

The Pedal Pusher

August 2001

Vol XV, Issue 8

A monthly publication promoting the spirit of the Northwest Cycling Club

Message from the President

By Bob Swank

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READY OR NOT SUMMER'S HERE

I misspoke in last month's newsletter. I was trying to get a new volunteer chairperson to fill Bob Kirkpatrick's position. Well---we now have a new Saturday ride start volunteer chairperson. Ron Ostrowski will be twisting arms, and kindly asking you to help out with Saturday ride starts throughout the year. If you would like to do a ride start it's as easy as one, two three. One-----E-mail Ron at rlostroski@webtv.net and sign up for the Saturday of your choice. Two-----Pick up the water jugs and the sport

drink packets (don't forget the new tan map case). Three----Buy enough of the cookies you like for approximately 50 people, and six bunches of six bananas. You're almost home now----show up before the ride with two bags of ice, then mix the sport drink, set out the food and then later return the jugs to the shop. Pretty easy. Please help Ron out as much as possible. I know he'll do an excellent job of recruiting. In the mean time I'm still

looking for a volunteer chairperson.

By the time you read this, the Katy Flatland will be a recent memory. As of this writing our online registration is going strong, and our mail in entries are slightly ahead of where they were last year. I'm keeping my fingers crossed for a banner year. Our membership is up and seems to be growing. I'm happy about this. For this time of year I'm seeing more beginner riders at our Saturday rides than I've seen since the MS150!

Even though some of our new routes are on seldom traveled roads I'm seeing a disturbing trend---riders riding on, or near the yellow line, or away from the shoulder. Worse yet these riders aren't listening for approaching traffic coming from either direction. All seasoned riders know that the last person in the pace line has a VERY important job. Namely watching, and listening for the approaching traffic and yelling out "car back". I'm seeing so many riders,

especially new riders who are reluctant to speak up when riding in a group. You should never feel intimidated by signaling a hazard.

While I'm on safety related issues I'd like to remind everyone to carry and drink plenty of water or the fluid of your choice. Don't forget to wash, and rinse out your water bottles well after the ride because there are so many places for mold and bacteria to grow in the spouts, and threaded caps of a water bottle. The same holds true for the hydration packs.

Lastly---My apologies to Mrs. Van Zandt. I had such good intentions to get this article to her early and I'm sorry for getting it in at the eleventh hour. She's a peach for putting up with me.

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".



Letters to the Editor



Dear Editor:

I am glad that you have graciously accepted the job as Editor of the Pedal Pusher for July-December. As you listed off the credentials to qualify as the worst resume for newsletter editor, I just have one question...If you're new to the sport, how did you skip the 14-16 mph group and go straight to the race group for the Saturday morning starts? Please, give us your secret!

Signed,
Anonymous Back of the Packer

Dear Back-of-the-Packer:

First of all on me, yes I GO OUT with the race team sometimes. But has anyone ever seen me actually COME BACK with them? There's my secret, now I don't have to pay the race team hush money any longer for keeping my dirty little secret.

Secondly, Mrs. Back-of-the-Packer, nice moniker, but I believe you are a regular member of Mary Hodge's weekly 'Let's omit the rests and add a bonus set' trainer class. I have personally witnessed that you don't cheat, doing each set at the designated rpm and gear-ing.

NWCC Classifieds

For Sale. 1998 Specialized Stumpjumper Comp. for sale. 16.5", XT & XTR components, Titec Stem, Judy XC Fork, Mavic 217's, well taken care of. Purchased and maintained at NW Cyclery, \$500 obo. Call Ryan @ 713.446.6610

For Sale. Scott Waimea Team issue triathlon bike 56cm with Mavic CXP 14 rims, wellgo clipless pedals and extras. \$600 obo. Contact Wes at blambuck@msn.com

For Sale. Diamondback Wildwood Delux Bike—Shimano 24 speed, RST front fork suspension, hybrid tires. \$195
Contact Sam at 713-266-0795 or email sgiancarlo@yahoo.com

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 five or six times. Asking \$75, comes complete with new Look red arc cleats. Contact Bob Swank at 713-467-6279, or email me at rjsarch@earthlink.net.

For Sale. Great starter bike for road racer. 51 cm (19 in) custom built frame by Andy Gilmour from Tucson, Arizona. Old suntour superbike pro components. Two sets of wheels both are sew-ups. Red, white, and blue paint. Excellent condition, stored inside. Asking \$500 for all. Worth \$2500 new. Contact Wendy at 936-931-1259.

Wanted. Road bike between 54cm and 56cm. Looking to spend about \$500. Contact Gina Lucker via email at glucker@yahoo.com.

Club Officers

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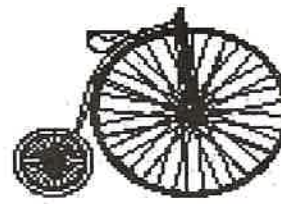
Affiliate Representatives:

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 Van Zandt



Germer Passes Mailing 101:

The Scouts have inherited the newsletter-stuffing job and Denise Germer led the pack. The sign of a truly altruistic volunteer is someone (Denise) who would attend a two-hour bulk mailing class at the post office. Thank you Denise, you did a wonderful job on making sure we got our newsletter.

