

The Pedal Pusher

January 2002

Vol XVI, Issue 1

A monthly publication promoting the spirit of the Northwest Cycling Club

Message from the President

By Lori Walker

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A New Year and a new board, I welcome all new members to the table. There are several new goals we are hoping to accomplish this year. First and foremost is to have fun.

I saw several very VERY merry members at the holiday party at St. Arnolds on December 7th. The food was wonderful and the company was great. Many thanks to Bob Swank and his wife Ellen for all the work that went in to the planning and the decorating. For more details on the party poop, surely gabby Esther will have something to say.

Northwest will not have not one coach but several different coached events. The framework includes several people as instructors for the various coaching activities that Northwest has offered over the past several years.

Many thanks to Coach Joe Noack for his hard work these last couple of years. The club is so large with some many requirements that it is very difficult for one person to handle all our needs in addition to job, family and a life.

Charlotte Miller will be coaching the Wednesday night trainer classes at Northwest Cyclery through February. We are looking for someone to instruct the class in March.

The trainer classes will continue in the fall as always. The spring and early fall Bear Creek skills clinics will also continue as in the past.

Another element entails a fund allotment to both mountain and road race teams. This allotment will allow the two teams to hire a coach to do clinics or whatever special needs need to be met. For instance, the Roadies have

been researching holding a time trial clinic in the spring prior to the State Time Trial championships. While no funding is required, I also worked a deal with Joe Friel's trainingbible.com for a 20% discount on the use of his on-line coaching service for NWCC members. A year's subscription is normally \$99 and NWCC's price is \$79. Visit the <http://www.trainingbible.com> website and enter our promotional code, nwcc. Try it out using their seven day free of charge trial run and get your personal cycling questions answered by Joe Friel and others on their message board.

A final aspect is guest speakers for the monthly club meetings. For starters, Catherine Kruppa, a registered, licensed dietitian will be the speaker at our February club meeting. Catherine currently works

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Message from the President

at the Houstonian's health club and spa and has done numerous speaking engagements most recently on sports nutrition at Central Market. Another added benefit, you can access her via the NWCC website. What should you be eating in those month and minutes prior to the MS150? E-mail Catherine via our web page for an answer tailored to your needs.

ment in the way of Time is of the es- games plus the sence. If you want board will continue to cash in on this the gift certificate special offer, you must get them in by February.

Back to the very im- portant subject of The clothing order will need to be placed no later than the January 8th club meeting. The order should be received within five weeks. If you would like to see the new design go to our web page. We have tried to combine all three off road and recrea- tion. Another item the board is working on is mechanical sup- port at the off road races. Any sugges- tions on speakers or issues you feel should be addressed by the board please email us. This newsletter.

Speaking of upcom- ing Mountain Bike meeting events, Team Captain was Another item the on January 8th EPX pummeled with e- board is working on will be at the race mails requesting a is mechanical sup- team meeting fol- free EPX mountain port at the off road lowed by a motiva- bike. For now, the races. Any sugges- tional speaker dur- road bikes seem to tions on speakers or ing the regular club be very promising issues you feel meeting. Everyone for the club and the should be addressed is invited to both. shop, see the related by the board please Peri Mashburn guar- advertisements in email us. antees more excite- this newsletter.

PEDAL PUSHER DEADLINES

Monday following the club meeting.

The newsletter is published monthly. The Boy Scouts address and mail it the last Monday of the month. The week prior, it is with the printers for production and binding. The week prior to this, is when it is drafted and put together by the editor.

Have an article for the newsletter? Please submit it by the Monday following the NWCC club meeting. Submissions should be sent to juliet_a_mashburn@hotmail.com or lma- hong @houston.rr.com

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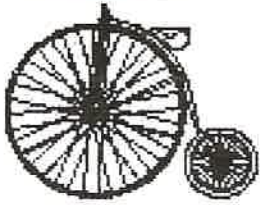
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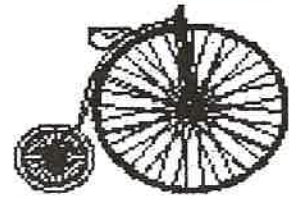
NWCC website northwestcyclingclub.com

Affiliate Representatives:
United States Cycling Federation (USCF)
National Off Road Bicycle Association (NORBA)
Bob Swank
League of American Bicyclists (LAB)
David King
International Mountain Bike Association (IMBA)
Kevin Hopper
Texas Mountain Bike Racing Assoc. (TMBRA)
Board Member Texas Bicycle Coalition
Gail Hurley



NWCC News Briefs

By Julie Van Zandt



EPX BIKE DISCOUNT. Place your order before the February club meeting for the new carbon fiber EPX bikes carried by Northwest Cyclery. There is a demo to test drive at the shop, just drop by to check-out the bike for your next ride. The special EPX deal for NWCC club members includes the following packages from which to chose:

- Option #1: Dura Ace and Mavic Ksyrium wheels \$2,350;
- Option #2: Ultegra with Mavic Cosmic wheels \$1899;
- Option #3: Shimano 105 \$1399

Sidi 2002 Shoes. Sidis were also offered at a discount rate of \$140 (regularly \$189), orders were due December 20th.

