

The Pedal Pusher

February 2002

Vol XVI, Issue 2

A monthly
publication
promoting
the spirit of the
Northwest Cycling
Club

Message from the President

By Lori Walker

Inside this issue

Message from the President	1
NWCC Constitution Amendment	2
NWCC Briefs	3
Poop from the Paeline	4
Eating to Recovery C. Kruppa	5
Ardéchoise Pierre Camac	6
Dog Incident Report	7
Lajitas & Big Bend Jim Mackey	8
Lajitas Big Bend continued	9
February 2002 Calendar	10
Calendar Key	11
Race Results	12
Northwest Cyclery Advertisement	13
Get Fit Get Fast Training Camp III	14
Women's Cycling Symposium	15
EPX Advertisement	16
BBX Ride Application	17
NWCC Classifieds	18
Membership Application	19
Editor's Half Page	20

The first meeting of 2002 went well. Many thanks to Sam and Michael from EPX and Dr. Tom Johnson, a forensic hypnotist for speaking at the meeting. If you weren't at the meeting you did not get to see Sam take a hammer to the EPX off road bike to prove how strong it is, or that Dr. Johnson said he can help remove the blocks that might be preventing you from achieving better times in cycling.

The clothing order was placed on January 9th. Verge will try to get the order to us prior to everyone leaving for Lajitas on February 13th. I am very happy to say that with combining the orders, we were able to lower the cost of the jersey from \$70.00 to \$54.00.

Lisa Gibson, the membership chairperson, has made a proposal that we eliminate the pro-rated fees. Please see her article for the details of this proposal. In accordance with NWCC bylaws, we will vote on the proposal during the March meeting.

Paul Chandler has agreed to be the coach for the April and May Bear Creek training. Paul will work with everyone that attends on improving your speed. This training is open to all members no matter what your ability is.

I am very pleased to announce that Monica Gill volunteered to be the BBX director. With the BBX being on St. Patrick's Day a suggestion was made that all the drinks be green. I would like to send a thank you to Lisa Finn as well. Lisa was kind enough to volunteer the day after the club meeting. The club appreciated the offer and there is lots of work to do for everyone!

I hope to see everyone at the next club meeting on February 5th with the Kona folks speaking on their terrific off road bikes during the customary race team meeting from 6:45 to 7:30. Then Catherine Kruppa, the club's nutritionist, will speak at 7:45 on what to eat for training.

Proposal for Amendment to NWCC Constitution

Lisa Gibson, Membership Chairperson

As the new Membership Chairperson for 2002, I am proposing that we make a change to the way we administer memberships for NWCC. Historically, all memberships expired on March 1st of each year. If one were to join the club in mid-year, the membership fee is prorated, dropping from \$20.00 to \$15.00 for a single membership in May, then to \$10.00 in September. Family memberships drop from \$30.00 to \$25.00 in May, then \$15.00 in September. This method results in all membership renewals being due by March, and thus the bulk of the processing activity falling right when cycling events and races pick up.

I believe the rationale for implementing this schedule was so that we would concentrate our membership drive on the time when people are dusting their bikes off and contemplating their goals and events for the season. This coordinates with the Bluebonnet Express ride and MS 150 preparation.

I believe that we can still carry out a membership drive in the spring, but simplify the membership fee schedule and potentially spread out the records workload by implementing a rolling 12 month membership, regardless of what calendar month a member joins. The expiration date will be printed on the member's newsletter label, and a reminder email or postcard will be sent prior to expiration.

Pursuant to ARTICLE IX of the

NWCC Constitution, the document "...may be amended in any respect at any regular meeting of the club by an affirmative vote of 2 /3 of the members present. No proposed amendment shall be acted upon at any club meeting unless it has been presented in the Newsletter prior to the meeting or in a separate communication to the membership." This article is intended to be such notification, and a member vote will take place at the February club meeting.

Current Constitution (relevant Articles):

ARTICLE III.

Membership:

Section 1. Membership is open to individuals and families who desire to promote the various purposes of the Northwest Cycling Club.

Section 2. Types of memberships available

- Individual
- Family

Section 3. Parent or Guardian's signature necessary for approval of membership for those under age 18.

Section 4. Waiver of club liability shall be signed by all members.

ARTICLE IV.

Dues:

Section 1. Dues are payable annually from March 1 of the current year through March 1 of the following year. Dues for new members joining between this time frame shall be prorated on a month-to-month basis.

