

Tailwind Express

April, 2012



annapolisbicycleclub.org

ABC Meeting



Annapolis Bicycle Club met on 15 March for its Spring Gathering at Paul's Homewood Café in Annapolis. Presenters included:

- ABC Member Susan Robinson, who spoke about a proposed Northern Neck Ride
- Shelbi Bivons, Special Events Manager, MS Society, Maryland Chapter, who spoke about the MS Society and their June and September events
- Steve Ruck, Bike Doctor, who discussed bike fitting and their new speed studio
- David Raimist of Team Cardiosmart who discussed his group's participation in the MS events and an upcoming joint ride with ABC

Thanks special events committee and Paul's Homewood Café for allowing us the use of their room!

9:00 Start Time

Starting the weekend of 31 March, ABC weekend rides will start at 9:00.

ABC Officers

Co-President: Jim Black

Co-President: Jim Van Horn

abc_pres@annapolisbicycleclub.org

Treasurer: James Edison

abc_pres@annapolisbicycleclub.org

Webmaster: Jim Black, Jim Claffey

abc_pres@annapolisbicycleclub.org

Tailwind Editor: Mark Hanna

mhhanna@verizon.net

ABC Website Update

Development is underway on our club's new website, and we expect to make it our permanent site by the end of April. The site features a bulletin board and an events calendar, and it will allow online payment of dues by credit card. It will also allow club officers to manage the membership list easily. Several pages are online now at a temporary address; I invite you to visit the site and send us your comments.

The site address: <http://abc38.memberlodge.org/>

Cue sheets: <http://abc38.memberlodge.org/Default.aspx?pageId=1219603>

Event calendar: <http://abc38.memberlodge.org/Default.aspx?pageId=1216331>



MS Ride Bike to Bordeaux

Team Cardiosmart is participating in an inaugural MS in Frederick and Carroll Counties called the Bike to Bordeaux. For more information see this web site: [Bike to Bordeaux](#) or contact Shelbi Bivons, at the MS Society, to coordinate and to get any additional information: her email is shelbi.bivons@nmss.org.

Proposed ABC Ride in Virginia

Both the Northern Neck Cycling Club and Richmond Area Bicycling Association have invited the Annapolis Bicycle Club to participate in a join ride in the Northern Neck starting in Kilmarnock/Irvington, VA.

A cue sheet and map for a past NNC/RABA ride the Rappahannock River Tour (32/42 miles) which was held in September 2011 is available at http://www.raba.org/map/Rappahannock%20River%20Tour%20-%202009_opt.pdf. We are not limited to this particular ride as the NNC can provide cue sheets anywhere from 32 to 100 miles.

We need to decide on dates for the rides. Here are some suggestions:

Saturday, July 14
Saturday, July 21
Saturday, August 25
Saturday, September 22
Saturday, September 29
Saturday, October 13
Saturday, October 20

Please contact Susan Robinson (srobin8106@gmail.com) with your preferences.



Looking for Race Across America Support

A team crewing for a Canadian rider entered in the solo men's category of RAAM 2012 would like to arrange to board/camp out at a club members residence following their finish. They are on a limited budget and are always looking to connect with other cyclists during their adventures.

The catch with RAAM is that you don't know when you will finish BUT they anticipate it will be between June 22-24.

They team will be traveling with an RV and support van and will likely be a tad tired BUT willing to tell a few stories and perhaps share a BevERage.

If you are interested, please contact abc_pres@annapolisbicycleclub.org.



Looking for Support for Chesapeake Tour

VBT Bicycling Vacations in Bristol, Vermont are currently recruiting local leaders for their new Chesapeake Bay tour. They want to know if anyone in ABC would be interested in leading tours with the group? They will send a Leader Application Packet to any interested candidates. They aim to hire local leaders with an intimate knowledge of the area where they will be leading. To learn more about VBT, check out their web site: www.vbt.com

Member Fundraising for a Cause



ABC member Kipp Vermeulen is participating once again in the three day 180 mile tour across Maine, June 15-17. He needs to raise \$500 in order to participate. Proceeds go to the American Lung Associations. Below is the link to his page.

http://action.lung.org/site/TR/Bike/ALANE_New_England?px=2489750&pg=personal&fr_id=4000



ABC Cultural Exchange Ride with Frederick-area members of Team CardioSmart

On April 1st 13 Frederick-area members of Team CardioSmart joined ABC riders for a "cultural exchange" ride with the Annapolis Bicycle Club. We had a very good turnout for what started as a cold morning, with 24 riders (23 in the photo, plus the photographer). The cultural exchange continued after the ride at Killarney House, where Irish food and beverage was celebrated. Several ABC riders are members of Team CardioSmart, the largest team entry in the MS Society's Chesapeake Challenge.

Here's what David Raimist of Team CardioSmart had to say about the event:

Yesterday we had our "cultural exchange" ride with the Annapolis Bicycle Club (ABC). We had a very good turnout for what started as a cold morning. Team CardioSmart was well represented in the ride with no less than 13 Team CardioSmart members present. One group rode a 61-mile route and the other group rode a 30-mile route. For some, the day's ride it was their longest distance on a bike! Congratulations for that great accomplishment. It was a lot of fun riding on roads that many of us had never ridden before. A big thanks to Jim Black and the ABC for hosting the ride!

April/May Rides

April 13 -April 15 – Cycle North Carolina Spring Ride

April 21 – Ocean to Bay Bike Tour **Bethany Beach, DE**

**April 27 - April 29 – Face of America Bike Ride **Washington, DC to
Gettysburg, PA****

April 28 – Tour de Carroll **Westminster, MD.**

April 28 – Ride to End Hunger in Calvert County **Huntingtown, MD**

April 29 – ROAR for Autism **Cockeysville, MD**

May 5 – Six Pillars Century **Cambridge, MD**

May 5 – Maryland Tour de Cure **Cooksville, MD**

May 12 – Capital to Capital Bike Ride **Richmond, VA**

May 19 - May 20 – Ride for the Feast **Rehoboth Beach, DE**

May 19 – Chesapeake Bay Tour de Cure **Easton, MD**

May 26 – Soft Shell Metric Century **Crisfield, MD**