

ABC
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ANNAPOLIS BICYCLE CLUB ***TAILWIND EXPRESS***

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Photo: Oxford-Bellevue Ferry, Tred Avon River (ABC St Michaels ride), 6/13/23, by Wil Scott



Join the Ride - August 2023



Message from the President

Our Annapolis Bicycle Club has 177 members today, most of whom are active cyclists. My special welcome to everyone who has joined this season. Our members span all age groups and have interests in a variety of distances, speeds, and routes.

Overall, our distances and speeds have increased significantly, which is impressive. I have received phone calls, emails, and comments asking for event variety. I would love to see A, B, and C level rides on our calendar every Saturday, Sunday, and holiday during the season. A busy calendar also attracts more excellent cyclists.

Please help me with this by keeping our calendar full, all year, with ride opportunities. I need members to suggest and recommend rides that include starting locations, general route information, distance, speed, dates, and starting times. You do not need be the designated ride leader. You have no idea how valuable it is when people suggest rides. Send your suggestions to rides@annapolisbicycleclub.org and we'll take it from there to post it.

I also need additional Ride Coordinators who are creative and proactive to keep the calendar full and not just wait for suggestions. Because, when we post it, they will come (sounds like a line from a famous baseball movie). Let me know if you are interested and I'll train you on the tools that we use and grant administrator privileges on our website. This is a top club role.

Because we have grown and have more rides, we need more Ride Leaders to help cyclists with the events and to make decisions for the group during the ride. We will train you. Just ask and I'll provide more information. It is very rewarding.

Speaking of membership, we continue to grow, and our IT system and insurance can accommodate up to 250 members. I'll schedule a Zoom call in September for us to talk about how we can promote the Club and gain even more excellent cyclists.

Thank you for all that you do for ABC and cycling! Keep cranking safely...

John

annapolisbicycleclub.org

Officers:

(tap row for email send-to link)

President - John Tyrrell

Vice President - Ryan Geisel

Treasurer - Steve Sharkey

Board Members:

Ed Marx

Chris Higgins

Len Jones

Jim Black

Key POCs:

Safety Manager - Paul Garza

Ride Coordinators - Paul Garza,

Chris Higgins, Joe Urban

Web & IT Master - Leon Bloom

Special Events - Linda Reiter

Tailwind Express Editor - Ed Marx

TWE is Created using [Canva](https://www.canva.com/)

ABC's TOUR of MARYLAND



Keep in mind:

- You can earn multiple counties in a single ride, if you log at least 20 miles in the counties you enter.
- Participating in an ABC Adventure Ride is a great way to earn counties, however any ride qualifies.
- If you want to create or lead a ride to earn a(some) specific counties, talk to the ABC Ride coordinator about putting your ride on the calendar.
- To earn progress, send an email to the ABC Ride Coordinator at rides@annapolisbicycleclub.org. In the subject, put the words 'Tour of MD'. In the body of the email, identify the counties you believe your ride(s) qualify for and a link to your activity on strava, ridewithGPS, or mapmyride.

Get out and explore Maryland! ABC's Tour of Maryland is a cycling challenge to explore the great state of Maryland on your bicycle. ABC Adventure Rides are a great way to make progress toward this challenge, and often visit historical sites on their routes. To earn the ABC Tour of Maryland Award, you:

- Are an ABC member in good standing
- Ride at least 20 miles in each of Maryland's counties and Baltimore City in a single ride
- Prove it via Strava, RidewithGPS, or MapMyRide publicly recorded rides
- Earn all counties within a two-year period ending 31 DEC of the award year

What is the award? You get your name listed on the ABC Tour of Maryland Wall of Fame on the website. Plus...

There is a trophy to commemorate your accomplishment!

HOW TO CHECK YOUR PROGRESS-
Five ABC members have over 50% of the credits required to finish Tour of MD in 2023, as shown in the July update to the Ride Progress Matrix. Will they be able to finish? Anyone who earns credits in 2023, but does not finish the challenge, gets to carry over those credits to 2024. See the Ride Progress matrix here:

<https://annapolisbicycleclub.org/resources/Documents/Tour%20of%20MD%20Progress%20CHRIS.pdf>



SAFETY PAGE: ABC Condensed "To Do" List

Details also appear on the ABC website

BEFORE THE RIDE

- CONSULT YOUR PHYSICIAN if you have medical concerns before riding
- Members are highly ENCOURAGED TO LIST AN EMERGENCY POC and telephone # in their membership profile. Also including a photo may help locate a rider lost or injured.
- CARRY ID & INSURANCE INFO with you on a ride, including emergency contact information.
- TELL YOUR FAMILY WHERE YOU ARE GOING, who you will be with, their phone #s and the route before leaving so they can locate you
- CONSIDER HAVING PERSONAL INSURANCE POLICIES for medical emergencies, hospital indemnity, etc., that one would need following a bad accident.

