

The Pedal Pusher

January 2001

Vol XV, Issue 1

An almost monthly publication promoting the spirit of the Northwest Cycling Club

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NWCC Volunteers of 2000

By
Lori Walker

VOLUNTEERS OF THE YEAR 2000

**Gail Hurley
Morris Taymon
Mary Taymon**

The club voted Gail Hurley, Morris and Mary Taymon as Volunteers Of The Year. All three are valuable members to our club. Without volunteers the club would not be able to put on the Bluebonnet Express, the Katy Flatland or even the Saturday morning rides. These three volunteers are recognized for their never ending contributions.

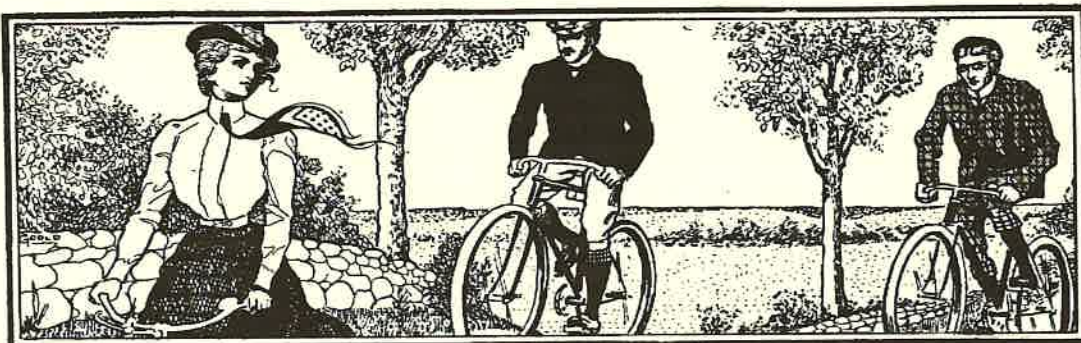
Gail Hurley was the secretary for 1999 and the Bluebonnet Express organizer for 2000 and 2001. She is responsible for sending emails to all club members regarding club events. Gail is the mother of two and the grandmother of one, as well as, the adopted mother of several misplaced cats in Tomball. Gail races road and off road and has ridden the MS150 for so many years

they have asked her to be a ride marshal. Gail is not just a valuable member of our club she is a member of most bicycling organizations in Texas!

Morris Taymon is a Cat. 4 road and track racer, was the vice president of the club for 2000, the club stage race organizer in 1999, and the husband of Mary and the father of Savannah. Morris contributes his time helping with the skills clinic, welcoming new members to the club, and helps with the Bluebonnet Express and the Katy Flatland, and he is an all around good guy.

Mary Taymon, the wife of Morris and the mother of Savannah was the race team director for 2000. Mary and Morris both organized the Bellville Blast race for the Metro Cup series. Mary, besides being a wife and a mother, is always willing to contribute her time in helping with club functions such as the Club Stage Race 1999 and

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Message from the President

By Bob Swank

Greetings: I hope this edition of *The Pedal Pusher* finds you warm, well, and fit. I also hope you're ready for a new year! This new year will provide NWCC with many new and exciting opportunities. Last year was a very pivotal year for us. Your 1999-2000 board accomplished many new tasks as well as taking care of older more mundane tasks.

I think the most exciting item that NWCC did last year was to secure for ourselves a club that doesn't need to worry about a money shortfall for the foreseeable future. It was nice to be able to put on our Bluebonnet ride without worrying about rider turnout numbers, the weather, or being held to an extremely tight budget.

Next in line has to be the new web page. I visit our web page several times a week. The new and old information on the web page is fun to see. It is the club's silent salesman, helping NWCC to draw new members into our ranks. Thank you Dana and William.

The last item is an old one but the most important. Our Volunteers. I don't know of any of the past presidents who didn't drop to their knees and thank the heavens for all the wonderful folks who volunteer. I, and the Board can't thank you enough. Sometimes volunteering isn't easy, and volunteering for this club is no exception. I think that anyone who has volunteered for any of our events will admit that helping out is addictive. Once

someone has tried it they can't wait for the next chance to help out.

Since I'm on the subject of volunteers I would like to acknowledge our 1999-2000 Volunteers of the year. For the first time ever we had a three-way tie for this award. Mary and Morris Taymon, and Gail Hurley. Morris was my Vice President this year and has helped out with the club at every function I can remember. Morris and Mary put on our Bellville Blast Road Race this year. Mary was Race Team Director, and has also been active in the Bluebonnet, The Katy Flatland, and many, many other events. The Taymons are a real asset to this club. Our other winner for this year is Gail Hurley. Gail doesn't know the word "no." She is everywhere. Since joining our club a few years ago she has brought in twelve (maybe more?) new members. She was our Bluebonnet Express director last year and again this year, a Grandma, a member of several mountain biking organizations, including the WOMBATS, an avid Hi-wheeler rider, and an owner of a beautiful Colnago road bike. I'm proud of all three of these very special people.

Last year your board visited with a CPA to determine our tax status. We found out we hadn't filed in years. Our CPA (John Price) prepared our back tax forms and has brought us up to date. Best of all we owe nothing in back taxes.

