

# Tailwind Express

April, 2011



[annapolisbicycleclub.org](http://annapolisbicycleclub.org)

## ABC OPEN HOUSE

*Our open house on 10 March was great in spite of torrential rain, flooding, a newspaper screw-up, and the near loss of our meeting space! About 25 tough club members showed up to hear advice on how to get more benefit from biking and be more comfortable doing it with the right diet, exercise, and yoga. **Lisa Ryan from Whole Health Designs***

*([www.wholehealthdesigns.com](http://www.wholehealthdesigns.com)) provided great advice for eating and drinking smart before, during and after rides.*

***Debi McKibben of Simply Stronger***

*([www.simplystronger.com](http://www.simplystronger.com)) offered advice for*

*improving comfort and stretching during rides. ABC members also heard from **Bruce Kellman of Eastern Mountain Sports**, who discussed the store's upcoming Club Day (more on that below). Handouts from the speakers are available at the park and ride for anyone who would like one. Thanks ABC VP Lynn Mullineaux for the idea and the arrangements!*



***Lisa Ryan Addresses Club Members***



***Debi McKibben of Simply Strong***



***Bruce Kellman of Eastern Mountain Sports***

## Volunteers Needed for EMS night!

Eastern Mt. Sports (EMS) will have their club day sale on April 8th and 9th, with 25 percent off all EMS items and 20 percent off everything else. We're looking for volunteers to sit at our **Membership Sign-Up Table** inside the store for a few hours on Friday evening, April 8th, and Saturday, April 9th. You could be the face of our club! Interested? For more information or to sign up for table duty please Email [abc\\_pres@annapolisbicycleclub.org](mailto:abc_pres@annapolisbicycleclub.org)

## ABC Officers

**President: Ken Keeler**

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**Vice President: Lynn Mullineaux**

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**Treasurer/Web Site: Jim Claffey**

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**Tailwind Editor: Mark Hanna**

[mhhanna@verizon.net](mailto:mhhanna@verizon.net)

## *ABC Century Update*

During our Open House, the Club agreed to hold the ABC Eastern Shore Century/Picnic on Saturday, June 11<sup>th</sup>. The Club also agreed on a new format: we'll ride 50 miles out from Centreville Md, hold a picnic, and ride back! Details coming soon.

## *Soldier Ride Coming to Annapolis*



[Soldier Ride](#) is a Wounded Warrior Project (WWP) initiative that provides the public with an opportunity to participate in a cycling event that honors the men and women of our military. According to WWP, "The event raises funds for WWP programs and initiatives that ensure this generation of wounded warriors is the most successful, well-adjusted generation of wounded warriors in our nation's history." The Soldier Ride is coming to Annapolis for the first time on Saturday, May 7, 2011. You can find more information and register at [www.soldierride.org](http://www.soldierride.org).

## *Charity Ride in Columbia, MD*

The [24 Hours of Booty](#) is a nonprofit cycling event in Columbia that will take place August 27-28. Funds raised by the event will benefit [LIVESTRONG](#) and locally the [Ulman Cancer Fund for Young Adults](#). The Columbia ride is structured



around a 2.5 mile loop with “Bootyville” at the center of everything. Cyclists ride for as long as they want: the mileage record for the event is 354 miles! Registration fee includes three meals, a midnight pizza party, camping, entertainment, bike support, snacks and drinks throughout the ride. Ride sponsors are holding a recruitment/information party on April 5 at Union Jack’s in Arlington, VA. Additional parties will be held and announced as those dates get closer.

### *Sponsor a Club Member!*



We're proud of ABC members who raise money for charity bike events so if you're one of them, send us a link to your donation site.

ABC member: Kipp Vermeulen [[anderskv@yahoo.com](mailto:anderskv@yahoo.com)] will participate in the Ride Across Maine for the American Lung Association. Donate at: [http://action.lungusa.org/site/TR?px=2489750&pg=personal&fr\\_id=2180&et=CLQRhPVeGUozlh\\_USzLnTA..&s\\_tafId=13492](http://action.lungusa.org/site/TR?px=2489750&pg=personal&fr_id=2180&et=CLQRhPVeGUozlh_USzLnTA..&s_tafId=13492)

### *April Biking Events*

- April 16th, [Ocean to Bay Bike Tour](#)
- April 16th [2011 Face of America Bike Ride](#)
- April 23rd, [Tour de Carroll](#)
- April 30th, [Calvert County End Hunger](#)

For additional events, see the ABC Web Site:  
<http://www.annapolisbicycleclub.org/rides.html>

REMINDER: Beginning Saturday April 2, ABC weekend rides will start at **9:00 AM!**