

# Tailwind Express

June, 2011



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

## ABC Century: Final Update!

Last call this weekend to sign-up for the ABC Century on Saturday, 11 June. If you haven't sent us your name we're not expecting you. We're ready to go with 15 riders at press time, but more are welcomed. The century is a pancake flat but scenic route along mostly country roads from Centreville MD to our picnic site along the Nanticoke River at the historic Woodland ferry site in Seaford, Delaware. [http://www.woodlandferry.net/Ferry\\_History.html](http://www.woodlandferry.net/Ferry_History.html) We will ride 50 miles out and 50 miles back, with breaks along the way. We have three SAG vehicles which is fine. If you're not ready to ride the century, SAG it so you know what to expect next year! We'll pay for your gas! We will email the Century riders a list of things to remember to bring with them and specific directions to the starting location with options to carpool. Questions? Email: [abc\\_pres@annapolisbicycleclub.org](mailto:abc_pres@annapolisbicycleclub.org).

### The Basics:

- Starting time: 8:00am promptly. Please arrive no later than 7:30am.
- There is plenty of parking at Centreville Middle School.
- Directions to the school: Past Kent Island take 301 North at the Route 50 split. Turn left (West) from Route 301 North to Route 302 - Ruthsberg Road. The school is about a mile on the right.
- **Please remember to bring your own lunch and drinks!**
- Pizza or Deli option at the end of the ride at nearby restaurants.
- Rain date: Saturday, June 18th.

## Congratulations to ABC Riders!

Tom Swartz and David Gordon tied for first place (Gold Medals) in the 40k cycling event at the Eastern Shore Senior Games, which were held at Salisbury University on May 7. Tom is participating in the 5 and 10k Time Trials and the 20 and 40K races at the National Senior Games in Houston, Texas in mid-June. He qualified for these by getting Golds and Silvers in races in Delaware. David also received Silvers in some of these qualifying races in Delaware.



Tom with his gold medal

## *Set Your Clocks for 8:00 AM Saturday Rides*

In order to beat the heat, we'll be setting off at 8:00 AM on our regularly scheduled Saturday rides. **Sunday starting times and locations will vary so please check your weekly ABC email.**

### **ABC Officers**

**President: Ken Keeler**

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## **Annapolis Finish for the Race Across America**



The finish line for this year's Race Across America is located by the Rams Head Roadhouse out on General's Highway. Race organizers are expecting some close finishes this year and have established a sprint finish line. Racers will be escorted to City Dock where the awards ceremony will take place. Racers will start beginning 14 June, and the cutoff date for the finish is 21 June, so most riders will arrive before then. To follow the race, see [www.raceacrossamerica.org](http://www.raceacrossamerica.org).

## **Maryland Rated in Top 10 for Bike Friendly States**

The League of American Cyclists ranked Maryland number 10 in the U.S. and honored the state as a Bronze Bike Friendly State. Maryland received positive scores in the policy and legislation departments. In the past two years, Maryland passed seven pro-bike/alternative transportation bills. Bike Maryland has partnered with the League to promote the [Bike Friendly Maryland program](#) at businesses, universities and communities throughout Maryland to improve enforcement, evaluation and infrastructure.



## Provide Input for Annapolis Bike Plan



The City of Annapolis has contracted with Toole Design Group (TDG) to develop the City of Annapolis Bicycle Master Plan. According to BikeWalkAnnapolis, over the next few months TDG and City staff will guide the Master Plan process to create a long lasting bicycle transportation program. The Master Plan however, will only be a success if there is public involvement throughout the project. The City is soliciting input from residents, in an effort to account for cyclists' differing needs and demands. TDG has created an interactive map so that anyone can contribute to the development of the Master Plan. The site will be open until 13 June. Visit [www.communitywalk.com/annapolisBikePlan](http://www.communitywalk.com/annapolisBikePlan). Login using Username: Annapolis, Password: bikeplan.

## Tips for Riding in the Heat

The weather this past weekend was a reminder that Summer in Maryland can be brutal. So here are some useful tips for riding in the heat:

- **Acclimate:** You can always ride earlier in the day or , if it's really hot, ride a stationary bike indoors, but this won't prepare you for a 100k or 100m ride that will take you into the mid-day heat. The best approach is to acclimate by riding during the hot part of the day, but scaling back the intensity and/or length of your training ride until your body gets used to fueling your muscles and cooling itself off at the same time.
- **Hydrate, hydrate, hydrate:** Your body's primary method for cooling off is by sweating, so you are going to lose lots of fluids during a long hot ride. Start drinking water or a sports drink well before the race, and keep drinking during and after it.
- **Wear a light-colored jersey** made of a wicking material, which will help evaporate your sweat faster to cool you down.
- **Soak a bandana** in cold water and wear it around your neck.
- **Eat and drink** after the ride to restore potassium, sodium, sugar and electrolyte levels.

### Signs of Heat Exhaustion

If you exhibit these symptoms during a ride, SLOW DOWN, or, if they become acute, STOP, find some shade or shelter and cool off.

- Muscle Cramps
- Tiredness
- Weakness
- Dizziness
- Headache
- Nausea or Vomiting

## *June Rides*

[June 1-5 - Tour de Kingdom, Vermont Double Century: Westmore VT](#)

[June 5 - Tour de Chocolatetown: Hershey, PA](#)

[June 5 - Eco-ride for a Greener Maryland, Reisterstown MD](#)

[June 11 - Farmland Trust Pedal to Persevere: New Holland, PA](#)

[June 11 - Patuxent River Rural Legacy Ride, Croom MD](#)

[June 18 - Big Walker Century Ride: Wythville, VA](#)

[June 18 - Double Creek Event: Dover, PA](#)

[June 18-25 - 23rd Great Ohio Bicycle Adventure: Kenton, OH](#)

[June 24-29 - Bike Virginia: The New River - Roll Through Time: Draper, VA](#)

[June 25 - Garrett County Grand Fondo, Deep Creek Lake, MD](#)

[June 26 - Bay to Bay Ride: Betterton, MD](#)