

The Pedal Pusher

March 2002

Vol XVI, Issue 3

A monthly
publication
promoting
the spirit of the
Northwest Cycling
Club

Message from the President

By Lori Walker

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Two meetings down, ten more to go! I am very happy to say that the attendance for the meetings is growing. It seems everyone enjoys listening to speakers rather than listening to me! I do need some help in coming up with speakers for the next few (like maybe eight) meetings. Please email me with suggestions on what you would like to learn at the meetings.

Catherine Kruppa, the club's nutritionist, was the February speaker. Catherine was very informative on what we should eat for training. Colin Windsor, the off road team captain, kept trying to get Catherine to add chocolate to the recommended list of food items, but he didn't have much luck. The rest of us got a good chuckle from Colin's attempt. I knew for the past several years that to eat correctly was to eat 60% carbohydrate (from fruits and veg-

gies), 20% from chicken, fish and meat, and the other 20% from starchy stuff like pasta and potatoes. Personally, I would count grams for maybe a day then get too busy to count or maybe I just got bored trying to count the grams. Catherine had a great suggestion to divide your plate in half one side would be the fruits and veggies, then divide the other half in half again for your protein and starches. It is easy and you don't have to have the calculator on hand when eating. Thanks to Catherine for being such a great speaker, everyone enjoyed listening.

We will not have a speaker for the March meeting instead the members will vote on the budget for 2002. Basically the budget is the same as the past couple of years. Why change something if it is working? Cathie Neaglie and the shop will

hold the annual expo show at the March meeting. Several of the manufacturer's representatives will be on hand to answer any questions you may have regarding the products that are in the shop.

Monica Gill has been working hard organizing the final details for the BBX. Check out the NWCC website for updates and the calendar on page 10 for meeting times.

Here are some tidbits from the board meeting that you might find interesting. We are looking for a new time trial course, again!! The road that the course was on in 2001 was a great road until it was 6:00 p.m. then the floodgates opened letting all the cars out. Actually speaking with the people doing the time trail they didn't seem to notice the traffic. People like Dana, myself and several others that released the

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President's Message

riders and wrote the finishing times, were a nervous wreck worrying if that big truck would go around the rider or just go through the rider. If you have a suggestion please email us with the information.

The volunteer dinner that was normally held in July has been expanded to include all volunteers for the BBX, Katy and the State Road Race in September. It was proposed that the dinner be held in October or November. It will have air conditioning, no mosquitoes, and exciting guest speaker, boy scouts, ham operators and much more. Since Peri Mashburn could not attend the board meeting, we took advantage of the opportunity and voted her the person in charge of this new improved party.

On a sad note, in 2000 we lost a club member and three others were injured when they were hit by a car. On January 29th, the driver was sentenced to four years in prison with eligibility for parole in two years. Shortly after the accident the club held a blood drive in honor of the victims. It is proposed that we again hold another blood drive. The proposed time is the Saturday after the Katy Flatland (July 21). More information will be written later for all those that would like to donate.

I am very happy to announce that Joe Noack has volunteered to be the safety chairperson. Joe held this position a few years back with great success. Two very special people, Sam Giancarlo and the "Hammer" Marvin Van Treeck, have filled the position of new ride director. Several members do not know who the "Hammer" is. Marvin Van Treeck has been a member for several years and he was one of the first New Rider Leaders. Marvin has been away for a couple years and we are glad he has returned to the club. Thank you to Joe, Sam and the Hammer for volunteering.

PEDAL PUSHER DEADLINES

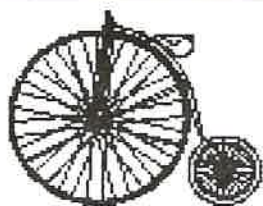
Monday following the club meeting.

The newsletter is published monthly. Have an article for the newsletter? Please submit it by the Monday following the NWCC club meeting (15th of the month). Submissions should be sent to juliet_a_mashburn@hotmail.com or lmahony@houston.rr.com

Club Officers

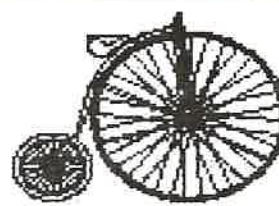
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 National Off Road Bicycle Association (NORBA)
 Bob Swank
 League of American Bicyclists (LAB)
 Peri Mashburn
 International Mountain Bike Association (IMBA)
 Sandra Rice
 Texas Mountain Bike Racing Assoc. (TMBRA)
 Board Member Texas Bicycle Coalition
 Gail Hurley



NWCC News Briefs

By Julie Van Zandt



Constitution Amendments. We were supposed to vote on revamping the membership dues process at the last club meeting. The proposal was outlined by Lisa Gibson, Membership Chairperson in the February Pedal Pusher. Unfortunately, due to mailing delays by the USPS, board members were concerned that many folks did not get the newsletters in advance of the February club meeting. So now that you all have your February newsletter, or hopefully do, we will be voting on the membership proposal at the March club meeting. But, for those of you on the annual March dues payment, you still need to pay your dues this month! A second proposed amendment is also included in this newsletter, which will be voted on at either the March or April meetings.

