



Volume 40, Issue 7
JULY 2012

TAILWIND

The Newsletter of the White Clay Bicycle Club



A Bike & Brew ride was held on Saturday May 26. A large group of 24 turned out to enjoy the 50 mile ride to Locust Point & Chesapeake City, MD. Since this was the long Memorial Day weekend, there was a rest stop at the Veteran's Cemetary where a group photo was taken. The weather was great and many enjoyed Tyler's food & beverages following the ride.

Submitted by Mike Salter

PRESIDENT'S MESSAGE

by Carol Ireland

What a great WCBC picnic this year! The weather was perfect (well, maybe a little more wind than some would have liked), there was a great turnout, and the food was delicious. (Thanks to Brenda and all the volunteers who set up, cooked and cleaned up!) I really enjoyed chatting with old friends, putting new faces to familiar names, and meeting some new folks.

Among other things, I came away from my many conversations with a strong sense that cyclists are truly an undaunted bunch. The love of cycling is so strong that we cycle through illnesses, muscle strains, bike crashes and other catastrophes that would put many people flat on their backs for days or weeks. A few examples --

One club member who rode to the picnic had had a major crash just a couple of weeks before – no broken bones, but lots of road rash and bruising. Clearly that wasn't enough to keep this rider off the bike for very long.

Another member had been fighting a persistent virus, which had hung on for weeks. Despite a significant lack of energy this rider kept trying to get out and ride, 7 miles, then 10 miles, and then 20 miles for the picnic. The next week, it was up to 30 miles.

A crash last fall left a rider with numerous fractures – vertebrae, sternum, ribs, pelvis. These injuries did take a few months to heal. But sure enough, come spring, this rider was back on the bike, doing a 30 miles ride the first time out on the bike after the crash! Some people might never get back on a bike, after an accident like that one!

Another club member woke up one morning with such a sore back that getting out of bed was almost impossible, and sitting down or getting up from a chair was extremely painful. The next morning, the same thing. But this rider really wanted to join in a 35 mile club ride. A test ride in the neighborhood confirmed that riding didn't make the back worse, so the rider did the ride, and actually felt better afterwards.

The message is pretty clear – you can't keep a dedicated cyclist off his or her bike. We just keep riding, over hills and mountains, and through disease, injury and pain. Keep on riding!

WCBC Executive Committee Meeting - July 9

For July only, the WCBC Executive Committee will meet on the 2nd Monday, July 9. The change is due to the 4th of July holiday the previous week. This is a business meeting, but all are welcome to attend.

WCBC Doublecross Metric

WHEN: Sunday, July 1

WHERE: Middletown High School, Middletown, DE

Many bicycle rides cross states that are measured in hundreds of miles and many days. The White Clay Bicycle Club offers an alternative that is modest in time, effort and stamina (a bicycle ride nearly anyone can do) that crosses and "doublecrosses" an entire state in only 31 total miles over flat terrain. In addition to the traditional route, we offer a 62-mile (metric century) route for those who would like a longer ride. See details on our website.

WCBC Rehoboth Twin

WHEN: October 5-7

The Rehoboth Twin is a long-standing WCBC event that has happened every year since the club began. There's been a number of changes over the years and this year will be no exception! We're extending it an extra day to make it a 3-day event. It will also be self-supported this year so riders are responsible for carrying their own stuff. To keep with some of the tradition, the ride will leave from the Newark area (location TBD depending on who is going), and there's an optional starting point in Odessa. Another change is another lodging option besides the Pirates Cove. Riders are responsible for making their own reservations and carrying their own stuff. The ride is self-paced and a gps file and cue sheet will be provided. Here are the details:

Friday October 5, ride from the Newark area (105 miles) or Odessa (80 miles) to Rehoboth.

Saturday October 6, there are a couple of options. There's a 50 mile ride with a lunch stop in Lewes, then either take the trail back into Rehoboth to enjoy the afternoon shopping or on the beach, or go to the Lewes Annual Fall Craft Fair held by the historical society. Admission is \$5 to the historic complex which includes numerous historic buildings open to the public as well as the craft fair. The other option is to ride to Bethany and hook up with the Spinden's group during their annual weekend event. Or you can skip riding altogether and enjoy a day at the beach!

Sunday October 7, we return to Newark and/or Odessa.

Lodging options - it's suggested you make your reservations early:

Pirates Cove Motel - 302-227-2844. Identify yourself as a WCBC member and be sure and make your reservation for 2 nights!

Sand Castle Motel - 302-227-0400. There is no special rate for WCBC. You can make your reservation on-line or call them if you're a member of AARP or AAA and receive a discount. Beware: there is a 7-day cancellation and you'll be charged \$20 regardless. Again, be sure and make it for 2 nights.

If you are interested in participating or have any questions please contact either Nancy Waddell (waddelne@gmail.com) or Dwight Siers (das451@gmail.com).



