

# Tailwind



“ George Washington rode here”

November 2007

## Meeting 7 PM, Wednesday, 14 November Swap Meet – Elections – Eat Better, Ride Better!

With the bike season slowing down, how are you going to stay healthy during the winter? Good nutrition can play as important a part as it does during the summer! Dr. Frederick Sutter will give you some tips on eating to keep yourself in good shape throughout the winter and even for next summer.

We're also encouraging you to bring any bike related items you're no longer using. If they're in decent shape, someone else will be grateful to get them, and you may pick up something useful yourself. Items can be sold, traded, or given away – it's up to the individuals. ***Please*** No greasy, dirty, or large (bikes) items in the building – It's a great meeting place, and we'd hate to be kicked out!

Finally, we're due for elections – all positions are open: President, Vice President, Secretary, Treasurer, and Ride Leader. We need more people involved to get more interesting rides next season.

The meeting will be at the Trinity United Methodist Church, 1300 West Street in Annapolis.

## Christmas Party, 4 PM Sunday, 2 December

The biggest ABC social event of the year will be held on the first Sunday of December. The Christmas Party will begin at 4 PM on Sunday afternoon, at Bob and Ruth Peterson's house off Epping Forest Road in Annapolis. There will be a map and directions mailed 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 bike related, for around \$10 to \$15. Wear your Christmas socks or bring your slippers – they've got nice new hardwood floors! Contact Ruth Peterson at 410 849-2137 to coordinate dishes.

## Catoctin Quadbuster

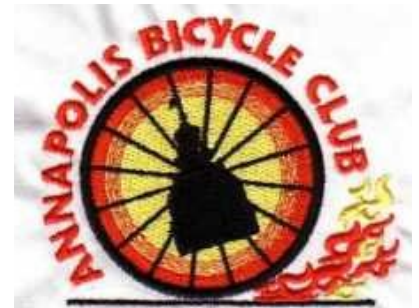
Ed Gera will be watching over you on a 50 mile run with some interesting climbs, great scenery, all ending with a great *six mile* downhill cruise!

The ride leaves from Thurmont Town Park at 10:30 AM on Saturday, November 3<sup>rd</sup>. Thurmont is a little over one and a half hours driving time from Annapolis, 15 miles north of Fredrick Maryland. Thurmont Town Park is off Route 15. Coming from Fredrick, take the first Thurmont exit. Pass the Cozy Inn on the left, and Town Park is about 1/8 mile farther down the street on the left side.

This is an unsupported ride, so bring food and drink. Contact Ed at 410 721-3225 for details. Ed says that this year, he will not be trying to set any speed records for the route!

## Show your Colors!

You can now go to Land's End and get many of their items with an Annapolis Bicycle Club logo. They can provide their items such as sweaters and shirts with the logo shown as at right. The logo number is 0766865 W. They'll add \$8.10 to the cost of the item you're ordering. We'll probably have examples at the November meeting. You can reach Land's End Business Outfitters at 1-800-338-2000.



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## In case of an Emergency...now what?

Most of us carry mobile phones all the time – especially while riding. If there's a problem, it allows us to call for help. But what happens if we're unconscious? There's lots of numbers on your phone, but the emergency responder doesn't know who to notify – he could waste time calling your uncle in Seattle. So, emergency workers are recommending that you store a number for a contact person under ICE – for **In Case of Emergency**. If you've got more than one contact, use ICE1, ICE2, etc. Let's hope its never needed, but in case it is, be sure its there – grab your phone and do it now!

## Seagull Century 2007

This year's Seagull had the best weather in several years – cool and misty for the first hour or so, and then clear blue skies and sun for the rest of the day. Quite a few happy ABC members rode, many showing the flag by wearing one of our colorful jerseys.

This is one of the most enjoyable events of the year, with rides of 25, 62, and 100 miles with plenty of well-stocked rest stops. If you missed it this time, plan on doing it next year for sure.



## Eagle Improves B and A Trail

On Saturday August 25, Donnie Grey, an Eagle Scout Candidate from Troop 769 in Odenton, MD lead an Eagle Service Project on the BWI Bike Trail using money donated by the Annapolis Bike Club and the Baltimore Bike Club. The project was to remove a sand washout on a high speed blind turn of the trail which causes frequent bicycle crashes. The troop removed sand that was next to the trail and installed landscape timbers and crushed rock to create a new drainage system which sends the water across the trail in a less dangerous place. The project is located one mile East (towards Glen Burnie) of the Dixon Aircraft Observation Park on Dorsey Rd. on the North (left) side of the trail.



## Go Uphill Faster!

Studies of pedaling technique at Brunel University in London show that, in some instances, pulling up on the pedals can increase the torque you generate. Lifting up evens out the torque applied during a pedal stroke, and so should result in better results when that extra power is needed – such as on hills, or possibly during sprints. However, over the long term there was a loss of efficiency using the technique, so it's probably best to use your normal technique for flats and downhills – save the 'pull-up' for hills and sprints.

## Buying New Equipment?

Now's the time that end-of-season sales are being held – check out [www.performancebike.com](http://www.performancebike.com), [www.nashbar.com](http://www.nashbar.com), and [www.velogear.com](http://www.velogear.com). And for reviews on some of the gear, you can go to [www.bicycling.com/roadbikereviews](http://www.bicycling.com/roadbikereviews). The *Bicycling* site has a lot of reviews from their magazine, but try to use a high-speed web connection – there doesn't seem to be a 'search' option, and it can take some time to sort through what they've got.

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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](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

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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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Annapolis, MD 21404