Section 2. Amount of annual dues:

- Individual - \$20.00
- Family - \$30.00

(Continued on page 3)

Club Officers

President	Lori Walker walker@ev1.net	281-370-3591
Vice President	Peri Mashburn mashpe@aol.com	713-880-9559
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Volunteer Chairperson	Russell Lovelace russell.lovelace@scgo.com	713-532-0748
New Rider Leader	Vacant	

Katy Flatland Co-Directors	David Collins Chuck Martin david.collins@halliburton.com cbmartin1@prodigy.net	713-688-7201 281-550-2798
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Race Team Director	Bill Reilly breilly@coral-energy.com	281-752-4298
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NWCC website northwestcyclingclub.com

Affiliate Representatives:

United States Cycling Federation (USCF)

Bill Reilly

National Off Road Bicycle Association (NORBA)

Bob Swank

League of American Bicyclists (LAB)

Peri Mashburn

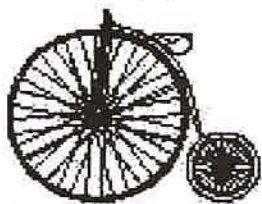
International Mountain Bike Association (IMBA)

Sandra Rice

Texas Mountain Bike Racing Assoc. (TMBRA)

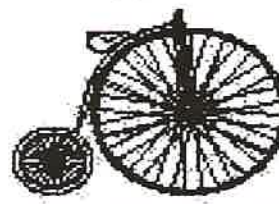
Board Member Texas Bicycle Coalition

Gail Hurley



NWCC News Briefs

By Julie Van Zandt



BBX March 17th. As Lori mentioned, Monica Gill has agreed to be the BBX director. Included in this newsletter is a BBX 2002 application. Applications are also available on the NWCC website and on-line at active.com. THANK YOU to the many folks that have already stepped forward to honcho the rest stops, sag drivers, registration, etc. Check with Russell Lovelace as to what additional volunteer needs there are for: registration (Friday March 15, Saturday March 16 and day of March 17), six rest stops, sag drivers, post ride clean-up, etc. The annual packet stuffing at the shop will be held as usual. I believe it is normally on a week night (maybe Tuesday March

12th and Wednesday March 13th?) prior to the first day of packet pick-up and in-person registration. Contact Monica or Russell Lovelace (Volunteer Coordinator) to let them know which shift/job you will work. Remember, all race team members must work day-of for either the BBX or the KFC. The first BBX meeting will likely be held the last weekend in January with more meetings to follow in February. Watch the NWCC website for BBX updates.

Schedule of events:

- Prior to March 1, 2002 - Early Mail-in registration dead line \$20 per rider
- After March 1, 2002 - Stan-

dard Mail-in registration \$25 per rider

- Friday March 15 : noon to 7pm - Packet pick-up / Late Registration at Northwest Cycleries
- Saturday March 16 : Noon to 5pm - Packet pickup / Late Registration at Northwest Cycleries
- Sunday March 17: 6am to 8am - Packet pickup / Late Registration at VF Factory Outlet Mall, Hempstead

New Rider Leader. We still need someone to sep forward to fill the very vacant position of new rider leader. Please contact a board member if you are interested.

(Continued from page 2)
NWCC Constitution Amendment

Section 3. Membership will be deactivated if renewal is over 30 days past due.

Proposed Changes:

ARTICLE III.

Membership:

Section 1. Membership is open to individuals and families who desire to promote the various purposes of the Northwest Cycling Club.

Section 2. Types of memberships available

- Individual
- Family

Section 3. Parent or Guardian's signature necessary for approval of membership for those under age 18.

Section 4. All members shall sign waiver of club liability.

ARTICLE IV.

Dues:

Section 1. Membership shall be valid for 12 months from the date of activation.

Section 2. Amount of annual dues:

- Individual - \$20.00
- Family - \$30.00

Section 3. Nonpayment of dues (see ARTICLE III, Sections 5 & 6)

Please review these changes and attend the February meeting to express any concerns and to vote on these amendments. Thanks!

Lisa Gibson
Membership Chairperson

Editor's Note. David Collins was also kind enough to provide some suggested language for the revisions.

Section 1. Dues are payable annually. Club members as of February 5, 2002 retain March 1 as their annual renewal date. Club members joining Northwest Cycling Club after February 5, 2002 will have an annual dues renewal date based on their date of membership (i.e., a member joining on July 20, 2002, would have a renewal date of July 20 in subsequent years.) Late payment of dues does not establish a new membership date for subsequent years.



The Poop from the Paceline

By Esther Astabula



Well for those of you who missed the January meeting, it was quite entertaining. We had a hypnotist come talk to us about how he can help you focus on your goals. We immediately volunteered **Lori Walker** to be the guinea pig. I understand the hypnotist is going to suggest that she be accurate (I was going to say truthful, but...) in completing her training reports at trainingbible.com. The officers also asked the hypnotist to work his magic and get someone to volunteer to be chairman of the Bluebonnet. It really worked! **Monica Gill** all of a sudden shouted from the back of the

room - Pick me! I want to be the Bluebonnet Chairperson. Thank you Mr. Hypnotist.



I have never done the Tour de Pierre (named after **Pierre Canac**), from going in circles. It is a favorite route of some of the better riders. As I am uphill impaired (downhills not a problem), I have not tried this route as I understand it is quite hilly (a relative term in Houston, Texas). Maybe we can get someone to get us a map for this route so others can enjoy the challenge.

