

The Pedal Pusher

February 2001

Vol XV, Issue 2

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

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Message from the President By Bob Swank

Happy New Year! I hope that '01' is treating everyone Okay. I would like to start out by welcoming all of the new faces to the board, and committee chairpersons. Thanks for allowing me to be your president for another year. I'd like to especially welcome Craig Rennpage. His efforts will allow you to receive *The Pedal Pusher*.

Dana Chamness and I have driven the new route several times, ridden the entire course once, talked over, and done everything imaginable to the new route. Of course there has been plenty of fine tuning. As you ride the route and become more familiar with the roads I fully expect to get feedback on different roads and turns you find. Look on the web page for a map you can download. We're confident that this is an area where we can safely ride for years to come. Printed maps will be available at the shop and our February meeting.

We've started meeting back at the shop. It was very nice to not have to shout over the acoustics of the room. We had a normal attendance the January meeting, and could have handled even a few more. We voted on the items we were going to purchase for the club and for other charitable organizations. All items passed, and only one had stipulations attached to it. Next month we should be voting on the new 2001 budget. I'm very excited about NWCC's future, and it's all because of the tremendous efforts from our club members, family and friends.

Since we are on the subject of volunteering-----Gail Hurley is looking for people to fill KEY SPOTS. Those of you who have worked the Bluebonnet, and the Katy Flatland, know how much fun (and how much work) goes into our rides. By the way, did you see the Katy Flatland Century mentioned in *Bicycling*

(Continued on page 2)



(Continued from page 1)
Message from the President

Magazine for sixth place of the ten biggest LAB rides in the USA!!!!!!? Getting back to Gail she will be needing people to sign up soon. Don't miss your opportunity to sign up for the job you like most.

The clothing is in. Many of you picked up your ordered items last Saturday. Thank you. We will have the remaining pieces at the February meeting. All remaining items not picked up will go into the shop's inventory. You will get to pick them up at the shop, but will pay shop prices. Please make an effort to be at the February meeting. We will accept checks and cash only.

We carried on with a tradition last month. Our famous New Year's Day ride. We met at 8:00 at the shop. Since it was 28 degrees, with a wind chill factor of 17 degrees, there were only 6 brave (insane) souls who attempted the ride. After much soul searching we started out at about 8:30. We made it down to La Madeline's around 10:00, all of us frozen to the bone. After we warmed up on coffee and hot chocolate we headed back to the shop, arriving back at 12:00. I can't honestly say I would do that again given the chance, but I can say I haven't missed a New Year's Day ride in all the years I've been a member. (I had to brag a little.)

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

Bluebonnet Express Metric Century

Mark March 18, 2001 on your ride calendars as that's the date for the annual Bluebonnet Express Metric Century.

Once again, Gail Hurley will be directing the proceedings and if last year's ride is any indication, this year's event should be a big hit as well. The ride distances will 40, 50 and 62 miles, and you can registration at the NWCC website (northwestcycle.com). Applications will also be available at all the local bike shops.

In order to pull it off, however, Gail needs volunteers, and lots of them! Volunteers for the parking lots, the rest stops, the morning sign-in, and sag wagons, just to name a few. Several of these volunteer positions may still allow you enough time to ride the BBX course. Please come on out and support your club. Planning meetings are January 24th, February 2, and March 7th....at the shop at 7 o'clock!

Contact
Northwest
Cyclery
for fur-
ther gen-

eral information about the ride, or Gail Hurley at bikingail@aol.com for further information regarding open volunteer assignments.



Club Officers

President	Bob Swank	281-463-6279
Vice President	Lori Walker	281-370-3591
Secretary	Laurie Hopper	281-955-6828
Treasurer	Sandra Rice srice98@pdq.net	281-894-4921
Past President	Gregg Germer Sr ggermer@prodigy.net	281-492-7019
Membership Chairperson	Stephen Murphy stephen_murphy@dresser.com	281-752-6432
Volunteer Chairperson	Bob Kirkpatrick bkirkpatrick@varco.com	713-937-5783
New Rider Leader	LeAnn Latham leanndl@msn.com	281-409-1626
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	281-955-6828
Newsletter Editor	Craig Rennpage crennpage@yahoo.com	281-583-1075
Newsletter Asst. Editor	Lauren Mahony lmahony@houston.rr.com	713-953-1532
Primary Sponsor	Cathie & Mark Neagli	713-466-1240
Cat 4 & 5 Road Race Team Cptn	Morris Taymond mtaymon@aol.com	281-347-2076
MtnBike 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



New NWCC Saturday Bike Start Location

Beginning Saturday, February 24, 2001 the club will no longer utilize the Arnold Jr. High School parking lot for our rides. The new ride start location will be Zube Park. Maps of the new NWCC routes are included on pages 10 and 11 of this newsletter.

