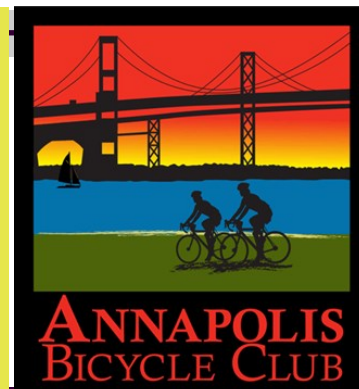


Tailwind Express

2021 Recap/Jump into 2022

Join the Ride

annapolisbicycleclub.org



ABC Officers

President: John Tyrrell

abc_pres@annapolisbicycleclub.org

Vice President: vacant

Treasurer: Steve Sharkey

treasurer@annapolisbicycleclub.org

Web Master: Leon Bloom

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Social Media: Matt Schuster:

socialmedia@annapolisbicycleclub.org

**Tailwind Editor: Sandi Delcore,
Donald Felch**

editor@annapolisbicycleclub.org

President's Column



2021 was a good year of cycling and growth for our Club. We started with a New Years Day multi-ride that had nearly 30 cyclists. We welcomed 50 new members and we rode in every county of Maryland and all of the bordering states, as well as some distant locations. ABC provided a large number of cyclists at the major organized events including the inaugural Ocean City metric, Ocean to Bay, Bay to Bay, Six Pillars, and Seagull Century to name a few. Quite a few personal records were set at these events. We even climbed some serious hills and mountains of far west Garrett County. A memorable ride in particular was Valley Veterans Ride for Heroes in VA. The fly-over and color guard was very moving. We shared a variety of hotel rooms, AirBnB's, various couches, and guest rooms to make it all happen. Our local rides included new innovations such as Deal Donuts to Sandy Pony on cold winter mornings. 18 degrees anyone? Tours through Baltimore City were very cool. Speaking of all of the counties, our highly imaginative Ride Coordinator Chris Higgins saw several more ABC cyclists complete the ABC Tour of Maryland, a program he created for us. Once again, we really stepped up

under Jim Miners leadership and supported the annual LifeLine100 and we are still receiving compliments for the excellent rest stop support. Thanks again to the rest stop captains and all of you who volunteered your time and gave back to the cycling community. And of course we had a ton of fun along the way at our monthly Third Thursday Get Togethers and ABC birthday party thanks to LJ Reiter for keeping us together and beer mugs full of lager and ale. Please send your fun ride photos to [edi-
tor@annapolisbicycleclub.org](mailto:editor@annapolisbicycleclub.org) so we can include them in the next news letter.

Looking ahead to 2022, we begin in healthy financial shape thanks to treasurer Steve Sharkey and for all of you who are renewing for another year. Steve has renewed our liability and medical insurance policies for the year and all other bills and payments are up to date. The ride calendar is populated with the popular supported rides so you can plan ahead. Register soon because some of us missed out on some rides last year due to limited registrations. Ride Coordinator Joe Urban already has a ride leader planning meeting on the calendar and I expect to see many of you leading ABC rides. We'll train you as well. You will see some trail rides this year as well.

Thanks again for an exciting 2021 and for 2022 that is underway!
-John

ABC Annual Meeting and Elections 2/5/2022

In case you missed the e-messages, please see below for important club information:

Annual Meeting updates: ABC will hold the annual meeting on Sunday, February 6th from 4pm-7pm at Frisco Taphouse by Crofton Bike Doctor. We are in a private room that can hold 35 of us. We'll have a full agenda including voting for President, VP, and Treasurer. Meeting details are on the ABC calendar and [please sign up now](#) for \$29 which is less than last time. Guests are welcome. Sign up soon so we can give the headcount. Registration will close on 2/5/21 at 7pm. We will cover our rides, the various supported rides we have experienced, gravel and trail rides, try on the new jerseys, some words about cycling safety, benefits of being a ride leader, Rouvy, and UCI rides and races, and other fun stuff and a cash raffle.

Jerseys: Its time for new ABC jerseys. Our old supplier VOMax is gone and we have identified a new USA manufacturer from Pittsburgh who has provided a box of race cut and club cut jerseys for women and men so we can check out the fabric and fit. The art design is a work in progress but will be fresh and reflect our style. You can see it on the [home page](#). Members have seen them and give their thumbs up.

