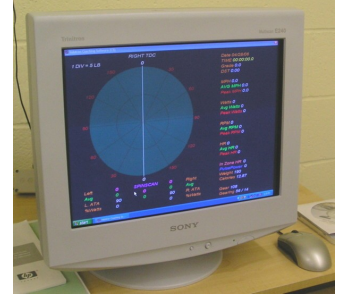




**May Meeting – New Day, New Location!!  
Wednesday, 17 May, at Quest Sports Science Center**



Annapolis has a world-class sports training center, and the Annapolis Bicycle Club is going to get a private, guided tour at this meeting! This center has trained Olympic athletes and will be training the Ericsson crew this week while the Volvo Ocean Race boats are in Annapolis. They train for all sports, including bicycling,

swimming, and running. The cycle shown in the left photo is used both for obtaining a perfect bike fit (it adjusts to the millimeter) and for measuring your pedaling technique and efficiency. The monitor in the right photo shows the power on the pedal as you rotate the crank. They often find improvements of ten percent – which means faster, farther, or both with the same or less effort!

Quest is set up to test your VO2 max, Lactate Threshold, they can do a Wingate Power Test, Strength Tests, Running Economy Tests, and as described above, a Bike Fit/Spin Scan. They're able to offer Body Composition Analysis and a Resting Metabolic Rate check. Not sure what all those are? Check out their web site at [www.questssc.com](http://www.questssc.com). They offer a computerized system allowing you and your buddies to bring your own bikes and race against each other on world famous courses.

The center is located at 436 Chinquapin Round Road, at the back of the same building as Capitol Bicycles, about 0.3 mile south of West Street. Our May meeting will be at 7:30 PM, Wednesday, 17 May 2006. If later on this summer you get dropped by one of their customers, *don't say we didn't warn you!*

## Slow and Easy Sundays

This Summer we'll be featuring some shorter, slower rides for those who are looking for an easy, pleasant ride. All rides will start at 1 PM. Contact the ride leaders for information on these rides and to verify the rides will go:

- May 7 Azalea Ride – Millersville Elementary School – 20 easy miles – Donna, (410)266-3991
- May 14 B & A trail – 15 miles, all flat – Jim, (410)956-5219
- May 21 Southern HS to Galesville – 11 miles, very gently rolling – Jim, (410)956-5219
- May 28 Galesville roundabout – 17 miles, gently rolling – Jim, (410)956-5219

## ABC Roadside litter cleanup

The ABC often rides on Route 450, and we've adopted a section for a once a year road cleanup. This year's cleanup will be on Sunday, June 4<sup>th</sup>. If you care about the environment, and especially the roads we ride on, come on and help out for a few hours.

Location: Sign Company at the intersection of Crownsville Road and Md 450  
 Time: 9:00 AM  
 Date: Sunday, June 4<sup>th</sup>, 2004

Wear protective (old) clothing. Trash bags will be provided. Lunch on the ABC afterwards! Call Charlie Dodge (410) 841-6269 for more information and to let us know you expect to be there.

# Tailwind

**Annapolis Bicycle Club**  
**P.O. Box 224**  
**Annapolis, MD 21404**

<http://www.annapolisbicycleclub.org/>

The Annapolis Bicycle Club is a not-for-profit membership organization dedicated to the interests of recreational cycling enthusiasts. Our interests are recreation, exercise, safety and camaraderie. We don't pollute or block traffic and we encourage cyclists to adhere to traffic laws.

The Annapolis Bicycle Club is affiliated with the League of American Bicyclists.

Members and prospective members are encouraged to call any of our officers to answer any questions and obtain information about Club activities.

**President** – Nancy Waddington  
[pres@annapolisbicycleclub.org](mailto:pres@annapolisbicycleclub.org)  
410-798-4193

**VP** – Jim Claffey  
[vp@annapolisbicycleclub.org](mailto:vp@annapolisbicycleclub.org)  
410-956-5219

**Treasurer** – vacant  
[members@annapolisbicycleclub.org](mailto:members@annapolisbicycleclub.org)

**Secretary** – Susan Rensted  
[Secretary@annapolisbicycleclub.org](mailto:Secretary@annapolisbicycleclub.org)  
410-431-7268

## Saturday Rides

Please *check* with a buddy to verify the ride in the winter months

**March – May; September – December 9:00 AM**

June – August – 8:00 AM

January & February – 10:00 AM

**Davidsonville Rides** – Multiple rides; speeds from 14 – 20+ mph.  
35+ mile rides

Meet at the Davidsonville Park 'n Ride, Routes 424 & 50 for rides to Deale, Galesville and around Southern Anne Arundel County.

## Spring Rides

With spring nearing, we can be anxious to get on the bike. But remember, changeable spring weather may cancel a ride. So call and check with your buddies to be sure you'll have company. And take it easy the first ride or two – winter inactivity may have taken its toll on those leg muscles! And be sure to come out – due to the warm weather, many have been doing the Saturday rides all winter!

