



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

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### ABC Officers:

**(tap row for email send-to link)**

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- President - John Tyrrell
  - Vice President - Ryan Geisel
  - Treasurer - Steve Sharkey
  - Web Master - Leon Bloom
  - Social Media - Matt Schuster
  - Safety Manager - Paul Garza
  - Tailwind Exp. Editor - Ed Marx

## Join the Ride - Winter 2023



### A Message from the President

Greetings ABC, and happy 2023! 2022 was another excellent year for us. First and foremost it's because of our commitment and dedication to one another whether cycling or doing other things.

We are committed to our community, and of course cycling and having healthy lifestyles with friends who are fun, creative, and caring.

The Annapolis Bicycle Club members led and cycled in about 150 club rides last year totaling about a gajillion interesting miles. We rode together in many other supported rides as well. That's excellent, and we thank each other for making it happen and helping each other get there and meet their goals. Let's keep it up for everyone's wellbeing. If you have a good ride idea around here or somewhere else, send a note to our ride coordinators- [rides@annapolisbicycleclub.org](mailto:rides@annapolisbicycleclub.org) and they'll help make it happen. We seek variety, creativity, and safety in what we do. Always thank the ride leader for any ride you join. They are so excellent for serving in that capacity.

ABC continues to be well recognized in our community for the quality in everything we do and how we represent ourselves. We are proud of that recognition. Our new jerseys introduced last year have been a hit for their performance, art work, and durability. They are made in the USA and we are proud of them and look great in them especially in large events. We even have ABC polo shirts for non-ride events.. [See pg 8 -ed.]

(Continued)

## A Message from the President, continued

Our major community service event is staffing the rest stops at the Lifeline 100 event. It's a major undertaking but you always turn out in great numbers and we, Anne Arundel County and visiting cyclists thank you for doing that.

It's always a pleasure to recognize individual members for what they do and we'll do that again at the annual meeting and dinner party scheduled for March 12th, hopefully at a waterside venue. Watch the calendar for details. It's always a classy event and everyone is welcome to come. We usually have about 40 member and guests.

All of our business metrics are healthy including membership growth and retention, our finances, benefits, including accident insurance, and a wide variety of events. We are a sound business in every sense and we'll be the same again in 2023.

On a personal note, I was in a severe accident in October on a fast century ride with fellow members and other riders. Unfortunately, I was not able to avoid a crash in front of me when one of our members was wheel touched by someone else who was trying to stay with our group. I was airlifted unconscious to Baltimore Shock Trauma after our member Dr. Jeff Love rendered care on the spot along with other members. Jeff knows emergency medicine after spending a career in it and I was the beneficiary of that.

Other members notified my wife, retrieved my bicycle and vehicle and got everything back to my house. Wow. Multiple members, including Dr. CJ Fox who is a surgeon in Baltimore, came to visit while I was in Shock Trauma for three days. Such kindness from so many can't be thanked enough. Others visited me at home when I was off work for seven weeks and got me out of the house. So nice and appreciated. But I'm not alone, we have done that for others who have had unfortunate events whether related to cycling or something else. You are amazing and special. I'm told I recovered due to wearing a top rated helmet (that was less than 5 years old), getting immediate care by being with others, and being fit and healthy. Lesson learned is to stay away from others who don't have the right bicycle handling skills. It's OK to say to someone that the group you are in is closed if it's not a safe fit.

Of course, we want to ride and socialize and meet our individual cycling goals and the 2023 calendar is already being populated with events thanks to our ride leaders and coordinators. Look ahead and you'll see some very popular events such as our weekday and evening rides and adventure rides such as the Oxford Ferry Boat ride and ABC Tour of Maryland, which is for all members. Other rides are too, so come on out and "enjoy the ride." And bring your ride suggestions, we need more of them.

Happy 2023; let's roll!

## Featured Annapolis Bicycle Club Events

Here are events outside of the standard ABC rides and Other Sponsored Rides (OSRs). See the ABC website or phone app for a full slate, including OSRs.

February 16 - 6-8:00 pm - Third Thursday Get Together  
Nonna Angela's Restaurant, 2225 Defense Hwy, Crofton, MD 21114

Sunday, March 12 - 5-8:00 pm - Annual ABC Meeting

- Winter Conclusion Party (daylight savings time begins)

Agenda, in no particular order

- Club business topics & info
- Officer Elections
- Awards
- Raffle
- Polo fitting (BYO mallet [kidding!])

