

# Tailwind Express

November/December, 2011



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

## *Seagull Century Pictures*



## ***Membership Dues***

*If you haven't paid your club dues (\$20) this year, please send us a check! The club year runs from March to March for some unknown reason. We need your money to pay the bills and supplement our parties!*

## **Winter Club Party**

We're planning our Winter club party for either Saturday, January 14th or Saturday January 21, 2012, but first we need to find a venue. Does anyone have a community club house we can use? If you know of a place or have a suggestion, please email us at [abc\\_pres@annapolisbicycleclub.org](mailto:abc_pres@annapolisbicycleclub.org)

**Note:** Repairs to Old Harold Harbor Rd. have been completed and the road has reopened. So our Crownsville Hills route is now back up and running without the detour. Repairs to Patuxant River road are likely to take several more weeks, according to the State.

## **ABC Officers**

**President: Ken Keeler**

[abc\\_pres@annapolisbicycleclub.org](mailto:abc_pres@annapolisbicycleclub.org)

**Vice President: Lynn Mullineaux**

[abc\\_vp@annapolisbicycleclub.org](mailto:abc_vp@annapolisbicycleclub.org)

**Treasurer/Web Site: Jim Claffey**

[abc\\_pres@annapolisbicycleclub.org](mailto:abc_pres@annapolisbicycleclub.org)

**Tailwind Editor: Mark Hanna**

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



## **Winter Riding Tips**

Toe warmers and hand warmers really work! Toe warmers are very thin with adhesive so they stick to the outside of your sock and cover your toes and the ball of the foot. Also try using hand warmers inside your light weight long finger gloves so you don't have to wear really thick bulky gloves. Both last for about 6 hours and cost about \$8 for a bag of 8 at Home Depot or at Hudson Trail Outfitters. If the temperature at the start of your ride is in the 40s and is expected to rise into the 50s, you will be very comfortable wearing leg warmers, a long sleeve undershirt made of a wicking material, a cycling jersey, and a decent windproof shell with a pair of light gloves. Winter riding can be very comfortable, you just have to try it!

## **ABC Ride Review: Back Roads Century** by Mark Hanna

**Organized By: Potomac Pedalers Touring Club**

<http://www.potomacpedalers.org/>

Location: Berryville, Va

Supported Distances: 100, 62, 30, 25 miles

Terrain: Mostly rolling to flat until the last 20 miles of the century and metric, when you'll face a few moderately steep hills

Support: Very good SAG support; rest stops are well stocked (including PPTC's famous tomato sandwiches); well-stocked post race picnic. Police or volunteers assist at busy intersections.

Scenery: Amazing views along the Shenandoah Valley.

Overall rating: Excellent. Well organized and well managed.



## **Parvilla Cycle & Multisport**

Paravilla just opened the John Howard Performance Sports Training Center at their new store on Route 2 in Edgewater. It's set up similar to a "spinning" studio but that's where the similarity ends. There are about 8 trainers set up in a line ready for bikes. The staff set your bike up on a trainer and attach a wire from their computer to your bike. About four large computer screens hang on the wall in front of you and display lots of data during your 50-minute training ride. You don't have to be a racer to try this because you can train at your own speed. You can also choose to take a virtual ride where you see the road ahead. You and your bike will experience hills, flats, and fellow riders as you pedal. It's the next best experience to actually riding outside. Great for indoor training in the winter. You can buy multiple sessions or one at a time. Good idea for a Christmas gift! Check it out at <http://parvillacycles.com/>



*Stay Warm. Stay Fit  
See you next season!*