You are not going to believe this, but I personally witnessed it.

Lauren Mahony and David Hatcher rode for three, yes three, hours around the Memorial Picnic Loop (a 1.2 mile loop) without



There were all sorts of fresh young faces at the meeting, including a group of new racers that attend A&M- **Jonathon Sinclair** (his phd thesis is 1001 uses for Brussels sprouts); **Barry Kessler** (he never takes a bad picture); **Chris Grusendorf** (is he in the corp or does he just go to the same barber) and **Kristin Friedman** (my boyfriend is cuter than yours, and he's a Cat 1 racer). I think the longhorns were actually outnumbered at this last meeting, and I was getting a little uneasy.



stopping the second week of January. They logged in over 50 miles by the time I left them. I just couldn't go in those little circles any longer. Gives new meaning to the term "dizzy blonde"! The only other people that I know who have ridden that many miles at one seating (so to speak) are **Chuck Wood and Jeff Stones**. However, they get 50 miles cranked out in just over two hours, unless they are riding with me in which case their time increases and their mileage decreases. That same night **Bob Swank** made his first appearance at the Picnic Loop, and I under-

stand he got severe leg cramps

Seen on the Saturday rides lately **Camila Gonzales** - must be MS 150 training time; **Jeff Taner** - not on his recumbent; and **Rosie from the Y**. Rosie is a spinning instructor at the Y (you'll have to ask her which one) and brought several of her students to ride with us. They are all training to do the MS 150 ride.

Where have they gone? Anyone seen **Bob Foster, Rob Fruth, Frank Wyatt or Dick Duntley** lately? Frank saved me on one of my first and last mountain bike rides at night. He will always have a special place in my heart for escorting me through the trails in the pitch dark after all my lights had died. **Ryan Spates**, on the other hand, is the one who persuaded me to do that ride. He also has a special place, somewhere else!

That's all for now. This Editor is a real bear about meeting deadlines. Remember, keep looking for your name in my column. You never know what I might write about you. It's called creative license, and I can be quite creative!

Esther Astabula

Eating to Recovery

By Catherine Kruppa, MS, RD, LD

It has been found that your muscles and cardiovascular system evolve during recovery from intense and endurance workouts. Muscle recovery involves the fluids as well as food that your body needs after hard exercise. Without proper recovery there can be no improvement in performance. Many cyclists have mastered their pre-race and race nutrition, but still have some room for improvement when it comes to post-race nutrition. Exercising on dehydrated and depleted muscles is not only a struggle, but also puts you at a higher risk for soft-tissue injuries.

Ed Burke, PhD has studied muscle recovery over the last decade and states that the key to recovery is restoring fluids, replenishing fuel, reducing muscle stress and rebuilding muscle protein. His research, along with the research of John Ivy at The University of Texas, shows that athletes have a 30-60 minute window post exercise to refuel their muscles with the glycogen that was depleted during a strenuous workout. This is where most cyclists fail in recovery nutrition, because most of us are stretching, socializing with friends or driving home during this important window of time. During this time period, your muscles store glycogen up to three times faster than at any other time. If you miss it, it does-

n't matter how much pasta and potatoes you eat, most of the calories will either be wasted or stored as fat.

Not only do you want to eat during this time window, but Doritos and Dr. Pepper are not going to cut it. Of the carbohydrates that you eat post exercise, your muscles only convert about 1.2 grams of carbohydrate per kilogram (kg) of body weight (body weight in lbs / 2.2 = body weight in kg). Ivy also found that by adding one gram of protein to every three to five grams of carbohydrates at your post exercise meal can increase your glycogen synthesis by as much as 30 percent. This is huge when it comes to recovery!

So what does that mean for a cyclist? First, you might want to bring your post exercise snack in the car with you to the park or have it ready when you get home. The sooner you can ingest your snack, the better glycogen production and storage. Secondly, make sure you have the right combination of foods for your recovery snack. Consume about one gram of carbohydrates for every pound of body weight, and a fourth as much protein. Here are a few easy snacks that could work:

- Peanut butter and jelly sandwich on whole wheat (my favorite!)
- Bagel with cream cheese or a

slice of cheese

- Cereal with skim milk and fruit
- Non fat yogurt with Grape-Nuts mixed in
- Tortilla filled with grilled chicken, salsa and low fat sour cream
- Bran muffin and glass of skim milk

If you find it hard to eat within 60 minutes of an intense workout, try drinking something. There are a handful of recovery beverages on the market that are designed in the 4:1 carbohydrate to protein ratio. These include Endurox R4, Hammer Pro and Hammer Gel, Push G4, Revenge Pro and Smartfuel Biofix. Other drinks such as Total Balance or Carnation Instant Breakfast could also work. The benefits of these beverages are that not only are you consuming the much needed carbohydrates and protein, but you are also replenishing the fluid that you lost.