## Annapolis Bicycle Club Activities

- **Tuesday morning** - Meet at Charlie's at 9 AM, call for directions - 410-841-6269. *Call first to verify the ride.*
- **Membership meetings** with programs on bicycle topics in the Holy Grounds building of The Community Center. The address is the intersection of Evergreen Road at Baltimore Annapolis Blvd in Severna Park. These meetings will begin again in March.
- **Special event rides** and other bicycle related social activities
- **Group participation** in regional bicycling events

# Tailwind

## New Riders?

Now the summer riding season has begun, we'll be seeing new riders – in our neighborhoods, and on some of our regularly scheduled rides. The following article has some important hints to help ensure that we see these riders more than once.

### The Crucial First Ride

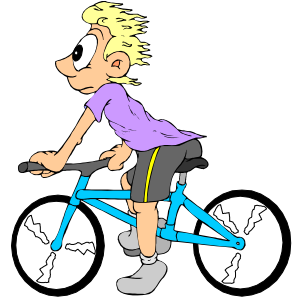
#### Make Sure a Newcomer Returns for a Second Ride!

By Ed Pavelka of [www.RoadBikeRider.com](http://www.RoadBikeRider.com)

If you've been in this sport for long, you've probably seen it happen. An enthusiastic person shows up for his (or her) first ride with the local club. He's a bit intimidated by the lingo he overhears, but that's nothing compared to his anxiety about what to do and how to do it once the ride gets underway. Before long he's trailing behind, spooked by the interplay of bike wheels and feeling as wanted as an IRS agent in a Super Bowl pool.

Do you think this guy will be back for another ride next weekend? Not likely.

It's unfortunate, but experienced cyclists are often pretty tough on newcomers. It may be intentional because of the risks that an unskilled bike-handler creates for everyone, but more often it happens because we forget how much a novice cyclist doesn't know. If you think about it, riding a bike isn't all that easy.



Gero McGuffin has thought about it. She was 30 years old before she climbed onto a bike the first time, so she vividly recalls how intimidating beginning can be. Now a polished cyclist and the wife of cycling author Arnie Baker, M.D., Gero enjoys helping new riders get started in a way that ensures they'll have a great time and come back for more. Gero's recommendations can be used anytime we're riding with a newcomer. If you're a beginning rider, these tips can help you have a more positive experience as you learn the sport.

### Be Gentle

Gero's core advice is useful when helping any new rider: "Treat them kindly, go slowly, and keep your expectations low. Give it your best shot, and you will help a person become a cyclist for the rest of their life."

### Now, here's a digest of her specific tips.

- Don't project your own cycling goals. They are much different for an experienced rider compared to a new rider. Let the person evolve. If he's interested only in casual cycling, let him be. If he's interested in fast recreational riding or racing, encourage him – but explain the dangers of trying to advance too fast before developing a foundation of skills and fitness.
- Take nothing for granted. Err on the side of proceeding too slowly and explaining too much. A new rider has lots of knowledge gaps.
- Watch your language. If you're saying things like "upshift one cog" or "feather the brakes," a newcomer isn't going to understand and may be too embarrassed to admit it.
- Be polite. Even if made in jest, negative actions or comments can have a long-lasting impact.
- Ask the person about his concerns. These could include fear of traffic, fear of being left behind, fear of riding close to others, fear of the saddle, and even fear of wearing form-fitting Lycra clothing. Then work with the person to resolve the specific worry.
- Keep costs in perspective. Don't make the person feel that he has to spend a lot of money to be a cyclist. Explain, however, that some things are a smart investment. For instance, if he's in the market for a new bike, it should be the best quality he can afford. It should have a triple crankset for plenty of easy gears if there are hills in the area. He should buy a good saddle, cycling shorts with a padded liner and a helmet.
- Simplify the pedals. New cyclists are often afraid of toe clips and straps or clipless pedals. It's helpful to install platform pedals that don't require any technique to enter or exit.
- Check riding position. A newcomer will master pedaling and handling faster if he's in a good position. Make sure there is a slight bend in his knees at the bottom of the pedal circle and that the handlebar is within an inch or so of saddle height. To really nail his position, use the guidelines in the RBR article, "How to Perfect Your Position and Technique."

