

The Pedal Pusher

October 2001

Vol XV, Issue 10

A monthly
publication
promoting
the spirit of the
Northwest Cycling
Club

Message from the President By Bob Swank

NOGGIN IMAGES PHOTOS OF THE MIND

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Chappell Hill September 9th, 2001—"O" dark thirty. store fronts. Here's where letting up. NWCC might my mental photo of what try to reschedule. It would happened—I saw a small be nice, but we'll see.

Photographs are great for slow moving pick-up truck sharing memories with with four or five bikes in On to other stuff.

friends, or pointing out to the bed, with four or five Next month's general club

friends something that hap- cyclists sitting on the tail- meeting is not to be

pened a while back. How- gate returning from the missed. We will have a lot

ever, the photo's you take start/ finish line. All were of business to take care of.

with your mind, stick with soaked to the skin, and Nominations for the 2002

you forever. Yesterday's most importantly smiling, Board of Directors, nomi-

Chappell Hill Road Race laughing and clowning nations for Volunteer of

was one such photo op for around. the year, and next year's

me. After starting out to coach. One postscript

man our corners last Sun- With the bikes, cars, and here—Thanks to everyone

day the heavens opened up people covered with mud, for filling out the coaching

big time. Rain, wind, soaked to the skin, and still questionnaire last month,

lightning, the works. Driv- having fun made me think your insight was very use-

ing up to the start finish I'd shown up at a mountain ful.

line I found many, many bike race instead of a road

cyclists huddled together race. It seems there were

under a ten-foot by ten-foot only two types of people in Secondly are the give-

sunshade tent trying to stay Chappell Hill that morn- aways. We have given

out of the rain. We all ing-soggy ones, and away two hundred dollars

waited, hoping for better soaked ones. worth of gift certificates so

weather but Mother Nature far, and we'll have three

didn't cooperate. I decided Finally, the word came more twenty-five dollar

to head back to the regis- down that the race was gift certificates next month.

tration area and join others canceled. It was the only A grand prize drawing will

who sought refuge under call to make since the highlight November's gen-

the eaves of Chappell Hill lightning and rain were not eral meeting. As of this

HELP NEEDED FOR JUNIOR PROGRAM

By Peri Mashburn

We are in the process of starting up the new Junior Program this year. I have talked about it in previous newsletters. What we need from our members now are your old bikes, spare parts, wheels, shoes, but it is a start. and anything else you are willing to part with. I believe that the Board is also checking with our CPA, but you should be able to claim the donation on your taxes. We will let you know when we

receive the donation. up in the back to put the items in. Just this program, I think how happy it will make your significant other to have that old piece of junk we did my first (their words, not mine) out of the garage, living room, or wherever you keep it. Please contact me at If you have a junior that might be interested in the program, then please contact me. We will be scheduling an informational meeting for the juniors and their parents in November, so stay tuned.

(Continued from page 1)
Message from the President

time I returned to any shop that does as "Bob, the guy who much for the cycling rides his bike". So, community as North- November's meeting west Cyclery. Some will be my last new lines of bicycles Don't miss out! chance to stand up and other exciting before you at a regu- things are happening lar meeting. at the shop just ask Cathie.

Third, but not least will be nominations for Volunteer of the Year. With V.O.Y. One final note here- goes a lifetime mem- use the shop for most ber-ship. of your cycling Well-until next month remember to: November's meeting NWC is our primary sponsor and is always there to help in any last meeting as Presi- way it can, and I per- dent of NWCC. It's sonally can't think of



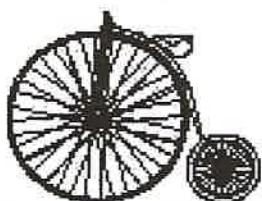
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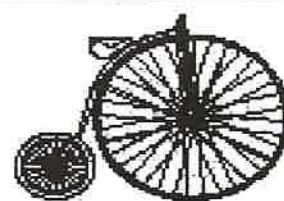
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League of American Bicyclists (LAB)
David King
International Mountain Bike Association (IMBA)
Kevin Hopper
Texas Mountain Bike Racing Assoc. (TMBRA)
Board Member Texas Bicycle Coalition
Gail Hurley



NWCC News Briefs

By Julie Van Zandt



Alamo Challenge. October 13th and 14th is the weekend of the Alamo Challenge. Day one of the ride is 100 miles with the start in Katy. Day two, 67 miles, leaves from the small town of Moulton and finishes in San Antonio. A number of NWCC folks are doing the ride. Contact Gail Hurley (see page two) if you are interested in doing the ride. But take note, this is the LAST year of this ride.



Club Picnic

Date: October 21, 2001

Time: 4:00 p.m.

Place: Zube Park

RSVP: lwalker@ev1.net

Please bring lawn chairs, a side dish or dessert, off-road bike, helmets and tennis shoes. The club will supply the main course and drinks.

