

The Pedal Pusher

July 2001

Vol XV, Issue 7

A monthly
publication
promoting
the spirit of the
Northwest Cycling
Club

Message from the President

By Bob Swank



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WOW, WOW, and WOW! These last few days have been incredible. As much as 34" of rain in five days. It's the club's most sincere hope that not too many of the club's members had flood damage, or had an automobile loss. If that was truly a one hundred year flood, hopefully that will be the last one I'll have to witness. Best of luck to everyone.

If you missed last month's meeting you missed The Great Giveaway. I was able to clean out the storage bin of all the old t-shirts, hats, and socks from years gone by. The storage bin is a different place now, but in a few weeks we will be getting 10-15 new water jugs, and retiring the old ones. Many of our old water jugs have various ailments—so it's not a loss to see those go and the new ones take their place.

Everyone in attendance at last month's meeting walked away with something. The regular meeting was cut a little shorter than normal due to Alison making her initial appearance. All in all a wonderful meeting.

We now have a new volunteer chairperson. Ron Ostrowski will be twisting arms, and kindly asking you to help out with ride start, race volunteering, and of course the upcoming Katy Flatland Century ride next month. Please help Ron out as much as possible. I know he'll do an excellent job.

While I'm on the subject of The Katy Flatland. Its meetings have begun, and the next meeting dates are : June 19th and July 11th. More infor-

mation is printed in this newsletter. NWCC has reserved PAVILION 4 for the Blue Bonnet/Katy Flatland appreciation dinner. It will take place at Bear Creek Park on July 13th (a Friday), starting around 6:00pm. EVERYONE who helped out with either of these rides is urged to attend. Ray's BBQ will provide the food, and Pepsi products will be plentiful. It's a great way to meet the other folks who help out in our rides.

I've asked permission and received an O.K. to order new I.D. cards. Look for them at one of our general meetings.

I'm going to request from the Board at next month's meeting an equitable way to distribute the excess funds from the Club. I believe that looking at the various small towns we ride through, and our ride start/ finish areas would benefit greatly by purchasing swing sets for their parks, or trees for the grounds. I've chatted informally with all the Board members about the direction that NWCC should take next year. We have had many valuable comments. I'm always interested in member's comments.

Several general items for this next paragraph: I mentioned this last month--- Our club century is in the planning stage and dates have been set. We are going to "tag" our ride with the Lions Club. It's going to work out great! Any NWCC club member interested in riding will simply sign up and ride. No fees. The club will pay the tab.

That is about it for this month, I'll leave you alone until next month. But until then remember to: "save some cookies for me".



Le Tour de France

By Damon VanZandt

- 0 Saturday, July 7 Dunkerque Prologue 8K ITT
- 1 Sunday July 8 St Omer - Boulogne-Sur-Mer 198K
- 2 Monday, July 9 Calais - Anvers 200K
- 3 Tuesday, July 10 Anvers - Seraing 199K
- 4 Wednesday, July 11 Huy - Verdun 210K
- 5 Thursday, July 12 Verdun - Bar-Le-Duc TTT 67K
- 6 Friday, July 13 Commercy - Strasbourg 220K
- 7 Saturday 14 July Strasbourg - Colmar 162K
- 8 Sunday, July 15 Colmar - Pontarlier 220K
- 9 Monday, July 16 Pontarlier - Aix Les-Bains 185K
- 10 Tuesday, July 17 Aix-Les-Bains - L'alpe D'huez 208K
- 11 Wednesday, July 18 Grenoble - Chamrousse ITT 32K
- 12 Friday, July 20 Perpignan - Plateau De Bonascre 166K
- 13 Saturday, July 21 Foix -Saint-Lary Soulan - Pla d'Adet 222K
- 14 Sunday, July 22 Tarbes - Luz-Ardiden 144K
- 15 Tuesday, July 24 Pau - Lavour 226K
- 16 Wednesday, July 25 Castelsarrasin - Sarrau 224K
- 17 Thursday, July 26 Brive-La-Gaillarde - Montlucon 200K
- 18 Friday, July 27 Montlucon - St-Amand-Montrond ITT 61K
- 19 Saturday 28 July Orleans - Evry 160K
- 20 Sunday, July 29 Corbeil-Essonnes - Champs-Elysees 150K

20 stages :

- 10 flat stages
- 3 medium mountain stages
- 4 high mountain stages
- 2 individual time-trial stages
- 1 team time-trial stage

Distinctive aspects of the race :

- 5 mountain finishes
- 2 rest days
- 101 kilometres of individual time-trials
- 67 kilometres of team time-trials
- 1 transfer by plane
- 22 Category 1, Category 2 and highest level passes will be climbed.

12 new stop-over towns:

Saint-Omer, Bar-le-Duc, Commercy, Chamrousse, Plateau de Bonascre, Foix, Lavour, Castelsarrasin, Sarrau, Saint-Amand-Montrond, Evry, Corbeil-Essonnes.

Participation :

20 teams of 9 riders will be invited to take part in the 2001 Tour de France.

The First Teams selected are:

Team Deutsche Telekom;
Domo - Farm Frites;
Ibanesto.Com;
Kelme - Costa Blanca;Once.;
Us Postal Service (Yeah Baby);
Ag2r;
Prevoyance;
Bonjourcofidis;
Le Credit Par Telephone;
Credit Agricole;
Festina;
Jean Delatour;
Fassa Bortolo Lampre - Daikin
Mapei - Quick Step;
Rabobank

Outdoor Life Network air times:

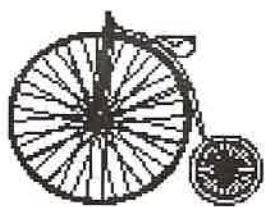
- 1:00am to 3:00am
- 9:30am to 11:30am
- 3:00pm to 5:00pm
- 9:00pm to 11:00pm.

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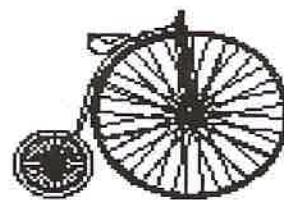
Affiliate Representatives:

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)
Board Member Texas Bicycle Coalition
Gail Hurley



NWCC News Briefs

By Julie Mashburn



The Saturday Ride

Confusion seems to have abated on the new Saturday routes since our move to Zube Park. I for one, promptly got utterly lost on my first outing from Zube. But there appears to be fewer riders getting lost these days. Maybe this is because, as one anonymous NWCC rider put it, if the road is smooth, you know you are on the wrong road.

