

The Pedal Pusher

April 2002

Vol XVI, Issue 4

A monthly publication promoting the spirit of the Northwest Cycling Club

Message from the President

By Lori Walker

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If you missed the March meeting, you missed the shortest meeting probably in the history of the club. We approved the budget for 2002 plus the change in the membership dues. The meeting was more of a party than an actual meeting. Cathie had several of her vendors attend for a display of their products. People picked up their new clothing and all and all just had a fun time.

Safety Chairperson Joe Noack will hold a safety skills clinic close to the Katy Flatland date. More information should follow soon with a firm date and time. Joe has also prepared a safety brochure for all members. The brochure needs to be printed, so an actual date for delivery is still not known.

By the time you receive your newsletter the Blue-bonnet ride will be past history. Monica Gill and all her committee chair

people have worked hard through the past months to make the ride a success. I do not have a doubt that the day of the ride will be sunny, temperature a comfortable 70, and wind—only at our backs. Many thanks to Monica and all the people who volunteered to make the BBX a success.

Many nice changes will occur in April - warm weather and Day Light Saving Time! So many activities for members to do that you might have to schedule rest days. Time Trials on the second Tuesday of the month, Wednesday night workouts at Bear Creek Park, Dam rides on Monday and Wednesday, and Friday night racing at the track. That leaves Thursdays. Actually, I have spent every Thursday for the last three years watching other people ride at the track. Within a few days of writing this article, I too will have a track bike

for those Thursday evenings.

Now if you don't want to ride at the track there is always Memorial park where several people gather to ride. One good thing about Memorial Park is you don't have to worry about getting lost. And of course don't forget the Saturday and Sunday morning rides!

When you are scheduling all the activities for April, don't forget about the club meeting on the first Tuesday of the month. At this meeting Craig Rennpage will share with us a video on time trials. If you are new to the club, NWCC holds a 6.2-mile time trial every second Tuesday of the month (April through October) and has for the past several years. This is not a test but rather a gauge on your improved fitness level. We are in the process of finding a new course for this year. Final details will be presented at the

(Continued from page 1)
President's Message continued...

April club meeting.

Paul Chandler will be coaching the Wednesday night Bear Creek workouts during April and May. These workouts are always a lot of fun. Paul will divide people up into groups of similar ability; then work us like dogs on improving speed and other important cycling stuff.

Another fun thing for this

month is the Club Stage Race scheduled for April 13 and 14th. Rumor has it that Renate, Bill Duckworth and the McDaniel's will be organizing this race.

Thank you, thank you and thank you to Bruce Gilbert, Monica Gill and Gail Hurley for their contribution on the artwork for the clothing.

For all you members riding in the MS150 good luck, have fun and be careful.

A Poem

By Mirianda Dyke, new NWCC member

FOCUS ON WHAT I MUST DO.
TO SUCCEED IN MY RACING SHOE.
BE DETERMINED TO SURPASS MY LEVEL.
RIDE WITH THE WIND; RUN FROM THE DEVIL.
BUILD THE ENDURANCE THAT I NEED.
NEVER BE SATISFIED, ALWAYS HAVE GREED.
LAUGH AT MY BRUISES; IGNORE IT WHEN I BLEED.
GET TO WHERE IT IS MY SOUL AS A NEED.
ALWAYS KNOW THERE IS MORE I COULD HAVE DONE.
THRIVE OFF THE RACES I'VE LOST; NOT JUST THE
ONES I'VE WON.
AND NEVER MAKE MYSELF DO IT, IF IT ISN'T ANY FUN.

MARIANDA DYKE
1/22/02

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

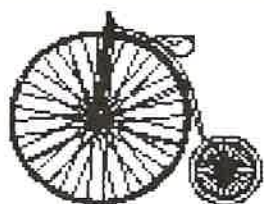
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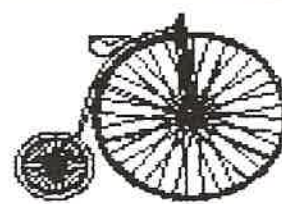
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Bob Swank
League of American Bicyclists (LAB)
Peri Mashburn
International Mountain Bike Association (IMBA)
Sandra Rice
Texas Mountain Bike Racing Assoc. (TMBRA)
Board Member Texas Bicycle Coalition
Gail Hurley



NWCC News Briefs

By Julie Van Zandt



Club Stage Race. Mark you calendars, the club stage race is set for April 13th and 14th. The event is used as a means of introducing interested club members to racing. Volunteers are needed to man the race, so contact Russell Lovelace if you are able to volunteer for the stage race.

Membership Renewal. Approved at the March club meeting was the proposal to have revolving annual dues. The current practice is that the membership year begins in March and dues are prorated if you join later in the year. Under the new plan, if you paid for a year's membership in December it would expire the following December. However, due to the previous practice, most folks' membership year is up in March, so be sure to renew!

