

Tailwind Express

September, 2011



www.annapolisbicycleclub.org

ABC Picnic Update!

Our new picnic date is Sunday, September 25, 2011, 1pm-5pm, Thomas Point Park - Skipjack pavilion, Thomas Point Road, Annapolis. This is a beautiful spot on the Bay with hiking, biking, walking, and kayaking.

Directions: From Annapolis, take US-50 west. Take Exit 22, Route 665 (Aris T. Allen Blvd). Stay on Route 665 until it ends and merges with Forest Drive. Follow Forest Drive for 2 miles. Forest Drive merges into Bay Ridge Road. Turn right onto Arundel on the Bay Road and right onto Thomas Point Road and follow into the park.

Same deal as far as what to bring; last name beginning letters A-F, bring soft drinks, G-P, side dish, and Q-Z, dessert.

There is parking for only 15 vehicles so please RSVP early *so we can make arrangements for car-pooling and/or shuttles.* **RSVP to abc_pres@annapolisbicycleclub.org**

Thanks again to Pinto and his family for their generous pre-hurricane pool offer!

New Bike Store in Edgewater

Parvilla Cycle and Multisport opened in late May at 3200 Solomon's Island Road, Edgewater. The Store offers high-end cycling and triathlon equipment—including such brands as Giant, Guru, Eddie Merckx—coaching, and a clinic for women riders. The store holds group rides on Monday's. Here is their web site: Parvilla. Or just stop by and check it out.



*Set Your Clocks for 9:00 AM Weekend
Rides starting in September*

A quick safety tip for ride leaders and riders:

There are a few hills along our usual routes which allow us all to go faster than we could ever go on a flat surface. It's a rush, but you only have a nano second to react to a sudden situation: hard to see debris, a car, a mentally challenged squirrel, or another rider who suddenly brakes in front of you. Give other riders plenty of room going downhill. Stay alert to riders around you when you brake at anytime, but especially on hills. Please also remember to always ride a straight line.

ABC Officers

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Treasurer/Web Site: Jim Claffey

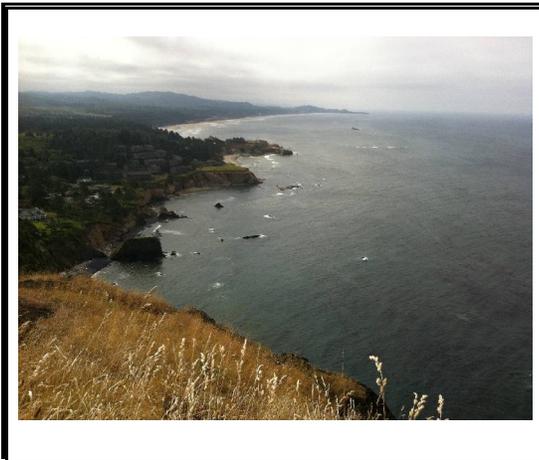
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Tailwind Editor: Mark Hanna

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Touring the Oregon Coast

ABC members Mark Hanna and his wife Alisoun Moore spent a week in late August touring the Oregon coast by bike. The six-day ride was organized by the bike touring company Bicycle



Adventures. Together with nine other riders, Mark and Alisoun cycled from Astoria on the Columbia River south through Oregon's coastal range, with stops in Manzanita, Pacific City, and Lincoln City. Each day offered a spectacular vista along the Pacific coast, but you had to work for it: riders had to trudge up 2-3 mile climbs to reach the great views, but it was invariably worth it. At the end of the day, the tour group was rewarded with a sampling of some fine

Oregon food, local wines, and micro-brews (including a chocolate stout in Pacific City that Mark will personally vouch for). Apart from the great views, other highlights included a tour of a camp site used by Lewis and Clark as well as stops in beautiful Cannon Beach and the Tillamook cheese and ice cream factory (the Marion Berry-no kidding-is excellent!)



ABC Ride Review: The Ride Across Iowa By Jim Van Horn

I rode in the 39th annual RAGBRAI (Registers Annual Great Bicycle Ride Across Iowa) which is a seven-day ride that starts on the western border of Iowa and ends on the eastern border. The seven days of riding cover 490 miles with the shortest day being 56 miles and the longest 100 miles. This year, the ride started in Glenwood on the Missouri river and ended in Davenport on the Mississippi. You always start the ride by dipping your back tire in the Missouri river and end the ride when you dip your front tire in the Mississippi River. RAGBRAI is the oldest, largest and longest multi-day bike ride in the country; over 20000 riders were supposed to have attended this year.



RAGBRAI is famous for the food sold all along the routes by the local farmers and vendors. Two of the most popular are Farm Boys with their breakfast burritos and Mr. Pork Chop with their huge grilled pork chops. This was the hottest RAGBRAI ever with heat index hitting 105 on multiple days, which made another vendor very popular: Beekmans old fashion ice cream, which is made in antique ice cream makers which are powered by antique steam engines.

RAGBRAI provides a central campground at overnight stops, but we and other fortunate riders were able to camp in the yards of many of the towns residents, who also allowed us the use of their bathrooms and showers to clean up. They were all very friendly and enjoyed supporting the riders.

Every town we passed through offered plenty of food to eat and entertainment; they made sure all the riders had a good time. The overnight towns always had a concert along with all the other entertainment; two of this years bands were 38 Special and Grand Funk Railroad.

The ride is very well supported and many of the roads we traveled on were closed off to vehicle traffic. State or local police where at most intersections to make sure riders got through safely. If you want to go on a great fun ride and meet new people, I would recommend this ride to any rider, whether you love to get in to the fast pace lines or just to meander along and enjoy the scenery.



September Rides

[Sept 10 - Amish Country Bike Tour - 25 Anniversary: Dover](#)

[Sept 10 - Rock Creek Bike Echo Tour](#)

[Sept 10 - Civil War Century](#)

[Sept 11 - Shenandoah Valley Century](#)

[Sept 11 - Indian Head 100 - Indian Head Village Green](#)

[Sept 17 - St Mary's Century: Leonardtown, MD](#)

[Sept 18 - Back Roads Century: Shenandoah Valley Century](#)

[Sept 24 - St. Michaels Century: St. Michaels, MD](#)

[Sept 25 - Bike Fresh, Bike Local: Chester Co, PA](#)