We will have new jersey fittings at the annual meeting, TTGTs, and at rides. Details are being finalized to place a batch order. You may also call me to schedule a meet up to try them on.

Ride Leaders: Local Ride Coordinator Joe Urban is seeking ride leaders for this season and has a ride leader meeting [scheduled](#) in March. Please let Joe know your availability and intentions. Let's populate the ride calendar in advance this year including some trail and gravel rides. We are seeking excellent ride leaders who are safe, creative, and proactive offering a wide range of rides. Jackie Stokes is going to help the Club with trail and gravel rides which will be new for 2022.

Inside this issue:

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ABC has a new editor! Welcome, Donald Felch!

By way of brief introduction:

I was born in La Crosse, Wisconsin and served 30 years in the USAF some of which was at Andrews AFB. (now JBA) My initial introduction to Maryland was in 2002. After retiring from the service in 2014, I spent 2 years in industry managing logistics and training before taking an Air Force JROTC teaching position in Columbia. Stacy and I live on the Mayo Peninsula and (as Strava will attest) are committed amateur roadies with zero experience in group rides. We've recently entered the single-track MTB world as excited "Newbs." We're jazzed to get more involved with ABC, meet members and ride!



Join
the
ride



BikeAAA Updates

As a reminder, membership with ABC also includes membership in BikeAAA. We are proud to partner with BikeAAA as our advocate for bike safety and legislation in Anne Arundel County!

Refer to the BikeAAA website at BikeAAA.org for current information. A summary of 2021 was taken from this site:

Bicycle Advocates for Annapolis and Anne Arundel County (BikeAAA) is pleased to release the 2021 Annual Report and state of county biking! 2021 was a challenging year due to the pandemic but biking certainly had a boom and we had several firsts in Anne Arundel County including the first two Bike Playgrounds, first Park Tool President's Award for our Wheels of Hope program, first 2-way Protected Bike Lane and first time capping Lifeline 100 registration at 1,000. Our advocacy efforts strengthened and we continue to make progress. 30 miles of new bikeways have been added in the past 5 years reaching 86 miles by the end of 2021. Read the [full report](#).

2022 Events (check frequently for updates):

Anne Arundel County Bicycle Advisory Commission - February 8, April 12, June 14, April 12, August 9, October 11, December 13, 11am-1pm, see website for location and/or Zoom URL

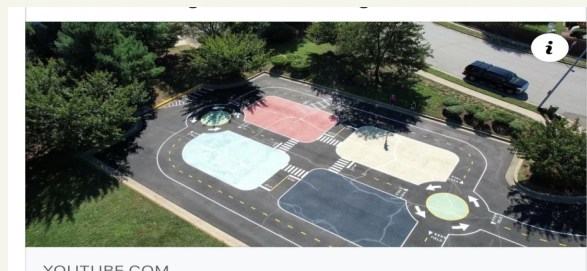
May 4 - bike to SCHOOL Day

May 16-20 - Bike to WORK Week

May 18, 7pm - Ride of Silence

October 2 - Lifeline 100

A photo of one of the bike playgrounds is shown here ->



YOUTUBE.COM

Upcoming Rides/Events

Note: Refer to the Events calendar on the ABC website (<http://annapolisbicycleclub.org/>) for changes/additional information on all events. While there, click on the event, then to let us know who/how many will be riding.

ADD ME TO LIST

- Tuesday/Thursday rides, 10:00am, Generals Highway Corridor Park on Crownsville Road, right across from the Renaissance Festival. There will typically be three different pace groups depending on who shows up. There are four different routes ranging between 22 and 30 miles. Jim Minor maintains an e-mail list of regular riders. Please contact Jim at jnminor1@gmail.com if you are interested.
- **2/6/2022, 4:00PM, Frisco Taphouse, 2406 Brandermill, Blvd, Gambrills**—ABC Winter Party, Annual Meeting, and Jersey Fitting.
- **2/12/2022, 9:30am, 8717 Yellow Springs Rd, Frederick**—ABC AR South Catoclin Climber
- **2/13/2022, 9:00am -2:00pm, 706 Agricultural Center Drive, Westminster**—Stop, Swap and Save Bike Expo 2022
- **2/17/2022, 6:00pm**—Third Thursday Get Together (location TBD)