More details on the ABC website (click here).

## ABC Club Polos are All the Rage; Jerseys Still Available

Click on the images



ABC Women's Polo Shirt  
\$34.00  
*\$34.00 - Member price*



ABC Mens Polo Shirt  
\$34.00  
*\$34.00 - Member price*



Empress Jersey (Women's Club Fit)  
\$80.00  
*\$80.00 - Member price*



Peloton Jersey (Men's Club Fit)  
\$80.00  
*\$80.00 - Member price*

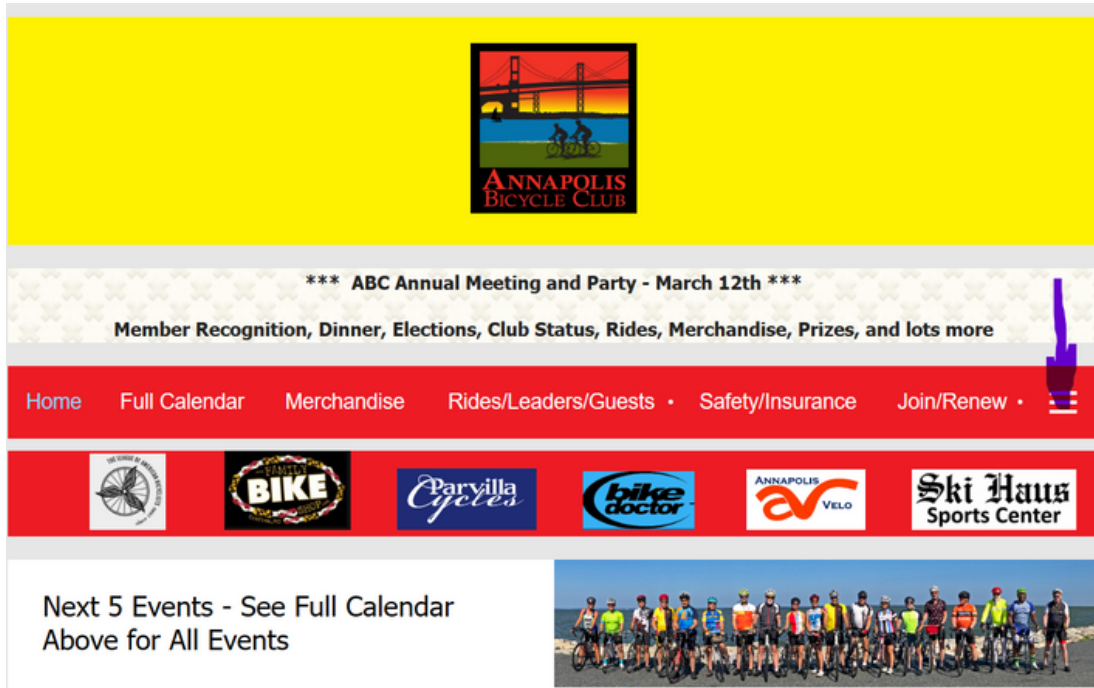


Sprint Line Jersey (Relaxed Fit / Unisex Cut)  
\$70.00  
*\$70.00 - Member price*

