

The Pedal Pusher

June 2002

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A monthly
publication
promoting
the spirit of the
Northwest Cycling
Club

Message from the President

By Lori Walker

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Can you believe the year is half over? Next month on the 21st will be the Katy Flatland. David Collins and Chuck Martin are the directors and they could use your help to make sure the ride continues to be "one of the nation's top rides". If you would like to volunteer please contact Russell Lovelace, our volunteer chairperson.

There are several activities going on in late May and June. One, the Hell of the North races, which start at the end of May and continue through the State Time Trial on July 6th. Two, the Regional Track Championship on May 31 and June 1st. Afterwards, Kathy Volski will be holding the annual Marty Nothstein competition for all juniors and youth interested in track racing every Saturday during the month of June.

Okay, now it is time for

me to stand on my soapbox again. If you are a parent of children between the ages of 10 and 14 the Velodrome has free classes for these kids to learn how to race. Contact Charlotte Miller at the Alkek Velodrome at 281-578-0693 to enroll in a summer class.

A few years ago I wanted to ride but my loving husband would get upset that I was off riding and he was left at home with the kids. So the solution was get the kids involved! And boy did they. Now the kids (after just a few years) are trying to find a summer class for us to enroll in. They are tired of waiting on us!

Thinking of loving spouses, they are frequently left at home or maybe work while we are out riding our bikes. Occasionally some (the spouse, spouse equivalent, boyfriend, girlfriend, parent or

friend) do not always understand our need to ride. So Ron Ostrowski and I have come up with a few simple statements that can be used prior to leaving the house.

Before using any of these statements there is one very important point that must be remembered.... the chores must be completed. If the yard is not cut or the wash is not done the spouse will remind you of it. For instance one phrase often used in my house is "if you have time to go ride for four hours then you do have time to do the wash". Suggesting that they wear the same underwear for a second day is not acceptable or suggesting that they go and purchase more underwear so that I do not have to wash so often is also not acceptable. To have peace, all chores must be completed. It doesn't matter if you

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President's Message

cannot feel your legs you must get the chores done.

I ride my bike so..... I can live longer to love and take care of you, dear.

I can practice for my stress test. I'm going out looking for wild flowers to make a bouquet for you, Dear.

The doctor said to bike 5 days a week to lower my cholesterol and blood pressure.

I want to be able to wear the new string bikini for you, Dear (Ron's suggestion, do you think

Ron wears string bikinis? Anyone have any pictures?)

It will improve my sexual performance.

I will act and look 10 to 15 years younger.

I can discuss and solve world problems. Dear, we are members of a "think" pack.

We discuss new environmental safe techniques on doing...lawn work, paint the house, or any other chores that might be on your honey do list. Revise this statement to fit the chore of the week.

Hope these statements are beneficial.

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

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Peri Mashburn
International Mountain Bike Association (IMBA)
Sandra Rice
Texas Mountain Bike Racing Assoc. (TMBRA)
Board Member Texas Bicycle Coalition
Gail Hurley



2002 Olympiads Rider Profiles



BILL EDWARDS

Results Round I: 4 Gold

Recap of Your April Race(s):

Fayetteville Stage Race, Senior Olympics

Goal for Round II in August:

Medal in all Four Events (5K, 10K, 20K, 40K)

Started cycling when/why:

started racing at age 14 in 1946.

Joined NWCC when/why: 1994

because it's a great club

Most admired cyclist: Lance Armstrong

Other Cycling Achievements:

Cycling Coach 1980-Present.
1998 USCF Masters 65+ track champion in four events (Match Sprint, 500M TT, 2K TT, Points)

SANDY MARTIN

Results Round I: 10K bronze; 5K, 20K, and 40K, silver

Recap of Your April Race(s):

Just got out there and rode my best. It is tough doing 4 races in about 5 hours. I totally fizzled out halfway through the 40K! Also, having to go past the injured cyclist twice in the 20K made me aware of our vulnerability on the bike.

Goal for Round II in August:

Place in the top 2 in all events, mandatory to go to Nationals next June in Virginia.

Started cycling when/why:

bought a mountain bike over Labor Day weekend 1994 because I was tired of sitting at home when Chuck was out referring soccer games all weekend. I was

so naive when I walked into Academy to look at their sale bikes, I did NOT know there was a difference in bikes for different riding venues!! Soon afterwards I had slick tires on the Mountain bike, and within 6 months, was on my Little Green Giant road bike, and have been hooked ever since.

Joined NWCC when/why: I heard about the new rider groups that then met the first Sat. of each month. Dick Duntly was the new rider leader that day. I rode probably 20 miles, and thought I had ridden around the world!

Most admired cyclist: Bethel Parker and Harry Pepper. Harry Pepper is the 92 year old who still competes in Senior Olympics

Other Cycling Achievements: 10,000 in 4 years on my first road bike, and 10,000 in 3 years and one month with my Softride. Bike tours in Yellowstone and Canada's Glacier National Park.

Other cycling goals: To bike most of the National Parks, and maybe a cross country bike trip after I retire. Bike On!!

DIANA ZBORNAK

Results Round I: 4 gold medals

Goal for Round II in August: repeat or at least qualify for Nationals.

Started cycling when/why: I've been cycling forever but it wasn't until we moved to Texas that it became a passion.

Joined NWCC when/why: last year and took classes with Bruce

Gilbert and Bob Sarin, learned that fast was fun and have been trying to get faster ever since.

Most admired cyclist: The cyclist that I most admire has to be Lance Armstrong but I don't know him and I also have much admiration for a number of cyclist that I do know. One in particular that I just met this year, who has made a huge difference in my riding, and whose abilities on the bike are outstanding, is Paul Chandler.

Other Cycling Achievements: doing a number of Century rides and Metric Centuries.