Directions to Zube Park

From the corner of Telge and Hwy 290, go north on 290 for 12 miles. At the 11.5 mile mark you will see a Texaco station to your right. Keep going past the intersection by the Texaco station and turn right at your next opportunity (i.e. Roberts Road). You will see an "Oakwood Homes" pre-fab housing lot on the corner of 290 and Roberts Road. Turn right at Roberts road, and go down about 8/10 of a mile to Zube park (on your right). Park in the Northwest corner of the parking lot.

Marriage Announcement

Kevin Given (past president of NWCC) and Melinda Ulygar recently announced their forthcoming wedding to take place in 2001.

Women's Cycling Symposium

February 13, 7-9 pm at Northwest Cyclery (Jones Rd and 290). This is not just for beginners. This is a detailed, informative class designed to prepare you for a healthy, safe and faster cycling season. National champion and expert level coach Charlotte Miller will guide you on how to ride smarter, stronger and

injury free. Northwest Cyclery mechanic Bill Duckworth will discuss basic repairs. Bring a wheel and learn to change a tire. Come and learn in an informal, comfortable atmosphere with the girls...and Bill.

January NWCC Meeting Notes

The meeting centered on the 2000 budget, our bank fund surplus, and an affirmative vote by the membership to purchase in 2001 a P.A. system, bull horn, two banners, a shade tarp for the Velodrome, funds for a youth cycling program, ice chests, and a digital camera. Also discussed was a training ride schedule for some of the forthcoming weekends, the clothing order and how and where to pick it up., as well as the new route for the Saturday morning rides which will start Feb 24th. Mark Neagli displayed and discussed a couple of the new road bikes, the Cannondale 4000 and the Schwinn Fastback, both of which are now available at Northwest Cyclery. Gail Hurley discussed the Bluebonnet Express Metric Century which will be held March 18th, and the fact that she needs help! Finally, we discussed how we spent some of the money last year on items like the Christmas party, picnics, and contributions totaling nearly \$12,000 to the Boy Scouts, the Velodrome, Blue Santa, as well as high school scholarships. These contributions were possible because of the outstanding work by the directors and the volunteers of the Bluebonnet Express, and the Katy Flatland.

Bad Bike Bill

On January 12th, State Senator Wentworth filed Senate Bill 238 which would require a "slow vehicle" triangle on all cyclists and would ban cyclists in groups of three or more from farm-to-market and ranch-to-market roads without improved shoulders. If the bill passes it would take effect on September 1, 2001. We ask that you take the time to send suggestions to the Texas Bicycle Coalition and they will put together a comprehensive approach to this bill. The economic impact could be huge and the TBC is working to define it. For further information and a copy of the text of this bill go to the TBC website at <http://www.biketexas.org/bills.html>.

Please, if you feel you must contact Senator Wentworth, be reasonable, rational and realistic. He can be contacted at:

Capitol Address District Address
The Honorable Jeff Wentworth
P.O. Box 12068
Capitol Station
Austin, Texas 78711
(512) 463-0125
(512) 463-7794 FAX
1250 NE Loop 410, Suite 720
San Antonio, Texas 78209
(210) 826-7800
(210) 826-0571 FAX
District Address
2121-B Knickerbocker Road
San Angelo, Texas 76904
(915) 942-8522
(915) 942-8621 FAX

NWCC Membership Dues

The Deadline for NWCC Membership dues is March 30th.

Cycling Accident Update By Ghassan Gebara

As some of you may be aware, on October 28th, a pack of riders that started from CyFair High school on the regular NWCC ride, had a pile-up caused by dogs running loose at :

David Foster
17725 Badtke
Hockley, TX 77447
(281)256-9596

Six riders went down d Rick Raines and I sustaining injuries requiring medical attention. Subsequently, I underwent surgery to repair torn ligaments and dislocated shoulder.

I filed a report in Judge H.N. McElroy's court at Harris County Precinct 4, 6831 Cypresswood Drive. Charges were brought by the state of Texas against David Foster (dog's owner) to wit: allow Dogs and/or Cats to run at large. The case was heard on December 15th.