# How to navigate to the TWE page if you don't have the link

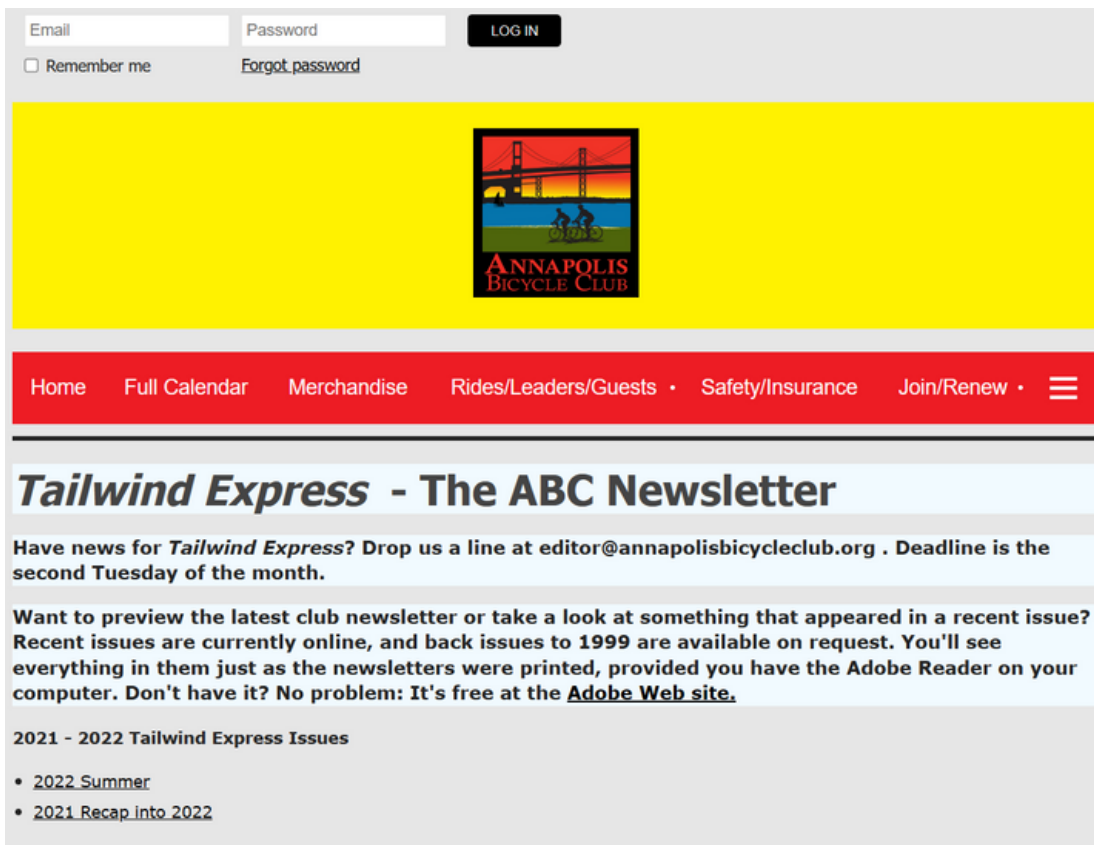
Go to the ABC Home page, click the menu hash marks at the right.

Click on the first choice on the dropdown list, Tailwind Express Newsletter.



You will be brought to the Tailwind Express - The ABC Newsletter page.

Scroll down from there to see the list of issues. No login or password needed.





# YOUR DUES AT WORK (Time to Renew)

by Steve Sharkey, ABC Treasurer

Annapolis Bicycle Club (ABC) dues are modest, but are an important part of maintaining an active, healthy and connected organization – often in ways that may not be apparent to all members. By far the most significant cost incurred by the club is insurance. We have two policies – one that covers our members during club rides and events, and one that provides protection to the officers of the organization. Our insurance is obtained through membership in the League of American Bicyclists (LAB), a non-profit advocacy organization working to create safer roads, stronger communities, and a bicycle-friendly America.

Another significant expense is the fee for WildApricot to host the ABC website and our phone app. The website is a hub keeping members informed about club activities, organizing rides, and is a primary tool for attracting new members.

Audrey & Steve Sharkey ->

As with most things, we've seen a significant increase in the cost of both insurance and web hosting services over the past year.

Beyond these foundational club requirements, dues are used to provide a small donation to the BikeAAA-Bicycle Advocates for Annapolis and Anne Arundel County, promotional materials for us at ABC, and member benefits like providing lunch during the Bay-to-Bay ride, subsidizing the summer picnic and the annual meeting, plus funding raffle prizes for events. These benefits balance with a small reserve that allows the club to operate responsibly while minimizing the costs to members.

This is what is paid for when we all join the ride.