GARY "ZEKE" ZBORNAK

Results Round I: 3rd place in the 5K TT and 10K TT, plus a qualifying 4th in the 40KRR.

Recap of Your April Race(s):

Goal for Round II in August: To qualify for the National Senior Olympics in 2003.

Started cycling when/why: in the 2nd grade but not as a real cyclist, only recreational and kid stuff. At that time you could not get tires or tubes for the bike because of World War II. Did not start riding harder until I moved to Texas in 1996.

Joined NWCC when/why: in 2001, to learn how to ride with a group and have more fun.

Most admired cyclist: Bethel Parker



The Poop from the Paceline

By Esther Astabula



My editor says I can only go fishing once a year, so I am writing this article while on holiday in Europe.

Right now I am visiting a NWCC member, Jenny Demarest in Amsterdam. I came all this way to attend Colin Windsor's bachelor party this past weekend, but I took a detour up to see the Prologue for the Giro d'Italia. What a party scene that was. I have never been to anything like this before, and I don't think I can adequately describe it. Jenny and I were joined on our detour by Gregg Germer, Jr. Gregg is living in Belgium and racing with a team made up of Americans. Many of you may have heard about his bad crash a few months ago in a race. He broke his collarbone in 4 places and had to have a rod put in. He is already back and not only riding his bike but racing it again. The first "celebrity" we saw at the Prologue was El Diablo - the

Devil. Yes, this is the same guy that is seen at all the races in his full devil's outfit, running beside the racers and urging them on with his trident. He was kind enough to let us take pictures with him. You can see the pictures on Gregg's website which is www.cyclinglinks.com/gregg.

The course for the Prologue was very narrow, and I could have reached out and touched Super Mario as he went by. There was a huge crowd and the whole course was lined with rowdy fans. The biggest cheers were saved for the Rabobank riders as Rabobank is a Dutch team.

The next day Jenny and I headed south to Belgium, very close to the

hometown of Johann Musseuw, to watch an amateur bike race. Apparently Johann

sightings are like Lance sightings in Austin. We had already put Gregg on the train very early that morning, because he planned on doing the race. When we got there, Gregg told us he was not going to be able to race. However, his teammate from Colorado, Ben, was able to race, and we cheered him on like we were old friends. Ben really enjoyed the cheers and he finished with the pack which was his first time to do that.

Everyone in Amsterdam has an old beater bike that they use as transportation. Bikes have their own lanes on all the main streets, and people use them to carry everything, from dogs to children, to couches.

Yes, Jenny claims to have seen someone pushing their bike along with a couch resting on the pedal! These bikes are old, I mean OLD. None of the riders wear helmets which is a little hard to believe. I will have more details of my trip in the next newsletter. We head to Italy next to actually get on our bikes and see the Tuscan countryside.

Now for news back home. Chris Germer and Tirza Gilbert are graduating from high school. Chris is headed to Colorado's prestigious College of Mines, and Tirza is going to stay close by and go to the University of Houston. I hear Tirza is taking donations in lieu of graduation gifts for her University of Arizona college fund to try and raise the out-of-state tuition. Congrats to them both! It just seems like yesterday they were both junior racers, embar-

assing us adults on the Saturday morning rides. Oh wait it was just yesterday!

Nancy and Robert Kaechler spend most of their rides these days on either their mountain bike or road bike tandem. Nancy, as the stoker (that the person who sits in back), is supposed to be the navigator. Apparently she needs a GPS because Robert says they are always missing their turns and doing extra miles. Maybe it's just a new diet she has developed for her hubby. Robert also tells me that somehow Nancy has had more wrecks on the tandem than he has. We are not really sure how she has managed this accomplishment. Maybe that is Robert's way of getting her back for getting them lost.

Ron Ostrowski had some great stories from the MS 150. I read on the Txbra website about the woman who almost got arrested for trying to use the men's showers. She was mad because there was only one woman's shower and 3 men's showers. She got in the line for the men's shower, and the powers-that-be came and turned off all the water so no one could get a shower. She finally left to the cheers of the sweaty riders, men and women. The Walker family rode and made their best time yet. Ed was on the injured reserve list and drove sag for Lori and the kids. Ed took to his new position like a duck to water. In fact, he may not come off the injured reserve list ever!

Gotta run, I just got a Colin sighting down in the red light district! Ciao.

Conquering the Beverage Nisle

By Catherine Kruppa, MS, RD, LD

Like it or not, summer is around the corner. In Houston, that means a lot of steamy runs are in our near future. The average athlete can exercise safely at a moderate level in temperatures ranging from 50-85 degrees F. That statement is something to laugh about here in Houston. Luckily, with training and heat acclimatization, athletes can safely increase the intensity and duration of exercise under these conditions.

Our number one priority should be hydration. Of course, you have heard this before, however, the average runner drinks only half of the 5-12 oz of fluid that they should every 15-20 minutes. Drinking inadequate amounts leads to a runner's worst enemy – dehydration. Research shows that you'll drink more if you like the taste of the beverage. These days you have a wide array of beverages and flavors available at the grocery store...but which one is right for you? There are three different types of beverages that can benefit an athlete. Below is the rundown on these drinks:

Sports drinks (hydration beverages) have been used by athletes for years to provide hydration. Sports drink formulations contain carbohydrates in the form of glucose, fructose and maltodextrin. These carbohydrates help to delay fatigue and enhance performance in exercise lasting for one hour or more. Sports drinks are dilute, containing 6-7% carbohydrate; this concentration is optimal for absorption of fluid in the gastrointestinal tract. The small amount of sugar and sodium in sports drinks allows them to be ab-

sorbed faster than plain water. This allows for maximal hydration.

Sports drinks are especially important here in Houston where we run the risk of hyponatremia. Hyponatremia is considered to be water overload that can dilute sodium levels in your blood. This condition can lead to serious symptoms such as confusion, disorientation, muscle weakness and vomiting. The complications include seizures, coma and even death. Women and slower endurance runners are the most at risk. Sports drinks will hydrate you as well as keep your electrolyte levels balanced during endurance exercise.

