

The Pedal Pusher

May 2002

Vol XVI, Issue 5

A monthly
publication
promoting
the spirit of the
Northwest Cycling
Club

Message from the President

By Lori Walker

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That Julie Van Zandt is such an editor. She is requesting that I write an article and I do not have a thing to write about. I could write about how proud I am of all the youth members (half percent is mine). All four of them did a great job at the Time Trial on Tuesday. I could also write about our Aggie group; how impressed I am that they race every weekend track, road and off road and still have time to volunteer for club activities and do school work. (I am assuming they do school work). Maybe I should mention NWCC's off road team who again did a fantastic job at the Comfort race. I believe there will be slippery stories coming from that race for weeks to come. Congratulations to everyone who raced. And what about those roadies that raced at Fayetteville? Good job women, men and youth! I do believe if I had a push device on the front of the truck or maybe a windbreak device I could have made big, really big, bucks that weekend. Maybe I should just talk about NWCC club members. I actually had more people volunteer to do the stage race than people wanting to race. What a great club. And if any of you would like to volunteer to write this article for me I would really appreciate it.

If you haven't made it out to Bear Creek Park for the coached rides you are missing a good time. Paul Chandler, our coach, has been working with us on how to catch a break away using a single pace line as well as how to move through the pack.

Tracy Meixensperger was determined that we follow Paul's directions. I wouldn't be surprised if at the Holiday Party Tracy receives a whistle or maybe a whip. You gotta love her and we do. Also at tonight's practice one of our past presidents, Craig Abbot, rode with us. Craig stated he plans on attending the club meetings but always forgets on which Tuesday it falls. Please email Craig the Monday before the club meeting to remind him. You only have the month of May left to come out and experience the Wednesday night workouts. They are well worth the effort to get to Bear Creek Park.

A very big Thank You to Stephen Hoza who has volunteered to be our "Equipment Chairperson". The club's reputation has grown so much that we receive several requests to borrow our coolers, tables and all our other stuff. We have or someone has misplaced our canopies. So Stephen's new job will be to organize all of our

equipment and then put into action procedures for us to follow. If you happen to find a few extra canopies in your garage and you don't know whom they belong to, would you please give us a call? Several of our racing videos are also missing. If you happen to run across some racing videos you don't remember ordering from your local video store they might belong to the club. Would you please return them? Stephen needs to do inventory on all the NWCC equipment.

This past Tuesday was the first Time Trial for the year. We had several members come and practice their Time Trial skills. There are very few cars to contend with, but the road is rough. There are some pot holes to watch out for as well as turtles crossing the road and a dead Skunk but other wise the course is good. Many thanks to Dana and Melanie again, who always donate their time.

One quick note Russell Lovelace, our volunteer chairperson, and his wife are having a baby, congratulations to the Lovelace family. For those who are confused Russell's last name is Lovelace, not "Loveless" as it is recorded in the Fayetteville standing.

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

WANTED

YOUR BLOOD
NWCC blood drive
Saturday July 27, 2002
Noon to 5PM

Who can donate? Anyone who is in good health, at least 17 years old, and weighs at least 110 pounds. That means just about all of us! The Gulf Coast Regional Blood Center Mobile Coach will be at Northwest Cycle to gladly receive your blood contributions. Plan now to spend a few minutes of your time that day to "Give the gift of life".

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

President	Lori Walker	281-370-3591 lwalker@ev1.net
Vice President	Peri Mashburn	713-880-9559 mashpe@aol.com
Secretary	LeAnn Latham	281-409-1626 leannl@msn.com
Treasurer	Tracy Meixensperger	281-304-9761 t3mx5@pdq.net

Past President	Bob Swank	281-463-6279 RJSarch@earthlink.net
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Affiliate Representatives:

United States Cycling Federation (USCF)

Bill Reilly

National Off Road Bicycle Association (NORBA)

Bob Swank

League of American Bicyclists (LAB)

Peri Mashburn

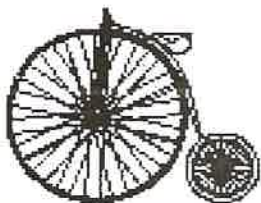
International Mountain Bike Association (IMBA)

Sandra Rice

Texas Mountain Bike Racing Assoc. (TMBRA)

Board Member Texas Bicycle Coalition

Gail Hurley



NWCC News Briefs

By Julie Van Zandt



Houston Parks Board. A two page letter from NWCC to the Houston Parks board is included in this issue beginning on page 15. For those of you who are unaware, the Parks Board works on the master plan for Memorial Park's future. The park's future is very important to our club and thus we decided to join the effort led by Houston Bike Coalition to open a positive dialogue on the Park's future. One in which the cyclists' views are included.

Tuesday Time Trial. Second Tuesday of the month at 6 p.m. Check the NWCC website for meeting location. As of this writing the TT remains at the Sharp Road location.

Blood Drive. Nurse Sandy Martin has been kind enough to coordinate a Club blood drive. See page two for specifics. The blood drive is being held in honor of Bruce Maughs, Bobby Riggins, Barbara Carlson and Tim Hunt. These NWCC riders were hit by a car during the Saturday Club ride on July 15, 2000. The donor coach will be in the Northwest Cyclery parking lot on Saturday, July 27th.

New Riders. Saint Sam Giancarlo and Saint Martin Van Treek hold short rider instruction talks on Saturdays. It's 15 minutes of Sam reviewing the basics— bike prep,

nutrition, and safety basics.

Intermediate level Safety Clinic in June. A safety clinic in June was discussed at the March board meeting. Safety Chairman Joseph Noack is honchoing the clinic.

