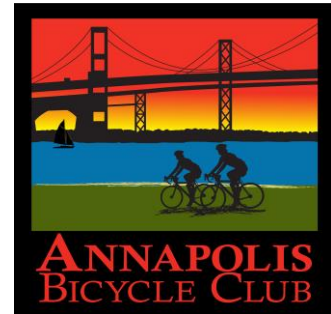


Tailwind Express

Winter 2021

annapolisbicycleclub.org

Join the Ride!



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President's Column



ABC had an outstanding 2020 with scores of rides in every county and all bordering states. You were joined by 50 new members, some of whom stepped in to new roles as ride leaders and other volunteers. 2021 is underway with 194 members who ride often, on-line, occasionally, or are non-riding members of the family plan. Welcome and thank you one and all.

Our event calendar on the website has many rides already. Some are local, some are distant, and some are fully supported. Check the calendar often as more are coming. There is definitely something for everyone. With so many more members, we need more ride leaders so please step it up. We'd be happy to train you for the role. Our Ride Coordinators are Joe Urban who has returned for local rides and Chris Higgins continuing for out of area adventure rides and lots of creativity. Thanks go to Eric Veit for his support last year. We look forward to starting and finishing rides at locations with good food and beverages.

We have enhanced the safety program with the addition of Paul Garza as our safety manager. Paul and Jim Black have an outstanding BikeAAA safety program at our March TTGT. Let's have lots of participation.

Our treasurer Kathy Mathews has renewed our general member liability and medical expense insurance policies along with the policy for directors and officers and we begin the year in decent financial standing. That will be even stronger as everyone renews their membership using the ABC smart phone app or the website.

A few things in particular coming up: Our Lifeline 100 coordinator position needs to be filled by one of us pretty soon and we will be calling for rest stop captains at volunteers for the October event where we staff the rest stops.

We are very fortunate that our local bike shops are here for us. Please frequent Parvilla in Edgewater, Annapolis Velo, Bike Doctor locations, and all of the other fine local shops who keep us cranking along and help us grow. Annapolis Bike Doctor even gives ABC members 10% off. Several of our members have benefitted from the performance bike fitting at Parvilla. We now have ABC promotional materials in all of these locations.

ABC is being promoted at the May inaugural Maryland Bike festival in Ocean City. Hope to see many of us there at our party tent.

Thanks for all that you do for our club, for riding safely for having fun at the same time!

John

"Join the Ride"

Upcoming Rides and Events

Note: See the Events Calendar on our [club website](#) for a complete listing of rides and the latest information.

- Ocean to Bay Ride, April 24 Bethany Beach DE
- Six Pillars Century, May 1 Cambridge, MD
- **NEW** – Maryland Coast Bicycle Festival, May 8 Ocean City DE. ABC will have a tent in the pavilion and will be promoted on their website.
- Annual St Michaels/Oxford Ferry Ride, July 10 St Michaels MD. Our biggest event of the year!
- LifeLine100, October 3, ABC staffs the rest stops.

Regular Club Rides:

- Tuesdays/Thursdays, 10:00 AM Generals Highway Corridor Park (27 miles)
- Starting 3/17 - Leader Len Jones - Wednesday evenings, 5:00 PM Dixon Aircraft Observation Area parking lot (25-30 miles)
- Starting 3/17 - Leader Tina McDermott - Wednesday evenings, 5:00 PM Davidsonville Park (not the Park and Ride) (22-25 miles)
- Starting 3/18 – Fitz Fitzpatrick – Thursday evenings – Severna Park - Park & Ride Jones Station and Rt. 2 20-30 miles at 15MPH
- Starting Spring – Richard Schoenfeld – Weekend rides at 15MPH

News

- Did you know that in 2020 ABC riders logged 12,000 miles on 21 Adventure rides. The good news is that there is another series of Adventure rides planned for 2021. Chris Higgins has all the details and a map on our website at [ABC Adventure Rides](#) listed under the Rides & Guest menu. Also catch his article later in this newsletter about the 2020 program.
- There is also a new ABC program inspired by Chris called the Tour of Maryland Challenge whose goal is for participants to ride in all Maryland counties within a 2 year period. Full rules and further information is provided at [Tour of Maryland](#) under Rides & Guests on our website.
- Lynn Mullineaux again plans to hold weekly rides “wild and crazy” 22 mile rides on Sunday mornings beginning in April.
- Bicycle Advocates for Annapolis & Anne Arundel County (“BikeAAA”) has developed a vision and a new website (www.annearundeltrailnetwork.org) for a network of paved trails that will connect residential, employment, education, recreation, cultural and natural areas within the county and to the greater Washington and Baltimore trail networks. Please consult the link for more details and a map of the proposed trail network.
- Reminder: The Wild Apricot for Members App is available for checking and registering for rides from your mobile device.