Cypresswood on Injured Reserve:

The mountain bike outings are in a state of flux with the Cypresswood trail still on the injured reserved list from the big flood. One-half of the course apparently is missing. As of this writing, alternate venues were under investigation.

Interested in Volunteering?

Ron Ostrowski will be handling the ride starter volunteering, but we still need YOU. The second volunteer coordinator will be responsible for recruiting help at all other NWCC events, like the Katy Flatland and such. Contact Bob Swank today!

New Juniors Program:

See the following article on the new juniors program. Peri Mashburn asks members to donate used bikes for any kids that might need them. The club gave \$500 for replacing chains, brake pads or any other mechanical items needed to

make the bike functional as well as safe. From time to time, Peri will ask different members to ride with the group for instructional purposes.

New BBX Director

NWCC is pleased to announce that Anne Whitehouse is the new Bluebonnet Director replacing Gail Hurley. Hats off to Anne for accepting this arduous task. She is going to need all the volunteer help she can get.

Legislative Victory:

With Texas bicyclists cheering him on, Governor Rick Perry signed the **Matthew Brown Act** into law June 15. This momentous legislation, sponsored by Representative Roberto Gutierrez (D-McAllen) and Senator Mike Moncrief (D-Ft. Worth), is designed to protect all users of Texas roads – bicyclists and motorists alike – but with a special focus on making cycling safer for children.

The Bad Bike bill SB238 filed by Senator Jeff Wentworth (R-San Antonio) was left pending in the State Affairs Committee for lack of enough votes to bring it to the floor of the Senate. This bill is dead for this year but can re-surface next session.

Governor Perry vetoed HB674, which would have let local authorities allow parking on the sidewalks under certain circumstances.

Christmas Party:

Be sure to also pencil in the NWCC Christmas party scheduled for 7pm Friday, December 7th at St. Arnolds Brewery. Everyone is requested to bring a small humorous gift costing less than \$15. If anyone would like to volunteer to be Santa for the very young, it would be greatly appreciated. Anyone bringing little ones (12 and under) please email Lori Walker (lwalker@ev1.net), so Santa can either bring a gift or drop it off. Please include the child's age and wishes.

October Picnic:

Mark your calendars for the NWCC picnic scheduled for 4pm Sunday, October 21st. The festivities will

take place at Zube Park on Roberts Road. Be sure and bring your off-road bikes to participate in the bike-soccer match. The picnic will be held rain or shine. Members are requested to bring a side dish or dessert. NWCC will furnish the burgers, dogs and drinks.



CHAPPELL HILL ALERT!

The Chappell Hill Chamber of Commerce and the residents have asked me to notify bicycle riders from the Houston community that ride from Chappell Hill, to please park on one of the side streets, instead of Main Street, whenever you or a group go up there. The residents and shop owners would like to have that space, along Main, available for their needs as well as those of customers. Please avoid blocking driveways, too. Also, they have been awakened early on weekends by riders standing around talking in front of their houses and would appreciate it if it be could be done elsewhere. Please grant them this consideration in order to maintain an atmosphere that is open (currently) to riders visiting and using the roads in their community. Granted, FM 1155 is a public road, but I don't believe it would hurt to try to get along with the property owners and residents of the communities that we ride in. Please spread this notice to all your club members and any other cyclists in the area that you know. Thanks. Bill Reilly

The Poop from the Paceline

By Esther Astabula

Wow, I can't remember the last time I saw this many new bikes in the Paceline. Let's see who I've spotted on new rides: **David King** (De Bernardi road bike), **Morris and Savannah Taymon** on **Don Byrd's** tandem, **Greg Smith** (Trek road bike), **Bob and Maggie Kirkpatrick** (Trek mountain bikes), **Mike Hilton** (Trek road bike), **Jeff Stone** (Fausto Coppi road bike), **Peri Mashburn** (De Bernardi road bike that seems to have changed colors, curious), and **Dana Chamness** (Cannondale road bike) to name just a few.

Morris and Savannah are being coached by some old pros – **Robert and Nancy Kaechler**. I understand Savannah puts the pressure on her Dad to beat the others up the hills.

Don Byrd seems to be enjoying his early retirement. You can find him most mornings riding out of HL&P, then rushing home to attack the to-do list his wife left him. Did I mention he's really fast and one heck of a nice guy?

July 7th seemed to be the day for a bunch of parents and children/grand children. In one group alone there was **Lori Walker** with her two racers – **Cristin and Daniel**. FYI Kids, when the adults pull you all day, it's not nice to sprint past them the last mile and leave them in the dust.

Also out there was **Greg Smith** grandfather. with his grandson (that's not a typo!) **Collin**. Rounding out the group was **Greg Germer, Sr.** with his son **Chris**. It sure is great to see Chris back on a bike, even if it's not his!

By the time this newsletter reaches you, **Steve and Susan Hosea** will have a new baby girl. Steve carries his pager while in the Paceline, just in case. They didn't have a name at press time, but I'm thinking Esther Hosea has a nice ring to it.