Ride Starters. Russell Lovelace announced at the board meeting that he remains in need of ride starters. Give Russell a call (see page two for contact information) or go to the NWCC website to sign up.

May Meeting. The main speaker for May's club meeting will be Joseph Noack. He speak on safety and First Aid. Joe will also determine if there is club interest in a more intense First Aid certification course.

MTN Bike YMCA Camp. YMCA ranch near Comfort has offered free facilities to NWCC. They include bunkhouse, showers and flush toilets. A beginner and intermediate loop are available for mtn biking. It is centrally located to Comfort and Kerrville MTB trails. Sandra Rice is looking into a joint camp out July 4th weekend with STORM and Bike Mojo.

In addition, the YMCA kids program is looking for any kind of used bikes and parts. They will take anything. Sandra is contact

person for this also.

MTN Bike Overhauls. Our trusty Mountain Bike Captain will be notifying us about a potential discount for a MTN bike overhaul. Please, bother Colin (viciously) about this some time in oh September or so when the shop has had a little recovery after peaking (Bluebonnet, MS150 and Katy Flatland).

Thank Your President Month. May is thank your NWCC president month. So don't forget to tell Lori thanks for all the hard work.

Artwork for Katy Flatland T Shirts

If you are interested in submitting a design for the Katy Flatland tee shirt please bring it to the June Club meeting on June 4, 2002. Register online today to do the ride at active.com.



JULY 21, 2002



The Poop from the Paceline

By Esther Astabula



I have returned from fishing. Hey that's harder than it looks. You have to sit still for hours and not talk. Those of you who know me, know that is something I cannot do. What can I say, I like to talk while I am riding my bicycle. That's how I get some of my best news for this article.

I sure have seen a lot of new faces at our Saturday morning rides. I really needed my sunglasses on the other morning with the reflection coming off all the kickstands and the halos of Sam Giancarlo, Sandra Rice, Lee Ann Latham, and Marvin Van Treeck. These guys are just saints in my book. Sam is now offering after-ride classes, going over basics such as what to bring and rules of the road. Marvin has had to do some pretty creative mechanic work out there with some of the bikes, and I use that term loosely, that people have brought out to ride and that have been sitting in their garage since the last time bell bottoms were in style.

I had a great ride at the Bluebonnet. We had a great ride and started after everyone else had left. So, I have just a few pieces of information to pass on that you might have missed from the ride. Yes, that was me passing up Jeff Dixon and Patrick Saunders as they casually chatted with Dana Chamness at the last rest stop. They had planned on refilling their water bottles and maybe

grabbing a cookie before heading for the finish. Dana says he never has seen those two guys move so fast when they saw me go by. Seems as though they didn't want me to beat them in AGAIN, and they abandoned all thoughts of an easy ride to the finish. Heck they didn't even stop to get water. They caught me and we finished together, but trust me, I didn't make it easy on them. Hey I have been training Bethel Parker for his senior Olympics, so I was ready to teach them a lesson. David Lynch was ordained Lord of the Privy by Queen-for-the-Day Monica (Gill). Scot Orgish was turned into the parking Nazi, but the evil spell was broken as soon as he rode 62 miles on his bike. I also heard that Gayle Hurley had her way with the ham operators but only after she finished the ride with her daughter Kaitlin and best beau Jim. I rode with Gail and Jim just last Saturday. They were trying out Gail's tandem. Jim has that stoker job down. He was rubbing Gail's shoulders, feeding her, answering her phone, etc. It was just amazing and boy did they fly.

More people joining the "I Do" Club. Ken Covington and Libby Laughlin got hitched April 7 in Austin. Ken is going to return from his honeymoon just in time to get on the bike and do the MS 150. I hear that Colin Windsor is getting married to a woman from

Holland in May. I have heard rumors that Colin was a mail-order groom, and I am still looking for the catalog so that I can order one for myself. Russell Lovelace got a baby faster than he got his custom-order bike delivered. The bike took 6 months and his wife got pregnant in three. He better get all his riding and racing in before October when the new arrival comes. Just ask Bill and Kelly Bettis. Their new baby Michael Bettis should be arriving around April 18.

James Ferrell claims to be out training and racing all the time, or at least that's what he tells his wife Michelle. Funny how he hasn't made it to a single mountain bike race yet this year. I personally think he's just sneaking off to smoke. More mountain biker news, Kevin Hopper got a new bike - the motorized kind. He says it's more economical than driving his truck all the time. Of course he told me this as he passed me on 1488 the day of the Bluebonnet. This is the kind of tandem riding his wife Lori really likes. She looked quite happy on the back of this bike! I heard Andy Lasswell took up riding and racing upon the advice of his dentist, who thought it would be a better and cheaper way for Andy to get rid of some of his aggression.

That fishing stuff, it's harder than it looks.

How to Keep Your Coffee Bean Lean And Your Smoothies Slim

By Catharine Kruppa, MS, RD, LD

In today's fast paced society many people do not have time to sit down and have a meal. As we move into the new millennium, it seems like fast-food restaurants are being replaced by smoothie shops, juice bars, coffee shops, and health food stores. These days it is easier to find a Starbucks or Smoothie King than it is a McDonald's.

In an effort to get healthier, many people will pick a smoothie as a snack or meal replacement. Will consuming this liquid supplement really lead to slimmer waistlines? Unfortunately, the answer is no. A study was conducted at Purdue University involving two groups of normal-weight men and women. One group received an extra 450 calories a day as liquid. The other group received the same amount of excess calories in a solid form. The group who consumed the solid food ate fewer calories at the end of the day than the group who consumed the liquid calories. Liquid foods are digested faster than solid foods leaving you feeling hungry again in a few hours. So, if you have time to eat real food versus drinking your calories, you will probably feel fuller and eat less.