Trainingbible.com. NWCC club members also receive 20 percent off the annual trainingbible.com online coaching service. Just log on to their website and enter our promotional code nwcc when you sign-up. If you are unsure as to whether you want to use this coaching service, give their seven-day trail a go. They offer on-line coaching for road and mountain racers, centuries, tour riders, triathalons, marathons and much more.

Race Team. At the December meeting, elections were held and a number of annual housekeeping items were covered. Elected were:

Colin Winsor - Mountain Bike Race Team Captain, Morris Taylor - Cat IV and V; Scot Orgish - Masters; Mark Dearing - Cat III; Nancy Dodd - Women's Team Captain. Bill Reilly also distributed and reviewed the 2002 race team manual. Bill has requested the following information of road and mountain race team members in order to create rider profiles that will be on the NWCC website. Pictures will be taken in January to go along with the following information:

- How many races you did in 2001;
- Your best finishes from 2001;
- How many races you plan on doing in 2002;

Which races are you planning on doing in 2002;

Will you be seeking reimbursements for races.

Finally, Bill hopes to have everyone out in force to races within 100 miles of Houston and at the road season kick-off February 24th at Pace Bend race in Austin.

Ride Starter & BBX. We still are in dire need of a New Rider Leader as LeAnn vacated the position to become club secretary. We are also in need of a Bluebonnet Express director. Please contact a board member asap if you can possibly do either position.

Clothing. Get your clothing order in today! Send your order information to Russell Lovelace at

rlovelace@yahoo.com.

The price list is as follows:

- Short Sleeve Jersey \$70
- Long Sleeve Jersey \$82
- Skin Suit \$97.50
- Bib Shorts \$60
- Shorts \$53.50

Team shirts for \$20 - Purple Polo style collared knit shirt.

The question everyone is going to have, is how these jerseys are sized. Use the charts on NWCC's website to determine your size. The 17 seventeen sizes to chose from are: 6XS, 5XS, 4XS, 3XS, 2XS, XS, S, M, M+ , XL, XL+, 2XL+, 3XL, 3XL+.

Frostbite 50 Canceled. This was intended to be a third NWCC sponsored ride to raise funds for the new juniors program. Peri Mashburn is still accepting contributions to the juniors program. They need all kinds of things from bikes to water bottles. Your contributions are tax deductible. Contact Peri at mashpe@aol.com.

BBX Design. Designs are being accepted for the Bluebonnet Express t-shirts. The BBX ride is March 17th. Sorry for the repetition, but **we need a BBX director!** Katy flatland work is underway, no work has even begun yet on the BBX which is several months BEFORE the KFC. If no one steps forward, board members will have to do it piece meal.



The Poop from the Paceline

By Esther Astabula



Coming just in time for the Katy Flatland ride, a baby to **Sue and Brad Letney**. After all of Brad's bad luck last year, I am glad to see things are definitely looking up for him and his very understanding wife. Brad has even been spotted back at the Saturday club rides. Due on my birthday, a baby boy for **Kelly and Bill Bettes**. He will join his sister Brook on the junior's team in a few years, I am sure.

Well the Christmas party at St. Arnold's was a huge success as always. Thanks to **Lori Walker** for doing such a great job. The food was terrific and the beer was flowing. I did notice the brew masters were hurriedly making up another batch when they saw **Bob Kirkpatrick** walk in the door with **Steve Bollenbaugh**. The hot gift at this year's white elephant exchange was a James Brown doll that danced and sang. **Gail Hurley** tried to hide it at the back, but **Mark Naegli** and his boys hunted her down and took it home. **Conner and Cameron** were very happy with their new toy! It always seems that there is one present that everyone wants each year. I know that I saw several gifts that I swear that I had seen in years past. Some people I did not recognize without their helmets, sunglasses, jerseys, etc., but somehow they recognize me.

I am being driven back from Leakey as I write this (thanks

chauffeur **Damn Van Zandt**) after a weekend of riding in some big hills. Unfortunately, Mother Nature did not really cooperate with us and it rained most of the time we were riding. Of course, the sun came out as we were loading up to drive home. I wouldn't ordinarily ride in those conditions, but I succumbed to peer pressure. **Gregg Germer, Sr.** could not be persuaded on Saturday's ride, but he felt guilty and shamed me in to riding on Sunday. Instead Gregg and his son **Chris (the Eagle Scout)** followed the riders on their route, taking wet clothing as it was discarded. Thanks to **Chris Germer** for chauffeuring **Brunswick Bollenbaugh** and **Paul Chandler** to Uvalde for some late night liquid carbohydrates. Ahh suki suki...

Getting the award for most improved at climbing is **Andy Chandler** who handled that three-mile climb to Camp Wood like Lance Armstrong up Alpe d'Huez. The big challenge Saturday night was pronouncing **Tracy Meixensperger's** name correctly. Getting the most original variation on Tracy's name was Bollenbaugh with Mike's Big Burger. FYI it is pronounced mikes-in-sperger. This was Tracy's first trip with the road team and doing big hills. She was a real trooper and found out how useful earplugs are when

staying in the party cabin! **Scot Orgish** had a cabin full of guys. With him were **David Lynch, Bill**

Reilly, Russell Lovelace, and Jim Quinn. After beating each other up in the hills, they spent the evenings fighting over who got control of the remote control. It was not pretty.