Summary: Case #
CR41C1609765

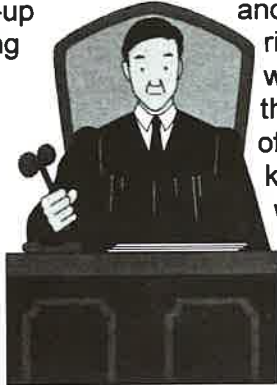
The judge asked David Foster if he knew why he was in court and he claimed ignorance. The Judge allowed me to brief him and then asked David Foster if my story was true. He agreed that this happened but claimed it was the first time, that he spent \$20,000+ on a fence and

that he only has one dog. I tried to explain to the judge that I had heard that on the previous week, the same dogs came out and bit or tried to bite a rider. The judge wanted me to provide the name and case # of the incident. I don't know if the incident was reported so I couldn't prove that this was not the first time the dogs were out.

David Foster informed the judge that our riding style is dangerous (too many people riding too close together, duh..). Then the judge looked at me and said "Do you understand that motorists do not like you people on the road?" I replied sarcastically by saying "I know now". The judge also pointed out that riding in a big pack is dangerous and cyclists should be careful to obey safety rules. By the time he was finished, I thought I was going to be booked for filing the complaint!

In conclusion, the case was dismissed because the judge determined that it was the first offence.

The importance of this story is that everyone is made aware that a case has been filed. In the event another incident occurs with these dogs he can no longer plead first offense.



The Deer Man By Sandy Martin

Now that we will no longer be riding past the deer in the field on Skinner Road, I thought you might enjoy hearing about them. Like you, I have ridden past them every week for years. I always wondered why they were there and why they stayed. So one day about a year ago, when I was riding alone, (maybe I had been dropped by my group) I saw the gentleman of the house in the back yard feeding his animals. So I gathered my courage, and biked up to his house to investigate. I was promptly met by a very large and boisterous dog, who's purpose was to bring the Mr. and Mrs. of the house to meet me. I introduced myself, and explained that I rode with Northwest Cycling Club, and we ride past his little farm every Saturday, and I was interested in finding out more about his strange form of cattle.

Mr. Lonzo was very nice, and promptly took me to the back yard to see his herd. There among the three or four young cows, were nine deer, of various sizes. I asked how he got started in the deer business. He said a friend found an injured fawn, and knowing Mr. Lonzo had a place for it, brought the animal for rehabilitation. One led to another, and to another, and so on. I asked if he had to have a special permit to keep the deer, as they are wild animals. He explained that since the fence is low enough that they can jump and get out when they

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Coach Joe's Monthly Training Program

By Joe Noack

Training With Heart Rate Zones

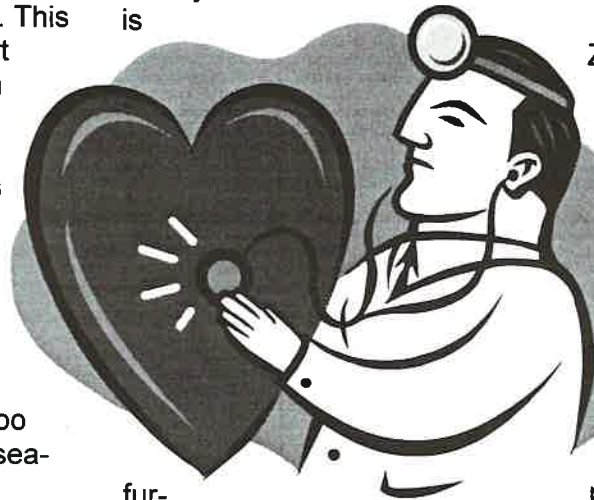
Heart rate intensity zones are used only to define aerobic training and measurement. It is based on the principle of using a measurable level of performance to determine the amount of work being performed over time and the physiological effect of that work. We use this in cycling to help structure an athlete's training during the season in order to focus on specific needs at a particular point in the training cycle. Each zone is based on a maximum heart rate. This is different for every athlete and can be determined by testing your heart's ability to perform work over time with increasing intensity. For an easier method, take 220 and subtract your age. This will give you a base to start with. Keep in mind, though that if you are already a trained athlete your ability to perform work above this maximum heart rate is already in place and yours may be slightly higher. This is the proper time to get with your coach and figure out what your maximum heart rate is before too much time goes by in the season.

Here are the various zones and their definitions. I have summarized quite a bit and tried to make them understandable on various levels.

Zone 1: 65% of maximum heart rate. Active recovery zone. This is the zone where muscles are allowed to rest and cleanse themselves of lactic acid and fatigue by promoting increased blood flow and glycogen stores to build.

