

"George Washington rode here"

October 2006

Elections in November

Elections will be held Monday, 27 November at the usual Holy Grounds building in Severna Park. Watch your email and next month's newsletter for details. Here's your chance to *'throw the rascals out!'* Offices available are President, Vice President, Secretary, and Treasurer.

Christmas Party Location Needed!

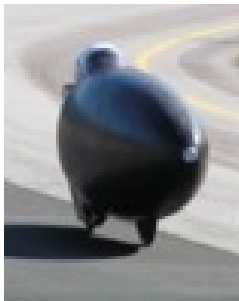
Each year the club Christmas Party is held a week or two before Christmas, usually at the home of a member. We're looking for a club member who can help out this year. The party usually draws 30 or so participants, who each bring a dish to eat and a present for the gift swap. Please contact Nancy Waddington, 343-353-2887, or Jim Claffey, 410-956-5219 if you can help out this year.



Dogs a problem? See page 2....



New Bicycle 24 Hour Record – 650 Miles!



Ever wondered whether a recumbent could go very fast? Well, one just set a world record. Greg Kolodziejzyk recently spent 24 hours on a California track in a recumbent with a bullet shaped fairing. The fairing was designed using fluid flow software and is capable of 60 mph on a smooth, flat straight. The bike is loaded with food, water, and waste bags. You can see more in the October issue of *Popular Science* magazine, and you'll find a detailed log of the effort at www.adventuresofgreg.com.



For the Ladies Only!

A training and skill building camp will be held Saturday, November 18th through Wednesday, November 22, 2006. Designed to give women riders the opportunity to become better riders in a friendly, supportive environment. Provision will be made for recreational riders, competitive athletes, or a triathlete looking to improve their cycling. The camp will be held in the New River Valley, with its beautiful vistas and long, challenging climbs. The program includes:

- Four night stay at the Inn at Hans Meadow, Christiansburg, Virginia
- 4 Coach lead rides through the New River Valley and surrounding area
- Breakfast cooked fresh daily, dinner on Tuesday night
- Women's cycling jersey and water bottle

...and much more. Go to www.triaventure.com for details.

CompuTrainer Open House October 14, 2006

Interested in those highly technical, computerized training systems the pros use? You can try one out on Saturday, 14 October at Quest Sports Science Center. They are also offering training courses during the winter months. Call 410-626-1566 for details.

Tailwind

How to Deal With Bad Dogs

By Fred Matheny and Ed Pavelka of www.RoadBikeRider.com



Dog attacks are high on the list of cycling fears. Maybe you can't stop Fang from giving chase, but you can outsmart him if you know how dogs think—assuming that stinkin' mutt even has a brain!

- **Know dog psychology.** The majority of dogs who chase cyclists are merely defending their territory. When you pedal off the section of road that they consider their turf, you no longer pose a threat to their ancestral instincts and they lose interest. Incidentally, this is why you'll rarely be chased by a dog you encounter way out in the boonies. He's not on his turf so he couldn't care less about you.
- **Know dog tactics.** Dogs want to attack from the rear, coming up from the hindquarter. Even one who sits up in his yard ahead of you may wait till you pass before giving chase. You can use this to your advantage in the next tip because it gives you a head start.
- **Sprint!** You often can outsprint Fido when he's more interested in fooling around than in actually attacking. You can tell his intent by how hard he's running and his expression. An easy gait with woofing and ears and tail up, no problem. A full-out sprint with ears back, tail down and teeth out, problem. Still, the territorial gene can save you. If the road is flat or downhill, stand up and sprint to get past the dog's invisible boundary.
- **Guard your front wheel.** When a dog sees you coming, he might make a beeline for your bike, then attempt to turn up beside you. The danger here is that his poor little paws will skid on the pavement and he'll plow into your wheels. If he hits the front one, you'll crash. Sprint so that you move forward faster than he expects, and give him a margin for error by steering farther into the road—if traffic permits!
- **SCREAM!** Most dogs know what happens when a human is angry with them. A sudden shout of "No!" or "Git!" or "Stay!" will surprise Fluffy and probably make him hesitate for just the second you need to take the advantage. If he's hard of hearing, raise your hand threateningly as if it contains a rock. Outlaw mutts usually have had experience with bad things flying at them when a human makes a throwing gesture.
- **Play douse the Doberman.** If you see big, fast Prince up ahead and know that he sees you, sprinting might not work. Especially if the road is tilting up. Take out your water bottle. Just having it in your hand may make him stay away. If he does come near you, give him a faceful and a loud yell. This distraction will slow him down, though he may come back for more. Just don't distract yourself and ride off the road.

Some riders swear by Halt pepper spray that they clip to their handlebar. This stuff works great—if you hit your target. That's a big if when you and Spot are going different speeds, the air is moving, and you're trying to stay on the road. Pepper spray stings a dog's eyes, nose and mouth, but it doesn't cause lasting damage. It also works on human attackers, but that's a different story.

- **Give up and get off.** If nothing works and Toodles has the upper hand, dismount quickly and hold your bike between you and those sharp teeth. Swing it like a weapon if necessary, and start calling for help. Someone may eventually come out of a house and yell, "Oh, he won't hurt you!"
- **Call the cops.** If you are attacked and bitten, report it to the county sheriff or other authority immediately. Include the location, a description of the dog and the owner's name and address if you know them. Get medical attention without delay. If the dog was rabid, you are at risk of serious illness or even death. Demand proof of rabies vaccination or insist to authorities that the dog be quarantined.

If the same dog accosts you every time you ride the road, report this to the authorities, too. You have a right to use public roadways free from fear for your life, liberty and pursuit of cycling happiness. Keep following up with calls to make sure steps are taken to put PupPup on a rope.

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

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](mailto:president@annapolisbicycleclub.org) at
annapolisbicycleclub.org
410-798-4193

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

Secretary – Treasurer
vacant
[secretary](mailto:secretary@annapolisbicycleclub.org) 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 Deale, Galesville and around South Anne Arundel County.

Fall Rides

With autumn 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. Remember, there are lots of well sagged rides available this time of the year – go try a Century!

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 Severna Park Community Center. The address is the intersection of Evergreen Road at Baltimore Annapolis Blvd in Severna Park. These meetings occur periodically, and will be announced on the website, in the newsletter, and via email.
- **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