Try some of these products or snack suggestions after your next intense or endurance workout and see if you see improvement in your recovery. It has definitely worked for me. Eating properly after a hard race or workout could be the key you need to take you to the next level.

What about a NWCC Group Ride in France this Summer? By Pierre Canac

If you like both the Hotter than Hell (but would like it to be less hot and less flat) and the MS 150 (but would prefer not to have to collect pledges and not to be restricted to a single route), you will love the Ardéchoise. This ride is located in the South East of France in an area called Ardèche, probably one of the most beautiful and bicycle friendly places in Europe. The Ardèche occupies the Southern part of the Massif Central, a mountain that is not as high as the Pyrenées or the nearby Alps. Nevertheless riding in the Massif Central is still a lot more challenging than riding in the hills of Texas.

Here is the deal: you can choose among seven different loops and ride the distance in one or two days. The distances¹ to choose from are 66 km, 120 km, 171 km, 216 km, 223 km, 268 km, and 336 km. The shortest distance must be done in one day (June 22) while the longest one must be done in two days (June 21 & 22). The other ones can be done in one day or two days. If you decide to do it in two days, you only need to specify how far you would like to ride the first day. This will allow the tour organizers to find you a hotel where you can spend the night (40 euro for a private room, Friday dinner and Saturday breakfast included).

The registration fee is 42 euro²

(about \$38). However you get 10 euro back if you return the electronic bracelet that is used to keep track of the 12,000 participants. This cost includes a cycling jersey and your Saturday night dinner. The tour organizers will also transport your luggage to the hotel where you will stay overnight Friday at a cost of 8 euro per bag. The total cost is therefore 80 euro (\$72) for the two-day tour with overnight stay in a hotel.

The ride starts in St. Felicien, located East of Zube park. From Zube, take 290 East, then Beltway 8 North all the way to Intercontinental where you board a plane to Lyon (via Paris, or Amsterdam, or London, or Frankfurt). Lyon is located on the Rhone river South of Paris. Once in Lyon, the easiest way is to rent a car and drive South along the Rhone river all the way to Valence. St. Felicien is located a few kilometers West of Valence. It is that easy! If you fly by yourself (with your bike), you may prefer to take a train from Lyon to Valence and then ride your bike from Valence to St. Felicien - the only requirement being to travel light!

Five of us have already decided to do this ride and we hope that a few more riders from NWCC will join us. If anybody is interested, please contact either Pierre Canac at canac@stthom.edu or Jerry Walter at jerman7@aol.com who

is currently looking for a large house to rent in the area of the ride for a week or so. You may also want to visit the Ardéchoise website at <http://www.ardechoise.com/> While we will be in the area we will probably ride a couple of times in the Alpes near Grenoble (just a couple of hours away) and climb the Alpe d'Huez and other highlights of the tour de France. The Ventoux is also a short distance toward the South on the way to the riviera but certainly worth a stop before a dive in the Mediterranean.

And best of all, speaking French is not a requirement. An interpreter will be available during the tour at no charge, as long as you keep up with him.

¹To convert kilometers into miles, simply multiply by 0.62 and do not blame me if you do not have a calculator.

²To convert euro into dollars, multiply by 0.90 and do not blame me if the dollar/euro exchange rate changes or if the euro is the currency of only 12 countries and the U.S. is not one of the twelve.

Dog Incident Report Form

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

DOG INCIDENT REPORT FORM

Your Name

Your Address

Date and Time of Incident

Location of Incident

Description of Dog or Dogs

Describe the incident:

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

Road Riding while at Lajitas & Big Bend

By Jim Mackey

A Lajitas/Big Bend trip can be more than just a mountain-bike adventure. Hiking, rafting, horse-back riding and maybe best of all, road riding should be on the agenda. The views and climbs on a road bike are epic and shouldn't be missed. Of course, you have to approach road riding from a slightly different perspective than what we're used to here in Houston. The idea of doing a loop route is out unless you combine paved and dirt roads. So, that leaves out-and-back and shuttle rides. If done routinely, out-and-back can get boring, but that's not the case in Big Bend. Getting to see the desert scenery both ways is a treat. Shuttle rides work well especially on a supported trip like Mark Neagli's annual club/shop extravaganza.

Before hitting the road, heed these Big Bend specific tips. You're in a desert and that means sun screen and fluids are your best friends. Dress in shedable layers as the desert mornings are cool as in cold, but they don't stay that way long. Mid-eighties by noon is common by February. Cell phones don't work out there. So carry extra tubes, a mini-pump and change for a pay phone if you're lucky enough to be near one when you need one. Ride relaxed, stop and suck up the desert and mountain scenery. Take a camera. As a final "I told you so..." the rangers at the entrance to the national park may

hit you up for a bicycle entry fee. NWCC riders in the past have been known to sweet talk their way out of that fee. Smile and be nice, but be prepared fork over a few bucks.

And now onto a few of the best rides...