One important thing to note is that the original two routes, the 23 and 51-milers, now have company. Riders are choosing among five routes on Saturday mornings. Maps and directions for all five are now available online at the NWCC website.



Thank you Dana. Joining the original Zube routes are a "40 Buffalo", "45 Buffalo", and "Monaville Fast 65 Mile Route." The latter is the preferred route of the race team and it also includes a 40 mile bailout at Washington road.

Katy Flatland July 22

Get ready for the Katy Flatland!

For organizers and helpers on the Flatland, the July meeting is Wednesday, July 11 at 7PM at Northwest Cyclery. The volunteer dinner for Bluebonnet and Katy volunteers is 6PM Friday, July 13 at Bear Creek Park. Packet stuffing for the Katy is Wednesday, July 18 at the shop. Packet pickup is all day Friday, July 20 and Saturday, July 21 at Northwest Cyclery.

Calling All Volunteers

We still need volunteers for the Katy Flatland. Please contact Katy Flatland Director David Collins either via e-mail (dacollin@gateway.net) or by phone 713-688-7201.

Ron, You Rock!

And speaking of volunteers, a big thank you goes out to Ron Ostrowski for accepting the position of Volunteer Chairperson. He replaces Bob Kirkpatrick whose work schedule increased when he assumed the presidency of a related professional organization. Thank you Bob for all the hard work thus far. Uh Bob, with work so busy, are you also out of the business of late night calls begging fellow NWCC members to join you at Silkies for a cold one?

Belated Happy Anniversary

As this newsletter edition is be-

ing produced in the month of June, there are probably numerous wedding anniversaries occurring. This eavesdropping editor knows of at least one, Mr. and Mrs. Chamness. Happy 24th Melanie and Dana.

July NWCC Meeting

Mark Dearing is slated to speak at the July NWCC club meeting. Come out and here him talk about riding and racing as a junior.

Legislative Update

The Texas Bicycle Coalition has been hard at work in their effort to defend the rights of cyclists. A recent e-mail update from the TBC said the Matthew Brown Act (MBA) is VERY close to becoming a statewide law! They expect Governor Perry to sign the bill into law the week of June 10th. TBC followers were asked to keep their fingers crossed for the MBA and were thanked for all those calls and letters to legislators.

The TBC also asked cyclists to mark their calendars for August 24 -- the Annual Texas Bicycle Coalition Meeting at Hotter 'n Hell in Wichita Falls. Celebrate with TBC their legislative victories for bicycling in Texas!

Riding Two Abreast

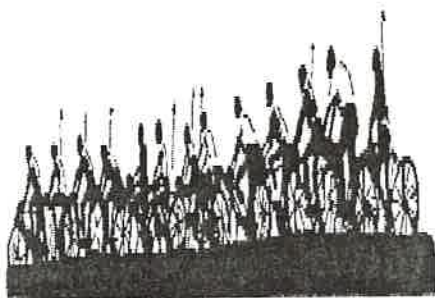
By Preston Tyrre, Texas Bicycle Coalition

Rules of the Road, Part 1

The "Rules of the Road" series consists of 6 articles pertaining to the sections of the Texas Transportation Code that affect cyclists and what those codes really mean.

As in most states, the Texas Transportation Code is based on the Uniform Vehicle Code of the Federal Highway Administration. That means when you straddle your bicycle and take to the road, you are the operator of a vehicle and have all the rights and duties that pertain thereto.

The League of American Bicyclists' League Bike Ed program is based on the following premise: "Cyclists fare best when they act and are treated as operators of vehicles." Most traffic laws pertaining to cyclists are found in Section 551 of the Texas Transportation Code but other sections of the Code affect our rights and duties as well. If you wish to see the entire Code, (over 1,000 pages) go to the Texas Legislature Website at: www.capitol.state.tx.us. And link to the Transportation Code. Section 551 can also be found at www.biketexas.org/cycling_rules.html.



Riding Two Abreast

This is one of the least understood and most abused clauses in Sec-

tion 551. Here is the law: sec. 551.103. Operation on Roadway. (c) Persons operating bicycles on a road-way may ride two abreast. Persons riding two abreast on a laned roadway shall ride in a single lane. Persons riding two abreast may not impede the normal and reasonable flow of traffic on the roadway. Persons may not ride more than two abreast unless they are riding on a part of a roadway set aside for the exclusive operation of bicycles.

Comments:

Many cyclists seem to ignore this entire clause after the first sentence. Unfortunately, the rest of the clause modifies the rights granted by the first sentence. Persons operating bicycles on a roadway may ride two abreast; however:

1. You must ride in a single lane on a road with marked lanes. That seems simple until you consider passing.

- If one of a pair would have to go over the yellow line to pass a slow moving vehicle, you must go single file.
- If one cyclist is passing a pair abreast, the pair should go single file.

2. You may not impede the normal and reasonable flow of traffic.

This is the clause that causes most of the problems because it seems to conflict with 551.103 (a) which allows a cyclist to "take the lane" when the lane is "too narrow for a bicycle and a motor vehicle to safely travel in the lane side by side." Since 1994 the Texas Driver's Handbook has stated, "When this is the case, it is best for the cyclist to take the full lane whether riding single file or two abreast."

Unfortunately, "normal and reasonable flow" and "too narrow" are not defined in the Transportation Code. While the law seems to give cyclists the right to "impede the normal and reasonable flow of traffic" when the lane is "too narrow" to safely share with a motor vehicle, courteous cyclists will acknowledge the motorist and try to make it easier for them to pass. Because much of this clause is open to interpretation, it is best to err on the side of caution.

3. You may not ride more than two abreast unless on a roadway designated exclusively for bicycles.

This is clear and we probably do not have many of these roadways in Texas as most of our "bicycle paths" are normally designated as shared use. Riding two or three abreast on a shared use path is dangerous and discourteous.

There is one final clause that mentions riding abreast, 551.105: Competitive Racing. This allows an organizer of a race to work with local law enforcement agencies to define what is allowed, including riding more than two abreast.

Other topics in this series will address: Lighting at Night; Brakes; Signaling; Signs and Signals; and Lane Positioning.