Safety and Third Thursday Get Together - Safety Program



The TTGT on 3/18/2021 will feature a special program.

BikeAAA has developed an online Safe Roads Cycling Seminar that is available to cycling clubs and other associated groups. This seminar addresses road safety from different perspectives: how to safely navigate through intersections; legislative changes; and more. This seminar would serve as a safety reminder to our members and reinforce good safety practices.

BikeAAA board and ABC members Jim Black and Jon Korin will provide an overview of safe biking practices, Maryland traffic safety laws update, and other initiatives including Anne Arundel bikeways infrastructure, the Anne Arundel Trail Network, Wheels of Hope, and BikeAAA's free RidewithGPS premium version available to ABC members on 3/18/21.

Social time will start at 6:30pm and the program will begin at 7pm. Zoom details are on the ABC website calendar. The points of contact are Jim Black and Paul G.

Maryland Coast Bicycle Festival



The inaugural Maryland Coast Bicycle Festival ride and party will take place on May 8 in Ocean City and ABC will be featured on the website and has been given a tent space in the party pavilion. There will be rides of various distances including metric century. More information and registration at <https://marylandcoastbikefestival.com/>. The 'Surf and Turf' and 'Metric Century' ride routes are not posted yet, but they will likely qualify to earn Wicomico County for the ABC Tour of Maryland. This will be a very social event with music, beer, and a shirt for registrants.

ABC Annual Meeting and Elections

ABC by-laws call for a general membership meeting and elections for President, Vice President, and Treasurer to be held early each year. Recently this has been held as a dinner at a local restaurant with 40-50 attendees. World and local events are necessitating a delay until conditions allow us to get together and we'll spread the word as soon as possible. The VP position is open and we have an incumbent President and Treasurer. All positions can receive nominations for the attendees to vote on. Please think about what kind of Club ABC should be and what you can do to help.

Newsletter Raffle

Contact editor@annapolisbicycleclub.org with your newsletter comments to be entered into a gift raffle for an item from a local bike shop that will be announced 4/1/21.

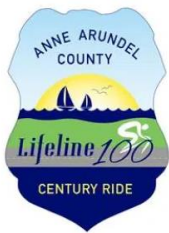
Ride Coordinators and Ride Leaders

As of 2/1/21, ABC has 194 members. Some are spouses of family plans, some ride lots, and others ride from time to time but with this level of membership we need proactive Ride Leaders for multiple levels of distance, locations, and speed. We thank Stephanie McMahill, Richard Schoenfeld and Fitz Fitzpatrick for stepping up this year. The website home page has been updated with a list of Ride Leaders but we need 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.

Our 2021 Ride Coordinators include Joe Urban who is returning to this role for our local rides and Chris Higgins who coordinates our out of area and adventure rides. Eric Veit, who served us so well last year as the local coordinator is staying on as a ride leader and will provide backup. Please contact rides@annapolisbicycleclub.org with your ride requests or ideas as far in advance as possible. We are already populating the calendar.

Kent Island South Island Trail

The north - south trail starting in Stevensville on Kent Island was not suitable for cycling due to bad bumps and cracks. The trail has been repaved and seems wider and is an outstanding and safer alternative to riding the shoulder of MD-8 Romancoke Road and the trees block the wind. The trail extends south to the fishing pier and was light on foot traffic during a recent group ride.



Lifeline 100 Planning and BikeAAA

ABC has been a key contributor to the annual LifeLine 100 ride each year in October since its inception. ABC staffs the rest stops at BWI, Bay Ridge, Grasonville, and Crofton. Anne Arundel County provides the food and beverages and the costs are covered by rider registration. The LifeLike 100 details are on the ABC calendar on 10/3/21 and we need a Coordinator to participate in occasional calls with BikeAAA and County Parks and Recreation. We are seeking Captains and 6-8 volunteers at each location. Many of our members have returned every year for the event and it's a great way for our new members or riders to contribute. ABC will have the opportunity to ride the routes the weekend before so we can enjoy the experience and will have a lively social after the event for all of the volunteers.