Some of the sports drinks on the market include Gatorade, All Sport, Powerade, PowerPerform Plus and Cytomax. They come in all different flavors and colors. Experiment with the different brands and find the one that works best for you.

Recovery/Nutrition beverages, by contrast, are not meant for use during exercise. These drinks contain large amounts of carbohydrate and protein and even some fat. Recovery beverages come into play after intense or long workouts lasting 60 minutes or more, when the muscles require carbohydrate as well as protein for rebuilding glycogen stores and repairing damaged muscle fibers. After a long, hot summer run it is crucial to take in adequate carbohydrates and protein within 30 minutes after your workout. If you can eat normal food after running, you do not necessarily need a nutrition drink. However, many runners feel too queasy to eat something, and it might be easier and more convenient

to drink. Research shows that liquids move through your stomach more quickly than solids, which makes these drinks perfect for recovery.

When you are shopping for a recovery beverage, check out the nutrition facts on the label. If the product contains carbohydrates, protein and fat, you are holding a recovery beverage. If it contains only carbohydrates, it is a sports drink. You can also look at the calories the product provides per 8-ounce serving. A recovery drink will provide 200-300 calories, compared to a sports drink that contains 50-70 calories. Some of the recovery beverages on the market include Endurox R4, PR Powder and Total Balance.

Fitness water is the newest type of beverage on the market for runners. Until recently, people who ran for an hour or less were stuck with drinking water. Now they have another option, fitness water. Fitness water is a low calorie hydrating fluid. It contains 0-16 calories per 8 ounces and a small amount of sodium, potassium, B vitamins, vitamin C and E. The two products that are on the market now include Propel, which is sold in 24 oz bottles, and Ultima, which is sold in the powder form. One other version of this is Glaceau Fruit Water, sold at Whole Foods. This water has a tinge of fruit added to it to give it a slight flavor. These fitness waters are great beverages for a short workout or something to sip on throughout the day.

Catherine Kruppa, MS, RD, LD is the dietitian at The Houstonian Club and is an adjunct-faculty member at the University of Houston. She can be contacted at ckruppa@houstonian.com or www.advice4eating.com.



Stretching

(The first in a Two Part Series)

By Eric Warnsman, BSMI-CPFT, ACE



Okay... your training schedule says you need to ride three hours today. After the ride, as you are a busy person, you immediately jump back into your family responsibilities... working, mowing the lawn, cooking dinner, etc. Since you're a dedicated rider you WILL get in those three hours, which will cause you to miss out on the most important part of training. What that is of course is **STRETCHING**.

We ride for three hours and skip the stretching, instead of training for two hours and 45 minutes followed by fifteen minutes of stretching. That fifteen minutes on the bike is not going to help us get any faster. What will help us become faster is having supple muscle that can handle more stress. This also speeds up recovery, which in turn allows us to have more days that we can train hard.

Stretching should not take more the 10 to 15 minutes and can reap more benefits than most people know. Stretching helps speed up recovery and prevents fatigue. This is the fatigue every rider

feels in the legs and back after long training rides and races. Stretching helps avoid injury caused by muscles tightening when undergoing heavy training. Injury probability is further heightened when the muscles are asked to do explosive movement, like sprinting from a dog, climbing hills, or anything that makes strong demands on the muscle. What can you do to help?

Stretching is the most proactive thing that we as athletes can do. Your focus should be on those muscles that you use in cycling and those that are not used. You have to be patient with stretching. Just like training on the bike, it takes a long time to build up strength. It is the same with stretching, it take several months to years of consistent stretching to see results. The best time to stretch is right after finishing the ride before getting into the car because muscles need to be warm when stretching in order to avoid injuring them.

Always stretch the muscle to the point of tension. Do not stretch to the point on pain, because mus-

cles have protective mechanisms that will tighten when we over stretch. What is getting stretched are our ligaments and tendons, which are not elastics will not snap back over time.

The most important muscles to stretch when cycling are the hamstring, calves, quads, IT band, hip flexors, lower back, upper back, triceps, shoulders, and neck. Quite a list. As you can see, we use a lot muscles in cycling. From supporting the body to moving the bike forward.

In closing, also remember that having supple muscles through massage and stretching will lessen the onset of fatigue in the muscle and improve your performance.

Next month in Part II, I will describe what stretches have helped me to improve the flexibility and suppleness of my muscle. Till then, keep stretching and riding. I am off to tackle the west Texas mountains in Fort Davis.

Eric Warnsman received a BSMI-CPFT (Certified Personal Fitness Trainer) from the Baylor Sports Medicine Institute. He has an American Council on Exercise's ACE Personal Trainer Certification.

He is currently a Personal Trainer at Bodybusiness Fitness Center in Austin.

He is a Category III on the Road and Track.

Ft. Davis By Renate Junold

I had a lucky lunch with Scot Orgish before going to Ft Davis. With four people and three bikes there was going to be little room for extras in the car and we had met to discuss what to bring. Scot was telling me he'd bring his tool bag and with his three cassette options to save space. Three cassettes huh? One for the TT with an 11-tooth ring, one for the 17% hill climb with a 25-tooth ring and possibly a third one for the second road race.

Then it was Scot's turn to be intrigued.

"So you are planning to do the 17% grade with your current cassette?"

"Mmmh, yes.....".

"And that is...?"

"Errr, whatever came on the bike.....".

"You might want to think about a 25-tooth or a 27-tooth for that grade, 'cos you are going to be hurting if that is an 11-21 cassette".

Boy was I glad we had that conversation.....

Friday dawned bright and early and myself, Josh, Oscar Celis and Scot managed to get three bikes, our four persons, our bags, food and two sets of wheels all into the rented Impala. Quite a feat!