Also joining the fun in Leakey was the whole **Bumbaugh** family. While **David** was out riding in the rain, **Katherine, Sam and Alex** were practicing becoming the Picassos of rock painting. I saw some of their finished work and I think we have some future artists in our club. Maybe they can support their father's racing!

I also received a little intelligence reporting from **Greg Smith** on **Mike Hilton**. Mike will set a new personal best by riding 17,000 miles plus this year. Do the math and your talking some decent weekly mileage. Take into account down time due to weather, the occasional cold, and other personal obligations, and you might figure out Mike had some 500 mile weeks! How's he do it? Well Mike is retired from his Corporate Pilot career. He does ride just about every day of the week, and he rides everywhere, into the wind, tailwind, whatever at 22mph or better. I call him "Iron Mike". So will you if you ever try and keep up with him.

Finally for some good poop, I heard Bob Swank (continued on Page 13)...

Take it off in 2002

By Catherine Kruppa, MS, RD, LD

With the start of a new year always comes New Year's Resolutions. At the top of many American's list is weight loss. A very small percentage of these people actually keep their resolution all year long. Making small, realistic changes that naturally fit into your lifestyle is the way to go. Here are a few ideas to get your started, pick one diet pattern and stick to for a few weeks. Once you have that one mastered move on to another. You do not have to change every bad eating habit at one time, short-term goals will help you lose the weight and **keep it off**.

- **Keep a food journal.** People lose 10% more weight when they keep a food record. They find that they are much less likely to eat something if they know they have to write it down. Journals also help to identify and eliminate bad eating habits such as grazing on unhealthful foods or stress eating.
- **Think small.** Try using smaller plates and bowls. This will help you to reduce your portion sizes without feeling deprived by the empty space on the plate.
- **Say no to sweets.** Instead, snack on pretzels or bananas. To satisfy your sweet tooth, try eating 5 fruits per day. You will save a tremendous amount of calories and gain valuable vitamins and minerals. You will also be surprised at how your sweet tooth diminishes.
- **Drink less alcohol.** An alcoholic beverage can range in calories from 50-500 calories per drink. Unfortunately, liquid calories do not trip our satiety mechanism, meaning they do not make us feel full. Additionally, alcohol tends to make us feel less full, leading us to intake additional calories. Drink in moderation,

which is 1 drink per day for women and two for men.

- **Eat your veggies.** Vegetables are extremely low in calories and are chalked full of fiber, vitamins, minerals and antioxidants to fight disease. Try eating 2 vegetables at lunch and dinner; this will cut down your consumption of high calorie foods.

- **Drink more water.** Water can actually help burn fat. Not only does water keep you full, but also it is also essential for the metabolism of fat. Shoot for a minimum of 64 oz per day and watch that fat melt away.

Changing one or two of your diet patterns can make a difference in your overall health. I challenge you to use these eating tips to help make 2002 your best ever!

About Catherine...

Catherine is the new dietitian for the Northwest Cycling Club. She will be speaking at the February Meeting about Sports Nutrition – what to eat before, during and after a ride. Catherine will also be answering emails from club members regarding nutrition. Please feel free to check out her web page at www.advice4eating.com or email her at cathkruppa@aol.com.

Catherine received her bachelor and master degrees in nutrition at Texas A &

M University. She is a registered, licensed dietitian and also an adjunct member of the faculty at the University of Houston. Growing up in an athletic family sparked her interest in both sports and nutrition. She was an all-American gymnast in high school, and a member of the varsity diving team at Texas A & M. Currently she is a member of the Houston Area Road Runners Association, and has completed five triathlons, five marathons and two Ultra-Marathons. She specializes in weight management, sports nutrition, diabetes,

eating disorders, heart disease and pediatric nutrition.

Catherine is a frequent speaker for many organizations and businesses. She speaks on various topics in the area of nutrition such as: healthy eating, weight management, disease prevention, nutrition and exercise, and osteoporosis. She has also presented programs for Channel 13 News Health Beat and Channel 2 News.

Texas State Championship Mountain Bike Race Series

A Beginner's Guide to the Spring Race Venues

By Sandra Rice, Mountain bike Chairperson

Many people who are new to the ranch. Generally, the uphill and different races, with most beginner sport of mountain bike racing descents are characterized by those opting to do only the cross-country would like to try one or two races, loose gravel, the jeep roads are country race and be spectators at but are unfamiliar with the race quite sandy, and the singletrack the others. The Beginner race venues here in Texas. Would you through the forests are usually course is the longest of the series like to know generally what to expect before you travel a couple of can be muddy when wet. Bring beginner-friendly. Most of the hundred miles to an unfamiliar some good mud tires for those course is flat desert terrain with trail? Perhaps I can help you to days. The initial series of climbs several climbs and downhills for know what to expect and which ("Fat Chuck's Demise"), two or the last two or three miles. The races you will want to do with the three log crossings, and the infamous first couple of miles take you following essays. Mountain bike mous "The Wall" comprise the through some dry river-bed sections that alternate deep sand and racing in Texas has two series: a most difficult sections of this trail. tions that alternate deep sand and Spring Championship series of 8 Those who have ridden here or pea gravel with flat pavement-like races, and a Fall Cup series of who have raced the 24 hour race rock surfaces that have small now 6 races, and each beginner course will find the Beginner race ledges to jump or descend. The race averages about 10 miles in course to be the same as at the 24 back part of the singletrack has a length. This article covers only hour race, with two modifications: very fine sand surface. Watch out those race venues in the Spring Beginner racers bypass both the for the cactus! Drainage channels series. The Fall Cup series will "Drop Zone" and those log crossings cross this part of the trail several be covered in an article to be published later in the year. ings at the back part of the trail. times, and they can be unexpectedly steep and treacherous. The