Contact abc_pres@annapolisbicycleclub.org to volunteer as Coordinator, Captain or site volunteer.

Cooking With Tina

Tina McDermott held a virtual cooking demonstration over Zoom for January's TTGT. Tina demonstrated cooking techniques interspersed with practical information on how to select and prepare healthy foods. The cooking demonstration was preceded with an article titled "Fueling Your Ride" containing useful tips on what to eat before, during and after your ride. The demonstration was held in Tina's kitchen. She was ably assisted by LJ Reiter. Tina kept the session lively by asking viewers to respond to questions on chat. The food looked delicious and included the following dishes: salmon with sauteed greens, sweet potato fries, baked broccoli with pumpkin seeds, and dark chocolate oranges. Overall, it was a most impressive

show! Now Tina's cycling nutrition tips and recipes are on the ABC web site at <https://annapolisbicycleclub.org/page-1856171>. If you missed Tina's Zoom session, it is available on YouTube at [Cooking Demo for Annapolis Bicycle Club Jan 22 2021](#).

Tina McDermott is a Wellness speaker, Weight loss coach, Inspirational Cook and personal trainer for nearly 20 years. She is passionate about helping entrepreneurial and professional women lose weight naturally and keep it off forever without yo-yo dieting. She is the founder of the Finally Thin Forever coaching program where she helps individuals as well as small groups. The key to her client's success is her ability to help them come to peace with their emotional eating. Her mission: To teach as many people about natural health and wellness to live a healthier and happier life. She has also discovered methods to release self-sabotaging beliefs and come to peace with them.

When Tina is home, she is busy cooking home-made, healthy meals for her family and friends. She is an outdoor enthusiast and loves bicycling with her husband, traveling, hiking, and playing and snuggling with her three dogs, Geddy Lee, Nala and Wolfgang and two kitties Monkey and Mickey.

Tina McDermott
Weight Loss Coach, Speaker & Inspirational Cook
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tinamcdermott.com

ABC Membership

ABC had an outstanding year in 2020 with 150-200 rides and over 50 new members. We have 8 new members in 2021. Please renew your annual membership by 3/1/21 to maintain your membership and insurance coverage. You now have 1 or 2 year individual and family membership options and you may renew from the smart phone app (see the News link on the website about that) or the website. All payments are via credit card for safety. We no longer have a post office box to mail checks to. 1-day guests can now register via the website and paper waivers are no longer needed.

Ours is a co-op style of club run by members for members. Because of our growth, we need more ride leaders, another ride coordinator, a new member assistant, and more social activity support. Please let us know how you would like to help and we'll train you. **The following are new ABC members for 2021. Welcome them to the club!**

Brian Binney

Jim Brown

Tim Burkard

Eric Fromm

Danilo Gascon

Barry Hartman

Stephanie McMahill

Steven Ross

New Member Profile

In each issue we try to introduce the club readership to a new ABC member. In this edition, we have a profile from Eric Fromm.

I am a new club member so I will briefly tell you a little bit about me. I've been retired for about 17 years so that puts me in that "older" group. I was a marathon and ultra runner for many years, and was an active member of the Striders. My running career was cut short a few years ago when I had a little mishap with a ladder, so running is off my list of activities. So hiking has been a priority in recent years, with some bucket list ones including Mt. Whitney, Mt. Baker, Pikes Peak, Grand Canyon thru hike (the photo), and the Appalachian Trail - MD section.



A year ago, my hiking trips and gym workouts (including a stationary bike) were put on hold because of the pandemic. Not having those options anymore I pulled out of retirement an old friend of mine: a Trek 1220 aluminum road bike, vintage 1996. In years past we had been on many rides together including three years in Germany, and we even competed in some century races. We are now doing rides on the local neighborhood hills, focusing on cardio and overall fitness, and I now feel more confident being out on the road. I think I am ready for some longer adventures, hence the ABC seems like the right step forward. The old girl and I will be signing up for rides very soon. A new ride is on order, delivery is scheduled for April. My goal is to be in good shape by then and to be ready for the new partner. No worries, the old 1220 will be taken care of - she is still quite an amazing bike.

OK, some non-biking stuff about me: Linda and I have been married for 52 years, we have two children, four grandchildren, and we love to travel – especially with the grandkids. Right brain is an engineer: I enjoy technology, designing, building and fixing things. Left brain is artsy. I enjoy gardening (especially hot peppers), art, all music (but blues and jazz on vinyl/analog is tops), and more. I enjoy driving a Mazda MX5 and my old Ford pickup - and that's plenty enough about me.