If you are craving a smoothie or like to reward yourself after a hard workout, here is how to fit it into a healthy diet. Many smooth-

ies contain between 2-5 servings of fruit. This gets you one step closer to achieving the recommended 5 fruits and vegetables per day. But also realize that most smoothies contain extra sugar and can be high in calories. A typical 20 oz smoothie can range from 230 calories to 950 calories. Here is how to order a healthier smoothie:

1. Ask to have skim milk as a base instead of juice. You will save calories and receive extra protein.
2. Ask that all extra sugar, turbinato, and honey be left out. The fruit itself will make the smoothie sweet.
3. Stick to ordering simple smoothies without extra powders, protein, and supplements. Think natural and include fruit, ice, water and milk if desired.

Even when the temperature is 110 degrees outside, many people can't make it through the day without their latte. It may have started out as a simple cup of coffee at the office, but these days Americans are reaching for espressos, cappuccinos, and lattes. Sales of fresh coffee alone have increased nearly 10% worldwide over the past 4 years.

As much as you enjoy the caffeine, you may be wondering if you should give it up. Actually, research suggests that moderate

doses of caffeine may offer certain health benefits. A daily cup or two of coffee may spare you from gallstones, ease your asthma, or even help you lose weight. Coffee contains antioxidants that may lower your risk for both cancer and heart disease. Most experts agree that moderate caffeine consumption is up to 300 milligrams daily or what you would find in 2 ½ 8-ounce cups of coffee.

Drinking a cup of coffee before exercising can give your metabolism an extra boost. Caffeine helps free stored fat, so your body can burn it for energy. But before you down that extra tall cappuccino, we need to consider the calories. Specialty coffee drinks such as frappuccinos, cappuccinos, lattes and mochas range in from 80-410 calories. Here are some tips on ordering a healthier cup of coffee:

1. Choose the smallest size cup, either 8 or 12 oz. This can save you up to 110 calories.
2. Add nonfat milk to your cappuccino, latte, and mocha instead of whole milk. This saves you 80 calories and up to 8 grams of fat.
3. Order your coffee without whipped cream.

Be sure to keep tabs on your caffeine intake. Caffeine is

(Continued on page 8)

How to Mix Bicycle Racing & Grad School And not Stink at Both

By Jonathon Sinclair



Many of you in the club remember what it was like to be in college. Some of you are still in college. A few of you aren't even to that point yet. I tried racing bicycles (both collegiate and USCF) about a year after I began graduate school at Texas A&M University. I was bored on the weekends. That was over four years ago, and I still enjoy both. Here are 10 guidelines that have kept me from getting kicked out of school and spit out the back of the pack in too many races. Not necessarily in order of importance:

1. Time management

Optimal: Partitioning the day into discrete usable portions of time.
Reality: Flying by the seat of my pants from one thing to another.

2. Getting enough sleep

Optimal: Get at least 8 hours of sleep every night even while studying for exams.
Reality: Try to go to sleep every night before the sun comes up and your alarm for class goes off.

3. Studying

Optimal: Study at least 3 hours each week for each class you are taking. Make straight A's.
Reality: Start studying the night before and cram all you can up until the last minute

4. Research

Optimal: All your research works

out the first time in a minimal amount of time with good results.

Reality: None of your research works the first time and it takes forever. You pick a project that will take 10 years to fully complete but your professor fails to enlighten you until after you've submitted your research proposal.

5. Training

Optimal: Get out every day with a detailed plan of attack and stick to all your training rides no matter what. It doesn't matter if it's raining, freezing, windy outside.
Reality: Ride when you have time between class and studying.

6. Eating

Optimal: Eat only healthy food in moderation to keep from getting sick and maintain your body as a lean mean racing machine.

Reality: Eat whatever you can find in the refrigerator that takes only 5 minutes to prepare. Leftovers aren't necessary; just finish it off. So what if you sometimes feel a little sluggish on big climbs and can't seem to get your body fat below 7%.

7. Thesis/dissertation writing

Optimal: Professor loves first draft and says you are well on your way to graduating.
Reality: There is still more red ink than black print on your 8th draft and you start to have thoughts of doing something fearful to your

professor.

8. Group rides

Optimal: Do at least 2 group rides during the week to keep up with friends and avoid going insane training alone.

Reality: End up riding alone every day during the week so that only group rides you do are races when nobody is in the mood to talk anyway.

9. Bike maintenance

Optimal: Check over bike to make sure everything is operating properly before every ride. Clean chain every week.

Reality: Make sure tires aren't flat and take off for 3-4 hour ride.

10. Dress for success

Optimal: Always wear clean clothes both to school and while riding.

Reality: Throw on anything you can find that doesn't stink much and isn't too wrinkled.

*In light of recent events at the track and subsequent broken collarbone it is highly likely that I will be out of action for a while. These guidelines do not help with avoiding crashes at high speed. Any questions regarding these guidelines can be addressed to me at: jws@tamu.edu

Scary Story!

By Ron Ostrowski

This is a true story that every cyclist should read.

Where did I find the *Scary Story*?

In the official **"Cannondale Owner's Manual for Bicycles"**.

I think the retired author of the "Ford Pinto Owner's Manual" wrote it. After reading this interesting document, I fully understand why the bike shops don't give you the manual until after you have paid for your new bicycle. I feel like I should hide my copy of the manual so that my wife doesn't find it, read it and forbid me from ever riding my new Cannondale.