Now this is the plan! We will be playing soccer on our off road bikes. Same rules as soccer, no hands just feet. There will be two teams the BBX (wear your Blue-bonnet shirts) and the Katy (wear your Katy Flatland shirts). If the field is too wet then we will play just regular soccer. I need to know who wants to play, who wants to be officials and who

wants to be the cheerleaders.



Election Time!

Nominations are being accepted for NWCC club officers. The final slate of nominees will be posted in the November newsletter. They will not be punch ballots, so no hanging chads are expected. If you can't figure out how to circle your candidates name, your vote will not be considered valid. Offices open for nominations are:

President. Current president Bob Swank wants to log in more hours on the bike versus hours on administration. Or maybe he is eyeing the VP slot??? Regardless, this position is being vacated.

Vice President. This position may also be open as Lori Walker tries to decide in what position she can best contribute to the club. Presidency???

Secretary. I have not yet talked to Laurie Hopper, so I do not know her desires on maintaining her position. I think it all depends on whether that rope tying her arm behind her back is still good

and taught.

Treasurer. I think this one is WIDE open. Sandy is in tears about abdicating her thrown as Treasurer, but she knows she needs to share in the NWCC power machine.

Safety Chairman. I haven't been able to get past Eric Warnsman's new dangly earring to ask him if he wishes to remain in office. What is the real purpose of this position? Is it a way of giving a race team member freebie points?

Club Coach, Chairmanships, Race Directors, etc... Once again, the editor has not done her job and is clueless as to whether these folks will be able to continue in their jobs. I do know Coach Joe is preparing a new proposal for us.

Bear Creek Coached Rides. Check out the calendar, there are two coaching sessions left in the first part of October. Coach Joe is back doing his Wednesday night thing at 6:30 pm.

Chappell Hill Rescheduled. Talk continues over a new race date for the second weekend in October. The September race had an excellent showing of NWCC volunteers but was accompanied by a spectacular light show and torrential rains.



The Poop from the Paceline

By Esther Astabula



Well it was a busy month in August. A bunch of us made the long trek to Wichita Falls for the Hotter n Hell 100. If you have never gone, you really should go at least once. The expo that they have is one of the best I have seen. Best of all - the Oakley rep is there and will replace your broken frames, no questions asked, right there on the spot. Morris Taymon will tell you from past experience to make this your first stop, or they might run out of frames. I can't tell you how many of this year's Katy Flatland t-shirts I saw at the Expo. This year's design is one of my favorites and obviously a lot of others liked it as well. Gail Hurley, the designer, must have gotten a big kick out of all those people sporting her art work. Well some people really get carried away at the Expo with all the merchandise for sale, and none more so this year than Kathy Clark (recently crowned Miss Airborne poster pin-up). She bought a brand new Airborne bike. I understand she tried it out at Chappell Hill, but really missed her triple. I thought for the price it should come with a little motor to get you up those tough hills. Denise Germer and her marshal. Her husband Chuck had the better job of driving in a car and leading the racers around the course. Steve Bollenbaugh was very upset the race got cancelled. Seems like he really loves all those hills out there (almost as much as I do!).

Denise is just great to travel with as she just can't shake that mom role. I even saw her picking up trash around the criterium course on Sunday. Missing from this year's ride was Jeff Dixon. I understand he had some lame excuse about forgetting to make reservations. Personally, I think he was just afraid of being beaten to the finish line AGAIN by a certain female rider. Also missing was Bethel Parker, whose attendance at a family reunion was requested by his Mom (not a typo) and his aunt.

I was absolutely amazed at all the volunteers that showed up this weekend to help with the Chappell Hill road race. Unfortunately Mother Nature had other plans, and the race was cancelled because of dangerous conditions (lightning and torrential rains). Sandy Martin took the morning off from her training to be a cor-

ner marshal. Her husband Chuck had the better job of driving in a car and leading the racers around the course. Steve Bollenbaugh was very upset the race got cancelled. Seems like he really loves all those hills out there (almost as much as I do!).

Some late breaking news. Kelly and Bill Bettes are expecting another baby in April. I remember when Kelly was pregnant with Brook. Seems like Mary Taymon and I knew before she did. Why else would anyone sit down and just eat a big bowl of cole slaw for lunch? Congratulations to Brook on her new baby brother or sister. Speaking of babies (not you Dixon)... Has anyone seen William Hayes? I really miss my riding partner, but he has not been around much with the new baby and new house. I think Bob Swank misses him as well, although he wouldn't admit it!

Hopefully I will have more poop next newsletter, so keep the news coming.

DID YOU KNOW?

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

My First Experience at the Hotter N Hell 2001!

Wow what a trip!