Zone 2: 66% – 72% of maximum heart rate. Usually performed with activities requiring a low intensity, yet high volume. We begin to stress the heart in order to adapt to longer work loads and the depletion of our glycogen stores. This in turn develops our circulatory system which adapts to handle the increased blood flow and strengthens the heart.

Zone 3: 73% – 80% of maximum heart rate. This is a medium intensity zone. The heart is



further stressed and the relationship between our breathing and the amount of oxygen absorbed into the blood stream becomes important during this time. When we train in this zone we are actually asking our energy stores

of glycogen to supply the majority of the energy needed for the work. It is very important for an athlete to pace the effort in order to not deplete the glycogen too fast.

Zone 4: 84% – 90% of maximum heart rate. This is the anaerobic (without oxygen) or lactate threshold zone we hear so much about in training. When the heart is stressed to perform in this zone, usually in increments of 15 minutes to one hour, we can expect the ability to perform longer efforts before the lactic acid sets in and performance drops. This is the zone where endurance is enhanced. Your ability to work at a higher heart rate and still maintain aerobic capacity without lactic acid build-up is the key to this one.

Zone 5: 91% – 100% of maximum heart rate. All out effort defines this training zone. This is the VO₂ development zone. Simply put, this is the zone where the amount of oxygen taken in and the body's ability to use more of that oxygen to produce energy is developed. There are specific times during an athlete's training program for developing this zone. It is important to not spend too much time trying to develop this one, though. It may lead to over-training and a decrease in performance. Usually about 3 to 5 weeks during a specific training period is used.

Whats' Going On At Northwest Cyclery

- Thursday, January 18, 7-9 pm - Basic Bicycle Repair
- Wednesday, January 24, 7-9 pm - Advanced Bicycle Repair
- Tuesday, February 13, 7-9 pm - Woman's Cycling Symposium
- Thursday, February 15, 7-9 pm - Basic Bicycle Repair
- Wednesday, February 21, 7-9 pm - Advanced Bicycle Repair
- Saturday, March 3 - Gator Ride
- **Tuesday, March 6, 5-9 pm - Northwest Cyclery Consumer Expo**
- **Don't miss out everything is on sale !!!!**
- Wednesday, March 7, 7-9 pm MS150 New Rider Clinic
- Sunday, March 11, 8 am - Northwest Cyclery MS150 Training Ride
- Tuesday, March 13, 7-9 pm - Woman's Cycling Symposium.
- Thursday, March 15, 7-9 pm - Basic Bicycle Repair.
- **Sunday, March 18, Bluebonnet Metric Century**
40**50****62 Mile Routes**
- Wednesday, March 21, 7-9 pm - Advanced Bicycle Repair
- Sunday, April 1, Tour De Cypress - 50,62,80 miles
- Thursday, April 5, MS150 New Rider Clinic
- Saturday, April 21, MS150





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**

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 Hwy 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**



February 2001



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 NWCC Ride Cy-Fair High Telge Rd & Hwy 290 8 AM TMBRA #1 Rocky Hill Ranch
4 Timbra #1 Rocky Hill Ranch (Smithville)	5	6 Club Meeting Race 6:45 pm General 7:30 PM	7 Coached Trainer Sessions at 6:30PM Bear Creek Park 5:30PM	8	9	10 NWCC Ride Cy-Fair High Telge Rd & Hwy 290 8 AM
11 Jones Vaughn Creek RR	12	13 Woman's Cy- cling Sympo- sium 7PM	14 Coached Trainer Sessions at 6:30PM Bear Creek Park 5:30PM	15 TMBRA #2 Chi- huahuan Desert (Big Bend) Basic Bicycle Repair 7PM	16 Lajitas Road Trip TMBRA #2 Chi- huahuan Desert (Big Bend)	17 NWCC Ride Cy-Fair High Telge Rd & Hwy 290 8 AM Lajitas Road Trip TMBRA #2 Chi- huahuan Desert (Big Bend)
18 Lajitas Road Trip TMBRA #2 Chi- huahuan Desert (Big Bend)	19	20	21 Bear Creek Park 5:30PM Advanced Bicy- cle Repair 7PM	22	23	24 NWCC Ride New Location ! Zube Park 8AM Magnia Pizza Crit Austin
25 Rinde Van Cele RR Austin.	26	27	28 Bear Creek Park 5:30PM Board Meeting NW Cyclery			



