

"George Washington rode here"

March 2006

Next Meeting Tuesday, 21 March



Ever dream of riding your bike in Kathmandu? Cycling through Nepal? Austria? the Netherlands? Egypt? India? Syria? Italy? China? Germany? Kyrgyzstan? Mike Church rode through these and many other countries all around the Mediterranean and Asia. If you



ever thought of just mounting your bike and taking off for distant lands, here's someone who did it. And he's got some great pictures and great stories to tell. Be sure to be there!

The meeting will be held in the Holy Grounds building of the Severna Park Community Center at 7:30 P.M. The address is at the intersection of Baltimore Annapolis Boulevard and Evergreen Road. See the club web site (www.annapolisbicycleclub.org) for a map of the meeting location.

22 South County roads declared Scenic

The County Council has approved protection of some 22 South County Roads as Scenic Roads – and the list reads like an itinerary of our Saturday morning rides! Included in the ordinance to protect the scenic character of the area are: Bell Branch, Governor's Bridge, Queen Anne's Bridge, Wayson, South River Clubhouse, Polling House, South Polling House, Ed Prout, Nutwell Sudley, Nutwell, and Sudley roads, and others may be added. The council took the action on February 6. For details, see the Annapolis Capital, 7 February and 13 February, 2006.

Rides to plan on

When the weather warms, Nancy Waddington will lead a regular ride on the B & A trail from the Park'n'Ride in Arnold at Rt 2 and Jones Station Rd to Marley Station Mall and return. Starting at 10 AM on Mondays, this will be an easy ride for those who haven't ridden lately. It will total a little under 15 miles. Contact Nancy at 410-353-2887 for details.

Sunday, 26 March – B&A Trail

A easy ride to wake up your legs and start the summer's riding season
Starts at the Park'n'Ride at Ritchie Highway and Jones Station Road at 2 PM

Sunday, 23 April – Truxton Park

Annapolis Ride for Shelter - 5, 15, 25, and 40 miles, \$35 registration fee
details at www.rideforshelter.com – wear your ABC jerseys!

Sunday, 21 May - Blackwater Refuge – Eastern Shore

There will be an ABC contingent on this Atlantic Cycling ride
Atlantic Cycling has a small charge for rides - call Nancy Waddington at 410-353-2887 for details

Tailwind

Annapolis Bicycle Club
P.O. Box 224
Annapolis, MD 21404

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

The Annapolis Bicycle Club is a not-for-profit membership organization dedicated to the interests of recreational cycling enthusiasts. Our interests are recreation, exercise, safety and camaraderie. We don't pollute or block traffic and we encourage cyclists to adhere to traffic laws.

The Annapolis Bicycle Club is affiliated only with the League of American Bicyclists.

Members and prospective members are encouraged to call any of our officers to answer any questions and obtain information about Club activities.

President – Nancy Waddington
pres@annapolisbicycleclub.org
410-353-2887

VP – Jim Claffey
vp@annapolisbicycleclub.org
410-956-5219

Treasurer – Joe Galvagna
members@annapolisbicycleclub.org
410-267-0569

Secretary – Susan Rensted
Secretary@annapolisbicycleclub.org
410-431-7268

Saturday Rides

Please *check* with a buddy to verify the ride in the winter months

March – May; September – December 9:00 AM

June – August – 8:00 AM

January & February – 10:00 AM

Davidsonville Rides – Multiple rides; speeds from 12 – 18+ mph.
30+ mile rides

Meet at the Davidsonville Park 'n' Ride, Routes 424 & 50 for rides to Deale, Galesville and around South Anne Arundel County.

Spring Rides

With spring nearing, we can be anxious to get on the bike. But remember, changeable spring weather may cancel a ride. So call and check with your buddies to be sure you'll have company. And take it easy the first ride or two – winter inactivity may have taken its toll on those leg muscles! And be sure to come out – due to the warm weather, many have been doing the Saturday rides all winter!

Annapolis Bicycle Club Activities

- **Tuesday and Thursday mornings** - Meet at Charlie's at 10 a.m., call for directions - 410-841-6269. *Call first to verify the ride.*
- **Membership meetings** with programs on bicycle topics in the Holy Grounds Building of The Community Center. The address is the intersection of Evergreen Road at Baltimore Annapolis Blvd in Severna Park. These meetings will begin again in March.
- **Special event rides** and other bicycle related social activities,
- **Group participation** in regional bicycling events.

Tailwind

Here's some worthwhile information from one of our favorite websites:

Three Essential Techniques for Roadies

By Fred Matheny for www.RoadBikeRider.com

Pro athletes develop simple techniques that become automatic. A three-point shooter's follow through or a golfer's silky stroke are techniques they've honed until they no longer think about them.

Pro cyclists, too, develop characteristics that separate how they look on a bike from the rest of us. It's not simply a matter of appearance. Unlike golf, when you're riding, you can get scuffed up out there. Looking like a pro means safety as well as style.

Want the look? Master these three techniques and you'll be on your way.