By Kathy Clark

After being a member of NWCC half. I was anticipating my ride now for two years, I have always the next day.... heard about all the fun to be had

going to Wichita Falls and participating in the HHH. I was reluctant at first to jump right in and do the 100 mile course since I had gotten heat exhaustion at the Katy Flatland and didn't want to revisit that experience since I new that Cathie Neagli was not going to be there to pamper me.

Gail and I planned to drive up there together and have a blast! Our trip up was uneventful and we left early Friday morning, as she had to be at the Texas Bicycle Coalition's booth by 1 pm. We got there and unloaded her high wheel and got her situated to attend the meetings at the Expo. While she was busy in the meetings, I poked around to see what was being offered and found the CUTEST little skin suit for her grandson, Ian. Oh, my

We got up early and of course rode our bikes over to the ride start. It's still amazing to see cyclists there of every kind!! The first eight miles were very congested and unlike our wonderful rides here in Houston, it amazed me that all the cyclists were wanting to hug that yellow line that divided the two lane highway like it was giving them life energy or something. Of course we had some fun in asking people to

riders. Oh, what fun! I was standing in line with my grapes in my right hand and strawberries in my left. I was watching the riders take pictures. I just didn't want to stand there like everyone else...so I decided to ask if anyone of those sexy hunks could feed me a strawberry. After all, I wanted to make sure everyone knew how pampered this ride really is. "Hawkeye" quickly jumped to my beckoning and leaned me back and was ever so gently feeding me that strawberry while they took our picture! How fun!!



Kathy being fed the aphrodisiac, strawberries at rest stop two

gosh, I took it off the rack told the vendor I would be right back to go and show her. Of course she bought it with no pressure from me. During the Expo I chatted with Peri, Dana and Melanie, Morris, David, Charlotte Miller, Mike Hardwick and other cyclists I have met over the last year and a

The rest of the ride was good and by 11:30 am I started feeling the affects of the heat. Gee, why can't redheads sunbathe just like everyone else?? It's not fair, but then I guess no one has ever guaranteed me that it would be.

Our drive home was however, not as uneventful. After stopping at my Grandmother's on the way home to visit for a little, we proceeded back to Houston down Highway 45. There was a very frightening experience. A red hatchback Ford Mustang...I won't be able to publish the license plate as I'm sure there are laws that will protect the person

(Continued on page 8)

Blazin' Saddles. Team Trail Trolls. And adventure amongst the mundane!



By Gail Hurley



I got hoodwinked, yep...no two transition area and wait. Here she Even though we had second sewn ways about it! I had been in the came and I ran and got the baton. up, I went out for another lap, Greek islands lounging and NOT Off I went with lights ready for why go all the way there and not riding, so came home to a call darkness, and trying to look good ride? So, on my last lap, in the from Melanie Lacy to ask that I in the first part as the spectators dark night, I heard "Gail! Want a race in Julie Tamborello's place were everywhere. When I was out frappacino? " This from the race in her two woman relay team. of sight, I let my legs ease up as director....so I stopped, walked they were screaming at me to stop back and sat in the hot summer

I had thought I would go and of- showing off! It began to get dark, night drinking a cold one with fer tech support, but no. That and I was oblivious till someone Paul Uhl. Now, that is the way to other word Yes showed up again! passed me with lights, and then race!

"I will race with you" left my realized! Now, the fun begins!

mouth as my brain said "YOU NUT!".

We started our 6 p.m. till 12 a.m. Here I come Melanie! There she third, and we all felt great! No in- race with Melanie running a quar- was, she took the baton and off juries to show off either! Many of ter mile in biking shoes to her she went. Now, food...drink... our team raced, and I am just bike, and then off she went..into massage? thrilled that we had such a good the hot, dusty trail!

The course was just over ten there to support the racers, and our teams to race the 24 hour. We miles, with some steep hills in the Harry from the shop was a great have Craig Rennpage, and Dana first mile. They went and raked help...tweaking bikes and keeping Chamness trying their hand at the rocks out of the way on Fat busy by the glow of a lantern! night riding with us for the first Chuck's demise! I lounged, talked, talked some more. Ooops, about time for me to go to the time!

Cruising, sandy, rocky, nearing the end of my lap! yipppeeee.

Here I come Melanie! There she third, and we all felt great! No in- was, she took the baton and off juries to show off either! Many of she went. Now, food...drink... our team raced, and I am just she went..into massage? thrilled that we had such a good

Our fellow club members were course, tough...but fun. Look for there to support the racers, and our teams to race the 24 hour. We Harry from the shop was a great have Craig Rennpage, and Dana help...tweaking bikes and keeping Chamness trying their hand at busy by the glow of a lantern! night riding with us for the first

Finally finished and popped the champagne! Melanie and I took second, Laurie and Sandra took third, and we all felt great! No in- juries to show off either! Many of our team raced, and I am just thrilled that we had such a good showing! Rocky Hill is a fun course, tough...but fun. Look for our teams to race the 24 hour. We have Craig Rennpage, and Dana Chamness trying their hand at night riding with us for the first time!