League of American Bicyclists A-B-C Quick Check

- A is for AIR
Inflate tires & check for damage
- B is for BRAKES
Inspect pad wear & check adjustment
- C is for CRANKS, CHAIN & CASSETTE
Clean & lubricate as needed; check for wear & proper adjustment
- QUICK is for quick releases; check for tightness and point levers rearward
- CHECK: Take a brief ride to be sure the bike is shifting & braking properly

RIDE TIME

- Properly fitted HELMETS ARE REQUIRED for all rides
- Working front and rear LIGHTS ARE RECOMMENDED
- From LAB: Ride PREDICTABLY and be VISIBLE at all times.
- ABC RIDES EMPHASIZE SAFE GROUP RIDING and respect for motorists and other bicyclists
- A rider who proceeds UNSAFELY should be addressed promptly and coached on how to ride properly
- WHEEL OVERLAPPING/ HALF-WHEELING IS NOT ALLOWED as it can cause an accident. Must leave room for the unexpected movements of others.
- LOOK before you turn. Then LOOK again to be sure
- All riders should call out & SIGNAL PERILS such as holes, glass, sand, gravel, animals, etc.
- COMMUNICATE when you are slowing, stopping, turning or changing position in the group
- VERBALIZE the presence of other vehicles, cyclists or pedestrians to the rear, sides or front. Same way when you are overtaking or passing these folks or one another
- DO NOT TOUCH another rider or bicycle while moving.

SAFETY PAGE: Ride Incident Protocols to Follow

Also appears on the ABC website

Incidents can happen. If an incident occurs, take all the time that's needed to help those affected. These are examples of what to do:

1. Calmly assess physical injury: it may take a while for a downed rider to collect themselves. Check their helmet and bike for damage.

2. Continue riding if the rider, bike, and helmet, are OK: otherwise go to #3.

3. Call 911 when immediate medical assistance is needed. Absolutely call if there is major helmet damage, bleeding, breaks, dizziness, or swelling. The first responders are the best professionals to decide what to do next. Seriously injured riders may decline assistance or emergency services due to shock, confusion, dizziness, or modesty. Call anyway and stay with them until the emergency responders depart. Never leave an injured rider alone.

4. Call the rider's emergency contact on the website or in the smartphone app under the riders contact information.

5. If a motor vehicle is involved call the police.

6. Get driver's insurance information, address, phone number, and plate number.

7. Obtain the names, addresses and phone numbers of witnesses.

8. Preferably take photos of the scene, rider's injuries, bike and all other involved vehicles.

9. Seek the necessary medical treatment for non-emergency injuries.

10. Encourage the involved rider to have the bike thoroughly inspected by a bike shop to ensure it is safe to use.

11. Notify the President, Safety Manager, and Ride Coordinator so we can understand the rider's needs and learn from the experience.

12. Complete an Incident Report.

13. Rider and President complete an expense claim form with the insurance carrier if a claim is desired. The member submits the claim.

PHOTO GALLERY



Cherry Blossom Ride
3/26/23



<-2023 Maryland Senior Olympics 10K Champion & ABC member, Douglas Corby. Congratulations, Doug!!



Above: You never know what you might spot at the 6 Pillars Century Ride (5/6/2023). Penny Farthing, anyone?



PHOTO GALLERY



Weekday St. Michaels ride 6/13/23 at the Oxford-Bellevue Ferry



About to get underway with the Bay-to-Bay Ride 6/25/23

PHOTO GALLERY



ABCers at the Armed Forces Classic Criterion

PHOTO GALLERY



SATURDAY AT ST. MICHAELS

Above: ABC at Tilghman Island



Left & Below: On the Oxford-Bellvue Ferry



After lunch at Bellevue Park on the Saturday St. Michaels ride

PHOTO GALLERY



About to launch a Saturday morning N. Beach ride out of South HS July 2023

Below: Some Moving Pictures... [Click to see short videos](#)



