

ABC - Tailwind Express

November 2010

www.annapolisbicycleclub.org

2010 SeaGull Pics!



Steiner by a wheel!



Steiner with Podium Girls



Beer gardening!



A few very strong riders?

ABC Roadside litter cleanup – November 7

The ABC often rides on Route 450 so several years ago we adopted a section for an annual cleanup. Please help out for a few hours. We'll have some donuts, bagels, and coffee. (You might want to bring some hand sanitizer!)

Location: Sign Company at intersection of Crownsville Rd. and MD 450

Time: 9:00 AM

Date: Sunday, November 7th

Wear old clothing. Trash bags will be provided. Call Charlie Dodge (410) 841-6269 to sign-up!



Cold Weather Riding Help

Bicycling Magazine offers a calculator for determining what to wear at certain temperatures. Check it out at <http://www.bicycling.com/whattowear>
Also consider packaged toe warmers and hand warmers which you can buy at Hudson Trail Outfitters – HTO and Bike Doctor.

Holiday Party

The majority of club members voted to have our holiday party in January 2011. We're considering Sunday January 9, 2011, which we'll confirm with our Director of Entertainment, Lynn Mullineaux. Club members also voted against buying individual gifts so we'll continue to ask local bike shops for donated gifts hand-out by lottery at the party.

Got Knee Pain? Here's an article from *Bicycling Magazine* that can help.

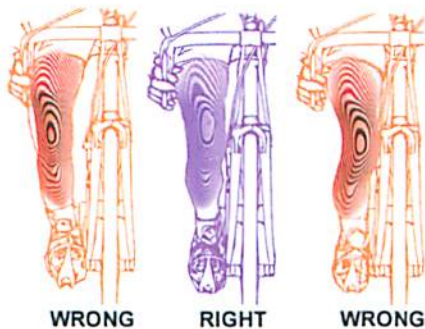
"Patellofemoral Syndrome in cycling results from the undersurface of the knee cap rubbing too hard and for too many repetitions against the femur, grinding away the smooth cartilage on both," says Brian Prax, a physical therapist based in Jackson Hole, Wyoming. Stay in the saddle and out of Prax's office with this knee-saving advice.

Raise Your Cadence A low cadence (fewer than 60 rpm) not only taxes your muscles, but also puts extra stress on your joints. Spin above 80 rpm.

Find the Right Float. The wrong foot positioning can cause knee pain. Your cleat angle should mirror the natural angle of your heel. While no-float pedals have been linked to knee problems, too much float can be just as damaging. Most riders should be comfortable with a maximum of 4.5 degrees of float.

Move Back When in doubt—and in pain—try moving your cleat back a couple of millimeters. This tiny adjustment can drastically reduce the impact on your knees.

Pedal in Circles. While maintaining a circular pedal stroke, make sure your knees aren't jutting outward or inward.



New Tailwind Publisher

Mark Hanna has graciously volunteered to take over the Tailwind beginning December 2010! Thank you Mark! Also, a huge thank you to Jim Claffey for publishing the Tailwind for more years than I can count. THANKS JIM!!

Out of Area Rides

Please send us your ideas for new riding areas. We also need volunteers to help plan new rides, so please email me if you're interested.

abc_pres@annapolisbicycleclub.org

There are two in the planning stage:

Bethany Century (2011) - We anticipate offering the Bethany Century again this year in early June 2011. We had a great ride last year with some riders staying overnight in the Bethany area (recommended), and others returning by car the same day. We had great SAG support with four vehicles. More on this ride in the coming months.

St. Michaels Metric (2011) - We're also planning several rides in the Easton and St. Michaels area. There would be two options; the metric century and a 30 mile option. These will be planned for Saturdays in the Spring and Sundays in the Summer. Stay tuned for more information....

GOT IDEAS FOR TAILWIND ARTICLES? EMAIL

abc_pres@annapolisbicycleclub.org