Go west young (wo)man. The ride west out of Lajitas along Texas 170, The River Road is usually done as an out and back which allows the riders to make the call on the total distance, but 40 miles is a good choice to soak in one of the most scenic and remote roads in the country. The ride begins with a series of short steep roller coaster hills through lava beds followed by an old movie set, white ash hoodoo's and a teepee picnic area before the climb up The BIG HILL at mile 15. This nearly mile long climb up Santana Mesa from the river is one of the steepest in Texas and the signature section of the ride. After a somewhat gradual descent to the west, the road flattens out. The Colorado Canyon/West Bancheras Primitive Camping area makes for a good turnaround. Be careful on the descent of The BIG HILL on the way back to Lajitas.

A great shuttle ride is the 60 miler from Lajitas east to the Santa Elena Canyon in the Big Bend Park. It's a perfect ride to meet

hikers or rafters with vehicles for the drive back. Traffic can be slightly heavy for the first 18 miles between Lajitas and Study Butte as the ride starts out flat before giving way to rolling ups and downs. Around mile 9, you get a straight half mile descent off of Reed Plateau. If you sneak a look up while humming down the hill at 40mph, you can catch a great view of the Chisos Mountains some 25 miles to the east. After passing the not so ghostly ghost towns and stores of Terlingua and Study Butte 18 miles into the ride, veer right at the Hwy 118 intersection and proceed on towards the national park. Remember, you might have to pay the bicycle entry fee at the park entrance. After snaking around Burro Mesa 28 miles into the ride, prepare to turn right onto the Ross Maxwell Scenic Drive which leads to Santa Elena Canyon. The Window and the Chisos will be on the left and Burro Mesa to the right as you work your way up 1000' over the next ten miles to the Sotol Vista Overlook. After stopping to catch your breath and breath in the view, you get a screaming switchback descent that takes 6 miles to bottom out. This is where you get to ride through a moon-scape of lavas and ashes that are other worldly. Eventually the ride will take you to the historic Castolon store at mile 52. Rest and take in the view of Cerro Castel-

(Continued on page 9)

(Continued from page 8)

lan to the north. The last 8 miles left onto the Chisos Basin Road tip, try to time your descent to Santa Elena are along the and look up. That is where you around the vehicular traffic. washes of the Rio Grande flood- will be sometime in the future. There's a good chance, you'll be plain. It is flat to rolling. No to The climb at first is nothing more going WAY faster than the cars. worry, you won't have to climb than a grade that succeeds in It's a real drag to be humming the 1500' walls of the canyon in wearing you down before the real down the mountain at 40 mph and front of you after riding 60 miles, climbing begins. At one point you have to shut it down for a slow but you'll sure want to explore the get a few false flats and a descent RV. lower reaches of the canyon. you won't like because it only Which brings up the last point. adds to the climb. If you keep The mountain bike festival is a Make sure your shuttlers bring your head up, you'll notice an ton of fun, but you can't beat the you a change of shoes and amazing transition in the plant life road riding out at Big Bend. Just clothes. from the desert to the mountains. remember, you're a tourist. Stop

No trip to Big Bend for a true bears and mountain lions. At in the remoteness, the quiet and road cyclist is complete without about 8 miles from the HQ, you the beauty of this unique and spe- doing the climb up Green Gulch negotiate a tight switchback and cial place. Big Bend is a treasure. to the Chisos Mountains Basin make the push over the pass at The Lost Mine Peak Trailhead. out and back or shuttle, again de- From that point, you can take it pending on how long of a ride you easy absorbing your first vistas of The Basin and The Window or want to do. It is 47 miles from La- you can hammer down the jitas to the Basin, but staging this switchbacks for two miles into ride from the park HQ at Panther The Basin parking lot and stores. Junction also works well. Riders If you plan on riding back down, can explore in three different di- after taking in all of nature's eye rections before making the 10 candy, spin around and get 3700' to over 5700'. After head- warmed up for the two mile climb ing west out of the HQ for three out of The Basin before the flying

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**

February 2002

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 CLUB RIDE Zube Park 8am tmbra MTN Race: RHR Smithville FREEZE YOUR FANNY
3 Get Fit Camp Circuit Course Ride: Magnolia tmbra MTN Race: RHR Smithville Road Race: Austin 	4 Shebeest Trunk Show & Sympos- ium 6:30-9 pm 	5 Club Meeting 6:45pm race team 7:30pm general members	6 Trainer Class 6:30pm	7	8	9 CLUB RIDE Zube Park 8am
10 Get Fit Camp Criterium Ride: Fayetteville Road Race Austin 	11	12	13 Trainer Class 6:30pm	14 MTN Race: Lajitas 	15 tmbra MTN Race: Chihuahuan Desert Challenge Lajitas	16 CLUB RIDE Zube Park 8am tmbra MTN Race: Jalapeño Hundred Lajitas 
17 Get Fit Camp Sr. Games Ride: Magnolia tmbra MTN Race: Lajitas 	18	19	20 Trainer Class 6:30pm	21 Basic Repair Class 7-9 pm 	22	23 CLUB RIDE Zube Park 8am Txbra Road Race: Boerne RR
24 Get Fit Camp Hill Climb Ride: West Oaks Txbra Road Race: Pace Bend RR 	25	26 Board Meeting 7pm	27	28 Advanced Repair Class 7-9 pm 		

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 Huntsville 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.

