

Are You
Bonking on
Long Rides?
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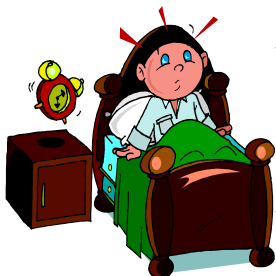
Tailwind



"George Washington rode here"

June 2008

Saturday Rides start at 8AM



Beginning Saturday, June 7th, Saturday rides will roll at 8 AM. Remember that we now are looking for slower riders to ride with us from the Park and Ride at Route 50 and Maryland 424 (Davidsonville Road). We usually try to make Galesville and back on country roads (about 30 miles) but we'll adjust to whatever the group prefers.

Try to get there a little early – enthusiastic riders get a little anxious if forced to wait for a late arrival! And if you can't make it by 8 AM, or Saturday is a bad day, or Saturday rides are too fast, check out Crabtowne-Skiers.org We've been invited to ride with them!

Maryland 450 (Defense Highway) Detour

Defense Highway will be closed between Rutland and Crownsville Roads on or about June 9th this summer. Bicycles will be detoured via Crownsville, Chesterfield, and St Stephen's Church roads. St Stephens Church and Chesterfield are nice rides, but are narrow, may be dark, and often are without shoulders – so stay alert! Automobile traffic will be detoured via MD 424 (Davidsonville Road) and US 50.

The detour is to allow replacement of the MD 450 bridge over the headwaters of the South River, and to raise MD 450 on the east side of the bridge to help eliminate the flooding that occasionally occurs there. Cyclists will be able to cross 450 at the St. Stephens Church/Rutland Road intersection.



This Month's Big Bicycle Event!



You're sure to be hearing and seeing a lot about this one. On June 7th riders begin mounting their bikes in Oceanside, California, and will be hitting the finish line 3,000 miles later in Annapolis. Finishers are expected to reach Annapolis between June 17th and June 20th. There are four divisions, solo and two, four, and eight person teams.

This is not a staged race – it starts in California, runs 30% farther than the Tour de France, and ends in Annapolis. With no stops or rest days the riders finish in half the time of the famous Tour. This is basically a 3,000 mile, 14 state time trial with 100,000 feet of climbing thrown in for good measure! Check out the web site at www.raceacrossamerica.org And try to be around the City Docks during that week to help greet the riders, or, volunteer to help!



Annapolis Bicycle Club Transcontinental Tour

Riding a bit slower than the RAAM contestants, but still headed this way, long-time ABC members Wayne and Kristina Carpenter are also on their bikes, having started 15 April from Laguna Woods, California. Wayne is seen at the left, with Amber supervising. When last heard of earlier this week, they were in Fort Hancock, Texas, right near the Mexican border. You can follow their adventures at <http://www.crazyguyonabike.com/doc/racinglizards>

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The following is reprinted from the newsletter of www.RoadBikeRider.com – check out this site!

How to Eat for Endurance

By Fred Matheny for www.RoadBikeRider.com

The key to riding long distances is food and drink.

Sure, training is important—but nutrition and hydration are even more vital. According to ultramarathon rider and coach John Hughes of Boulder, Colorado, “Nutrition, not necessarily training, is the limiting factor in endurance cycling.”

The reason? Even the best-trained riders pack only enough muscle fuel (glycogen) for a couple of hours of hard cycling. Fluid stores vanish even faster.

For everything from century rides to multi-day tours, remember these time-tested tips:

- **Enjoy the Last Supper.** Eat aggressively the night before a long ride so your muscles are crammed with glycogen the next morning. Emphasize carbohydrates such as pasta, vegetables, bread, whole grains, and fruit. Don't forget dessert!
- **Don't Skip Breakfast.** Cycling's smooth pedaling motion means you can eat just before a long ride without risking stomach upset. You'll need a full tank. Cycling consumes about 40 calories per mile, or 4,000 calories in a century ride.

Three hours before the start, eat about 60 grams of carbohydrate if you're an average-sized woman, 80 to 100 if you're a man. (Cereal, skim milk, a banana, and a bagel with jam equals about 90 grams of carb.) Many riders find that adding some protein and fat, like scrambled eggs or an omelet, keeps their stomach satisfied longer.

- **Prehydrate.** Fluids are as important as food. Drink at least eight big glasses of water the day before the ride. If you don't, your performance and comfort may plummet by mile 50. During the hour before the ride, sip 16 ounces of a sports drink.
- **Eat and Drink During the Ride.** Drink before you feel thirsty. Your sensation of thirst lags behind your need for liquid, so grab your bottle every 15 minutes and take a couple of big swallows (about four ounces). About every 30 minutes, eat 20 grams of carbohydrate—the equivalent of half an energy bar, several fig bars or half a banana. Some riders prefer smaller portions more frequently.

On unsupported rides, use a backpack-style hydration system and carry food in your pockets. Stop at convenience stores along the way, if necessary. Most organized rides have aid stations every 20 miles or so, but always carry food and fluid just in case.

- **Hydrate After the Ride.** No matter how much you drink on a long ride you'll finish dehydrated. Weigh yourself before and after, then compare the figures. Lost weight means you've failed to replace the fluid you've sweated out. Drink 20 ounces of water or sports drink for each lost pound of bodyweight.

How do you know you've caught up? Your urine will be pale and plentiful, and your weight will be back to normal. Rehydrating is especially vital during multiday rides. If you get a little behind each day, by the end of the week you'll be severely dehydrated, feeling lousy, and riding poorly.

- **Eat for Tomorrow.** Muscles replace glycogen better if you consume carbohydrate immediately after riding. So within 15 minutes of getting off the bike, eat or drink 60 grams of carbohydrate (if you're an average-sized woman) or 80 to 100 grams if you're an average male.

The re-fueling process becomes progressively less efficient as time passes. Eat or drink a high-carb snack while chewing the fat with your riding buddies.

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 – Jim Claffey
[president](#)
410-956-5219

VP
[vicepresident](#)

Secretary – Treasurer
[secretary](#) at

Newsletter/Webmaster
Jim Claffey
[vicepresident](#)
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.
30+ 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 9 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