Newsletter Delays. My apologies for the delays in receiving your newsletters. Unfortunately the delays appear unavoidable. If we

moved the newsletter production schedule any further back in order to mail it sooner, it would be very dated material. The delay is with the post office, which may be due to the 9/11 and anthrax catastrophes. The January newsletter, due to the holidays, is the only newsletter that has not been mailed a week prior to the first day of the month. So, keep your nose in your mailbox, it will arrive eventually.

Thanks Joe, Martin & Sam. As mentioned in the president's message, Joe Noack is the new Safety Chair. Sam Giancarlo and Martin Van Treeck are the New Rider Leaders. Just in time too. I heard there were over 50 new riders at last Saturday's (2/9) club ride. Look for a re-vamped Safety Brochure from Joe and at least two safety/skills clinics!

Clinics. The weekend road clinic by Kent Bostick was an excellent success. We had great turnout and I found the instruction invaluable.

I understand the mountain bike clinic by Mo Monaghan was a big hit as well. Roadies, please return you comments questionnaire to Bill Reilly.



BBX. The schedule of BBX meetings is:

Tuesday March 11th organizational meeting #4
Friday March 15th 12-7pm packet pick-up and late Registration at Northwest Cycleries
Saturday March 16th 12-5pm packet pickup and late registration at Northwest Cycleries.
Sunday March 17th 6-8am packet pickup and late Registration at VF Factory Outlet Mall, Hempstead.



2002 Training Ride Schedule

1. March 10, 8am Chappell Hill, sponsored by Northwest Cyclery, Conoco and West U. Schwinn 713-466-1240
2. March 16, 8am Austin, sponsored by Applied Materials and Bicycle Sport Chop 512-477-3472
3. March 17, Bluebonnet Express!!!!
4. March 24, 8am Katy 713-777-5333





The Poop from the Paceline

By Esther Astabula



Seems like Craig Rennpage needs to get a GPS (global positioning satellite) system mounted on ALL of his bikes. Greg Smith and myself went out (in our cars) looking for Craig this past Saturday, only to find he wasn't lost just enjoying the company of two biking babes, Steffi Penco and Renate Junold. Craig thanked Greg and I for looking, but he said don't bother the next time he was lost with two women. Of course, Steffi asked us to please come looking for her if she was lost with Craig again. Maybe that had something to do with Renate returning with only one leg warmer, but I was afraid to go there!

The next day Craig did the mountain bike clinic at Warda. Seems like he spent most of the day trying to clear some new paths in the woods by hitting as many trees as he could resulting in a broken chain. Thank goodness he was saved again by two biking babes, Lisa Gibson with a chain tool, and Susan Stormer with a replacement pin. Then, the girls were rescued by Gail Hurley who was sweeping the trail for the last of her flock. Gail safely led all of them back to the finish in time to join the dinner festivities. Hmmm do we see a pattern developing here, Craig?

One of the race team's newest members is Blake Rich, who formerly raced for the Woodlands Cycling Club. Seems like he is so fast, people who rode with him either never got a chance to find out his name or were in such oxygen deprivation that they could not get the question out. Therefore, Blake has a lot of nicknames such as Thor and Arnold (as in Schwarzenegger). Blake did his first ride out of Zube Park at the end

of January with the race team. The only reason the racers were even able to keep him in sight was due to the fact that he did not know the route. Now he does, so you better watch out.

Dick Duntley, who has been a member of Northwest Cycling Club for quite some time, has moved to Arizona. Dick was very involved with many of the local rides around town besides our rides. He worked for several years on the moonlight Ramble and the Alamo Challenge. In fact, he drove SAG for an Alamo Challenge training ride with Northwest three years ago. On that fateful day some of the riders came upon a puppy that had been abandoned on the side of the road. Well, Eric Randolph (fondly known as the stray dog magnet by all but his wife) placed the puppy inside his jersey and headed back for the parking lot. A few miles later, Dick came by in his van and the puppy jumped in with him. The happy ending is the puppy came to live with me, much to the chagrin of my old dog and even older cat. We will miss Dick, but he promises to be back to help with the Katy Flatland.

Joining the "I Do" Club again are Sonny Mims and David King. Congratulations to both of them and may you be lifetime members this time. Other important dates - Tirza Gilbert turned 18. I thought it was scary enough when she turned 16 and got her driver's license. Now to think she can actually enter into contracts and get into the same clubs as I can. Yikes!