February 2 and 3, 2002: Rocky Hill Ranch, Smithville

This trail is one of the closer ones to Houston (about 60 or 70 miles away), and, in my opinion, one of the best trails in Texas. It is mostly beginner-friendly single-track through the forest with a few technical sections to keep things interesting. The trail can change quickly from loose gravel and rocks, to hard-packed clay dirt, and a cross-country race, with roots, to deep soft sand, depending on where you are on the

with a cold Shiner and a Rocky Burger waiting at the Saloon when you cross the finish line.

February 14 through 17, 2002: Chihuahuan Desert Classic, Lajitas

This is perhaps my most favorite race in Texas! It is comprised of a dirt time trial, a criterium in the spread out over two days. Racers may choose to do one or all of the

100 feet or so before the finish line is a rocky climb where people line up beside the trail to cheer you on! What fun!! Mark Neagli runs a package tour for this race from the Shop every year. For one low price you get your transportation and lodging for the Wednesday-through-Sunday trip. If you are interested in participating in this package deal, get your reservation in early, as there is

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limited space available.

March 2 and 3, 2002: Bluff Creek Ranch, Warda

Most people who attend NWCC's mountain bike rides are already familiar with Doc Nolan's Bluff Creek Ranch. This course is very beginner-friendly, with the possible exceptions of the "Gas Pass", "Oh S**t", and "Mule Trace" sections. It is predominately twisting, turning singletrack through the trees, interrupted at times by some fast sections through meadows. The trail surface varies considerably from rooty clay to rocks and gravel, to loose sand and dirt. This trail also can get very muddy after a day or so of rain, so pack your mud tires for wet conditions. "Gas Pass" is a narrow concrete-faced along-the-side-of-the-hill goat trail that can be tricky to negotiate. "Oh S**t" is a deep ravine located at about mile 7. The downhill part is best ridden on the left side of the trail, and the climb out is steep and rooty. "Mule Trace" consists of a series of steep downhill drop-offs with two steep sharp turns to make things interesting. All beginner racers do one complete 10-mile lap of the course, including these three sections. This venue is a bit more than an hour's drive from Houston, and remains one of the most popular trails in Texas.

March 16 and 17, 2002: The Breaks at Bar-H, St. Jo

This race is one of the most distant from Houston, at about a 6-hour drive, but the trail is worth the effort. It is located in the valley of the Red River, which forms the boundary between Texas and Oklahoma. As you drive through the surrounding rolling prairie, you think, "It's mostly flat, and no trees.....Where did they hide the trail?". Only after the road starts its descent into the valley do you realize that this is prime mountain bike country. This trail is 90%+ singletrack through forests and meadows, and the surface alternates between clay in the bottomland and sometimes rocky, sometimes gravelly terrain on the climbs and plateaus. Some of the downhill sections are very steep and curvaceous, and must be negotiated with care. Other sections contain large and small whoop-de-doo's that are a blast to ride! There is also one section called "The Holler", a fast, wild ride through an entrenched creekbed where spectators line up on the sides above your head to cheer you on! What a great trail! It's just too much fun to miss the race here! Unfortunately, this race is held this year on the same day as our Bluebonnet Express ride, so attendance at Bar-H by NWCC's race team may be small.

April 6 and 7, 2002: Flat Rock Ranch, Comfort

This ranch is located about 40 minutes west of San Antonio, and the local mountain bike club (S.T. O.R.M.) does an excellent job of putting on this race. The way the

course was run last year was a little different than in years past, as we raced it in a clockwise, rather than counterclockwise direction. I prefer it this way. The race starts out on mostly flat single-track for about a mile through a stream valley with a mostly clay surface that can get muddy with rain. The second mile or two consists of steep switchbacks up the side of a large hill. This part can get very loose and dusty in dry weather. The next several miles consist of a sequence of mostly flat rocky hilltops ("rock gardens") with plenty of cactus, where the trail descends off the first of these hilltops and then climbs up to the next one. The last two miles are a wild and rocky ride back into the valley where the race began. This course is not too tough for beginners, and is an excellent place for racers from Houston to learn some rock-riding skills.

April 20 and 21, 2002: Cameron Park, Waco

This race is held in a public park that is part of the City of Waco park system, much as Memorial Park is part of the park system in Houston. Unfortunately, I have only ridden there once and have not had the opportunity to race there because the race is held on the same weekend as the Houston to Austin MS 150. The trail is mostly beginner-friendly single-track through a heavily-wooded area along a river, with clay as the predominant surface. It does get

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Rider Profile Ron Ostrowski Volunteer of the Year

Age: 58 years, 4 months and 2 days

Height: 6 ft 4 in. without cycling shoes

Weight: 278 pounds in the off-season. 255 pounds by MS-150 weekend (I hope).

