

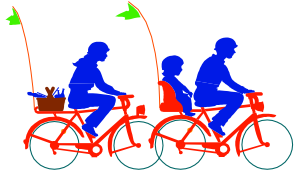
Tailwind Express

June, 2009



www.annapolisbicycleclub.org

ABC's Bethany Century June 26, 2010



We are close to getting the cue sheet sent out to everyone riding and sagging the century. Our starting point will be **Route 304 (Ruthsburg Rd) and Route 301** in the Centerville, MD area. This location is a truck stop/park & ride where cars can be left overnight if necessary. If you can't find anyone to give you a ride back from Bethany the same day or you can't find a place to stay in Bethany, you can email me for ideas.

SAGS

Please email me your cell phone numbers so we can add them to the cue sheet. I will email maps, directions, and a game plan you guys later next week.

Straight from Bicycling Magazine.....

Start with a sports drink. You may not need the carbs and calories from that Gatorade until mile 25, but sipping a sports drink with carbohydrate, rather than plain water, from the start of a long ride can help spare your precious muscle glycogen stores by about 50 percent in the first hour alone, according to a study published in the journal *Medicine & Science in Sports & Exercise*. This means you'll have more energy for the long haul.

Stretch--but only at the right time. Tight muscles can slow you down, but so can stretching--when it's done at the wrong time. A growing body of research shows that preexercise stretching causes muscles to relax, reducing force and power output for more than an hour afterward. Avoid stretching before you ride. Instead, stay strong and loose by stretching right after you rack the bike, when your muscles are most pliable.

Rutland Road At MD 450 To Reopen In July

Rutland Road is now closed at Defense Highway (MD 450) for repair work. Department of Public officials say work to repair a failed culvert underneath Rutland Road should have begun by now, and they expect the road to reopen by the first week of July. That will give us some more options to ride north of Defense highway in the Crownsville area.



Bike Maps

Annapolis has a new bike map, showing bike lanes, bike stores, and landmarks. It also includes info on how to take your bike on an Annapolis Transit Bus, and on Maryland Bike Laws. The maps are available at local bike stores and visitor centers, and you can download one from [Annapolis Bike Map](#) Bike maps for Maryland are available from the Maryland Department of Transportation at [MD Bike Map](#)



Race Across America – The world's toughest bike race will finish in Annapolis sometime between Friday, 18 June and Monday, 21 June.

This is no wimpy race like the Tour de France. It's a race against time, and the clock starts when you get on your bike in California. The clock stops when you reach Annapolis. You can stop and eat, or even stop and sleep whenever and for as long as you want – *but the clock keeps running*. The rider with the shortest time from California wins. If you're around the City Docks anytime between early morning on Friday June 18th through Monday afternoon June 21st stop by and cheer them on to the winner's stand!

START TIMES

Tuesday, June 8: Women and 60+ Men, Noon Pacific Time
Wednesday, June 9: Solo Men, Noon Pacific Time
Saturday, June 12: Teams, 2pm Pacific Time

ETA ANNAPOLIS

Friday June 18th 4:00am Eastern Daylight Time
Monday June 21st 5:00pm Eastern Daylight Time

Race information available at www.raceacrossamerica.org

Rides this Summer (2010)

[Jun 12 - Patuxent River Rural Legacy Ride](#)
[Jun 19 - Big Walker Century - Wytheville, VA](#)
[Jun 19 - Jun 26 - Great Ohio Bicycle Adventure](#)
[Jun 25 - Jun 30 Bike Virginia](#)
[Jun 27 Bay to Bay - Betterton MD](#)
[Aug 5 - 8 Ride Across Pennsylvania](#)
[Aug 28 - 29 24 Hours of Booty - Columbia, MD](#)
[Aug 28 - Round the Valley 2010](#)
[Sept 11 - Amish Country Bike Tour and Race](#)
[Sept 19 - Back Roads Century - Berryville, VA](#)
[25 Sep - Cedar Ridge Ride for Youth - Washington Co, MD](#)
[Oct 9 - Seagull Century](#)
[Oct 17 - Save-A-Limb Ride Cockysville, MD](#)