The manual contains "Warnings" and "Cautions". Each are preceded by a huge black triangle. A "Warning" indicates that there is a *possibility* of serious injury or death. Whereas the "Caution" indicates the possibility of serious damage to the bicycle or risk of voiding your warranty. While browsing through the Owner's Manual you will find **49 WARNINGS** and **19 CAUTIONS**. And if this wasn't enough to scare a new bicycle owner, the following statement is repeated **19 TIMES** within the manual. **can result in serious injury or death.**

Besides these foreboding words, Cannondale has included inspiring statements to give confidence in their products and cycling in general. The following statements were either put in as serious disclaimers or else as a joke

to see if anyone ever reads the Owner's Manual:

- "Bicycling involves risk of injury and damage. You assume the responsibility for that risk. Not the people who sold you the bike. Not the people who made it. Not the people who distribute it. Not the people who manage or maintain the roads or trails you ride on." (definitely written by a lawyer)

- "Remove your helmet when not riding your bike. A bicycle helmet is not for use in play areas or on swings." (remember that when you return to Zube Park next week)

- "Exceeding the recommended maximum pressure may blow the tire off the rim, which could cause damage to the bike and injury to you and bystanders." (must have been copied from a Firestone owner's manual)

- "Be careful to keep body parts and other objects away from the sharp teeth of chainrings, the moving chain, the turning pedals and cranks, and the spinning wheels of your bicycle." (is this possible to do while cycling?)

- "Always wear shoes that will stay on your feet." (this belongs in India edition)

- "Remember that a bicycle always loses in a collision with a motor

vehicle, so be prepared to yield." (DUH!)

- "Never ride your bicycle while under the influence of alcohol or drugs." (bummer)

- "Yield right of way to pedestrians and animals. Ride in a way that does not frighten or endanger them." (guess I shouldn't yell at dogs attacking us anymore ☺)

*- "Wear appropriate safety gear, including an approved full-face helmet, full finger gloves, and **body armor**." (when cycling in Afghanistan)*

- "If you get a flat tire, depress the tire valve to let all the air out of the tube." (did I miss something here?)

- "If your bicycle sustains an impact: First, check yourself for injuries."

*- "Mountain bike riding is very different from riding on the road. For starters, it is almost certain **you will fall off**." (see Sandy, I told you so)*

*- "Learning to ride off road does not come from watching "extreme" mountain bike videos or TV. In fact the riders in those films are professional entertainers and/or **lunatics**, not teachers." (or potential members of NWCC Mountain Bike Team)*

A Little Bike Story (Bluebonnet Memories) By Sheri Carzy

It was a beautiful sunny, but breezy day—the morning following a storm and a front. I was talked into riding the Bluebonnet by a girl who freely admits that she lies about the difficulty, speed and distance of each ride she invites me to join. Getting off to a late start, I was practically blown off my bike in the first couple of miles and seriously considered returning to the start and my car with the heater that I so enjoy.

Having not ridden for a year and still recovering from the ordeal last year that kept me mostly incapacitated for three months, I was not going to be the whiner of the group that would turn back first—although I desperately hoped that someone else would so I could assist them back to the start and my car with the heater and the

windows that roll up to block the wind that I'm beginning to so enjoy.

Somewhere along the way, the wind was at my back where it became a wonderful force to be enjoyed—I've heard the wind is my friend, but it's always tried to kill me in the past. We met new friends and laughed and had a wonderful time with only minor turns into the wind—each reminding me how far I still must go to get back into shape and feeling the excitement of beating the wind at each go 'round. Next thing I knew, we were back at the start—we were finished—we made it! I got to return to my car with the heaters, the windows that roll up to block the wind and the accelerator that works so much better than my legs.

I ate, showered, napped and woke up feeling wonderful—until I tried to move my legs—arrggghhh. What was I thinking??? Returning to the gym and riding the same week is not too smart. Is it the blonde streaks or is it true that cycling makes you stupid?

Aside from not feeling in control of where my legs go and tomorrow being leg day at the gym, it felt so good to get back on the bike. Thanks so much talking me into riding today. May I never take time off again...

Editors Note. While a bit dated (from the 2000 ride), a fun little ditty nonetheless. Sheri wrote this in an email to her riding partner Peri Mashburn.

*(Continued from page 5)
Lean Coffee Bean & Slim Smoothie*

not compatible with the following conditions: jitters or insomnia,

depression, pregnancy, heartburn and peptic ulcers, high blood pressure, panic attacks and migraines.

These tips should help you stay cool, or hot with out gaining extra pounds when your need a treat or pick-me-up.

*(Continued from page 7)
Scary Story continued*

-“Don't weld, braze or let anyone touch your frame with a torch.” (was this necessary?)

I think I have made my point. Cycling, like smoking, is hazardous for your health. In the future, look for little disclaimer labels on

your bike frames, similar to cigarette packages. **“Caution: Contents may cause rapid heart rate, perspiration, euphoria, aggressive behavior, and you may fall down and go Boom.”**

I have already instructed my wife that if anything ever happens to me while riding my new bicycle

to burn the Owner's Manual and disperse the ashes and then go ahead and sue Cannondale. During the court trial, *with a jury of course*, cry and repeat over and over again, **“They never told Ronnie that he could get hurt while riding his little red bicycle.”**

1986! Second Largest Ride!

By Monica Gill

Bluebonnet Express 2002.

Great job! First I want to thank everyone that has thanked me, I appreciated the support. But, I didn't do it by myself. The real thanks goes to all the volunteers.