Suggestions for Cycling Clubs

1. Reprint this series in your club newsletter.
2. Cover Rules of the Road before each club ride to familiarize new riders and reinforce good road etiquette (go to www.biketexas.org)

Do the Pros Use Performance Enhancing Drugs? A Letter from Canadian Racer Paul Kelly

Editor's note. The article below is a somewhat dated letter (April, 2000) from a Canadian pro racer. However, the letter is extremely pertinent due to recent discussions I have noticed on the TXBRA Soap Opera, I mean Racer's Forum, over whether the pros use performance enhancing drugs. And then there is all that mess in Italy with the National Olympic Committee (CONI) holding a summit over whether to suspend all competition in Italy.

The CONI meeting was prompted by the extensive Giro police raid that resulted in Fassa Bortolo's Dario Frigo expulsion from the race along with four other riders. Fifty more are reportedly under investigation. Frigo was second place overall going into the final days of the Giro and had led for eight stages.

Living in Calgary last year, Damon's Canuck teammates were passing amongst themselves Paul Kelly's letter. I think this letter may help in answering the question "do they use EPO [or equivalent]" posed on TXBRA's As the World Turns, I mean Racer's Forum. Kelly was a pro racer for Navigators and currently lives in Calgary, Alberta.

Letter from Italy

Canadian racer Paul Kelly sends us regular updates from Italy, talking about his experience of living and racing in Europe. This latest one should be required reading for anyone who has ambitions about being a pro racer...

Hi everyone.

I made an ethical choice today, and resigned from racing in Italy, after four long years.

Bicycle racing in Europe is difficult. The experience, knowledge, and the huge selection pool of young riders ensure that the competition is tough. That alone can demoralize a rider and send them packing. I surmounted this problem with years of tough training. Alone. In the wind. 1000 hours on the bike per year. I became competitive, had consistent top 10 results, and on two gratifying occasions, won. However, this success is secondary to the lessons learned in achieving it, the lessons which have founded my decision.

This year I saw riders who I had been

dropping for months, and who had not finished a race yet this season, suddenly take a huge step forward, and win. These riders were my teammates, and I know how they managed this feat. As in the years before, they will continue to win for a couple months, and then perhaps turn pro, or perhaps have depleted their bodies to the point that they are unable to finish races once again. In addition, while they are enjoying winning through medicine alone, they are depriving those with natural talent of their due rewards.

Drug use which was once only in the job description of the pros, has filtered down to the Italian amateur, junior, and recreational racers. Sponsors funnel more and more money into the sport at any given level, while team management and doctors have to find a way of justifying this contribution. If they don't have a winning team, they don't make money. To get an edge, they put the riders (without education, alternatives, or morals) on performance enhancing drugs. The self-defeating part is that every team does it, so that it no longer becomes an edge, so much as a net increase in the base level of the field. Now, riders suffering from

Letter from Italy

NWCC MEETING LOCATION!

Come join Northwest Cycling Club at one of their monthly meetings. Meetings are held 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

The Poop from the Paceline

By Ester Astabula

Beverly Lewallen who hangs her bikes up during the winter months, has been spotted in Magnolia back on her bicycle. Soon she will be back in shape and headed to Iowa to do RAGBRAI. Speaking of which, **Jo Linda Papadakas** is riding lots of miles, because she also is doing RAGBRAI and it's a hilly route this year. **Bob Kirkpatrick** also is preparing for RAGBRAI. He's been doing his 12 ounce curls in preparation for that other RAGBRAI activity.... beer drinking... and lots of it.

Eddie McLean was trying to show everyone in the paceline his bruised bum. Some say the bruise resembled Eddie's homeland, Ireland. Eddie's son **Charles** has also been spotted in the paceline at Memorial park. He's going to work on his Irish accent since he was told chicks dig it.

Haven't seen **Corey Lucas** out since he got completely lost on the new routes. He's preparing for an iron man competition, if that tells you anything about his mental capacity.

Over Memorial Day weekend, **David Collins** doubled his mileage for the year. (These people who let work interfere with their riding!).

Who said chivalry is dead? **Craig Rennpage** and **David Hatcher** take care of the women in their packs, drop-

ping back to reel'em back to the pack repeatedly. They learned form the best—**Dana Chamness, Morris Taymon, George McKenna, and Gregg Germer.**

There sure has been a lot of purple haze on the roads lately and I'm not just talking about **Eric Warnsman**. Seems like **Mark Skeet** or maybe it was his wife **Rosemary**, who started the fashion trend of the purple shorts that are now being sported by quite a few members of the race team. I for one think they look quite smart.

Well **Mary Taymon** may be of Polish decent, but her husband must be of weeble heritage. You know, the weebles that wobble but don't fall down tribe. Evidently, at a recent Wednesday night Crit, **Morris** ended up with a fellow rider's bike stuck in his wheel. Sparks were reportedly flying as the oblivious Weeble continued around the Memorial Park Loop. After a bit, he noticed his bike was handling a little "squirrelly", so he decided to pull over only to find that he had been dragging a bike along that was implanted into his back wheel.



(Continued from page 5)

problems associated with years in the pro ranks (and drug use) have become common among the dilletanti. These "athletes" become so exhausted from pushing their bodies beyond their intended limits, that they no can longer progress in their sport. And it is these riders, the individuals on the verge of collapse, that are allowed to turn pro.

I do not want to be a part of this sport's destructive cycle. I cannot perpetuate a system that I am so morally opposed to. Nor do I see any glory in pursuing the thought of doing the same thing as a European professional. A Resignation on Principle.

Upon returning to Canada in June, I have not yet decided whether I will continue to race. I have been riding really

well, and am quite fit. The part of me that fell in love with the sport is still alive and well, only now the reality of racing in Europe has overcome the utopic dream. Searching for alternatives to drugs, I have developed an interest in natural health, healing, and nutrition, and believe that this may be the next path in my life.

Paul Kelly

Calendar Key

Saturday Club Ride. Road bike ride. Meeting location is Zube Park, Roberts Road and Hwy 290.

Wednesday Cypresswood Ride. Mountain bike ride that meets at Cypresswood. For more information, contact Gail Hurley.

Friday Cypresswood Ride. Mountain bike ride using lights. The ride meets at Cypresswood. For more information contact Kevin or Laurie Hopper.

Tuesday Time Trial. Every second Tuesday of the month with riders meeting at Zube Park.

The Saturday rides start per the following schedule:

- Jan thru Mar 8:00AM
- Apr and May 7:30AM
- Jun thru Aug 7:00AM
- Sep 7:30AM
- Oct thru Dec 8:00AM

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.