RESULTS

Gail Hurley, trail troll!

Place# & Team Name	Laps completed	Fastest log out	Members
1st Rolling Resistance	5 laps	1:18/1:12/1:0312:19	Shelby Hamilton, John Zgourides, Nick Gonzales
2nd NWCC's Trail Trolls	4 laps	1:34/1:25 12:20	Melanie Lacy, Gail Hurley
3rd NWCC's Night Crawlers	2 laps	2:11/3:39 11:50	Sandra Rice, Laurie Hopper
15th Bayou Demon Gangsda Racing	6 laps	1:03/1:05 12:57	Ryan Spates, Jim Mackey
1st Champion Cyclery	7 laps	:52/:56 12:51	Pete Cariveau, Glen Dyson



It Doesn't Get Much Better than this Aspen Hut-to-Hut Mountain Bike Tour

By Monica Gill



Five days of intermediate to advanced mountain biking. This trip introduced me to some real climbs and cliff hanging trails. We spent three nights at different huts, with one night at a dude ranch.

DAY 1 – Aspen (7950 feet) Lenado (8480 feet) Margy's Hut (11,230 feet)

We started the ride right from downtown Aspen, Colorado and immediately started to climb up Smuggler Road to Four Corners, then down some fun single track with switchbacks. We came out near the town of Lenado where we stopped for lunch, next to a running creek. After lunch, there was another climb waiting, we climbed, and climbed, and climbed up a Jeep road. The road got steeper and steeper. I finished the day with a whopping five miles per hour average. But the work was well worth it; the views from Margy's Hut were stunning. The day finished with a warm shower taken in the great outdoors.

Ascending: 5110 feet
Descending: 1850 feet
Miles: 22

DAY 2 – Margy's Hut (11,230) – Diamond J Ranch (8250)

The gluts were feeling the miles of climbing, but soon loosened up as day two started with the scari-



est single track I have ever ridden. There was no room for error with mountain on one side and straight down on the other. We were in very remote areas for the entire morning, there was no vehicle coming to the rescue if we had an accident. This undulating, challenging single track found me gasping for air; my lungs were punishing me for living at an elevation of 35 feet. The single track came out to a long decent down-double track to Dearhamer Campground where we met the support vehicle, then sat by the lake and ate lunch. We then climbed six miles up on pavement to the Diamond J Ranch where relative luxury awaited. There were many options for this afternoon from canoeing to fly-fishing. After passing Fly Fishing 101, we were set loose on the river, with our rods for an afternoon of fishing.

Ascending: 1050 feet

Descending: 3980 feet
Miles: 20

DAY 3 – Diamond J Ranch (8250) – Harry Gates Hut (9700)

This gorgeous morning started with a long climb at railroad grade. We then looped back down around on single track, maneuvering large rocks and trying to control my speed all the way down. We ascended again up to a camping area for lunch. Then the real climbing began for the day. We climbed Burnt Mountain Road a very steep winding fire road. The best surprise was the two short descents that the guides failed to tell us about. We finished with a descent and then one short burst up to the hut.

Ascending: 4080 feet
Descending: 2670 feet
Miles: 27.5

DAY 4 – Harry Gates Hut (9700) – Peter Estin Hut (11,250)

The day started right off with a climb but was well rewarded with the most challenging single track yet. There were climbs, rock crossings and cow dung to be avoided. We passed through Slim Jim Gulch and Lime Creek Canyon (see photo). Coming out of the Canyon we began our ascent to the hut, I could feel the air getting thinner and thinner as we passed the 10,000 feet mark.

(Continued from page 7)
Aspen Hut-to-Hut Mountain Bike Tour

Upon reaching the hut, we were greeted by a group on horseback, whom we shared the hut with on this night. After some lunch and an outdoor shower we hiked up to Charles Peak, this was the highest point of the trip at 12,050 feet elevation. Later, we saw the most incredible sunset; it looked like the sky behind the mountains was on fire. What a way to end our last night out!

Ascending: 2749 feet
Descending: 1200 feet
Miles: 17.5

DAY 5 – Peter Estin Hut (11,250) – Sylvan Lake (8510) – Eagle (6621)

There is one word for day five, and that is “downhill”. This may have been my favorite day. Nahhh, I liked the pain. We started off descending a winding jeep road, then climbed for a cou-

ple of miles to the trailhead. This was some fun stuff, except for when I somehow ended up a few feet off the trail in a pile of trees. We came out of the trail at Sylvan Lake where we met the support vehicle and had lunch and a game of Juno (*Juno is a made up game, by five very creative people. Basically, you throw the football at each other as hard as possible, and the other person tries to catch it. I think you had to be there.*) From there it was 16 miles down a gravel road that turned into pavement, all the way down to the town of Eagle. Did you get that....16 miles of descending!