## Welcome to Our New Members!

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Angela Browning  
Jason Browning  
Lisa Garceau Cerza  
Martin Cerza  
Stewart Cumbo  
JoAnne DiNovo  
Christina Dorrer  
Deborah Duvall  
Ethan Gamble  
Chet Godrick  
Michael Green  
Mark Kloch  
Nicole Lawson  
Zachary Lowes  
Brian Mendez-Smith  
Kate Rappaport  
Kristin Rickert  
Stephanie Seiberg

## New Member Profiles Submissions welcomed

### Ethan Gamble



I currently am enrolled at the U.S. Naval Academy, class of 2025, enjoying the roads that Annapolis has to offer and meeting amazing people in the cycling world. On a typical day I will ride 30-50 miles on any number of routes south of Annapolis, anywhere ~16-18 mph on my zone 2 days, harder on others. I am just beginning my cycling journey, having started cycling "seriously" since April 2022. I have enjoyed casual GAP/C&O rides growing up, but am now practicing for criterium racing alongside ABRT. I ride a 2021 Trek Domane SL6, a 70's fixed-gear, and an older carbon Cannondale Synapse. My goal for 2023 is to ride 10,000 miles. I'm on track at 200/week. Wish me luck.

### Nicole Lawson



My name is Nicole Lawson (Nikki). I work for a small environmental consulting firm in Baltimore. My two daughters are in college. My cycling interests include road and gravel rides. I began biking with friends' encouragement. Since then I have made many friends along the way. I have a Trek Emonda road bike and a Devinci Hatchet A Claris gravel bike. I mostly ride from home, and on a good day average about 15 mph on the road. I enjoy doing gravel rides out of Leesburg, VA. One set of friends was into riding gravel and invited me to try the Leesburg rides. I still enjoy riding out there despite the fact that they have since moved out of the state. I enjoy doing our annual women's ride, occasional group night rides, and centuries. And I would love to do the entire C&O canal towpath one day. My favorite charity ride is Ride for the Feast which is on the Eastern Shore in May.

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### SOME RECENT HISTORY:

2018-

Fastest cyclist ever:

Setting a World

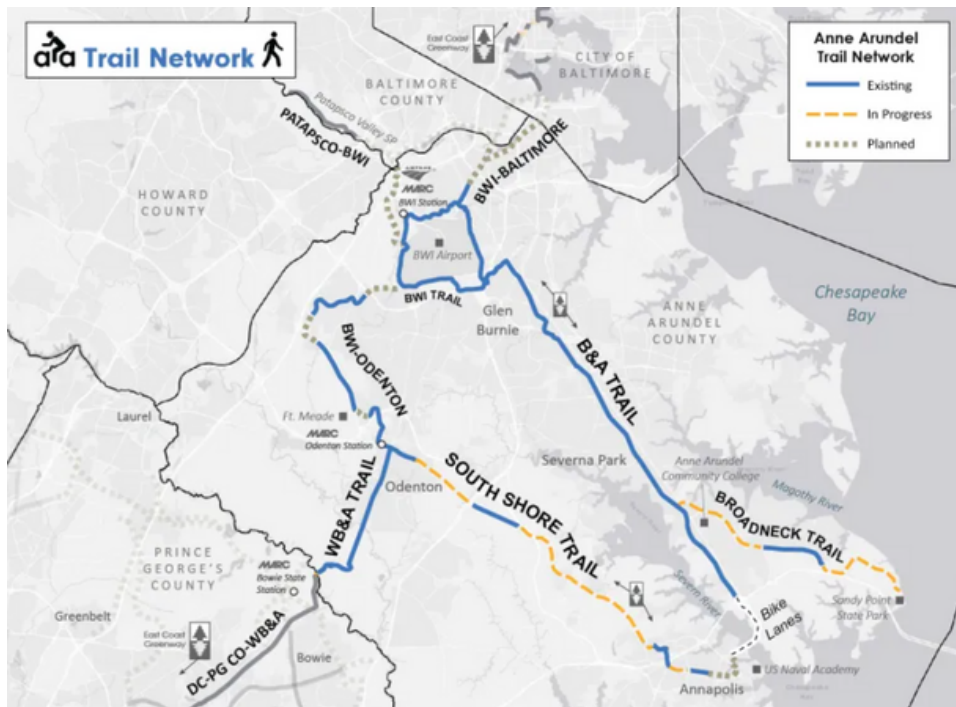
Record speed of 183

mph on a bicycle

# BICYCLE ADVOCATES FOR ANNAPOLIS AND ANNE ARUNDEL COUNTY



[BIKEAAA Re-elects Three ABC Members to its Board - Details](#)  
[The Lifeline 100 is October 1, 2023 - More information](#)



## FEDERAL FY23 BUDGET SUPPORTS ANNAPOLIS & ANNE ARUNDEL TRAILS

## Heart of Tuscany, A Visual Ride through the Italian Countryside - 2/6/2023 A message from ABC member and tour leader Tina McDermott

Grab a glass of your favorite Chianti and some bruschetta and join Tina and LJ on an exciting virtual bicycle tour through the Heart of Tuscany. Discover what our tour is all about this coming September and who knows, you just might want to join us.