Birthplace: Hazel Park, Michigan a suburb of Detroit.

Occupation: Industrial Engineer (What's that you ask? This profession back in the early 1950's was called an Efficiency Expert.)

Hobbies (other than cycling): Taking brisk two-mile walks with my wife and camping at Texas State Parks. I recently started a swimming program at the YMCA. My goal is to be able to swim a mile. I'm up to 1/3 of a mile now.

Has anyone ever accused you of being a wheel sucker: Yes, my son Gregory. We used to go on training rides together and he always cruised at 20+ mph. But I always got back at him. When we ran into heavy headwinds he'd hide behind me.

Who gives you a good draft: BIG MIKE... Some of you may have ridden with him on our Saturday morning rides. Mike is 6 ft 9 in. at about 350 pounds. He and I always seem to meet on the MS-150 and ride side-by-side. This always attracts a huge crowd of wheel suckers.

When the wind blows, do you often find you are at the front with

your fellow riders scurrying for cover behind you: Most assuredly. On the old Hill-40 route everyone would beat me up Roberts Cemetery Hill but wait for me at the stop sign so that I could pull them eastward into the wind on Hwy 2920 for six miles.

I have been a Ride Marshal on the MS-150 for the past 6 years.

Every time I looked behind me



I'd find one or more 90-pound female cyclists drafting on me. I think it has something to do with the laws of physics. With my huge body mass I'm not very good at maintaining high speeds but strong headwinds have a minimal affect upon me. I just slow-down to about 80 rpm and hammer through them.

Bikes owned: My trusty red Trek

1400 aluminum has been carrying me for eight years now. It has about 32,000 miles on it and hasn't given up on me yet. I started out with a used 27 inch Schwinn Traveler ten years ago. It has been strapped to a stationary trainer in a spare bedroom for the past four years.

Dream bike: I'd really like a custom made 63 cm+ Cannondale CADD4 with the Stars & Stripes paint job. Of course I'd have to get used to shifters on the hoods instead of the downtube.

Joined NWCC when: I believe it was around October of 1991.

Joined NWCC why: My son, Gregory, and I had been riding with the club for around three months and liked the group of people in the club. So I bought myself a helmet and became an official member.

Cycling related goals for 2002: I'd like two things for 2002. To get my weight below 250# and put in 5000 miles on my bike. I think the latter would accomplish the former.

Started cycling when/why:

About ten years ago my son, Gregory, received a mountainbike for his 14th birthday. After awhile he grew tired of riding around the neighborhood. He met some of the NWCC members while visiting the bikeshop and wanted to ride with them on Saturday morn-

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Rider Profile Ron Ostrowski

ings. The club rules stated that a minor had to have an adult with them on the ride so I not only had to cart Gregory to the ride but I had to participate. All I owned was a 25 year-old three-speed steel bike at the time. I figured, what the heck. It's only a 40-mile bike ride. So I strapped an old Army canteen under my bikeseat and joined the club ride. I road the Hill-40 that way for three months until I bought the used Schwinn. I purchased the 27-inch Schwinn for a good price. NW Cycle shop had it out front of their store for quite awhile. Nobody bought it because nobody could straddle the top tube.

Favorite local training route: I really like the 40-mile Buffalo Route. Not just because I mapped it out, but because of the beautiful scenery, rolling hills, smooth roads and minimal traffic. I have enjoyed watching the buffalo calves grow-up this past year. Training philosophy: I need at least three hard days on the bike

every week in order to maintain my current level of performance. To get ready for the Senior Olympic competition or the MS-150, I up that to five hard days per week. I don't think an easy day does anything for me. I equate a hard day with the need to consume a bottle of water every hour. I keep my heart rate at 150 bpm most of the time. My maximum is 184 bpm above which I think I'll die in the saddle.

Miles per week: Most of the time my training consists of the Saturday 40-50 mile ride and then spinning on a stationary trainer using "Spinnergy" videos two nights a week. This equates to about 80-100 miles per week.

Pre-ride eating: Just my normal breakfast of a large Bagel and cup of hot tea.

Post-ride eating: I'll hog-down a dozen cookies and a banana at Zube Park and then go home and eat a heavy protein lunch.

Best ride and/or Race memory: Two years ago, I had the honor of representing the State of Texas at the National Senior Olympics in

Orlando, Florida. It was a real challenge to compete against the best of every state in my own age category. The entire event is still very vivid in my memory. Picture 75 riders in a 40 K road race around a beautiful lake, ages 55-60, hammering at 32 mph on the flats. Totally awesome.

Worst ride and/or race memory: Fire Ant Festival, Marshall, Texas in 2000. Heavy rain, wind and cold almost drove me into hypothermia even though I wore four jerseys at the time.

Most admired person: My wife of 34 years, Lorraine, for her many years of volunteering with the Girl Scouts of America.

Most admired cyclist: Gregory, my son, who puts in 350 miles per week in the hills of San Antonio averaging 23 mph.

