

The Pedal Pusher

July 2002

Vol XVI, Issue 7

A monthly
publication
promoting
the spirit of the
Northwest Cycling
Club

Message from the President

By Lori Walker

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Big news from the club the 17th at 8:00 am. Meet Grusendorf and Kristin meeting in June, the Saturday morning rides will start at 7:30 beginning July 6th rather than 7:00 am as in the past. Board member Bill Reilly asked if the board would vote to change the time from 7:00 to 7:30. Bill's reason for wanting the change was that he didn't want to have to get up at 5:30. He, among others, would rather sleep an extra 30 minutes. All board members received an email asking if they would like to keep the time at 7:00 am or change to 7:30. Sleep time is very important to all that responded with a definite yes. We then took a vote at the club meeting and all but two members voted yes for the change. **Remember for the months of July and August the start time for Saturday morning rides will be 7:30 am.**

Joe Noack will be coaching an intermediate safety class on Saturday August

at the Extension service parking lot in Bear Creek Park. Joe will be coaching Both, Chris and Kristin, are members of the race team. They race road, off road, and track. Many thanks to both of them for volunteering. There will not be a speaker for the July meeting. Instead we will be working with David Collins and Chuck Martin on the final details of the Katy Flatland. In case you didn't know, the Katy Flatland is on July 21st. Contact Russell Lovelace if you would like to volunteer for the Katy.

Everything with regards to club business is running very smooth. Our membership is around 300 members and growing daily. If you are new to the club or an old timer and have suggestions please email any one of the board members.

Safety Clinic

NWCC Intermediate Safety Skills Clinic

August 17th

8:00 am

Bear Creek Park Agricultural Extension Center

Cost: Free to NWCC members

Course will cover group riding/proximity drills; cornering 90 degrees and 180 degrees; obstacle avoidance, emergency braking, balance and handling drills (game format); pace line/echelon introduction; EXTRA if time allows: wheel touching, physical contact on the bike (game format).

Limit of 20 riders pre-registered

Contact Joe Noack to register: jnoack@attglobal.net or (713) 863-1881

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). August and September submissions should be sent to chris_grusendorf@yahoo.com or KristinFrigdman@aol.com

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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



Common Questions about Giving Blood

By Sandy Martin, RNC CNM



Q. I have circulation and/or heart problems, can I give blood?

A. Most can donate, even if controlled high blood pressure.

Q. I had dental surgery and/or dental procedures done.

A. All dental procedures after 3 days, or one week after oral surgery.

Q. I take generic medications, can I still give blood?

A. Most drugs do not defer you from donating blood. The Blood Mobile will have an extensive list of medications at the blood drive to check.

Q. I have allergies, arthritis, cold/flu, diabetes, headache, psoriasis, poison ivy, ringworm, thyroid problems, etc.

A. Most common ailments have no deferral. Again, a comprehensive list will be at the Mobil Van for verification.

Q. I have had a sexually transmitted disease.

A. Most are not a deferral problem.

Q. I have had casual contact with someone with hepatitis, can I still give blood?

A. YES!!

Q. My husband/boyfriend has had an elevated PSA and is on medications, can he give blood?

A. That depends on the medica-

tion his is taking for the prostate problem.

Q. My wife/girlfriend is pregnant or recently aborted. How soon can she give blood?

A. 6 weeks after the pregnancy ended.

Q. My wife/girlfriend is on Birth Control Pills/Hormones, can she give blood?

A. YES!

Q. I just received a vaccination for _____. Does that make me exempt?

A. Most common vaccinations are OK. Again, a comprehensive list will be at the Blood Van.

Q. I just got this awesome bike chain ring tattooed on my leg last week, can I give blood?

A. Sorry, this one gives you a one year deferral, however sterile ear piercings with a sterile gun is only a 2 week deferral.

Q. I just returned from a year in West Africa in the jungle. Does that make me ineligible?

A. Yes, since you might have contracted malaria or other conditions. Hope you enjoyed your trip!

Q. I just had major surgery 2 months ago, what about me being able to donate? Then 2 weeks ago I had cataract

surgery.

A. You can donate blood 6 weeks after major surgery with no blood transfusion or an autologous blood transfusion, or 2 weeks after cataract/Lasik surgery.

Q. How often can a healthy person donate blood?

A. Every 8 weeks for whole blood. Other blood components can be donated at different intervals depending on the type of blood product being extracted.

