

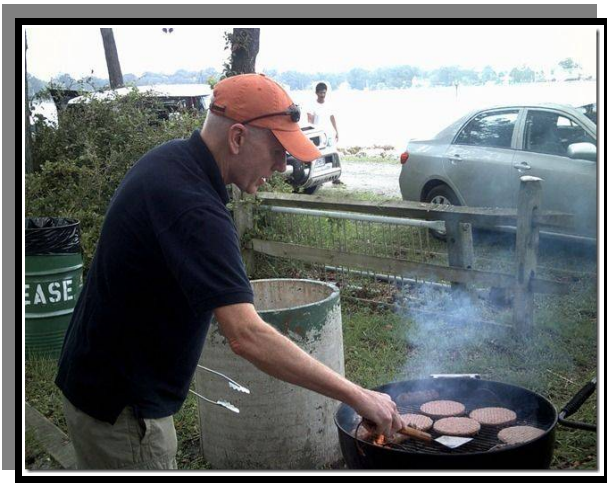
# Tailwind Express

October, 2011



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

## ABC Picnic Pictures



## *Road Closures*

Patuxent Road remains closed to traffic in some areas, although road repairs are underway. We continue to adjust the weekend routes until the roadwork is completed. We'll keep you up to date via emails and prior to weekend rides.

## *ABC Road Clean-up!*

Yes, ABC owns a section of Route 450 near the intersection of Crownsville Rd. and Route 450. This year's clean-up date is Sunday, November 6th at 9:00! Donuts, coffee, & Tea served roadside to all participants. Charlie Dodge is leading this event! More to come on this....

## **ABC Officers**

**President: Ken Keeler**

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**Vice President: Lynn Mullineaux**

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

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## Seagull Century Planning

**Seagull Century Riders!** If you would like to ride your Seagull route with fellow ABC riders, please meet in front of MAGGS gym, near the entrance to the tunnel under the highway, a little before 8:00am so we can leave promptly at 8:00am. If you email us your cell phone number and route, we will share it with ABC riders also interested in meeting and riding your route. Please allow as much as 30 minutes to park and ride to MAGGS gym.

If you're driving down to Salisbury and would like some company or would like someone else to drive, email us and we will share your interest with your fellow ABC Seagull riders.

**Seagull Safety Tip:** Please resist the temptation to join a paceline unless you know the riders and are comfortable riding with them. Most serious accidents involve pacelines. Also, we recommend that you not allow anyone to draft you unless you know them. They could bring you down!



## Climbing Camp

ABC member James Edison attended the Carmichael Training Systems Climbing Camp in Brevard, NC from 9/15-9/17. Two workouts included time trials and climbing repeats to focus on using power meters and cadence to assess and monitor performance to help manage climbing hills - the big hills. Other workouts focused on descent skills and drills, and "grass" drills. The workshop concluded with a metric century featuring 3 mountain climbs to combine power meter usage, climbing and descent skills; the last a 6 mile climb up Caesar's Head, SC. With 5 coaches and only 13 athletes, the coaches gave great feedback and one on one assistance to all riders.

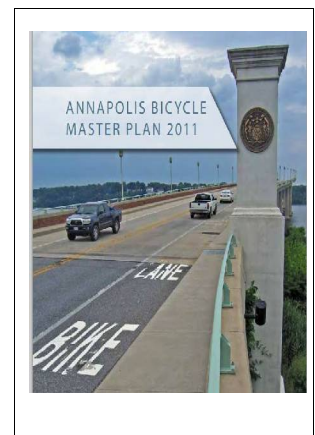


## Planning Commission Meets on Bike Plan

The Annapolis Bicycle Master Plan was presented before the Transportation Board last week and received recommendation for approval. The next and bigger meeting comes on Thursday Oct 6th when the plan is presented to the City's Planning Commission. This is the final step before heading to approval before the City Council.

To see the draft plan, follow this link:

<http://www.annapolis.gov/Government/Departments/Transportation/BikeAnnapolis/plan.aspx>



## *October Rides*

*Oct 8 - trekwomen Breast Cancer Awareness Ride: Gambrills, MD*

*Oct 9 - Tour du Port: Baltimore*

*Oct 15 - Sea Gull Century: Salisbury, MD*

*Oct 21-23 - Fall Foliage Bike Festival: Shelburne, VA*

*Oct 21-23 - Wild Goose Chase: Cambridge, MD*

*Oct 22 - Between the Waters Bike Tour - Cape Charles, VA*

*Oct 22 - Save-A-Limb Ride: Cockeysville, MD*