Favorite quote: "Far better it is to dare mighty things, even though checkered by failure, than to take rank with those who neither enjoy much or suffer much, because they live in the gray twilight that knows not victory nor defeat." -Theodore Roosevelt-

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**

January 2002

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 New Year's Day Ride 8am	2	3	4	5 Club Ride 8am (Zube-Bellville) CycloX: Austin
6 Magnolia Ride 8am CycloX: Temple Cypresswood MTN trail work 9am-noon	7	8 Club Meeting 6:45 Race Team 7:30pm General Meeting	9 Trainer Class 6:30pm Northwest Cyclery	10	11	12 Club Ride 8am (Zube-Monerville) CycloX: Sherman
13 Pattison Ride 8am CycloX: Austin	14	15	16 Trainer Class 6:30pm Northwest Cyclery	17 Basic Bike Repair 7-9pm 	18	19 Club Ride 8am (Zube-Whitehall) CycloX: GCCA Downtown Hous- ton
20 Magnolia Ride 8am RR: UYS Dirt RR Austin	21	22	23 Trainer Class 6:30pm Northwest Cyclery	24 Advanced Bike Repair 7-9pm 	25	26 Club Ride 8am (Kirkwood)
27 Chappell Hill Ride 8am RR: King of Train- ing Austin	28	29 Club Board Meeting 7pm Northwest Cyclery	30	31		

Calendar Key

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

Mountain Bike Rides. Once or twice a month "Fat Tire Sunday". Generally meets at the NW Cycle Shop and caravan out to one of the several trails within a two hour's drive. After work Cypresswood ride during the late light months Wednesday and Fridays. NWCC has developed a good working relationship with the US Forest Service in the Sam Houston National Forest, hosting trail workdays at the Double Lake Recreation Mountain Bike Trail during cooler winter months.

Trainer Class. Every Wednesday night 6:30 pm at Northwest Cyclery. Bring bike, front tire block, towel and water bottles.

Sunday Road Rides. Ride starts are the same as Saturday's. Magnolia meets at Magnolia junior high on 1774, 60 and 80 mile routes. Pattison ride meets at Royal Jr. high school on Dirkin road. Chappell Hill turn right off Hwy 290 onto FM1155, left at stop sign and park on side of road. West Oaks meets on the west side of the West Oaks Mall parking lot at the intersection of hwy 6 and Westheimer. *If the predicted low temperature is 40 degrees or less, a mountain bike ride at Double Lake or Hunstville is assumed with camping the Saturday evening. For more detail visit the NWCC website.*

Race Team Saturday Routes. The race team will vary its Saturday routes with the destinations noted on the calendar: Whitehall (75 miles), Bellville (80), Monaville (65) and Kirkwood. *Kirkwood ride meets at Kirkwood. Park on the southwestern corner of the intersection of I-10 and Kirkwood.*

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. See the new schedule above for Sunday rides. These rides are more informal than Saturday's big club ride, so check with a club officer or call Northwest Cyclery for additional info on these rides.

Time
To
Renew
Your
NWCC
Membership

Fill out the
membership
application on
page nineteen
and mail it in
or hand it in at
the February
8th club
meeting.

Cyclocross Race Results

UYS Series November 10th

Juniors

1st Troy Dunton (UYS)

Walnut Creek November 11th

Men's A

6th Peter Cariveau

Men's B

14th Chris Grusendorf

AVPAC State Championship

Warm-up November 17th

Men A

1st Pete Cariveau

Men B

3rd Chris Druesendorf

14th James Mackey

Women 4

2nd Pam Avery

Master 35+

5th Bill Duckworth

Junior

1st Troy Dunton

3rd Mark Dearing

Youth (10 to 14)

4th Daniel Walker

5th Cristin Walker

Red River November 24th

Men's A

3rd Peter Cariveau

Men's B

2nd Chris Grusendorf

DamCrossRace I November 25

Men B

4th Chris Gusendorf

Masters 35+

6th Bill Duckworth

REI Champs December 1st

Men's A

3rd Peter Cariveau

18th Chris Grusendorf

19th Mark Dearing

Men's B

2nd Chris Grusendorf

Juniors

1st Troy Dunton (UYS)

Masters 35+

6th Paul Chandler (So. Elite)

11th Bill Duckworth

DamCrossRaceII December 8th

Way to go Pete! At the recent Dam cyclocross race this past Saturday, two NWCC riders were in the money. Pete Cariveau reeled in several riders ahead of him over the course of the race to finish second in the P-1-2-3/Expert field. That will put Pete second in the overall TXBRA 'cross series for the A category. Chris Gusendorf finished fifth in the B race. Chris is in second overall in the B category for the series. Way to go guys!

Bill Reilly

Men's A

2nd Peter Cariveau

Men's B

4th Chris Grusendorf

Juniors

1st Troy Dunton (UYS)

Masters 35+

5th Paul Chandler (So. Elite)

7th Bill Duckworth



Congratulations 2001 Metro Cup Winners!

Women's Cat IV

1st Lauren Mahony

3rd Nancy Dodd

4th Renate Junold

Men's Cat V

1st Jeff Stones

Juniors

1st Mark Dearing

Congratulations, Kathy Volski and the Memorial Hermann Junior Cycling Team. They were awarded the outstanding Track Development Club of the Year Award by the United States Cycling Federation.

WOMEN'S WEDNESDAY

**Every Wednesday is Women's Day
at Northwest Cyclery**

15% OFF EVERYTHING
except bikes, sale items or Oakley



COMING SOON!