I attended the seminar for road riders featuring Kent Bostick. Hopefully

this will be something that will happen each year. It was excellent, and everyone learned something. Diana and Gary Zvornak learned they could actually ride in different groups and be just fine. Diana did just super and can be seen working on her sprinting out of the saddle at Memorial Park. Gary (aka Zeke) is nursing a bum back, but you would never be able to tell it's hurting when he is on the bike. Both of them are training for the Senior Olympics to be held in Bear Creek Park in April. There are numerous club members that will participate and have been training all winter for the big event. I have taken it upon myself to help train Bethel Parker. It's about to kill me. I followed the riders during the Saturday afternoon riding session to take pictures and pick up any casualties. What a startling sight to see along Joseph Road— Russell Lovelace, Craig Rennpage, Stephen Murphy answering the call of Mother Nature right there while never getting off their bikes, except for Pete Cariveau that not only got off his bike but went into the trees. Thank goodness I had the club digital camera with me. Let's see what is that new EPX going to cost them, I mean me? At the Exxon station, Kent Bostick did advise the group (now all men) about what to do when Mother Nature calls while you are in the middle of a race. I figured that was just as good a time as any to go see what the Exxon store had to offer.

Gotta go now, I need to go rest for my ride Saturday with Bethel and plot ways to slow him down on those hills.

The Downfalls to Fad Diets

By Catherine Kruppa, MS, RD, LD

Dr. Atkins' New Diet Revolution & Protein Power

Potential risk of the diet: increases risk of heart disease, cancer, osteoporosis, gout, kidney stones, orthostatic hypotension, high blood pressure and diet failure.

Question to curb a curious client:

If you were allowed to eat all the butter you wanted without bread, how much better do you think you would eat?

The Carbohydrate Addict's Diet

Potential problems of the diet: diet promotes inaccuracies, decreased fruit intake, decreased intake of fiber, numerous vitamins, minerals and phytochemicals are compromised.

Question to curb a curious client:

How long can you make it never having cereal, pancakes, or toast for breakfast and never having a sandwich for lunch?

Sugar Busters!

Potential problems of the diet: promotion of inaccuracies, excluding sugar from the diet has important psychological consequences and moderate consumption of sugar does not compromise blood sugar and can be part of a healthy diet, calorie theory is flawed.

Question to curb a curious client:

The book tells you to not eat carrots. Do you really think carrots are causing diabetes and obesity in the world today?

The Zone

Potential problems of the diet: low in fiber and marginal in some nutrients, abundance of inaccuracies, misapplications of the glycemic index.

Ask same question as Sugar Busters!

Suzanne Somers' Eat Great, Low Weight and Get Skinny on Fabulous Food

Potential problems of the diet: saturated fats are described as good for you heart and are not limited, erratic blood sugars could arise for people with diabetes, glycemic index is misinterpreted.

Question to curb a curious client:

If the human stomach was not designed to digest carbohydrates and proteins at the same time, why then are there so many mixed carbohydrate and protein foods in nature like pinto beans, kidney beans, garbanzo beans and milk?

Catherine Kruppa, MS, RD, LD

Phone: 713-316-2707 e-mail: ckruppa@houstonian.com

Website: www.advice4eating.com

Rider Profile Paul Chandler

Age: 40

Height: 6'2"

Weight: 175

Birthplace: El Paso, Tejas

Occupation: Independent Sales Rep

Racing Category: Cat I Road, Expert Mountain

Hobbies (other than cycling): none

Bikes owned: (too many!) Marin, Cannondale, Giant, Gary Fisher, Colnago, Bianchi, EPX (soon)

Dream bike: Griffen

Joined NWCC when: In 1998 when I became an employee (Service Manager) for NW Cyclery

Cycling related goals for 2002: Do well at Sea Otter in California. Do well at Nationals in Bakersfield, CA.

Started cycling when/why: 20 years ago while living in Dallas. I did not want to continue to drive my '66 Thunderbird (car) to work any more. *Editors note, he wanted to avoid getting door dings on his T-Bird.*

Favorite local training route: The Bluebonnet course... the Big Kahuna.

Training philosophy: "never give up" and "train smart"

Miles per week: 300-400 miles

Pre-ride eating: Protein Shake

Post-ride eating: Again, a shake (both chocolate!)

Best ride and/or Race memory: 24-hour solo mountain bike race Rocky Hill lots of rain and mud in 2000 won 1st place... Cochise County Classic in Arizona, a **252-mile race completed**



in less than 12 hours... starting at 2am. Completed in 2000 (11:24:49) and 2001 (11:05:51) ... raced in the tandem category with AZ resident Ken Stamm (age 56) who I met at Masters Nationals in Indiana in 2000. We won 1st place both years! And placing in several stages in the Tour of Morocco.

