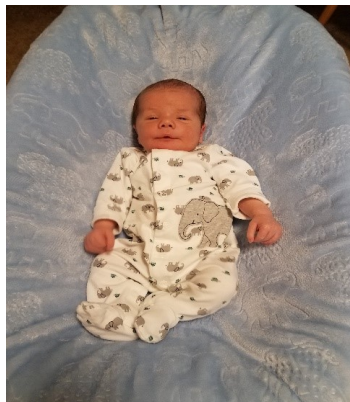
## Health and Safety Tips

**Act like a Car Drivers** are used to the patterns of other drivers. Don't weave in and out of traffic. The more predictably you ride, the safer you are. Check for traffic. Be aware of traffic around you.

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## Announcements

Our member **Scott Gibson** and his family recently had a new arrival! From a recent email: The last year has been jam packed for me. I'm so happy to share that my son John Thomas Gibson was born on 1/15 and everyone is doing great. Hopefully I will be able to catch up with everyone when the Wednesday night rides start up again. You can let everyone know I'm thinking of them. I attached a couple pics.



Questions? Email  
[abc\\_pres@annapolisbicycleclub.org](mailto:abc_pres@annapolisbicycleclub.org)

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Photos from recent club trips, parties, member cycling trips and all things cycling

Submit your own pictures and stories  
to the Tailwind Editors:

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New and Old ABC Board Members



Two Jims, Black and Minor are  
outgoing Club officers



Winter Ride



Ride from Bowie



Winter Party at Pirate's Cove in Galesville



March 13 ride—before Coronavirus outbreak in Maryland!



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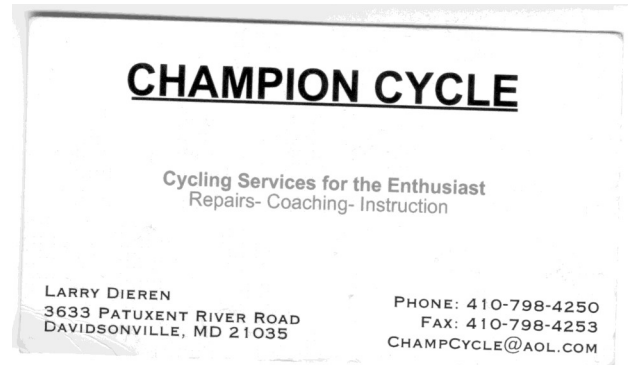
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ABC members get 10% off purchases at Bike Doctor—Crofton. Go talk to Ernest about lights for your bike or a new MIPS helmet!



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!