I couldn't have done it without GAIL HURLEY'S expertise, guidance and help with coordination. Gail ordered the t-shirts, ride numbers, reserved the field for parking and many other coordination efforts.

DAVID COLLINS, totally organized Registration. I didn't have to think about it, he took care of everything. Special recognition also goes to DON BYRD our SAG Coordinator, at one meeting when discussing supplies for the SAG vehicles Don said "I'll take care of it, you don't need to think about it." He did a great job of coordinating all the SAG drivers, and received many compliments from riders. RUSSELL LOVELESS stepped up and in a moments notice went from finishing registration to working a Rest stop, directing traffic and keeping riders in line. Thanks Russell. Then there was DAVID LYNCH, I will call him my right hand man. David did an excellent job of coordinating the Boy scouts and all the Rest stops, not an easy task. David had a tough task and he did everything right so on the day of the ride "it sort of just ran itself". That takes some planning. Two

more volunteer, the ride would not go on without them. BILL WILSON (Motorcycles) & MIKE HARDWICK (HAMS). These guys are the true success of this ride. They are the ones that taught me what to expect, what needed to be done, and made it all work. They are true professionals and I couldn't have done it without their coordination and support. Thanks guys, and to your crew as well.

Others that contributed significantly were:

Kathy Clark - Data entry, not an easy task.

A&M Crew - The guys and gals from A&M did a great job, the helped out in every area.

Boy scouts - Mike Gerety coordinated the Boy scouts, they knew more about the process than myself and I had to ask them to educate me on the process. It ran like clockwork.

Scot Orgish - Parking coordinator, he took charge and efficiently got everyone parked. It brought a smile to my face as Scot gathered his parking volunteers and gave direction. It was just like the scene from movie "The Fugitive", when Tommy Jones was directing his men to go out and track down the fugitive (Harrison Ford).

James Ferrell - James was there for the duration. He coordinated the Start/Finish and picked up all the supplies Saturday and loaded and unloaded tables, chairs, etc...

Zeke and Diane Zbornak - Were part of the clean-up crew and their truck saved us from making numerous trips to the storage. They both carried their weight, literally carrying heavy table, coolers, and trash cans.

Lori Walker - Always asking if I needed anything and jumped in and helped with many tasks.

Cathie Neagli, owner Northwest Cycles - Cathy and the shop contributed significantly, they arranged for all the mechanical support, supplied the tubes for the SAG drivers, not to mention let us use the shop for all our meetings, registration and packet stuffing. Cathy provided continual support.

Tracy Meixensperger - Our faithful treasurer. Was one of the first onsite Sunday morning and last to leave. Tracy coordinated the packet stuffing, paid many invoices, collected money and stayed till the very end to help load and unload equipment. She even got in a 40 mile ride!

Bob Swank - Bob did all the coordination with TXDOT and the Police, helped with registration and was a big support. Tedious work that took some time and went off without a glitch.

Amy Vanzant-Hodge - Amy brought food and drinks for the volunteers as well as worked RS #4.

Thanks for everyone's help and all the volunteers that stuffed packets, and work registration.

May 2002

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Ride = Sunday NWCC group ride SR = TXBRA Texas Cup Road Stage Race RR = TXBRA Texas Cup Road Race RT = Race Team Route for Saturday NWCC ride Tmbra = Texas MTN Bike Racing Assn 2002 Spring Series RT: Bellville = 100% chance of rain, gale force winds V: Velodrome track racing, TXBRA Cup event						
			1 Bear Creek Coached Ride 6:30pm	2	3 V: Friday Night Racing, Alkek	4 CLUB RIDE Zube Park 7:30 RT: Monaville Tmbra: Flat Creek Ranch, Austin
5 RT: Magnolia Tmbra: Flat Creek Ranch, Austin RR: Coldspring	6	7 Club Meeting 6:45 race team 7:30 general members	8 Bear Creek Coached Ride 6:30pm	9	10 V: Friday Night Racing, Alkek	11 CLUB RIDE Zube Park 7:30 RT: Pattison RR: Inez
12 RR: Victoria Crit	13	14 Club Time Trial 6pm	15 Bear Creek Coached Ride 6:30pm	16	17 V: Friday Night Racing, Alkek	18 CLUB RIDE Zube Park 7:30 RT: Bellville
19 RT: Magnolia	20	21	22 Bear Creek Coached Ride 6:30pm	23 Bike Repair Class 7-9pm 	24	25 CLUB RIDE Zube Park 7:30 RT: Monaville RR: Mirage Crit Dallas
26 RT: Anderson RR: New Hope RR Dallas	27 RR: Cowtown Crit MEMORIAL DAY 	28 Board Meeting 7pm	29 Bear Creek Coached Ride 6:30pm	30	31	

Calendar Key

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

Mountain Bike Rides. Once or twice a month "Fat Tire Sunday". Generally meets at the NW Cycle Shop and caravan out to one of the several trails within a two hour's drive. After work Cypresswood ride during the late light months Wednesday and Fridays. Check with Sandra Rice or James Farrell for the latest on the weekday (MWF) Anthills Dam rides.

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. West Oaks meets on the west side of the West Oaks Mall parking lot, 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. The Sunday rides are more informal than Saturday, so check with NWCC members, especially during MTN and road race weekends.*

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.

