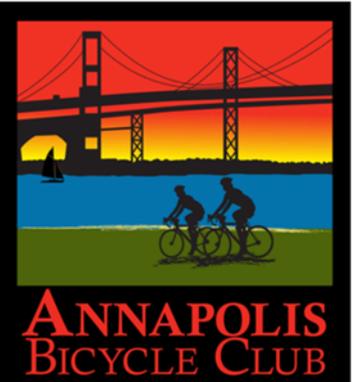


# Tailwind Express

2017 Summer Edition

The Club with a place for every pace.

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



## ABC Officers

**President: Jim Black**

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

**Vice President: Susan Robinson**

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

**Treasurer: James Edison**

[treasurer@annapolisbicycleclub.org](mailto:treasurer@annapolisbicycleclub.org)

**Web Masters: Jim Black,  
Joe Hutchins**

[webmaster@annapolisbicycleclub.org](mailto:webmaster@annapolisbicycleclub.org)

**Tailwind Editor: Sandi Delcore,  
David Bleil**

[editor@annapolisbicycleclub.org](mailto:editor@annapolisbicycleclub.org)

## President's Column



Welcome to SUMMER, ABC members! As we slide into the dog days of summer, we will be confronted with more severe hydration challenges, especially on the longer bike rides. Please remember to stay hydrated, and to use an electrolyte replacement product that works for you. There are many options available on the market, such as Hammer Heed, Endurolytes, Base Performance Hydro, NUUN, THORNE Research Electrolyte Replacement, etc. You may want to try a few. Not every body responds the same way to a product, so just because your friend uses Hammer Heed, that doesn't mean that is the best product for you.

This edition of the ABC Newsletter will highlight some articles on hydration and additional safety tips. Be sure to peruse through them before you get to the good stuff (the photo gallery at the back).

Have a great summer! Stay cool!

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## Meet the board member: Kim Maxwell

I've loved cycling all of my life. It was my major mode of transportation even in college. Raising four children changed the cycling quite a bit. I still have vivid memories of riding on the Mount Vernon trail with my youngest child singing "This is the Song that Never Ends" as well as using the bribe of an ice cream cone at the end of the trail to motivate the kids. Two of my children became avid cyclists as adults and got me interested in road cycling.

A love of the outdoors led me to running, hiking, recreational kayaking and white water kayaking. I decided that white water kayaking was too dangerous and focused on cycling. My first road bike was bought after moving to Maryland in 2008. I worked up my speed and mileage and finally felt ready to find a bike club. An internet search led me to the Annapolis Bicycle Club. At first I could only handle the No Drop Rides and was very grateful to the many members who helped me literally get up to speed. I completed my first century with the club's Lifeline 100 pre-ride in 2014 thanks to help from Jim Van Horn and Jim Black.

I love the beautiful scenery we are fortunate enough to experience and have met many great people in the club.

As a new ABC board member, my role is still somewhat undefined—or, should I say, defined as "let Kim do it, she'll do anything"! I appreciate the opportunity to serve the ABC membership. Please let me know if you have any suggestions or comments to share.



### Upcoming Rides

Refer to the Events calendar on the ABC website (<http://annapolisbicycleclub.org/>) for all events, dates, times, happy hour specials, etc.

**The club with a place for every pace.**

In the event of rain or extreme heat and humidity affecting summer rides, the ABC Communications Officer tries to keep everybody informed as to the status of rides, but you might want to make a habit of contacting ride leaders prior to rides if questionable weather is forecasted.

