

“George Washington rode here”

April 2006

## **Meeting 18 April 2006 – Gear and Garments**

Spring is here, so summer riding season can't be far behind. And there are a lot of new things out there to make your riding easier, faster, more fashionable, and more pleasant. The big story is the new gearing systems – *you no longer need three rings to get a good range of gears!* We'll have a representative from the Arnold Bike Doctor at this meeting, with bikes, helmets, shoes, and clothing, so you can see what's available, and what's right for you. We hope to have a Cannondale company representative there, so you'll be able to get the word from a company expert.

## **Saturday Rides are picking up**

Yes, we know, some hardy souls have been out there all winter. But with the weather warming up, the trees leafing out, and the flowers in bloom, more people are showing up for the Saturday rides. On April 1<sup>st</sup> several ABC riders braved the threat of a little rain for a little pleasant outdoor exercise and companionship. (Not an April Fool's joke – see the picture.)



## **If you're thirsty while in Deale...**

There's a new shop in Deale that seems quite interested in having us stop in. The name is 'Fabulous Brew'. They have 100% fruit smoothies, various coffees, mineral and vitamin waters, and frozen beverages. There's a large selection of flavors and types, and antiques to look at as you drink it. The sandwich selection is somewhat limited, but you might want to check it out the next time you're in Deale. The address is 655 Deale Road – that's in the small cluster of four stores on the left as you go towards the bridge from the direction of the Subway.



## **Capital Bicycle relocates**

Capital Bicycle has moved down the street to 436 Chinguapin Round Road. That's about two blocks farther from West street, on the same side of Chinguapin Round Road. They're open for business now with three to four times the space and stock. They've scheduled a Grand Opening Party Saturday, April 22<sup>nd</sup>, with Bar-B-Que, bands, and goodies for all. Bring in your old tires for recycling and get a water bottle for them. They now have convenient parking available, just look for the sign in the picture. While you're there, check out Quest Sports Science Center in the same complex. They use the latest equipment to help us to improve our performance and reduce injuries.

## **Annapolis Ride for Shelter – Sunday, 23 April**

Annapolis Ride for Shelter – 5, 15, 25, or 40 miles. There's a registration fee, but it's for a good cause, and if you wear your ABC jersey it's good publicity for us, too! Go to [www.rideforshelter.com](http://www.rideforshelter.com) for details on this ride, which benefits the Light House Shelter.

## **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 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](mailto:pres@annapolisbicycleclub.org)  
410-798-4193

**VP** – Jim Claffey  
[vp@annapolisbicycleclub.org](mailto:vp@annapolisbicycleclub.org)  
410-956-5219

**Treasurer** – Joe Galvagna  
[members@annapolisbicycleclub.org](mailto:members@annapolisbicycleclub.org)  
410-267-0569

**Secretary** – Susan Rensted  
[Secretary@annapolisbicycleclub.org](mailto: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 14 – 20+ mph.  
35+ mile rides

Meet at the Davidsonville Park 'n Ride, Routes 424 & 50 for rides to Deal, 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 morning** - 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

We're planning on some Sunday rides this year, mostly easy rides for new riders or old riders that haven't been riding lately. Meantime, here are some ideas from one of our favorite web sites.

## How to Find Time for Cycling

By Fred Matheny for [www.RoadBikeRider.com](http://www.RoadBikeRider.com)

We shouldn't feel excessive admiration for pro racers who log 600-mile weeks. They have plenty of time to ride and recover—that's their job. The real heroes are people like you, who find time to ride while still having a life away from the bike. Full-time work, family commitments and cycling can be efficiently interwoven into your busy day. All it takes to schedule everything into 24 hours is maximum use of time-budgeting techniques.

Here's where to look for time slots that can accommodate your love for riding:

### Commuting

Riding your bike to work or school and back may be the best way to create time cycling time.

When you commute by bike, time normally spent sitting in a car is used productively as part of the training day. An eight-mile ride to work or school takes about 30 minutes each way. Even if you do no other riding, that's still an hour of cycling each weekday. The trip home can be lengthened as much as time, daylight and energy allow.

Another benefit is arriving at your job refreshed and alert. It may be tough to get up earlier for the ride in, but the physical and mental lift of exercise will carry you through that 10 a.m. letdown that your sedentary colleagues experience. Then you ride home, clearing cobwebs and blowing away job-related frustrations. You're refreshed and ready for evening responsibilities or family fun.

### Commuting Logistics

- ◆ Use a small backpack to carry clothes, lunch and papers. A waist strap helps eliminate swaying and bouncing as you ride.
- ◆ Keep a pair of shoes at work so you don't have their weight and sharp edges in the pack. Take the week's clothes to work on Monday morning and shuttle them home Friday afternoon, or whatever arrangement fits your situation.
- ◆ Clean up in the restroom with a lightly soaped washcloth. Meanwhile, get coworkers interested in commuting and lobby your boss to install a shower.
- ◆ Dress in your office if it has a door. If not, use the restroom or a storage room.
- ◆ Play on the way home. Scout out a longer route and ride for an hour or more as time and commitments allow. Do intervals, time trials, or hit the hills hard to get a great workout while you're homeward bound.

If commuting simply won't work for you, here are two popular options:

### Early Bird Special

Consider an early-morning workout. By the middle of March it's usually light enough to get in a ride before work. At dawn there are few cars on the road and the day is brightening every minute.

Getting up in the pre-dawn hour may be the ultimate test of whether you really want to ride. Roll out of bed the minute the alarm rings and don't think about anything. The longer you lie there moaning about how early it is, the harder it is to extricate yourself from the sheets.

Sleep loss is the biggest risk. Make up the deficit with an earlier bedtime because it's vital to get enough rest. Lack of sleep can lead to deep fatigue and poor performance in everything you do.

### Evening Rides

If your schedule prohibits riding most of the day, try from 9 to 10 or 10:30 p.m. For most people, the kids are in bed, the chores around the house complete, and you're probably wasting time watching TV.

To make this work, eat a moderate dinner at 6 or 7 p.m., allowing the food to digest by riding time. As an additional benefit this provides motivation not to overeat.

Riding in the dark used to be dangerous because lights were poor. You couldn't see road hazards clearly, and motorists couldn't see you. Modern lighting systems make night riding safer, but it's still smart to use lighted parks or suburban streets if they're available.

Receive a FREE copy of the eBook "29 Pro Cycling Secrets for Roadies" by subscribing to the RoadBikeRider Newsletter at [www.RoadBikeRider.com](http://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