When we reached Ft Davis at 7pm it was still light so we took a trip up to the observatory to check out the hill climb, and you know, it didn't seem to bad in the car! In fact we got to the visitors center at the observatory and were left wondering if that was all there was. Then we actually saw the top of the hill, another mile or so of UP. The car groaned its way up in

2nd gear. Everyone was really quiet.

Saturday dawned bright and WINDY. Yes a TT into the wind. Lovely. Have I mentioned that there is nothing out there? No wind breaks, no shelter, just WIND. It was an 8 mile slog, slightly up hill the whole way. Then guess what? After the turnaround it was a downhill, 20mph wind at your back spin-out! The only people who could make up time on the return leg had dinner-plate size front chain rings. I spun out at about 39mph and I wasn't even breathing hard.

Stage 2 was the moment we were all waiting for. Group after group set off and wound their way towards the foothills of Mt Locke, a distance of about 6 miles. The women were all set off together and no one was in too much of a rush to get to the big climbs. The scenery was breathtaking, literally, as the air was REALLY dry.

On the first steep grade, with the observatory in sight, the climbers were quickly separated from the wannabes. The group quickly splintered and I found myself as lead chaser, so I settled in for a long slow haul, not half way there and already in my 27 tooth ring!

The people cheering along the route really made it possible to survive the climb. I had Peri whiz by me on her way downhill in her camero yelling at me to keep going. I had Josh at the 300m mark telling me to get my Irish butt moving, and I had the devil at the 100m mark screaming at me to sprint for the stop sign because the girl behind me was gaining. With all

this encouragement it was really quite easy in hindsight!

On Sunday came Stage 3, the last and final stage. Women 4 had it easy with only 35 miles of climbing. Most other categories had 76 miles. However the first 10 miles were the same as we had slogged up the day before, so a mixture of dread and anticipation was the norm as we waited to start. Thankfully the wind had disappeared and the day was truly beautiful. As our pack quickly disintegrated in the same spot it had on Stage 2 I found myself once again as the lead chaser. It was a solo effort for the next 25 miles, long slow up hills and fast swooping down hills – bliss. I think my slowest speed was about 8 mph, my fastest about 45 mph. We had Josh at the feed zone ready with our bottles and I had the fortune to pass him twice, the first time I was able to communicate the need for some Gatorade in that bottle of water! Stage 3 finished with about 7 miles of downhill and I was whooping the whole way down, brakes were mere accessory at that point.

Ft Davis is truly a classic stage race and hard efforts are well rewarded. The Texan mountains are a sight and to experience then by bike is truly a blessing. Next year, plan to go!

Red River Challenge Report

By Patricia Perry

I arrived at the sponsor hotel, the Doubletree, up in Dallas on Friday afternoon. My first impression of Dallas was that their freeways were just as congested as ours. That evening at the pasta dinner, I was talking to, Kep, who was the No. 1 fundraiser for the 2001 Red River Challenge. Kep said that he had rode a total of 68 miles this year in preparation of the MS 150. Said that he didn't like riding and didn't want to wear himself out before the main event. I asked him, "How many MS 150's had he done?"

"Twelve," was his answer. What can I say? He must have a high pain threshold. I'm a wimp. I like to ride and I put in about 1200 training miles this year. So when I injured myself the week before the Houston MS 150, I didn't want to waste all that training time. Turns out that the Red River Challenge put my training miles to good use.

The start of the ride is up at the Superdome up in Frisco, on the north side of Dallas. It was about 65 degrees and overcast Saturday morning. So I lined up with the other 1200 riders keeping our fingers crossed that the heavy rains they had on Friday morning would not return on Saturday. I know that 1200 riders probably sounds like a lot to you, but compared to the 9000 that turn up for the Houston ride, it is a much smaller group. The director of the Red River Challenge transferred

up to Dallas from the Houston office. So I expected that it would be a well-organized event. I was not disappointed. In fact, there were about seven or eight Staff from the Houston NMSS office. It was really nice to see familiar faces throughout the weekend.

We were 1200 of the most pampered riders that I have ever seen. FritoLay is a top sponsor. As a result, the rest stops were well stocked with snacks and volunteers. At Rest Stop #2, you didn't even have to go find the food table. People were walking around with baskets offering you chips, cookies and crackers. At Rest Stop #3, there was a guy dressed in a kilt playing the bagpipes. When you pulled into the lunch stop at the Saddler & Southmayd High School, there was valet parking. When you got off your bike, a high school student was right there to take it from you and 'park it' on the lawn, which they had rows marked off numerically so you could find your bike when you were finished. Lunch was a turkey sandwich, yogurt, peanut butter sandwich, cookies, and a wide variety of chips served inside the school cafeteria. I sat down at a table with my food and a bottle of water and within two minutes, a kid is at the table asking me if I would like a cup of ice for my drink. The only thing missing was a wine menu! As I am pulling out of the parking lot, somebody with a bullhorn an-

nounces, "Good luck Pat Perry from Houston." My head whips around, who said that?!? It was Mark Naegli from the National Multiple Sclerosis Society's Houston office.

The second half of Day 1 was more of the same, rolling hills and with the wind out of the south, it was a crosswind or tail wind most of the day. The route was well marked with small signs and, in some places, yellow florescent arrows painted on the road. And if you saw orange florescent paint, that was a "heads-up" that there was an obstacle ahead. Could be potholes or loose gravel and they just wanted people to use extra caution approaching the area. One time it was a dead squirrel. Florescent road kill! At another rest stop, as soon as I stopped my bike, two young boys ran up to me offering me Gatorade, peanut butter crackers or sun screen. Gee, a rest stop with a concierge! When we crossed the state line at the Texas/Oklahoma border, there was one of those lighted signs that they use for road construction updates along the side of the road. It read, "MS 150, Oklahoma Welcomes You." Nice touch! But since they don't do much road maintenance on the shoulders of their roads, they probably don't use that sign for much. The shoulder had a lot of orange paint on it.