Cycling at the Delaware beaches has just gotten better! In time for the long Memorial Day weekend, the new Indian River Inlet Bridge was completely opened. The bridge is located along one of the most beautiful stretches of beaches on Route 1 between Dewey & Bethany Beach. It was constructed to handle both heavy traffic and recreational needs of the area. There are two wide bike lanes on each side of the divided 4 lane highway and a separate walkway on the ocean side of the bridge. The view of the large sand dunes, Atlantic Ocean and Indian River Inlet are spectacular from the bridge. The best way to enjoy the views would be to ride a bike or walk across the bridge. *Submitted by Mike Salter*



WCBC SUMMER PICNIC FUN!

by Brenda Mehta, WCBC Social Chair

On the glorious Saturday afternoon of June 2nd, White Clay Bicycle Club members, family and friends summer's day picnic at the Marty Weiss Park in Newark, Delaware. We served up a delicious variety of burgers; beef, turkey, and veggie, with all the fixings. We also enjoyed hot dogs, a variety of salads, beans and snacks, followed by tasty desserts of cookies, brownies and refreshing water ice.

New members were welcomed and the long-timers got a chance to reminisce and plan rides for the rest of the season. The afternoon celebration was scheduled earlier in the summer and that change of plans rewarded us with cool breezes and perfect temperatures, and a noticeable lack of flies invading the event.

I would like to thank the members who showed up and assisted with the setup, cooking and cleaning; Ed & Sue McNulty (where would we be without them?), Bob Seigwarth (cook extraordinaire), Rick (a new member and I apologize for not knowing is last name) who also assisted with cooking, Carol Ireland, Gail Robillard, and all others who pitched in. I would also like to thank the ride leaders who lead rides to the picnic; Dave & Mary Ellen Anderson, Darree Clark, Tom & Cindy Mannis, and John & Ceci McCormick, Bob Wheeler, Rick who was kind enough to lead Mary Claire Masumoto's ride from Paper Mill Park.

I wish you all safe and pleasant rides this month, and look forward to our next social gathering, the Volunteer Brunch in October.

Happy Pedaling!

OUT OF BOUNDS

Sat., Aug. 4 - Annual Princeton Free Wheelers Bicycling Event Tour the New Jersey countryside on one of many rides from an easy 16 miles to a scenic century, from flats to rolling hills. Marked routes, cue sheets, rest stops with snacks, sags, free parking, and post-ride barbecue chicken lunch with music by DJ Sharon. Free t-shirt with pre-registration by July 25 or mail-in postmarked July 23. Price: \$32 on-line; \$35 mail-in; \$35 day-of (t-shirt not included) \$10 for 16 yrs. and under. Info: www.princetonfreewheelers.com>
princetonfreewheelers.com

Aug. 2-5 - Mass BikePike Tour

The 6th Annual Mass BikePike Tour explores western Mass and the Berkshires for four fantastic days of riding and socializing. The Mass BikePike Tour is good for families or friends who travel at different speeds – there's everything from super-short routes to an optional ride up Mt. Greylock. The 6th Annual Mass BikePike Tour – a benefit for the Massachusetts Bicycle Coalition – is coming to the Berkshires from August 2nd through 5th! The Mass BikePike Tour is designed to satisfy all levels of riders, whether they're new to riding or looking for a challenge. It is the Friendliest Ride in the East – plenty of time to visit tourist landmarks with new friends, or sample the local ice cream. A social hour wraps up each day of riding. The Mass BikePike Tour is extremely affordable – just \$415 for four days of riding paradise, camping, and hearty delicious meals! For more information or to sign up today, please visit www.massbikepike.org. We also have volunteer opportunities - you can work two days, then ride two days for FREE.

Sun., Oct, 14 - Wild Goose Chase bicycle ride for women

Cambridge, MD. 16, 22, 42 & 66 miles. Quiet, scenic roads & level terrain. Rest stops, food, support services, Terry & Gore Bike Wear™ tent sale. Proceeds benefit Blackwater National Wildlife Refuge on the Chesapeake Bay. Sponsored by TERRY and GORE BIKE WEAR™. Info: www.terrybicycles.com/2012-wild-goose-chase.

WCBC Executive Committee Meeting Minutes

Monday, June 4, 2012

Submitted by Cindy Mannis

The meeting was called to order at 7:03 pm by President Carol Ireland. The minutes from the May meeting were approved.

Mary Cressman, Treasurer, presented the financial report. The current balance is \$28,925.33. Last year's balance at this time was \$25,646.07. Most of the financial activity for the past month was related to the Doublecross brochures and payment to the school for the Icicle rest stop. We collected around \$750.00 in membership dues. The committee approved a \$150.00 donation made to the Aetna Police and Fire Company in Newark for their help with this year's Ride of Silence.

Gail Robillard is working on planning for a Ride of Silence in North Wilmington to coincide with the Newark and Sussex County rides next year. She already has several groups on board to help.

Joe Bockrath provided an update on the Doublecross ride. The Clayton Fire Hall is confirmed, but he did not get approval from the Odessa Fire House so he is using the Port Penn Fire House as the rest stop instead. The route was altered a bit to fit this new rest stop in. Online registration is set up on Active.com and about 50 riders are pre-registered. Joe received a very supportive response from the Special Event permit submitted to DelDOT and they are working with him to identify roads that may be in question. The committee approved the purchase of a dozen new SAG signs. Ed McNulty will follow up.

