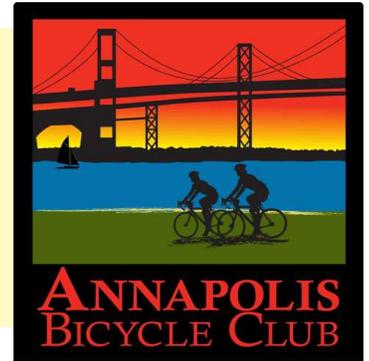


Tailwind Express *December & January, 2014*

The club with a place for every pace.

www.annapolisbicycleclub.org



ABC Holiday Party

Sunday January 12 from 4:00 to 7:00 PM. Poncho N Pepe's Mexican Grill, 1651 Rt 3 North, Crofton, MD 21114 - the intersection of Route 3 and Rt. 450.

We had such a good time at Poncho & Pepe's Mexican Grill in Crofton that we decided to return there! However, for 2014 our party will have the large private room upstairs that includes a dedicated bartender!

The cost for the evening, subsidized by the club, is \$15 per person which includes a crab dip appetizer, dinner fajita bar and soft drinks. Alcoholic beverages are available at individual expense - not included with the meal.

Sign up for the Winter Party by visiting the club event on the website www.annapolisbicycleclub.org. You have the option to pay online using Paypal, or you may pay by check or cash at the party; either way is fine.



We will send out more information about the party as time draws closer, and yes, there will be a raffle!

Your favorite alcoholic beverage will be nearby! The cost for the evening (subsidized by the club) is \$15 per person which includes a dinner fajita bar and soft drinks; alcoholic beverages will be available for purchase at individual expense.

Look at the crowd from last year at Poncho N Pepe's with everyone well fed, mellow and having a good time.

New Members of ABC

This has been a good year for membership growth. We welcome the following new members since October to our riding fellowship.

Michael Berman	John Bremer	James Brooks	Romel Bumanlag	Richard Catan	
Joseph DiPrimio	Brad Fish	Daryl Hancock	Adam Hewison	William Honan	Ken Mercer
Dan Moore	Youngbin Park	Craig Peterson	Richard Pippin	Wilford Scott	

Winter Riding

Ice is a prominent hazard at this time of year and a consideration when deciding when we ride or not ride on any given day . There may be a need to modify the typical bald road bike tires in order to ensure safe winter riding.

The Canadians are not weather keep them from scene on the Welland Canal long Winter Festival in may wish to check with about this modification.



about to let a little cold pedaling - as seen in this which the site of the week February in Ottawa. You your local bike mechanic

The daylight hours are now getting longer and another sign of impending Spring is the appearance in our email in-boxes of reminders to preregister and get a better price for the next event rides. Check out the website www.annapolisbicycleclub.org for a comprehensive listing of event rides.

A few events on the calender for this Spring;

1. The 25th anniversary of the **Ocean to Bay** bike tour takes place in Delaware starting in Bethany Beach. Previously the longest course was 50 miles but this year they are advertising a Metric Century. This is a well supported flat ride.
2. **Draw for Sight Bicycle Poker Run** starting in Betterton, MD. Follow a marked route and draw two playing cards at each of five drawing stations. The object is to have the best poker hand at the end of the ride. Distances are 37 or 60 miles. Registration costs \$20 until March 31; then \$25; then \$30 on the day of the ride.
3. **Six-Pillars Century** Registration now open. First 1000 registered cyclists received our specially designed tech tee shirt. The earlier you register the more \$\$\$\$ you save. Currently only \$40 which includes our fun and delicious Picnic In the Park. Three beautiful FLAT courses (37, 56 or 100 miles) through Blackwater National Wildlife Refuge is a great way to start your cycling season or our 11 mile Family Fun Ride - a real bargain.

Proceeds benefit Character Counts Mid Shore - a non-profit organization that teaches the Six Pillars of Character - trustworthiness, respect, responsibility, fairness, caring and citizenship - to over 8000 students in the mid shore area. Not funded by the schools nor any form of government.

Website: <http://www.6pillarscentury.org>

Third Thursday Get Together

We don't just ride, we have fun. Our monthly get together at a different Pub each month expand our knowledge of local pub geography and allow us to get acquainted with





the non riding members of the family (except for the ones with paws). The November TTGT was held at the Killarney House 584 W Central Ave. Davidsonville, MD 21035. A good time was had by all as well as good food and good beer. You can tell it was good, just look at all the empty dishes. Members were busy sharing photos of previous rides, possible routes for future rides and even new additions to the family. Richard Shoenfeld showed pictures on his phone of his granddaughter, Sylvia, who was 3 days old in that photo but a month old last weekend. "She is in Boston and I am is not sure if she'll walk or learn to ride a bicycle first; right now she is struggling unsuccessfully to turn over."

The next TTGT will be on February 20 at a location to be determined. The January TTGT will be usurped by the Holiday Party.