Q. Who can donate blood?

A. Anyone who is in good health, at least 17 years of age, and weighs at least 110 pounds. Let's face it, that includes the VAST majority of us!!

Q. Why should I donate blood?

A. An adequate and readily available supply of blood saves lives! When someone is injured in a car accident (or bicycle accident), shot, or is a burn victim, they need blood immediately. On any given day, health care agencies in our community can use as many as 2000 blood components. Let's all make sure the blood is there if we or someone in our family should need it.

Thanks, Hope to see you at the Blood Mobile, Sat. July 27, at Northwest Cyclery from noon to 5PM.



The Poop from the Paceline

By Esther Astabula



The club has two new additions to the juniors' team. Congrats to roadie Jason Lizama and his wife Allison, who had son Jae in May. The mountain bike team was not to be outdone as Mike Fayard and his wife had a baby girl and named her Arden.

One of my Sunday riding partners, Richard Weirich, joined the "I Do" Club. He promises that his new wife, Bette, will still let him drag me around on Sundays.

Seen in the pack after a long absence was none other than Stirling Pack. It is good to know Stirling has not lost his sense of humor and he's still telling the same corny jokes.

I tried to warn Dana Chamness that mountain biking could be hazardous to your health. Apparently he dipsied when he should have doh dahed at the Memorial Park trails. Here is a hint to you single guys – this is a good way to approach women as you need help in getting your jersey off after a ride.

The little lady drives a big truck. Ever seen the entertaining sight of Andy Chandler applying her pre-ride sunscreen? Instead of checking her reflection in the car window, she uses the door of her Ford F150 4x4. This is of course since she can't quite make it to peer in her F150 windows even on tippietoes.

Did you hear the one about the Aussie, the South African and the Kiwi (that's someone from New Zealand)? Seems like they were out on a bike ride and came upon this blonde who had a flat. OK – there's got to be a joke in there somewhere! I don't know if you have noticed, but we have lots of folks riding with us that sound mighty peculiar when they talk. Let's see we have Paul and Greg from Australia, Vivian from Brazil, another gent from South Africa, and a couple of Kiwis thrown in to keep the Aussies in line. We are becoming quite an international club.

Well, when you last heard from me, I had been to the Prologue of the Giro. Jenny Demarest and I flew down to Pisa, Italy (with our bikes) to see the Italian countryside. These people are so wonderful to cyclists. They will drive the car off the road, risking life and limb, in order to give you room on the road. Our first ride was from Pisa to Lucca which is on the way to Florence. About five miles into our ride, we were passed by an Italian paceline, and we jumped right on. They did not know what to think of these American women riding with them, hanging on for dear life and loving every minute of it. It was a blast to go charging through these tiny towns and see the faces of the people as we flew past. We stayed with them for several

miles, but the speed increased and there had been too much time off the bike. We did not try to ride in Florence as we feared for our safety even in our car. So, we waited until we got to Tuscany. We stayed in a tiny town in a valley. Only problem with staying in a valley – any way you go, it's uphill. The last day we figured we would do a short ride to Montalcino. We had no idea that it would be all uphill, and I think in this case ignorance was bliss (at least for the first hour). Seriously, we climbed for a little over an hour to the base of the city, sat at the Gelateria, drinking water and eating ice cream, contemplating that last climb on the very narrow, very steep road that took all the cars and tour buses into this walled city. I said let's head down. Boy was that descent fun. I was down and back where we started in 15 minutes. I have never had so much fun, but it was scary. The cars gave me tons of room and let me take all the road I needed on those hairpin turns. I got quite a few curious looks! I heartily suggest that if you get the chance to go to Italy, take your bike. You won't regret it. Tip for single girls – there are tons of men on bikes over there and hardly any women.

See you on the road.

Esther Astabula

Eating Healthy on the Go

By Catherine Kruppa, MS, RD, LD

Summer is here and it is time for Americans to hit the highways and the airways. The kids are out of school for the summer and we are all on the run. Many people are under the impression that it is impossible to eat healthy on the road. There are healthy options out there, but you have to beware. Not everything that sounds low fat is. Here are some tips on the good and the bad at America's fast food restaurants.