I do look forward to some new biking adventures, and making new friends.

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.

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 or 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 is wrong a catastrophe can occur as well as liability issues. 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.

“Ride Lots” - ABC Adventure Rides - Chris Higgins

After the COVID restrictions were put in place, including cancellation of ABC events and the regular cycling centuries and metrics, I was speaking with one of our ABC members about his cycling plans. He pointed out there weren't any social activities to take up time, there was limited road traffic, road cycling was permitted, and there were a lot of interesting places to explore. He said, “I'm going to RideLots”. That sparked planning routes and riding those routes on the lesser known roads of Maryland. Buoyed by the success of planning rides in unknown locales using online tools, “Ride Lots” slowly turned into an obsession to ride in every county in Maryland, and explore historic sites and towns that often go unvisited.



When ABC restarted advertised rides within MD safety guidelines, a number of ‘Adventure Rides showed up on the ABC calendar towards accomplishing the “Ride Lots” obsession. Rides like the Savage River Run, The Ferry Spectacular, The Western Wicomico, the Cecil Century explored the Eastern and Western shores. These rides had themes like crossing the Wicomico River on the Whitehaven ferries, visiting the first European settlement in MD, visiting the Massey Aerodrome, and passing by St.Mary’s County lighthouses. In the middle of the Cecil Century ride, we came upon a business park that was the home of the AutumnArch brewery. Needing refreshment after a long climb from Elkhart to Pennsylvania, we stopped inside. The owner/brewer told us he had a fresh beer on tap, brewed in honor of the famous cyclist Eddie Merckx. He told us his name for the beer was named after Eddy’s response to a reporter asking what advice he would give aspiring cyclists -- “Ride Lots”. On the 20

advertised adventure rides, ABC members ‘rode lots’; a total of 9,880 miles with an average of 7 riders per ride. Check out the map on the website showing all the 2020 Adventure Ride routes.

What’s in store for 2021? That is only limited by ABC members’ imaginations. While many of the annual cycling events are being scheduled for 2021, ABC Adventure Rides will continue. Rides like the St.Michael’s / Bellevue Ferry are already on the calendar. Seneca - Sugarloaf, Thurmont covered bridges, Western MD Rail Trail, Chestertown Downrigging will be scheduled when the ride leaders pick the dates/routes. Some of the 2020 rides will be scheduled again for more to experience: riding the length of the Chesapeake and Delaware Canal; and the 15 mile downhill run from the top of the Little

Savage Mountain to the Savage Reservoir, alongside the Savage River, through the Savage River State Forest. Eric Veit is planning historical based rides, like 'Lee's Retreat' that explores marches and encampments of General Lee's route of retreat from Gettysburg. The website has a new page discussing what adventure rides are being planned, and tips for participating or making your own adventure ride – Check it out and contact the ABC Ride Coordinator to schedule your own Adventure Ride.



St. Mary's



Thurmont

Winter Training Alternatives

Zwift

For those who may not know, Zwift is a platform for indoor cycle training that allows you to "ride" with others through computer networking. You only need a bicycle trainer and computer and a little patience to set it up. I have a wheel-on trainer that I mount my road bike on. For more money, you can buy a direct drive trainer that is quieter, more accurate and offers more options. I also connect my computer to my TV for easier viewing. Once connected, my speed, cadence, power and heart rate are monitored. Important: a fan and towel are essential to control your perspiration.

Zwift allows you to go on organized group rides or ride solo. Besides rides, Zwift offers various workouts. You can "talk" to other riders by texting or by sending "ride on" messages. The platform also enables you to organize your own group rides, which our club has done at times. You can ride in France, Innsbruck, London, New York, Richmond and a made up place called Watopia. The platform has become a lot more popular since Covid has caused more people to stay at home.

It is nice to have an alternative to turn to when the weather is bad, or you want to ride at night. Outdoor riding it is not, but it helps keep you in shape in the off season and is a wonderful escape! Check out zwift.com for more information.



Summer legs develop in the winter is a saying for athletes. Cyclists have a growing number of on-line training options and Rouvy, at <https://rouvy.com/en/>, 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, IRONMAN 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 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.

Photo Gallery

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



Western Maryland Rail Trail







Winter Rides





Winter Rides

