

“George Washington rode here”

July 2006

POOL PARTY !



One of the biggest events of the year is the ABC Swim and Picnic Party. Join the Annapolis Bicycle Club on Sunday, July 9th for a ride, picnic, and swim. Once again, Kevin and Sabine Joyce provide the setting for a great afternoon of good food, bike talk, and a splash in their beautiful pool.

If you'd like to ride first, show up at 11 AM for a road ride, or be there at 2 PM for the picnic. Either way, don't forget your swim suits! Contact Sabine at 410-798-0456 to coordinate your food contribution. The address is 3808 Birdsville Road in Davidsonville – that's just 2 miles south of the Davidsonville light at Central Avenue (Rt 214), or 1 mile from Route 2 if you come that way. The farm name, *Bridge Hill*, is on a sign next to the mailbox.

Your club makes the newspapers

The Annapolis Capital did a great article on us in the Sunday Capital of June 18th. The Severna Park Voice has contacted us for an article in their paper. I'm expecting to hear from the Times of London soon!

It's Sum-Sum-Summertime! Let's Ride!

Belonging to a bicycle club won't reduce your risk of coronary heart disease, stroke, or lower your health care costs. It won't improve your mental outlook or enhance your physical health – but *riding* with a bicycle club will!¹ Now, wasn't this the summer you were going to get in shape? Well, then, lets see you out there on the bike at the next club ride!



Maryland Bicycle Map

If you're thinking about a ride in Maryland, but aren't too familiar with the area, check out the free Maryland Bicycle Map. It has information on major trail systems, as well as a state map with color codes showing shoulder widths, average traffic density, and roads that are prohibited for bikes and pedestrians. It doesn't cover all the small back roads we like, but the price is certainly right! Available at various state and county tourism offices and visitor centers.

Where we're riding

Police Unity Tour One of our members, Ken Keeler, rode 300 miles with this tour to honor fallen officers and help raise \$1 million for the National Law Enforcement Officers Fund. Congratulations, Ken!

Bike Virginia Joe Phillips and Don Olson are both on this one. Joe also did **Bike Florida** in March and the **Santa Fe Century** in May.

Sunday Rides

- 2 July – No ride – Independence Day weekend
- 9 July – Ride and pool party – see lead article
- 16 July – B & A trail, all flat – call Jim (410)956-5219
- 23 July – Galesville roundabout - 17 miles, gently rolling– call Jim (410) 956-5219
- 30 July – 'Round the River and short Maintenance Clinic – call Bob (410) 849-2137

Tailwind

Group Riding

Worthwhile suggestions from <http://www.bikeleague.org>, the League of American Bicyclists:

1. Be predictable

- In a group, your actions affect those around you, not just yourself
- Riders expect you to continue straight and at a constant speed
- Signal your intention to turn or slow down before you do so.

2. Use signals

- Use hand signals to indicate turns and point out hazards to others
- Left or right arm straight out to indicate left or right turn
- Left arm out and down with palm to the rear to indicate stopping

3. Give warnings

- Ride leaders should call out right turns, left turns and stops in addition to signaling
- Announce turns before the intersections to give riders a chance to position themselves
- Try to avoid sudden stops or turns except for emergencies

4. Change positions correctly

- Slower moving traffic stays to the right; faster traffic to the left
- Pass slower moving vehicles on the left; announce your intention to do so
- Announce passes on the right clearly as this is not a usual maneuver

5. Announce hazards

- Most cyclists do not have a full view of the road while riding in a group
- Announce potholes and other hazards so others can avoid them
- Call out the hazard and point down to it, either left or right

6. Watch for traffic from the rear

- The last rider should frequently check for overtaking cars
- Announce "car back" clearly and loudly
- It is also helpful to announce "car up" on narrow roads or when riding two abreast

7. Watch out at intersections

- Leader should announce slowing or stopping at intersections if necessary
- Cyclists should not follow others through intersections without scanning
- Each cyclist is responsible for checking cross traffic; if you must stop, signal

8. Leave room for cars

- On narrow road or during climbs, leave space between every three or four riders
- Motorists will utilize the shorter passing intervals to pass the group
- Good relations with motorists is the responsibility of every cyclist

9. Stop off road

- When stopping for mechanicals or regrouping, always move clear off the road
- Only if conditions permit should you move back onto the road as a group
- Always yield to traffic in the roadway

10. Ride single file

- It is illegal in some areas to ride more than two abreast
- Ride single file between intersections; double up when the group stops
- When taking the lane, double up and take the whole lane

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
[president](#) at
annapolisbicycleclub.org
410-798-4193

VP – Jim Claffey
[vicepresident](#) at
annapolisbicycleclub.org
410-956-5219

Secretary – Treasurer
Susan Rensted
[secretary](#) at
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 Deal, Galesville and around South Anne Arundel County.

Summer Rides

With summer weather, rides will usually go. But remember, changeable weather may cancel a ride. So call and check with your buddies to be sure you'll have company. Don't give up because of a small possibility of rain, but don't be foolish either – wet roads can be slippery and dangerous, especially after a long dry spell. And if the temperature and humidity is in the high 90's, it's especially important to check with a ride leader, and then be careful not to overexert. And, be sure to keep hydrated!

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 September.
- **Special event rides** and other bicycle related social activities
- **Group participation** in regional bicycling events

Tailwind

Membership Application and Renewal Form

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