New Rider Leaders. Sam and

Marvin have had their hands full. The new rider numbers have been extremely large the past few Saturdays. On several occasions four club members had to help with all the new riders due to such large numbers.

April Meeting. Someone (either Rubin Solis or Craig Rennpage) will speak on time trials at the April club meeting. Paul Chandler, the second speaker, will discuss criterium racing also known as 'crits'. Speaking of time trials see the update below from Dana Chamness 2002 Club time trial course. If you have suggestions or comments, please get them in before the April meeting.

Club Clothing. Our Verge clothing order has arrived. Russell Lovelace is handling the orders, so if you haven't picked yours up already, see Russell. At the time

of this writing, there is extra clothing so if you would like a new jersey or pair of shorts they



**MEMORIAL HERMANN
2002 HOUSTON
SENIOR OLYMPICS**

are available.

GOOD LUCK to.... All those NWCC race team members and NWCC club members participating in the April 15th and 16th cycling Senior Olympics. For all you prospective cheerleaders... be at Bear Creek park both days with racing beginning at 8 a.m.

APRIL RIDE TIME 7:30. Set your Saturday alarm clock for 30 minutes earlier. NWCC's Saturday ride changes from 8 a.m. in March to 7:30 a.m. in April.

Tuesday Club Time Trial Course Update

The new TT course is still up for grabs. Here are some of the candidates:

1. Sharp Road. Parking lot near where we would start. Few houses on the road. After four miles turns into gravel, so no thru traffic. Two problems: will take from 10 to 15 minutes longer to get there, we are already tight on time at the April and October Time Trials. And second, the road

is newly paved, but with a chip seal surface. That makes it a little rough, but nothing like the State Time Trial course. Some have driven it recently and found it to be too rough. So Dana and others are trying to find a time to ride it on a bike, maybe a Saturday after the regular ride.

2. House-Hall road looks like it was also recently paved. It is plenty long enough and starts

close to 290 in the old town of Cypress. We used this road several years ago. It had too many potholes then.

3. Time Trials on Sunday. That would open up a lot more locations and the possibility of having a long time trial, even 40k. We are looking for comments on this idea. The concern on this is that there would be less participation. Also bad, most races are Sundays.



The Poop from the Paceline

By Esther Astabula



GONE FISHING

*Editor's Note. Esther was too pooped this month to do an article. We must not let Esther become lazy. Please give her a big old **pinch** next time you see her. In the meantime she wished to share the poem below with her readers. The poem was written by David Bumbaugh after a Saturday morning ride of the two Davids (Bumbaugh and Lynch). The ride was done in gale force winds and very cold temperatures, which I guess leads to poetic inspiration for some and safety of a nice warm bed for others.*

DOUBLE DAVIDS DID A RIDE

WIND RESISTED

COLD BIT AND KNAWED

FRIENDS CALLED THEM CRAZY

LITTLE DID THEY KNOW

THE REWARD OF THE DAY

OUT AND BACK, HARD AND EASY

FIGHTING THE CROSSWIND

TAILWIND....SWEET VELOCITY!

By
David Bumbaugh

The Female Athlete Triad

By Catherine Kruppa, MS, RD, LD
Kari Baranko

The number of women participating in sports has dramatically increased in the last 30 years. Regular physical activity has many benefits to women including decreased mortality, improved body image, increased bone density, decreased stress, and improved aerobic fitness.

With this boom in female fitness, new health risks for these athletes have arisen. The female athlete triad is a disorder composed of three parts: disordered eating patterns, amenorrhea (cessation of normal menstrual periods), and osteoporosis. This disorder makes your bones thin and weak. Left untreated, athletes are at higher risk for stress fractures and the loss of bone strength may last forever.

This disorder affects women and girls in many sports, but those in "appearance" sports such as dancers, gymnasts and figure skaters are at a higher risk. Other risk factors include being a competitive athlete, playing sports that require you to weigh in, exercising more than is necessary for your sport, and being pushed by your coach or parents to win at all costs.

Women who train intensely and emphasize weight loss often engage in disordered eating behaviors. These behaviors range from

moderate restriction of food intake to severe food restriction and regular binging and purging. This decreases the available energy therefore reducing body mass and body fat to a point at which the individual is at risk for energy imbalance, over-training, poor performance, and amenorrhea.

Primary amenorrhea or delayed menarche, oligomenorrhea or irregular menstrual periods, and secondary amenorrhea, the complete absence of menstrual periods for greater than three months, are considered "red flags", warning that something is seriously wrong with the body. Amenorrhea is a telling sign of over-training, energy imbalance, impaired nutrition, energy drain, eating disorders, hormonal imbalances, and stress. It is often the first diagnosed symptom to the female athlete triad.

