

Tailwind



“ George Washington rode here”

February 2008

Think you're fast? How about 130.7 mph?

Markus Stoeckl was looking for some speed, so he took his mountain bike to the Chilean Alps. The 33 year old Austrian broke the old record for mountain bikes. He had to hold his breath on the snowy 45 degree slope, as otherwise his helmet might have fogged up...and it seems he wanted to see where he was going!



And we weren't going out because it might snow....



Two Big Events this Summer!

See page two for details

Race Across America & Bike Virginia



Annapolis wants Bicyclists

Mayor Moyer wants to reduce dependence on automobiles in the city, and has formed a committee to look into ways of improving bicycle access around town. We've been asked to help out, and Jim Claffey has attended the first meeting on January 3rd. Thanks to responses from an appeal to our members, he had plenty to discuss.

The good news is that the committee is going to be making recommendations for the new area Comprehensive Plan, and that all the committee members seem to be both well connected with the City government, are strong bike riders, and really want to get something done. The bad news is that narrow streets, car parking problems, and the fact that many roads we think of as city streets are actually under County or State control will make change difficult. (Bestgate Road and Forrest Drive are County roads, parts of West Street, Spa, Taylor Avenue and King George are State roads.)

Still, intent is there, and there are possibilities – use of the Lowe's service road as an alternative to West street, and bike lanes on Admiral Drive.

What you can do: If you've a store you'd like to ride to but don't because there's no safe place to lock your bike, bug the store owner and email jclaffey@erols.com. We can get bike racks installed by Capital Bicycles without charge to the store. And email jclaffey@erols.com about problem areas you see!

Break any bones lately?

Most of us think we're in pretty good shape – after all, we ride regularly. But recent studies at the University of Missouri show that men (and ladies too, one presumes) that engage in low impact exercise often have a condition that results in two times the risk of bone fracture. The condition is a clinically significant low bone density known as osteopenia. After measuring the bone density of 43 competitive male cyclists, they found that the cyclists were seven times more likely to have osteopenia of the spine than runners. And swimming doesn't help – weight bearing exercise is needed. So, jump rope, run, or at least jog across that big mall parking lot!

Cyclists are seven times more likely to have low bone density

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Bike Virginia 2008: June 20 – 25, 2008



Of all the many multi-day bike tours, Bike Virginia is one of the best organized and best supported – and it's within an easy day's drive from Annapolis. So it's no surprise that it's one that always sees some Annapolis Bicycle Club riders.

This year's ride will be in southern Virginia, starting and ending in Bristol, on the Tennessee state line. There'll be lots of historic sights, great scenery, and remember, this is the Birthplace of Country Music – so you'll have lots to listen to, as well! Some members have already expressed an interest. If we can get 8 adults together, we'll each get \$20 off the registration fee – but all the team's applications have to arrive in the same envelope, so contact Jim Claffey at jclaffey@erols.com if you're interested. Ride details at www.bikevirginia.org

Race Across America, in Annapolis: June 8 – June 17

Finishing in *Annapolis* between Tuesday, June 17th and Friday, June 20th this is the longest running ultra-distance competition in the world. They'll start Sunday, June 8th for solo riders, and Wednesday, June 11th for teams from *Oceanside California*. **Ken Stuart**, hometown Annapolis, is a



...over 3,000 miles total distance.

member of Team Ride4Melanoma. The course will be a bit over 3000 miles total distance. The total climbing distance will be over 100,000 feet, cross 15 state lines, and cross the five major U.S. Rivers (Mississippi, Missouri, Rio Grande, Arkansas, and the Ohio). The ABC has been asked to help out at the finishing ceremonies and escorting the racers into town for the last 5 miles or so. So keep those dates clear, and contact jclaffey@erols.com if you'd like to be a part of a world-class event!

Information is available at www.raceacrossamerica.org and we'll keep you informed via emails and the *Tailwind*. And get your ABC jerseys ready – they'll look nice in the *Capital*!

Specialized Helmet Recall



Specialized Bicycles recalled their model “2D” helmets on December 18th, 2007. These helmets cost about \$200 and were sold between July 2007 and October 2007. The helmets were sold for both men and women, and may be matte black, white, silver, blue, pink, or team colors.

The helmets failed CPSC safety testing, and can “pose a head injury hazard to riders in a fall”. You should stop using the helmet immediately and return it to an authorized Specialized retailer to receive a free replacement or a full refund. Details at:

<http://www.cpsc.gov/cpsc/pub/prerel/prhtml08/08138.html>

Club Insurance

Did you know the club carries insurance? If you're injured while *on a club ride, and if you're a club member*, this insurance kicks in if your own insurance runs out. Let's hope you never need it, but it's there if you do. And remember, having been a member once, or having only thought your dues had been paid, doesn't count. You must be a *paid-up club member on a club ride* at the time of the accident.

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

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

Secretary – Treasurer
[secretary](mailto:jim@annapolisbicycleclub.org) at
annapolisbicycleclub.org

Newsletter/Webmaster
Jim Claffey
[vicepresident](mailto:jim@annapolisbicycleclub.org) at
annapolisbicycleclub.org
410-956-5219

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.

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.*
- **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

Membership Year runs from March 1 to February 28. New memberships begun between November 1st and February 28th terminate February and are half price.

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