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Club Officers

President	Bob Swank	281-463-6279
Vice President	Lori Walker	281-370-3591
Secretary	Laurie Hopper	
Treasurer	Sandra Rice srice98@pdq.net	281-894-4921
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Katy Flatland Director	David Collins david.collins@halliburton.com	713-688-7201
Bluebonnet Director	Gail Hurley bikingail@aol.com	281-255-9873
Rider Safety Chairperson	Eric Warnsman erwarnsman@yahoo.com	281-497-6746
Race Team Director	Bill Reilly breilly@coral-energy.com	281-752-4298
MountainBike Chairperson	Kevin Hopper	
Newsletter Editors	Craig Rennpage crennpage@yahoo.com	281-583-1075
Newsletter Asst. Editor	Lauren Mahony lmahony@houston.rr.com	713-953-1532
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Cat 4 & 5 Road Race Team Cptn	Morris Taymond mtaymond@aol.com	281-347-2076
MinBike Race Team Cptn	Don Johnson don.johnson@valic.com	713-863-9645
Club Coach	Joe Noack jnoack@ibm.net	713-426-3109
NWCC Website	northwestcycle.com	

Affiliate Representatives:

United States Cycling Federation (USCF)
National Off Road Bicycle Association (NORBA)
Bob Swank

League of American Bicyclists (LAB)
David King

International Mountain Bike Association (IMBA)
Kevin Hopper

Texas Mountain Bike Racing Assoc. (TMBRA)
Gail Hurley



NWCC News Briefs

by Dana Chamngss & Craig Rennpage



TXBRA

The Texas Bicycle Racing Association, TXBRA is coming on strong. This group is coordinating races in the Texas State area. One of their main objectives is to reduce conflicts, even between the road race schedule and the mountain bike race schedule. The group will also keep race results and award points. The points will go toward Rider of the Year for three categories Road Racing, Mountain Biking and Track. There will be an overall ranking as well combining points from the three categories. Club points will be awarded as well for a club ranking. A tentative listing of the races scheduled so far for 2001 is included in this issue.

METRO CUP

Metro Cup planning is continuing. This is being influenced by the TXBRA activities above.

RACE TEAM MEETING

The road race team has selected a team helmet. The Limar F107 helmet will be yellow with black NWCC lettering along the side which should be distinctive. Gail Hurley was elected the women's race team captain, Morris Taymon was elected the men's Cat 4 & 5 team captain, and Don Johnson was elected the men's mountain bike team captain.

NWCC EVENTS

XMAS party – The December 1st soiree was a blast. Thanks especially to Morris Taymon and Bob Swank for their efforts in putting on this very fine event.

The Tomball parade and the Prestonwood lights ride were poorly attended due to weather. See Gail Hurley's article.

FORTHCOMING CLUB EXPENSE ITEMS

The club is considering several expense items in light of the surplus of funds this year. The board will present these for approval at the January Club Meeting.

- PA system - \$1,200, for use at the Bluebonnet and Katy Flatland Start / Finish area as well as other NWCC events.
- Bull Horn - \$50, for the Saturday Morning Ride.
- Banners - 2 ea. total \$500, One for the Mountain

Bike Team and one for Road Racing / General Club events.

- Shade for the Velodrome - \$400, a portable tarp structure to be donated.
- Funds for a Youth Cycling Program - \$5,000
- Ice Chests - \$80, 2 each for club events.
- Digital Camera - \$550, for pictures from Club events to be used on the Web and in the Newsletter.
- Blue Santa - \$1000, A program by the HPD to give new bikes to low income children.

A Club budget meeting will be held in February by the Board. All chairpersons must have their budgets in to the Board by January 30th.

NEW NWCC SATURDAY ROUTE

More changes in the New Route. The D&D parking lot is not going to work out. The plan is to start the Saturday Ride from Zube Park. This change may begin as early as February 2001.

NWCC CLUB MEMBERSHIP CARDS

The Club Membership cards are in. If you did not get one at the November Club meeting check with Steve Murphy or come to the January Club Meeting.

ATTENTION CURRENT OR PROSPECTIVE NWCC RACE TEAM MEMBERS

This is just a reminder about getting volunteer points towards reimbursement. As you know, it is club policy that racers must accumulate a certain number of volunteer points, in club activities, to get reimbursed for race entry fees and uniforms. A good way for you to get volunteer points would be to be ride starter at the club rides now, before racing season starts (most road riders are doing LSD rides for base miles now anyway). There are several open dates on the ride starter list for November, December, January and February. As always, NWCC will reimburse you for the food. Just present your receipt to the Treasurer or put it in their mail slot at the shop (put your name on the receipt, mention which ride start it's for and put it in an envelope). Here are the ride start openings as of Nov 8th: * November 18 * Dec 2 * Dec 16 * Dec 30 * Jan ? (presumed that

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TXBRA Texas Cup Schedule

Formed in late 2000, TXBRA's (Texas Bicycle Racing Association) mission is to promote amateur bicycle racing in Texas by coordinating an organized and balanced race calendar with minimal overlap of events, by creating a points series that rewards Best All Round (BAR) rider and club, and by fostering effective communications between all racers, clubs and promoters. TXBRA has compiled the following tentative road (R), cyclocross (C), and track (T) racing schedule for 2001.