MAY RIDES

Schulenburg Steeple Chase
May 5

Routes: 20/40/50/75 miles
www.schulenburgchamber.org



Austin Armadillo Classic
May 11

Routes: 10/25/35/ 45/62/100
[Http://www.ccsi.com](http://www.ccsi.com)



Columbus Rolling Hills Challenge
May 18

Routes: 25/50/62.5/100 miles
www.bicycletexas.com/rollinghillschallenge.htm



Shiner Bash May 18

Routes: Houston to Shiner 98 miles
www.sunandski.com/shinerbash2002.htm

Houston Williams 100K
May 18

Route: Sam Houston Raceway Park to Kemah Boardwalk. 62.5 miles

Tour d'Temple May 25th

Route: 10, 30, 50 miles & 100K
Email SkiXtremeSr@aol.com



Race Results

Tracy Meixensperger & Bill Reilly



Bar H, March 16

Expert

*Spates, Ryan	M	19-29	27th
Talton, Jack	M	30-39	23rd
*Miller, Charlotte	W	40	2nd

Sport

*Lasswell, Andy	M	19-24	3rd
Mackey, James	M	45-49	4th
Penco, Steffi	W	30-39	1st
Gibson, Lisa	W	30-39	3rd
Stormer, Susan	W	30-39	8th

Beginner

Zgourides, John	M	35-39	13th
Dyke, Mirianda	W	19-29	2nd
Capsuto, Elena	W	30-39	15th

*NWCC Club member only

Flat Rock, April 7th

Expert

Duckworth, Bill	M	30-39	23rd
*Chandler, Paul	M	40-49	4th
*Miller, Charlotte	W	40	3rd

Sport

*Lasswell, Andy	M	19-24	dnf
Fayard, Mike	M	30-34	27th
Johnson, Don	M	30-34	29th
Winsor, Colin	M	35-39	18th
Troy, Lee	M	40-44	dnf
Mackey, James	M	45-49	5th
Penco, Steffi	W	30-39	1st
Rice, Sandra	W	40+	5th

Junior Open

Chance, Jessica	W	15-16	1st
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Beginner

Tony Deore	M	30-34	21st
Zgourides, John	M	35-39	dnf
Taymon, Morris	M	40-44	13th
Chamness, Dana	M	45-49	4th
Dyke, Mirianda W	19-29	3rd	
Gill, Monica	W	30-39	2nd
Meixensperger, Tracy W	30-30	9th	
Capsuto, Elena W	30-39	5th	
Lacy, Melanie W	40+	4th	

*NWCC Club member only

Fayetteville SR

P-1-2

26 Jonathan Sinclair

Masters 35+

10 David Bumbaugh

Cat 4

6 Blake Rich
11 Gary Rennie
15 Jeff Stones
21 Chris Grusendorf
42 Andrew Lechner

Cat 5

12 Russell Lovelace
14 richard lizama

Women 4

2 Renate Junold
9 Kristin Friedman
10 Steffi Penco
18 Nancy Dodd
19 Lauren Mahony

Youth

4 Cristin Walker
5 Daniel Walker

Masters 45+

12 Dana Chamness
20 Craig Rennpage

SCCC Championships

Here are some recent collegiate race results that our humble, College Station teammates failed to brag about. Congratulations guys!

Men A Team TT

4th Grusendorf Thomas Baker
Ernst

Women TTT

2nd Viray Brown Friedman Smith

Men B TTT

1st Lechner Smith McCabe El-dridge

Men C TTT

2nd Frank Crew Dugan Brawner

Men A Road Race

10th Chris Grusendorf

Women A Road Race

3rd Kristin Friedman

Men B Road Race

10th Andrew Lechner

TAMU Mountain Bike Blast

Men A 7th Andrew Lechner

10th Chris Grusendorf

Men B

16th Barry Kessler

Women A 1st Kristin Friedman

Friday Night Races Mar 29

Sr. 1-2 Keirin Heats

1 Mark Dearing

Sr. 1-2 Keirin Final

1 Mark Dearing

Sr. 1-2 15 Lap Scratch

4 Mark Dearing

Sr. 1-2 40 Lap PR

2 Mark Dearing

Sr. 1-2 Overall

2 Mark Dearing

Sr. 3 10 Lap Point-a-lap

4 Chris Grusendorf

Sr. 3 15 lap Tempo

3 Chris Grusendorf

Sr. 3 20 Lap Scratch

2 Chris Grusendorf

Sr. 3 Overall

2 Chris Grusendorf

Women 12 Lap Points Race

2 Kristin Friedman

Women 15 Lap Scratch

1 Kristin Friedman

Women Miss & Out

1 Kristin Friedman

Women Overall

1 Kristin Friedman

Youth 6 lap Tempo

1 Cristin Walker

3 Daniel Walker

Youth 8 lap Scratch

1 Cristin Walker

3 Daniel Walker

Youth Overall

1 Cristin Walker

3 Daniel Walker

MAY CLUB SPECIALS

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

SCHOOLS OUT!

CHILDREN'S BIKES

10% OFF

(REG Price. Not good with other offers.)



Children's Helmets

20%
OFF

(REG Price. Not good with other offers.)

17458 NW Freeway (290 & Jones Road)
Houston, Texas 77040
(713) 466-1240 (800) 986-2453

www.northwestcycle.com

Store Hours

Mon-Fri 10-7 • Sat 10-5 • Sun 12-4

TUNE UP SPECIAL

ADJUST GEARS, BRAKES, TRUE WHEELS, CHECK DRIVE
TRAIN, SAFETY CHECK

REG 49⁹⁹

NOW 39⁹⁹

GET READY FOR
SUMMER VACATION

15% off

(REG Price. Not good with other offers.)

REPAIR CLASS
SUMMER SPECIAL

at

NORTHWEST CYCLERY

MAY 23 7-9 p.m.

JUNE 20 7-9 p.m.

JULY 25 7-9 p.m.

AUG 22 7-9 p.m.