Some of our racers will be hitting the road this summer to do some big races. **Troy Dunton, Mark Dearing, Cristin Walker and Daniel Walker** will all be heading for Junior Nationals. They will be competing on the road and track. **Eric Warnsman** will be putting some miles on his van, going to Super Week in Wisconsin and Tour de Toona in Pennsylvania. **Bill Reilly** will also be going to Super Week. Super Week is actually 21 days of racing over three weeks. I understand the little towns of Wisconsin where the races are held go all out to welcome the racers and the fans.

Seen alongside the road changing a flat tire – **Bethel Parker**. He had quite an audience watching him; each person telling him what he was doing wrong. It's hard to believe that Bethel is a great

Well the deadline to submit articles is just hours away, so I better wrap things up. This new editor is a real bear about getting the articles to her on time! Remember – I'm watching and listening.

Esther

P.S. Recent intelligence gathering produced a most revealing letter on one NWCC member. Rather than give you a recap, I was able to obtain the entire original letter. And I have even more scoop, evidently Chuck tried to 'supervise' Sandy on a recent Saturday ride, but she dropped him!

Mr. Chuck Martin:

As Ride Start Coordinator, I feel that it is my responsibility to see that club rides are operated in a safe manner and only adequately equipped cyclists are allowed to participate. I further feel that riders must act in an intelligent manner throughout the morning.

Therefore it is my duty to tell you that **Sandy** will not be allowed to participate in the Saturday morning club rides without adult supervision.

Sandy has demonstrated that she needs adult guidance. In total disregard for her own safety she jumped into a bacterial infested



NWCC'S Junior Race Team



During the January club meeting, the club voted to give the Alkek Velodrome junior racing program \$5,000. It was suggested that the club also look into putting some money aside for NWCC's juniors. For the last several months, club members have been riding with young boys and girls that are interested in learning to race. Unfortunately, some of these kids are riding on off-road bikes or bikes that are two sizes too big.

Goals of this program:

1. Teach the kids how to race and how to race safely.
2. Grow the junior team – kids like riding with kids.
3. Accumulate bikes, shoes, and bike parts to be used by these junior racers.

Recommendations were discussed regarding this project.

1. Every young person involved with this program must have parents sign a waiver releasing NWCC from any damages.

2. The young person's parents must either ride with the group or they must sag for their child's group.
3. If the young person receives a bike from NWCC, that child and/or child's parents are responsible for the maintenance and care of the bike. When the child out grows the bike it must be returned for another child's use. The bike will also have to be returned if the child is not using it on a regular basis.
4. The juniors must do volunteer work, just like the other racers.
5. The juniors should attend the Saturday morning training rides on a regular basis.
6. The juniors must attend Northwest Cyclery's maintenance classes.

All programs must have a leader and we are very fortunate to have Peri Mashburn. Peri has offered her services to head up this project. She is a USCF official, been

a member of the club for five years, is always on the look out for new talent, has the patience to work with kids, and most important, knows how to write the legal contracts.

What can you do to help?

We are looking for any old road bikes, bike parts, shoes, helmets, and any other bike accessories that you might have around the garage or wherever you store your old bike stuff. Won't your spouse be so happy to finally have that stuff out from under their feet? We will get the bikes outfitted and ready for use, so don't be embarrassed by its condition. Please contact Peri Mashburn if you have any donations for the program. Also contact Peri if you have or know of someone who has a junior who is interested in riding and racing. Remember cycling is a sport they can enjoy for a lifetime. Peri's email address is mashpe@aol.com, and her home number is 713/880-9559.

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Poop from the Paceline

ditch to drag out a water soaked kitten and then proceeded to let it chew on her finger.

Furthermore, she scared other cyclists unnecessarily on the ride by panting, wheezing, profusely sweating while doing a mild 18

mph in the first 5 miles of the ride. She had taken it upon herself to design a personal training program of riding with her front brakes on without informing the other cyclists.

If you or another adult member of your family can not be in attendance with Sandy on these club

rides, another adult from the club will be assigned to proctor her activities.

Good-day.

Ron Ostrowski Ride Start Coordinator NWCC

A Letter from Africa

From David Van Newkirk

Dear NWCC:

Greetings from West Africa! It has been almost a year since my first letter, and I'm amazed how much has happened since I wrote it. For those of you who have kept in touch, with your kind letters and packages, thank you! For those of you who still haven't written, I still promise to write back to anyone who sends a note in my direction. Email has become somewhat more common now, too. I can be found at david-vannewkirk@usa.net about once every week or two.

still teaching Physics and Math in a town called Mozano to Ghana- and then take a series of comprehensive exams to determine their fitness for various university programs. These exams are common across much of West Africa, and are similar to the SAT, although more specific to field. My specific challenge is to prepare students for these exams in an environment of poorly equipped laboratories and few textbooks. Agricultural Classrooms are open to the outside – basically cinder block walls with open doorways and window holes, (although some have wooden shutters), sheet metal roofs, and large masonry boards. Students are enrolled in their re-

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13 to 14 Year Old Girls Wanted

By Cristin Walker Age 13

I have been racing track for about two complete years now. I took a class at the Velodrome in the summer of '98 and didn't like it a bit. The next summer I took it again with one of my friends and started enjoying it, partly because I could actually beat one person. I guess it just boosted my confidence a little. I began getting more into it and started doing more training than just track practice. I began racing on Friday and Saturday nights and continued learning.