Ascending: 780 feet
Descending: 5010 feet
Miles: 27

All this and I didn’t even mention the great food, great company and beautiful scenery. Timberline Tours provided just the right amount of torture and pampering

all in one trip. Sound like a challenge you are ready to take on? If you are interested in doing a similar tour summer of 2002, send me an email. I am interested in putting together an all NWCC tour. monica_gill@gensler.com
www.huts.org
www.timberlinebike.com



(Continued from page 5)
Hotter n’ Hell 2001

who owns it...nonetheless, this guy was swerving and swerving quite badly. There was a guy passed out in the front passenger’s seat. He nearly hit us as well as many others. Adrenaline at this point was surging through our veins as we were wondering what options we had. Darn, we didn’t have any fancy 007 gadgets to fire off at him. Finally, I decided to call 911 on my cell phone. Gail gave me the mile marker to report and to let the dispatcher know what town we were approaching next. The guy finally sped up quite a bit and we were afraid that we would encounter a serious wreck. He drove far enough up the road where we could not see him. However, after driving a little while and near the city we reported he was approaching, we saw that the guy had run off of the road and drove up a grassy embankment. Of course there were already two cop cars approaching the guy who was driving. Yeah, we’re all safe and no one was seriously injured. I think we both had adrenaline pumping through us for a long while after that!

Needless to say since this article is being published, we both made it back safely. I can only just ponder what adventures I will encounter at next years HHH.

"Road Rash Treatment" ***(Public Service Announcement)*** **By Ron Ostrowski**

I know there are numerous tions. Plus oozing wounds advertise that the bandages methods of treating "Road are disgusting and gets all are very flexible and water-Rash". Methods used de- over your jersey and shorts. resistant. Check out this pend on the severity in depth Yuck!! :-P product at your local drug and size of the injury or loca- This new bandage, when emporium. tion. Some treatments are placed on the road rash, turns Warning: Reports of dogs very anti-septic in appear- the body fluids into a protec- licking road rash to help the ance and others show the tive layer of gel. This report- healing process have not oozing wound. Now John- edly shortens healing time. been substantiated by the son & Johnson has a new How does it work? Report- medical profession. That product on the market called edly, skin cells can repair an only works for athlete's foot. "Advance Healing Strip". injury more effectively when Honest! Trust me on Costly? Yes, at \$4 for 10 the area remains moist. This this..... bandages. But at only \$.40 protective layer of gel also Wishing you'll never need each it could save you days prevents additional skin this advice, in healing and reduce infec- damage. Johnson & Johnson Ron Ostrowski

Saving Your Skin **By Dana Chamness**

Riding a bicycle well requires a shift in paradigm. One of the terms often used is "balance". This is a balance of forces, not weight. If it was just a matter of balancing weight a track stand would be no big deal. The reason you are able to stay up on a bike is your ability to bring the front wheel under your center of gravity, this

can only happen if you are moving. If you lose control of that front wheel, **YOU WILL FALL DOWN.** When you make a turn, the actual mechanics are that you lean in the direction you want to turn and then steer the front wheel under your center of gravity. Soon you will understand what most mountain bikers know. The

rear wheel is to provide power to the ground and other than that you can pretty much forget about it. You must maintain control over the front wheel.

October 2001

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Club Meeting 7:30 pm Race Team 6:45 pm	3 Bear Creek Coached Ride 6:30 pm	4	5 Alkek Track Friday Night Racing	6 MTN: Baylor Bike Race
7 NWCC Camp	8	9 Club Time Trial 6 pm	10 Bear Creek Coached Ride 6:30 pm	11	12 Alkek Track Friday Night Racing	13 R: Bryan Road & Crit Race ALAMO CHALLENGE October 13 & 14, 2001
14 MTN: Bryan Race NWCC Camp Bear Creek Skills Clinic	15	16	17	18 Basic Bike Re- pair 7-9pm 	19	20
21 R: Copperas Cove Race NWCC Picnic 4pm NWCC Camp	22 	23	24	25 Advanced Bike Repair 7-9pm 	26	27
28 NWCC Camp	29	30 Club Board Meeting 7pm	31			



Calendar Key

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

Mountain Bike Rides. These rides are Wednesday (6pm) at Cypresswood. Contact Gail Hurley; see page two for contact information.

Tuesday Time Trial. The final time trial for 2001 is this October. Second Tuesday of the month with riders meeting at Zube Park, Roberts Road and 290 at 6 pm.

Bear Creek Coached Rides. There are two sessions left in October of the six-week series. Meet at the Pavilion at Bear Creek Park at 6:30 pm. There will also be a half day session of intermediate skills from 9 to 1 pm on October 14th.

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.