McDonald's

Avoid: Big Mac and Super Size French Fries = 1100 calories, 57 grams of fat

Instead try: Grilled Chicken Deluxe with no mayo = 300 calories, 5 grams of fat or the Salad Shaker with fat-free herb vinaigrette dressing. The salad is 100-150 calories and the fat free dressing contains just 30 calories. For dessert avoid the McFlurry which contains between 570-630 calories and more saturated fat than a quarter pounder. Choose the fruit and yogurt parfait for 380 calories and 5 grams of fat or the vanilla reduced fat ice cream cone for 150 calories and 4 grams of fat.

Burger King

Avoid: Whopper with cheese and onion rings = 1040 calories, 60 grams of fat.

Instead try: The new BK Veggie. This flame-broiled burger is made from grains and vegetables. Another added bonus is that it is served with reduced fat mayonnaise and contains 330 calories and 10 g of fat. Another added feature on the BK menu is the Chicken Whopper, it may sound healthy but it carries with it 580 calories and 26 grams of fat.

Chick-fil-A

Avoid: Chick-fil-A Chicken Sandwich with small waffle fries 590 calories, 19 grams of fat

Instead try: Chargrilled Chicken Sandwich for 285 calories and only 3 grams of fat. Chick-fil-A is one of the only fast food restaurants that offer a vegetable side dish. Opt for the small carrot & raisin salad for 150 calories and 2 grams of fat and you will be one step closer to your 5 servings of vegetables per day.

Wendy's

Avoid: Big Bacon Classic with Biggie fries = 1050 calories and 53 grams of fat

Instead try: 8 oz. chili on top of a plain baked potato for 530 calories and 7 grams of fat. For a lighter meal try one of their new salads

Taco Bell

Avoid: Mucho Grande Nachos with adds up to a grande 1320 calories and 82 grams of fat

Instead try: Grilled steak soft taco for 200 calories and 7 grams of fat. A healthy side is the pintos' N cheese for an additional 190 calories and 8 grams of fat.

Jack in the Box

Avoid: Sourdough Jack and Seasoned Curly Fries = 1090 calories and 67 grams of fat

Instead try: Chicken Fajita Pita contains 280 calories and 9 grams of fat

Schlotzskys

Avoid: Regular Original = 941 calories and 50 grams of fat and this does not count a bag of chips!

Instead try: Small Dijon Chicken sandwich for 330 calories and 4 grams of fat or the Regular Smoked Turkey Breast sandwich which contains 498 calories and 7 grams of fat.

Remember, even if you do order a higher fat or high calorie food; simply balance it by choosing low fat foods throughout the rest of the day. Have a healthy and safe summer.

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.

Cycling: New Meanings for Old Terms By Wes Morrow

Have you noticed that some terms that we now use once meant something totally different to us? Below are listed some fun examples. Perhaps you can think of more. Of course, meanings vary, depending upon when and where you were when you learned them.

BEFORE

Bar: A place to hang out, drink, visit, meet new people.

Gear: Stuff to take with you in case you need it.

Bridge: Either a game you play with cards, or a structure to drive across.

Fork: Either an eating utensil with tines, or a split in the road. As Yogi Berra said, "If you come to a fork in the road, take it."

Wheel: Didn't we all want to be a wheel some day?

Flat: Means we have to call a wrecker or find the jack.

Blow Out: Could be a sudden flat, more likely was a wild party.

Cassette: Something we use to store our tunes.

Draft: Something to stay out of.
One way to drink your beer.

AFTER

Bar: Something to hang onto or hunker over, especially to get out of the wind.

Gear: What you need if you are going to climb those hills, turn the corners, or keep up with the pack.

Bridge: What you have to do to catch up with the group ahead of you.

Fork: The part of your bicycle that is your only connection with your front wheel. Carbon fiber, aluminum, or steel, aerodynamic or not, everyone needs one.

Wheel: We all need at least two of these.

Flat: Usually a minor inconvenience that we all know how to handle.

Blow Out: A sudden flat.

Cassette: 8 speed, 9 speed, or 10. This is what makes the wheel go around. See "Gear" above.

Draft: Something to stay in if at all possible.

Back in the Saddle: This is the one term that means pretty much the same, albeit with slightly different connotations, and that is, "We are riding again!"

Friends

By Greg (Still Racing) Smith

I want to say something about the friends I have met and continue to enjoy at Northwest Cycling Club. I look forward each week in seeing them at the Saturday morning ride, and at the races we compete. I work my schedule such that I have weekends off. It's important to me. These people are important to me. What is so important in riding with a few folks?