On the Day 1 route, you could go

(Continued on page 15)

MY FIRST LOVE: THE ADVENTURE RACE

By Marianda Dyke

While writing this story, I suddenly remembered that the distant memories of the hills I was about to run and bike, made me question my sanity. But, this race for me was different. This race was solo. My first solo. If I wanted to go slow in one section, I had no teammates to hold back. If I felt like speeding my bike on a downhill, there was no one to wait for when I reached the bottom. This was all about drawing from my strengths, while minimizing my weaknesses. It was all me!

The "2002 Texas Challenge" was my first solo adventure race. It would be up to me to complete this New Braunfels course; all at my own push and motivation. The night before the race we were furnished our kayaks so we could have time to blow them up and check them for leaks. This is something you don't want to find out when you are out on the water, while in the heat of competition: it is a real blow to your motivation. After checking for leaks, we were to deflate the kayaks, and then skillfully fold them to our liking. Once folded, the 30lb kayak was ready to be portaged around the racecourse by yours, very truly. I chose a backpack with a netting that clipped down on the outside. This was much a more convenient solution than using masking tape, which was my original plan.

The next morning came. The pre-race meeting took place and the instructions were handed out. Our

race plan had been given: we were to run with our kayaks on our backs, for 3 miles up the K.I. Ranch hills; afterwards, we were to bike 8 miles of more hills; then we were to take our kayaks down to the river, blow them up and then paddle for about 2 miles. This is usually where a USARA sprint adventure race would end. However, that wasn't the case with this one. After we kayaked, we were to bike the hills for the same 8 miles as before, but by this time they would feel like mountains. Then, you guessed it; we would end the race with the same 3-mile run we started with. Luckily, the last run, to my approval, was to be without the kayaks on our backs. But to my dismay, it would be up the same mountains, err... I mean hills. (Notice the repetition of the word, hills. Lots and lots of them!)

Plan in hand, I was anxiously waiting at the starting line. I was surrounded by friends who loved to torture their bodies just as much I do. I recall us having fun and sporting a picture-taking attitude, compared to some others - who I had never seen before- who looked at us with tight lips and uneasy stares while at the base of the first hill.

Hills! We were to see this very same hill 4 times before it was all over with!

For some reason I wasn't nervous. Yes! I had made my 3 trips to the portapotty. That is tradition for

any race I attend. But, the stomach nausea wasn't there. I knew my performance was all up to me. I relaxed taking the state of "girls just wanta have fun" attitude.

Of course, the "just gonna have fun" spirit shortly left me, as the race started and I ran beside 2 of the other women who were competing against me. Up and down the climbs we went. The last section of the run offered an interesting choice: either jumping in cold water (did I forget to mention it was February?), or detouring up and down a dry section. I saw a pony-tailed competitor going up the dry section, so I decided that getting wet was the only option. It was the right decision as I was the 1st female to complete the first run.

2nd place was right behind me, though. She transitioned faster than I and hopped on her bike up that first wonderful hill before me. I started looking for her once again. Where was she?!? I pedaled furiously in search of this "evil" woman. Finally, there she was!! More effort into my pace and I passed her with the adrenaline taking over. Now, I was on a mission!

I got to transition area and grabbed my boat. I tried to eat a peanut butter and jelly sandwich... no avail. Can't chew and breathe at the same time. Gu would have to do. I blew up my kayak as fast as I could. She was only about 1/2

(Continued on page 16)

June 2002

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 CLUB RIDE Zube Park 7:00am V: Reg. Champs MTN: 12Hour RT: Whitehall
2 Ride: Magnolia	3	4 Club Meeting 6:45 Race Team 7:30 General Members	5 Memorial Park Crit Series 5:50 Cat IV & V 6:50 Cat I,II & III	6	7	8 CLUB RIDE Zube Park 7:00am RR: Matrix Crit RT: Bellville
9 RR: Wheels in Motion RR Ride: Pattison	10	11	12 Memorial Park Crit Series 5:50 Cat IV & V 6:50 Cat I,II & III	13	14	15 CLUB RIDE Zube Park 7:00am RR: Badlands RR RT: Monaville
16 RR: Ft. Hood RR Ride: Magnolia	17	18	19 Memorial Park Crit Series 5:50 Cat IV & V 6:50 Cat I,II & III	20 Bike Repair Class 7-9 pm KFC Mtg 7pm 	21	22 CLUB RIDE Zube Park 7:00am RR: tx motor speedway RR RT: Whitehall
23 RR: Top Gun Crit Ride: West Oaks	24	25 Board Meeting 7pm	26 Memorial Park Crit Series 5:50 Cat IV & V 6:50 Cat I,II & III	27	28	29 CLUB RIDE Zube Park 7:00am RR: Walburg RR RT: Bellville
30 RR: Walburg TT Ride: Chappell Hill	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					

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 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.

Winter Trainer Classes. Wednesdays 6:30 pm (at Northwest Cyclery. Bring bike, front tire block, towel and water bottles. Late autumn and winter months only.

Bear Creek Coached Rides. Wednesdays 6:30pm at Bear Creek. Held only in late April and May months.

Informal 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 before with a NWCC member, 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.

JUNE RIDES

Fayetteville Classic
June 2nd

Routes: 10, 25, 50, 65
<http://www.bicycletexas.com>



Tour de Braz, Alvin
June 9th

Routes: 10, 32, 64, 100
<http://www.tourdebraz.com>

AGGIELAND CRAPE MYRTLE CHALLENGE



2002 CRAPE MYRTLE FESTIVAL
COLLEGE STATION NOON LIONS CLUB

Aggieldand Challenge,
College Station
June 15

Routes: 10, 30, 50, 63
<http://www.bicycletexas.com>

See the bicycletexas web-site for more rides around other parts of Texas.