July 2001

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Get Fit Get Fast Circuit 8am Katy Mills Course	2	3 Club Meeting 6:45 Race team 7:30 General Members	4 	5	6 Cypresswood by lights club mountain bike ride 7pm	7 Club Ride Zube Park 7:00am Victory Circle RR, Ft. Worth
8 Top Gun Crit, Ft. Worth "Get Fit Get Fast" Circuit 8am Katy Mills	9	10 Club Time Trial Zube Park Roberts Rd & 290 6:00pm	11 Memorial Park Crit 5:50 & 6:50 Cypresswood club mountain bike ride 6pm	12	13 Cypresswood by lights club mountain bike ride 7pm	14 Club Ride Zube Park 7:00am
15 Get Fit Get Fast Street Sprints Park 10 8am	16	17	18 Memorial Park Crit 5:50 & 6:50 Cypresswood club mountain bike ride 6pm	19	20 Cypresswood by lights club mountain bike ride 7pm	21 Club Ride Zube Park 7:00am
22  Matrix Crit, Plano	23	24	25 Memorial Park Crit 5:50 & 6:50 Cypresswood club mountain bike ride 6pm	26	27 Cypresswood by lights club mountain bike ride 7pm	28 Club Ride Zube Park 7:00am
29 Walburg Heat RR. Walburg	30	31 Club Board Meeting Northwest Cyclery 7pm				

Dog Incident Report Form

Cyclists must contend with dogs from time to time. Dr. Tom Vining states that dogs are either playful, protecting their territory or they simply want your leg. Below is a form that we ask to be filled out in the event of an unpleasant encounter with a dog. Mail the completed form to 17458 Northwest Frwy., Houston, TX 77040 to the attention of the NWCC's secretary. A decision will be made at the next board meeting on whether to contact the owners or the authorities.

DOG INCIDENT REPORT FORM

Your Name _____

Your Address _____

Date and Time of Incident _____

Location of Incident _____

Description of Dog or Dogs _____

Describe the incident:

Mail form to: NWCC, 17458 Northwest Frwy., Houston, TX 77040, attn: Club Secretary

Kona 12-Hour Mountain Bike Race

By Gail Hurley

Kona 12 hour race, June 2001.

What a blast! We did it... we raced for 12 hours with three NWCC teams looking good and strong!

Why do we do this kind of race? I think it is because it is the end of the spring offroad race season, and the thought of a team relay for 12 hours of night riding just darn well appeals to our wild natures!

We had the four woman team of Dirty Debutantes with Sandra Rice, Melanie Lacy, Tracy Meixensperger, and Laurie Hopper. Then we had another four woman team called the Ladies Night Out with Monica Gill, Anne Whitehouse, Julie Tamborello and Gail Hurley. Our two man team had Frank Gonzales and Kevin Hopper rounding us out!

We started at 6 in the evening with a run to the bikes...what a hoot! Seeing people running with cleats on is always so fun and goofy! We had Sandra, and Anne hanging in the back as they didn't want to be trampled! Off they went with a medallion around their necks with team numbers on them...14 and 15.

The rest of us were gearing up for the transfer of this sacred medallion in about an hour or so...with an 11 mile course to deal

with. Down the famous "Gas Pass" also, and a climb up "Paydirt Bridge"!

I was ready to go when Anne came in and I took off with daylight still hanging....but my lights on the bike for when it got dark. Couldn't hear anything but the sound of my breathing as I moved fluidly through the trails. Always looking far ahead on the trails, I made note of spots that needed some consideration and thought of how to handle them in the dark.



Breathe! Not enough air! Wait....hasn't it been hours? No...just over an hour...and ten minutes...the barn! There is Julie, waiting to get the medallion as someone holds her bike for her, ready to roll!

I am done for now, and can't find any air! Darn...hate when that happens!

But, I am laughing because for some very odd reason, I am having fun!

I notice that all around me are riders "charged" with this same sense of mischievous behavior... playing after hours in the dark.

I see in the woods ahead what looks like fireflies, but in reality, they are mountain bikers moving stealthily through the night. The onslaught continues as team upon team do the exchange, working towards as many laps as possible as fast as can be in the twelve hour period!

On into the night, we eat well, and drink lots of water as the cool breezes flow through our NWCC campsite. We have thong panties on the clothes line for the fun of it! Got to have a sense of humor!

When 6am rolls around, we are done! Ladies Night Out takes first place with nine laps in the women's four person division, with Dirty Debutantes coming in second with seven laps. Kevin and Frank took third in a tough division, the two-man division.

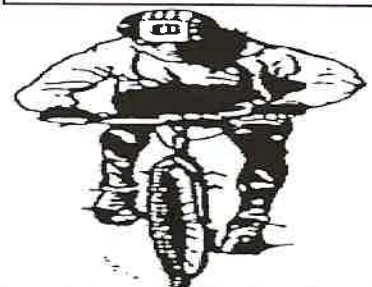
We made ourselves known there, and our jerseys dominated the course! Let's do this next

NWCC Classifieds

Hey! Want to ride an "Ordinary?" Some call them Penny Farthings, bone-shakers, widowmakers, and highwheelers. I also can order you one if you want, they come in various sizes, in various metals. Contact Gail Hurley for further information. 281-255-9873 hm. 281-255-2029 wk.

For Sale: For sale one pair of almost new SIDI genius 3 shoes, size 43.5. Need to sell because I ordered the wrong size! I've worn them 5, or 6 times. Asking \$75.00, comes complete with new Look red arc cleats. Contact Bob Swank at 713-467-6279, or E-mail me at rjsarch@earthlink.net.

For Sale—\$275 OBO 1991 Specialized Steel Road Bike. Excellent condition. 52 cm, Rx 100 group. Contact John Del Toro. Day 713-241-3111 Evening 281-469-7149 bullshot@neshot@netropolis.net



year with more teams! I am proud of you all!