Worst ride and/or race memory: Road race in Austin, TX along HWY 360 loop. While in a breakaway, just three miles from the finish, hit a cone in the road (barely missed by racer in front of me) flipped and crashed, separated my shoulder Surgery with screws soon followed.
Wackiest thing you have ever seen when out for a spin: Bank robbery in Dallas

Most admired person: My wife, Andrea because she's there for me. My brother, for his hard ranch work and rodeo riding and raising his family. My mom, a school teacher. My Dad, a hero.

Most admired cyclist: Eddy Merckx, Jan Ullrich and Greg Lemond

Favorite quote: "ah... suki suki" *Editors note, see Esther Astabula's January column.*

Cycling Achievements: (see above) Plus, 2nd place overall in Texas Masters 35+ in 2001 (road).

Editor's note. As many of you may know, Paul recently agreed to coach NWCC's women. On the first coached ride, Paul terrorized us. He darted around us on all sides on his cyclo-X bike, jumped things in the road and repeatedly bumped his wife's wheel, which made this really scary noise. All

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Running a Marathon from a Veteran's Point of View

By Bob Kirkpatrick

Me? A Veteran? I'm just a guy who 11 years ago was sitting around drinking a beer with a friend in July when somehow the subject of marathon running came up. Steve and myself both thought out loud how awesome it would be just to cross the finish line in one piece. Who cares about the finish time.

Well, as fate would have it, the very next Thursday was the first of 26 weekly articles in the Houston Chronicle about how to train for, and successfully finish, the Houston Marathon, which was exactly six months away. Of course, I just looked at the "just want to finish in the official time" training category and to my surprise, that first week of training included a 2 mile run on Monday, followed by a day of rest, then a walk on the third day, then another 2 mile run on Thursday. Heck, we were already doing this! Of course the schedule would get much more



difficult, but the point is that this training schedule was presented in such a way as to make almost anyone feel comfortable that they could actually finish a marathon if they put in the proper training.

My training went pretty good and then came Sunday, January 26, 1992, the day of my first marathon! Naturally I did not sleep very well the night before. I had never been so nervous. My Dad offered to pick me up and drive me down to the Marathon. He probably figured that way he would be close to the Medical Center where I would probably end up!

As I was stretching out on the floor of the GRB I was talking out loud as to what I thought my finish time might be. He just looked up over the newspaper that he was reading and said, "Just try and finish in the required time!"

I bet he was as surprised as I was when he saw me coming down the final 50 yards to the finish and the clock read 3:49! My best Marathon time ever!

This past Sunday, January 20, 2002 I successfully completed my 11th Houston Marathon in a row. I am now a member of Jack Lippincott's Veterans group. Although I turned 40 last fall, I am among the youngest 10% of this exclusive group! The requirement is that you must run at least 10 Houston Marathons in a row, and finish all of them in the official time. There are only about 200 of us!

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Rider Profile Paul, Chandler

the while, I thought this must be a dream come true for Paul, the opportunity to terrorize people under the ruse that he is teaching us about holding our line and staying focused. Now I realize what a joke that thought was. What could be worse than trying to motivate a bunch of women AND get them to work together? I think the phrase "like herding cats" is probably appropriate.

Fortunately, he's a very determined guy so this will serve him well with NWCC women. Such determination was on display during the AZ 12-hour road race. Ken Stamm (a masters and state champion) asked Paul to be his tandem partner, but made the grave error of saying he wanted to win the 12-hour race. They were duking it out at the finish with Ken cramping. Paul was yelling at Stamm who eventually

unclipped. Paul pedaled the tandem in for first place. After crossing the finish line, Paul continued to yell, telling him to get off the bike. The guy was all cramped up, foaming at the mouth, and it was HIS bike. It's a funny story that I am probably not doing justice, but I think it gives a bit more insight into Paul who wrote his profile as he was walking out the door for Lajitas.

Training & Racing for Road, Track and Mountain Biking

By Charlottz Miller

Choosing to compete in three disciplines requires a solid training plan. Triathletes do it all the time, so we know it's possible. A balanced training plan will give an athlete the most success for competing in each discipline. Here's a brief description of what I do.

Goal Setting

Begin by setting goals for each discipline. Evaluating the previous season plays a big part in the goal setting session. What areas need refining? What are the current weaknesses and strengths? Goals should be realistic. They can be daily training goals, short term and/or long term.

Race Calendar

After goal setting look over the three racing calendars. This is where prioritizing the races takes place. Place the races into three event categories: Training events, Key events for sub peaks, and Peak events.

The race season in Texas lends it self very nicely to racing the three disciplines. TMBRA and TXBRA events fall on opposing weekends and track (for those in the Houston vicinity) is on Friday nights. All three have Spring and Fall series.