The (Tentative) 2001 Texas Cup Schedule

<u>Month Day(s)</u>	<u>Event Name</u>
Nov. 19th	C: UYS Cyclocross (Austin) #1
26th	C: Lone Star Dam Thanksgiving CX (Houston)
Dec. 9th	C: UYS Cyclocross (Austin) #2
Jan. 6th	C: UYS Cyclocross (Austin) #3
13th	C: GCCA Offroad Classic (Houston)
Feb. 24th	R: Mangia Pizza & VMan Apparel Crit (Austin)
25th	R: Ronde van Cele (Austin)
March 10th- 11th	R: La Primavera at Lago Vista (Austin)
24th- 25th	R: Fayetteville Stage Race (Fayetteville)
Apr. 8th	R: Omloop St. Hedwig (San Antonio)
28th- 29th	R: Fiesta Grande (San Antonio)
May 6th	R: Coldspring Road Race (Houston)
12th- 13th	R: VC Stage Race (Austin)
19th	R: Inez Road Race (Victoria)
26th	R: Mirage Classic (Dallas)
27th	R: New Hope Road Race (Dallas)
28th	R: FDM Criterium (Dallas)
Jun. 1st-2nd?	T: State Track Championships (Houston)
3rd?	R: State Criterium Championships (Houston)
10th	R: Superdome Criterium (Dallas)
16th	R: Badlands Classic (Dallas)
17th	R: Moritz Chevrolet Criterium (Dallas)
23rd- 24th	R: State Time Trial Championships (Dallas)
30th	R: Grand Sport Speedway Criterium (Houston)
Jul. 7th	R: James Bailey Memorial Road Race (Dallas)
8th	R: Team Bicycles Inc. Top Gun Criterium (Dallas)
22nd	R: Matrix Challenge (Dallas)
Aug. 11th- 12th	R: SE TX Cycling Challenge Stage Race (Beaumont)
18th	R: Vernon Burnin' (Wichita Falls)
24th- 26th	R: Hotter 'n Hell (Wichita Falls)
Sep. 2nd	R: Southern Elite 20K Time Trial (Houston)
8th	R: Grand Sport Speedway Criterium (Houston)
9th	R: NWCC Road Race (Houston)
8th - 9th	R or State Road Race
15th	R: First Colony Criterium (Houston)
22nd- 23rd	R: Woodlands Stage Race (Houston)
22nd- 23rd	R or State Road Race
29th	R: Crabb River 40K TT (Houston)
Oct. 7th	R: Stars 'n Stripes (San Antonio)
21st	R: Central Texas Wheelman Race (Killeen)



2000 Club Time Trial Results

by Craig Rennpage

Each month between April and October NWCC sponsors a monthly time trial that is open only to NWCC members. This non-competitive event was created to give us a chance to gauge the progress of our speed and conditioning (or lack thereof) throughout the year. The event is held on a winding 6.2 mile course (10k) with six 90 degree turns and one 180 degree turnaround. The results posted here represent the average of the six (or less) attempts for each individual that participated in last years club time trials.



A special thank you goes to **Dana Chamness** for organizing, timing, calculating and posting the results of these club time trial events.

I believe that this is at least the third year in a row that Steve Murphy has managed to average either the first or second fastest average time of this event. In special recognition of this achievement, and in the hope that the playing field may be leveled somewhat in the future, a membership collection will be taken shortly. The purpose of this collection will be to purchase a very special award for Steve . . . an all you can eat, six month supply, of Krispy Kreme donuts.

<u>Name</u>	<u>Avg Time</u>	<u>Name</u>	<u>Avg Time</u>
1 Steve Murphy	0:14:32	38 Stuart Creighton	0:17:33
2 Paul Chandler	0:14:49	39 Lynn Kauffman	0:17:37
3 Troy Dunton	0:14:51	40 Chris Spagnuolo	0:17:40
4 Craig Rennpage	0:14:56	41 Kevin Hopper	0:17:41
5 Tom Reed	0:15:07	42 Cory Loegering	0:17:48
6 Kerry Emmott	0:15:11	43 Sam Armstrong	0:17:51
7 Roy Freeze	0:15:11	44 Libby Maricell	0:17:53
8 Frank Gonzales	0:15:14	45 Brad Letney	0:17:59
9 Keith Ford	0:15:16	46 Sandy Martin	0:17:59
10 Jim Pickens	0:15:22	47 Jim Quick	0:18:09
11 Mark Dearing	0:15:32	48 Jeff Henninger	0:18:14
12 Bob Foster	0:15:37	49 Jeff Tanner	0:18:17
13 Eddy McLean	0:15:41	50 Wes Morrow	0:18:17
14 Ryan Spates	0:15:42	51 Nancy Smalley	0:18:17
15 Dana Chamness	0:15:46	52 Micheal Mathus	0:18:17
16 Mark Bauer	0:15:46	53 Jack Breig	0:18:19
17 Terry Evans	0:15:52	54 Bob Swank	0:18:19
18 Jim Wallace	0:15:53	55 Gail Hurley	0:18:20
19 Gail Hurley & Charlie Strack	0:15:57	56 Andy Chandler	0:18:35
20 Pat Dunton	0:15:59	57 Sara Dearing	0:18:37
21 Trey Evan	0:16:04	58 Joanna Muirhead	0:18:42
22 David Lynch	0:16:06	59 David Hopper	0:18:45
23 Alan Bazard	0:16:07	60 David Collins	0:19:08
24 Charlotte Miller	0:16:08	61 Matt Cross	0:19:20
25 David Hatcher	0:16:13	62 Butch Cross	0:19:21
26 Bill Reilly	0:16:19	63 Nancy Kaechler	0:19:27
27 Bill Duckworth	0:16:23	64 Robert Kaechler	0:19:32
28 Lisa Reed	0:16:26	65 William Hayes	0:19:34
29 Mike Wells	0:16:32	66 Pat Perry	0:19:35
30 Mike Causeaux	0:16:43	67 Lori Walker	0:19:52
31 Scott Rucker	0:16:46	68 Sandra Rice	0:20:37
32 Ron Grabau	0:16:50	69 Cristin Walker	0:21:00
33 Ryan Newman	0:16:52	70 Tim Turner	0:21:26
34 Jerry Walter	0:17:11	71 Gail Green	0:21:32
35 Mike Smalley	0:17:17	72 Lori Hopper	0:22:05
36 Tommy Cauthen	0:17:23	73 Danial Walker	0:22:44
37 Mark Maricell	0:17:30	74 Karen Verwold	0:26:10

