

# Tailwind



“ George Washington rode here”

July 2007

## Bike Virginia

Some of the ABC riders are shown relaxing on the banks of the James River during last week's Bike Virginia. Daily routes varied from 30 miles to over 100, with several options each day. Most ABC riders totaled between 200 and 300 miles for the tour. We enjoyed great weather, although it did get a little hot towards the end of the ride. (Over 100 degrees on the last day!).



The route was well marked and very flat, with beautiful scenery and many stops - Yorktown, Bacon's Castle, Jamestown, Civil War sites, antebellum plantations, and some great restaurants were available to maintain interest during and after the rides. If you're ever in Williamsburg, Christina Campbell's Tavern (yes, George Washington *and* Thomas Jefferson ate there) and the Old Chickahominy House are *great* places to refuel!

## New Bikes for Easier Riding

There are a lot of new, very economical bike designs out there these days. Many have more comfortable riding positions, chain guards, easier or even automatic shifting, and coaster brakes (backpedal, it stops). While not the thing for the 100 mile endurance ride, they're just right for a run around the neighborhood with the kids or to the store for a loaf of bread – no special Spandex shorts required!. Check your local bike shop – most carry one or more of this new breed, and nearly all have plenty of accessories to make it right for you!

**Biria:** Various EB models Features include super low 6” stepover height for easy mounting, coaster brake or free wheel, multiple speed, shock absorbing seat posts, dynamo in front hub to power lights, seat opens to provide storage. Can be adapted for handicapped riders.

**Electra Bicycle Company:** Townie. You can sit on the seat and put your feet flat on the ground, easy twist shifter, and shock absorbing saddle. Several models with 7, 21, or 24 speeds

**Giant:** Suede – Various models Features include automatic shifting 3-speed drivetrain or twist grip shifting, feet flat on the ground from the saddle, upright seating position, suspension fork, coaster brakes.

**Specialized:** Expedition and Crossroads – comfortable, upright position, easy multiple speed shifting, you can place your feet on the ground while on the saddle, seat and front fork suspension, comfortable saddles.

**Trek:** Lime – Electronically controlled 3 speed automatic transmission (generator in the front hub), seat serves as a 'trunk' to carry small items, you can place your feet on the ground while on the saddle, coaster brakes.

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## Tennessee Passes Three-Foot Law

Tennessee has just passed a law requiring drivers passing bicycles to leave three feet between their vehicles and the cyclist. This type of law is referred to as a 'three foot' law because that is usually the distance specified. These laws also often include clarifications and modifications of other areas pertaining to cyclists, such as whether a cyclist is required to stay on a bike path if one is available and some allow a motorist to cross a double yellow line if necessary to provide the needed passing clearance. Other states with such laws include Arizona, Florida, Minnesota, Utah, and Wisconsin.



## ABC Trash Team completes Road Cleanup

Some ABC members are shown as they prepare to scour Maryland Rt 450 on Sunday, June 10<sup>th</sup> for trash. We picked up large numbers of beer cans, Gatorade bottles, and the ever-present McDonald's take-out boxes, and afterwards stopped for lunch on the club. Rt 450 looks pretty good right now, but we expect to be back next year!

## More New Hardware

Not getting a good enough workout on your current bike? 3Gbikes will shortly market the Stepper – with *No Pedals and No Seat!* You ride it standing up, which is supposed to provide a better full-body workout, and you power it by stepping on 'levers' something like the stair-step machine at the gym. More information is available at [www.3gbikes.com/bikes/stepper\\_preview.html](http://www.3gbikes.com/bikes/stepper_preview.html).



## Leonardo Da Vinci Design for Your Next Cassette?

Tired of that jerky action and *CLUNK!* as you shift gears? Within the next year to 18 months, you may have a real continuously variable transmission at your rear wheel. Based on a sketch supposedly over 500 years old by Da Vinci, this system seems even more advanced than the ones used on some current Hondas, Toyotas, and Fords. At least, that's what the folks at Fallbrook Technologies say about their Nu Vinci transmission. For more info, check out [http://www.fallbrooktech.com/03\\_Bicycle.asp](http://www.fallbrooktech.com/03_Bicycle.asp)

## Tour de France

This year's Tour starts in London on Saturday, July 7<sup>th</sup>, and runs until Sunday July 29<sup>th</sup> when the final ride up the Champs Elysées is scheduled.

The London route will pass some of the most familiar London landmarks – from Trafalgar Square, Buckingham Palace, and Big Ben and on into Kent, where a flat route should allow the sprinters a chance to start things off right.

The final day will see those that have survived cross the Chevreuse Valley to enter Paris and another landmark tour – this one past the Louvre Museum, the Arc de Triomphe, and up the Champs-Elysées.

Information available at [www.bicycling.com/tourdefrance](http://www.bicycling.com/tourdefrance) or [www.leTour.fr/](http://www.leTour.fr/)



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**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  
410-353-2887

**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 13 – 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.

## 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 over exert. 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.*
- **Occasional Membership meetings** with programs on bicycle topics. To be announced in the newsletter and on the web site.
- **Special event rides** and other bicycle related social activities
- **Group participation** in regional bicycling events

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## 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 \_\_\_\_\_

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