FEBRUARY RIDES

FREEZE YOUR FANNY

February 2, 2002 10:00 a
Longview Texas
Routes: 10, 26, 43, 56 mile
routes. <http://www.bicycletexas.com/fyf.htm>

Jalapeno Hundred



Harlingen, Texas

February 16, 2002, Harlingen, Texas
Routes: 25, 50, 62.5 & 100 miles
<http://www.harlingen.com/Visitors/Jalapeno100.htm>

WWW.GATORRIDE.ORG

March 2, 2002, Baytown, Texas
Routes: 62, 35 & 11 mile family route

Cyclocross Race Results

As Shown in TXBRA

December 8th Dam Cross Race II

Men A

2nd Peter Cariveau

Men B

4th Chris Grusendorf

Juniors

1st Troy Dunton (UYS)

Masters 35+

5th Paul Chandler (S. Elite)

7th Bill Duckworth

December 15th UYS Austin

Men B

3rd Chris Grusendorf

10th Ryan Spates (UYS)

January 6th, Temple

Men A

13th Chris Grusendorf

Men B

5th Chris Grusendorf



2002 Training Ride Schedule

1. February 3 Kingwood, 8 am Sponsored by: QLS Health Complex & Bike Source 281.361.7171
2. February 10 Katy, 8 am Sponsored by: Sun & Ski Sports 281.644.6040
3. February 17(TBD), 8 am Sponsored by: TBD, Bay Area Schwinn & West U Schwinn 281.332.6433 or 713.529.0140
4. February 24 Magnolia, 8am Sponsored by: TBD, Champions Cyclery & Northwest Cyclery 281.440.3555 or 713.466.1240
5. March 10 Chappell Hill, 8am Sponsored by: Conoco, Northwest Cyclery & West U Schwinn 713.466.1240 or 713.529.0140
6. March 16 Austin, 8 am Sponsored by: Applied Materials & Bicycle Sport Shop 512.345.7460 or 512.477.3472
7. March 24 Katy, 8 am Sponsored by: BP America, Southwest Schwinn & Spring Valley Cyclery 713.777.5333 or 713.464.8277

FEBRUARY CLUB SPECIAL

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

15-25% OFF

All Light Systems



Experience the new Kona line at NW Cyclery. Kona makes a great ATB race bike and has been part of mountain biking since the beginning. Come to NW Cyclery and see what Kona can do for you. Start next spring at the front of the pack on a new Kona.



17458 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

20% OFF

Shoe & Pedal Combo

10% Off

All
Cannondales
(in stock only)



SELECT **SCHWINN** BIKES
ON SALE

(IN STOCK ONLY)

up to 50% OFF

COMING EVENTS
at

NORTHWEST CYCLERY

FEB 4 Shebeest Trunk Show 6:30 pm

FEB 4 Women's Cycling Symposium 7:30 pm

FEB 21 MS150 Training Ride • Magnolia 8 am

FEB 28 Advanced Repair Class 7 pm

Get Fit Get Fast

NWCC Presents:
**PERFORMANCE RIDING
TRAINING CAMP 2002**

PHASE 3



Increase your speed, fitness and bike handling abilities! Northwest Cycling Club invites all of its members to participate in these performance events. This series is designed to introduce competitive cycling to our members, plus improve everyone's skills from beginners to seasoned athletes. During the winter months we welcome all of our experienced racers to participate, mentor and teach the beginners.

- ♣ 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	February 3	8AM
Criterium	290 Park 'N Ride	February 10	8AM
Sr. Games Practice	Bear Creek (10K TT, 20K Crit)	February 17	8AM
Hill Climb	Sealy	February 24	8AM
Sr. Games Practice	Bear Creek (5K TT, 40K Crit)	March 3	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! Northwest has always enjoyed a strong showing at the Senior Games, with numerous gold and silver medalists at both the state and national level. This program has been helpful to get some of them there.

For More Information Or Registration

Bob Sarin · (281) 242-1566 · rnsmesh3@hal-pc.org

Women's Cycling Symposium

Shebeest 2002 Trunk pre-show
with wine & cheese



FREE

February 4th & March 11th
Trunk pre-Show: 6:30-7:30 pm
Symposium: 7:30 - 9 pm

Just getting into cycling? Want to train for the MS150? Want some basic mechanical pointers? This clinic is for you. Women only! Learn more about fitness, training, clothing & bike fit. It's great for the 1st time MS150 rider. This symposium is FREE and no need to sign up. Bring a friend!