Osteoporosis occurs when a bone contains more holes and less solid mineral than a normal bone. It is weak, brittle, and more likely to break or fracture. Peak bone mass reflects genetics and everything, good or bad, that happens to your bones during puberty and early adulthood. Nutritional deficiencies, delayed menarche, episodes of amenorrhea, and eating disorders will put the female athlete at risk for osteoporosis. To build strong bones throughout life, eat a

well balance diet, exercise appropriately, and include daily intake of the bone builders- 1200-1500 mg calcium, 400-800 mg Vitamin D, and 12 mg Zinc.

To treat athletic amenorrhea, reduce your training level by 10-20 percent, gradually increase total energy intake, strive to increase your body weight by 2-3 percent, and maintain the recommended daily vitamin and mineral allowance. To take the disorder out of eating, tolerate diversity in body shapes and do not compare yourself with others, listen to hunger and satiety cues, enjoy food, and most importantly, do not punish yourself for overeating through severe diet restriction.



Canine Up!

Coach Joe Noack,
NWCC Safety Chairperson



It is not uncommon for cyclists to encounter many species of wildlife while whiling away the miles of country roads in Northwest Houston and beyond. In rural Houston areas, the simple domesticated canine (a.k.a. "dog") is the most frequently encountered and presents the most danger to cyclists on the roads.

Sometimes cyclists can see them in the distance and prepare for the attack. Others simply appear and present a sudden danger. The most dangerous of these include the "hunters", "stalkers" and "snipers". They will be explained more in detail as we continue. There are different techniques for effectively diffusing each type of dog attack. Possessing this knowledge will keep you and the group you ride with safe for a very long time.

Communication and signaling a warning to the cycling group is essential. Verbally a command should go out warning of a dog's presence, or impending attack. The command is "Dog Up", or "Dog right"/"Dog left". The pack will go into a state of readiness and increased alertness; increase the space around you and plan an escape route. As the pack gets closer to the dog a group decision needs to be made as to what kind of attack is being made. This will determine the type of action needed. It is important to consider the type of automobile traffic on the road as well. To assist in this decision making process, let's take a moment to discuss the various attack modes:

1. **The head wag**—not all dogs are interested in humans wearing lycra. As you go by these dogs will simply recognize your presence by raising their heads and then going back to licking themselves, or dreaming of the rabbit that just got away.

2. **The tail wag jogger**—glad to see

cyclists riding by, these dogs are courteous and maintain a safe distance between themselves and the road. Kind of like the Texas equivalent to passing a motorist and raising two fingers off the steering wheel just to say "howdy".

3. **The athlete sprinter**—excited someone is able to challenge their speed, these dogs will match sprint the group for an unknown distance. Usually they will take the grass and you take the road. Go ahead and let them win sometimes!

4. **The raging bull charge**—blinded rage dictates the attack without much fore thought. These dogs will charge from the house and make a bee line to the pack. It is not that they want to bite, they want to appear mean. Unfortunately, they do not always know how to stop when they need to. Refer to Newton's laws of motion for this one.

5. **The sniper**—recognize this type of dog by its uncanny ability to stay hidden while following the pack until the attack is made. It seems to understand where the weakest cyclist is in the group and will stay focused on one person.

6. **The stalker**—hidden and a master of geometry, this dog will cut off your angle of escape by positioning it's attack strategically and continuously adjust the angle though out the attack.

7. **The hunter**—once committed, this type of dog will continue the pursuit until the kill is made.

It becomes evident that the evasive action from the group will not necessarily

be the same all the time. There are things, however that the group can do to prevent an over reaction, or an under reaction depending on the circumstances. After the initial command goes out to warn of an impending attack by canines, the front of the pack will need to assess the type of attack. Create some distance between the front of the pack and the rest of the pack. If there is a danger of on-coming traffic, stay in one lane. If no traffic is seen, it is ok to send one or two riders out to distract the dog(s) and keep them to one side of the road safely (affectionately called "throwing 'em a bone"). It is safer to slow the pack and loudly tell the dogs "NO" or "HOME" than it is to sacrifice a rider for the good of the group. It will depend on the skill level of the group. Occasionally it is common to provide a water bottle shower to the face of the attacker while on the run. Use caution with this technique as it will cause you to use one handed techniques and challenge your balance and bike control abilities. Should the dog decide to change directions or cut across your wheel, both hands should be available to help control your bicycle. Pepper spray is not recommended while on the bike. Depending on your speed, and the direction of the wind, you may just spray yourself or the riders behind you. Most dogs will stop the chase if the cyclist stops! Use caution with this one as the "hunters" will continue the chase until the kill is made!

Cycling is a thinking sport and requires all participants to help keep everyone safe while on the road. Dogs will challenge you along the way, but hopefully you have learned how to diffuse them and smile when you recognize what kind of attacker you are presented with the next time!



MS-150

Last Minute Preparations

By Ron Ostrowski



The MS150 is approaching fast. Only two or three weekends to prepare. **Are you going to be ready?** This time period is crucial to riding a successful and strong MS150. What should you be doing?