(There classes are FREE. Please call to reserve
your place in a class. 713/466-1240)



Club Time Trial June Results By Dana Chamness



1	Tom Reed	0:15:51	23.5
2	Damon VanZandt	0:15:56	23.3
3	Bill Duckworth	0:16:51	22.1
4	Pat Dunton	0:16:58	21.9
5	Thomas Begel	0:16:58	21.9
6	Bill Edwards	0:17:04	21.8
7	Joe Wimmer	0:17:19	21.5
8	Lee McDaniel	0:17:21	21.4
9	David Lynch	0:17:29	21.3
10	Gavin Kaszynski	0:17:51	20.8
11	Ron Grabur	0:18:01	20.6
12	Derek Adams	0:18:13	20.4
13	Julie Van Zandt	0:18:28	20.1
14	Gary Zbornak	0:18:57	19.6
15	Lisa Gibson	0:19:01	19.6
16	Andy Musselman	0:19:12	19.4
17	Brad Letney	0:19:27	19.1
18	Sandy Martin	0:20:11	18.4
19	Tom Holland	0:20:12	18.4
20	Robert Kennington	0:20:22	18.3
21	Cristin Walker	0:20:30	18.1
22	Gail Hurley	0:20:37	18.0
23	Diana Zbornak	0:20:47	17.9
24	Tracy Meixensperger	0:20:48	17.9
25	Wes Morrow	0:20:56	17.8
26	Delia Akers	0:21:15	17.5
27	Daniel Walker	0:21:38	17.2
28	Amanda Bockoff	0:23:19	16.0
29	Marvin Van Treek	0:23:34	15.8
30	Ethan Grabur	0:24:42	15.1

It was discovered after the TT and computation of results that the April course was a bit longer than last year's 6.2 miles. The new course from the park is 6.39 miles, thus your average speeds are slightly higher than those listed on the left.

TT Course Update

This was the first time trial of the season and our first at the new Sharp Road course. There were some last minute course changes due to water in the road. The course was adjusted to leave from the park, which also serves as the parking area. This allowed for at least a little bit of smooth road on the Katy/Hockley road. All but one participant at the April TT voted to keep this location for our Tuesday TT. Whether the start will remain at the park is uncertain at the time of this writing, but it will remain the parking area for the ride. A BIG THANKS to those that put the TT on: Dana Chamness, Morris Taymon, Melanie Chamness, Virginia McDaniel, Lori Walker, Ed Walker and Bill Edwards.



March 26, 2002

Trent Rondot
Project Coordinator
Houston Parks Board
2001 Kirby Drive, Suite 814
Houston Texas 77019

Dear Mr. Rondot,

On behalf of Northwest Cycling Club's (NWCC) over 400 members, which heavily utilize Memorial Park's cycling facilities, the NWCC Board of Directors would like to take this opportunity to comment and make suggestions in regard to the work-in-progress Memorial Park Master Plan.

While our membership certainly appreciates both the mountain bike trails and the daily closure of the Picnic Loop for road cyclists, we feel much could be done to improve cycling access and facilities in the park while positively impacting the conservation mission of the park. Bicycle access to the Park's cycling facilities is tenuous at best and at certain times of the day, nearly impossible from all directions. Our club supports the call for the integration of a planned City of Houston Bikeway Project along Memorial Drive into the park Master Plan. With the bikeway in place, cyclists would be able to safely ride to the park, leaving their vehicles at home or at their work thereby reducing the vehicular traffic in the park. There also needs to be facilities put in place to allow for safe crossing across Memorial Drive to better link the park together.

The Picnic Loop is an excellent facility for road cycling and the summer Wednesday Evening Criterium Racing Series. It needs to be maintained as such. Constructing any park facilities in the Picnic Loop area that would require vehicular access would ruin the loop for road cycling and is something our organization cannot support. An attended locker/shower facility for the south side of Memorial Park is needed for all user groups on that side of Memorial Drive.

Mountain bike riding in Memorial Park is a privilege enjoyed by many of our Club's members. NWCC fully supports the International Mountain Biking Association(IMBA) and the Greater Houston Off-road Biking Association(GHORBA) effort to maintain and improve the trails in the park. It is apparent that the present trail system is stressed and needs to be expanded to additional areas within the park appropriate for off-road riding. There is a great

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Northwest Cycling Club
Page 2 of 2
March 26, 2002

need for beginner/family riding areas that could also be shared with other user groups as part of a park-wide, well-marked, multi-use trail system.

Memorial Park is a Houston jewel that needs to be protected and improved. Enhanced cycling facilities would help reduce vehicular traffic, improve park air quality and, with better access, allow park users to better appreciate the natural environment and forest that makes Memorial Park the valued and beloved parkland resource that it is.

Sincerely,

Board of Directors
Northwest Cycling Club

Cc: Eric Tamulonis, Wallace, Roberts & Todd, LLC
Claire Caudill, Memorial Park Conservancy
Roy Wilson, Interim Parks Director
Rick Dewees, Houston Parks and Recreation
Justin Grigg, WRT
Jen Dice, IMBA
Dan Lundeen, BikeHouston
Jeanne Patterson, Texas Bicycle Coalition
Christina Case, Greater Houston Off Road Biking Association

Northwest Cycling Club presents

The
**KATY
FLATLAND**
Century

Sunday, July 21 at 7:00AM

Rhodes Stadium – Katy, Texas

Registration:

\$20.00 if postmarked by July 1, 2002 \$ _____

\$25.00 after July 2, 2002 and day of event \$ _____

Total \$ _____

On line Registration is available at additional cost. See our web site at Northwestcyclingclub.com.

