

# Tailwind



"George Washington rode here"

February 2007

## Looking for ABC Team Members for a Captain John Smith Adventure Save \$20 on the 20<sup>th</sup> Anniversary Bike Virginia!



This year's Bike Virginia runs from Friday, 22 June to Wednesday, 27 June. It follows the trail of Captain John Smith through historical, recreational, and cultural sites along the James and York Rivers. Friday evening in Hopewell will be devoted to check-in and a social on the grounds of historic Weston Manor. Saturday, we'll tour several Civil War sites in the area. After spending two nights in Hopewell, we'll ride along the southern banks of the James River to Williamsburg. Three days in Williamsburg will allow us to tour areas well known to early English Settlers and American Patriots.

Individual adult registration is \$230. ABC expects to field at least one team of 8, saving each rider \$20. Contact Jim Claffey (410-956-5219) or Nancy Waddington (410-353-2887) to sign up for an ABC team.

For information on Bike Virginia, visit [www.bikevirginia.org](http://www.bikevirginia.org)

## New Annapolis Bicycle Club Logo!

Check out our new logo (above right). We all thank Barbara Dodge for the great artwork. You'll be seeing this in a lot of places this summer.

## ABC Riders conquer New Zealand

Long-time ABC members Wayne and Kristina Carpenter have just checked in from New Zealand, where they're touring with their grandson William. Apparently bored by Annapolis and California after their tour of the Orient (see *Tailwind*, September 2006), they decided to take on New Zealand this time. As you can see from the sign Kristina's pointing to, 'New Zealand is nothing but hills, steep hills.' But they're having fun, and say that other than the hills, it reminds them of Southern California, with some of the Oregon coast thrown in.



## Proposed Ride Ratings

One of the things that has annoyed most of us from time to time is showing up for a ride, and finding that either you're bored to death because the others are too slow, or that after killing yourself trying to keep someone in sight, you get dropped anyway. So, this summer we'll try to rate the rides:

Casual, 5 to 15 miles, Average Speed 8 to 10 miles per hour

Short, 30 miles or less, Average Speed 10 to 13 mph

Easy, 30 to 40 miles, Average Speed 13 to 15 mph

Fast, 30 to 50 miles, Average Speed 15 to 17 mph

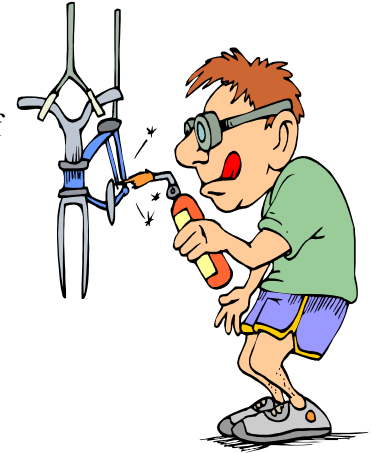
We will attempt to have cue sheets and or maps for all rides, so if you do get dropped or want to go faster, you'll be able to do that.

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## Time to take your bike to the shop!

Its finally getting cold! So, it's time to get that tune-up you've been planning. If you take your bike to your mechanic when the weather is cold, you won't miss it because you probably wouldn't be riding anyway. Your mechanic will have time to do the job right, and if he has to wait for delivery of a needed part, that's no problem. And that first fine spring day, you'll have a nice, clean and safe machine ready to ride. Isn't that better than taking it down to the shop this spring and hearing 'well, we've got 14 bikes ahead of you – we can probably have it for you in a couple of weeks'?

And while you're at it, ask the mechanic to check any carbon fiber components. They seldom give any warnings that they're ready to fail – they just break. Completely. And, given Mr. Murphy's Law, they'll probably do it on the downhill side of either Wayson's or St. George Barbour hill.



## Cannondale Recall

If you bought a Cannondale that cost more than \$3,200 between July and November, 2006, contact your Cannondale dealer. They've initiated a recall due to a brake problem with the "C1" type front brake.

## Can't get enough ride time in bad weather?

If not, you might want to check with Quest Sports Science Center. They've got some CompuTrainer Pro setups they're willing to sell. They come complete with hardware, electronics, 3D software and coaching Software. The original price of these outfits was \$1600 and they're offering them for \$1295. If you're interested, you can contact Quest at 410-626-1566.

## *And if it snows...*



We know, it looks crazy – but they claim it works! All you need is a mountain bike, some snow, and a kit from KtraK. Installation takes about the same time as swapping out a rear wheel. The ski replacing the front wheel is optional, but recommended. As long as the snow isn't too deep to interfere with your pedal stroke, you're set to go. Adult rear wheel kits are expected to be around \$400, kids \$200. Adult front ski, \$140 and kids about \$90. See [www.ktrakcycle.com](http://www.ktrakcycle.com) for details (you'll need Flashplayer on your browser).

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**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  
410-353-2887

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

**Secretary – Treasurer**  
Vivian Foley  
[secretary](#) at  
annapolisbicycleclub.org

**Newsletter/Webmaster**  
Leon Frank

## 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.

## Winter Rides

With winter weather, rides may go, and may not. So remember, changeable weather may cancel a ride. Call and check with your buddies to be sure you'll have company. Don't give up because of a small possibility of cold, but don't be foolish either – wet or snowy roads can be slippery and dangerous. And frostbite is no fun! Be careful, and be sure to keep hydrated!

## Annapolis Bicycle Club Activities

- Tuesday morning - Meet at Charlie's at 10 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
- **Special event rides** and other bicycle related social activities
- **Group participation** in regional bicycling events

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## 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