Training

You really need to ride longer and longer rides each Saturday and Sunday to get your body used to riding two hard days in a row. Weekend total mileage should increase to about 70% of the MS150 distance (120+ miles). Also, two or three weekday rides are equally important for recovery and improvement. Hills, Hills, Hills... Find a place to practice doing hill riding. Even if there is only one hill. Go up and down it a dozen times to build your quads. Remain seated.

Pace

Determine what speed you wish to do on the MS150. Practice that speed on your long training rides.

Drinks & Snacks

The weekend of the MS150 is not the time to experiment with new

drinks or snacks. Use the power drinks and snacks on your training rides that you intend to take with you on the MS150. More than likely, PowerAde will be served at all rest stops.

Bike Preparation

Get your bike checked out and make any changes to seat position and equipment NOW. A set of new tires might be in order. A critical component of your bike will be your **brakes**. Check, change and adjust brake pads and clean your rims. It can be a frightening experience going down a hill at 50 MPH and having your brakes fail or slip.

Week of MS150

Training time is over. Your body needs these five days to recover and rebuild in order to peak on April 20th. Diet and sleep are critical this week.

- Remove all alcohol, caffeine, and sugar products from your diet.
- Consume foods heavy in carbohydrates. But don't over-eat.
- Drink, drink, drink. You need

to top-off your body's water tank, glycogen, and carbohydrate levels.

- Do two short 20 mile rides at Pace. Friday night, take your bike out for a short two-five mile ride to checkout your bike's brakes, gears, computer, etc.
- Pack everything Thursday night.
- Have a decent High Carbo dinner on Friday night. Thursday night is equally, if not more important. So be sure to eat appropriately both nights.
- Get to bed early. Here again, Thursday night is equally if not more important on getting plenty of sleep.
- Decide on which location you want to start from. The Katy Rhodes Stadium route is about 15 miles shorter than the Tully Stadium route.

Contact me if you wish a copy of last year's published "MS-150 New Rider Hints" or "MS-150 Packing List". ros-trowski@pgiint.com



Tandems in the Desert

By Robert & Nancy Kazchler



We just returned from a trip out west to Lajitas, Texas for the Chihuahuah Desert Challenge MTB race on February 14 through 17. We traveled out west to ride our new offroad tandem we gave ourselves for Christmas. More on all of that later.

February and March is a perfect time to travel to the desert. We had temps in the 70's in the daytime and in the 40's at night. Most days we enjoyed a clear blue sky. At the town of Lajitas, Texas you can cross the Rio Grande in a rowboat for a dollar a head. No customs and none of those pesky INS people to bother with. Every now and then someone in a pickup truck actually drives across the river or rides across on horse back in the shallow area.

Lajitas is said to be the ultimate hideout. We met an electrician named Ronnie who lives in Mexico and works in the Lajitas/Big Bend area and he told us that a while back a man who has lived in the area for years wrecked his car and wound up in the hospital in Alpine. When the hospital tried to make the prerequisite credit checks he was found to be on the FBI's wanted list. Ronnie said most people like himself just moved there to get away from all the "nonsense" of big cities. I personally think they have overshot their goal but that is just my opinion.

The mayor of Lajitas is a goat named Clay Henry Jr. He pretty much occupies his time drinking beer from long necks people give to him. Clay Henry Sr. died a couple of years ago due to liver problems. Duh!



The kids in the Lajitas and Study Butte area used to have the longest school bus ride to Alpine in the US. It is 140 miles round trip to Alpine and back. They have built a small school in Study Butte to serve the grades up to high school. High school students still have to travel to Alpine.

Nancy and I and the Sundstroms from Austin with our tandems and about 18 other folks on single MTB bikes went for an overnight trip into Mexico on Thursday. We crossed the river and rode 20 miles up to the town of San Carlos. The road is a dirt road that at best is comparable to a very poor jeep road in the US. San Carlos is about 2000 feet higher than Lajitas so even when the road looks flat it is a false flat. It is 20 miles of uphill.

There are also a couple of very

long, steep climbs. The Mexicans have hand laid concrete with cobblestones on the steep climbs so that their trucks can make the climbs. Other than those two major climbs the roads are sand and gravel with a constant washboard surface and loose rocks. It's very hard to find a line.

Thursday night we stayed at La Gloria's Bed and Breakfast in San Carlos. Gloria has what has to be described as an oasis in the high desert. Her home would be considered beautiful in any town in the US and stands in stark contrast to everything else in San Carlos. The home is stucco with a tile roof and has about twelve foot wide covered porches all around. The tile work inside and out is beautiful. There is a spring fed creek that runs across her property from out of a canyon. A short hike into the canyon reveals that the water is not coming from under ground but rather drips from the over hangs in the cliff walls of the canyon. Very interesting. She has a bunch of short hoses that she uses to siphon water out of the creek and water her flowers and fruit trees. The surrounding area is dry, brown and parched but her place is largely lush green foliage.