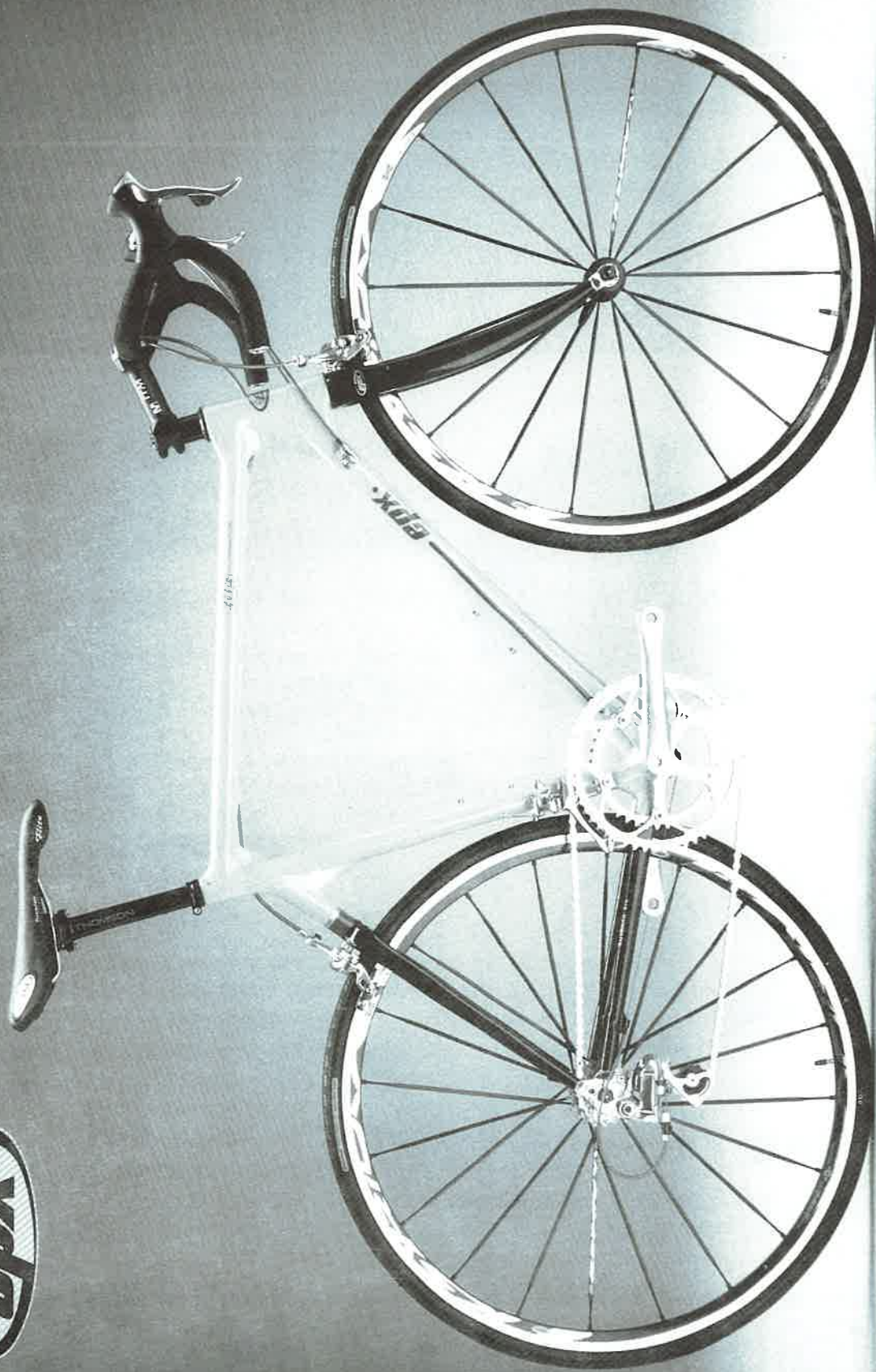


shebeest

Come see the new spring Shebeest line of women's cycling clothing. Ride in style this spring and summer with Shebeest. You can place special orders at this time and be ready to ride "In Style".

Tel: 713-466-1240

17458 NW Freeway (290 @ Jones Road)
Houston, Texas



www.epxbikes.com



NORTHWEST CYCLING CLUB
EXPRESS
METRIC CENTURY • MARCH 17, 2002

BLUEBONNET EXPRESS METRIC CENTURY RIDER APPLICATION

I fully realize the dangers of participating in a bicycle ride and fully assume the risks associated with such participation including, by way of example and not limitation, the following: the danger of collision with pedestrians, vehicles, other riders and fixed or moving objects; the danger arising from surface hazards, equipment failure, inadequate safety equipment, and weather conditions; and the possibility of serious physical and/or metal trauma or injury associated with athletic cycling competition.