Gail Hurley, Ladies Night Out team

Mountain Bike Race Results

2001 Texas Mountain Bike Spring Championship Over- all Series Results:

Gail Hurley Expert Master 40+
6th
Don Johnson Sport Master 30-
34 68
Colin Winsor Sport Master 35-
39 11
Kevin Hopper Sport Master
35-39 70
Jim Mackey Sport Master 40-
44 10
Lee Troy Sport Master 47
Charles Strack Sport Master
40-44 55
Rick Lee Sport Master 26
Renate Junold Sport Senior 20-
29 1st
Cheryl Fulton Sport Master 30-
39 1st

Bar H Bash Saint Jo, Texas May 5-6:

15 Colin Winsor 01:43:06
13 James Mackey 01:54:21
1 Cheryl Fulton 01:51:52
26 James Hopper 01:59:01
11 Tracy Meixensperger
01:15:52
7 Elena Capsuto Quinn
01:14:26
4 Sandra Rice 01:39:24 B

Beginner East Series:

James Ferrel 44
Sam Giancarlo 30
Tracy Meixensperger 6th
Julie Tamborello 15
LeAnn Latham 17
Laurie Hopper 30
Elena Caspuro 8
Sandra Rice 1st
Melanie Lacy 3rd
Mary C. Collins 7
Donna Wiley 11

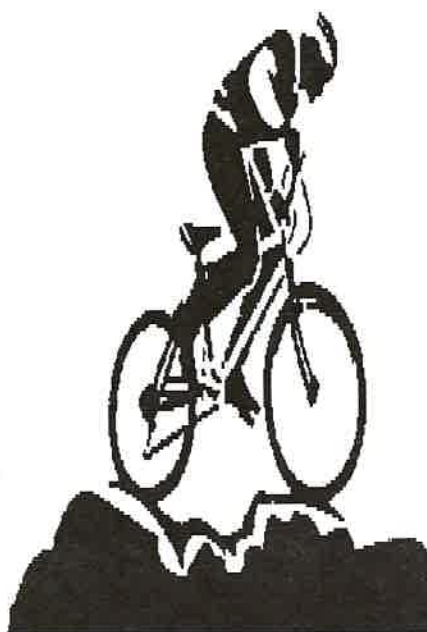
Beginner West Series:

James Ferrell 45
Drew Hazzlerigg 16
Tracy Meixensperger 7
Elena Casputo 12
Laurie Hopper 19
Julie Tamborello 34
Sandra Rice 2nd
Melanie Lacy 4th
Mary C. Collins 6
Paula DeMonte 8
Donna Wiley 13

Wheel in Motion Tyler Chal- lenge May 19-20:

Gail Hurley Expert Master
40+ 4th
Cheryl Fulton Expert Senior
19-29 2nd
Renate Junold Expert Senior
19-29 3rd
Don Johnson Sport Master 30-
34 20
Colin Winsor Sport Master
35-49 6th
Kevin Hopper Sport Master
35-39 23rd
Jim Mackey Sport Master 40-
44 9th
Tracy Meixensperger Beginner
Senior 19-29 8th
Laurie Hopper Beginner Mas-
ter 30-39 DNF
Julie Tamborello Beginner
Master 30-39 9th
Elena Capsuto Beginner Mas-
ter 30-39 8th
Mary C. Collins Beginner
Master 40+ 2nd
Melanie Lacy Beginner Mas-
ter 40+ 3rd
Sandra Rice Beginner Master
40+ 4th

*Editors Note on Racing Results.
The mountain bike results were
furnished by LeAnn Latham
and the Hoppers. Unless other-
wise noted, the road and track
results were pulled from the
TXBRA website.*



Road & Track Race Results

Inez Road Race, May 19:

Here are the "official" results (top 12 placings only) of NWCC members at the Inez road race.

Lauren Mahony 1st !!! Women Cat 4

Nancy Dodd 5th Women Cat 4

Kathy Clark 9th Women Cat 4

Julie Mashburn 11th Women Cat 4

Mark Dearing 2nd Juniors

Morris Taymon 11th Men Cat 4

Craig Rennpage 7th Men Cat 5

Neil Holder 9th Men Cat 5

Congratulations to these NWCC racers that finished "within the points" at Inez. There were quite a few others out there representing NWCC, also, that were making their presence felt. Good to see teammates out there in force this weekend, especially those racing for the first time. Thanks guys!

Hope y'all had fun.

Bill Reilly

Texas State Criterium, June 3rd:

Eric Warnsman - 8th Men's Cat 3

Lauren Mahony - 5th Women's Cat 4

Mark Dearing - 6th Juniors

Carrot & Stick Criteriums, May 12 & 13:

Mark Dearing 4th both days- Juniors

Mirage Classic May 26

Mark Dearing 4th Juniors

New Hope Road Race May 27:

Mark Dearing 2nd Juniors

FDM Crit, May 28:

Mark Dearing - 3rd Juniors

Friday Night Racing May 18:

Eric Warnsman - 1st Men's Cat 4

Friday Night Racing May 25:

Eric Warnsman - 1st Men's Cat 4

Pat Duton - 10th Men's Cat 4

Texas Track Champs June 1:

Pat Duton - 10th Men's Cat 4

Memorial Hermann Youth Team

NWCC gave a donation to the Memorial Hermann team and it appears to be money well spent. There is obviously dynamic participation levels for this vibrant youth team.

Friday Night Raing May 11th:

Mark Dearing 3rd Men's Cat 3; 3rd Juniors

Alane Ballweg 1st Women, 8th Juniors

Troy Duntun 2nd Juniors

Dominic Van Nielson 4th Juniors

Cory Pelletier 3rd Youth

Matthew Cross 4th Youth

Andrew Tharp 5th Youth

Ethan Bing 6th Youth

Nate Buckley 7th Youth

Joey Buckley 8th Youth

Joseph Tokarski 4th Youth

Daniel Walker 6th Youth

Nate Buckley 7th Youth

Ethan Bing 8th Youth

Friday Night Racing May 25th:

Troy Duntun 2nd Men's Cat 3, 1st Juniors

Cristin Walker 6th Juniors, 4th Youth

Domonic Van Nielson, 7th Men's Cat 4, 3rd Juniors

Matthew Cross 2nd Youth

Daniel Wlaker 5th Youth

Joseph Tokarski 6th Youth

Nate Buckley 7th Youth

Joey Buckley 8th Youth

Texas Track Champs June 1:

Mark Dearing 1st Men's Cat 3, 4th Juniors

Domonic Van Nielson 7th Juniors

Superdrome Racing Series May 25:

Mark Dearing Men's 4th Pro 1-2, 1st Juniors



Club Time Trial June Results By Dana Chamness



On June 12 we had an incredible turnout of 45 riders. Four of the riders did a second time trial as teams. I want to thank all that helped and allowed me to ride. Thanks to Melanie Chamness, Morris Taymon, Larry Tharp, Mark and Mike Dearing, Kathy Clark, Gail Hurley and anyone else I was too busy to take note of.

One word of criticism, STAY OFF THE ROAD around the start finish. The gentleman allows us to use his driveway on the South. Let's take advantage of it. When cars are coming from both directions and riders are starting and finishing, it makes for some really tight scary situations.

The next Time Trial will be July 10th.