Gloria and a few senior women from town (grandma types always cook the best food) provide a

(Continued on page 9)

The Pedal Pusher

(Continued from page 8)

huge supper and a great breakfast. This is not Tex Mex, it's the real thing and plenty of it.

Most of the buildings in town are built from adobe brick that comes from a brick maker on the edge of town. He hand mixes mud and straw and pours it into molds in the mornings and drops the bricks out of the molds the next day. He now also makes some blocks out of concrete. What an improvement in building construction for this century.

The trip to San Carlos took three hours and 45 minutes. The trip back on Friday took one hour and 45 minutes. Coming back was a nice fun ride although Nancy thinks she has whiplash due to the constant wash board and rocks at 20 plus MPH at times. That's a fun trip but not a good thing to do for two days before a race.

It didn't seem to bother David and Donna Sundstrom. They along with the other three tandem teams whipped us good on Saturday's five mile offroad time trial and Sunday's 16 mile cross country race. The team of Ed Tasch and Ann started the time trial one minute behind us, passed us at about mile two and then crashed twice and we still couldn't catch them. Bunch of Roadies.

We were the most senior team competing but we have to work on that fitness thing if we want to close the time gap. Our bike was said to look the best out of all

five tandems that showed up. I think that was because we were riding slow enough that folks could see it.

The cross-country course included about two miles up stream in a dry riverbed. We rode through sand and gravel and had those rock ledges that stepped up and down two, three and four steps at a time. It really tested our handling skills because we were hitting all of these things at speed.

Every thing in the desert will poke you, bite you or sting you. We used the Slime Light tubes and still had two flats. One on the rear on the way to San Carlos and one on the front on the way back. Both times I aired up the tire and rode on immediately and the tubes are still holding. That's a great endorsement for those tubes. We were lucky to not have a flat during the races. It would have only made things worse.

Over all we are pretty happy with our first race on the tandem. We didn't crash and we had no mechanical problems but our race turned into one of survival and just finishing the course. That's not to say we didn't have fun. We love this stuff. We just realized we weren't about to catch anyone. The team that whipped all of us was riding an old rental tandem they bought from a store in Austin proving it's not the bike it's the motor.

Much like riding a road tandem, we constantly get high fives and

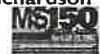
waves from people when they see us on our offroad tandem. I have always thought of riding our tandems with Nancy to be much like dancing. This offroad contraption is even more so. We each have an influence on the handling and speed. Myself as well as Nancy leaning will steer the bike. In very tight single track she powers while I feather the brakes and concentrate on negotiating the turns. Each team I talk to has found different ways of working together but it requires a lot of communication.

As for the occasional crash I'll quote some important points made by Jack Tomkinson on the Double Forte forum. "In case of crashes, the captain must always sustain the larger wound, especially if he is married to the stoker. If you must trip while getting up to bring your injuries up to par, do it. Even if she accuses you of faking it, blood and torn flesh do not lie. They show your commitment to your spouse on whatever level."

"It's a little different for unattached couples - single stokers can be expected to protect themselves and they don't have so many ways to torture you for your mistake. These situations vary as widely as do all other agreements between consenting adults, so make your own rules." "When you're married however - make sure every injury is a bonding experience."

Still digging the dust out,
Robert and Nancy Kaechler

April 2002

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Club Meeting 6:45pm race team 7:30pm general members	3	4	5 TMBRA: Flat Rock Ranch, Comfort TX V: Friday Night Racing, Alkek	6 CLUB RIDE Zube Park 7:30 RT: Bellville Tmbra: Comfort Spring Forward! 
7 Ride: Magnolia Tmbra: Comfort V: Matrix Spring Track Series	8	9 Club Time Trial 6pm Location TBD (check website)	10 Bear Creek Coached Ride	11	12 V: Memorial Hermann Jr Cy- cling Classic	13 CLUB RIDE Zube Park 7:30 RT: Monaville CLUB STAGE RACE M: A&M collegiate
14 Ride: Pattison V: Matrix Spring Track Series	15	16	17 Bear Creek Coached Ride	18	19 V: Friday Night Racing, Alkek	20 CLUB RIDE Zube Park 7:30 RT: Whitehall RR: Criterium, Richardson 
21 Ride: Magnolia 	22	23	24 Bear Creek Coached Ride	25	26 V: Friday Night Racing, Alkek	27 CLUB RIDE Zube Park 7:30 RT: Bellville SR: Fort Davis
28 Ride: Coldsprings SR: Fort Davis MTN: SCCCC Championships	29	30 Board Meeting 7pm	Ride: = Sunday NWCC group ride SR: = TXBRA TX Cup Stage Race RR: = TXBRA TX Cup Road Race RT: = Race Team Route for Saturday NWCC ride Tmbra = Texas MTN Bike Racing Association 2002 Spring Champ Series RT: Bellville = 100% chance of rain or hurricane force winds MTN: Mountain bike V: Velodrome track racing, TXBRA TX Cup Event			

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. Check with Sthe Mountain Bike Chairperson, Sandra Rice, for the latest on the weekday (Wednesday & Friday) evening Dam rides among others.