Prioritize the events for each discipline by starting with the Peak events first. What events do you want to peak for in each discipline? An example for track would be Track Nationals.

Next, ask which events will serve as Key events for sub peaks.

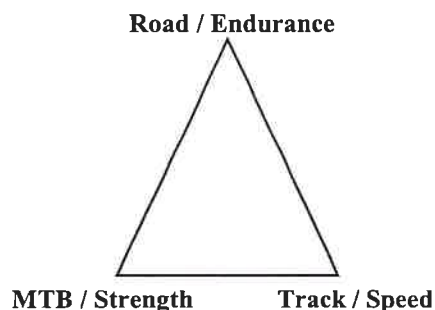
These events are used to gauge your fitness. A Key event on the track might be Regional Track Championships..

Then, what are the Training events? For track it would be the Friday night races. (Tip - A 12-month wall calendar works as a great visual.)

Training Capabilities

All three disciplines use the Base, Build, Specificity, Peak, Race, and Transition training blocks; but each of the capabilities (Endurance, Strength, and Speed) are given a different training weight and discipline focus. Below is a simple diagram showing the three capabilities and which discipline is used for training that capability. Endurance is placed at the top because endurance is the most important capability to building a good base for all three disciplines. You could say that 70% of all training for the three disciplines is done on the road. The other 30% is split between

track and mountain biking. Why? Because endurance is gained from long road rides and riding a cadence between 105 – 115 RPM. It's hard to get this type of base training on the track or the trails. Then comes Strength. When mountain biking there's a reduction in cadence to somewhere between 80 – 100 RPM. After a good warm-up lap, try doing a power lap pushing a hard gear or over gearing on the easy sections. To work on the Speed capability use the track or ride a fixed gear on the road to help increase leg speed. Use an easy gear to help with the mechanics of movement. Cadence should run between 115 – 140+ RPM.



I use training blocks that follow a four-week pattern. The first week is for over reaching (stressing the different energy systems), followed by two weeks of reduced intensity/volume (5% - 15% reduction). The last week is for unloading (usually easy spinning). Followed by the next block, etc. The nuts and bolts of any periodi-

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Training & Racing for Road, Track and MTN

zation of training plan are the building of each block and the day-to-day training. That 12-month wall calendar I mentioned earlier will help keep your plan in focus. The model allows for a high external load to be built the first week of each block, with consideration for the internal stressor of fatigue in weeks 2 and 3. It also allows for greater super compensation because it builds in more recovery and rest.

Specificity

Each discipline has its own specificity. Time must be spent in each area to help "educate" the muscles of a specific movement for that discipline. Here's a sample for each area:

- Track – Sprinting
- Road – Criterium Intervals
- MTB – Single track cornering skills

Skill Development

• Same thing goes for skill development. Each discipline has skills that should be worked on when training and racing. During the goal setting session write down what skills need work and/or sharpening when training/racing. Here's a sample for each area:

- Track – Looking over the shoulder
- Road – Racing pace line practice
- MTB – Correcting balance errors

Daily Training Plan

This is the detailed part of the periodization plan. Building the blocks of training requires a sound daily training plan. This is the part that gives you the focus for each day you train, recover, or rest. Make sure that for every two to three days of hard training you spend one to two days recovering. This rule of thumb will help to insure that you have spent

enough time recovering and resting before building the next block.

Early in my teaching career I learned that to be an effective teacher I needed to make a plan then work it. The same can be applied to cycling: make a plan and then work it. Remember, you may make adjustments to your plan based on the training indicators.

Enough said, start your planning so you can hit the road...track...trail.

Charlotte Miller has an Expert coaching certification. Her USCF NORBA racing classifications are Category II road and track and Expert mountain bike. She coaches Memorial Hermman Junior Cycling Team, the USA cycling track team of the year (2001).

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



Membership Renewal Time!
Dues are due
March 1st!

March 2002

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 CLUB RIDE Zube Park 8am RT: Whitehall Tmbra race: Warda
3 Ride: Fayetteville Tmbra race: Warda Get Fit Get Fast Bear Creek	4	5 Club Meeting 6:45pm race team 7:30pm general members	6 Trainer Class 6:30pm	7	8	9 CLUB RIDE Zube Park 8am RT: Bellville RR: Lago Vista
10 RR: Lago Vista Ride: BBX Route MS: Chappell Hill 8am	11 BBX Meeting #4 7pm	12	13 Trainer Class 6:30pm BBX Packet Stuffing	14	15 BBX Registration At Northwest Cyclery 12-7	16 CLUB RIDE Zube Park 8am BBX Registration Tmbra race: Bar H St. Jo
17  Tmbra race: St Jo	18	19	20 Trainer Class 6:30pm	21 Basic Repair Class 7-9pm 	22	23 CLUB RIDE Zube Park 8am RT: Monaville SR: Fayetteville
24 MS: Katy 8 am Ride: West Oaks SR: Fayetteville	25	26 Board Meeting 7pm	27 Trainer Class 6:30pm	28 Advanced Repair Class 7-9pm 	29	30 CLUB RIDE Zube Park 8am RT: Whitehall
31 Ride: Chappell Hill	MS: = denotes an MS150 Ride Ride: = Sunday NWCC group ride SR: = Road Stage Race RR: = Road Race RT: = Race Team Route for Saturday NWCC ride Tmbra = Texas Mountain Bike Racing Association 2002 Spring Championship Series					

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.



