

# Tailwind Express

September, 2009



[www.annapolisbicycleclub.org](http://www.annapolisbicycleclub.org)



## ***Saturday, September 4<sup>th</sup> Morning Rides Start At 9 AM!***

Beginning Saturday, 4 September, the Saturday morning rides from the Davidsonville Park and Ride will start at 9 AM. So all you sleepyheads can get an extra hour of shuteye and still have no excuse for not making it to the starting line on time!



### **Pool Party**

Sunday dawned bright and clear, and 25 or so members turned out at Pinto's pool for good food and good swimming – not to mention some tall bike tales!

### **On-Star For Your Bike?**

Riding alone and you go down? If you have this Android app it will detect the fall, and send a text message to alert an emergency contact. If you think you're OK, you can deactivate the message. Check out [CRADAR](#) - Works for skiers, too.



### **Easy Trail Ride**

**Saturday, September 11, 2010, 9:30 AM**

**Kent Island Bike Trail**

Looking for an easy ride? Join Club Crabtowne (Crabtowne Skiers) for a 5 mile ride along the coast of Kent Island. As an incentive to finish you will lunch at a local restaurant. For more info, contact: Leader: Ardean Amato-Chase - 442-254-7194



## Too Hot To Ride?

Been avoiding Saturday rides because it was a bit warm? Nothing like cuddling up with a bag of ice on a hot day! Two club members cool off in Galesville.



## Seagull Century

Saturday, October 9<sup>th</sup>, 2010 – Salisbury, MD



This year's Seagull will feature two 100 mile routes (you don't have to do both!) One will be the familiar Assateague route with some new stops, and the other a route through Snow Hill with for some new stops and vistas. (Some of the ABC old timers will remember a few ABC adventures around Snow Hill!) There will also be a 62 mile Metric Century for those who want that

Seagull riders wanting to ride with other ABC riders email [abc\\_pres@annapolisbicycleclub.org](mailto:abc_pres@annapolisbicycleclub.org) For info, and to sign up, go to: <http://www.seagullcentury.org/>

## Rumble Strips

Rumble strips are a useful safety device on highways – but they are also a hazard when used indiscriminately. When used unnecessarily, made too deep, made continuous, or so wide they take up the whole shoulder, they are extremely dangerous to riders on bicycles. The League of American Bicyclists is beginning a campaign to ensure they are used appropriately – according to standards set by the Association of State Highway and Transportation Officials and the Federal Highway Administration. If you encounter a politician or road related bureaucrat, let them know these need to be used with discretion.



## Pool Party

One last photo, just to show not everyone spent *all* their time eating!