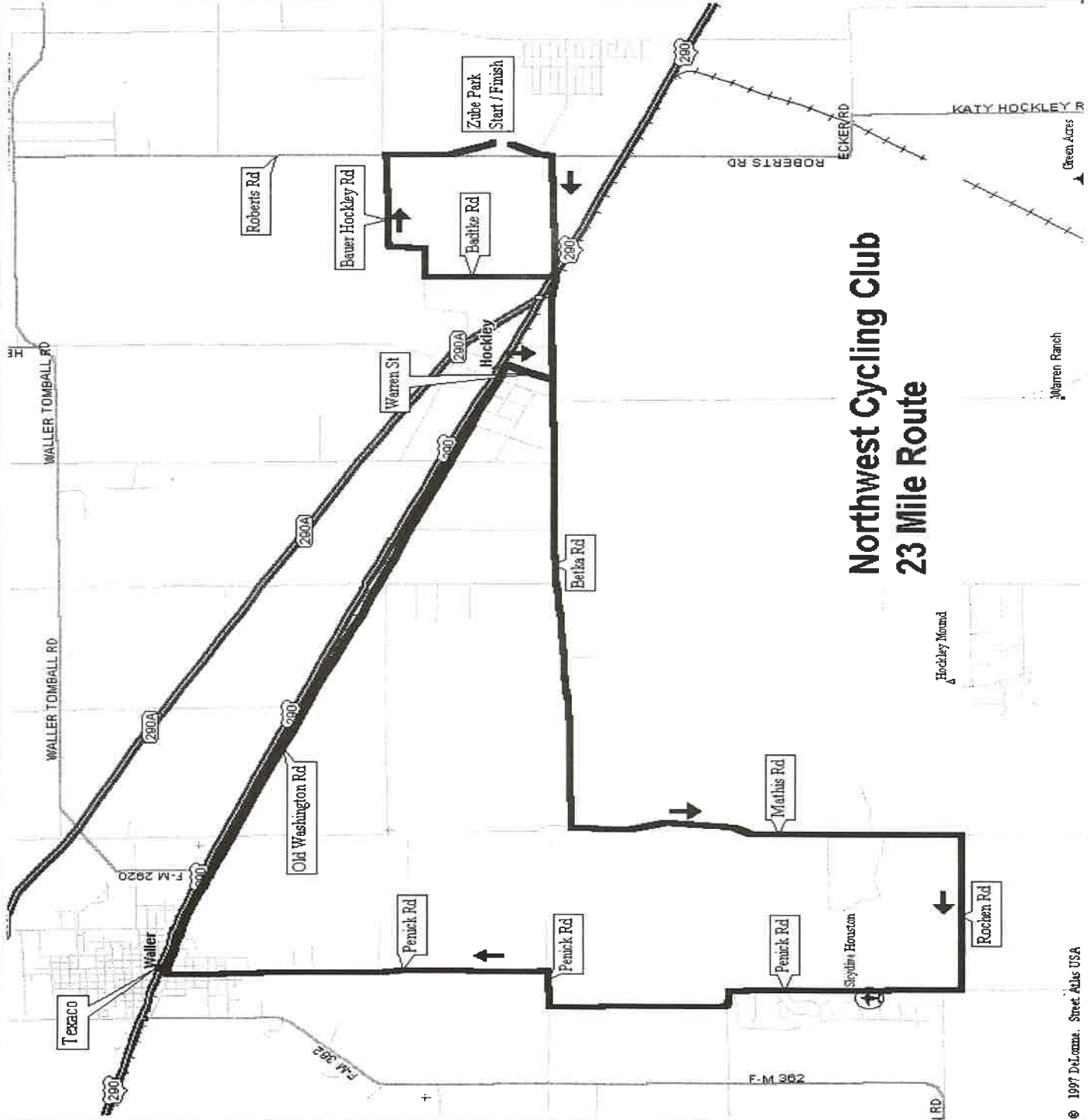
March 2001



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 NWCC Ride Zube Park 8AM Grand Sport Speedway Crit Warda Mtn Gator Ride
4 Warda Mtn	5	6 Club Meeting Race 6:45PM General 7:30PM NW Cyclery Consumer Expo 5PM-9PM	7 MS 150 Nw Rider Clinic 7PM	8	9	10 NWCC Ride Zube Park 8AM Lago Vista RR
11 MS150 Training Ride 8AM Lago Vista RR	12	13 Woman's Cy- cling Sympo- sium 7PM	14	15 Basic Bicycle Repair 7PM	16	17 NWCC Ride Zube Park 8am Flat Creek Mtn
18 BLUEBONNET METRIC CEN- TURY Flat Creek Mtn	19	20	21 Advanced Bicy- cle Repair	22	23	24 NWCC Ride Zube Park 8am Fayetteville Stage Race
25 Fayetteville Stage Race	26	27	28 		30	31 NWCC Ride Zube Park 8AM Comfort Mtb