Survival In the Pack

by Bob Sarin

This article is not being written as a strategy for racing. But, rather it is written for the fitness cyclist who would like to ride with the racers, to improve fitness and conditioning. The first thing that recreational cyclists notice when riding with racers is that they now have to go a few miles an hour faster. This often results in burnout after a few miles. Suddenly they realize that the new group has much more endurance and acceleration. After just several miles of riding at this elevated level, one asks the question, "What am I doing here?"

For those few cyclists that enjoy testing themselves, I have written this article with the following suggestions in mind.

Set a reasonable goal for how far, long and fast you are willing to extend yourself. When I first came out with our club, my goal was to go only seven or eight miles, which I achieved. My next goal was to go to the store, another 8 miles. Most of the time I was able to last only 12 or 14 miles. By the second month, I was able to make it to the store about half of the time. The real problem that I was having was not totally conditioning related. It was not having the ability to accelerate at the critical moment when the pack picked up the pace, just before the usual sprint on FM359. To compensate for my lack of speed, I began to

anticipate when the jump would take place. Then I would immediately position myself behind a strong rider and sit in as close as possible. If I found myself in the lead I would stay there briefly, then fall back into the group, to preserve energy.

When riding in our usual double paceline, some weaker riders like to sit in the back of the pack. I personally recommend spending brief lead at the front, and getting used to

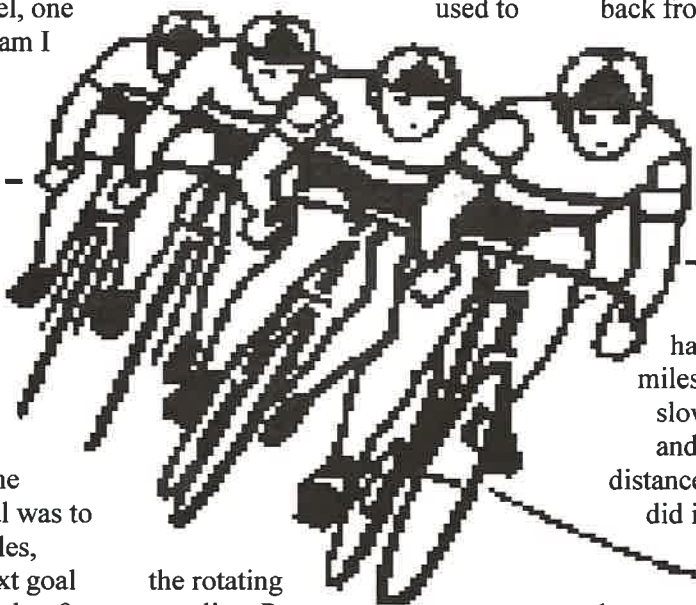
riding in a pack is to remain alert at all times for changes in the pace.

It usually requires several months of riding for a new cyclist to become accustomed to riding in a pack with all of its intricacies. In training on a club ride it is possible to get back into the pack after you have been dropped. It usually involves a long hard chase of five to six miles averaging at least twenty-one miles per hour. Recently I was dropped on the way back from Simonton, with another

rider. We watched the pack disappear around a corner going a few miles per hour faster than we could maintain.

My companion said "that's it!". I told him that we could catch them if we could ride hard for about five or six miles. I knew that they would slow down to take a break, and we could make up the distance. After a hard chase we did indeed catch them. In a racing situation, generally, this hardly ever happens. Racing is an all-out effort, there are no real breaks.

The way I found out that I was getting into shape is one day while still about ten miles out from Kempner High. I was aching all over and complaining to the rider next to me. He said "shutup Bob, we're all hurting just as much as you are!" At that moment I realized that there were no supermen, we are all regular guys.



the rotating paceline. Participating in the paceline will give you better protection from the wind. When riding at the back of the pack you have to be alert, if there is a sudden jump at the front, you can find yourself off the back very quickly. If this happens, you have to accelerate very hard, in order to catch up to the rest of the pack. Usually when most people are off the back, they do not catch up and are dropped. The key to

Northwest Cyclery

Northwest Cyclery Supports the Sport

**Official Ride Support Crew
for the following rides:**

**Katy Flatland Century
Bluebonnet Express Metric Century
Tour de Cypress
MS-150 from Houston to Austin
Columbus Ride
Leukemia Kemah Ride
Fayetteville Good Old Summertime Classic
Crossroads Classic
Williams Company United Way Ride
ALA Alamo Challenge
Tanqueray Texas AIDS Ride
Plus more...**

**No other Bicycle Store
in Houston supports the sport
like Northwest Cyclery!**

NEW NWCC MEETING LOCATION!

Come join Northwest Cycling Club at one of their monthly meetings. Beginning with the January 2001 meeting, NWCC will meet at Northwest Cyclery on the corner of Hy 290 and Jones Road.