Weekday rides—Tuesdays/Thursdays, 9:00AM Generals Highway Corridor Park

Weekend rides—Saturdays, 8:00 AM Southern High School (60+mile drop ride),

—Saturdays, 9:00 AM Davidsonville Park & Ride (30+-mile no drop ride)

—Sundays, 9:00 AM Davidsonville Park & Ride (30+ mile meet up ride; generally no designated leader)

—Sundays, 9:00 AM start at the Thomas A. Dixon Aircraft Observation Area:

Trail ride for novice cyclists

July 22 — Heart of the Chesapeake Bike Tour 2017, 201 Talbot Ave, Cambridge, MD

July 23 — Firefighter 50 Bike Ride, Westminster, MD

Aug 5 — 2017 Chocolate Tour, Hershey, PA

Aug 12-13 — Tour de Frederick, Frederick, MD

Aug 20—Lancaster Covered Bridge Classic, <https://lancasterbikeclub.net/lcbc/>

### Upcoming Social Events

July 20—6:00 PM Nando's Peri-Peri, 2022 Annapolis Mall, Annapolis, MD, (410) 224-0585.

Aug 27 — ABC Picnic, 3:00-7:00PM Glen Artney 66 Picnic Shelter, Patapsco Valley State Park

### ABC Store Open

Our club clothing store is now available online at <http://vomax.com/abc>, offering two club kits with jackets, windbreakers, and accessories!

The jerseys are available in short sleeve or sleeveless, and in Race Cut or Club Cut. Race Cut is tailored and form fitting; Club Cut styling is more relaxed and less form fitting. If you select Race Cut, consider ordering a size larger than usual. (VOMax does not accept returns or exchanges; please call them for advice if you aren't certain about sizing. 800-530-9740. ) Each item description also includes a link to the sizing guide.

There are two clothing kits: Our yellow and black design, available for men and women; and the ladies' blue kit, which will soon be available in a men's cut.

All orders are produced and fulfilled by VOMax in Massachusetts. Production time is one to two weeks, plus several days for mailing. Altogether, allow two to three weeks to receive your order.

**If you want to look like this, order an ABC cycle kit!**



### Heat Illnesses:

There are three major heat illnesses. In all cases, the main reason that athletes experience heat illness is dehydration. If you replace lost fluids and electrolytes and are able to train your body to process a high volume of fluid in a short period of time, you significantly decrease the risk of experiencing these medical emergencies.

**Heat cramps:** Exercising in hot weather can lead to muscle cramps, especially in the legs. This is usually caused by imbalances or deficiencies in your body's electrolyte stores. A cramp is characterized by sharp, stabbing pain in the muscle and rarely works itself out on its own. Cramps become less frequent with heat training, but for those of us unaccustomed to such extreme conditions, maintaining adequate hydration and electrolyte balance is critical to avoiding them. To eradicate cramps, you should stop exercising, drink fluids containing electrolytes, cool your body with wet towels, and immediately get out of the sun.

**Heat exhaustion:** Losing fluid and electrolytes through sweat leads to dizziness and weakness if the lost fluids are not replaced. Heat exhaustion is characterized by a moderate rise in body temperature, dizziness, nausea and vomiting, and a headache. You might also experience weakness, lack of coordination, heat cramps, heavier than usual sweating accompanied by moist and cold skin, and "goose bumps." Your heart rate may rise and you won't be able to spin as fast due to fatigue. Many athletes – even those who are well trained – will suffer from mild heat exhaustion after exercising for several hours in hot and humid conditions. If you experience the signs of heat exhaustion, stop exercising immediately and drink fluids containing electrolytes, cool your body with wet towels, lie down and elevate your feet a few inches above your heart, and immediately get out of the sun. Since heat exhaustion can lead to the most severe form of heat-related illness, heat stroke, seeking prompt medical attention for heat exhaustion is also highly recommended.

**Heatstroke:** In extreme cases heat can upset the body's thermostat, causing body temperature to rise to 105 degrees F or higher. This is a life-threatening situation that requires immediate medical attention. While it is common for untreated heat exhaustion to rapidly progress to heatstroke, heatstroke can (and does) occur without the signs of heat exhaustion being apparent. Symptoms of heatstroke include lethargy and extreme weakness, confusion and odd or bizarre behavior, disorientation and unconsciousness. Because heatstroke is a complete failure of the body's temperature regulation system, sweating ceases and the skin becomes hot and dry. Convulsions or seizures can occur as the brain begins to shut down. Coma and death are also possible in extreme cases. Heatstroke is a medical emergency that requires immediate medical attention. Call the emergency response system immediately! Get the cyclist out of the sun, remove all clothing, and immediately rub their body with ice or immerse the patient in cold water.

