

Tailwind



“George Washington rode here”

August 2007

Sunday, 26 August 2007, The Ride of the Month – Easton, Oxford, St. Michaels



Just under 30 miles of flat, easy riding through beautiful historic areas of the Eastern Shore. We'll take the Oxford-Bellevue ferry across the Tred Avon River, then stop for lunch in St. Michaels (founded in 1677), and site of the Chesapeake Bay Maritime Museum. The ride will leave from the Starbucks in the Annapolis Harbor Center at 8 AM Sunday morning.

A great ride for new riders! There will be maps and cue sheets for those that want to ride at their own speed. Bring a few dollars for lunch, the Bay Bridge fee, and the ferry boat ride. Call Jim Claffey at (410)956-5219 for details.

New ABC jerseys are here!

The new club jerseys have been delivered. You'll be seeing them on the roads and trails for the rest of the summer. A few are still available at Capital Bicycles and at Bike Doctor of Annapolis, or contact Jim Claffey at 410 956-5219...if we get enough requests, we can order more.

Truck Runs Over Cyclists Head...Cyclist Survives!



Ryan Lipscomb was riding on a bike path near the University of Wisconsin-Madison last May 11th. A delivery truck turned into his path at an intersection and he jammed on his brakes, falling near the truck, which ran over his head. His helmet is ruined, but aside from a stiff neck and a headache, he's OK. Ryan says he'll ride again but only after he buys a new helmet. The moral is clear: **Wear your helmet – it can save your life!**

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Seagull Century

century, *sen'-tu-ri*, a collection of 100 objects, as in a 100 mile bicycle ride.

One of the most celebrated accomplishments for a recreational cyclist, and one that's surprisingly easy to accomplish if properly organized, is to ride 100 miles in one day. And the Seagull Century is one of the best. Featured in *Bicycling* magazine as one of the tops in the nation, it's also one of the easiest, as it is held on the Eastern shore through beautiful, *flat* countryside. You'll have excellent cue sheets, good road markings, police ensuring safe passage, good food, plenty of equipment support, and lots of willing assistance from Salisbury University Bicycle Club members. It's an ABC favorite!



There's only one problem – you need to sign up soon! There is a limit on riders, and motels and other accommodations usually sell out that weekend. Go to www.seagullcentury.org to sign up, and let's see lots of ABC jerseys out there this year!

How to Hydrate for Better Performance

By Fred Matheny for www.RoadBikeRider.com

If it's the summer cycling season, it's probably hot where you live. Cyclists and other outdoor athletes are the first to notice rising temperatures. And the hotter it is, the faster you lose fluids when you ride.

Fluids are crucial to your performance and sense of well-being. We're really just big bags of fluid—our blood contains about 50 percent water. Because water helps keep us cool, a loss of only one percent of our bodyweight as sweat means a significant loss of speed and endurance.

I know you've heard it before—drink, drink, drink! But it's amazing how few cyclists heed this advice. They forget to drink because of the excitement of the ride, then they wilt before the end.

But proper hydration is easy. Here's how:

- **Ride Early or Late.** You'll need to replace fewer fluids if you ride when it's cooler. One approach: commute by bike so you ride early in the morning and again in the evening when temperatures have moderated. Ralph Phillips, owner of Fairwheel Bikes in Tucson, beats summer temperatures above 100 degrees with dawn rides.
- **Practice Drinking On the Bike.** If you aren't comfortable taking one hand off the bar to pull the bottle from the cage, practice while riding in an empty parking lot or lightly traveled road with a wide shoulder. Hold the bar with your other hand near the stem to limit swerving as you reach down.
- **Pre-hydrate.** Make sure you're well hydrated before the ride. Most people are chronically dehydrated because they simply don't drink enough water. Keep a bottle on your desk and sip frequently all day. For an energy as well as fluid bonus, down 16 ounces of a sports drink about an hour before the ride.
- **Drink During the Ride.** Because your body's sensation of thirst lags behind its need for liquid, always sip from your bottle before you get thirsty. When you feel thirsty, it's already too late. Make it a habit to reach for your bottle every 15 minutes and slug down a couple of big swallows.

Most riders need one big bottle (about 28 ounces) per hour but it's highly variable depending on temperature, intensity of the ride, and other factors such as body size. Experience will help you judge your fluid needs.

- **Hydrate After the Ride.** No matter how much fluid you drink while riding, in hot weather you'll finish the ride depleted. Your stomach doesn't empty fast enough to keep up with the demand.

Weigh yourself before and after the ride. Compare the figures. If you've lost weight, drink 20 ounces of fluid for each pound of bodyweight you're down. Keep drinking until your weight has returned to normal and your urine is pale and plentiful.

- **Restore Sodium Levels.** Those white stains on your clothing and helmet straps after a hot ride come from the salt that you sweat out. It needs to be replaced. Low sodium levels are associated with increased incidence of cramps. Heavy sodium losses lead to hyponatremia, a potentially life-threatening condition.

Your sports drink should contain at least 100 mg of sodium per 8 ounces (check the label). It may also help to salt your food when you're riding frequently in hot weather.

Reprinted from www.RoadBikeRider.com

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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 13 – 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.

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 over exert. 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.*
- **Occasional Membership meetings** with programs on bicycle topics. To be announced in the newsletter and on the web site.
- **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