

Tailwind



“ George Washington rode here ”

August 2008



Ride and Pool Party!

Join the Annapolis Bicycle Club on Sunday, August 10th for an easy ride, picnic, and swim. This year's party at Pinto Soin's will provide a great afternoon of good food, bike talk, and a splash in a beautiful pool.

If you'd like to ride first, show up at 11 AM for a road ride, or be there at 2 PM for the picnic. Either way, don't forget your swim suits! Plan on bringing a dish to share. The address is 2164 Mulberry Hill, near the Naval Station and David Taylor Research Center. A map and driving directions will be provided via email as the date approaches.

August Ride of the Month, Sunday, 31 August – Oxford/Easton/St Michael's



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. The ride will leave from the Starbucks in the Annapolis Harbor Center at 8 AM Sunday morning.

A great ride for new riders! This will be an easy, low speed ride – the ride leader intends to be the last one to finish. Faster riders will be given maps and cue sheets and wished '*Buon viaggio!*'. Bring a few dollars for lunch, the Bay Bridge fee, and the ferry boat ride. Call Jim Claffey at (410)956-5219 for details.

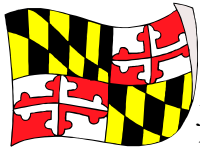
Rides This Month:

- Sunday MTB rides, 8 AM, Beginner, Capital Bicycles - Andrew Johnson, 410 626-2197
- Sunday MTB rides, 4 PM, Advanced, Capital Bicycles - Andrew Johnson, 410 626-2197
- Monday rides, 6 PM from Bike Doctor, Annapolis - 410 266-7383
- Wednesday rides, 5:30 PM, Bike Doctor, Arnold – 410 544-3532
- Thursday rides (No Drop), 5 PM, Capital Bicycles - Andrew Johnson, 410 626-2197
- Saturday Fun Rides (No Drop), 8 AM, Capital Bicycles - Andrew Johnson, 410 626-2197
- Saturday rides, 8 AM Annapolis Bike Club – Jim Claffey, 410 956-5219
- Saturday, August 2, 9 AM – 6 PM: Bike, Swim, Croquet & Horseshoes (**CT**) – Pat Kirby, 410 643-1542
- Saturday, August 2, [Shorefire Century](#) Middletown DE
- Saturday, August 9, [Cumberland Valley Century](#)
- Saturday, August 9, [12th Annual Eat A Peach Challenge Bike Ride](#)
- Saturday, August 16, [Knights For Sight Metric Century](#)
- Sunday, August 17, [Covered Bridge Metric](#)
- Saturday, August 20, [Bay Country Century](#)
- Sunday, August 31, Easton, Oxford, St Michael's Loop – Jim Claffey, 410 956-5219

CT indicates a Crabtowne Skiers ride. We've been invited to ride with Crabtowne so feel free to call them. Info is available at <http://www.crabtowne-skiers.org> For all rides, call the number for distances and speeds expected.

MTB indicates mountain bike

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Maryland Department of Transportation is asking for your help!

Want to tell MDOT where you need a better shoulder, connections between trails, or just a 'Share the road sign'? Go to the [survey](#) to tell them how you ride, and the problem [map](#) to show them where improvements are needed! If we don't ask, we won't get it!

Climbing Faster

Wednesday, July 30, 6-7 PM – A coach of champions will give info on climbing techniques at Capital Bicycles, 436 Chinquapin Round Road. Learn how to maximize your speed and endurance!

Can't Reset Your Bike Computer?

Need to reset the mileage calculator on your bike computer, reset the time, or replace the battery, but you've lost the directions? Those things can be impossible to accomplish without your 'cheat sheet', but those directions are *so* easy to lose.

Well, take heart and go to <http://michaelscycles.net/page.cfm?pageID=161>. They've got copies of directions for all sorts of bicycle computers, both old and new. Check it out, reset your computer, and say thanks to Bill Malicki who found this site and notified the *Tailwind*.



Free Water Bottles!

Like a free water bottle? Log on to www.cbf.org/cyclists and agree to use your bike and do what you can to save the bay, and they'll send you a free water bottle!

Bicycling Classes – Anne Arundel Community Community Classes

Basic road class teaches basic repairs, safety equipment, crash avoidance techniques, how to perform a safety check, traffic regulations and info on various road hazards. An advanced class is available for League of American Bicyclists Cycling Instructor certification. Check them out at <http://aacc.acc.edu>

Sign up for the Seagull Century!



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!

Not using it? Donate it!

You *should* be riding your bike, but if you've got an old one you're not using it could make a major difference in someone's life. Bikes for the World will be donating at least 9,000 bikes to areas in Africa, Central America and the Caribbean that really need them. But they need your help – or more specifically, your old bike or related bike gear (operational sewing machines would help, too.)

Pedal Pushers bike store at 546 B & A Blvd in Severna Park will be accepting donations up until September 13th. Check at www.bikesfortheworld.org for info, or call Pedal Pushers at 410 544-2323.

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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](#)
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