I have just recently finished the Marty Nothstein Junior Olympics Track Series and won basically because I am the only 13 to 18 girl that races. It's cool being the only girl sometimes. Well, look at the good side. I always come in first in my age group even if I get last in all the races. Racing with the guys makes you stronger so you do better when you do race girls. But I do wish there were more girls to race with. During the Memorial Herman Junior Cycling Classics in April, girls came down from Pennsylvania and Washington. It was so cool to get to race girls in my age category. It was just a different experience and way of racing.

Last summer I went to Junior Nationals and won a fifth place bronze medal. That was like my glory moment. It was like all that hard work had just paid off. It was the coolest feeling. Then just recently I went to the State Time Trial and got a silver medal. You just have to wait a while and it all comes together. It may take time but in the end, it's all worth it.

The Pedal Pusher

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Letter from Africa

painted black with lead sulfate to hold chalk. This is after all, equatorial Africa – what need do we have for AC? When it rains, the noise on the metal roofs is so loud I cannot shout and be heard in the front row.

My house is similarly constructed, although with fiberglass composite roofing sheets rather than metal, which makes it a little less noisy, and stays a small bit cooler. I live in a compound house – basically a number of rooms surrounding a small central courtyard. This house was built by the Ghana Education Service (GES) for the headmaster of the school, and is a step above many of the constructions in town. I have two rooms to myself – a sitting room and a bedroom – and my own kitchen and bathroom. The rest of the house is for the headmaster and two students. I have semi-running water most of the time, pipe-borne to a tank on a 15-meter tower in the yard, providing pressure to the house. I also store water in two 40-gallon barrels for those times when the town pipe isn't flowing. I have one of maybe a dozen flush toilets in the town, and have installed a showerhead on the end of the pipe in the bathroom so that I can enjoy falling water that I don't have to lift above my head myself. It's not heated water, of course, but with temperatures almost never dropping below 80, and usually above 85 through the night, cold showers are welcome. I currently have no kitchen sink or water running to my kitchen.

Those of you who remember me half-asleep through Saturday morning rides out of Cy-Fair will be surprised to learn I have become a morning person, albeit out of necessity rather than preference. I'm up with the chickens every day literally. I have a rooster who goes ballistic in the yard every morning around 4:30. I'm looking forward to eating him, but I'll have to wait until the next Ghanaian holiday to do so. Meat is rare and expensive here, so locals raise their own food, dogs and cats included, frequently, and they save it for special occasions.

The only real problem is that the current rooster is a replacement for the last one, which went nuts around 4am. The extra half-hour is nice, but not really significant.

There are two big problems with my service so far. One I can help change, one I can't. The latter is my health. There are an impressive number of potential illnesses and complications a Peace Corps volunteer can encounter, and I'm having my fair share of them. Actually, I'm fairly healthy when compared to many of my friends. I've broken a thumb, badly sprained a wrist, had various fungal infections (this is a climate that is warmer and more humid than Houston's), and had various viral, bacterial, and single-celled organism infections in my gut. I've managed to avoid malaria, thankfully. Frequent blood tests are the norm, though. We are well cared for medically, really. I wish I'd had this thorough medical coverage back in the States. I suppose it's a good thing to work for the US government, eh?

The problem I do have some small control over is with the school. The headmaster is corrupt and incompetent. Originally touted as one of the more honest and hard-working heads of the educational sector in Ghana, he has recently proven to be anything but. Organization at the school falls to the headmaster's assistants, and the best of them has left for a better paying job, leaving the school to the ministrations of the headmaster himself. Things have entered freefall. The man in the science department I was working with to improve teaching techniques at the school has also left, and no replacement has come, leaving me in sole charge of the science organization at the school. This is contrary to Peace Corps policy. I am supposed to be working with a Ghanaian teacher to help improve conditions, so that it can be sustained when I leave. Instead, it seems I will be leaving the school without a science teacher when I am gone, worse off than it was before I came. The headmaster has also been stealing funding from the school to pay for a house he's building in a nearby

town. It's a huge house, on expensive land, and well beyond his ability to legally obtain the necessary money. Because of the money stolen from the school, our laboratory cannot obtain new equipment, the school cannot build the new rooms it needs to accommodate a growing student population, the library cannot buy the additional books it needs, and the sports teams were just disqualified from regional competition due to the school's complete failure to pay the registration fees for the last two terms. The students desperately need new textbooks, but the school lacks the funding in its accounts to purchase them. The students desperately need new tools and seeds for planting, new animals (sheep and goats), and a variety of other small items. We cannot get the headmaster to release funds for these things. The sports teams have been training in borrowed equipment. The only good news about all of this is that the students and some of the teachers are working on organizing a protest to get the headmaster removed, which is usually an effective measure here.

I suppose I should also mention my Peace Corps specific work – I'm involved in Peer Counseling, the Diversity Council, Teacher training, AIDS education, and of course, bicycle maintenance. That's right. I'm in charge of teaching the new volunteers how to care for the bicycles Peace Corps provide us while we are in country. I'm currently working on re-writing the maintenance manual for Peace Corps, as they have new bikes with equipment not covered in the last manual, written around 1990. When I'm not recovering from some new run of medication, I'm getting in some riding. Not enough by far, really, but enough to remind myself what I'm most looking forward to upon my return to the States. During a healthy week, I get in around 120 miles. It's a mountain bike, and a heavy one at that, but I really do feel I'm losing a lot of fitness with my sporadic riding schedule. Life should be interesting when I return and try to recover my lost endurance...