Well it has to do with the quality of these fine people. True, we share a common interest, but it's more than that. It is their outlook on life. It is their determination to get better both physically and mentally. To laugh at life as they peddle furiously along. To smile at the silly things that happen to us all in this pursuit of speed and stamina.

I first joined the club as a result of purchasing a bicycle from the Northwest Cyclery. I had no idea what a world it would open up. I think that was in 1994. I spent the first year learning basic bicycle. That is how to unclip without falling down, how to fix a flat, and how to keep up with that human dynamo Sandy Martin. I couldn't believe she could ride 40 miles without stopping.

I rode my first rides with Jeff Tanner, Jeff Dixon, Gregg Germer, and Patrick Saunders. We sat patiently on our bikes waiting for the start of our group (16-18) always

debating whether we should try the 18-20 group. The "fast group" was way out of our league.

I rode my first races with Kevin Given, George McKenna, and Damon Van Zandt. Damon was way better than the rest of us. Still is. They gave me good advice. Advice I still use to this day. I met one of my favorite people through racing. That would of course be Peri Mashburn. What a life of the party she is. What a godsend to cycling. You can hear her laugh a mile away, and it always makes me grin.

I've come to know some standup men and women through racing. Tough as nails. They are like my brothers and sisters and I would do anything for them. People like Morris Taymon, Dana Chamness, Craig Rennpage, and Jim Wallis that I race beside year after year.

I've seen women crash, bloodied, get up and chase down the pack, Lauren Mahony and Nancy Dodd. Tough as nails. Then there is Julie Van Zandt trying out her racing legs. Renate Junold wins everything in sight. Our women's team does us proud.

Then there's the folks I just like being around to pass the time. People like Bethel Parker, Stirling Pac, Don Byrd, and Jerry Walter. We can stand around and talk bicycle all day long and not get

tired.

Then of course there are people I just flat admire like Lori Walker, Gail Hurley, Bill Edwards, and of course Dave Collins. They have done so much and continue to do so much, without much of a thank you. It's just nice knowing you folks!

So I'll drive down to Zube Park next Saturday, radio blasting away, smile on my face, and pull in the parking lot. Maybe we'll ride fast today, maybe slow. Maybe I'll win the hot spot sprint, maybe I'll get blown out the back. It doesn't really matter, does it? I'm with my friends.

Greg Still Racin' Smith

A Homeboy in Belgium

By Gregg Germer, Jr.

June 4, 2002

I'm not much in a writing mood as it's not been a very exiting week over here in Belgium and I hate to recite (and even more so put on paper) the stupid things I've done. When I started writing these weekly diaries I said I would write about the good and the bad, well this is more about the stupid.

This weekend I raced in Hotton, in the southern French speaking part of Belgium, which also means there will be some very hard climbs. The race was about 160 kilometers long with 8 or so notable climbs of 1 to 3 kilometers.

I start the race with my legs a little stiff from a hard ride I did only two days before. I was the backup rider for Paris-Roubaix (Espoirs edition) so I figured I should go out and ride some hard cobbled sections just to get my body use to the pain of riding pave encase I was needed to race. Once the first climb of the day came I was in a world of hurt, but as the pace settled down I found my legs and I was doing fine.

So here I am having the best race ever in Europe. I am flying up the hills and recovering on the downhill. Everything is great! I even had the energy to go back to the car to get feeds for the team. So I guess it's fitting when I'm doing so well I get smacked with a little humility to bring me back to the reality of my normality. The hardest climb of the day comes and I make the main field

screwed up three hours of hard work. Next thing I know I found myself in the ditch and my front wheel is broken.

I will have to rank that as about number three or four of the Stupidest Things I've ever done on a bike. On the other hand I will rank it in the top ten of Best Saves' as I came out of a 50 kph crash with only a few small

scrapes and protected my collarbone.



On another note, the weather here has been nice with temperatures in the 70's and bright sunny skies. The people of Belgium really come out when it's nice as the beach was packed with people on Sunday. I guess if you live in such

of 20 guys with only another 20 or so ahead of me in small groups. I think to myself, "Hell yea, I'm going so well, just sit in and conserve for the next climb then lay it all on the line." So we are descending and I pause for a second to glance back to see if my teammate RJ is behind me. In that two-second lapse of thinking, I

cold and rainy weather you appreciate the nice weather much more.