We are all getting there in terms of losing flexibility. During a rest stop in Galesville, Bill Castelli helped 13 year old Sugarbear get into a car. (7 December 2013)



A photo shoot in the snow for bike safety

A cooperative effort between the Tuesday /

Thursday hard corp and BikeAAA provided Photo Op material for the Baltimore Sun article on the new Bike Safety Signs which Anne Arundel is placing on selected roads. The signs remind motorists that bikes are



vehicles and may take the full lane. This message is perceived differently than the Share the Road and has already drawn one angry letter to the Evening Capital. The photographer from the Sun paper, shown at the intersection of Severn Chapel and St. Stephens Rd, had the five hearty cyclist ride the one stretch of road multiple times to get just the right pictures for the newspaper story. Some photos taken with traffic and some without.

Yes it was snowing and yes it was really cold. But the Tuesday / Thursday riders are a tough bunch (or nuts! We haven't reached a consensus on that.)



Jon Korin's crew cycling for the news media and pausing to appraise the snow.

Ken Keeler's Safety Tips –

(Source - David Fiedler is an experienced cyclist, an award-winning writer and a year-round bike commuter. His most recent book is Ride Fit, a basic guide to fun and fitness on a bike published by Barron's Educational Press)

1. Control your bike



About half of all cyclist accidents are single rider crashes. If you can skillfully control your bike by starting, stopping, and smoothly turning, you can better avoid falling. Learn how to control your bike when you need to stop or turn quickly. Always remain aware of the cyclist behind you. Do not suddenly stop or slow without giving some warning to the cyclist behind you.

2. Know and follow the rules of the road



A bike is a legal vehicle in all 50 states. obey all traffic laws, signs, and signals. right side of the road. Never ride against

As a vehicle driver, you are required to Ride in the direction of traffic, on the traffic.

Use the right-most lane going in the direction you are traveling. Use correct lanes for turns. Intersections are where most auto/bike crashes occur so be especially alert as you move through them. Before you get to an intersection, position yourself in the proper lane, and use hand signals whenever possible.

When riding with other cyclists, stay alert and follow good group riding procedures. Use hand and voice signals. Cyclists riding in a group are much more likely to collide with one another than with motor vehicles.

3. Layer 3: Ride in the smartest lane position

(from the Manual of Uniform Traffic Control Devices)

Know when you should take the full lane and when it is OK to share the lane with motor vehicles. Use your lane position to let other drivers clearly signal your intentions. Many inexperienced cyclists will hug the far right edge of the road in an attempt to not obstruct



motor vehicle traffic. Doing so on a narrow road leaves the cyclist no room to maneuver. Eventually a foolish motorist will try to squeeze by when there is insufficient room, putting the cyclist in grave danger.

In lanes that are too narrow to share with cars, you should ride closer to the center of the lane, instead of trying to squeeze closer to the right. By using smart lane positioning and the first two layers, most accidents can be avoided.

4. Manage hazards skillfully

Learn and practice evasive maneuvers such as the quick dodge, quick turn, and quick stop to either dodge obstacles or to avoid motorist's mistakes. In tight traffic, taking evasive action might force you into another vehicle's path. When it isn't safe to dodge or turn, you'll need to master skills like riding over obstacles (potholes, debris, rocks, glass, trash), riding through hazardous surface conditions (oil slicks, sand, gravel) or stopping very quickly without losing control of your bike.

5. Utilize passive protection.

When all else fails, helmets and gloves are your last line of protection. Make sure your CPSC-approved bike helmet fits properly. It should not wobble or flop around on your head when your chinstrap is buckled. Even with a great helmet, you might be unconscious if you crash. Carry ID, any important medical info, emergency contacts, and your insurance information.



Cell phones can be handy in an emergency.

6. Stay right on blind hills.

If you pass someone on a blind hill or drift into the oncoming lane when there is no line of sight you place yourself and others around you at risk for serious injury or death. We see riders engaging in this risky behavior on many ABC and other club rides. So, please stay right when you cannot see oncoming traffic! It's just that simple!



All 11 participants in the 2014 New Year's Day ride – ABC's first ride of the year, led by Jim Van Horn (right of center, in the red jacket).

All participants including the photographer courtesy of Jim Black's magic.

Bicycle Maintenance Workshop Planned

Larry Dieren of Champion Cycle will hold a basic bicycle maintenance workshop at 4pm-6pm on Sunday January 19th. The workshop will demonstrate adjusting derailleurs, adjusting and maintaining brakes, wheel truing and chain care. The first hour of the 2 hour class will be demonstration followed by an hour for questions and answers. Refreshments and light snacks will be provided.

The workshop will be held at Champion Cycle which has limited space so attendance will be limited to 12 people. The cost is \$20 per person payable to Larry at the beginning of the workshop. Larry is requesting that participants do not bring their own bikes. He has enough different models and different components to cover what ever questions you have. Additional weekend and weekday evening sessions will be held if there is sufficient interest. To sign up for the January 19th workshop please contact abc@annapolisbicycleclub.org , or sign up on the club event. For questions about the workshop call Larry Dieren at (410) 729-0653.