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NWCC Rider Profile of DamOn Van Zandt

Name: Damon Mark Van Zandt (aka Damn)

Age: 33

Height: 5'11"

Weight: 163

Birthplace: Amarillo

Racing Category: 3

Occupation: Program Trading Manager for Equiva Trading Company

Hobbies (other than cycling): Skiing, hunting, fishing, roaming around and counting cows on the family ranch

Bikes owned: (please include total number) Colnago Bi-Ti, custom Cannondale time trial, Cannondale Criterium (the one I started racing on), Bertin track, Trek 8000 MTB, Peugeot Canyon Express (36 pounds and still in action); As a kid: Yamaha Moto-bike (the first full suspension bike that I've ever seen); Schwinn SX-100 (complete with red mags); Kuwahara BMX racing bike (Black and chrome and very fast!!)

Place you like to store your bikes: Where ever my wife lets me!!

Joined NWCC when: 1996

Joined NWCC why: Recruited to join the race team

Dream bike: A lighter version of my Bi-Ti

Cycling related goals for 2001: Get acclimated back to Houston; get my now wife hooked on the sport; start building a base for the 2002 race season.

Started cycling when/why: 1972—what else are you gonna do as a five year old kid in Amarillo Texas? Started road riding in 1994 to train for the MS150.

Started racing when/why: Crits at Memorial park in June 1996. I had just fin-

ished up my second trainer class with Bill Edwards and he suggested that I try it out. I was instantly consumed by the sport ever since.

Favorite local training route: Magnolia and the Death Ride---it's quite stimulating!

Training philosophy: Periodicity (thanks to Bill Edwards). Train with a purpose. Keep a balance in your life. Keep the rubber side down.

Miles per week: Up until this past week, I've been averaging 200 miles per month. Work is getting in the way of my riding! My goal: 150 - 200 miles per week.

Pre-ride eating: Morning: Oatmeal, bagel, banana, ultra-fuel, coffee.

Ride drinking: Cytomax—orange with the Herbal Lift!

Post-ride eating: An ice cold bottle of Ultra fuel, and a big nasty cheeseburger and fries—rich in complex carbohydrates.

How does racing in Canada compare to racing in the US:

Canada: Unbelievable scenery. A bit chilly (with the occasional snow flurry), serious headwinds, serious climbing, and there's a bunch of mountain bikers who get tired of breaking bones so they switch to road racing---they can climb forever. Some of the nicest people that I've ever met race bikes in Canada. Much lower attendance and field sizes at the local races. The Alberta Bicycle Association blows away anything that I've ever seen as far as organization, officiating, data collection and posting results. Take a look at their website: www.albertabicycle.ab.ca

Oh, yeah, racing in Canada, arm warm-



ers and vests are worn intermittently all year long.

US: Texas: Flat and hot and very fast. Not so scenic locations. Big numbers of participants. Very good organizers. I find the USCF lacking a bit. The Canadians have got us beat on this one. UCI licenses; each province has its own cycling organization which is subject to the national Canadian Cycling Association governance. Did I mention the Alberta Bicycle Association website? Oh yeah, racing in Texas, arm warmers and vests worn only intermittently three months out of the year.

What are some of the better ride routes (mountain/road) in Canada:

Road: Canmore to Jasper, Alberta. 300 kilometers of sheer cycling bliss, if you like mountains, scenery, wildlife and no rednecks buzzing you with their ¾ ton pickup trucks. (There is the occasional RV driving redneck---they seem to exist in every place that I've ever ridden)

Mountain Bike: Powderface in Kananaskis Country. Bring a bear bell.

How do the ride conditions compare between the US and Canada: See above. The biggest thing (other than the mountains) that you notice when riding in Canada is how clean it is. I was embarrassed when a Canadian friend of mine came down this spring to ride and race at Cold Spring. He said that he

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NWCC Member Profile of Gail Hurley

Age: 46

Height: 5' 8 1/4"

Weight: puhleeeeeease!

Birthplace: Dagenham, Essex, England

Racing Category: expert master mountain bike, cat 4 road

Occupation: owner art gallery/picture framing shop

Hobbies (other than cycling): collecting good teapots.

Is the rumor true that you own 30 bikes: no.....it is only 25!

If the rumor is true, where do you store all these bikes: Garage! House! Anywhere! Why, do you have space I could lease? Ha!

Bikes owned: Too many to say!!! But my Colnagos, Schwinn homegrown, highwheels, and catamount are my babies! Ryan recumbent, Bilenky road racing tandem, stingray....well, they are close to my heart too.

Dream bike: I am riding it! My Colnago master light is my baby!

Joined NWCC when: I was doing the Katy..and liked the club...so...1992.

Joined NWCC why: Loved the way the club members liked each other. Heard them teasing each other and thought that I wanted to

belong to a club that had that attitude!

Cycling related goals for 2001: To lose weight, to climb better, to do more road races.

Started cycling when/why: On a dare! Champagne had something to do with it! Now see where it got me!