Meeting dates and times are:

First Tuesday of the month (except December)

**Race Team Meeting at 6:45 pm
General Club Meeting at 7:30 pm**

January 2001

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 NWCC New Year's Day Ride 8AM. 	2 Club Meeting 6:45 PM Race 7:30 PM General	3	4	5	6 NWCC Ride Cy-Fair High Telge Rd & Hwy 290 8 am Ride Starter:
7 Race Team Tactics & Skills Clinic, 8AM W. Little York Park & Ride.	8	9	10 Coached Trainer Sessions at NW Cyclery 6:30 PM	11	12	13 NWCC Ride Cy-Fair High Telge Rd & Hwy 290 8 am Ride Starter: GCCA Offroad Classic
14 Jones Vaughn Creek RR	15	16	17 Coached Trainer Sessions at NW Cyclery 6:30 PM	18	19	20 NWCC Ride Cy-Fair High Telge Rd & Hwy 290 8 am Ride Starter:
21 UYS Dirt Road Classic.	22	23	24 Coached Trainer Sessions at NW Cyclery 6:30 PM	25	26	27 NWCC Ride Cy-Fair High Telge Rd & Hwy 290 8 am Ride Starter: MS 150 Demo at Memorial Park.
28 NWCC Warda Mtn Bike Ride	29	30	31 Coached Trainer Sessions at NW Cyclery 6:30 PM			

February 2001

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 NWCC Ride Cy-Fair High Telge Rd & Hwy 290 ??? 8 am Ride Starter: TMBRA #1 Rocky Hill Ranch
4 Timbra #1 Rocky Hill Ranch (Smithville)	5	6 Club Meeting Race 6:45 pm General 7:30	7 Coached Trainer Sessions at NW Cyclery 6:30 PM	8	9	10 NWCC Ride Cy-Fair High Telge Rd & Hwy 290 ??? 8 am Ride Starter:
11 Jones Vaughn Creek RR	12	13	14 Coached Trainer Sessions at NW Cyclery 6:30 PM	15 TMBRA #2 Chihuahuan Desert (Big Bend)	16 Lajitas Road Trip TMBRA #2 Chihuahuan Desert (Big Bend)	17 NWCC Ride Cy-Fair High Telge Rd & Hwy 290 ??? 8 am Ride Starter: Lajitas Road Trip TMBRA #2 Chihuahuan Desert (Big Bend)
18 Lajitas Road Trip TMBRA #2 Chihuahuan Desert (Big Bend)	19	20	21	22	23	24 NWCC Ride Cy-Fair High Telge Rd & Hwy 290 ??? 8 am Ride Starter: Magnia Pizza Crit Austin
25 Rinde Van Cele RR Austin.	26	27	28			

Coach Joe's Monthly Training Program

By Joe Noack

At Northwest Cycling Club, we recognize and embrace the diversity of the group that chooses to ride with us. With this in mind, Coach Joe has developed a monthly training program in which cyclists of varying abilities can follow. Read on to determine which part of the program best fits your schedule and training goals for this year.

Any fitness or training program is based on developing your muscles and body's ability to perform an effort (in this case cycling), with progressing ease. This process is accomplished through challenging the specific muscles used in a structured and routine way over time. Fitness development occurs in the body's systems. These include the physical (muscles); physiological (energy use); and cardiovascular (heart health). Attention given to just one of these systems will benefit only that system. "Cross-training" the systems will result in gains for all the systems over time. This is the desired approach for most cyclists. We speak in terms of developing cardiovascular conditioning and our energy efficiency system, which is most closely related to the development of *ENDURANCE*. When we focus on our muscular system we are increasing our *STRENGTH*. The recruitment of power along with the use of an efficient cardiovascular system will result in *SPEED*. Simplistically put, these three things constitute the basic make up of cycling training. We are trying to develop our ability to cycle harder over time while pushing a difficult gear, go faster for shorter distances using a hard gear, spin our legs at a higher cadence

(energy conservation method) using a lesser gear over time, and the wisdom to decide when to use which method to accomplish our goals the best.

Now that you have been given the exciting technical side of things, let me simplify it a little more. Most of us start out in cycling without a plan and without structure. We go out and ride with our friends in a designated spot and then agree to meet again next time. The most difficult aspect of "training" involves whether to actually get out of bed and go to the ride. As time passes, however, someone suggests that we do a particular tour. Suddenly, there is a focus and a goal and we now have a distance to train for. The goal then becomes one of completion.

Time passes and individuals who are riding in more and more tours find out that the next step is to "do it under 5 hours", or in other words, better the finishing time. When this becomes the focus we may buy new equipment (an "upgrade") and possibly ride with other cyclists who have decided to focus on decreasing the time of a particular tour. Time and time again, we ride and record our finishing times. We may or may not show much progress during this stage in which case questions about how to improve arise. It is at this point in cycling where the reality of "training" occurs. Once the focus becomes one of achievement and dedication to the goal, accomplishing the goal becomes very real. Hopefully this is where the monthly training program will have some effect if followed consistently and progressively over time.

Individuals rising from the club ranks who are interested in organized competitions and racing, whether it is in mountain biking, track, road racing or triathlons, will need to embrace the idea of training more than 1 – 2 days a week in order to continue to gain any benefits in performance. With that said, we will look at and try to define each group for the following sections.