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.

APRIL Rides

Day Light Savings Time Begins April 7th. Spring Forward!

April 6 Clean Air Challenge, Alvin 30 & 62 mile routes
<http://www.alamochallenge.com/cleanair.htm>

April 7 Tour d'Cypress, Houston 53, 62, 85 mile routes Cypress Highschool
<http://www.active.com>



April 13-14 HATS SW Tandem Rally, Waco
<http://www.swtrally.com>

April 14 Justin Taylor Memorial Bike Ride, Conroe

April 12-14 Ride for the Roses, Austin 10, 25, 40, 70, 100 mile routes
<http://www.laf.org>



The Space Race
Sunday, April 14, 2002
at Space Center Houston

Space Race April 14, Houston 11, 28, & 65 mile routes
<http://www.spacerace.org/>

April 20-21 BP MS150, Houston to Austin



April 27 Beauty & the Beast, Tyler 12, 20, 33, 41, 52, 64, 70 mile routes
<http://www.tylerbicycleclub.com>





Race Results

Tracy Meixensperger & Bill Reilly



Warda, March 3rd

Spates Ryan	M	Expert	19-29	23rd*
Cariveau Pete	M	Expert	30-39	14th
Duckworth Bill	M	Expert	30-39	22nd
Miller Charlotte	W	Expert	40+	4th*
Hurley Gail	W	Expert	40+	8th
Lasswell Andy	M	Sport	19-24	1st*
Fayard Mike	M	Sport	30-34	36th
Johnson Don	M	Sport	30-34	DNF
Winsor Colin	M	Sport	35-39	22nd
Troy Lee	M	Sport	40-44	11th
Nation Terry	M	Sport	40-44	22nd
Mackey James	M	Sport	45-49	1st
Kusenberger Chris	M	Sport	45-49	17th
Penco Steffi	W	Sport	30-39	1st
Stormer Susan	W	Sport	30-39	6th
Rice Sandra	W	Sport	40+	4th
Lovelace Russell	M	Beg	25-29	28th
Deore Tony	M	Beg	30-34	20th
Zgourides John	M	Beg	35-39	11th
Taymon Morris	M	Beg	40-44	5th
Hazzelrigg Drew	M	Beg	40-44	29th
Chamness Dana	M	Beg	45-49	2nd
Dyke Mirianda	W	Beg	19-29	1st
Meixensperger Tracy	W	Beg	30-39	10th
Clark Kathy	W	Beg	30-39	14th
Capsuto Elena	W	Beg	30-39	17th
Dodd Nancy	W	Beg	40+	1st
Lacy Melanie	W	Beg	40+	DNF
Gibson Lisa**		Tandem		3rd
Kaechler Rob & Nancy		Tandem		5th
Chance Jessica	W	Jr Open	15-16	3rd

*NWCC member, not race team member

** Her and Jeff's first race (and ride together) on a borrowed, rigid Tandem!!!!

Lajitas Stage Race, February 14-17

		TT	Crit	X/C	Overall
Expert					
Spates Ryan	19-29	43rd	39th	36th	29th*
Lechner Andrew	19-29	46th	44th	44th	34th
Cariveau Jon	30-39	11th	11th	11th	9th*
Cariveau Pete	30-39	13th	18th	15th	14th
Pope Troy	30-39	32nd	25th	30th	28th*
Talton Jack	30-39	NR	NR	39th	-
Duckworth Bill	30-39	50th	40th	DNF	-
Chandler Paul	40-49	6th	3rd	21st	11th*
Ferdinan Kevint	40-49	18th	15th	18th	13th
Miller Charlotte	40+	5th	5th	6th	6th*
Hurley Gail	40+	8th	NR	DNF	-
Sport					
Lasswell Andy	19-24	NR	N/A	3rd	.*
Winsor Colin	35-39	12th	N/A	12th	9th
Penco Steffi	30-39	7th	N/A	1st	2nd
Stormer Susan	30-39	3rd	N/A	6th	4th
Rice Sandra	40+	NR	N/A	7th	-
Beginner					
Zgourides John	35-39	7th	N/A	6th	5th
Ferrell James	35-39	Honorable Mention**			
Spann James	50+	NR	N/A	4th	-
Gill Monica	30-39	3rd	N/A	3rd	2nd
Meixensperger Tracy	30-39	5th	N/A	5th	3rd
Lacy Melanie	40+	NR	N/A	1st	-
Tandem					
Kaechler Rob & Nancy	5th	N/A	5th	5th	