Other Club Favorites: The out of area supported ride calendar is well populated and numerous rides that sell out have registration open or about to open. See the details on the ABC events [calendar](#). They include:

- | | |
|---|--|
| • Stop, Swap, and Save Expo | • Lancaster Covered Bridges |
| • Ocean to Bay | • Amish Country Bike Tour |
| • Maryland Coast Bicycle Festival by Ocean City | • Valley Veterans Ride for Hero's |
| • 6 Pillars | • Civil War Century |
| • C3 Tri-County Classic | • Culpepper Cycling century |
| • Tour de Lebanon Valley | • Sea Gull Century |
| • Firefighter 50 and Century | • FestiVelo in South Carolina (4 days) |
| • Bay to Bay with free pizza afterwards (club favorite) | |
| • Tour de Frederick (Best post-ride meal and party) | |
| • Ride to See with the | |



ABC membership up to 199! The Annapolis Bicycle Club is literally the “place for every pace”! With so many options for rides, start times, pace variety, and participation, it’s no wonder membership is exploding! So let’s review the ABCs of our club. Your membership includes....

- ⇒ Members on ABC rides are covered liability and injury insurance. Officers & Directors are covered by a liability policy.
- ⇒ Convenient sign-up and renewal via the web page and smart phone app
- ⇒ Access to the bulletin board. Everyone can view bulletins and members can post them
- ⇒ 10% discount at Bike Doctor of Annapolis & Crofton
- ⇒ Exclusive Strava Club
- ⇒ All members of ABC are automatically members of BikeAAA advocacy organization
- ⇒ ABC custom jerseys, made in USA
- ⇒ ABC smartphone [app](#) from Wild Apricot
- ⇒ Membership in League of American Bicyclists <http://www.bikeleague.org>

MEMBERSHIP REWARDS®

The club with a place for every pace.

GO TEAM!

Ride Leader Insight (reprint from 2021)

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.

Call for Ride Leaders

With the rising level of membership in ABC, we need proactive Ride Leaders for multiple levels of distance, locations, and speed. The ABC website home page has been updated with a list of Ride Leaders, but we need to continue to grow these ranks and will train you for the role and give you access to the website to post and edit your rides. Please see <https://annapolisbicycleclub.org/page-1856165> for more information.

Riders can also contact rides@annapolisbicycleclub.org with ride requests or ideas as far in advance as possible. We are already populating the calendar.

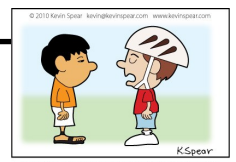
ABC Safety Manager

Paul G is the new ABC safety manager and brings his experience in the role from his military career. This manager will help members with safety education and communication and will find out about incidents that occur so we can learn from them. Please contact Paul with any topics or ideas that you may have about cycling safety. The ABC website has several pages about safety and links to various topics of interest, including what to do if there is an accident.

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.

Tina McDermott offers a [Wellness Guide To Navigating COVID-19](https://wp.me/p8BaGe-1JB) at <https://wp.me/p8BaGe-1JB>.



"Since pride comes before a fall, I'm wearing a helmet."

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editor@annapolisbicycleclub.org



Questions? Email
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To Clear or Not to Clear – John Tyrrell

Calling out perils to members of a group ride goes a long way towards safety. Pointing out obstacles and holes on the road, hanging branches, poles, crossing gates, and traffic to one another really helps, especially when the hand signals and voice alerts go from the front to the back of the group.

When a group approaches an intersection, they should slow stop to examine traffic and make calls such as “car right”, “truck left”, and some riders “clear”. However, is calling “clear” a good idea?



I’ve been on multiple rides where a cyclist made the call and was wrong and traffic was present. It happened twice on one ride I was on last year causing loud, urgent corrections in one instance. Perhaps that clear call is being made out of habit because we hear others saying it and pick up the practice. Vehicles and things that block our view of them are sneaky and the conditions can change in a split second.

If a rider calls clear and are wrong a catastrophe can occur and there may be liability issues but that’s a lesser concern. Some cycling clubs do not allow the practice of calling clear and the League of American Cyclists had a lengthy article about it. So, give it a second thought before making the call, perhaps remain silent unless danger is present, or call “looking” to remind the other riders to be diligent. No one should pedal into an intersection until they look and make the decision for themselves.