Cycling for Fitness:

Individuals who cycle one to two days a week, and those that have Saturday or Sunday as scheduled ride days fit into this category. Begin by looking at your reasons for cycling. Are you trying to develop a certain fitness level? Is gathering together for cycling more of a social event for you? Do you have a distance goal, or a special cycling tour you would like to complete? Has your physician given you the "you need to exercise," speech? Whatever your reasons for cycling might be, developing your goals for cycling is mandatory. These can include such goals as: "I want to feel better"; "I want to lose weight"; "I want to decrease my blood pressure"; "I want to have fun with my friends"; "I want to maintain the fitness I have"; "I want to do 50 miles in the next organized tour"; or "I want to do my first metric century". Keep in mind that these are just suggestions and everyone will have their own goals . . . even if it is just an excuse to get out of the house! Now that you have your goal in mind, write it down. Put it in your exercise log, journal, or scrap of

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paper on the fridge. You are now ready to look at the monthly training program. Let us say that your goal is to do your first metric century and you can ride only on Saturdays during the club ride. By following the monthly training program, and doing the prescribed workout during the ride, you should be able to feel the progress. If you are also tracking your workouts in a written form, you should be able to see graphically how you are improving over time. Keep in mind that if you are only doing a one day a week program and are consistent, adding another workout during the week will elevate the challenge to your body and there will be a jump in your progress initially. Before your ride, review the workout and make an index card to carry in your jersey pocket. Talk with the others in your group. Let them know what you are doing and the type of ride you are after for the day. During the ride, evaluate how you feel. Try not to over rationalize the negatives if you are having a bad day. After the ride, record your results including anything new you tried. In this format, progress should just be a matter of time. Good luck on your training.

Cycling to Increase Performance:

The next level of cyclist who would benefit from the monthly training program is the 2 – 3 day a week individual who “does not have the time to cycle more, due to the job, spouse, kids and social involvement.” Over the years these dedicated, yet time-deprived individuals have created the perfect mini workout for themselves including lunch breaks, stationary trainer sessions, and short evening workouts in the neighborhood. Although these workouts tend to be intense, the development of endurance and overall

fitness principles are neglected. On a positive note, however, the individuals who structure the workout to include components of the major training areas (Strength, Endurance and Speed) in each training session will continue to see progress despite the lack of training time. The downside of this type of training is that when it comes to riding longer distances, these individuals have some difficulty making it past 30 or so miles, especially if there are any hard jumps to begin with. With that said, how would you go about using the monthly training program effectively? Look at your days of the week that are open to training. Look at your goals. Look at the training schedule. If you are only able to ride two to three times during the week, focus on using a workout for Strength, a workout for Endurance and a workout for Speed. Your goal for the next three months will determine which of the three workouts for the week you will use and expect to gain more in. Choose it and stick to it. If you are having trouble seeing the training schedule as a menu driven item, contact me at jnoack@attglobal.net. I will try to explain the best I can.

Competition Cycling:

Believe it or not, a racer of bicycles does not need to go out and do 500 miles in order to perform well in USCF Category 4 or 5 races. Another common misconception is that a cyclist has to be able to average 25 mph on their rides to race. Of course the higher in the ranks you want to go, the more training time and miles you will have to do to meet those goals. There is a lot of difference in the training programs between a local cycling hot shot and a National road race or mountain bike champion. The question arises, then, on how to define the training program to fit your in-

terests and goals for the season. Think of the program in terms of the kind of races, the length of the races, and the time of the year for the races you would like to do. These are the primary concepts that make up a training program. Many cyclists are surprised to find out that most road races do not exceed 60 miles and criteriums do not go much longer than 60 minutes (up to Cat 3). To emphasize a point, if your major race is only 45 miles long, there is no reason to go out and pound yourself on 80 – 100 mile training rides on a regular basis. Instead, using a systematic method of progressing percentages week to week, the desired effect and progress will occur. During the racing season you will want to perform well in one or two major events as “peak performance” times. If your coach knows what these races are, then and only then can a program be individualized to fit your goals for the season. If the team has certain races that are important as team goals, the program can reflect those needs as well. Keep in mind that each level or category of racer will approach the monthly training program differently. This training program is written for developing Category 2 racers (anything above Cat 2 would visually scare off anyone looking at the training program expecting to realistically follow it). With that said, then, Category 3 racers should consider the program as theirs and be able to follow it 100% for continued progress. Category 4 racers can perform 80 – 90% of the program and still make progress toward their established goals. Category 5 racers can perform a minimum of 70 – 80% of the program in order to make significant gains. For example, when a workout calls for 10 efforts for 3 sets, the Cat 3

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Hill Country Ride for AIDS Houston Kickoff Party

By Harold Gilliland

Where? Hosted by Sonoma Restaurant 1415 California Houston
When? Thursday, January 18, 2001
Time? 6:30-8:30 pm Purpose? We hope you will join us for food, drink (cash bar), and friends as we gear up for another incredible ride. The Ride Director will be available at the

party to answer any questions about the ride. HCRA: A 2 day, 125 mile bike ride in the Texas Hill Country to raise money for people living with HIV/AIDS and for 10 Central Texas AIDS Service organizations. The Ride route takes you from Austin to the LBJ Ranch (overnight

camping) through beautiful rolling hills during a season when the wild flowers are in full bloom. Pledges due and rider sign in: April 27, 2001. Ride: April 28-29, 2001. For more information contact: Kirk Rice (Ride Director), Phone-(512)-965-RIDE, Email-Info@hillcountryride.

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Message from the President

Lori Walker worked very hard with John this past year. We're both glad and very relieved to have this task behind us. Thank you Lori.