Complete Women's Section

SheBeest Clothing · Pearl Izumi Clothing · Terry Womens Saddles
Specialized Womens Saddles and Shoes

Ask about our womens road and off-road race teams

Come join Northwest Cycling Club for our Saturday morning rides - 8AM from Zube Park



17456 NW Freeway (290 & Jones Road)
Houston, Texas 77040
(713) 466-1240 · (800) 986-2453
www.northwestcycle.com

Store Hours

Mon - Fri 10-7 · Sat 10-5 · Sun 12-4

Northwest Cyclery is a Woman-Owned business!
All salespeople are Women on Wednesday

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:

JANUARY PRE-SEASON SALE

== Great Deals From Houston's Cycling Super Store ==

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TAKING ORDERS
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Special pricing for NWCC members on any EPX bike. Come in now and test ride a demo. Get ready for spring with a new EPX. See Paul for further details



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Store Hours

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All SCHWINN Bikes

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50% OFF

COMING EVENTS At Northwest Cyclery

Basic Repair Class

7-9PM Thurs. Jan. 17

Advanced Repair Class

7-9PM Thurs. Jan. 24

Classes are all FREE

OFFERS VALID WITH COUPONS ONLY!
OFFERS GOOD THROUGH February 1, 2002

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www.epxbikes.com

"Smooth ride, definitely noticed a difference on the hills."
Eric Warnsman Cat III

"A sweet ride!"
Bill Reilly, NWCC Race Team Director, Cat IV

What others are saying about EPX



TrainingBible.com was designed to help you better manage your training and racing using tools based on Joe Friel's proven periodization model.

Features include:

- Access your personal training log and program anytime, anywhere you have internet access.
- Use the VirtualCoach to get totally customized and perfectly tailored workouts provided for you. VirtualCoach will also compute your periodized Annual Training Plan based on your unique racing schedule.
- Create your heart rate training zones and even power ranges if you use a power meter while cycling. If you know your lactate threshold heart rate simply let our software create your zones for you.
- Upload feature for downloadable training devices including Power-Tap and Polar.
- TrainingBible.com provides complete support of all training topics covered in Joe Friel's Training bible series of books. You get full access to Joe's workout menu of over 400 workouts. Or, let the software guide you to the best set of workouts to achieve your goals, based on your own personal abilities.
- Take advantage of Trainingbible.com's Message Board where our network of Ultrafit coaching associates will answer your training and racing questions. You'll be one step away from having a personal coach at a fraction of the price.
- Trainingbible.com can used as a simple online training log as well. Just sign up for ther free Log Only Version. You'll get full access to our graphing capabilities as well.
- Keep track of your race results on the Race Summary page. Enter times, distance, transition times and placings.
- After entering your actual training data visit our Graphing page to analyze everything from body weight to completed distance and hours. Any data entered on the Daily Log page can be graphed to help you spot the trends and time your peaks in order to reach your goals.
- TrainingBible.com has a daily E-mail feature so your workouts are waiting in your inbox. What could be easier?

(Continued from page 7)

muddy and very slick when wet. The trail has some wickedly steep climbs, fast and fun descents, and a few easy bridge crossings. Watch out for the poison ivy! One thing I really appreciated was the way the trail sections are marked: green circles for beginner trails, blue squares for intermediate sections, and black diamonds for expert areas, just like downhill ski trails. If you don't do the MS 150 this year, you might consider doing this race.

May 4 and 5, 2002: Flat Creek Crossing, Austin

For the last two years, this race was held on the same weekend as our Bluebonnet Express ride, but not this year. The beginner course at this race is perhaps the most technical and difficult of the spring race series. It is one rocky course, with loose rocks to slide on, fixed rocks to crash on, big rocks to jump, rocky ledges to drop off, rocks, rocks, and more rocks! Bring your full-suspension bike! And a pair of hiking boots wouldn't hurt, either! The trail winds around several hills and valleys, and through fresh-smelling cedar forests. It is beautiful country, but this trail is always challenging you to keep your eyes on the path ahead, and your mind on what you are doing at all times. If the weather is dry, a tire with plenty of knobbies will provide a grip on those rocks, but be careful if the trail is wet! Those rocks can get very slick if

coated with a layer of mud. If you want to race beginner on this course, plan on racing on Saturday. This is the only race in Texas where the beginners race on Saturday and the sport and expert racers have theirs on Sunday.

May 18 and 19, 2002: Swan Cycle Park, Tyler

The race course at Tyler is perhaps the most unusual one in Texas. It consists of an approximately two-mile ride over the motocross course and a three-mile jaunt on singletrack through the surrounding woods and meadows. The motocross park has a sometimes packed, sometimes loose red sandy soil surface that can turn into a sea of red mud after a heavy rain. The obstacles are the man-made hills: very steep to climb but a blast to descend! The trick to this part is to not use your brakes on the downhill and keep enough momentum for the next ascent. The singletrack part is rolling forested trail and very beginner-friendly. This is the only race where beginners are required to complete more than one lap, as the entire course is only 5 miles long.

So, you can see that mountain bike racing in Texas is anything but the same old thing week after week. This state has some of the most varied terrain of any state, and it has a little something for everyone. Don't like rocks? Plenty of sandy trails. Can't stand sand? Many venues offer hard-

pack clay singletrack. Prefer desert to humid Houston? Give Lajitas a try. You're sure to find a trail to love in this series.