Mountain Bike Race Results Kerrville Mamacita's Classic

Sandra Rice 4th
Sport Master 40-99
4:06:05

Tony Deore 21st
Beginner Master 30-34
0:51:12

Tracy Meixensperger 7th
Beginner Senior Women 19-20
1:10:54

Laurie Hopper 12th

Beginner Masters Women 30-39
2:20:39

Donna Wiley 4th
Beginner Master Women 40-99
2:20:38

John Zgourides 11th
Beginner Masters Men 35-39
0:49:39

Monica Gill 3rd
Beginner Masters Women 30-39
1:02:40

UPCOMING RIDES THIS OCTOBER

Pineywoods Purgatory October 6, 2001. 8 am. Lufkin. 25, 52, 68, 102 miles.
Autumn in Bonham October 6, 2001. 9:00 am. Bonham. 11, 29, 39, 46, 68, miles.
MS 150 Bike to the Beach October 6-7 San Antonio to Corpus Christi
Charity Challenge October 6-7, 2001. 150 miles /2 days. Kaufman
MADD Country Roads Classic October 7, 2001. 8 am. Montgomery 14, 24, 36, 52, 102 miles
Tour D' Trails October 13, 2001. 8 am. Winnsboro. 5, 34, 62 miles.
Tour de Fire Ant October 13, 2001. 8am. Marshall. 10, 30, 45, 62 miles
Ranch Ride October 13, 2001. 8:30 am. Elgin 9.5, 16.5, 28, 56 miles
Texas Hill Country River Region Classic October 13, 2001. Garner State Park. 34, 52, 68, 100 miles
Crazy Water Cycling Classic October 13, 2001. Mineral Wells. 10, 25, 50, 100 miles
Pea Pedalers Bike Challenge Athens. 15.8, 34.3 53.5 miles
Biketoberfest October 20, 2001. 8 am. Boerne. 18, 33, 42, 50, 62.5 miles
Mission's Tour de Goliad October 20, 2001. Goliad. 10, 30, 50, 100 miles
Cotton Jubilee October 20, 2001. Greenville. 11, 27, 43, 62 miles
Leaky Death Ride October 19-21, 2001
Twin Lakes Challenge October 27, 2001. Rowlett. 10, 20 32, 60 miles
Texas Coastal Cruise October 28, 2001. Clear Lake
Ride the King Ranch! October 27, 2001. 8:30 AM. Kingsville. 10, 30, 60 miles.
Recumbent Century October 27, 2001. 8:00 a.m. Crandall. 30, 60, 100 miles



Road Race Results



NWCC Results from Wed Night Crit August 22nd:

Cat 4/5 race

2nd - Jeff Stones

3rd - Bill Reilly (unofficially,
as they didn't count me) :-(

Here are some NWCC results from Hotter N' Hades:

David Bumbaugh - 8th in Mas-
ters 35+ RR; 12th in Masters
35+ crit, competing against
some strong Cat 1s.

Jeff Stones - 4th among Cat 5s
in the Cat 4/5 RR (250+ start-
ers); 7th in the cat 5 crit.

Eric Warnsman - 9th in Cat 3
crit.

Mark Dearing - 13th in juniors
crit.

Also, Dana Hamness (HH100.
org spelling) and Morris Tay-
mon finished in the pack in the
cat 4 RR; Dana finished in the
pack in the cat 4 crit. Although
I finished the cat 4 RR, I was
WAAAY off the back due to a
crash four miles into the race.
Very expensive trip for me as I
lost a frame as a result of the
crash and had registered for the
crit which I didn't do.

Anyone have a spare 55 CC
road bike? :-)

Bill Reilly

Southern Elite 20K Time Trial

Cat II 12th Oscar Celis

Cat IV 3rd Craig Rennpage**

6th Dana Chamness

Cat V 5th Jeff Stones

15th Russell "Loveless"

35+ 2nd Jerry Morrison

8th Scott Orgish

Juniors 1st Mark Dearing

Cat IV 1st Lauren Mahony

3rd Nancy Dodd

8th Kathy Clark

** First race as a Cat IV

Beaumont Stage Race

Please note, this was a points race
based on placings and primes.

The overall results were:

Cat V 4th Jeff Stones

5th Craig Rennpage

27th Luther Odom

30th Russell "Loveless"

35+ 14th Scott Orgish

Cat IV 3rd Renate Junold

7th Lauren Mahony

8th Nancy Dodd

11th Julie Van Zandt

Mens Cat III and IV. Dana
Chamness and Damon Van Zandt
finished in the top 20 overall.