Our next meeting will be held on January 2nd at the shop. Many action items will be addressed. We will be calling on a vote from the general membership on the distribution of the surplus funds. All results will be final with no five week delay, or Supreme Court decision needed.

A final club note: the clothing order should be in before the next meeting. Thank you Cathie, and Bruce. If you signed up for clothing bring your check book, or cash. We have ordered extras on some items, so the selection should be very good. We will have an additional clothing pick up similar to our packet pick up—i.e. a Saturday from 1:00 pm to 4:00 pm at the shop. Look for details on the web page (www.northwestcycle.com).

Lastly: Many thanks for all who helped out at the Holiday party at St. Arnolds. We had excellent food (catered by The Red Onion), and our white elephant gift exchange was lots of fun even though Maggie Kirkpatrick stole my book from me! I've heard nothing but good words about the party, and I'm looking forward to next year's event. I hope to see many of you at our new Year's day ride to La Madelines 6205 Kirby Dr. We start from the shop at 8:00am.

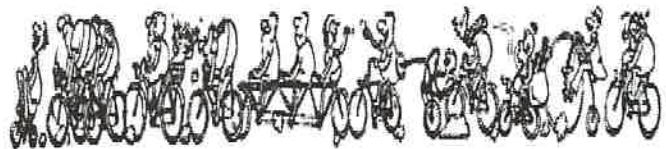
Please ride safely and as always: Save some cookies for me.

(Continued from page 1)

NWCC Volunteers

2000, the Bluebonnet Express and the Katy Flatland. She was also the "keeper" of the clothing for the club in 2000.

There are people always willing to help. Gail, Morris, and Mary are those type of people. Northwest Cycling Club thanks them for all of their hard work. We are proud to have them as friends and members of the club.



(Continued from page 3)

NNWCC News Briefs

all are open) * Feb ? (presumed that all are open)
Please consider taking advantage of these openings. Think of them as opportunities. Mail a request for ride starter to Bob Kirkpatrick at: BKirkpatrick@varco.com

MS 150 NOTES

Gail Hurley is the captain for the 2001 MS 150 NWCC team. Anyone interested needs to contact Gail for details, and training schedules. Note that Gail also has some hotel rooms available in LaGrange for the Saturday night stayover for those on the NWCC team. Note that these rooms are Gail's rooms (about 20 of them), and they are not the clubs. so contact Gail for details at bikingail@aol.com.

Northwest Cyclery's NWCC Monthly Special

Every month we will mix up several specials for NWCC members. These SPECIALS will usually run about the third week and always include a SERVICE SPECIAL and 10% off of one of the bike lines that we carry, etc...

These SPECIALS are good ONLY for the days listed in this notice and are for

Northwest
Cycling Club members
only

It Pays to be a Member of
Northwest Cycling Club!

SPECIALS FOR JANUARY 22-31ST

GET MS 150 READY !

SCHWINN BICYCLES 10% OFF

(In stock only)

See the New Schwinn Road Bikes
Super Sport and Fastback

STAY IN SHAPE THIS WINTER ALL TRAINERS 25% OFF!

All Bags 25% Off

Coached Stationary Trainer Sessions

Bring your New Year's resolutions for fitness and fun and join us for a great workout. Base miles are rolling in and racing is just around the corner, it is time to turn up the intensity. Join us at Northwest Cyclery for the next 6 Wednesday evenings from 6:30 to 7:30pm starting on January 10, 2000. We will work on your cycling endurance, speed and strength . . . the fun is EXTRA! Be sure to bring your bike and stationary bike trainer. Coach Joe jnoack@attglobal.net (936) 321-8536

Warda Mtn Bike Ride

January 28th (Super Bowl Sunday) is a big annual NWCC event. Come on down and join us for camping, Mtn bike riding, eating (the shop provides Sunday's lunch) and just enjoying each other's company. A beginner class for those new to Mtn bike riding will be offered. This event takes place on Bluff Creek Ranch in the rolling hills of central Texas, with over 10 miles of bike trails. For additional details email Gail Hurley at bikingail@aol.com or contact Northwest Cyclery at 713-466-1240.

NWCC Saturday club ride, 8:00a.m. at Cy-Fair High School, US290 and Telge Road. Several distances and speeds to choose from.

Wednesday club ride, 5:30 PM to dark at Bear Creek Park. Come anytime. Join the pack as they circle the 6 mile loop.

Mountain bike rides at the Cypresswood Trails — 5:30pm each third Tuesday of the month.

Interested in a Sunday ride? NWCC makes sure that there are some of those also. Ride starts vary each week so check with a club officer or call Northwest Cyclery for additional info.

(Continued from page 11)

Coach Joe's Monthly Training Program

would do it as stated, Cat 4 would do 8 or 9 efforts and Cat 5 would be expected to complete 7 or 8 of the efforts for 3 sets. Should any athletes be in the position of racing Cat 4 or 3 and have only 3 or 4 days for training, it is possible to treat the program as if it were a menu. Keep in mind, however, that certain training principles apply. There is a need for a day of rest to occur between weight lifting days. There is a need for rest after the second high intensity workout during two consecutive training days. There is a need to be aware of the volume or number of miles for the week in relation to the goal. If a Category 5 or 4 racer chooses to follow the established program as it is written, be aware of over training principles and use caution to allow sufficient recovery time between intense sessions. There are many different training concepts, principles, and coaching techniques. This is just one method for achieving goals. As always, any questions or concerns should be directed to Coach Joe.

