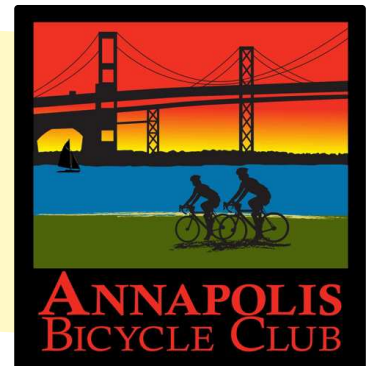


# Tailwind Express

## November, 2013

The club with a place for every pace.

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



### Continuing Club Rides

**Weekday rides** Tuesday and Thursday mornings leave at 9:00 AM from the Generals Highway regional park on Crownsville Road across from the Renaissance Festival. Distance about 27 miles. Route occasionally varies. John Richardson maintains a mailing list for reminders or cancellations.

**Saturday** rides leave the Davidsonville Park and Ride (North end by the traffic light) at 9:00 AM. Several rides with different distances and paces *may* be offered. Check the weekly email sent out by Jim Black. Novice riders should look for the tag "no drop" otherwise you could be left behind and lost.

**Sunday** rides offer one recovery ride at a moderate distance and pace and *may* offer an alternative ride. Check the email. Weather permitting these rides will continue through Winter.

### Next social event

#### Third Thursday Get Together [TTGT]-

October ABC met at Ellie's Place in Millersville. Each month the club tries to find a new out of the way venue so we learn not only about each other but about our local geography (pubography?) as well.

**November 21** meet at The Killarney House (*No Blarney*) 584 West Central Ave. [Rt. 214] Davidsonville. Irish food and Irish beer (and other beers). From 6:30 to 8:00 PM. Reservations not required but you buy your own food and beer. This is a chance to see what we all look like without helmets and goggles and to meet the non riding members of the family.

#### There is a new way to order club jerseys! by Jim Black

Gitabike (the USA organization that handles our orders through Giordana) has offered to accept single orders from club members: Contact Katie Scallion at [katie.scallion@gitabike.com](mailto:katie.scallion@gitabike.com) or (704) 943-7906; she will process individual orders at a cost of \$69 plus shipping and handling.

Also, I have a couple of spare jerseys - a men's Large and Extra Large, Contact me if you would like to make a purchase.

### ABC Officers

**President: Jim Black**  
**VicePresident: Jim Van Horn**  
[abc\\_pres@annapolisbicycleclub.org](mailto:abc_pres@annapolisbicycleclub.org)

**Treasurer: James Edison**  
[treasurer@annapolisbicycleclub.org](mailto:treasurer@annapolisbicycleclub.org)

**Webmasters: Jim Black, Joe Hutchins**  
[webmaster@annapolisbicycleclub.org](mailto:webmaster@annapolisbicycleclub.org)

**Tailwind Editors: Mark Hanna, David Bleil**  
[editor@annapolisbicycleclub.org](mailto:editor@annapolisbicycleclub.org)

**October 19 - Fall Foliage Tour** - a Metric Century, 62.5 mile fund raiser for the Talbot Interfaith Shelter. The ride, starting in St. Michaels and covering most of Tilghman Neck, drew several ABC riders.

The foliage did not cooperate but the route was scenic never the less. All the rest stops overlooked the water and were well organized and provisioned. Volunteers were stationed along the route at every turn and the route was well marked by signs. The St. Michaels School Complex was the start and finish through an inflated arch. Riders were provided with free home made pie at the finish and a local restaurant supplied free crab balls and beer to finishers who were creative enough to find parking near the water. The crab balls were mini-crab cakes and quite delicious.



The Second rest stop where ABC rider David Bleil is busy changing a tire. Everyone else is busy eating. All the rest stops were well supplied and had racks to hang bikes.

Photos this page courtesy of Sarah Beall.

Some of the spectators on the Foliage Tour were real Turkeys but fortunately Thanksgiving was a month off.



### **October 31 to November 3.**

A four day tour in South Carolina by Jim Van Horn. (Some folks will do a lot to avoid those Trick or Treaters.)