Texas Hell Week XII
March 9-16, 2002 Fred-
ericksburg. 8:30 a.m.
Distances of 30-45, 55-
75, 90-110. www.hellweek.com

Loblolly Liberator
March 23, Nacogdo-
ches, 10, 25, 50, 75 &
100 mile routes.

Rah-Rah
Ride
(Ride
around Houston Ride)
March 16, Houston
Promotes the use of the
city's bike lanes/paved
trails and raises funds
for Bike Houston. 10,
20 & 35 miles
www.bikehouston.org



Ride for Honduras
Outreach March 23rd,
Houston 30 & 50 miles
www.stcuthbert.org

Corsicana Bike Ride

Tour d'Flowers,
March 30th, Corsi-
cana 8, 20, 40 50, 60
and 75 miles
www.bicycletexas.com/tourdeflowers.htm



Race Results

Tracy Meixensperger & Julie VanZandt



TMBRA Spring Championship Series Race #1 Rocky Hill Ranch February 2nd

Category	Class	Place	
Men's Expert	19-29	35th	Andrew Lechner
	30-39	6th	Pete Cariveau
	30-39	21st	Jack Talton
	30-39	32nd	Bill Duckworth
	40-49	4th	Paul Chandler Sun& Ski
Men's Sport	19-24	1st	Andy Lasswell BikeLane
	30-34	58th	Mike Fayard
	35-39	63rd	Kevin Hopper
	35-39	85th	Colin Winsor
	40-44	9th	Lee Troy
	40-44	38th	Terry Nation
	45-49	24th	James Mackey
Women Sport	45-49	25th	Chris Kusenberger
	19-29	12th	Kristin Friedman
	30-39	1st	Steffi Penco
	30-39	4th	Lisa Gibson
	30-39	8th	Susan Stormer
	40+	7th	Sandra Rice

Junior Boys	11-12	12th	Daniel Walker
Junior Girls	13-14	4th	Cristin Walker

Beginner Men

30-34	29th	Tony Deore
35-39	9th	John Zgourides
40-44	32nd	Drew Hazzelrigg
45-49	3rd	Dana Chamness
50+	3rd	Craig Rennpage
50+	5th	James Spann

Beginner Women

30-39	6th	Monica Gill
30-39	13th	Tracy Meixensperger
40+	1st	Nancy Dodd
40+	3rd	Melanie Lacy
40+	7th	Lori Walker



January 19th, Houston GCCA Offroad Cyclocross Classic

Men A

10th	Paul Chandler S. Elite
23rd	Chris Grusendorf Tamu

Men B

2nd	Chris Grusendorf Tamu
17th	Kevin Hopper

Women A

2nd	Charlotte Miller Memorial Her.
-----	--------------------------------

Women B

2nd	Monica Gill
-----	-------------

Masters 35+

4th	Paul Chandler S. Elite
12th	Bill Duckworth

Masters 45+

12th	Charlotte Miller Memorial Her.
------	--------------------------------

Men Expert/3

8th	Ryan Spates UYS
10th	Damn VanZandt GCCA

January 13th WNA Cyclocross

Men B

2nd	Chris Grusendorf Tamu
-----	-----------------------

Masters 35+

5th	Paul Chandler S.Elite
-----	-----------------------



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:



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 · rnsmsch3@hal-pc.org

3/02

Proposal for Amendment to NWCC Constitution

By Lisa Gibson, Membership Chairperson

Membership Termination and Reinstatement

In an effort to ensure that the Club has a framework in which to address situations that threaten the integrity of the club and safety of it's members, the Board of Directors has agreed to present an amendment to the constitution for approval at the March or April general meeting. The amendment provides a process to suspend or revoke the membership of individuals who engage in behavior that brings the club into disrepute, endangers the safety of club members or those attending club sponsored events, and situations unforeseen.

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."

Current Constitution (relevant Article) and Proposed Additions:

ARTICLE III. Membership:

Section 1. Membership is open to individuals and families who de-

sire 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.