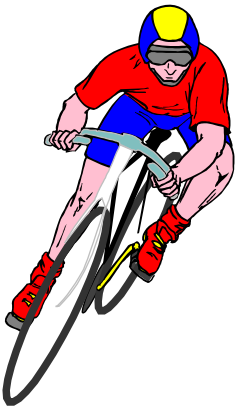
# Tailwind

## Now We're Rolling

- Stay off the road. When helping a first-timer learn to ride, use a big sports field or empty parking lot. Keep traffic out of the equation. Next, try park paths or quiet residential streets.
- Ride as slow as the beginner. Don't do anything to make him go faster than his comfort level.
- Watch his eyes. Remind a new cyclist that he'll ride a smoother, straighter line if he looks 10 or more feet ahead rather than directly in front of the wheel.
- Watch his grip. New riders are apt to be tense, locking their arms and squeezing the bar with white knuckles. Explain the advantages of flexed elbows and a secure but relaxed grip.
- Take away a hand. After starting, stopping, and maintaining a straight line, the next skill to work on is riding with one hand. This is important so the person can signal or reach for his water bottle without swerving. Next, move on to shifting gears – how and when.
- Keep it simple. Don't overwhelm a newcomer with techniques. Let him get comfortable with the basics. As you see skill and confidence increase, add something new to work on.
- Stay back. If you ride behind the person he won't feel like he's always trying to catch up. Let him set the pace. Don't ride beside him until he feels confident in his basic riding ability.
- Introduce drafting. Explain the advantages of riding behind a wheel, but let the newcomer keep a gap of several feet until he's ready to move in closer.
- Take a real ride. For your first ride in regular conditions, plan a course that has a fun place to stop at the halfway point. It could be a coffee shop or an ice cream parlor. This is a good chance to relax, give pointers, answer questions and provide encouragement.



## Make It Good for You, Too



One problem: Too many rides like just described can take some of the fun out of cycling for you. Here is Gero's advice for how an experienced rider can get some training while riding with a newcomer. She saw her husband use these techniques while he was helping her get started. Don't do these things during the initial rides. Wait till the newcomer has basic skills but still lacks speed.

### *The stronger rider can...*

- stay in the same gear throughout the ride, spinning on downhills to work on leg speed and pedaling forcefully on climbs to build strength.
- assist the new rider up hills with pushes (assuming traffic conditions allow and you have the skill to do this safely).
- pedal with one leg at a time to benefit from the technique of isolated leg training.
- sprint up the road or to the top of a hill and then ride back, or drop back and then sprint to catch up.

## Way to Go!

After a ride, always congratulate the new cyclist on his progress and welcome comments. As Gero notes, "They will have questions that you can hardly imagine, because you have been cycling for so long."

Finally, encourage the person to ride on his own between rides with you. This will give him the chance to practice skills and gain fitness with absolutely no pressure. Just make sure he doesn't go off the deep end and turn cycling into a physical and mental chore. This can happen when enthusiasm causes a person to boost their riding too fast. Firmly recommend an increase in time or distance of about 10 percent per week, with at least two rest days.

(A portion of this material was adapted from the coaching manual for the Leukemia and Lymphoma Society, copyright 1999 by Arnie Baker, M.D.)

# Tailwind

## Annapolis Bicycle Club

### Membership Application and Renewal Form

Mail to: Annapolis Bicycle Club, P.O. Box 224, Annapolis, MD 21404

In consideration of accepting application for membership and being permitted to participate in any way in the activities of the Annapolis Bicycle Club, ("ABC"), I/WE, for myself/ourselves, my/our personal representatives, assigns, heirs and next of kin:

1. ACKNOWLEDGE, agree and represent that I/we understand the nature of Bicycling Activities and that I/we am/are qualified, in good health, and in proper physical condition to participate in such activities. I/we further acknowledge that certain of the activities will be conducted over public roads and facilities open to the public during the activities and upon which the hazards of traveling are to be expected. I/we further agree and warrant that if at any time I/we believe conditions to be unsafe, I/we will immediately discontinue further participation in the activity.

2. FULLY UNDERSTAND that (a) bicycling activities involve risks and dangers of serious bodily injury, including permanent disability, paralysis and death ("RISKS"); (b) these Risks and dangers may be caused by my/our own actions, or inactions, the actions or inactions of others participating in the activity, the condition in which the activity takes place, or the negligence of the "RELEASEES" named below, (c) there may be other risks and social and economic losses either not known to me/us or not readily foreseeable at this time; and I/we fully accept and assume all such risks and all responsibility for losses, costs and damages I/we incur as a result on my participation in the activities of ABC.

3. HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE ABC, their administrators, directors, agents, officers, volunteers, and employees, other participants, and sponsors, advertisers, and, if applicable, owners and lessors of premises on which activities take place, (each considered one of the RELEASEES herein) from all liability, claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the negligence of the RELEASEES or otherwise, including negligent rescue operations; and I/we further agree that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I/we, or anyone on my/our behalf, makes a claim against any of the RELEASEES, I/we will indemnify, save, and hold harmless each of the RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim. I/we have read this agreement, fully understand its terms, understand that I/we have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect

TYPE OF MEMBERSHIP (Check one and circle fee)      FAMILY = Annual Fee: \$18 email newsletter, \$28 US mail newsletter  
SINGLE – Annual Fee: \$10 email newsletter, \$20 US mail newsletter

NAMES AND SIGNATURES OF APPLICANTS OVER AGE 18:

Name \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

Name \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_ City, State \_\_\_\_\_ ZIP \_\_\_\_\_

email Address \_\_\_\_\_ Phone \_\_\_\_\_

Annapolis Bicycle Club

P. O. Box 224

Annapolis, MD 21404