N/A - Not Applicable

NR - Not Raced

* NWCC member, not a race team member

** Due to an inability to breathe, he could not race. But he offered encouragement and a ride home

Weekend At Boerne Road Race February 23

Here are some results from the
Boerne RR on Saturday
Women's Cat 4
2 Renate Junold
3 Kristin Friedman
4 Lauren Mahony
Mens' 4
7 Chris Grusendorf

Juniors
5 Mark Dearing
Mens 5a
19 Jason Pickard
Mens 5b
12 Steven Reilly
Good show guys & gals.
Bill

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Technically Cool Eyewear

**All styles now available at
NWCC**

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more..**



Above not good with any other offers

The Last Warda Race: Genuine Bittersweet Flavor, Best Served when Chilled

By Steffi Noel Penceo

March 3rd, 2002 was the 3rd of 7 races in the Texas Mountain Biking Racing Association (www.tmbra.org) Subaru Spring Championship series hosted at Bluff Creek Ranch, in Warda, Texas. Bluff Creek Ranch race grounds welcomed 793 riders with chilling subfreezing temperatures of approximately 28 degrees at the start of the first group, the Sport Class, with strong gusting winds and bright-shining sun. A few riders braved the weather the night before and camped in the always welcoming and well organized camping areas. Fire pits were the most popular meeting points, where riders exchanged stories of freezing temperatures of epical proportions, extreme weather survival and otherwise sub-natural race conditions they braved.

Notwithstanding the cold, the atmosphere was as usual festive with the ranch brimming with activities. However, an overwhelming bittersweet flavor was in the mouth of all participants.

The calendar marked the end of the racing era at Warda, after a 10 year-old tradition. The owners of Warda's Bluff Creek Ranch, the Nolans, officially announced that this was the last TMBRA race at their beloved ranch. Several months ago, Doctor Nolan, a pediatrician, had been appointed a much-deserved position with the

hospital facilities of the Texas Tech University located in Lubbock. He had been commuting back and forth and kept on running the ranch for as long as it took to fulfill his commitment to the scheduled TMBRA race. However, the time has come for him and his family to say farewell and move on.

To commemorate the event, T-shirts and trophies were made to bear an insignia in the shape of a beer label reading: "The last Warda Race. Quality since 1992. Genuine Bittersweet flavor".

Bluff Creek Ranch has been nothing less than a legend in the 10 years of operation. Not just because of the trails, not because of the location, not because of the many races held –the first race for many Texans- but because of the Nolans. Their hospitality, friendliness and incredible dedication to the MTB community is nothing short of legendary and it will be greatly missed. Doc Nolan ran his Bike ER shop more as an operation of mercy, than anything else. I heard countless stories about how he saved some rider's day with ingenious repairs or having that hard to find part and never charging other than the cost of the parts. Or how he stitched up some over-adventurous rider and sent him/her on his way to more fun. And Susan would al-

ways gladly add a plate to their dinner table to feed famished or otherwise needy bikers.

The organization of the race was impeccable, thanks to race director and TMBRA president Scott Schaefer and the Nolans. One particular choice in the management of this race was Scott's decision to allow the 3 top finishers in each class and age group to deliver their thanks and dedicate their performance to whomever they wanted. I'd like to see that done more often. Good job, Scott.

Scott also turned the microphone over to Doc Nolan who delivered a heartwarming and tear-jerking speech. I have never seen a group of fearless mountain bikers being so affected by an single person ... I, among the many, was choked up and could only manage to clap my hands in what was the most heartfelt applause.

Doc Nolan also posted the following message on the TMBRA forum, and I am reproducing it here in its entirety.

Thank you to the 793 hardy (and hearty) riders who came out to Warda this weekend for the Warda Chilly Fest. It was a truly bittersweet weekend for my family and I. Ten years of mountain bike racing at

The Pedal Pusher

(Continued from page 14)

Warda; what a wonderful ride it truly has been! To paraphrase Charles Dickens "It was the wettest of times, it was the driest of times, but it truly was **the best of times!**"

I wish to extend a special thanks to: Myron Brown and Mike McFarland, some crazy bicyclists who not only road over the hills and through the woods but through the rivers and creeks as well, for introducing me to mountain biking in 1991; to Mike Gladu, who first called me in 1992 to ask permission for having the first mountain bike race at Warda; to the Houston Area Mountain Bike Riders Association (HAMBRA) and the Giddings Area Bicycle Association original members who helped build some of the first trails including "Oh Sh*t", "Gas Pass" "Spaghetti Bends", and "Roller Coasters" back in the spring and summer of 1992; to Dan Murphy, Joe Bunno, George Rickard and all their helpers who put on the first Mountain Bike Race at Warda in April of 1992; to Myron Brown who swapped his bicycle helmet for a promoters hat, and promoting races and the Texas State Championship Series through the mid 1990s; to Scott Schaefer and Denny Spears who filled a big pair of shoes and continued promoting mountain bike races at Warda through the late 1990s and early 2000s; to countless