Winter Training



<https://rouvy.com/en/>

Summer legs develop in the winter is a saying for athletes. Cyclists have a growing number of on-line training options and Rouvy is one of them that ABC members use.

Rouvy has two versions, standard and AR, both of which feature a large library of actual video routes superimposed and geolocated with terrain and interact with your smart trainer and other users. Rouvy also has structured workouts. The Augmented Road version includes video races and time trials posted by Rouvy or individual subscribers. Solo and group rides are available all over the world including Passo dello Stelvio, Passo Gavia, IRON-MAN Kona, Puerto de Ventana and more. There is a free 14 day trial period and different membership options. You can create and post your own routes into the Rouvy library for other riders to use. Contact Paul Walker or John Tyrrell if you’d like to learn more or have an on-line group ride.

More information is on YouTube https://www.youtube.com/watch?v=Ri_M-AesRV0

I’ve like to travel and have enjoyed riding through many parts of the world through Rouvy, solo and with others.

Contact Paul Walker or John Tyrrell if you’d like to learn more or have an on-line group ride.

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ABC is not all about biking! We also know how to eat well and drink (responsibly)! Below is a healthy recipe from one of our members.

ABC Recipe Fav—Gluten Free Banana Bread

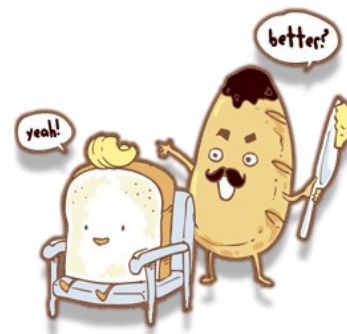
Set oven to 375 cook 35-45 minute. The top will look dark brown but inside will be soft.

- 1/2 stick soft butter
- 2 tablespoons sugar
- 2 eggs beaten
- 4 bananas crushed
- 1 1/2 cup almond flour
- 1 half cup flax seed
- 1 scoop peanut butter powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 teaspoon vanilla
- 1/2 cup chocolate chips (optional)



- Cream together butter and sugar
- Add eggs and bananas and mix well
- Sift flour, flax, baking soda and salt to mix, add to liquid.
- Stir to combine
- Add in chocolate chips and stir gently

Make 12 medium muffins, 6 large or one bread loaf
Freezes well. Can store, unrefrigerated for 4-5 days



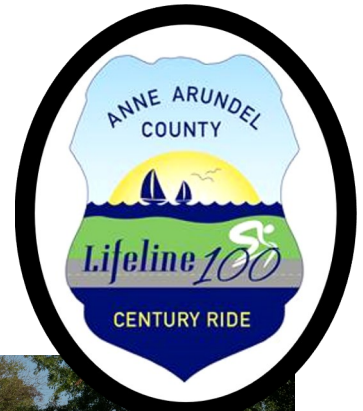
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Antietam



The Ferry Spectacular



Bridge under repair!



Loys Station Bridge



Federalsburg



Thurmont



Ride Lots at Autumn Arch Brewery



Rolling into Roddy Creek



St. Mary's

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Navel Academy Bridge



City Dock



Memorial Day ride to Galesville



Weekend group rides



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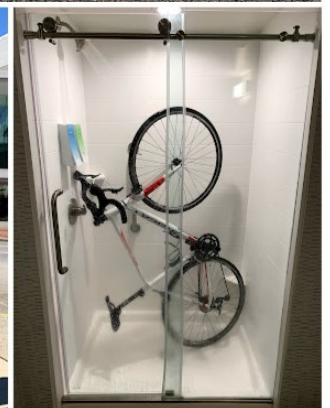
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50-mile starters