By staying properly hydrated and recognizing the early warning signs of heat illness, you can prevent a heat-related problem from becoming a life-threatening situation. As a fellow athlete, recognizing these heat-related dangers may one day help you save the life of another cyclist who has underestimated the intensity of the surroundings.

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### Road ID:

Consider purchasing a "Road ID" for your wrist, shoe, even Apple iWatch or Garmin! Road ID is a simple piece of gear that displays emergency contact details and even medical information. Order yours at [www.roadid.com](http://www.roadid.com)!

Top 10 reasons why you should wear ID:

1. If you can't speak for yourself, Road ID will speak for you.
2. Road ID enables First Responders to immediately contact family members and friends.
3. Road ID enables family members to provide additional details about your health or give consent for potentially life saving procedures.
4. Road ID enables hospital staff to locate vital medical records.
5. Road ID can communicate medical conditions or allergy information to medical staff.
6. Road ID can prevent serious delays in treatment by saving crucial time during the "golden hour" of medical treatment.
7. It's far better to have Road ID and not need it than to need Road ID and not have it. It's not just a piece of gear, it's peace of mind.
8. Accidents happen far more than you think they do. Each year approximately 450,000 of us are taken to hospitals unconscious and without identification.
9. Road ID looks good on and makes a statement about your athletic lifestyle – not to mention that studies would probably prove that people that wear Road ID are considerably smarter than those that don't.
10. Road ID can save your Life. Period.

### How to make an emergency call on a locked iPhone

Visit <https://www.imore.com/how-make-emergency-call-locked-iphone> to see all the pretty screenshots and details on how to make an emergency call on a locked phone.

Article taken from Hammer Nutrition at [www.hammernutrition.com](http://www.hammernutrition.com)



## The Vital Importance of Proper Hydration

BY STEVE BORN

Of all the components of fueling—calorie intake, electrolyte replenishment, and fluid consumption—improper hydration has the most serious consequences attached to it. If you don't drink enough water, you'll suffer from painful and performance-ruining dehydration. Drink too much, however, and you'll not only end up with impaired athletic performance, you may even be flirting with potentially life-threatening water intoxication.

Dr. Tim Noakes, one of the most respected researchers on hydration, studied the effects of thousands of endurance athletes and noted that the front-runners typically tend to dehydrate, while over-hydration occurs most often among middle to back-of-the-pack athletes. Both conditions lead to hyponatremia (low blood sodium), but through different processes.

Excess water consumption causes what is known as “dilutional hyponatremia,” or an overly diluted level of sodium and electrolytes in the blood. This is bad, just as under-hydrating is, because of the increased potential for muscular cramping, but has the added disadvantages of stomach discomfort, bloating, and extra urine output. And, as mentioned earlier, in some unfortunate circumstances, excess hydration can lead to severe physiological problems, including death.

### How much fluid should you drink before a workout or race?

These are the two recommendations that we believe will satisfy hydration needs without putting you at risk for over-hydration:

- One liter of fluid (about 34 ounces) in the two hours prior to the start (about 17 ounces/500 milliliters per hour), ceasing consumption about 20-30 minutes before you begin the workout or race.

### How much fluid should you drink during a workout or race?

Another expert on hydration, Dr. Ian Rogers, suggests that between 500-750 milliliters/hour (about 17-25 fluid ounces/hour) will fulfill most athletes' hydration requirements under most conditions: “The American College of Sports Medicine in its position statement, currently recommends a fluid intake during exercise of 600-1200 mls/hr. The fluid intake of most of the reported cases of exercise associated hyponatremia has been at the middle or upper end of this range challenging this as an appropriate fluid intake. A more realistic intake is likely to be 500-750mls/hr.”