Section 5. *Membership will be terminated:*

- *At member's own request.*
- *If a member allows dues to be 30 days delinquent.*
- *By action of the membership. Such action requires a 2/3 affirmative majority vote of the Board of Directors agreeing to present the matter to the membership, followed by a 2/3 affirmative majority vote of eligible active members present at a regularly scheduled Club meeting. Subject member will have the opportunity to plead his/her case at this meeting. Current year membership dues will be returned to the subject member upon termination, prorated monthly from the date of the membership vote until his or her membership would have expired.*

Section 6. *Reinstatement of Membership*

- *Any individual who was a member in good standing, but*

whose dues are in arrears less than twelve months shall be reinstated to membership upon payment of delinquent dues.

- *Any individual who was a member in good standing, but whose dues are in arrears more than twelve months, shall be reinstated to membership upon payment of current year dues.*
- *Any individual whose membership has been terminated shall only be considered for reinstatement after a 2/3 affirmative majority vote of the Board of Directors agreeing to present the matter to the membership, followed by a 2/3 affirmative majority vote of eligible active members present at a regularly scheduled Club meeting. Subject individual will have the opportunity to plead his/her case at this meeting.*

Please review this proposal and attend the either March or April meeting to express any concerns and to vote on these amendments. Thanks!

Lisa Gibson
Membership Chairperson

Women's Cycling Symposium

Shebeest 2002 Trunk pre-show
with wine & cheese



FREE

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

EXPO

**MARCH
5th**

Representatives
from....



SCHWINN



(Continued from page 7)
Marathon Veteran, Bob Kirpatrick

I still have never beaten my time from my very first Marathon back in 1992. All I can figure is that I was running scared and I was afraid to stop! I have managed to break the 4-hour mark 6 different times. Every year that is my goal, to break the 4-hour mark.

What have I learned over the years? Never wear a cotton T-shirt again! That was my first year rookie mistake. After I finished my first marathon back in 1992 I was standing there talking to my Dad and he asked, "What are those two different trails of red on your shirt?" Well, as we all know, if you run in a cotton T-shirt, without putting on Vaseline, you WILL have problems. For the next week, every morning when I got into the shower, I was

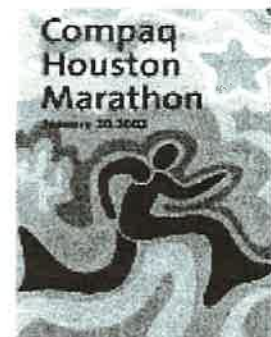
reminded to never wear a cotton T-shirt again while running a marathon! Yeow!

What was the most memorable marathon? Well, two come to mind. First, the 1997 "Ice Bowl" marathon". How we all managed to finish without frostbite still baffles me. Thankfully the entire city was shut down the following day on Monday, and I could stay in bed because I could not move!

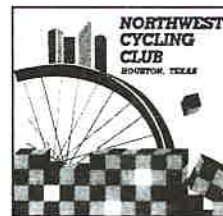
The second most memorable marathon was just 2 years later in 1999 when we had the heat wave and 95% humidity. It was after that marathon that I had my first IV in the medical area. Wow, what a difference an IV makes! I dedicated this year's marathon to my Mother who passed away three days before Christmas. She was one of my biggest fans and

probably saw me finish six or seven of my marathons. I did think of her often this year as I struggled with my slowest marathon time ever. But quitting was never an option. You see, the fact that we are able to even run marathons is a gift. Some years will be better than other years. I am already looking forward to next years Houston Marathon when I will break that 4-hour mark.

Now I am REALLY looking forward to getting back out there on my bike with my old friends in the NWCC. See you out on the road!



The Bluebonnet Express Metric Century



March 17, 2002

Call (713) 466-1240 for Information
Register on-line at:
<http://www.northwestcyclingclub.com/>

Houston's Spring Classic Ride

PACKET PICKUP / REGISTRATION

Friday, March 15, 12:00 noon to 7:00 pm,
Saturday, March 16, 12:00 noon to 5:00 pm
at Northwest Cyclery (290 and Jones Road).

START

40-, 50-, and 62-mile routes leave The Factory
Outlet Store of America (Business 290 and FM
1488) at 8:00 am. Please plan to arrive at least an
hour before the start. Tandem start at 7:55AM.

All pre-registered riders
are guaranteed a T-shirt.

REGISTRATION

\$20.00 if postmarked by March 1st and \$25.00 after
that and day of event.

DIRECTIONS

Hempstead is approximately 25 miles west of Beltway 8
on Highway 290. Take Highway 290 to the FM 1488
exit. Turn left on FM 1488 and proceed about 1-mile to
the outlet mall. The mall may also be reached via
Business 290 (FM 359 left to Business 290 through
Waller and Prairie View) on Highway 290. Please do
not park in other retail parking lots unless instructed by
parking attendants.

