

Tailwind Express

December 2009 - January, 2010



Christmas Party *and Meeting*

Sunday afternoon, December 13th at 4 PM, we'll meet at Killarney House on Central Avenue for a party, food, drinks, and a *short* business meeting. There will be food, drinks, tall tales, good cheer and door prizes.

There will be a few bottles of wine on each table and beer will be served for a reasonable amount of time. The club will cover most of the expense, but we ask you for \$15 each.

Please RSVP by Sunday, December 6th 2009. to:

abc_pres@annapolisbicycleclub.org or call Ken Keeler at 410-798-0093. Members can bring a nonmember significant other or friend. If you have any questions about the menu, cost, directions, etc, you can check out the Killarney-house and get directions at www.killarney-house.com (From the Park and Ride, continue East on Rte 424 about two miles to the traffic light at Central Ave (214). Turn left and travel about one mile to the Killarney-house on the left.)

The menu choices are below. There will also be options from the menu for vegetarians. If nothing works for you there are some limited possibilities, but you will have to call Ken at 410-798-0093 or email abc_pres@annapolisbicycleclub.org by Sunday, December 6, 2009.

Taste Of The Glens

Potato and Leek Soup or Dinner Salad

All entrees below are served with a side salad and fresh market vegetables

- **Chicken Breast Cashes Blue** A tender chicken breast filled with Cashel Blue Cheese, wrapped with a strip of Irish cured bacon and oven roasted & served with traditional Irish Colcannon
- **Chicken & Shrimp Tyr Connell Pasta** A combination of chicken breast and large shrimp flamed in Tyr Connell Irish Whiskey and finished with a leek cream sauce all tossed with fettuccini pasta
- **Steak Jameson** 9oz.cut of our succulent Black Angus New York strip steak, flamed in Jameson Irish whiskey, finished in the oven, topped with roasted garlic butter and served with a baked potato.



Annual Meeting

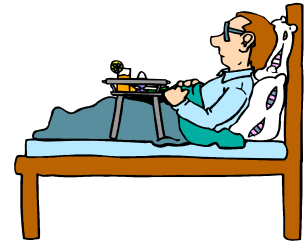
Our annual meeting will take place before dinner and you don't have to stay for the party to participate in the meeting.

Cold Weather Riding

You don't have to hang-up your bike for the winter, there are some beautiful days ahead for riding! The air is a little colder but a lot cleaner this time of year. If you would like to try it, email abc_pres@annapolisbicycleclub.org or contact Ken Keeler for some tips & tricks for how to stay warm on a winter ride.

Saturday, December 5th Morning Rides Start At 10 AM!

Beginning Saturday, 5 December, the Saturday morning rides from the Davidsonville Park and Ride will start at 10 AM. So all you sleepyheads can get an extra hour of shuteye (and stay warmer!)



ABC Gold Medalist Races in the Nationals

ABC's Tom Swartz, last year's 10k time trial gold medalist in his age group at the Maryland senior Olympics, finished strong in the 5 & 10K time trials at this year's Summer 2009 National Senior Games in San Francisco. He placed in the middle of over 30 very serious cyclists from around the country. Congratulations Tom!!

MD 450 Road Improvements

The Maryland State Highway Administration began improvements on Generals Highway (MD 450) during November. The improvements will result in a much better riding surface from the intersection with Davidsonville Road (MD 424) east for a little under 2 miles to Huntwood Road.



ABC riders are often seen on this stretch of road, especially during the weekdays. We have some new cue sheets that will help us use this area for Saturday rides, and look forward to the improved surface!

Keeping Straight With the Law

The December issue of *Bicycling* magazine has an article on the legal requirements for equipment on your bike. They point out that if you have an accident and don't have the required equipment, you could be exposed to negligence claims. Here are the Maryland requirements, from the booklet issued by the Maryland Department of Transportation (*paraphrased*):



- Bicycles **must** have a bell or other audible device that can give a signal for 100 feet. However, sirens or whistles are **not** allowed.
- Brakes adequate to allow the operator to skid the wheels on clean, dry pavement.
- If visibility is insufficient to clearly see people and vehicles for a distance of 1000 feet, the bicycle must have on the front a white light visible for at least 500 feet and on the rear an approved red reflector visible from 100 to 600 feet.
- A cyclists **may** also have a red or amber flashing light visible for 500 feet to the rear.

The above is a **summary** – don't try to take it to court! Get the details from the MDOT booklet, which is available in some of the local bike stores.