20-25 oz./hr. (approx. 590-740 ml/hr.) is an appropriate fluid intake for **most athletes under most conditions**. For **lighter-weight athletes or those exercising in cooler temperatures**, 16-18 oz./hr. (approx. 473-532 ml) may be perfect. **Heavier athletes** or athletes competing in **hotter conditions** may consider intakes upwards of 28 oz./hr. (approx. 830 ml/hr.).

Keep in mind that even though these are our recommendations, you need to determine what works best for your system and the particular logistics of the race or training session ahead.

### Fluid intake suggestions apart from the workout or race

Multiplying your body weight in pounds by 0.5-0.6 will give you the figure, in fluid ounces, which you should aim for daily.

Caveat: If you have not been following this recommendation consistently, you'll want to start increasing your daily water consumption gradually until you reach your target amount. If you increase your fluid intake too quickly it will overwhelm your body with too much fluid too soon, which may increase the potential for hyponatremia.

### Summary

According to Dr. Bill Misner, “The human body has so many survival safeguards by which it regulates living one more minute, that when we try too hard to fulfill all its needs we interfere, doing more harm than good. To suggest that fluid replenishment can happen at the same rate it is spent during exercise is simply not true. The goal of fueling during endurance exercise is to postpone fatigue, not to replace all the fuel, fluids, and electrolytes lost during the event. It can't be done, though many of us have tried.”

## BikeAAA



BikeAAA advocacy is making a difference for safety, bike events and more safe places to ride. Here are some recent highlights: Go to the bikeaaa website for more details.

### Bike to Work Day, May 19, 2017

Hundreds of cyclists rode to work throughout the county. In Annapolis, County Executive Schuh reaffirmed his commitment to safe bike routes with \$36M in the 6 year capital plan for bike trails. Anne Arundel Medical Center became the first League of American Bicyclists Bike-friendly Business in the county and the first health system in Maryland to receive the designation! Betsey Snow accepted the award for AAMC.



### Lifeline 100 Wins "Maryland My Maryland" Special Event of the Year from MRPA



The Anne Arundel County Lifeline 100 Community Bicycle Event received this award at the Maryland Recreation & Parks Association annual conference. Lifeline 100 is hosted by Anne Arundel Recreation & Parks, Anne Arundel Police and BikeAAA. Last year's event drew 670 cyclists and raised \$21,000 for county non-profits. Earlybird registration is now open! Sign up to ride, sponsor or volunteer now at [www.lifeline100.com](http://www.lifeline100.com). The 2017 Lifeline 100 will be Oct 1.

The Annapolis Bicycle Club is proud to once again support Lifeline 100 (100/65/30 mile routes) by coordinating and staffing all rest stops with ABC member volunteers. If you would like to be involved in this fun and worthwhile charity event by volunteering with your fellow ABC members, please contact Susan Robinson at [abc\\_vp@annapolisbicycleclub.org](mailto:abc_vp@annapolisbicycleclub.org) or 202-580-5448.



### Bike to School Day, May 10, 2017

More than 1,000 children rode to 14 schools in the county on May 10 Bike to School Day!

New Bike Lane markings and signs have been added throughout the county and city!

### Bike Lane Markings



### New bike racks!



New bike racks at Market House purchased by BikeAAA and installed by the City of Annapolis are unveiled at Bike to Work Day



### WB&A Trail Extension

WB&A Trail Extension Now Open! The Patuxent River Bridge design is underway!