Started racing when/why: I was riding well, and as president of the Woodlands club back then, felt the need to stay with the big boys, to keep their respect. Next thing you know, I was racing!

Favorite local training route:

Dog loop, to 1488 to 149 to Jackson loop, to 1486, to 105 to 2854 to Honea Egypt, to 2978 and home!

How does riding a highwheel compare to road and mountain: SMOOTH !!! I love those bikes!

They ride like a dream, are easier than most would believe, and no brakes, no shifting, so you think when you ride one of these! No zoning out !

Training philosophy: Nothing like actually riding the bikes on the road and trail. Love spinning, love cross training, but time in the saddle is the way to go!

Miles per week: varies, with

mountain bikes...time is more the measure, but about 130 plus on the road bike. Maybe 10 or so on the highwheel (ordinary, bone-shaker, widowmaker, penny farthing..whatever you wish to call it!)

Pre-ride eating: Scrambled eggs, oatmeal.

Ride drinking: Honestly? Gatorade, watered down a bit....too sweet otherwise!

Post-ride eating: Mexican baby!

Most admired person: Katherine Hepburn. She is awesome.

Most admired cyclist: Jacquie Phelan....wildwoman of cycling, and inspiration to all. (and..all the women that are on our race team....they are also awesome!)

Favorite quote: No matter where you go, there you are.

Racing Highlights:

Won the Louisiana state championship dual slalom mountain bike races in 97..beginner class.

Won my first dirt crit race, and that was fun!

First place in Lajitas, 32 mile course and I won by 7 seconds! (that was a workout!)

Breaking my pelvis racing dual slalom to take the Texas state championships...but, errrr didn't make it!

August 2001

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Memorial Park Criterium Series 5:50 and 6:50pm	2	3	4 CLUB RIDE 7:00am Zube Park
5 Training Camp Criterium 8am	6	7 Club Meeting 7:30pm Race team 6:45pm	8 Memorial Park Criterium Series 5:50 and 6:50pm	9	10	11 CLUB RIDE 7:00am Zube Park SE TX Stage Race Beaumont
12 Training Camp MTB 8am SE TX Stage Race Beaumont	13	14 Club Time Trial 6:00pm	15 Memorial Park Criterium Series 5:50 and 6:50pm	16 Basic Bike Repair Northwest Cy- clery 7-9pm	17 Alkek Friday Night Track	18 CLUB RIDE 7:00am 3rd Annual Mid- night Bike Cruise
19 Training Camp Criterium 8am	20	21 Advanced Bike Repair Northwest Cy- clery 7-9pm	22 Memorial Park Criterium Series 5:50 and 6:50pm	23	24 Hotter n' Hell Alkek Friday Night Track	25 Hotter n' Hell CLUB RIDE 7:00am Zube Park
26 Hotter n' Hell	27	28 Club Board Meeting 7:00pm	29 Memorial Park Criterium Series 5:50 and 6:50pm	30	31 Alkek Friday Night Track Memorial Hermann Youth Cycling Finals	

Calendar Key

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

Mountain Bike Rides. These rides are normally Wednesday (6pm) and Friday (7pm) at Cypresswood. Contact Gail Hurley or Kevin Hopper for the latest status on these rides. See page two for contact information.

Tuesday Time Trial. Every second Tuesday of the month with riders meeting at Zube Park, Roberts Road and 290.

Training Camp. Criteriums will be held at the Hwy 290 Park n' Ride off West Little York. The mountain bike skills will be held at the Double Lake course just outside Cold Spring, Texas.

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.

TREK

**IS BACK
at
Northwest Cyclery**

**2002 Models
coming soon!**

(Continued from page 8)

could have paid for his trip down here with all of the aluminum cans he saw along the roadside.

Most admired person: My dad and of course, Lance Armstrong

Most admired cyclist: Eddie Merckx and of course, Lance Armstrong

Favorite quote:

"It's not the bike, it's the motor." I don't know who said it first, but it's so true.

Racing Highlights:

Cat. 3:

- 8th place in the 1999 Alberta Provincial Road Race Championship; and
- 9th place in the 1999 Alberta Provincial Criterium Championship.

Cat.4:

- Won Ronde Van de Winton Classic Road Race just outside of Calgary 1999;

- 5th place in GC for the Canmore Rocky Mountain Stage Race (I helped organize this one too); and
- 5th place in GC for Lethbridge Headwinds Stage Race;

- Top ten finishes in nine consecutive road races in 1998

Cat 5:

- 5th Overall in 1997 Tour of Texas (12 road races/crits/TT in Feb. and March);

- Won Cold Spring road race in 1997;

- Won Chappell Hill road race in 1997

Biggest achievement:

Marrying my lovely wife Julie. She can't spell my first name right, but she can bake a mean apple pie.



