

“George Washington rode here”

November 2006

Elections this Month!

Club meeting **Monday, 27 November**

All club offices are up for election – President, Vice President, Secretary, Treasurer, Ride Coordinator. Think the club should be doing something different? Don't just complain, don't fall asleep in front of the TV, become a club officer and help out!

The meeting will be 7:30 PM on Monday, November 27, 2006. The location is the Holy Grounds building in the Severna Park Community Center, at the intersection of Evergreen Road and Baltimore Annapolis Blvd. Check the web site (www.annapolisbicycleclub.org) under meetings for a map.



If the dog bites, who do you call?

OK, so Fido nailed you. Now what? After last month's article on dogs, we've talked to a club member who was bitten last year, and to the Anne Arundel County Animal Control people. It turns out, **Maryland State Law requires** that a dog bite that breaks the skin be reported to the police. Remember, the dog could be rabid, and there may be others behind you who could also be bitten. So, if the dog actually bit you, call 911 or 410-222-8610. The latter number is direct to Animal Control, and is manned on weekends. A police officer will respond, usually within 24 hours. (You might want to put the number in your cell phone right now while you're thinking about it!)

Christmas Party Location Needed!

OK, we admit it – we haven't been overwhelmed by volunteers to host the Club Christmas party. Your editor's shack would be stressed with about 10 people, and we usually have around 30 or so, so we need help. It's one of the best events of the year, with presents and lots of great food. *And*, you can do some networking to set up next summer's big rides. Pre and post party cleanup help are available, and you likely won't have to cook for a month afterwards, what with all the leftovers! Call Nancy Waddington at 410-353-2887 or Jim Claffey at 410-956-5219 and we can discuss it.



Get Layered! Dressing for Winter Cycling

Reprinted from Chicago Bike Winter, www.bikewinter.org



For most folks, the key to getting through the winter is personal climate control. Your torso generates plenty of heat while your extremities suffer--sort of like an apartment with a central heater. The warmth just never seems to make it to the bathroom.

- **Head:** The wind can be brutal on our ears and eyes. A thin scarf wrapped around your head and neck under a helmet is all many people need during brisk fall days. (If you do wear a scarf, it should be a short one or one that you wrap around you well enough that the ends do not dangle. You don't want even the slightest chance of the scarf getting caught in your own wheels or caught up on a passing vehicle.) For colder weather, try a balaclava (face mask) that covers everything but the eyes. Use non-metal wrap sun-glasses or goggles to protect those.

Tailwind

- Glasses: On frigid days, treat the lenses with a bit of gel toothpaste to prevent fogging. This toothpaste trick is a much cheaper alternative than getting the expensive lens spray sold at skiing stores. However, do not use a toothpaste that has baking soda in it or you will scratch the lenses.
- Feet: On days with snow and slush, get some water proof boots that are tall enough to prevent slush from easily splattering onto your socks. On any days where the temperatures are very cold, wear wool socks or ski socks; on frigid days, your toes may get numb quickly if you are wearing cotton socks or dress socks. Make sure that your boots or shoes are big enough to accommodate thick socks; you want enough room for a warm air pocket. When your toes get cold, wiggle them or get off your bike and run briefly. Some cyclists prefer to have synthetic liners between their boots and their shoes. If you are using your bike to commute to work, you may want to leave a pair of regular pair of shoes at your work location or else use shoe covers.
- Hands: The main challenge here is staying warm without losing dexterity. You need to be able to brake and lock or maintain your bike. A glove liner with mittens can work. You can use lobster gloves, which are somewhere between a glove and mitten. Some cyclists prefer to use a simple winter glove; choosing ones that have an insulation layer on the inside will help keep your fingers warm on long rides. If you use leather gloves, be careful of ones with dyes that smudge easily; you'll arrive at your destination with smudges under your nose, not realizing that you had been wiping it!
- Torso: Many cyclists swear by the three-layer approach. The innermost layer is the wicking layer/base layer, the middle layer is the insulation layer, and the outer layer is the wind/rain/snow protection layer. Avoid cotton base layers because they retain moisture and will leave you cold and clammy. Instead, use synthetic or silk or cashmere fabrics that wick moisture away. The middle layer keeps you warm. It can consist of one or more sweaters, fleece shirts, etc. A waterproof windbreaker is useful as the outer layer. I like coats with armpit zippers to prevent overheating and a bit of a tail to cover my bum. One advantage of the layer approach is that you can add or remove layers as needed to keep you comfortable on the ride.
- Legs: The layer approach can also be adapted to your legs. Rain pants or techno-pants can block the wind, keep you dry, and protect you from road spatter. Thus, they can work well as an outer layer on bad weather days. Some of these pants are also heavy enough to serve as insulation. Tights or light pants can serve as a middle layer. Synthetic long johns make a good base layer.

Where can you get stuff?

- Thrift stores
- Army Surplus
- K-mart type places
- Local bike shops (Cycle shops that give attention to commuter cyclists and year-round cyclists often have some great winter clothing.)
- Swanky sporting goods places
- For women tired of not finding stuff that fits them: www.title9sports.com
- For big array of silk stuff: www.wintersilks.com
- For reasonably priced outdoors stuff: www.campmor.com

The above article Reprinted from Chicago Bike Winter, www.bikewinter.org

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
Vacant
[secretary](#) at
annapolisbicycleclub.org

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 South Anne Arundel County.

Winter Rides

With winter weather, rides may go, and may not. So remember, changeable weather may cancel a ride. Call and check with your buddies to be sure you'll have company. Don't give up because of a small possibility of cold, but don't be foolish either – wet or snowy roads can be slippery and dangerous. And frostbite is no fun! Be careful, 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
- **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