

"George Washington rode here"

September 2006

Club Meeting Tuesday, September 19, 7:30 PM
Club members ride through Southeast Asia!



"A Slow Bike to China" is the title of Wayne and Kristina Carpenter's latest long-distance ride and you can join them for a slide presentation and talk at the next ABC meeting slated Tuesday, Sept. 19, at 7:30 PM, at Holy Grounds building of the Severna Park Community Center.

Starting at the city-state of Singapore, they spent eight months riding nearly 3,000 miles up Peninsular Malaysia, Thailand, Laos, Cambodia, Yunnan Province, China, then ventured into Tibet and ended at Kathmandu, Nepal.

The Carpenters, now in their early sixties, joined the Annapolis Bicycle Club 13 years ago and credit the organization with helping them learn how to ride bikes with the specific goal of learning long-distance touring by pedal power. "ABC got us off onto the right foot, or perhaps I should say right pedal," says Wayne.

Saturday rides switch to 9 AM on September 2nd!!

The sun is rising later, and it's getting a little less likely to break 100 degrees by noon. So, starting Saturday September 2nd the Saturday rides from Davidsonville Park and Ride switch to a 9 AM start. Now you sleepyheads have no more excuses!

Pedal Slower, Go Faster!!

Despite Lance's success with fast pedaling, recent research at Ithaca College indicates that the old wisdom of peddling at around 80 rpm may be best. The researchers had 12 good cyclists ride a 5 mile course at pedal cadences of 101, 92, and 83 rpms. The majority (9) of the 12 had their fastest times at the slowest cadence, and heart rates were also slower. They concluded that the faster cadences were more tiresome, and at lower speeds it was easier to keep pressure on the pedals around the entire stroke. A study from Toledo, Spain gave similar results.

So, unless you're Lance's twin brother, try keeping your cadence in the low 80s on the flat stretches – and consider getting a computer that can display your cadence if you don't already have one. Reported in the *International Journal of Sports Medicine*, Volume 26, 2006, and *Medicine and Science in Sports and Exercise*, May 2006.

September Sunday Rides

3 September Davidsonville to Galesville, 20 miles – call Jim at 410-956-5219

10 September *No Sunday ride*

17 September *No Sunday ride*

24 September B and A trail – call Jim at 410-956-5219 for details

Tailwind

The following is from the League of American Bicyclists. They've got lots of useful information on their web site at <http://www.bikeleague.org/index.php>. Just go their website, and click on '*Ride Resources*'. (If you've never changed one, try it at home first. Then print this and hide it in your saddlebag.)

Fix a Flat

1. **Remove wheel**
 - Front: undo brake then wheel quick release and remove
 - Rear: shift into smallest cog in rear, undo brake then hub quick release; remove
 - Rear: set bike upside down on handlebars and seat before opening hub quick release
2. **Deflate tire**
 - Remove remaining air by depressing valve
 - Schraeder is larger, spring loaded valve and must be depressed; car style valve
 - Presta is all-metal, air sprung narrow valve; unscrew then press
3. **Remove one side of tire from rim**
 - Using tire levers, unseat one side of tire; start away from valve stem
 - For tight rim/tire combinations, multiple tire levers are needed; do not use metal levers
 - Many mountain and hybrid bike tires will come off by hand; practice at home
4. **Remove tube**
 - Remove tube from tire; avoid valve damage by starting away from valve
 - Keep tube and tire in same relative position to each other to aid in finding puncture
 - Inspect tube for hole; mark for patching or use your spare tube for replacement
5. **Inspect inside of tire**
 - Feel inside of tire for cause of flat; use caution as cause may puncture your finger
 - Remove thorn, glass, staple, nail or whatever caused your flat
 - Inspect tire for damage caused by flat
6. **Install new or patched tube**
 - After repairing damaged tube or retrieving spare, inflate tube to give it round shape
 - Fold back tire to allow access to valve hole; insert valve first then tube into tire
 - For presta valve, screw valve closed and install valve nut loosely against rim
7. **Reseat tire bead**
 - Start reseating tire by hand at valve hole; work in both directions
 - Push valve partially back through rim to insure proper seating of tire bead
 - Visually inspect tire bead to insure proper tire seating on rim
8. **Inflate tire**
 - Inflate tire slowly, checking for bulges which might indicate improper bead seating on rim
 - Deflate if bulge occurs; carefully re-inspect and reseat bead on rim
 - Inflate to desired pressure
9. **Install on bike**
 - Front: install wheel; tighten hub quick release and attach brakes; make sure it is straight
 - Rear: install wheel by placing chain on top and bottom of small cog
 - Rear: push pulley closest to you forward; drop hub down into frame and tighten
10. **Ride away**
 - Check brake and hub quick releases; make sure that tire does not rub brakes or frame
 - Check rear dérailleur to make sure that shifting is still smooth
 - If anything is wrong, the wheel is probably crooked; make sure wheels are in straight.

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
[president](#) at
annapolisbicycleclub.org
410-798-4193

VP – Jim Claffey
[vicepresident](#) at
annapolisbicycleclub.org
410-956-5219

Secretary – Treasurer
Susan Rensted
[secretary](#) at
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.

Summer Rides

With summer weather, rides will usually go. But remember, changeable weather may cancel a ride. So call and check with your buddies to be sure you'll have company. Don't give up because of a small possibility of rain, but don't be foolish either – wet roads can be slippery and dangerous, especially after a long dry spell. And if the temperature and humidity is in the high 90's, it's especially important to check with a ride leader, and then be careful not to overexert. And, be sure to keep hydrated!

Annapolis Bicycle Club Activities

- Tuesday morning - Meet at Charlie's at 9 AM, 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 September.
- **Special event rides** and other bicycle related social activities
- **Group participation** in regional bicycling events

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 _____

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P. O. Box 224
Annapolis, MD 21404