Wednesday Night Crits

Overall Results for the series did
not have any NWCC racers in the
top five. Although, NWCC mem-
ber Paul Chandler was tied for 4th
in the A Group overall. I found
Bill's report a bit lacking on sev-
eral fronts, so I am adding my

own two cents. I think a little
love needs to be shown to newbie
racer Russell Lovelace, especially
since TXBRA lists his last name
as Loveless. I saw him right there
with the pack during the final
sprints. Dana was also kind
enough to work with Russell on
his Crit performance so that by
the end of the series Russell was
in till the bitter end. And what
about our Cat IIIs? They were out
numbered at every race, getting
teamed to death. Yet, each of
them managed to get into various
breaks off the front. So, congratu-
lations to:

A Group: David Bumbaugh, Scott
Orgish, Oscar Celis Stephen Mur-
phy, and Damon Van Zandt

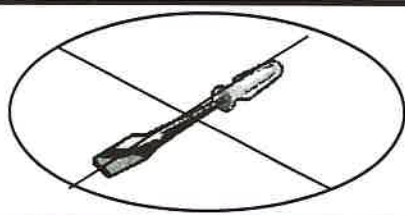
B Group: Russell Lovelace, Dana
Chamness, Derryl York, Jeff
Stones, Bill Reilly

Bill gave the results for August
22nd, but he left out the other top
five finishes in August. Surpris-
ingly, one of which the **official**
results had him in the top five.

August 1st - Jeff Stones 4th

August 5th - Bill Reilly 5th

Finally, there are a number of
folks that are club members who
race for other teams. I think they
deserve mention too as they have
done well. Paul and Andy Chan-
dler, Bill Duckworth, Cheryl Ful-
ton, David Hatcher, Ryan Spates,
Steve Bollenbaugh, and probably
many others I am leaving out.



What I Have Learned By Oscar Celis

I have learned first hand several safety guards and I wish to share them with you.

- Try to ride in a group; several riders are more visible to the motorists.
- Carry with you a cell phone, nowadays they are inexpensive, and they are very useful.
- I believe the morning rides are safer as they have fewer cars.
- Spare tube always comes in handy.
- Tube patch kit (with glue and some sand paper). I happened to flat twice within just a few miles..... Believe me. I checked the tire three times before installing the new tube.

I guess it was plain bad luck.

- Of course tires levers. Please do not use screwdrivers, (I have witnessed riders using them).
- Take a frame pump. Personally, I prefer a pump to CO2 as I find the pump more reliable. But this is a personal preference choice.
- Allen keys are good idea to carry around, usually 4- 5- 6- and 8mm.
- For those of you that have I am a strong believer of "have wheels with 35, 36 or 28 them and do not use them", versus spokes, it is a good idea to needing them and not having carry around a spoke wrench. them. You never know when you are going to need it.

- An adjustable wrench and chain tool. My chain broke once. It is not fun at all to walk to the closest gas station and wait.

- Money, especially if you do not have a cell phone, is always a good idea to carry. Make sure to include some coins.

- In case of an emergency, any form of identification and any other information such as blood type, etc.

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 Vin-
ing 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:

OCTOBER MEMBERS-ONLY SALE

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

10% OFF **X-MAS Is COMING!**
On Any Bike Put
On layaway by an NWCC Member
25% Down 3 Months to Pay

SPECIALIZED Floor Pump
AIR FORCE with Gauge
Reg. 49.99 **37⁹⁹**

SCHWINN Super Sport GLX
Full Shimano 105 group
& Velomax wheels Reg. \$1399
ON SALE 1099⁰⁰

FREE BAR TAPE & LABOR
with purchase of Bike Tune-Up \$49.99

ATB SPECIAL!
Nuke Proof Wheelset
Reg. 499.99 **349⁹⁹**

25% OFF
ANY Pedal & Shoe Combo!



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Houston, Texas 77040
(713) 466-1240 • (800) 986-2453
www.northwestcycle.com

Store Hours
Mon - Fri 10-7 • Sat 10-5 • Sun 12-4

SHIMANO 105
Paired Spoke Wheelset
ON SALE 249⁹⁹

COMING EVENTS
At Northwest Cyclery

Basic Repair Class
7-9PM Thurs. Oct. 18
Advanced Repair Class
7-9PM Thurs. Oct. 25
Classes are all FREE

OFFERS VALID WITH COUPONS ONLY!
OFFERS GOOD THROUGH NOVEMBER 1, 2001

10/01

Get Fit Get Fast

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

PHASE 2



Boost your speed, fitness and bike handling abilities! Northwest Cycling Club invites all of its 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	October 7	8AM
Circuit Course	Katy Mills Course	October 14	8AM
Criterium	290 Park 'N Ride	October 21	8AM
Hill Climb	Sealy	October 28	8AM
Criterium	290 Park 'N Ride	November 4	8AM
Hill Climb	Sealy	November 11	8AM
Circuit Course	Katy Mills Course	November 18	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

Bob Sarin · (281) 242-1566 · rnsmsch3@hal-pc.org

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

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 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.**



PHASE 2

Directions to the SERIES 2 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.

Sealy Hill Climb Course

Take I-10 west to the Sealy exit. Go north on Hwy 36 into town. Make a left on Main Street. Look for the large city park. We will ride from the park north on Hwy 36 to FM 949 and make a left to get to the hill location on. The ride is about 10 miles from town to the hill. On the Crossroads ride this is known as the Big Kahuna hill.