Race Results

Tracy Meixensperger & Bill Reilly



Flat Rock April 7th

Expert			TT, Crit, X/C, Overall
Duckworth, Bill	M	30-39	7th, 5th, 23rd, ?
*Chandler, Paul	M	40-49	1st, 1st, 4th, 1st
*Miller, Charlotte	W	40	1st, 1st, 1st, 3rd, 1st
Sport			
*Lasswell, Andy	M	19-24	5th (downhill)
Fayard, Mike	M	30-34	27th XC
Johnson, Don	M	30-34	29th XC
Winsor, Colin	M	35-39	18th XC
Troy, Lee	M	40-44	dnf XC
Mackey, James	M	45-49	5th XC
Penco, Steffi	W	30-39	1st, -, 1st, 1st
Rice, Sandra	W	40+	5th XC
Junior Open			
Chance, Jessica	W	15-16	1st XC
Beginner			
Tony Deore	M	30-34	4th, -, 2nd, 3rd
Frye, Mike	M	30-34	30th XC
Zgourides, John	M	35-39	dnf XC
Taymon, Morris	M	40-44	13th XC
Chamness, Dana	M	45-49	4th XC
Dyke, Mirianda	W	19-29	3rd XC
Gill, Monica	W	30-39	1st, -, 2nd, 1st
Meixensperger, Tracy	W	30-30	9th XC
Capsuto, Elena	W	30-39	5th XC
Lacy, Melanie	W	40+	4th XC
*NWCC Club member (not race team)			

Flat Creek May 4th & 5th

Expert		
*Spates, Ryan	M	19-29 DNF
Duckworth, Bill	M	30-39 19th
*Chandler, Paul	M	40-49 4th
Penco, Steffi	W	30-39 6th
*Miller, Charlotte	W	40+ 4th
Sport		
*Lasswell, Andy	M	19-24 1st
Fayard, Mike	M	30-34 31st
Johnson, Don	M	30-34 DNF
Winsor, Colin	M	35-39 32nd
Nation, Terry	W	40-44 22nd
Rice, Sandra	W	40+ 4th
Beginner		
DeOre, Tony	M	30-34 20th
Zgourides, John	M	35-39 26th
Dyke, Mirianda	W	19-29 6th
Capsuto, Elena	W	30-39 5th
Gill, Monica	W	30-39 6th
Lacy, Melanie	W	40+ 3rd
*NWCC Club member (not race team)		

Fort Davis Stage Race April 27-28th

Men 3	
12th	Eric Warnsman
Women 4	
2nd	Renate Junold
Masters 35+	
8th	Scot Orgish

Additional NWCC team (roadies) results:

Bikes & More crit (DFW) - April 20

Women 4

1st Lauren Mahony
2nd Kristin Friedman

Coldspring RR

55+
5th Luther Odom

Waco April 21st

Expert				Chance, JessicaW	15-16	dnf
Duckworth, Bill	M	30-39	29th	(sprained her wrist, reinjured her		
*Chandler, Paul	M	40-49	4th	knee)		
*Miller, Charlotte	W	40+	7th	Beginner		
				DeOre, Tony	M	30-34 8th
				Noack, Joe	M	30-34 21st
				Chamness, Dana	M	45-49 3rd
Sport				Dyke, Mirianda	W	19-29 2nd
*Lasswell, Andy	M	19-24	5th	Ferrell, James	M	35-39 21st
Wnsor, Colin	M	35-39	19th	(James has finally decided to race!)		
Nation, Terry	W	40-44	18th	Capsuto, Elena	W	30-39 7th
Mackey, James	M	45-49	7th			
Penco, Steffi	W	30-39	2nd	Meixensperger, Tracy	W	30-39 10th
Rice, Sandra	W	40+	3rd	*NWCC Club member only		

JUNE CLUB SPECIALS

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

**HANDLE BAR TAPE
SPECIAL**
"BYT THE TAPE GET THE INSTALL FREE"

(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

ROAD & MOUNTAIN 2001 CLOSEOUTS

Supersport GLX
was 139900 now 94900

Cannondale R-900
was 149900 now 125000

Schwinn Home Grown PRU
was 169900 now 99900

Cannondale F-600
was 1049900 now 89900

(REG Price. Not good with other offers.)

REPAIR CLASS SUMMER SPECIAL NORTHWEST CYCLERY

JUNE 20 7-9 p.m.

JULY 25 7-9 p.m.

AUG 22 7-9 p.m.

FREE (Please call to RSVP at 713/466-1240)

hot deals for summer

**15%
OFF**

**camelbacks, water bottles &
cages**

(REG Price. Not good with other offers.)

**SUMMER CLOTHING
ON SALE**
Your Choice

15% off

(REG Price. Not good with other offers.)

Summer Service Special

Drive Train Cleaning

REG 2499

NOW 1999

(REG Price. Not good with other offers.)



June Time Trial Results

By
Dana Chamness



NAME	TIME	MPH	NAME	TIME	MPH
Paul Chandler	0:14:58	25.5	Tracy Meixensperger	0:18:34	20.6
Tom Reed	0:15:09	25.2	Tom Holland	0:18:44	20.4
Jolius Stuart	0:15:46	24.2	Andrea Chandler	0:18:47	20.3
Thomas Begel	0:16:03	23.8	Gary Zbornak	0:18:47	20.3
Bill Reilly	0:16:19	23.4	Sandy Martin	0:18:49	20.3
Pat Dunton	0:16:24	23.3	Wes Morrow	0:18:58	20.2
David Lynch	0:16:29	23.2	Cristin Walker	0:19:13	19.9
Ron Grabur	0:16:49	22.7	Diana Zbornak	0:19:14	19.9
Gavin Kaszynski	0:16:58	22.5	Daniel Walker	0:19:26	19.7
Lisa Reed	0:17:12	22.2	Carl Lincon	0:19:33	19.5
Cory Pelletier	0:17:30	21.8	Lori Walker	0:20:31	18.6
Dan Bartley	0:18:08	21.1	Margaret Shelton	0:21:51	17.5

TT Course Update

The next Time Trial will be June 11th at the same location. We start at/near the park (also the parking area) to allow a longer run on the smooth paving. It was noted at the May TT that the chip seal is getting better with the heat and traffic. *Editors note. That's a good thing, it being so hot the pavement melts?*

Inez & Victoria May 11th & 12th

Great turnout for NWCC at the races this past weekend.