Time Trial Results:

<u>Name</u>	<u>Time</u>	<u>MPH</u>	<u>Name</u>	<u>Time</u>	<u>MPH</u>
Team (Troy/Mark)	0:14:56	24.9	Jerry Walter	0:18:03	20.6
Troy Dunton	0:15:04	24.7	Charlotte Miller	0:18:15	20.4
Craig Rennpage	0:15:13	24.4	Shawn Wayne	0:18:15	20.4
Larry Tharp	0:15:13	24.4	Cory Pelletier	0:18:24	20.2
Mark Dearing	0:15:20	24.3	Kevin Hopper	0:18:33	20.1
Pete Cariveau	0:15:33	23.9	Mike Dearing	0:18:59	19.6
Dana Chamness	0:15:45	23.6	Kathy Clark	0:19:05	19.5
Team (Tommy/Ryan)	0:15:48	23.5	Tom Holland	0:19:19	19.3
Frank Gonzales	0:16:04	23.2	Matt Cross	0:19:20	19.2
Tommy Cauthen	0:16:04	23.2	Butch Cross	0:19:23	19.2
David Hatcher	0:16:17	22.8	Bob Swank	0:19:26	19.1
Jolius Stuart	0:16:22	22.7	Gail Hurley	0:19:27	19.1
Bill Edwards	0:16:24	22.7	Sandy Martin	0:19:28	19.1
Ryan Nelman	0:16:32	22.5	Pat Perry	0:20:00	18.6
Martin Hukle	0:16:36	22.4	Daniel Granadino	0:20:06	18.5
Mike Wells	0:16:45	22.2	Wes Morrow	0:20:10	18.4
Pat Dunton	0:16:48	22.1	Sandra Rice	0:20:49	17.9
Brent Millard	0:17:01	21.9	Cristin Walker	0:20:59	17.7
Morris Taymon	0:17:01	21.9	Lori Walker	0:21:32	17.3
Lauren Mahony	0:17:18	21.5	Laurie Hopper	0:21:56	17.0
Renate Junold	0:17:20	21.5	David Granadino	0:22:11	16.8
Kerry Emmott	0:17:25	21.4	Evan Haas	0:22:28	16.6
Sam Armstrong	0:17:48	20.9	Daniel Walker	0:22:39	16.4
Nancy Dodd	0:17:48	20.9			

CRASH TERMINOLOGY 101

By Coach Joe Noack

Recently it came to my attention that we as cyclists do not communicate very well. We consistently over state the obvious, or take great lengths to describe events that should only take one or two words to get the job done. Worse than that, though, is a loss of words to describe a truly awesome event; a spectacle, an occurrence that shall never be forgotten—the CRASH! Here is a brief description and a proposed definition list of some of the most popular forms of crashes (my 7th and 8th graders helped with some of these too!):

The Endo—short for “end-over-end”, this is a term used to describe the front wheel becoming stationary and the resulting launching of the body over the front of the bike. Sir Isaac Newton would be proud of the physics on this one! Refer to “head plant” for further description of what happens to a person who “endos”.

A Slider—envision a baseball player who neatly tucks a leg under himself and “slides” into home plate. Now take that visualization and put a rider on a bicycle with the bike laying on its side and the cyclist sliding across the pavement. Spectators can see more of this type of crash in the rain. Rump rash is a definite in this one! Also can be termed the “pedal grind”, or “bike surf” if

constant contact with the pavement and pedal results in a visible scrape left on the road.

Rolling-A-Tire—remember the days of tubulars and sew-ups with glued rims? Take one into a corner too fast, or bumpy and the tire comes off! Usually it will wedge itself between the rim and the frame causing a “slider”—unless it is the front tire, then you will “endo” more than likely.

The Overlap Tap—a rear wheel in the front makes contact with the front wheel from the next guy and the rider in the back goes down!



Head Plant—the reason for helmets and strong bones! Going head first with gravity working in a downward direction (9.8 m/s^2) results in this smashing type of crash. Is probably the number

one cause of broken collar bones and replaced helmets. Try to avoid this one!

Spearing—ever hit another rider who was turned sideways? This is “spearing”. Usually results in an “endo” or a “wheel taco”.

The Chain-reaction—one rider messes up and a few or more have the unfortunate experience of going down with them. Road rash, bruising and a few cuts are the results of this one! **Watch for this crash in all major sprints and in large packs at high speeds.**

The Superman / Superwoman—ever take a flyer and left your bike behind? This is commonly referred to as “launching” resulting from an endo or spearing incident. Watch those curbs! **Enjoy the flight** because the landing can really hurt.

Rodeo—unclipped, not really in the saddle (top tube looming), trying to hold the handlebars steady at speed, with the ride ending before the 8 seconds are up! Getting bumped out of the pack and off the road is one way to excite the spectators—give them a show and make sure to waive when you dust yourself off!

Letters to the Editor

Dear Editor:

It has recently come to my attention that there will finally be a change of editors for the Pedal Pusher.

Well good. It's about time we got a real editor (like you) and permanently got rid of that squirrely dude who can't write worth a crap, can't spell worth a damn without that Mahony chick, and does not even know the value of money (refer to his so called editorial in the May issue about Money vs. Medals). The membership of NWCC know that you are THE editor this club has for so long been searching for. Thank you for breathing new life into that lifeless rag and may your editorial talents shine through in that periodical FOREVER.

Respectfully,

Craig Rennpage

Editors note. I beg to differ with the above letter on two points. The most important being that the (January to June) editor (YOU) is anything but squirrely. In fact, I think you should be nominated for tenure. Besides, we need a big racing stud for an editor. Take a gander at his June time trial results!

My second point relates to the value of Money versus Medals. Craig, do you not have a box full of trophies from school days gathering dust in your parents garage? If not, I got a box for you with a little woman tennis player on top.