23 Mile Route Description

Turn left on Roberts Road.
 Turn right on to Zube Road.
 Turn right on the feeder of 290 for a short distance.
 Turn left at Badtke road and proceed thru the underpass.
 After crossing the railroads turn right on Betka Road.
 Turn left on to Mathis Road.
 Turn right on to Rothen Road.
 Turn right on to Penick Road.
 Proceed through Waller to Washington Street and turn right.
 If you need to stop turn left on Key Street and cross the railroad and Old Hwy290 to the Texaco.
 When leaving the store back track to Washington Street and proceed East.
 Follow Washington and Old Washington back to Hockley and turn right on Warren St.
 Turn left on Betka Road.
 At the underpass proceed straight on Badtke Road.
 Turn right on Bauer Hockley.
 Turn right on Roberts Road to Zube Park.

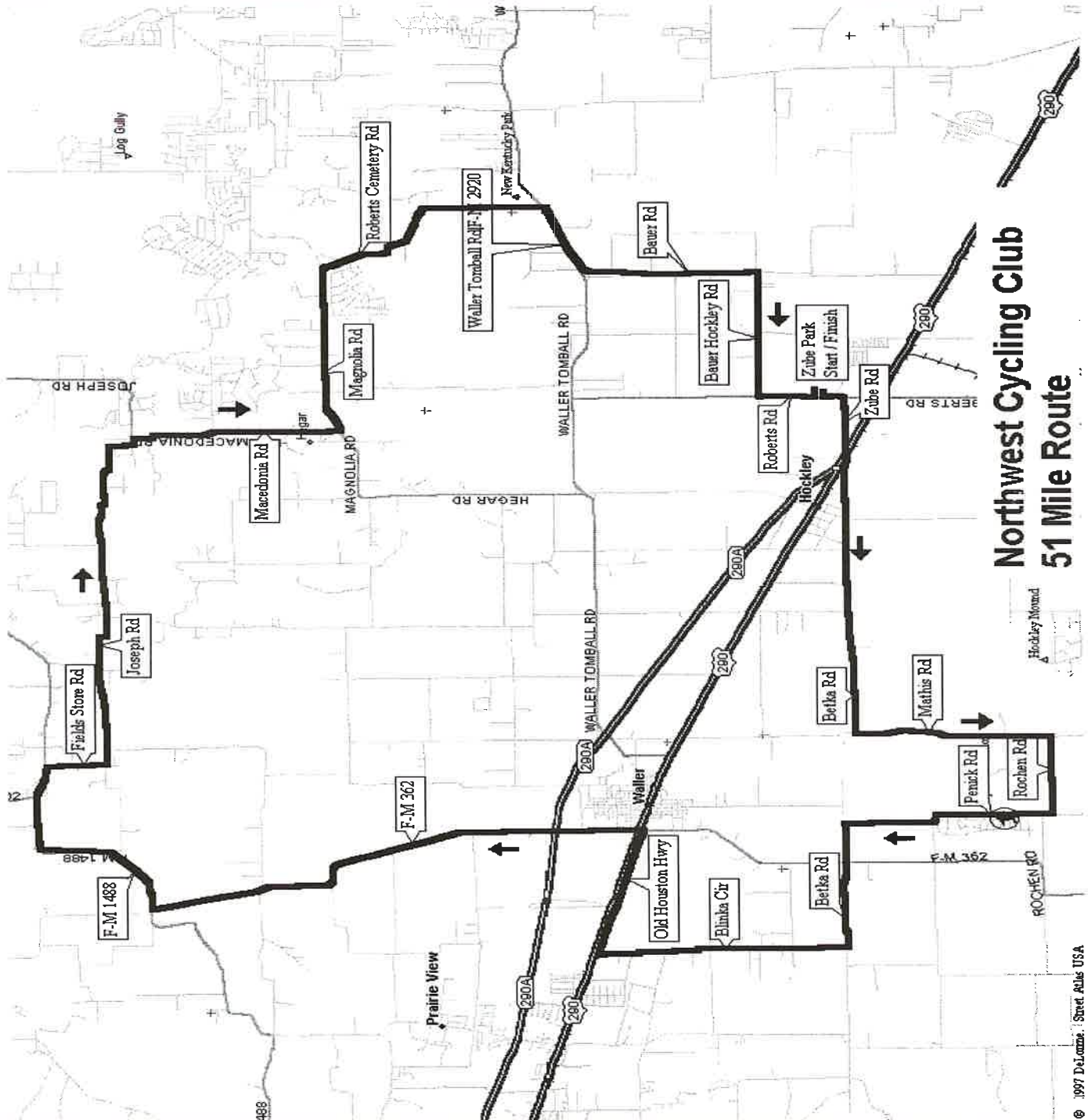


Northwest Cycling Club 23 Mile Route

51 Mile Route Description

Park at Zube Park in the Northwest corner of the parking lot.
 Leave the park and turn Left on Roberts Road.
 Turn right on Zube Road.
 Turn right on the feeder of 290 for a short distance.
 Turn left at Badtke road and proceed thru the underpass. After crossing the railroads turn right on Betke Road.
 Turn left on Mathis Road.
 Turn right on Roehen Road.
 Turn right on Penick Road.
 Turn left on Betka Road.
 Cross FM362 carefully.
 Turn right on Blinka.
 Turn right on Old Houston Hwy.
 Stop at FM362 and turn left. FM362 has a wide shoulder. Proceed to FM1488 and turn right.
 At the store turn right on to Fields Stone Road.
 Turn left on to Joesph Road.
 Follow Joesph Road to Macedonia and turn right.
 Turn left on Magnolia Road.
 Turn right on Roberts Cemetery Road.
 Turn right on FM 2920
 Turn left on Bauer Road.
 Turn right on Bauer Hockley
 Turn left on to Roberts Road and proceed to Zube Park.

Northwest Cycling Club 51 Mile Route



NWCC Member Profile - David Bumbaugh



Each month we will attempt to profile at least one, perhaps two, NWCC members in an attempt to make the general membership aware of the wealth of interesting individuals we have in our club.

Our first profile is of **David Bumbaugh**. A member of NWCC since 1997, David joined the NWCC road racing team in 1998. Last year David had a banner year with the team racing as a Cat 4. Some of his racing accomplishments this past year include:

- A **second place** finish overall at the Fayetteville Stage Race (a three race series),
- A **ninth place** finish at the OKC Velo Stage Race,
- A **first, a second and a third place** finish in last summer's Memorial Crit series,
- A **fifth place** in the Bryan Power Pedal Road Race,
- A **second place** in the Bryan Power Pedal Crit,
- A **first place** in the SE Cycle Challenge Road Race in Beaumont,
- A **first place** in the Grand Sport Speedway Crit, and
- A **first place** in the Montgomery Country Road Race.

David has recently "catted" up to the 3s where he will be racing for the 2001 year, along with an occasional 35+ Masters race.

Age: 39 and holding, 40 in May

Height/Weight: 5' 9" / 170 lbs

City of Birth: Wichita, Kansas USA

Racing Category: 2000 Cat 4, 2001 Cat 3 / Masters

Occupation: Production Engineer, BP America, Inc.

Hobbies (other than cycling): With two kids, who has time for another hobby???

Joined NWCC (When, Why?): Joined in 1997 when I moved to Houston. I learned of the club through a co-worker who was a member. Started racing for NWCC in 1998.

Bikes Owned: Litespeed Classic w/ Campy Chorus and a 1973 Peugeot, rode it for many years and I still have it and ride it on occasion.

Dream bike: Colnago C-40 w/ campy

Cycling related goals for 2001: Top ten team member finish in each race that I participate in, and two top ten individual finishes

Starting Cycling (when? why?): I ran with a friend in college who

also cycled. When the weather got warm, my running mate was off cycling. My brother had this old Peugeot hanging in the garage gathering dust, so I bought it from him and took up cycling.

Favorite Local Training Route: Magnolia - riding through the forest with a few rolling hills is sheer ecstasy. I wish that it didn't take over an hour to get there!

Training philosophy: Balance duration and intensity. I do not ride a high volume of miles, so I make the miles that I do ride count. I also practice Yoga three to four times a week which has improved my balance, strength, flexibility and breathing.

Average number of miles you ride each week: 100 to 150 miles per week

Pre-ride eating: Bananas, Yogurt, Cereal / Oatmeal

Post-ride eating: Just about anything that I can find in the fridge.

Most admired cyclist: Lance Armstrong - best all around cyclist & individual. Mario Cipollini - What SPEED!

Favorite Quote: "A winner never quits, A quitter never wins."