You can see the pictures of the rides here (at <http://www.cyclinglinks.com/gregg/>) and till next week, keep the rubber side down...

Gregg

The above is an excerpt from Gregg Germer's cycling travel diary found on his website [cyclinglinks.com/gregg/](http://www.cyclinglinks.com/gregg/). Gregg started cycling back in 1994 at the Alkek Velodrome in Houston, Texas. From his first ride he knew cycling was the sport for him. He is an accomplished cyclist of all disciplines including road, mountain bike, cyclocross and track. After finishing high school he decided it was time to move on past racing in Texas and do bigger and better races. He has gone from the National Racing Calendar to South Africa and is now in Europe.

July 2002

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Club Meeting 6:45 Race Team 7:30 General Members	3 Memorial Crit	4	5	6 CLUB RIDE Zube Park 7:30am R: Monaville RR: State TT
7 R: Ander	8	9	10 Memorial Crit	11	12	13 CLUB RIDE Zube Park 7:30am R: Whitehall
14 R: Pat- tison	15	16	17 Memorial Crit	18	19	20 CLUB RIDE Zube Park 7:30am R: Bellville
21 M: Kelley Creek Ranch Race KATY FLATLAND	22	23	24 Memorial Crit	25 Bike  ir	26	27 CLUB RIDE Zube Park 7:30am R: Monaville Blood Drive 12- 5pm 
28 R: Magnolia	29	30 Board Meeting 7pm	31 Memorial Crit	RR: = TXBRA Texas Cup Race R: = Race Route for Saturday NWCC ride Tmbra = Texas MTN Bike Racing Assn 2002 Spring Series V: Velodrome track racing, TXBRA Cup event M: = Mountain bike 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) Ant-hills 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 7:00AM
- Jul thru 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.

JULY RIDES



Katy Flatland, Katy
July 21

Routes: 30, 50, 62 & 100 miles

Kelley Creek Summer Races, Kerrville
(Mountain Bike)

July 21 and August 11
<http://tmbra.org/calendar/forms/2002%20Kelly%20Creek.pdf>

Century Buzz Bike tour & Mosquito Festival, Clute

July 28
<http://www.bicycletexas.com>

Chain Gang Ride
Houston to Abilene
July 31 to August 3
350 miles

<http://www.chaingangride.org/>

For a complete listing of all rides in Texas go to bicycletexas.com

Don't forget to mark your calendar for the **8/17 Safety Clinic!**



Race Results

Tracy Meixensperger & Bill Reilly



Memorial Weekend Race Results

State Crit Championships

Masters 35+

5th Chandler Paul

Women 4

3rd Friedman Kristin

4th Mahony Lauren

5th Dodd Nancy

12th Mashburn Juliet

16th Meixensperger Tracy

17th Chandler Andrea

Cat 3

pack finish Eric Warnsman

Jr Men 10-14

2nd Walker Daniel

Jr Women 10-14

1st Walker Cristin

New Hope RR:

Cat 4 pack finish

Bill Reilly

Pete Cariveau

Women 4

4th Lauren Mahony

6th Nancy Dodd

14th Juliet Mashburn

20th Tracy Meix-

ensperger

21st Andrea Chandler

Moritz Cowtown Crit:

Cat 4

7th Bill Reilly

pack finish Lamar

Curtis

Final Spring Season Mountain Bike Overall Results

Expert

Spates, Ryan 19-29 29th

Lechner, Andrew 19-29 NR

Cariveau, Pete 30-39 23rd

Talton, Jack 30-39 57th

Duckworth, Bill 30-39 40th

Chandler, Paul 40-49 4th

Ferdinan, Kevin 40-49 46th

Penco, Steffi 30-39 9th

Miller, Charlotte 40+ 5th

Hurley, Gail 40+ 17th

Sport

Lasswell, Andy 19-24 1st

Fayard, Mike 30-34 78th

Johnson, Don 30-34 25th

Hopper, Kevin 35-39 NR

Winsor, Colin 35-39 30th

Troy, Lee 40-44 22nd

Nation, Terry 40-44 44th

Mackey, James 45-49 5th

Friedman, Kristin 19-29 19th

Penco, Steffi 30-39 1st

Gibson, Lisa 30-39 13th

Stormer, Susan 30-39 9th

Rice, Sandra 40+ 4th

Juniors

Walker, Daniel 11-12 31st

Walker, Cristin 13-14 7th

Chance, Jessica 15-16 3rd

Beginner

Lovelace, Russell 25-29 100th

Deore, Tony 30-34 23rd

Noack, Joe 30-34 72nd

Frye, Mike 30-34 108th

Zgourides, John 35-39 9th

Ferrell, James 35-39 69th

Taymon, Morris 40-44 25th

Hazzelrigg, Drew 40-44 78th

Chamness, Dana 45-49 11th

Rennpage, Craig 50+ 18th

Spann, James 50+ 10th

Dyke, Mirianda 19-29 3rd

Gill, Monica 30-39 11th

Meixensp.. Tracy 30-39 6th

Capsuto, Elena 30-39 7th

Clark, Kathy 30-39 40th

Dodd, Nancy 40+ 8th

Lacy, Melanie 40+ 3rd

Walker, Lori 40+ 14th

Wed Night Crit - Memorial Park 6/5/2002

Cat 4/5

2nd Bill Reilly (thanks for the leadout, Pete!)

June 12 CAT. 4/5

3rd. Blake Rich

4th Pete Cariveali

Women- Kristin Friedman

Matrix Crit - Richardson - 6/8/2002

Women 1-2-3

9th Friedman Kristin

Cat 3

14th Warnsman Eric

Women 4

3rd Mahony Lauren

4th Dodd Nancy

Cat 4

3rd Cariveau Peter

14th Stones Jeff

15th Grusendorf Chris

In the cat 4s, Pete was very impressive, either on the front ramping up the pace or attacking during most of the race. I believe he attacked and was off on a break for a lap or more on three different occasions. The pack reeled him in on the last lap, but Pete was still leading around the final turn. When they started sprinting, only two riders were able to come around him at the line.

Wheels in Motion RR - Celina - 6/9/2002

Women 4

3rd Lauren Mahony

4th Nancy Dodd

Lauren and Nancy got away in a five-rider break early on the first lap, which stayed away to the finish.

Cat 4

DNF - Pete Cariveau. Although set for a top 10 finish, a crash in the 200 meter sprint zone finish left him nowhere to go, but down.

JULY CLUB SPECIALS

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

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Part 1, What to do When you Break Your Collar Bone

By Jonathan Sinclair

Until I broke my collarbone I did not know much about what that really means except that it was supposed to hurt a lot and keep you off the bike for a while. I never thought it would happen to me, so I didn't really care to learn much about it either. The doctors didn't give me much information when I went to see them so I decided to learn as much about it on my own as I could. This is the first of a three part series on broken collarbones based on my own experience as well as useful information I have found.

Initial Experience:

After a particularly severe crash do not attempt to get up immediately. Check yourself out carefully; you may be severely injured and you do not want to complicate your injuries. Definitely do not try to get back on your bike and finish the race or ride. More than likely you will know when it happens; it will be fairly obvious once you try to move the arm on whichever side of your body took the impact. Oh yea, you've really messed yourself up good this time! Congratulations, now you're a real cyclist. The collarbone is the bone most commonly broken by cyclists. In case you're not sure possible symptoms include but are not limited to:

- severe pain radiating throughout shoulder area
- a grinding sensation when the arm is raised
- inability to lift the arm due to pain
- shoulder sags either down or forward
- extreme tenderness and obvious swelling of the affected area

Remove your jersey if you can; at the emergency room they'll want to cut it off. If it's torn anyway it probably does not matter. Immobilize the affected shoulder by holding the affected arm close to your body with the other arm, or

with a makeshift sling. Use an ice pack for 20-30 minutes at a time for the first several hours to reduce initial swelling of the break area, but make sure you don't freeze the skin. Heating is not recommended. Common pain medications such as Advil, Alleve, Ibuprofen, or Tylenol can be taken to reduce the initial pain, which most likely will be quite severe. Hopefully your body has built up a fairly high pain threshold through cycling because you will have to endure more than your share in the coming weeks.