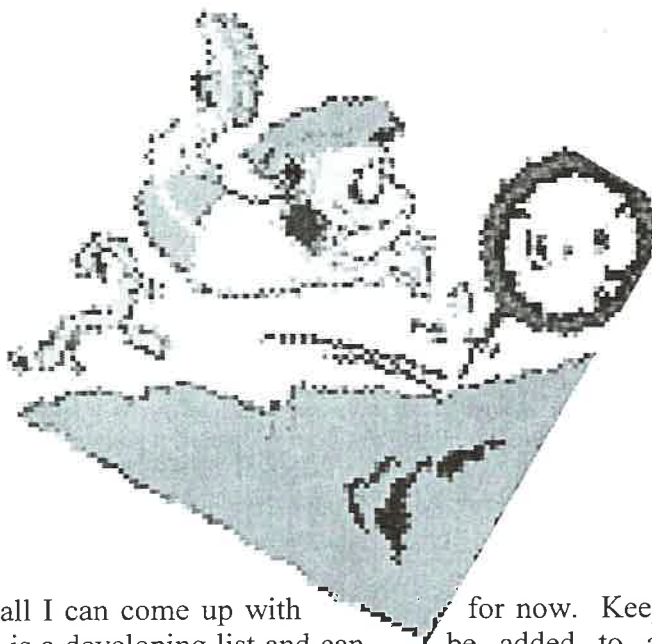
Do you have a letter for the editor? Please send your letter to juliet_a_mashburn@hotmail.com!

(Continued from page 13)

The Smack—Newton ex

Crash Terminology 101

pressed his prediction on this one. Any object in motion will continue in motion unless something gets in the way! A bicycle which hits a wall, tree, car, etc will qualify for the “smack”, with the results often times spelling disaster.



That is all I can come up with for now. Keep in mind that this is a developing list and can be added to any time. Mountain bikers may want to develop their own list too as the crashes are a little different! So now expressing yourself after a crash can be done with the flare of a common language and the resulting visualizations which are created in the story telling. For those of you who happened to miss my most recent crash here it is:

Well, you see I was cruising in the pack at a good speed when I decided to carry the momentum around the outside to pass a few riders before the next climb. As I came along side one of the riders he lost his line and we rubbed shoulders for a while. He was bigger and carried his weight better than I did which resulted in my leaving the comfort of the pavement, beginning my off-road adventure. I did a “rodeo” and thought I could save it until a metal sign came up quickly. I put weight into the bike to move away from the sign. Suddenly, my bike did an “endo” and I did a “superman” “head-plant” resulting in a broken collar bone, broken shoulder blade and 3 broken ribs. I am healing well and will join you back on the bike sometime after July. Take care and ride well!

Coach Joe

The KATY FLATLAND



Century

Northwest Cycling Club presents

Sunday July 22 at 7:00AM

Rhodes Stadium – Katy, Texas

Registration:

\$20.00 if postmarked by July 1, 2001 \$ _____

\$25.00 after July 1, 2001 and day of event \$ _____

Total \$ _____

On line Registration is available at additional cost. See our web site at Northwestcycle.com.

Packet Pickup:

At Northwest Cyclery (US 290 @ Jones Rd.)

Friday, July 20 from 12:00 Noon to 7:00 PM

Saturday, July 21 from 12:00 Noon to 5:00 PM

At Start

Sunday, July 22 from 5:30 AM to 8:00 AM

Directions to the Start:

Take Interstate 10 to Katy, Texas. Exit Katy-Ft.Bend Road (Exit 742). Proceed north. Follow the signs to Rhodes Stadium. You will enter the stadium parking area from the East side.

The starting area, registration and packet pickup are in the West side of the stadium.

Start time:

7:00 AM 100 mile and tandem start, followed by 62, 50 and 30 mile groups. Be aware that riders will be started in groups of approximately 200 to 300 to accommodate your safety.

The first 2,001 riders registered are guaranteed an event T-shirt and water bottle.

For information call 713.466.1240

Helmets are required. Radios and Headphones are prohibited on the ride.

Make checks payable to NWCC

Mail to: Katy Flatland Century

17458 Northwest Freeway
Houston, TX 77040

Please Print Clearly

Last Name: _____

First
Name: _____

Address: _____

City: _____ State _____ Zip: _____

T-Shirt Size: M L XL XXL

Route: 30 50 62 100

Signed: _____

Date: _____

Parent or Guardian if under 18: _____

I fully realize the dangers of participating in a bicycle ride and fully assume the risk associated with such participation, including by way of example, and not limitation, the following: the danger of collision with pedestrians, vehicles, other riders and fixed or moving objects; the danger arising from surface hazards, equipment failure, inadequate safety equipment, and weather conditions; and the possibility of serious physical and/or mental trauma or injury associated with athletic cycling participation. I hereby waive, release and discharge for myself, my heirs, executors, administrators, legal representatives, signers, successors in interest and all rights and claims which I have or which may hereafter accrue to me against, the sponsors of this event, the organizers and any promoting organizations, property owners, law enforcement agencies, all public entities, and special districts, through or by which the event will be held for any and all damages which may be sustained by me directly or indirectly in connection with the event, or travel to or return from the event. I agree it is my sole responsibility to be familiar with the ride course and special regulations for the event. I understand and agree that situations may arise during the ride, which may be beyond the immediate control of the ride officials or organizers, and I must continually ride so as to neither endanger others or myself. I accept responsibility for the condition and adequacy of my equipment. I will wear and ANSI approved helmet at all times while riding my bicycle. I have no physical or mental condition which, to my knowledge, would endanger others or myself if I participate in this event, or would interfere with my ability to participate in this event.

Get Fit Get Fast

NWCC Presents:
**Performance Riding
Training Camp 2001**



Summer is here and it's time for camp! Boost your speed, fitness and bike handling abilities! Northwest Cycling Club invites all of it's members to participate in this entry level performance event. It is designed to introduce competitive cycling to NWCC members, plus improve everyone's abilities from beginner to seasoned athlete. Here are some highlights of the program.

- ♣ All club members have an opportunity to compete in a more easy going and supportive setting (vs. USCF).
- ♣ Race team members can help the club, earn points and train at the same time.
- ♣ Club events are open to NWCC paid-up members only.
- ♣ Events will be held on Sundays.
- ♣ Riders are required to work at least one event in order to participate in the series. Duties will include officials, corner marshalls and safety monitors.
- ♣ Teams will be chosen up and experienced racers will captain each of the teams. The captains will be responsible for teaching and mentoring the campers.
- ♣ There will be a wide variety of events on different courses, for riders of all types (MTB, Road and Track) providing a rich learning and training camp experience.
- ♣ Many of the events will be handicapped allowing all participants a more equitable chance of finishing the event with the experienced racers.

Brought To You By:



**KATY
FLATLAND
CENTURY**



**BLUEBONNET
EXPRESS**

Event	Location	Date	Time
Circuit Course	Katy Mills Course	July 1	8AM
Circuit Course	Katy Mills Course	July 8	8AM
Street Sprints	Park 10	July 15	8AM
Criterium	290 Park 'N Ride	August 5	8AM
MTB Skills	Double Lake	August 12	8AM
Criterium	290 Park 'N Ride	August 19	8AM

☺ All Camp Dates Are Sundays ☺

If you are interested in breaking through to a new level of personal performance or feeling what competition is like in a controlled, equitable and relaxed atmosphere, then the NWCC Performance Riding Training Camp is for you!