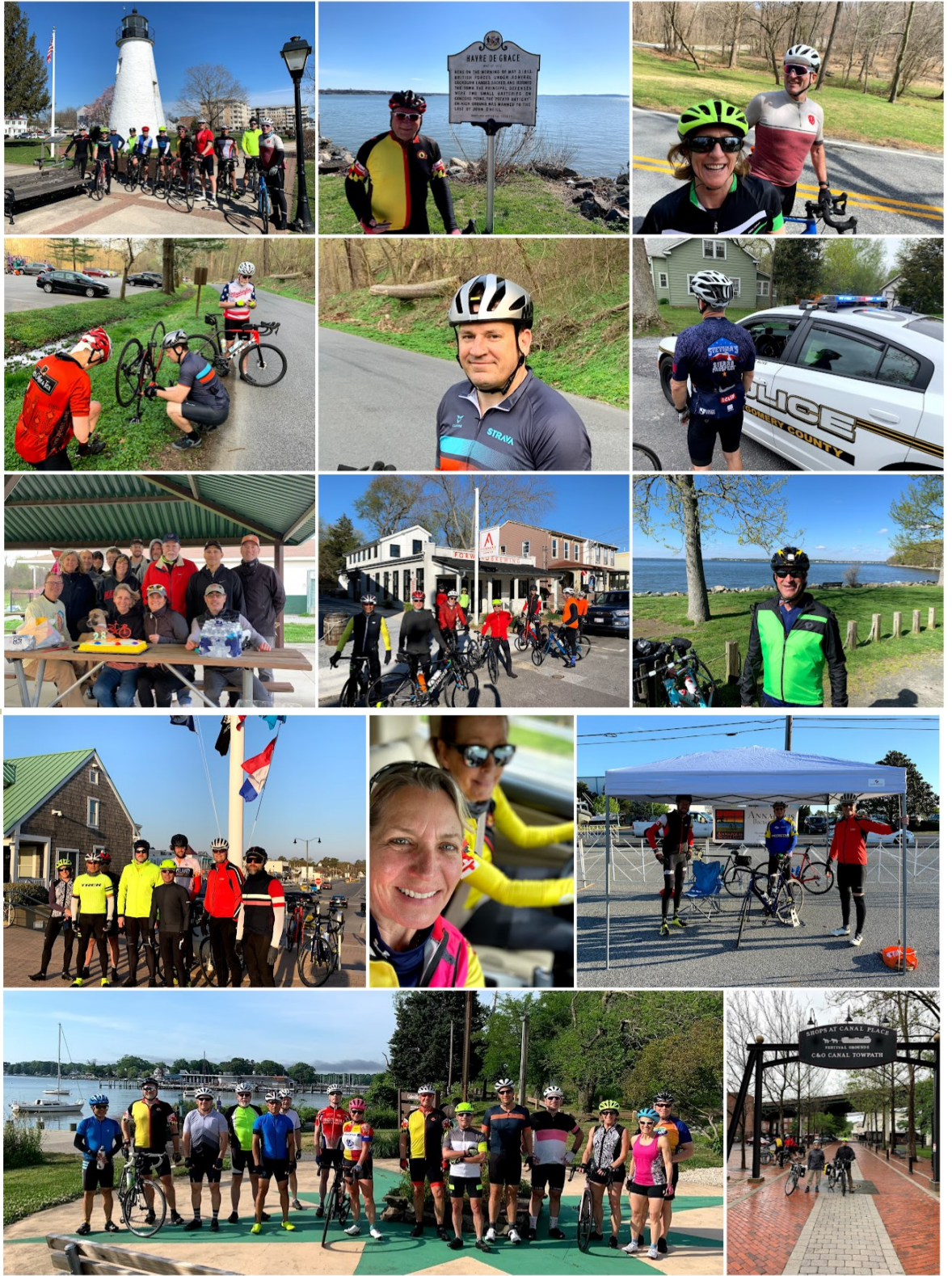


Third Thursday Get-Together



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GO TEAM!



👍 🗨️ Say something

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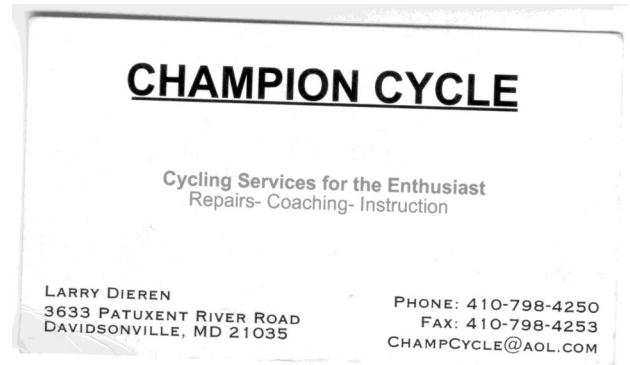
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ABC members get 10% off purchases at Bike Doctor—Crofton. Go talk to Ernest about lights for your bike or a new MIPS helmet!



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!