

# Tailwind



“ George Washington rode here ”

October 2007



## Great Riding Weather!

September and October offer some of the best riding weather of the entire summer. Cool, crisp, dry air, bright sun and sky, and plenty of well-supported rides. And, of course, you're in shape since you've been riding all summer!

You have, haven't you? Well, if not, now is the time to do something about it before you retire to the fireplace and TV. Get out there for the next few weeks, enjoy the weather and the fall foliage, and get that blood flowing before you go into hibernation for the winter (or, use the rides to get in shape for skiing!)

## Two One-Time Rides for Serious Riders!

September 29<sup>th</sup> (this Saturday) practice for the Seagull, 60 miles, 17-18 mph average. Call Ken Keeler, 202 641-4677. Catocin Quadbuster, November 3<sup>rd</sup> 50 miles, hills. Call Ed Gera, 410 721-3225.

## How to get ready for a Century

By now, you should have accommodations arranged. If not, check out motels in towns a little way from your starting point – anything to keep from having to drive 100 miles both ways on the day of the ride. Taper off your rides during the preceding week, so you'll be rested. Have a good, hearty breakfast a couple of hours before the ride. Make up your own packing list, but here are some items to think about:

- Bicycle
- Bicycle Helmet
- Bike Shoes, Gloves
- Bike Clothes (and extras)
- Suntan Lotion
- Snacks (Gu, Powerbars...)
- Anti-chafing (Butt Butter)
- Rain jacket
- Identification
- Registration, Waiver
- Snacks
- Casual Clothes
- Camera/film/chips
- Lock (*AND key*)
- Floor Pump
- Maps to motel, etc
- Sleeping bag/mattress
- Towels, etc
- Cell Phone
- Cell numbers of buddies

## Going, going, gone – *maybe?*



The West River Market in Galesville closed during the week of September 9<sup>th</sup>. The word on the street was that it was closed by the Fire Marshall, but the Annapolis Capital reports that was not correct. The Capital also reports that it will probably reopen as a market, but the Tailwind's investigative reporter heard that reopening may be difficult as the many 'grandfathered' problems hindering reopening would be very expensive to fix.

It was a popular Gatorade and muffin stop in Galesville, but many of our members didn't realize how long it has been there. It's believed to be the second oldest building in Galesville, and was first opened as a general store in the mid 1800s. It was run by the same family for over 100 years, and was also the local Post Office, with the store's founder acting as Postmaster. The antique store next door was part of the original store complex as a gristmill.

For the time being, it looks like Saturday mornings we'll be stopping just down the road in Homeport.

# *Tailwind*

*The following article was reprinted from RoadBikeRider.Com, and gives us something to think about before hitting the fall Centuries (with 2000 of our closest friends!)*

## **How to Ride in a Group**

By Fred Matheny for [www.RoadBikeRider.com](http://www.RoadBikeRider.com)

Pacelines are organized. They have specific rules. But in big groups like you find in centuries or charity rides, things will be disorganized. This can intimidate even experienced riders.

- Sooner or later you'll find yourself in a big group amid some riders with sketchy skills. It pays to learn how to survive (and also make yourself welcome) in a crowd.
- Look for Risky Riders. These are the unsteady people who wobble, appear nervous, have a tense grip on the handlebar, and frequently grab the brakes. Avoid them! Move up to keep them behind you, or slide to the other side of the road.
- Stay at the Front. This is easy to say but hard to do in some groups. At the front you have more control over your destiny because most crashes occur in the rear two-thirds of the bunch. It may take a bit more work to reach the front and stay there, but it's worth the effort.
- Watch the Wind. Wind direction determines on which side the greatest draft is found. If the wind is from the right side of the road, smart riders move to the left of the wheel in front of them for greater protection. If you're doing this, beware of overlapping wheels with inexperienced riders. They may swerve and take out your front wheel.
- Be Wary on Climbs. A major cause of group crashes is riders who stand abruptly. They slow for a second, causing the rider behind to hit their rear wheel and spill. To avoid this danger, let the gap open a bit on hills or ride a foot to either side.

To avoid being the one who causes such a crash, pull your bike forward as you leave the saddle. Don't lunge and make a hard pedal stroke. Keep your speed steady. When sitting again, push the bike forward a bit.

Cycling isn't a contact sport, but it's not uncommon to have your arm brushed when riding near others in a group. It pays to learn how to bump into other riders without swerving or falling. It's easy when you practice this drill used at the Carpenter-Phinney Bike Camps.

First, go with a cycling friend to a large grassy area like a soccer field. Ride side-by-side at a walking pace. Keep both hands on your bar. Start by gently touching elbows, then shoulders. As you gain confidence, lean more vigorously on the other rider. Soon, you'll be bumping each other with abandon and throwing in a few head butts for fun, all without going down. (Of course, always wear your helmet just in case.)

Riding relaxed is the key to absorbing contact without swerving. Have slightly bent elbows, a firm-not-tight grip on the bar, and loose arm and shoulder muscles. If you're relaxed, your body can absorb the shock before it gets to the handlebar.

*Receive a FREE copy of the eBook "29 Pro Cycling Secrets for Roadies" by subscribing to the RoadBikeRider Newsletter at [www.RoadBikeRider.com](http://www.RoadBikeRider.com). No cost or obligation!*

# 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](mailto:president@annapolisbicycleclub.org) at  
annapolisbicycleclub.org  
410-353-2887

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

**Secretary – Treasurer**  
Vivian Foley  
[secretary](mailto:secretary@annapolisbicycleclub.org) at  
annapolisbicycleclub.org

**Newsletter/Webmaster**  
Jim Claffey  
[vicepresident](mailto:vicepresident@annapolisbicycleclub.org) at  
annapolisbicycleclub.org  
410-956-5219

## 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.

## Fall Rides

With autumn 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 remember, there are lots of well sagged rides available this time of the year – now's your big chance to try a well-run Century!

## 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

# 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 \_\_\_\_\_

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