Road & Track Race Results By Bill Reilly



Guys,

Here are some recent race results for the NWCC roadies:

Moritz Chevy/Cowtown Crit

* Eric Warnsman - 2nd place in Cat 3s

* Mark Dearing - 1st place in Juniors

State Time Trial

* Jerry Morrison - STATE CHAMPION in Masters 40-44 (his time was faster than the 35-39 age group winner, also)

* Craig Rennpage - 5th place in Cat 5s

* Mark Dearing - STATE CHAMPION in Juniors 15-16

* Daniel Walker - 2nd place in Juniors 10-12

* Cristin Walker - 2nd place in Juniors 13-14

* Renate Junold - 5th place in Women's cat 4

* Lauren Mahony - 11th place in Women's cat 4

* Nancy Dodd - 15th place in Women's cat 4

* Nancy Dodd - 2nd place in her age group (I won't say which)

State Team Time Trial

* Dearing/Rogers - 3rd place in Juniors

* Morrison/Orgish/Millard/Pou - 2nd place in Masters 35+

* Reilly/Chamness/Shaffner - 7th place in Cat 4s

* Gonzales/Rennpage/Wells/Hatcher - 1st in Cat 5s

* Fulton/Junold - 2nd place in Women's cat 4

* Dodd/Mahony - 7th place in Women's cat 4

Congratulations to all these NWCC teammates for their achievements at State Championships! I apologize if I missed anyone.

Bill Reilly

Editors Note. Additional results were pulled from TXBRA and the Memorial Crit results pages.

Wednesday Night Crits

Bill Reilly, 5th place on June 6th and 13th

Victory Circle Road Race

Mark Dearing, 2nd place in Juniors

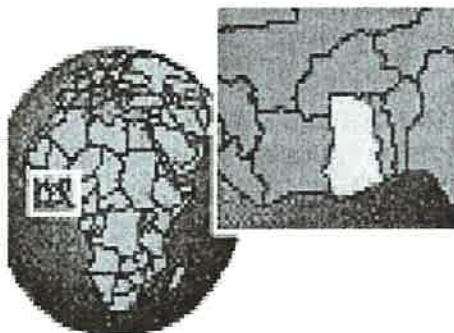
Regional Track Championships

Pat Dunton 10th place

Top Gun Crit

Tom Reed, 12th place Masters 35+

(Continued from page 7)
Letter from Africa



racing - I've heard a little, and it sounds good. Any further news, pictures, or basic information you would like to share with a member-in-spirit is greatly appreciated. Please don't hesitate to send anything you want to share this direction. Check with Greg Smith for address information. In the meantime, keep riding, enjoy the AC and any dairy products you like, and keep healthy. I'll sit here and be jealous, and enjoy the little things all the more when I return.

Hope to hear from you soon,

David Van Newkirk, PCV
C/O Peace Corps Ghana
PO Box 5796
Accra North, Ghana
West Africa

I'm hoping things there have been going well with club rides and



Club Time Trial

July Results

By

Dana Chamness



Time Trial Results:

<u>Name</u>	<u>Time</u>	<u>MPH</u>	<u>Name</u>	<u>Time</u>	<u>MPH</u>
Craig Rennpage	14:31	25.6	Joseph Tokarski	17:44	21.0
Tom Reed	14:39	25.4	Stuart Creighton	17:44	21.0
Lane Rodgers	14:48	25.1	Julie Van Zandt	17:59	20.7
Dana Chamness	15:07	24.6	Butch Cross	18:00	20.7
Ryan Spates	15:37	23.8	Cory Pelletier	18:12	20.4
Bill Duckworth	15:51	23.5	Kevin Hopper	18:27	20.2
Jolius Stuart	15:55	23.4	Bob Swank	18:29	20.1
Brent Millard	16:05	23.1	Wes Morrow	18:31	20.1
Bill Edwards	16:08	23.1	Daniel Granadino	18:37	20.0
Pat Dunton	16:09	23.0	Tracey Meixensperger	19:14	19.3
David Hatcher	16:11	23.0	Gary Zbornak	19:14	19.3
Mike Wells	16:19	22.8	Tom Holland	19:16	19.3
Mario Lrema	16:20	22.8	Diana Zbornak	19:35	19.0
Joe Imrie	16:25	22.7	Sandra Rice	20:11	18.4
Ron Grabur	16:27	22.6	Lori Walker	20:11	18.4
Ryan Nelman	16:30	22.5	Daniel Walker	20:23	18.3
Brian Dupre	16:47	22.2	Cristin Walker	20:39	18.0
Tommy Cauthen	17:03	21.8	Chuck Akers	20:39	18.0
Charlotte Miller	17:04	21.8	Laurie Hopper	21:23	17.4
Nancy Dodd	17:12	21.6	Delia Akers	21:26	17.4
Joe Wimmer	17:20	21.5	Kelly Espindola	21:50	17.0
Matt Cross	17:44	21.0			

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

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



Houston Cy-Fair Lion's Club Second Annual Century Bike Ride: Biking for Sight

Sunday September 30, 2001 8:00 AM.
Montgomery High School, Montgomery, TX

Cycle through some of the most beautiful Texas landscape in Montgomery and Grimes Counties. The 24 mile route takes you past an exotic animal farm, while the 40, 62, and 100 mile routes take you through the Sam Houston National Forest. The 62 and 100 mile routes have hills, perfect training for the Alamo Challenge Bike Ride.

Directions: From Houston, take I-45 North to Conroe. Go West on State Highway 105 across Lake Conroe. Two miles past the intersection of 105 and 149 in Montgomery, the high school sits on the left. Follow direction for parking at the rear of the school.

Registration and Packet pick-up:

\$ 20 if postmarked before September 1, 2001

\$ 25 after September 1, 2001. Includes a T-shirt.