Packet Pickup:

At Northwest Cyclery (US 290 @ Jones Rd.)

Friday, July 19 from 12:00 Noon to 7:00 PM

Saturday, July 20 from 12:00 Noon to 5:00 PM

At Start

Sunday, July 21 from 5:30 AM to 8:00 AM

Directions to the Start:

Take Interstate 10 to Katy, Texas. Exit Katy-Ft.Bend Road (Exit 742). Proceed north. Follow the signs to Rhodes Stadium. You will enter the stadium parking area from the East side.

The starting area, registration and packet pickup are on the West side of the stadium.

Start time:

7:00 AM 100 mile and tandem start, followed by 62, 50 and 30 mile groups. Be aware that riders will be started in groups of approximately 200 to 300 to accommodate your safety.

The first 2,000 riders registered are guaranteed an event T-shirt and water bottle.

For information call 713.466.1240

Helmets are required. Radios and Headphones are prohibited on the ride.

Make checks payable to NWCC
Mail to: Katy Flatland Century
17458 Northwest Freeway
Houston, TX 77040

Please Print Clearly

Last Name: _____

First
Name: _____

Address: _____

City: _____ State _____ Zip: _____

T-Shirt Size: M L XL XXL

Route: 30 50 62 100

I fully realize the dangers of participating in a bicycle ride and fully assume the risk 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 participation. I hereby waive, release and discharge for myself, my heirs, executors, administrators, legal representatives, signers, successors in interest 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 others or myself. I accept responsibility for the condition and adequacy of my equipment. I will wear and ANSI approved helmet at all times while riding my bicycle. I have no physical or mental condition which, to my knowledge, would endanger others or myself if I participate in this event, or would interfere with my ability to participate in this event.

Signed: _____ Date: _____

Parent or Guardian if under 18: _____

5/02

NWCC CLASSIFIEDS

★ NEW AD ★

For Sale. 54cm from bottom bracket to top of top tube, Specialized Allez Pro M4 (Aluminum Frame) Yellow and Black paint scheme, Deda Stem. All Ultegra components. Shimano Ultegra Flight Deck shifters, Shimano Ultegra brakes, front and rear derailleurs, 9 speed cassette, 170mm cranks. You can race this bike or have a great lightweight touring bike for the low asking price of \$750. Look to see what this bike runs new and you will see you are getting a great deal. Call Gregg Germer Sr. (ph)281-492-7019 email dgermer7011@charter.net 5/02

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. 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. 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

Sunday, June 9, 2002, the Tour de Braz bike ride will take you on one of 6 rides on distances ranging from 10 to 100 miles throughout the beautiful and historic Brazoria County. All rides will begin and end at Alvin Community College in Alvin,



Texas. Bring your family and enjoy the weekend in Alvin or explore the coastal areas of Brazoria. For more information and application form, the web site address is www.tourdebraz.com. Contact phone

numbers are 281 331-5910 and 281 756-3747.

Have an advertisement for the Pedal Pusher's classified section? Submit it to Lauren Mahony lmahony@houston.rr.com (713-953-1532) or Julie VanZandt juliet_a_mashburn@hotmail.com (713-861-1219). 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.**

NWCC provides member information (name, phone, and e-mail address) on its Website.

To access the membership directory, you must first obtain the club's password from a board member. Do you agree to the inclusion of your information in the NWCC membership

directory:

☐ YES

☐ NO

Mail to:

NWCC

Membership Chair

Lisa Gibson

17458 NW Fwy

Houston, TX 77040

(ph) 713-466-1240

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.

Thank you for joining Northwest Cycling Club.

Amount Paid

\$ _____

The Pedal Pusher

Northwest Cycling Club
17458 Northwest Freeway
Houston, Texas 77040



PRESORTED STANDARD
U.S. POSTAGE
PAID
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Your membership expires on 3/1/10

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HOUSTON, TX 77267

The Pedal Pusher

The Editor's Half Page by Julie Van Zandt

Breast Implants. Anybody else receive the Colorado Cyclist catalogue? (Don't worry Cathie, we just get it for the pictures.) This month's cover rivaled that of any Victoria Secret catalogue. Flipping inside to the women's clothing pages, you will again notice a Victoria Secret theme.

Okay, maybe other people didn't notice this immediately upon receipt of their "Late Spring 2002" catalogue. So before mentioning it here, I thought I had better test my theory/discovery. But who should I use as the test case? Luther Odom. If he hasn't noticed the Colorado cyclist cover, no one has. Shockingly enough, he had.

It's What's On the Inside that Counts. Aside from the ladies clothing page, the rest of the catalogue retains its focus on what is most important—bikes, forks, brakes, wheels, etc. It's kind of comical if you think about it. A catalogue with a playboy bunny on the cover and the inside pages devoted to bikes and bike parts.

Do you think just maybe a bunch of male cyclist are in charge of designing the Colorado Cyclist catalogue?

Sweat & Mud? And what an accomplished expert mountain biker they found for their cover. Her biking skills must be impeccable; she doesn't have a spot of mud

anywhere on her. Impressive.

I get mud on my face when I mountain bike. The mud's not so bad, it's the tree branches sticking out of my hair that aren't too pretty. Once, I've even sported a perfect chain mark, no not on my back calf... on my face. Never figured out how I got that one.

As for bike clothing, I wasn't too attracted to the purple nightie the cover model was wearing. I'm just not too sure my GU would fit in the jersey's back pocket. Looks like a tight fit. But I think I have two ideas where she could knock some weight off, if she wants to lighten up and thus go faster on her bike.