1. Relax. Great athletes in any sport let it flow, making impossible moves and extreme effort look easy. Here's how to be loose as a goose on the bike:

- **Face Off.** If your facial muscles are tight, your whole body follows. Consciously relax your face and neck. Loosen your jaw muscles. Don't clench your teeth in grim-faced determination.
- **No Turtles.** Tense riders hunch their shoulders until their ears disappear. Drop your shoulders and relax the muscles that run from the top of the shoulder to your neck. Don't look like a turtle hiding from danger.
- **Get a (Light) Grip.** Bend your elbows slightly and relax your forearms and hands. If you hit a bump or get bumped, loose arms absorb the blow without affecting the front wheel. You keep your line and stay in control.

2. Pedal Smoothly. It's easy to spot the smooth pedal stroke of a pro compared to a novice's lumpy plodding. Here's how to get supple stroke:

- **Practice Slowly.** A rapid cadence of 90 to 110 revolutions per minute is efficient and stylish. But it's hard for your brain to keep up with your feet going that fast. Practice at a slower rpm of 60 to 70 so you can concentrate on your stroke all the way around.
- **Remember Mud.** Three-time Tour de France winner Greg LeMond first gave us this tip in 1985, and it's just as helpful today: When you pull your foot through the bottom of the stroke, imagine you're scraping mud off your shoe. This will help you pull your foot through smoothly with added power. Try it and see how well it works.
- **Knee the Bar.** As your foot comes up and over the top, pull your knee forward like you want it to touch the handlebar. This adds power to the weakest part of the stroke.

3. Recover Fast. Pro riders can do a three-week race and go just as hard on Day 20 as in the prologue time trial. Here's how to recover like a stage racer:

- **Pump Fluids.** The loss of as little as one percent of body weight as sweat can compromise your performance. So drink at least one bottle of sports drink each hour you're on the bike. After the ride, drink more until your weight is back to normal. If you aren't getting up twice each night to urinate, you aren't sufficiently hydrated.
- **Replenish Glycogen Supplies.** A 150-pound cyclist needs 80 to 100 grams of carbohydrate in the two hours immediately after riding. An energy bar contains about 40 grams of carb, a bagel and banana about 60.
- **Rest.** Pros sleep nine or ten hours a night and often take an afternoon nap after training. We can't do that because we have real jobs and the boss would frown. But because sufficient rest is crucial to recovery, try to fit in at least eight restful hours of sleep each night and catch a 15-minute "power nap" in the afternoon.

Receive a FREE copy of the eBook "29 Pro Cycling Secrets for Roadies" by subscribing to the RoadBikeRider Newsletter at www.RoadBikeRider.com. No cost or obligation!

Tailwind

Membership Application and Renewal Form

In consideration of accepting application for membership and being permitted to participate in any way in the activities of the Annapolis Bicycle Club, ("ABC"), I/WE, for myself/ourselves, my/our personal representatives, assigns, heirs and next of kin:

1. ACKNOWLEDGE, agree and represent that I/we understand the nature of Bicycling Activities and that I/we am/are qualified, in good health, and in proper physical condition to participate in such activities. I/we further acknowledge that certain of the activities will be conducted over public roads and facilities open to the public during the activities and upon which the hazards of traveling are to be expected. I/we further agree and warrant that if at any time I/we believe conditions to be unsafe, I/we will immediately discontinue further participation in the activity.

2. FULLY UNDERSTAND that (a) bicycling activities involve risks and dangers of serious bodily injury, including permanent disability, paralysis and death ("RISKS"); (b) these Risks and dangers may be caused by my/our own actions, or inactions, the actions or inactions of others participating in the activity, the condition in which the activity takes place, or the negligence of the "RELEASEES" named below, (c) there may be other risks and social and economic losses either not known to me/us or not readily foreseeable at this time; and I/we fully accept and assume all such

risks and all responsibility for losses, costs and damages I/we incur as a result on my participation in the activities of ABC.

3. HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE ABC, their administrators, directors, agents, officers, volunteers, and employees, other participants, and sponsors, advertisers, and, if applicable, owners and lessors of premises on which activities take place, (each considered one of the RELEASEES herein) from all liability, claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the negligence of the RELEASEES or otherwise, including negligent rescue operations; and I/we further agree that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I/we, or anyone on my/our behalf, makes a claim against any of the RELEASEES, I/we will indemnify, save, and hold harmless each of the RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim. I/we have read this agreement, fully understand its terms, understand that I/we have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect

TYPE OF MEMBERSHIP (Check one and circle fee)

FAMILY = Annual Fee: \$18 email newsletter, \$28 US mail newsletter
SINGLE – Annual Fee: \$10 email newsletter, \$20 US mail newsletter

NAMES AND SIGNATURES OF APPLICANTS OVER AGE 18:

Name _____	Signature _____	Date _____
Name _____	Signature _____	Date _____
Address _____	City, State _____	ZIP _____
email Address _____	Phone _____	

Annapolis Bicycle Club
P. O. Box 224
Annapolis, MD 21404