2002 SPRING CHAMPIONSHIP SERIES

Ricky Hill Ranch, February 2-3
Smithville, Texas

Lajitas, February 14-17
Lajitas, Texas

Bluff Creek Ranch, March 2-3
Warda, Texas

Bar H Ranch, March 16-17
St. Jo, Texas

Flat Rock Ranch, April 6-7
Comfort, Texas

Waco, April 20-21
Waco, Texas

Flat Creek Ranch, May 4-5
Austin, Texas

Tyler, May 18-19
Tyler, Texas

<http://www.tmbra.org/>

NWCC CLASSIFIEDS



For Sale. Krietler Rollers
Mint Cond. solid Aluminum Rollers \$200.

For Sale. Bike Trailer -
seats two. Top of the line
Rhoad Gear excellent condition \$150.

Vic or Sherry 713-862-
6560 sherry0620@ev1.net.

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.

David King 832-236-4471
e-mail freewhlndv@ev1.net
10/2001



For Sale Triathlon Bikes
FELT Ultra-light Carbon
Fiber frame-54cm, Ultegra,
Shimano, EMS Carbon
Fork, Scott Bars, Look clip-on, more... Excellent condition. Set up perfectly for racing and training, two sets of wheels, racing and training. \$1200. Please call (281) 251-9239 email bwishart@houston.rr.com

For Sale. FS, 2001 Gary Fisher Sugar 1 Mtb. Large size. Completely stock except pedals upgraded to Time ATAC Carbon. \$2,400. Contact Barh Mahoney 713-953-1532 email lmahony@houston.rr.com 11/2001

For Sale. 2000 Cannondale R1000, 54cm, Yellow and Black color, all Ultegra gearing, in excellent condition. Asking \$900.

Contact: Mario Flores
(713)988-5641
12/01

For Sale. Bianchi - 45cm Jr. Triathlete Racing Bike. Shamano components, two sets of wheels for racing and training. Aero clip on bars, platform peddles, speedometer, Excellent condition. Great for a junior or small person. \$300. 281-251-9239 email bwishart@houston.rr.com 12/2001



For Sale. 51 cm (19 in) custom built frame by Andy Gilmour from Tucson, Arizona. Old suntour superb pro components. Two sets of wheels both are sew-ups. Red, white, and blue paint. Excellent condition, stored inside. Asking \$375. Contact Wendy 936-931-1259. 8/01

For Sale. Cannondale F700, off-road bike. Trek 1420 road bike. \$800 each (firm) Additional accessories available. Contact Doug Lehmann 281-469-9131 11/01

Have an advertisement for the Pedal Pusher's classified section? Submit it to Lauren Mahony lmahony@houston.rr.com (713-953-1532) or Julie VanZandt juliet_a_mashburn@hotmail.com (713-861-1219). Include detailed description, price and contact information. The ad will run with the date it was submitted to the Pedal Pusher. Please notify us once the ad should be discontinued. Ads are due by the 15th of the month and printed in the following month's edition.

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

Resolutions. Tis the season for New Year's resolutions. I guess mine will be to make fewer typos in future newsletters. I am as likely to meet this goal as the standard lose weight resolution. But I guess I should really try hard for the 'No-Typos-in-2002' goal since a certain December newsletter typo caused quite a kerfuffle. This was of course the very small error (not too terribly off base [this is a joke]) on my time trial results.

Confessions. Okay, so I didn't average 28.6 mph on any Tuesday night time trial and beat the top performer Kenny York. [The guy is like a Cat I or something and in his early twenties. I vaguely remember my early twenties and don't know if I have ever hit 28.6 mph since my eyesight is bad and my heavy breathing fogs the computer.] Aside from Mr. York's breath taking time, there were a number of NWCC members whose times I could never hope to best.

Mind Frame. So why oh why did I make such an egregious typo? Come on, I never thought anyone would take me seriously. You were supposed to chuckle when you read it. I did. Quite loudly as I sat all by myself typing the newsletter. My black Lab Ally laughed too.

But what I didn't think of, was that my audience would not be of the same frame of mind when they read the newsletter.

Scene Setter. To truly appreciate the wacky humor of my typos, you must first sit in front of the computer screen for over 10 hours. Be sure to sit slightly hunched over like a sack of potatoes so you know your back will feel great later. Then, when your spouse comes home from work that evening and he amorously nuzzles up to your hunched frame, tell him, 'sorry honey, I'm doing the NWCC newsletter.' This will endear you for life to your spouse, especially if you are a newly wed. So there you sit,

now in a very frosty environment, even Ally is on edge. So you decide to amuse yourself. You need a little levity after staring at the computer screen for 10 hours and telling your husband he takes second place to the Pedal Pusher.

High maintenance. To make matters worse, add in to the mix your one and only columnist Esther Astabula, who thinks she is the *Chronicle's* Leon Hale. After reading the December edition, she informed me I was overstepping my editorial bounds when I made changes to her column. What is she going to do, strike for higher wages? No, just annoy me and probably give me a crappy Christmas gift.

Happy New Year! So here's to a happy New Year to each of you. And of course, a Pedal Pusher free from typos in 2002. If you believe that, you probably believed my time trial results.