INEZ Men Pro 1-2

12th Paul Chandler

Men 3

3rd Eric Warnsman

18th Mark Dearing

Men 4

4th Blake Rich

12th Peter Cariveau (Pete flattened three miles into the race and chased solo for at least twenty miles to reel in the pack.)

13th Dana Chamness

Men 5

26th Gary Zbornak

Women 4

1st Renate Junold

3rd Kristi Kees (first-ever road race)

6th Steffi Penco

7th Nancy Dodd

10th Juliet Mashburn

12th Lauren Mahony

14th Lisa Gibson

22nd Tracy Meixensperger

23rd Diana Zbornak Unattached

Masters 35+

4th David Bumbaugh

10th Scot Orgish

Masters 55+ 4th Luther Odom Northwest Cycling Club

VICTORIA Men Pro 1-2

8th Paul Chandler

Men 3

1st Eric Warnsman (attacked with 4 laps to go and soloed in for the win).

Men 4

7th Chris Grusendorf

Women 4

1st Renate Junold

4th Lauren Mahony

5th Nancy Dodd

7th Julie Mashburn

Masters 35+

1st Paul Chandler

Masters 45+

3rd Dana Chamness

Special kudos go out to Renate Junold and Eric Warnsman for their performances this weekend. Renate for taking two first place finishes and winning the Spring points series for TXBRA. Eric placed third on Saturday and came back with a first on Sunday. Also, Paul Chandler took a first and eighth on Sunday. Despite a crash in the breakaway, Paul still finished twelfth on Saturday.

Cold Spring, May 5th

Men 3

16th Eric Warnsman

Men 4

3rd Chris Grusendorf

5th Gary Rennie

7th Blake Rich

19th Peter Cariveau

Women 4

1st Kristin Friedman

2nd Lauren Mahony

8th Nancy Dodd

11th Lisa Gibson

14th Julie VanZandt

Masters 35+

10th David Bumbaugh

11th Scot Orgish

Masters 45+

15th Dana Chamness

Masters 55+

5th Luther Odom

(Continued from page 8)
Red River Challenge

"short" and ride 81 miles or go "long" and do a Century. (That's cyclist lingo for 100 miles.) I wanted to get my money's worth so I did the Century route. I don't know if I'm super slow or those Dallas cyclists are just a bunch of wimps, but I didn't see another rider out on the long route. Riding through Madill, OK, (pop. 3200) I am passed by a police car going very slow with his lights flashing. Traffic is moving very slow. I'm thinking to myself, WOW, I'm getting a police escort. But then I see a BIG white car. It's a hearse. I'm in the middle of a funeral procession.

After 101 miles, I rolled into the Day 1 finish at the Lake Texoma State Park at 4:40. One of the perks of being a top fundraiser for the MS 150 is the VIP treatment from Staff of the Lone Star Chapter of the NMSS. Just like the overnight for the Houston-Austin ride, hotel rooms are hard to come by. But I pulled some strings and managed to get a room at the Lake

Texoma Lodge. At \$47 a night, it's not a Hilton. But it has a bathroom with running water, and a comfortable, clean bed. I don't know who was more thankful, my husband or me. After a nice dinner of salad, baked chicken breast, baked potato, and cake, it was off to the massage tent. Needless to say, I don't remember much after my head hit the pillow at 9:30.

Woke up Sunday morning to 63 degrees, rain, wind and lightning. Not good weather for riding 62 miles! Thank goodness, by 7:30 it had stopped. We rolled out of the park at 8:15 under cloudy skies. Ten miles down the road, the sun was shining. Day 2 was more of the same, rolling hills with a tail wind or crosswind. Some of the route is two-lane country roads and you are always on the alert for cars coming up behind you. At one point I can hear a car coming up behind me and I see a car coming towards me in the other lane. We are going into a curve so with my left hand, I motion the car behind me to stay back and NOT pass. We get around the curve,

the oncoming car goes by, and a deep voice on a bullhorn says, "Thank-you." It was a Oklahoma State Trooper behind me. What they lack in scenery, they make up for with hospitality!

Sixty-one miles on Sunday would be just like the training rides I do from West Oaks to Fulshear every week. Piece of cake! Except the hills. Except for the 101 miles the previous day. I still managed to make good time and rolled into the finish at Noble Stadium in Ardmore at 12:40. Once again, my husband (and personal photographer) is waiting for me. Hand him my bike and I head for the showers. Just like everything else along the way, the finish area is spacious and well organized. They have opened up the Field House to give us access to showers and bathrooms. Very nice! Of course, there is one more MS 150 tradition. On the way home, Blake always keeps his eyes open for a Dairy Queen. Peanut Buster Parfait is my final reward for a weekend of hard work. I'm a cheap date!

(Continued from page 9)
My First Love: the Adventure Race

way blown up when I started paddling down the Brazos river.