I hereby waive, release and discharge for myself, my heirs, executors, administrators, legal representatives, signers, and successors in interest (hereinafter referred to as 'successors') any and all rights and claims which I have or which may hereafter accrue to me against the sponsors of this event, the organizers and any promoting organizations, property owners, law enforcement agencies, all public entities, special district, the GWRRA

(and their respective agents, officials, and employees) through or by which the event will be held for any and all damages which may be sustained by me directly or indirectly in connection with the event, or travel to or return from the event.

I agree it is my sole responsibility to be familiar with the ride course and special regulations for the event. I understand and agree that situations may arise during the ride which may be beyond the immediate control of the ride officials or organizers and I must continually ride so as neither endanger myself nor others. I accept responsibility for the condition and adequacy of my equipment. I will wear a helmet. I have no physical or mental condition which, to my knowledge, would endanger myself or others if I participate in this event, or would interfere with my ability to participate in this event.

NOTICE: This entry blank and release is a contract Read it carefully before signing.

Make checks payable to: NORTHWEST CYCLING CLUB

Mail to: 17458 Northwest Freeway ,Houston, TX 77040

PLEASE PRINT LEGIBLY

FIRST NAME: _____ LAST NAME: _____

ADDRESS: _____

CITY : _____ STATE: _____ ZIP: _____

AGE: _____ T-SHIRT SIZE- S M L XL XXL

DISTANCE: 40 miles 50 miles 100k/62 miles

Rider Signature : _____ Date: _____

ENTRY FEE ENCLOSED : \$ _____ - ONE FORM PER RIDER

Before March 1, 2002 Rider @ \$20 each

After March 1, 2002 Rider @ \$25 each

Date: _____

Parent/Guardian if under 18

Northwest Cycling Club, promoter of the Katy Flatland, present their spring tour! See the beautiful countryside of Grimes and Waller Counties.

SUNDAY MARCH 17, 2002

Start & Finish at the VF Factory Outlet Stores of America Hempstead, Texas

7:55 am Start for the tandems, 8:00 am start for the masses.

Packet pick-up/Registration:

Friday, Mar. 15 : Noon - 7pm,

Saturday, Mar. 16 : Noon - 5pm at Northwest Cycleries on HWY 290 at Jones Road

Sunday, Mar. 17 : 6am - 8am at the VF Factory Outlet Mall

Call (713) 466-1240 for more info!

REGISTER EARLY!

2/02

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 con-
dition \$150.

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

For Sale - 1995 Cannon-
dale 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

★ REDUCED PRICE ★

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

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

For Sale. 2000 Cannon-
dale R1000, 54cm, Yellow
and Black color, all Ultegra
gearing, in excellent condi-
tion. Asking \$900.

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

For Sale. Bianchi - 45cm
Jr. Triathlete Racing Bike.
Shimano 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

★ REDUCED PRICE ★

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

For Sale. Cannondale F700,
off-road bike. Trek 1420 road
bike. \$800 each (firm)
Additional accessories avail-
able.

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

Northwest Cycling Club
17458 Northwest Freeway
Houston, Texas 77040

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3/1/02

The Pedal Pusher

The Editor's Half Page by Julie Van Zandt

Christmas swag. Esther gave Damon and I some really awesome Christmas gifts. A surprise really since she has threatened me yet again about abusing my editorial rights. This time she threatened to call upon the clout of her vast readership. Okay, whatever Esther.

Actually, I hauled in some better Christmas booty from my husband. He got me a Trek OCLV with fancy smancy parts to match. The bike's previous owner was the famous racer Steve Bollenbough. I know this, because his name is stenciled down both sides of the top tube. As soon as I finish this column, I'm going to see about removing his name from the top tube. I'm not sure how to do this. Monica Gill suggested a razor.

Bike names. I thought about leaving

part of Bollenbough's name on the bike, for about ten seconds. Maybe just leave the first two letters. That would leave "Bo" on my top tube and thus that would be its name. Hmmmm... some how Bo isn't doing it for me. I'll have to razor the entire thing.

Ron. Anyone that rides with me could probably guess my current bike's name. Yep, it's Ron. Obvious, since it's a Ron Cooper. [He's a Brit who made custom bikes, okay.] [In the 80's I think.]

Golden Boy. My husband's bike is named Golden Boy, after Jerry Seinfeld's favorite t-shirt. Golden Boy gets better treatment than I do. And he doesn't hang on a hook from the ceiling like a side of raw beef in our garage like (most of) the other bikes.

Oh no. He gets primo placement in the dining room.

Poor Golden Boy doesn't realize Damon is expecting. [It's a Klein.] Old GB might get retired to the garage where he'll probably pee all over the other bikes. I've seen him do it. He'd strike when we turned the lights off in our basement in Calgary where he was propped up next to my old bike, Black Beauty, a 63.5cm Univega.

Now let's see. Where shall I store Bo, screeeech, I mean my new Trek?