

Tailwind Express

August, 2009



www.annapolisbicycleclub.org

Pool Party!



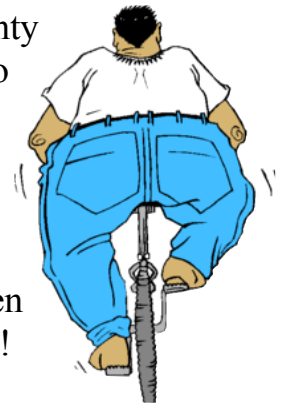
Join the Annapolis Bicycle Club on Sunday, August 29, 2010, from 2:00pm to 5:30pm for a picnic, and swim. This year's party at Pinto Soin's will provide a great afternoon of good food, bike talk, and a splash in a beautiful pool. We'll provide the food but we encourage you to bring a side dish or dessert and a bathing suit. (Guys: Can't bake?...visit Whole Foods)

Don't forget your swim suits! Plan on bringing a dish to share. The address is 2164 Mulberry Hill, near the Naval Station and David Taylor Research Center. A map and driving directions will be provided via email as the date approaches.

Fight Weight Gain

Your editor cautiously includes the this item with complete certainty that it applies to none of our members – but in case you've any friends to whom it may be useful...

A study published recently by the [Archives of Internal Medicine](#) and reported in [MinnPost.com](#) notes “biking, like brisk walking (3+ miles per hour), is associated with less weight gain in women as they approach and enter middle age. And the effects were strongest for women who started out overweight or obese.” Probably works for the guys, too!



No Time to Ride this Year?

If you haven't been able to ride yet this year we can organize a short ride to get you into riding shape. Email Ken at abc_pres@annapolisbicycleclub.org

Free Wheelin' Annapolis

Well, not free anymore. With the city's money woes, the bikes are still available, but they cost \$5 for four hours, or \$10 for a days rental. The [Capital](#) reported on July 21st that the fee had recently been instituted. Usage has been down a bit this summer, but the unusually hot weather is thought to be behind the drop off.



Hot Weather Riding

We all know the rule – hydrate, hydrate, hydrate! *But*, there's more to it than that. Drink before you're thirsty and consume at least one water bottle every hour or 15-20 miles. Do you carry water as well as a sports drink (that gives you a choice to drink, and something to dump on your head when you overheat). Remember gloves to keep your sweaty hands from slipping on the handlebars? Wear a light colored jersey? Eat and drink soon after the ride to replenish sugar and electrolytes? Did you know that over-hydrating is dangerous? (Doesn't happen often, but when it does, it can be very serious)



For more on these, and some other great tips, check out '[How to Bike Race in Hot Weather](#)' on www.eHow.com



Route 2 at Harwood Road

The club can't condone ABC riders crossing over Route 2 before the intersection and riding the wrong way onto Harwood Road. Please be patient and either wait for the light to turn red; or traffic to clear; or go past the intersection to the school where crossing doesn't involve traffic coming at you from three directions. There is a real left turn lane at the school.

Used Cannondale For Sale - \$1000

This bike has been stored for several years, and has had very little use: Cannondale, R1000, SI (system integration) with carbon body and Alum. steerer, white, handmade in USA. It has 2 x 10 gears and Mavic Elite wheels, Grand Prix 3000, 700x23C tires.

Contact Marion Zacharias, ma_no@verizon.net



Rides this Summer

[Aug 5 - 8 Ride Across Pennsylvania](#)

[Aug 21 Knights for Sight Metric Century - Salisbury](#)

[Aug 28 - 29 24 Hours of Booty - Columbia, MD](#)

[Aug 28 - Round the Valley 2010 - Lebanon Valley PA](#)

[Sept 11 - Amish Country Bike Tour and Race - Dover DE](#)

[Sept 12 - Shenandoah Valley Century - Harrisonburg, Va](#)

[Sept 19 - Back Roads Century - Berryville, VA](#)

[25 Sep - Cedar Ridge Ride for Youth - Washington Co, MD](#)

[Oct 3 - Tour du Port - Baltimore](#)

[Oct 9 - Seagull Century - Salisbury, MD](#)

[Oct 17 - Save-A-Limb Ride Cockysville, MD](#)

[Oct 23 - Between the Waters Bike Tour - Onancock, VA](#)