Get Fit Get Fast



10/01

NWCC CLASSIFIEDS

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

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. Great starter bike for road racer. 51 cm (19 in) custom built frame by Andy Gilmour from Tucson, Arizona. Old suntour superbly 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.

For Sale. Specialized FSR COMP – Full Susp. Mtn. Bike. 1998 model. Size is Large. XT/LX components, Judy T2 Rock Shox fork. Has been ridden less than 50 miles (no kidding)! Just never used it. Cool Bike!! \$850.

For Sale. LeMond Buenos Aires Road Bike (57cm). 1997 model. Shimano 105 group and pedals. Nice saddle and computer. Only 2800 miles! Mint condition! \$800 Call Chris Viviano (713) 339-4463, or e-mail at cviviano@houstoncapital.com.

For Sale - 1995 Cannondale R900. White 56cm frame with carbon fork. Shimano 600 STI 8-speed components. Bottle Cages, Seat Bag, and Cinelli bar clip-ons. Clean bike - low, low, low mileage. Asking only \$700. Contact David King at 832-236-4471.

For Sale - 1999 Schwinn Grape Krate. (It's PURPLE, Man!) Collector's Item - Only 1999 of them were made. Chrome springer fork, awesome banana seat with shock post sissy bar for that "oh so comfortable" ride, Super Cool ape hanger handle bars with flowing streamers. It's a steal at \$400. Call David King at 832-

For Sale. Yakima Bicycle Car Roof Rack, including: 2 - 58 inch rails (rain gutter attachment), locking; 2 - front fork attachments with full length wheel rests and rear wheel tie downs; 1 - Upright bike mount. 10 ft cable lock to fit rack. All for \$120
George Malone 713-932-8664.

For Sale. Bianchi Alfano, 58 cm frame, black. Prestige Ultralite Steel frame Shimano 105 components. Downtube shifters. 700 x 23C Araya rims, Continental tires. 52 and 39 tooth chainrings, 7 speed rear cluster Computer, miniframe pump, 2 water bottle cages. 8 years old, excellent condition. \$250.
George Malone 713-932-8664

For Sale. Cannondale F700, off-road bike. Trek 1420 road bike. \$800 each (firm)
Additional accessories available
Contact Doug Lehmann 281-469-9131



MARY HODGES TRAINER CLASS

Come sweat your brains out at Mary Hodge's "Let's Omit the Rests and Add a Bonus Set" Trainer Class.

**When: Thursday
6:00pm (come early in time to set-up).**

**Where: St Luke's
Alabama**

What: A killer 1 & 1/2 hour trainer class. Bring your own trainer and block. No helmets required and no wreck guarantee policy.

Who: Mary the drill sergeant Hodge with famed disc jockey Peri spins the discs and videographer Sonny brings the Tour Vuelta and other tapes.

**How Much? \$72 for six week series
Semester 1 (9/6 - 10/11)
Semester 2 (10/25- 11/29)**

Membership Application



RELEASE:

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

Mail to:
NWCC
17458 NW Fwy
Houston, TX 77040

PLEASE PRINT CLEARLY

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

Name

Family Membership - additional names:

1) _____ 2) _____
3) _____ 4) _____

Address

City State Zip

Home Phone Work Phone

E-mail address Birth Date

Medical Condition Emergency Contact/Phone

Occupation ()willing to volunteer skills

Signature

Date:

Method of Payment:

- ☐ Cash
☐ Check

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

Thank you for joining Northwest Cycling Club.

Amount Paid \$ _____

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

The Pedal Pusher

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The Pedal Pusher

The Editor's Half Page by Julie Van Zandt

It is a somber day as I write this due to yesterday's catastrophic events. I have worked in countries where such activities are the norm. But it is sad to see them brought to our shores.

So, now on to a little levity... It's NWCC election time. Hmm, where's the levity?

Craig Rennpage, there's a good subject... As it turned out, I miscalculated and need help with the NOVEMBER issue not this one.

Speaking of elections and more particularly, offices; I'd like to take this opportunity and bust on

our Road Race Team Director. Specifically, his reporting of race results. Bill, where's the love?

Do you include all names when reporting race results or only those who placed "in the points"? Well I took an informal poll and got mixed responses. So I decided to go with Bill's answer since he is the Race Director.

His answer... Only those that made it "in the points". So that is what I have been doing for the past few issues with my supplements to Bill's race reports.

However, there is a policy change effective immediately. All results will be reported. This reversal of policy came about after I noticed one of Bill's race reports listed him in 7th place at a Wednesday night crit. Well, this is technically OUTSIDE the points! So instead of results listing only those "in the points" plus Bill's results, what ever they may be, I am now listing everyone.

Actually, holding an NWCC office is not the most coveted of things. So really, you can only applaud Bill and others who have stepped up to the plate and donated their time.