Tuscany is renowned for its picturesque landscapes and breathtaking views. With rolling hills, winding roads, and quaint villages, it's the perfect place to explore on two wheels. Bicycling is one of the best ways to experience the heart of Tuscany, allowing you to soak up the beauty at your own pace in a way that no other mode of transport can offer.

DATE: Monday, February 6th

TIME: 7:00 P.M. ET

PLACE: Zoom

Click here to register for the zoominar:

[https://zoom.us/meeting/register/tJMtdu6qqDMtGd2\\_-Ngum6gfqZAlw2aANBUq](https://zoom.us/meeting/register/tJMtdu6qqDMtGd2_-Ngum6gfqZAlw2aANBUq)

For more information about the tour, check out the bulletin board on our ABC website:

<https://annapolisbicycleclub.org/page-1239493/12919302>

Also, join us this month after the **ABC TTGT at Nonna Angela's** for an Italian themed evening of friendship and food.

If you would like to learn more about The Heart of Tuscany bicycle tour this September, please stay after the TTGT, and Tina and LJ will cover the top 5 reasons why you want to come to Italy with us.

There will be tons of fun and prizes involved. Even if you don't want to go to Italy, you are going to want to stay.

DATE: Thursday, February 16th

TIME: 8:00 P.M. ET

PLACE: Nonna Angela's Restaurant  
2225 Defense Hwy, Crofton, MD 21114



# Photo Gallery for the Club With a Place for Every Pace

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



ABC crew on the annual Oxford-Bellevue Ferry outing



ABC President John Tyrrell (L) and Jeff Love (R) complete Eastern Shore metric at dusk.



Adventure Ride Coordinator Chris Higgins (L), and Treasurer Steve Sharkey (R)



# Photo Gallery, continued



Sunday ride,  
August 7, 2022





# Photo Gallery, continued



Annual ABC Picnic at Sandy Point August 28th





# Photo Gallery, continued

ABC Covered  
Bridge ride  
out of  
Thurmont  
Oct. 11th



Darnestown  
ride out of  
Riley's Lock  
Oct. 18th



## Photo Gallery, continued

N. Beach ride out of Jenn Meyer's house. Thanks to a neighbor for putting out the green carpet (let us park in their yard). Oct. 22nd



Left:  
New Year's Day ride,  
2023

Below: TTGTs  
L- Dec. 15th, at Neo's  
R- Jan. 19, 2023, at Fox's Den





# TWE BACK PAGE



## Bio: Ed Marx, TWE Editor

Born in New York City, raised in New Jersey, I'm retired after a career in Telecom IT. I enjoyed bicycling from an early age. As an adult I had always wanted to up the game a bit, seeing that there were organized rides going on with the American Wheelmen (now DBA League of America Bicyclists) but (alas) not acting. The family, job, etc. relegated my bike to being a garage sculpture. But I started back into it when a bike path was built close to my home, and rode a hybrid for several years for the cardio benefit. I finally took up road cycling with a Jersey shore club in 2006. When I got to Maryland 6 years ago I joined ABC and felt right at home.

When I was 18 I decided to buy a 10-spd bike from Sears and I was sorely disappointed by its heft. So I got serious and bought a Raleigh Super Course at a shop in 1973. It was light for its time and felt like a precision instrument (except for the pain of the Brooks saddle). I also remember riding along a residential street and having a car blow their horn at me; plenty of room for both of us but I apparently wasn't supposed to be there. You all know that tune. My only son opted into mountain biking to avoid cars.

Sometimes I reflect on what a high center of gravity these odd-looking machines have, at least as viewed in my mirror. Yet, there is nothing like the road cycling sensation. It's "silent self-propulsion." Non-cyclists think of bikes as simple and may miss the elegance of their design. Others see a bike as a toy, but it's a joy.

**Outtakes: Pic from Paul Garza's birthday; Event coordinator LJ braves warts.**





# ABC Affiliates and Business Supporters



[Humor]