NEW ABC MEMBERS

Profile Submissions Welcomed

New in 2023

David Aha
Jessica Anderson
Mark Baugh
Bob Brannan
Jade Budowski
Bill Cates
Erin Cornelison
John Domen
Ann Dowling
Dave Erculiani
Natasha Ezerski
Chris Farrell
Karen Febey
Jim Fort
TJ Furlong
Bill Geschrei
Ethan Goldberg
Kevin Hazucha
Nicholas Jedrich
Seth Keller
Mark Mayher
David Mitchell
Amy O'Donnell
Brad Osborne
Chris Overend
Julie Peterson
Stephen Pipkin
Nicole S
John Simon
Kelly Simon
Ron Simon
Carol Solinger
Jeff Stern
Paula Stern
Jerry Tabor
Isaac Velez
Joseph R Weiss
Alex Wyvill



Shout outs to those
bringing on new members:

Peter Acosta - Mark Baugh
Leon Bloom - Carol Solinger
Paul Garza - Erin Cornelison
Sherry Krum - Joseph Weiss
Terence Smith - Karen Febey
Bonnie Wolfe - Bob Brannan
- Ann Dowling
Chris @ Annapolis Velo
-Kevin Hazucha
Bike Doctor - Natasha Ezersky
- Bill Geschrei

<- Member Profile: Chris Farrell

My name is Chris Farrell (the one under the hat). I relocated to Maryland about 2 years ago after 25 years living in the northern suburbs of the Chicago area. I got into cycling in my late 30s when a coworker offered a free Schwinn 10 speed that had been laying around in his shed. After a few rides on it, I bought my first pair of riding gloves and it was all downhill (or uphill) from there. I fell in with a surly gang (sorry, old club) of bike riders which I rode with for 12 years on my trusty 2010 Trek 520 steel touring bike. I've done RAGBRAI three times and a few other multi-day tours. In 2023 I had finally settled into Maryland life enough to get back into riding and found ABC, who were nothing but welcoming as I tried to find my legs again. After a few rides trying to keep up with John Tyrell, RJ, and others I purchased a 2023 Trek Domane SL6 which I have absolutely loved. [Yet I'm still trying to keep up!] I'd say my riding style is more of enjoying the journey than the race. I'm hoping to start doing more epic touring once I complete paying for college tuition in a few years.

NEW ABC MEMBERS

Member Profiles



Jade Budowski

I began cycling in early 2022 in preparation to bike the Northern Tier with Bike the US for MS at the recommendation of a friend. Though I was a total rookie (and fell more than a few times), I pulled it off (4,295 miles in 70 days!) and now I've got the bug forever. I was a Route Leader for their Atlantic Coast ride (Florida to Maine) earlier this year and will also be helping lead a GAP and C&O trail ride at the end of September with the same organization. I am currently pursuing my Master's Degree at Loyola University to become a school counselor and mental health counselor, and cycling is one of the things that keeps me sane. I've ridden my trusty old hand-me-down Fuji Team on my cross country rides, but just got my hands on a Surly Midnight Special after pining for it forever and will be taking that on the GAP and C&O (and many other rides). I average between 16-18mph, and can't wait to explore more of the routes Maryland has to offer!



Erin Cornelison

I returned to Maryland after 30 years in Chicago because my family was still here. I started road cycling in late 2021 after realizing my running days were behind me. To find others to ride with and to learn about cycling, I joined a couple clubs, BBC and Hoco Cyclists. I joined ABC because the club gives me a chance to meet others while cycling in another county. Cycling has made me a better driver. When time allows, I really like longer rides. In September, I'm headed to Italy to cycle from Siena to Rome and enjoy some wine along the way.

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.

September 2 - 9 am, AR NCR TCB Rail Trail - Hunt Valley Town Center Light Rail Station. May proceed as far as York, PA (43 miles)

September 9 - 7:30 am, Sands Road Park - 73 miles - 16-18 mph
Ramp up your miles for the Lifeline pre-ride with this effort

LIFELINE 100 - October 1st VOLUNTEERS NEEDED

About The Lifeline 100

The Lifeline 100 bike event showcases Anne Arundel County's scenic trails and roadways, teaches cycling awareness, safety and its benefits, and has grown every year into a celebrated annual event drawing one thousand cyclists from around the Mid-Atlantic. The event raises funds to support local non-profits, including the Crisis Response System, AA County Food Bank, and BikeAAA. Over the last seven years, it has raised more than \$250,000. It began in 2014, and from the beginning ABC has been a major contributor to the success of the event.

ABC volunteers staff the four major rest stops for the Lifeline century and metric

routes. This is the primary opportunity for us to give back to the cycling community and to help promote ABC.