mountain bike riders, racers and friends who continued to help out every year in building and maintaining trails such as "Indy Loop", "Taledaga Loop", "Longhorn Loop", "Mule Trace", "Paydirt Bridge" and "The Bidet" it has been a "Field fo Dreams... you built it and they came"; to the Texas Mountain Bike Racing Association members and promoters many of whom who have taken financial losses in promoting a sport that they love; they have continued to build and grow the sport of mountain bike racing in Texas; to all the many sponsors of all the mountain bike races in Texas who have anted up to help build a great sport and make it greater; to all the mountain bikers who have faired fair weather and foul out of the sheer fun and enjoyment of mountain bike racing and to the families and friends of mountain bikers who have encouraged their loved ones to pedal onward in this great sport.

Susan and I wish to extend our personal thanks to all the wonderful mountain bike racers who have made our time in Warda cherished and special. Few people have had the wonderful delight that we have had of having thousands of visitors come into our personal home every year and become part of our family. In the words of the old crooner "Thanks for the memories!" May God bless you all for all

you have given to us and to mountain bike riders through out the world who have come and enjoyed the fruits of your labor of love in Warda.

Thanks,
Paul K. Nolan, MD
The Bike Doc

Doc Nolan, we'll miss you and your family. You will always be in our hearts! We fare you well and hope to keep seeing you at the races. Thanks for all you have done for the MTB community!

But wait to shed those tears and develop the Warda blues, just yet! A determined group of mountain bikers had worked the numbers and set in motion the "save Warda" operation. The idea is as follows: 300 bikers will pitch in \$3,000 each to create a non-profit organization to purchase and run Warda. Doc Nolan would be the honorary president and selected people would volunteer time and skills to operate the ranch.

You think it is far fetched? Wait until you go see the TMBRA forum, under the general forum and the "Let's buy Warda" heading (<http://www.tmbra.org>). The idea is gaining momentum.

Can Warda stay within the MTB community? Who knows. For sure, I am one of those who hopes.

Steffi Noel Penco
Sport Master Women 30-39

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Northwest Cyclery
Hwy. 290 at Jones Road
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THE RIDE

Staggered Starts:

Sunday, April 7, 2002
(Daylight Savings Time)

85 mi. – 7:15 am 62 mi. – 7:30 am
53 mi. – 7:45 am

There will be no starts permitted after 8 am.

All routes will close at 3 pm.

JOIN US for a ride through the beautiful backroads of Harris and Waller Counties... a must for all MS 150 riders.

STARTING LOCATION/ REST STOPS

Cy-Springs High School, Fry Road, north of FM 529. Register at start area from 6 – 7:30 am.

You will find a full-service rest stop every 12 – 15 miles.

COST

\$20 if registration received by 2/14/02

\$25 per rider after 2/14/02

All riders registered before March 30 are guaranteed a T-shirt and goodie bag.

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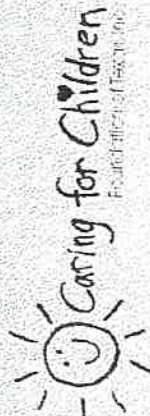
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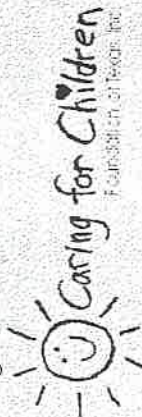
TOUR DE CYPRESS 2002

Sunday
April 7, 2002

(Daylight Savings)

A Charity Fundraiser

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Register Online: www.active.com

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: NWCC Safety Chairman

NWCC CLASSIFIEDS

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. 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@evl.net.
2/02

For Sale. (Price Reduced.) 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. Cannondale F700, off-road bike. Trek 1420 road bike. \$800 each (firm).

Contact Doug Lehmann
281-469-9131
11/01

For Sale. (Price Reduced.) Bianchi - 45cm Jr. Triathlete Racing Bike. Shimano 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



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

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The Pedal Pusher

The Editor's Half Page by Julie Van Zandt, sort of

Huh, newsletter time again.
Damn. Can't think of a thing to
write.

Sister? Ahhh Sister, good idea
Perper.

Uhh... How many Aggies does it
take to... Wait a second, I think
our race team is like 50 percent
Aggies now. Hmm, can't use Ag-
gie jokes as space filler.

Hey.... how about boogers? Rats,
I covered that awesome topic last
month.

Porn? Probably not a good idea.

Hmm... husband? Nope, he
doesn't want his name, either
correctly or incorrectly spelled,
in another newsletter ever again.

GONE FISHING

HELP WANTED. Newsletter editor for wonderful lo-
cal cycling club. Qualifications: asinine enough to
say yes; sick sense of humor useful; been on a bicy-
cle before also useful but not mandatory; willing to
spend long hours staring at a computer screen
dreaming up moronic things to say. Pay: tons and
tons of money. Really. Must be able to start asap