After Injury:

Along the way in any training program, we experience some setbacks. Should you fall into this category as the season develops, there are specific things you are to do and not do for training. The very first thing to do is to contact Coach Joe and re-evaluate your training program based on the severity of the injury or the length of the illness. The second thing to consider is that every illness and injury is different for each person. As a general guide, most broken bones will take 6 – 8 weeks to heal; most road rashes and cuts will take 7 – 10 days for the inflammation process to subside and training to resume; pulled muscles and

NWCC Classifieds

Do you have a bike or other cycling related gear that you would like to sell or purchase? Place your free ad here. Simply email your classified request to lmahony@houston.rr.com or phone (713)953-1532.



torn ligaments vary in their healing time and are handled on an individual basis. Often surgery is the recommended method for repair and resuming training, and is dependent on the surgeon's protocol. The third statement Coach Joe would like to make is that the physician's word has precedence over the Coach's or the athlete's desires and must be respected. It is more important to lose 6 weeks of training and be able to race again than to try to race or train too soon and lose the ability to race competitively at all. There are specific low intensity, low volume workouts for injured cyclists to do while they heal. Coach Joe will adapt the training program to fit your needs during any injury or sickness period on an individual basis.

DID YOU KNOW?

Bulk mail does not get forwarded by the Post Office. If you move, please remember to give NWCC your new address. Otherwise your newsletter is just getting thrown in the trash by those postal workers!

Membership Application



RELEASE:

In signing this release for myself or for the named applicant, I agree to absolve all of the sponsors, organizers, and associated entities, be they individuals or organizations, singly or collectively, of any injury or misadventure suffered as a result of taking part in any activities associated with or related to the **Northwest Cycling Club**, or **Northwest Cycleries, Inc.**

Mail to:
NWCC
17458 NW Fwy
Houston, TX 77040

PLEASE PRINT CLEARLY

Check One: () **New Member** () **Renewal**

Name

Family Membership - additional names:

1)

2)

3)

4)

Address

City

State

Zip

Home Phone

Work Phone

E-mail address

Birth Date

Medical Condition

Emergency Contact/Phone

Occupation ()willing to volunteer skills

Signature

Date:

Method of Payment:

☐

Cash

☐

Check

Dues are \$20.00 per year for single members and \$30.00 per year for families. All renewals are due in March for the full-year rate. **New member**, please refer to the table on the right for the amount due with your application.

Thank you for joining Northwest Cycling Club.

Amount Paid

\$

.

Month	Single	Family
JAN	\$20.00	\$30.00
FEB	\$20.00	\$30.00
MAR	\$20.00	\$30.00
APR	\$20.00	\$30.00
MAY	\$15.00	\$25.00
JUN	\$15.00	\$25.00
JUL	\$15.00	\$25.00
AUG	\$15.00	\$25.00
SEP	\$10.00	\$15.00
OCT	\$10.00	\$15.00
NOV	\$10.00	\$15.00
DEC	\$10.00	\$15.00

The Pedal Pusher

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Houston, Texas 77040

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The Pedal Pusher

Editor's Half Page by Craig Rennpage

Well, here I am writing to you from the basement dungeon of the Shop. I've been a prisoner here now for almost three weeks, and my memories of freedom are becoming fainter by the minute. The story of how I wound up here is a sad tale, but one that should be told as a warning to others who might someday befall a similar fate.

I was lured to the Shop one day by Bob Swank on the promise of test riding one of Cannondale's latest road rockets. Shortly after arriving, however, I soon became distracted by the sound of faint cries from behind a doorway. The cries sounded like those of a damsel in distress, and a familiar damsel at that (i.e., Kathy Clark). She seemed to be pleading for help with the club newsletter, looking for articles, clip art, event dates, club news, etc. I also noted that she seemed to be mumbling something about her arm still hurting from being twisted, whatever that meant. After several heart rendering moments I just couldn't ig-

nore the cries any longer, and I opened that door only to find a stairway leading down into a dark abyss. I cautiously found my way down the stairs into the dingy basement while calling out to Kathy "I'm here to help you with the newsletter, where are you?" Unfortunately, when I arrived at the ground floor I suddenly heard Bob Swank call out from atop the stairs "we've got him, close and lock that door!" Needless to say, the door was securely closed and bolted by the time I ran back up the stairs.

After finding the light switch I soon found an old tape recorder lying on the floor. To my horror, I realized that what I had thought was Kathy's cry for help was only a recorded playback from that old machine. After exploring for a while longer, I found that the only other items in the basement with me were a desk, a chair, a computer and a scribbled note that said "Craig, the January NWCC newsletter is due in three weeks. If you ever wish to

see daylight or your bike again, it better be completed by then. Have a nice day, and as always, save some cookies for me, Bob."

So here I am dear reader, sliding the finished January newsletter under the basement door. Soon, very soon, I will leave this prison to again taste and feel the freedom of an open road from a swiftly moving paceline. But before I forget, I must pay special thanks to the valiant efforts of my trusted assistant editor, Lauren Mahony who, at great risk to herself, managed to smuggle in some bread, water, and my Crown Royal, as well as, proof this issue.

Okay wait, I hear footsteps coming closer. What? Say that again Bob I didn't hear you. What do you mean you're not going to open this door without the next issue? Bob open this door. Bob, open this door now! BOB PLEASE. PLEASESSSE OPEN THIS DOOR! HELP! SOMEBODY HELP ME! HELP! HELLLLLLLP!