

Tailwind Express

August, 2011



www.annapolisbicycleclub.org

ABC Pool Party!

Pinto Soin and his family have graciously and bravely offered their pool again this year for the ABC party on Sunday, August 28, 2011, from 2:30pm to 5:30pm. The Soin's live at 2164 Mulberry Hill Rd, Annapolis, MD. We're asking for a few good men and/or women to help with planning and purchases, so if you can help out, please email abc_pres@annapolisbicycleclub.org We would also like to know how many members and guests can make it so please email your RSVP when you know. The club will provide burgers, including veggie burgers, buns and beer. Please bring a side dish or dessert to share. So that we don't end up with only potato salad and no cookies, please consider following this guide. If your last name ends with

A thru F, bring drinks

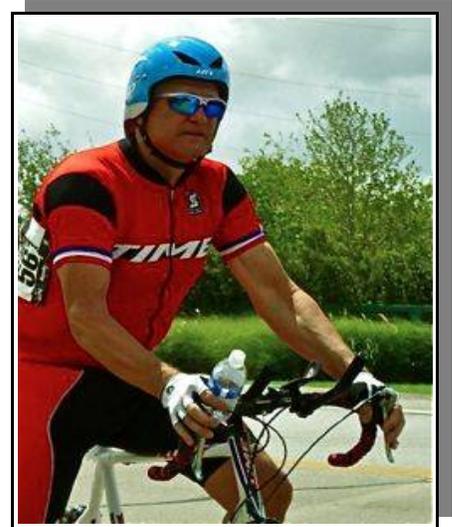
G thru P bring side dishes

Q thru Z bring desserts

ABC Member Participates in the National Senior Games

Tom Swartz, long time ABC member, participated in several cycling events during the National Senior Games (NSG), held this year in Houston during June. Tom reports that it was hot, humid and windy every day. Typically the temperature was 82 degrees at sunrise, climbing to near 100 degrees daily. Fortunately the cycling was during the AM, but still HOT.

The NSG is a huge event with over 10,000 athletes participating in a range of sports from bowling, tennis, golf, basketball, softball, track and field and of course cycling—including road races and time trials. Participants range in age from 50-100. To have been invited to the biennial National Senior Games, Tom won qualifying state Senior Olympic races in Delaware during 2010.



Tom was qualified in the 20K and 40K road races and the 5K and 10K time trails. While Tom expressed disappointment at not winning any medals, he reports that competing nationally was a thrill. And he commented that his 60-64 age group generally had faster times than the younger age group. Tom's finished the 20K road race in 33minutes/43 seconds with an average speed of 22.14MPH...36 seconds behind the winner, but his finishing time was over 2 minutes faster than the winner of 50-54 group. In the 40K road race Tom finished with a time of 1 hour/14 minutes/2 seconds with an average speed of 20.14 MPH, once again beating the winner's results in the 50-54 age group by approximately 3 minutes. In the 5K time trial Tom, covered the distance in 7 minutes/32 seconds with an average speed of 24.72 MPH.

ABC Members Riding the Seagull Century

Like last year, a group of ABC riders plan to ride in this year's Seagull Century on 15 October in Salisbury, Maryland. If you plan to attend and want to carpool, ride with other ABC riders, or just meet up with other members after the ride, please send a note to Ken at abc_pres@annapolisbicycleclub.org. For those who are interested, but have not yet registered, you can find information at the Seagull Century web site: <http://www.seagullcentury.org/>. Online registration was still open as of the publication of the newsletter, but keep in mind registration is limited.

ABC Officers

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Web Sites Offering Excellent Safety and Riding Tips

If you are looking for some useful riding and safety tips, we recommend you check out the following sites:

Road ID has created a series of videos titled "Rules of the Road" (you may have seen them on the Versus coverage of the Tour de France), covering such topics as dealing with road rage, tips for passing and cornering, and cycling skills. **For those who are riding in the Seagull Century**, we especially recommend the video on pace lines. Here is the web site:

<http://www.roadid.com/roadrules/>

The FITBIE site also offers tips on breaking 12 bad cycling habits. We've all been guilty of committing any number of these. Here is the site: <http://fitbie.msn.com/get-fitter/break-through-your-cycling-barriers?GT1=50014>



ABC Rider Review: The Covered Bridge Metric

by

Mark Hanna

Organized By: Lancaster Bike Club <http://www.lancasterbikeclub.org/>

Location: Lancaster County, Pennsylvania

Date: 21 August

Supported Distances: 62, 31, 15 miles

Terrain: Moderately hilly on 100k; rolling terrain on shorter distances

Support: Very good SAG support; rest stops are well stocked; big lunch available at the mid-point of the 100k; well-stocked post race picnic. Police or volunteers assist at busy intersections.



What to watch for: The ride is very popular and has recently become overcrowded (this year for the first time they are limiting registration). Expect to ride in a crowd and, depending on how fast you are going, do a lot of passing, sometimes toward the middle of the road. Crowds thin out at about the ten mile mark when 100k route splits off from the shorter courses. You need to also watch for a few tricky descents, often surrounded by other riders, so communicating when you are breaking for turns is important. Parking has also been a problem in the past, but to alleviate this they moved to a new starting location this year.

Overall rating: Excellent. Well organized and well managed. The scenic Pennsylvania Amish Country and the seven covered bridges provide for some great memories.

Link: <http://www.lancasterbikeclub.org/cbm11.php> NOTE: Registration is limited this year and will close when they reach their quota.

August Rides

(A lot of rides to choose from this month)

[August 7 - The Blue Ridge Bicycle Club Artie Levin Memorial Century Roanoke, VA.](#)

[August 13 - Eat A Peach Challenge Bike Ride: Westminster, MD](#)

[August 13 - Cumberland Valley Century Boonsboro, MD.](#)

[August 20 - Tour de Lions Ashland, VA.](#)

[August 21 - Team LIVESTRONG Challenge Philly Blue Bell, PA.](#)

[August 21 - Covered Bridge Metric, Lancaster PA](#)

[August 21 - Reston Century, Reston VA](#)

[August 27 - 24 Hours of Booty: Columbia, MD](#)

[August 27 - Shorefire Century Middletown, DE](#)

[August 27 - Western Maryland Wheelmen Charity Road Ride Cumberland, MD](#)

[August 29 - ride for LIFE: Davidsonville, MD](#)