Northwest Cyclery

Jones Road at US 290

Friday September 28, 4PM to 7PM

Saturday September 29, Noon to 5PM

OR

Sunday September 30 at the ride start at Montgomery

High School.

Safety Rules: The use of an ANSI or Snell approved safety helmet is required for all participants regardless of age or route ridden. Helmets must be worn at all times while on the bicycle.

No Head Phones.

All traffic rules must be obeyed. We ride on state highways, and must share the road with vehicular traffic. Ride on the shoulder if possible, and no more than two

abreast at all times.

For more information, contact Chuck Martin at 281-550-2798.

Houston Cy-Fair Lions Club, or visit our web site at

[Http://pages.prodigy.net/cbmartin1/](http://pages.prodigy.net/cbmartin1/)

Name: _____

Address: _____

City: _____

State: _____ Zip Code: _____

Sex: M: ___ F: ___

Age on September 1, 2001: _____

Emergency Contact: _____

Phone: _____

Medical Conditions/Allergies: _____

Ride Distance: (Circle one) 25 40 62 100

T-shirt Size: S ___ M ___ L ___ XL ___ XXL ___

___ \$ 20 Registration fee prior to 9/1/2001

___ \$ 25 Registration fee after 9/1/2001

___ You can't make me ride, but enclosed is
donation for \$ _____ for the Lions Club.

Please make checks payable to Houston Cy-Fair Lions Club.

Mail registration form and payment to:

Houston Cy-Fair Lions Club

9018 Bonnyview Drive

Houston, TX 77095

WAIVER:

I agree to fully waive and release any and all claims for myself and my heirs against the Houston Cy-Fair Lions Club and any and all sponsors that may directly or indirectly result from my participation in this bike ride. I represent that I am in proper physical condition to participate in this ride. For my safety, I also agree to wear a helmet. I grant full permission for the use of my photographs for any publicity and/or promotional purpose without obligation or liability to me. If entrant is under 18 years of age, parent or guardian must sign entry. Children under 12 must be accompanied by an adult at all times.

Rider signature (Parent/Guardian if under 18) Date

08/01

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:



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.**

NWCC Presents: Performance Riding Training Camp 2001

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 ½ 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.

Get Fit Get Fast



08/01

AUGUST SUMMER SALE

== Great Deals Just For Houston's Cycling Community ==

The Original!

SUPER SALE
AUGUST
3 4 5 6

NWCC MEMBERS ONLY!

Super Sale Sneak Preview
10AM to 12PM
Friday, August 3rd



SCHWINN Super Sport GLX

Full Shimano 105 group
& Velomax wheels

Reg. \$1399

Subject to availability

1099⁰⁰

CANNONDALE

Super-V All Terrain
Bikes

JEKYLL

25%-35% OFF

**1999
MODELS**

CANNONDALE

Cycling Shorts

SPECIAL PURCHASE

14⁹⁹

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25 TO 65% OFF

New Items Added Every Week!

17456 NW Freeway (290 & Jones Road)
Houston, Texas 77040
(713) 466-1249 • (800) 986-2453
www.northwestcycle.com

Store Hours

Mon - Fri 10-7 • Sat 10-5 • Sun 12-4

BACK TO SCHOOL

Tune Up

Reg. 49.99

34⁹⁵

COMING EVENTS

At Northwest Cycles

Basic Repair Class

7-9PM Thurs. Aug. 16

Advanced Repair Class

7-9PM Tues. Aug. 21

Classes are all FREE

OFFERS ARE VALID WITH COUPONS ONLY!
OFFERS ARE GOOD THROUGH LABOR DAY, 2001

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
17458 Northwest Freeway
Houston, Texas 77040

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3/1/2010

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HOUSTON, TX 77267

The Pedal Pusher

The Editor's Half Page by Julie Van Zandt

Some of you may have missed my typos in the July newsletter. There were many, but the one that caused my stomach to turn was in my own Editor's Half Page. The 'O' was dropped from my, then fiancé, now husband's first name. His name is DamOn. Misspelling my husband's name is bad enough by itself. But, omitting the 'o' makes him Damn Van Zandt.

So you can truly appreciate just how much my stomach turned when I found this out, we need a little stage setting.

I had just completed and submitted the July newsletter to the

printer. Ah... such relief to have my first issue behind me. Now it was off to my Mom's house in Georgetown to get ready for my wedding that weekend.

DamOn calls me at my Mom's on Tuesday to tell me he had just finished reading the final newsletter draft sent to the printers. He says, "Hun, you had a typo. You left the 'o' off my name in the newsletter." Remember, this is Tuesday and we are getting married on Saturday. He then says, "Hun, was that a Freudian slip, are you trying to tell me something?"

Well I was like a bowl of Jell-O

with my pre-wedding jitters. Calling my husband 'Damn' in a publication days before I was to say, "I do," only exacerbated my quivering. To settle me down, Mom said it was similar to her first reporting job for the Lockhart newspaper where she omitted the 'r' from the word shirt. Made me laugh at least, if not feel better.

So to make amends for my name-calling, I decided to pick DamOn as the road rider profile for this issue. And I would like to thank the club for letting me use this publication to make amends for cursing at my husband.