We typically need about 35 volunteers to staff the rest stops at Bay Ridge, Galesville, Crofton and the Dixon Obs. Area at BWI. The date for the event is Sunday, October 1. Please volunteer by contacting the ABC Lifeline coordinator, Jim Miner, either by email jnminer1@gmail.com or at a club ride or TTGT event. If you want a particular rest stop, you can indicate that, or the best option is to indicate that you're flexible and can work any rest stop.

On Saturday, September 23rd, ABC will be doing a pre-ride of both the century and metric courses, so mark your calendars and come out and run the course one weekend, then join your fellow ABCers to staff the rest stops the following weekend.

-Jim Miner

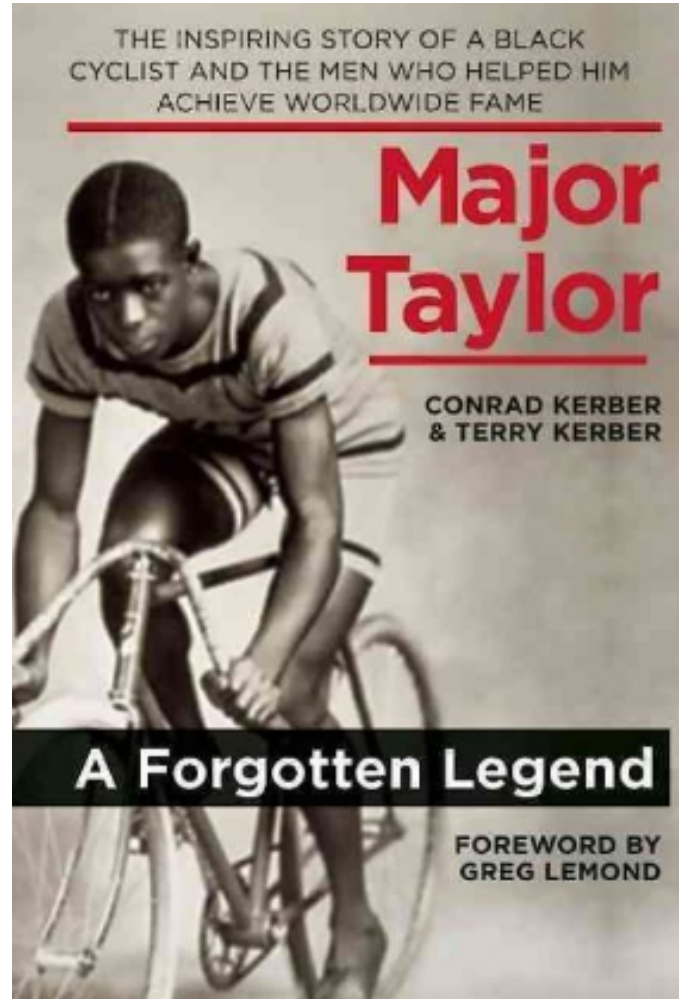
History Page: Marshall "Major" Taylor

This past May ABC member Richard Schoenfeld arranged for ABC members to attend a Zoom meeting where the president of the Major Taylor Association spoke about Major Taylor's life and career and answered questions.

Marshall "Major" Taylor was a legendary cyclist at the turn of the 20th century. He had the good fortune to bicycle at a young age and develop racer speed and bike-handling skills. All of this was against the backdrop of Jim Crow segregation. As an African-American, Major Taylor was excluded from some competitions and had his success disallowed at others despite being the obvious winner. He moved to Worcester Massachusetts where he developed into a world-class athlete.

From a biography: "Even by modern cycling standards, Taylor could be considered the greatest American sprinter of all time." Major Taylor won the 1-mile sprint at the 1899 World Track Championships to become the first African American to achieve the level of Cycling World Champion and the second black athlete to win a world championship in any sport (following Canadian boxer George Dixon, 1890). Taylor was also a national sprint champion in 1899 and 1900. He raced in the U.S., Europe and Australasia from 1901 to 1904, beating the world's best riders. After a 2-1/2 year hiatus, he made a comeback in 1907-1909, before retiring at age 32 to his home in Worcester in 1910.

Major Taylor's legacy extends to cycling clubs bearing his name and events in



places as varied as Dayton, Ohio, Albany, New Hampshire, and Clinton Mississippi. Back where he made his mark in Worcester, Massachusetts, the annual George Street Bike Challenge time trial hill climb took place on July 23, 2023.

<http://www.majortaylorassociation.org/index.html> (CAUTION: not https secured]

<https://www.biography.com/athletes/major-taylor>

The Annapolis Bicycle Club is now an affiliate of the Major Taylor Association

ABC Affiliates and Business Supporters



Ski Haus
Sports Center