Brian Boru,  
5/18/2017



Submit your own pictures and stories  
to the Tailwind Editors:

Sandi Delcore,

David Bleil

[editor@annapolisbicyclectub.org](mailto:editor@annapolisbicyclectub.org)

P.O. Box 224  
Annapolis, MD  
21404

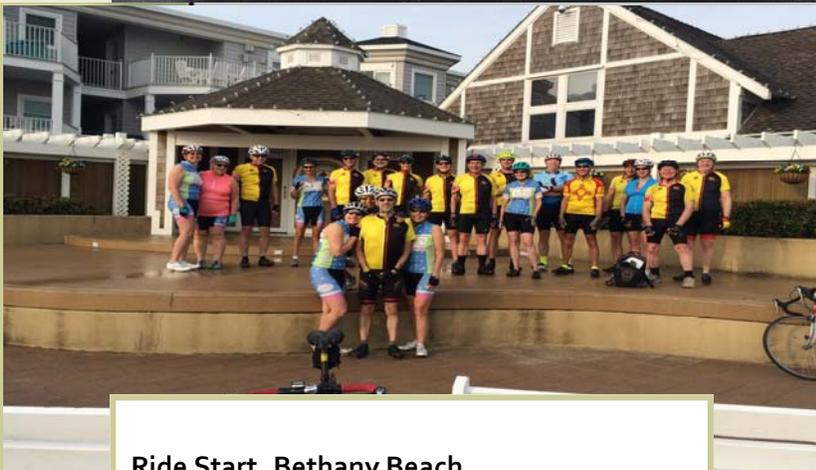
Questions? Email  
[abc\\_pres@annapolisbicyclectub.org](mailto:abc_pres@annapolisbicyclectub.org)



Pirate's Cove, 06/15/2017



PRE-Ride



Girls ready to PARTY!! (Nice hair!, Sandi!)

Ride Start, Bethany Beach



FINISHED!



Ocean to Bay, 4/29/2017, Bethany Beach,



Six Pillars, Cambridge, MD, 5/6/2017, and Post-Ride Bowling and Beer



Mont Ventoux



On a recent cycling trip to Provence, France ABCer's (L to R): Ken Keeler, John Gallagher, Kenny Weddle, Mark Annis, Tina Frye & Gary Annis reached the Summit of Mont Ventoux, (1909 meters = 6236 feet) !

Way to represent ABC!

Reaching to top of Mont Ventoux!



And when they weren't cycling up MOUNTAINS, they had fun with YOGA!



You never know what you may find on the side of the road. Be sure to take time to smell the roses! (and look for wild-life)!



BWI beginner ride 6/4/2017

Patuxent River Rural Legacy Ride 6/10/2017



Bay to Bay, 6/25/2017



Submit your own pictures and stories to the Trailwind Editors:

Sandi Delcore,  
David Bleil

[editor@annapolisbicycclub.org](mailto:editor@annapolisbicycclub.org)

Questions? Email  
[abc\\_pres@annapolisbicycclub.org](mailto:abc_pres@annapolisbicycclub.org)

P.O Box 224  
Annapolis, MD  
21404

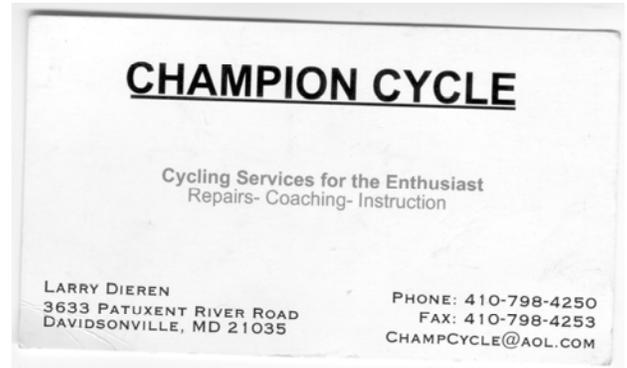
Submit items for this page to the  
Tailwind Editors:  
Sandi Delcore,  
David Bleil  
[editor@annapolisbicycleclub.org](mailto:editor@annapolisbicycleclub.org)

P.O Box 224  
Annapolis, MD  
21404

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



ABC members get 10% off purchases at Bike Doctor—Crofton. Go talk to Ernest about lights for your bike or a new MIPS helmet!



Schedule an appointment today with Larry Dieren. Larry is sure to give you a great deal and ensure your bike continues to perform through the 2017 biking season!