Yeepee! I was in the lead again! But what was that? She skillfully passed me in the kayak section. I saw her smooth paddle stroke, while I had to paddle madly. (Note to self: paddle practice!) She exited the water about the same time I did. We both ran to transition. But where was my helmet? Oh, no! I left it by the water! She, once again, got ahead of me. While I inhaled a Gu and threw on my bike gear, I saw her walking her bike up the first hill. I have Gu streaks on the corner of my mouth. How stylish! I furiously ran my bike up the first climb trying to make up ground. By this time, riding is no longer an option: those hills have really become mountains. Fortunately, a flat section was right in front of me. So, I hopped on the bike and pedaled like crazy. I knew she was somewhere in front of me not too far... Oh, yeah, there she was!!! Once again, I passed her

and regained the lead. Now that she was behind me I worried about keeping my lead: I whispered sweet nothings to my bike as I passed other competitors on foot pushing their bikes down, what I considered to be the "fun" part of the race. Downhill rules! This was a great motivation for my tired and hungry body.... The last bike leg was done. I looked back to see where I stood. No one in site! Good! One more transition. I started up that dang, wonderful hill for the last time. This time I was on foot and had only 3 miles to go before my mission was completed. When I came up to the water crossing once more, it was a welcome site... I could use the cooling. I looked back every now and then. No one there... It felt good. Finally, I saw the finish line. My lungs felt huge and my legs slow... The 6 bright red letters drew closer. I said to myself: "When am I getting there?" This was the longest half a mile I have ever run! As I got closer, I began

seeing familiar faces yelling and clapping. Was that for me? One last check behind me, and then my arms were raised in jubilation. A huge smile on my face, I crossed the finish line in first place. This was my day! No. Make that my week! How easily am I pleased! Next mission? Code name: Dr. Pepper, Pizza and double stuffed Oreos. The food of the champs!

Marianda Dyke
February 6, 2002

2002 Texas Challenge Adventure
race

ANTICIPATION

To the portapotty for the 3rd time...

Before I join my competitors at the starting line...

I am silent and I close my eyes...

Saying "give me strength" as I look up into the blue skies...

Anxiously, I wait...5..4..3..2..1!

We push off and clip in as she sounds the gun...

Another mountain bike race has begun.

Marianda Dyke

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: _____

6/10/02

NWCC CLASSIFIEDS

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 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

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**

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



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.

NWCC Membership Application

CHECK ONE : NEW MEMBER RENEWAL

Last Name: _____ First Name: _____

Family Membership-names: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Work Phone: _____

Medical Condition: _____

Birth Date(s): _____

Emergency Contact: _____ Phone: _____

E-mail Address: _____

Occupation: _____ Willing to Volunteer skills? _____

Permission to publish contact information (phone numbers & email address) in password protected online Member Directory? circle one: YES NO

Primary Reason for Joining NWCC? _____

AREAS OF INTEREST (check all that apply)

☐ Road Riding	☐ Volunteer Opportunities	Racing: (team affiliation: _____)
☐ Mountain Biking	☐ Fitness Education/Nutrition	☐ not yet, but interested
☐ Bike Commuter	☐ Cycling Education, Skills & Safety	☐ Off-Road, cat: _____
☐ Tri-Athlete	☐ Bike Maintenance Education	☐ Road, cat: _____
☐ Adventure Racing	☐ Out of Town Rides/Tours	☐ Track
☐ Cycling Advocacy	☐ Houston Area Group Rides	☐ Cyclocross

MEMBER DUES

Dues are \$20.00 per year for single membership and \$30.00 per year for Family membership. Your membership will expire 12 months from the date you join. Your expiration date will be printed on your newsletter label. One newsletter will be mailed for each single or family membership.

Thank you for joining NorthWest Cycling Club!

**** IF THIS RELEASE IS NOT SIGNED, YOUR APPLICATION WILL BE RETURNED TO YOU ****

In signing this release for myself or for the above named applicant(s), 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.

Signature: _____ Date: _____

Amount Paid: _____ (circle one) \$20.00 single \$30 Family Check Number: _____ CASH Rec'd by _____

Make checks payable to: **NWCC**

Mail to: **NWCC Membership, 17458 Northwest Freeway, Houston, Texas 77040**

The Pedal Pusher

Northwest Cycling Club
17458 Northwest Freeway
Houston, Texas 77040



PRESORTED STANDARD
U.S. POSTAGE
PAID
KATY, TX
PERMIT NO. 93

Your membership expires on 3/1/10

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PO Box 671013
HOUSTON, TX 77267

The Pedal Pusher

The Editor's Half Page by Julie Van Zandt

Pull through please.

I need a nice long draft after pulling for a year on this newsletter. June is my one year anniversary as editor and I am ready to move to the back of the NWCC pack.

Writing the newsletter is like racing or the Saturday NWCC ride. I'm giving it all I've got to hang on, but due to extreme exertion, my brain has gone numb. The sad side effect of this mental paralysis, is some outrageous thoughts coming out of my mouth. Kind of like being inebriated.

My last articles covered savory topics like breast implants, boogers and the like. So the logic would seem to follow, that I am a

bit pooped on this whole editing business.

Bone headed moves.

Again like racing and hard riding, the responsible thing to do is pull off the peleton. Otherwise, stupid moves are inevitable and this is a dangerous thing. [Quick aside, I read somewhere that your brain swells to protect itself during times of hard physical exertion.]

Back to matters at hand.... Surprisingly enough, I did not get the most rousing response to my editor want ad in the April issue. Though, one little animalette did take a nibble. Steffi???

Perks of the Job.

Maybe I have been remiss in promoting the editor position. Very prestigious. Sacks of cash. But most importantly, you can exercise your editor's rights when listing Tuesday night time trial results. I thoroughly enjoyed seeing my name in print, beating a pro averaging over 28 mph. So, I guess you could say that being editor gives you a once in a life time opportunity.

I have to wrap this up now, I need to go work on my time trialing. Before I go though, a retraction from last months Half Page. Luther's an assman not a titman.

I'm off.