REGISTRATION FORM

Make checks payable to: NWCC

Mail to: Bluebonnet Metric Century · 17458 Northwest Freeway, Houston, Texas 77040

Last Name _____ First Name _____

Address _____

City _____ State _____ Zip _____

Route ☐ 40 ☐ 50 ☐ 62 T-Shirt ☐ M ☐ L ☐ XL

I fully realize the dangers of participation 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 mental 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, and special districts, through or by which the event will be held for any and all damages which may be sustained by me directly or indirectly in connection with the event, or travel to or return from the event. I agree it is my sole responsibility to be familiar with the ride course and special regulations for the event. I understand and agree that situations may arise during the ride which may be beyond the immediate control of the ride officials or organizers and I must continually ride so as to neither endanger 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.

Signature _____ Date _____



3/02

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 condition \$150.

Vic or Sherry 713-862-
6560 sherry0620@ev1.net.
1/02

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

☆ NEW AD ☆

For Sale. For Sale: Trek
930 single track 19.5"
frame mountain bicycle in
excellent condition. Asking
\$200.

Greg Gudenburr evenings
713 856 7409 or email
grg58@earthlink.net
3/02

☆ NEW AD ☆

For Sale. 48 cm Giant
Koronas, great MS 150
road bike for person 5'2" to
5'5". Triple chainring, STI
shifters, rear carry rack,
new handle bar tape, computer
with cadence and new battery,
SPD pedals and shoes, 2 water
bottle cages, fully equipped seat
bag with tools, spare tube, air
pump, etc. Ready to jump on
and ride! All you need is a
helmet, and I will even throw
in one of those! Call Sandy
Martin at 281-550-2798 or
sandymartin@ev1.net.
2/02

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

☆ 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 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. Bianchi - 45cm
Jr. Triathlete Racing Bike.
Shamano components, two
sets of wheels. Aero clip on
bars, platform peddles,
speedometer, excellent
condition. \$300. 281-251-9239
email bwishart@houston.rr.
com
12/2001

For Sale - 1995 Cannondale
R900. White 56cm
frame Shimano 600 STI 8-
speed components. Bottle
Cages, Seat Bag, and
Cinelli bar clip-ons. Clean
bike - low, low, low mile-
age. Asking only \$700.
David King 832-236-4471
e-mail freewhlndvwith carbon
fork. @ev1.net
10/2001

Have an advertisement for the Pedal Pusher's classified section? Submit it to Lauren Mahony lma-
hony@houston.rr.com (713-953-1532) or Julie VanZandt juliet_a_mashburn@hotmail.com (713-861-1219).
Please notify us once the ad should be discontinued, ads are due by the 15th of the month.

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



PRESORTED STANDARD
U.S. POSTAGE
PAID
HOUSTON, TX
PERMIT NO. 8181

days in advance to avoid missing your newsletter!

DAVID KING
PO Box 671013
HOUSTON, TX 77267

ROYCE, your membership expires on 3/1/02 pls renew \$9

The Pedal Pusher

The Editor's Half Page by Julie Van Zandt

Drippage. While out on one of the chillier Saturday morning rides we have been having lately, a certain club member *Dana Chamness* suggested I do an article on snot rockets. I'm not exactly sure why this person *Dana Chamness* suggested this, but maybe he was eyeing my jersey shoulders. This is a prime landing spot for my snot rockets. The upper knee area on my tights is a second favorite nasal secretion landing spot.

Boogers. I call'em bugars not snot rockets. In my newsletter typo diligence, I double checked the spelling of bugar with Merriam Webster (www.m-w.com). After several tries, I determined the correct spelling....

Main Entry: booger
Pronunciation: 'bu-gr
Function: noun
Etymology: alteration of English dialect buggard, boggart, from bugard
Date: 1866
1 : BOGEYMAN
2 : a piece of dried nasal mucus

Dried? Please. I'm going out on a limb here, but I think most cyclists' phlegm, upon expulsion, is far from dried. So I would assume then that, when biking, to call nasal discharge 'boogers' is an incorrect use of the word.

What's Proper? I'm all for being proper, so will make sure I use the grammatically correct term. I've noticed my sister Perper is also all about being proper too. When she

bikes in cold weather did you ever notice the little hankie peaking out of the top of her short's back-side? Is she being proper or is she just inadequate at snot rockets? Bethel Parker uses a hankie too, but he's over 70 so it must be a gentleman thing. Lauren Mahony used to make a big stink about not blowing rockets. But I'm pretty sure I've spied her hiding in the back of the paceline doing her business thinking no one's looking. So which is proper cycling form, the rocket or the hankie? And, are rockets an indication of high exertion levels? If so, then shouldn't a dusting of rocket debris on our clothing be a badge of honor *Dana Chamness*?