

# Tailwind Express

February, 2010

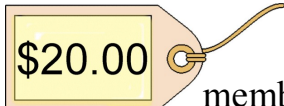


## Warm Weather Is Coming!



Believe it or not, good spring riding will be here soon – and that brings up some things to think about:

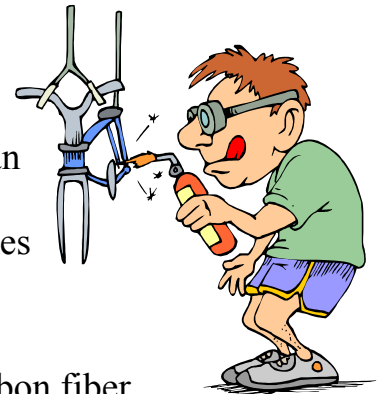
## Time to Renew!



The club membership year runs from 1 March to 28 February, so membership forms and dues will be needed soon to keep you eligible for club membership this summer. At the Christmas Party/Meeting, it was agreed to put the dues at \$20 per year. We'll also need a copy of the membership application (that makes our insurance company *much* happier). Be sure you include your email address, and *please* print the email address clearly – we've had instances of members who don't get their newsletters and ride notices because we misread their email addresses. Thanks! 🚲

## Time to get your bike tuned up!

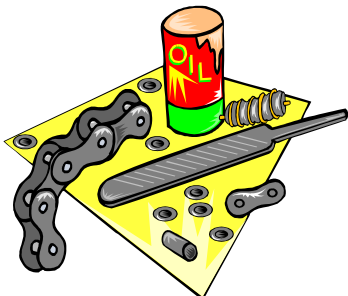
It's time to get that tune-up you've been planning. If you take your bike to your mechanic when the weather is cold, you won't hear 'we've got 14 bikes ahead of you – we can probably have it for you in a couple of weeks' and you'll have a nice, clean and safe machine ready to ride. Isn't that better 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. 🚲

## Need Some More Bike Stuff?

If you're near Westminister MD on Feb 14<sup>th</sup>, stop by the bicycle “Stop, Swap and Save” bike swap meet. Details at [www.stopswapandsave.com](http://www.stopswapandsave.com). There'll be one in Chesterfield VA on Mar 7<sup>th</sup>, as well. 🚲



## Winter Riding!!

All that really cold air is gone and we hear there is some really good winter riding ahead! So, consider joining Ken for leisurely winter Saturday and possibly Sunday rides to Galesville for hot-chocolate. If temps are in the high 30s or warmer with light wind and some sun it could be a perfect riding day. If you would like to try a winter ride and have any questions, just email Ken at [abc\\_pres@annapolisbicycleclub.org](mailto:abc_pres@annapolisbicycleclub.org). If you don't see an email from Ken by Friday of each week, no organized ride is planned because of weather. Confused? Just email Ken. 📧



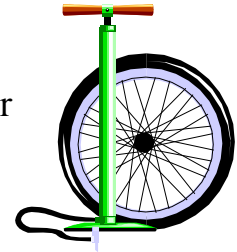
## ABC Century



We're planning a century ride for ABC members in June 2010, from the outlets on the Eastern Shore to Bethany Beach, Delaware. Judy and Harold Ashby organized this ride several years ago. It's a nice route that follows very rural country roads into Bethany Beach with stores along the way for breaks. We have the cue sheet and some members are very excited about doing it. We need an idea about how many members might participate so we know how many SAG volunteers to recruit. Please email Ken if you're interested in riding or SAG ([abc\\_pres@annapolisbicycleclub.org](mailto:abc_pres@annapolisbicycleclub.org)) The club will help with gas expenses for the SAG. 📧

## Bike-Related Items for Sale?

If you would like to sell or buy bike related items, we'll put your message in the newsletter. Please email Jim Claffey at [jclaffey@erols.com](mailto:jclaffey@erols.com) 📧



## Road Bike Tires Available

Two Hutchinson Fusion Comp 2 Kevlar tires (blue) new in box \$80 for both, 20% below cost. 410-798-0093

## National Bike Summit 2010

You'll be hearing about a conference in Washington DC on February 28<sup>th</sup> and March 2<sup>nd</sup>. It's sponsored by the League of American Bicyclists, and will include a Congressional Bike Ride. (ABC is a member of the League). Want to ride with your Congressman? Check out



<http://www.bikeleague.org/programs/bikeadvocacy/summit.php> 📧

## 13th Annual One Less Car Smart Transportation and Bicycling Symposium



One Less Car is a Maryland Bicycle advocacy organization and helps promote bike safety, bike access, and public acceptance in Maryland. For details, check out:

Date: Wednesday February 3, 2010 from 8:30am to 4:00pm

Location: 11 Bladen Street, Annapolis, MD 21401 which is the East-Miller Office Building in the President's Conference Center 🗺️

<http://onelesscar.org/page.php?id=157>

### **Free Yoga For Cycling Class**

Increase flexibility, reduce injury. Ride longer, faster with more comfort! Experience the benefits yoga can bring to your cycling in a free introductory class.

When: Wednesday February 24

Two classes offered

6:10-7:10 AM - yes in the morning!

6:30-7:45 in the evening

Where: 436Fitness, located inside CapitalCity Bikes  
436 Chinquapin Round Rd., Annapolis

This free class is kicking off a 6 week series for beginners. Wear loose, comfortable clothing. Bring a yoga mat if you have one. We have some yoga mats at the studio or contact me if you'd like to purchase one.

AlisonNich@aol.com 301-641-7636 🗺️

### **Some Rides To Think About For Next Summer**

[Mar 27 - Apr 2 - Bike Florida](#)

[April 24 - Ride to End Hunger in Calvert County](#)

[May 22 - Two Rivers Century](#)

[Jun 12 - Patuxent River Rural Legacy Ride](#)

[Jun 25 - 30 - Jun Bike Virginia](#)

[Aug 28 - Round the Valley 2010](#)

[Oct 9 - Seagull Century](#)



***“So ardent a cyclist must be full of good health”***

- Sir Arthur Conan Doyle, “The Adventure of the Solitary Cyclist” 🗺️