Brenda Mehta reported on the Annual WCBC club picnic held on June 2, 2012 at Marty Weiss Park. There were 5 rides scheduled that morning. About 55 members attended, about 15 more than last year. The weather was perfect, the food delicious and the volunteers did a great job. It was a fun successful picnic.

Sally Buttner provided an update on the ShoreFire. The T-shirt has been designed and the brochure as well. Sally is recruiting volunteers. She and Jan are also planning to speak to all the local bikes shops to see who may want to provide mechanical support at registration and at the end of the ride for bike issues. They may also ask a bike shop to sponsor food for the end of the ride.

Carol reported that she has had two members respond with interest in receiving the "free" registration to the bike tour in Frederick, MD. She will send out one more email about it and then by June 10th will put all those interested names in a hat and pick one.

Gail reported on the success of Delaware's Bike Month events. There were two Bike to Work day events (in Wilmington and in Newark), a Bike to School Day, the Ride of Silence and the Grand Prix/ Gran Fondo weekend.

Carol Ireland reported that she and Kristie Augenblick have drafted an agreement form between WCBC and local bike shops. If a bike shop signs the agreement and offers members discounts, then WCBC will mention the bike on our website and in the Tailwind. The bike shop can also use our listserv for occasional announcements. Details of the discounts will be included on the website.

Cindy Mannis also reported that riders following the East Coast Greenway from Florida to Maine will be riding from Newark to Wilmington on Saturday June 16. WCBC members are invited

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MAY EXEC. MEETING - *continued from page 7* -

to accompany the riders on this is a 20 mile one way ride which will begin at 9:00 am from the WILPACO parking lot and travel around 13-14mph. In conjunction with the ride, there is a community celebration event at the Riverfront, open to the public.
The July meeting will be on Monday July 9, 2012.

The meeting was adjourned at 8:33 pm.

Bike Shop Discounts for WCBC Members

- Submitted by Carol Ireland

We are pleased to announce a new benefit for WCBC members: discounts at select local bike shops. To date these shops are offering discounts of 5-15%:

Garrison's Cyclery, Centreville
Henry's Bike Shop, Possum Park Shopping Center
BikeLine of Newark

The details for each shop's discounts are provided on the WCBC website. Check them out so you know what to expect. For example a shop's discount may or may not include a bike.

When you shop at these bike shops, ask for the WCBC discount. Use a printout of the email addressed to you with the link to the current Tailwind as proof of membership.

Members of the Executive Committee have started approaching bike shop owners/managers asking if they would like to participate in this program. Our members obviously benefit, and the bike shops benefit from our promoting their shops on our website and in our newsletter. We expect to add shops to the list over the next few months.

Shop locally, support our local businesses and save money!

2012 Executive Committee

Carol Ireland, President - 302-995-9658;
 president@whiteclaybicycleclub.org
Cindy Mannis, Vice President - 610-274-0298;
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Mary Cressman, Treasurer - 215-816-9154;
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Linda Young, Newsletter & Website - 302-996-0983;
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NEED MORE INFORMATION?

Visit www.whiteclaybicycleclub.org
 and/or check the Ride Calendar for recently added
 opportunities!

WCBC Jerseys

The design manufactured by Verge Sport has an upgraded fabric, extra long zipper, three pockets in the rear and raglan sleeves. (See photos on our website). All new inventory is club cut short-sleeved and costs \$60. Race cut, women's cut, long sleeved jerseys or vests may ordered when at least six requests are received for a particular style. See full color version on the WCBC website. To purchase our jersey, contact Bob Adelman at 302-234-1057, tandemcyclist@yahoo.com.

WCBC Membership Benefits

- Ride calendar on website updated daily.
- Tailwind monthly newsletter—cycling events, club news, photos, advocacy, free classified ads and more
- Invitations to annual banquet & picnic
- Special programs at monthly meetings
- Many riding and social opportunities
- Secondary insurance coverage on club rides

Your membership also supports Bike Delaware, strong representation at public transportation hearings, Delaware Bicycle Council meetings & community events.

WCBC MEMBERSHIP APPLICATION / RENEWAL

Join / renew instantly on our website

OR MAIL to WCBC Membership c/o Bob Siegarth • 725 Foulkstone Rd • Wilmington, DE 19803

DUES: (make check payable to WCBC; you may pay for multiple years)

Individual Adult - \$20/Year - TOTAL ENCLOSED \$_____ Household - \$25/Year - TOTAL ENCLOSED \$_____

Junior (\$10/Year (under 18 years old) - TOTAL ENCLOSED \$_____

New Member Current Member: My expiration date is _____

PRINT CLEARLY:

Name(s): (include all names if household membership):

_____ E-Mail _____

Address _____

City _____ ST _____ Zip _____

Phone: Home (____) _____ Work (____) _____

Please indicate your biking interest(s):

Road/touring Tandem Mountain biking Exercise Fitness

I'd be interested in: Leading rides Helping with cycling events