For More Information Or Registration
Bruce Gilbert (713) 723-1486 bgilbert@hal-pc.org

Northwest Cycling Club is sponsoring an entry level performance event series this summer.

It is designed to introduce competitive cycling to NWCC members, plus improve everyone's bike handling skills from beginner to experienced athlete. The following is a description of each event. On most days, there will be at least two events to participate in. The first event is for beginners and slower riders. The second is for experienced racers. Event duties will be shared by both groups. The second group will work the first event, then, riders from the first event will work the second one.

Circuit Course

A multi-lap event on a course usually two miles or more in length. This event does require intermediate level handling skills and sprinting. The distance for beginners will be between 12-18 miles. A second event for experienced riders will be 24-30 miles. This is a good way to learn racing skills, working in tight groups and anticipating the moves of other riders.

Miss & Out Criterium

This is also a multi-lap event. The riders sprint at a designated point on each lap, usually the last two hundred meters. Between sprints the event is run at a neutral speed usually 16 to 18 mph for beginners and for the more experienced at 18-20 mph. The purpose of this contest is to eliminate the last one or two riders in each sprint. Sprinting is very important, but equally important is strategy, knowing how hard to sprint in each lap. Ultimately, these sprints are carried out until only 3 to 5 riders are left.

Street Sprints

Similar to car racing. Between two to four people are hand held for the start. This contest usually lasts between 150 to 200 meters on a straight piece of road. A series of these events are held, with the winner of each heat advancing until an overall winner is determined in the last contest.

Point-to-Point Road Event

Goes over paved roads of varying terrain, requiring endurance and strength. Our events will range initially from 25 to 50 miles. As riders get stronger we will ultimately increase these distances. These events will be run on a handicap basis. Some riders will be given a head start, that is called a handicap. These will range in time from 4 to 12 minutes, depending on the riders' abilities and the length of the course. The stronger riders will receive a smaller handicap. The strongest and fastest riders are called scratchmen and they are the last to start.

Mountain Bike Skills Race

Held on an off-road course. There will be a mixture of single track, hill climbs, obstacles and mud enough to satisfy anyone. Experienced MTB racers will help the beginners to learn the fine points of racing in the dirt and get as competitive as they want to. This type of event is a perfect way to try out off-road racing for beginners. Experienced racers can use it to hone skills and techniques for later NORBA events in the season.

Everyone will learn how to officiate and put on races too!

**YOU MUST BE A NORTHWEST CYCLING CLUB
MEMBER TO PARTICIPATE IN THE EVENTS!
MEMBERSHIPS AVAILABLE AT EVENT SIGN-UP.**



Directions to the first 6 Performance Riding Training Camp Events

Katy Mills Course

Take I-10 (Katy Freeway) West to Pin Oak Road. It is the exit just west of the Katy Mills Mall. Turn left (south) and go to the second traffic light, about 1/2 mile. On your right there will be a small shopping center. Look for the Chevron gas station, Coastal Bank and Cazadores Restaurant. Park in the shopping center.

Park 10 Course

Take I-10 west to Hwy 6, exit and continue west on the service road. Look for Star Furniture on the north side of Katy Freeway. It is between Highway 6 and Barker Cypress Rd., in the Park 10 development.

290 Park 'N Ride

Located on Highway 290 and West Little York. Enter the facility from 290 going east. Park in the designated areas.

Bellville Road Course

Take 529 all the way to Bellville. Meet at Chessey Park, then ride to the race start. The beginner's race is one lap or 25 miles. For the experienced racers, there are 2 laps. The course features an interesting hill for the finish!

Double Lake MTB Course

Double Lake is located near Cold Spring, 1 3/4 hours north of Houston. Take Hwy 59 north to FM 2025, the Cold Spring exit.



JULY MEMBERS-ONLY SALE

== Great Deals Just For Northwest Cycling Club Members ==

Get Ready For The Katy Flatland!

20% OFF

Shorts, Jerseys & Shoes

SAVE On Selected Shoes

50 To 60% OFF

Sidi - Carnac - Shimano

10% OFF

All Bar Tape

Free Installation

15% OFF

All Car Racks

Free Installation

20% OFF
All Tools

To Keep Your Bike Running Great

Check Our Closeout Section

25 To 65% OFF

New Items Added Every Week!



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www.northwestcycle.com

Store Hours

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E-mail: cneagli@aol.com

15% OFF Helmets & Bags
In Stock

COMING EVENTS At Northwest Cycles

Basic Repair Class

7PM Thursday, July 19th

Advanced Repair Class

7PM Thursday, July 26th

THESE SPECIALS ARE NOT VALID WITH ANY OTHER OFFERS
ALL OFFERS GOOD DURING THE MONTH OF JULY, 2001 ONLY

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** ()

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
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The Pedal Pusher

The Editor's Half Page by Julie Mashburn

First and foremost, I think it is important to acknowledge the **other** newsletter editor Craig Rennpage. Notice my verbiage did not include "ex-editor". See, I agreed to produce the newsletter during those months when Craig's job is at its busiest (July-December). And while Craig has been humble enough to suggest I have it year round... he's so giving... I don't want to take advantage of his generosity.

Just look at the amazing content we have had in this newsletter over the past months. I haven't read a publication cover to cover like I do the *Pedal Pusher*

since I was nineteen and devouring *Cosmopolitan*. Seriously, we have been very fortunate to have Craig with his engaging rhetoric at the newsletter's helm. **Thank you Craig!** We will all be eagerly awaiting your return.

In the meantime, I ask for your patience during my six month tenure. I am new to this sport, new to this club, and new to Houston. I can't think of a worse resume for the newsletter editor. So please if you see me on the roads introduce yourself or better yet, send me articles for next months edition!

My apologies that there is no *Rider Profile* this month. I was a bit dizzy from being courted by all the potential candidates. Please note the new sections. The *Letters to the Editor* column awaits your submissions! And the *Poop from the Paceline* awaits your gossip. Ester is a bit amorphous at times, but you might try sending your poop to Mashpe@aol.com.

Well, I'm off to get married now. Next month you'll be hearing from Julie Van Zandt. Oh, and one final note, this edition would not be possible without the aid of computer genius Damn Van Zandt.