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 FEBRUARY 19-28TH

**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 Gloves 25% Off!

**Free Bottom Bracket Service Overhaul!
(Service Only, Parts Extra)**

*(Continued from page 4)
The Deer Man*

desire, he is not considered as keeping the deer confined, thus does not need a special permit. Many of the deer jump over the fence and go into the woods nearby. (Well, there USED to be woods near by, until it was cut down for probably more housing developments.)

I'm sure everyone has seen the

three-legged deer, so I specifically asked about her. As a fawn, she was hiding in the grass where her mother had left her, when she was accidentally stepped on by a cow, and her rear leg was amputated. The farmer brought the injured deer to Mr. Lonzo to see if he could rehabilitate it. She has prospered and does not seem to know she as only three legs, if you have ever seen her running with the

other deer in the field!

The spring before I interviewed Mr. Lonzo, the three-legged deer gave birth to twins. Both little bucks were sprouting four point antlers when I was there. So part of his herd is the new fawns that were born in the spring. The year the twins were born, he had a total of four fawns born.

(Continued on page 14)

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 13)
The Deer Man*

But the most special one to him is the one he named Bambi. She was found alongside her mother who had been killed by a car. She was just days old, and had been trying to nurse from the dead deer. She was so weak that she could not stand. Again, someone who knew about Mr. Lonzo and his deer pets, brought her to him. He did not think she would live, as she was so weak. He had to feed her from an eyedropper every hour or so for the first few days until she was strong enough to suck from a bottle. She seemed to look to Mr. Lonzo as her mother, and started to follow him around. His grandchildren love her, and she lets them pet her. She even has let the younger ones sit on her, which she tolerates well. He asked me if I would like to pet her, and being the animal lover that I am, I did not hesitate to take him up on his offer. He walked out into the pasture alone at first, then called me to join him. I must have looked pretty silly walking out in the field in my cycling jersey, shorts, and shoes! Bambi let me pet her, and soon showed me the special places where she likes to be scratched. (Feeling her coarse hair instantly brought back memories of a horse that my grandfather carved for me out of wood and covered with deer hide. I was probably about four years old.) I was amazed at how tame and beautiful Bambi was. She did not seem the slightest bit afraid of me. Her little spindly legs and tiny feet seemed too small to hold up her body.

After spending time with Bambi, I thanked Mr. Lonzo for his time and

NWCC Classifieds

Anyone interested in buying or riding a highwheeler bicycle can get in touch with Gail Hurley at Bikin-Gail@aol.com or call 281-255-9873 for further info.

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.

education. I continue to wave to him if I see him out when I ride past. So when you next are in the area, don't be afraid to stop and chat with the Deer Man.



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

Northwest Cycling Club
17458 Northwest Freeway
Houston, Texas 77040

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The Pedal Pusher

The Editor's Half Page By Craig Rennpage



As you are probably aware by now, starting on February 24th, NWCC will be changing the Saturday ride routes and ride start location. Our NWCC sponsored Saturday rides will start at the same times they always have, but they will start from Zube Park. A thank you goes to Dana Chamness and Bob Swank for the many hours they spent researching and test riding the new routes, as well as a special thanks to Dana for preparing the route maps (see pages 10 and 11 of this newsletter).

Okay, as is to be expected, I know some of you may have concerns about the new start location and routes. I would guess that some of your thoughts could sound a bit like:

"Oh geees, now I have to get up earlier, and drive further to get to the new start (not to mention the drive back)," or

"I've got to learn some new routes, and I just finally learned the old ones," or

"Now I've got to figure out all the new secret hiding places of where to go just in case mother nature decides to make a call halfway through the ride," or

"Help me God, here we go again. I'll be hanging on by my fingernails trying to find that 5 square millimeters worth of draft off of Scott or Troy in the hope that I don't get spit out the back of the pack and have to find the way back all by myself."

Well guys, sure there are disadvantages associated with the new start/routes, but there are some really big advantages we're all gaining with the new start/routes as well such as:

1) Most importantly, less traffic, which in turn will greatly minimize the potential for a repeat of last summer's tragedy,

2) No more last minute pre-ride mass parking changes due to surprise Saturday morning school functions,

3) Rest rooms at the ride start !!! No more last minute pre-ride forays sneaking around school buildings "taking care of business" (and we know who you are . . . because Gail was watching and she told us!),

4) No more packs sneaking out the back at the ride start ... now Mr. Swank will truly have total pack control, at least for the first half mile, and

5) Fewer beer cans, and shouts of "hey, look at the girlie men with their shaved legs and tight pants," being hurled by disgruntled rednecks, who might be "150 feet late" getting to their destination.

"Let the great world spin forever down the ringing groves of change." A.L. Tennyson.