I participated in the 4 day bike ride called FestiVELO in South Carolina from Oct.30th thru Nov.2nd along with my wife and 2 other club members and almost 200 other riders. This year the host town was Santee which is on the shores of Lake Marion. The Whitten Inn was the host hotel.

Each day we would leave from Santee and head out in a different direction. You had your choice of 3 ride lengths each day 30 60 or 100. They had the normal ride rest stops with snacks but also had a lunch rest stop each day. The rides went past many cotton fields, Pine tree woods and Lake Marion. We rode past a old Methodist campground that dated back to the 1850's which is still used today.

The ride was well supported with daily ride meetings and great food both during and after the rides. Each night they had popcorn and nacho's and smore's. There was a craft beer night and a chocolate night which my wife loved. There was oyster shucking on 2 nights that a lot of riders seemed to enjoy.

This was a very enjoyable ride and it was nice to know that at the end of a 100 mile day we had a nice meal and hotel room to go back to and not have to load up the car and have a long drive home. I would recommend this ride to other club members.



Jim and Karen Van Horn line up for the start of a four day ride.



### **Cotton country**

Cotton on the hoof -so to speak.



Cotton after picking and bailing.



Riding on the old frontier.  
Photos courtesy of Jim Van Horn

## Old Rag Mountain Ride with Jim Van Horn and David Thatcher.



Some folks just can not get enough hills. Jim Van Horn pauses with Old Rag in the distance. Obviously a beautiful Fall Day and roads with no traffic, perfect for a couple of ABC's strongest climbers.

Climbing is a really useful skill for any cyclist planning a long distance ride. If you would like to improve your climbing skills check the website for announcements these occasional special rides.



All photos provided courtesy of Jim Van Horn. It looks like a bit of the ride was on a trail in the Park.



On such a nice day even the hay bales were wearing a smile.

## Mark your calendar

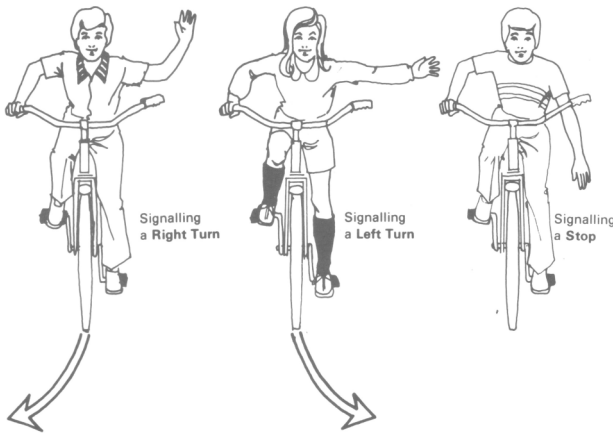
The ABC Holiday Party will be on Sunday January 12th and has a new location - Union Jack's at 2072 Somerville Road. We'll have details soon about dinner and cost per person.

## ABC's own Iron Lady!

Congratulations to Sandi Delcore on her excellent performance in IRONMAN Florida! Sandi finished 6th in her age group, missing the podium by only 5 minutes!

Her times: 1:18 swim, 5:28 bike (20.5 mph ave), 4:18 run. The IRONMAN competition consists of a 2.4-mile (3.86 km) swim, a 112-mile (180.25 km) bicycle ride and a marathon 26.2-mile (42.2 km) run, raced in that order and without a break.

Here is a view of the conditions at the start of the swim.



Scanned from a very old publication via Wikipedia.

## Bike Safety and courtesy

### Why I do it that way.

The booklet on Maryland traffic rules for mopeds and bicycles allows the right turn signal to be either of two ways, extend the right arm or raise the left arm up making a right angle with the extended left elbow as shown in the adjacent drawing. The latter signal is traditional from the days before cars had turn blinkers and only the drivers left arm could be seen out the window. It used to be featured on driver's tests.

I use that right turn signal while riding for several reasons - first most older drivers will know it. Second, when cyclists are riding in a line, as they should, the riders behind block the visibility of the right arm extended signal of the riders ahead. Third, the right hand works the rear brake, the one you want to use while slowing for a turn.