



Christmas Party! **Sunday, December 10th**

The Christmas Party will begin at 3 PM on Sunday afternoon, at Leon Frank's house in Arden on the Severn (Sunrise Beach). There will be a map and cue sheet provided to all members. As usual, all should plan on bringing a dish to share, and most will want to join in the gift exchange – gifts should be around \$10 to \$15, although handmade are acceptable (and Charlie's are usually priceless!).

Call Nancy Waddington at 410-353-2887 or Jim Claffey at 410-956-5219 to coordinate dishes.

Be sure to be there to see all the folks you rode with this summer – *especially* be there if you *didn't* ride this summer! And whether you attend or not, be sure to email digital bike photos for the photo show to Leon at lfrank@MembersNow.com



Election Results

President, Nancy Waddington
Vice President, Jim Claffey
Secretary, Vivian Foley
Treasurer, Pete Roberts
Newsletter, web master - Leon Frank

We now have a full slate of officers, and are looking forward to next summer's rides. We'd like to see more people out on their bikes this coming summer, so please let us know of where, when, how fast, and how far you'd like to ride. Experienced riders willing to lead trips are also welcome – let us know where you'd like to run a ride. And, as a result of discussions at this meetings, we'll be looking into having some more ABC bike jerseys available for next season's riders.

What should Santa bring for Christmas?

Don't forget your local bike store when you're shopping for Christmas gifts! There are all kinds of neat bike gifts available there, from low-cost stocking stuffers through accessories and on up to a complete new bike!

Just because the weather's a little chilly, remember, spring will come and that Christmas present will be enjoyed – maybe sooner than you expect, if the weather cooperates.

One other thing to check out – chemical hand and foot warming packs. You'll often find them in the ski shops for a dollar or two, and they'll keep your hands and feet warm all day long. Great for stocking stuffers!

Check out the list of of stores on the next page for where to shop.



Tailwind

Does a helmet put you at risk?



We all know helmets are required on club rides, and research shows they definitely help protect you in a low-speed fall. But recent research at England's *University of Bath* indicates you may be slightly more likely to be hit by a car, van, bus, or truck if you wear one. Researchers found that when drivers overtake a cyclist, they are likely to give a wider berth to a rider without a helmet. The difference averaged a little over three inches. That isn't a huge amount, but if you need to dodge a pothole or piece of glass, they could make a difference between a nice afternoon, and a few weeks in the hospital.

They also found that larger vehicles usually came closer to the riders – cars averaged 4.4 feet from a cyclist, trucks were 7.5 inches closer, buses 9 inches closer, and vans 4 inches closer. Surprisingly, SUVs allowed about the same distance as cars.

Why? The researchers speculate that a rider without a helmet is viewed as a little less “serious, experienced and predictable” than those with a helmet.

The bottom line – wear that helmet, but be alert. Be sure you have a good rear-view mirror, and *use it*. If you like a helmet mirror, fine, if you want one on the handlebar, your editor recommends the Third Eye BARend Mirror. It seems to vibrate less than most, and you can adjust it to see both when seated and when up off the saddle.

Oh, and ladies – you get an extra 5.5 inches of clearance. I refuse to speculate why! For more information, see <http://www.bath.ac.uk/news/articles/archive/overtaking110906.html>

Places to shop for Christmas Gifts!

Annapolis	Bike Doctor	150 P Jennifer Road	410-266-7383
	Capital Bicycle Inc	436 Chinguapin Round Road	410-626-2197
	Cycleworks at Ski Haus	Route 50	410-757-6446
	Hudson Trail Outfitters	Annapolis Mall	410-266-8390
Arnold	Bike Doctor	953 Ritchie Highway	410-544-3532
Bowie	A & M Cycle	13002 9 th Street	301-262-4343
College Park	College Park Bicycle	4360 Knox Road	301-864-2211
Crofton	Bike Doctor	1312 Main Chapel Way	410-451-6901
	Family Bike Shop	1286 Route 3 South	301-261-3618
Davidsonville	George's Bicycle Service	1556 Patuxent Manor Court	410-798-5607
Laurel	Laurel Bicycle Center	14805 Baltimore Avenue	301-490-7744
Millersville	Champion Cycle	752 North Mesa Road	410-729-0653
Severna Park	Pedal Pushers Bicycle Shop	546 Baltimore Annapolis Blvd	410-544-2323
Severn	Chesapeake Bmx	750 Donaldson Avenue	410-969-5177
Stevensville	Bike Doctor	350 Thompson Creek Rd	410-604-6096
	Happy Trail Bicycle Shop	111 Cockney Lane	410-643-0670

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
Vivian Foley
[secretary](#) at
annapolisbicycleclub.org

Newsletter-Webmaster
Leon Frank

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 10 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