Going to the emergency room:

It is best to go to the emergency room as soon after the accident as possible; swelling and bruising may complicate diagnosis by the doctor. Make sure to have a friend drive you there; the pain combined with your inability to use the affected arm will severely retard your ability to safely operate a motor vehicle. The emergency room doctor will have x-rays taken to verify a possible fracture (break). This will determine the fracture location and how many pieces it is broken into. Don't worry, most collarbones heal well through conservative, non-invasive treatment and surgery is rarely required. He will also do a musculoskeletal examination to evaluate the neurovascular status of your affected arm. Once the doctor has determined that you do not have complications such as an open wound with a protruding bone fragment, a blocked artery, a pinched nerve, or a punctured lung, he will fit you with a sling or figure eight splint to immobilize the injury. Studies have shown that most patients who wear a simple sling heal just as quickly as those who wear a figure eight splint. Slings are most commonly prescribed because they are much less restrictive and can be removed much more easily when needed. The doctor will prescribe medication (Narcotics) to reduce the pain and (or) swelling. Be sure he explains the side

effects of such drugs though; some commonly prescribed pain medications such as Vioxx and Celebrex have been shown to slow bone healing.

The aftermath:

Set up an appointment with an orthopedic surgeon the week following your accident to evaluate the healing process. Later on he will give you exercises to do to restore range of motion in your shoulder. Nutrition is very important and especially so during recovery. Eat a balanced diet rich in calcium, vitamin A, vitamin D, and Zinc. Glutamine and MSM supplements may also help with bone healing. You will discover that everything from getting dressed to walking will become a game of how to feel the least possible amount of pain. Hopefully your dominant side is not affected, or you will be learning to write, eat, ect. all over again with your off hand. Sleeping the first night will be a challenge. You may find that propping yourself up with pillows into a sitting position works best. Propping yourself up so that you lay on your unaffected side may also work. Certainly no position will feel very comfortable for the first few nights, but hopefully your prescription does its job and you can get some much-needed sleep. Take naps during the day also; your body will need its rest to recover properly.

After several days you should be able to move your fingers, wrist, and elbow without too much pain. While recovering it is important to listen closely to your body. This is one case where pain is no gain. Take it easy for several weeks; broken collarbones take time to heal. It is important to keep your shoulder immobilized as much as possible; failure to do so will likely result in blinding pain. If you can keep from moving your shoulder for the first two weeks following the

(Continued on page 14)

June Time Trial Results

By

Dana Chamness



Special thanks to Tracy Meixensperger, Lori and Ed Walker, Wes Morrow, Gary Zbornak, Bill Duckworth and all those that helped make this a safer event. The next Time Trial will be July 9, 2002.

TIME TRIAL RESULTS - JUNE 11, 2002 10 k (6.2 miles)

	NAME	TIME	MPH
1	Craig Rennpage	0:14:53	25.7
2	Dana Chamness	0:15:12	25.1
3	Julius Stuart	0:16:00	23.9
4	Bill Duckworth	0:16:15	23.5
5	Steffi Penco	0:16:26	23.3
6	David Lynch	0:16:42	22.9
7	Russell Lovelace	0:16:54	22.6
8	Cory Pelletier	0:17:02	22.4
9	Dan Bartley	0:17:21	22.0
10	Andy Musselman	0:17:44	21.6
11	Lisa Gibson	0:17:48	21.5
12	Terry Gutierrez	0:18:27	20.7
13	Andrea Chandler	0:18:33	20.6
14	Gail Hurley	0:18:47	20.1
15	Diana Zbornak	0:18:58	20.2
16	Jenny	0:18:58	19.6
17	Tracy Meixensperger	0:19:02	19.8
18	Cristin Walker	0:19:04	19.9
19	Troy Melton	0:19:06	20.2
20	Sandy Martin	0:19:10	20.2
21	Tom Holland	0:19:28	20.0
22	Daniel Walker	0:19:34	19.5
23	Lori Walker	0:20:14	18.4
24	Bill Mitchell	0:21:39	17.7

(Continued from page 13)

What to Do When You Break Your Collarbone

break you should be well on your way to healing. As the pain in your shoulder decreases you should be able to start moving it around a little bit to keep it from stiffening up.

After a week or two when the pain is less severe try walking or riding the trainer indoors to get the blood circulating in your veins. Blood circulation is important for rebuilding the damaged area. At some point you will probably experience pain in your shoulder associated with muscle cramping. The muscles in your back will be very tense due to the accident and after a while they start to fatigue under the strain. You will want to have someone gently massage the affected area to relax the muscles involved. After about a month if the pain is gone and your doctor agrees you will be able to get back to riding your bike outside. Take it easy at first; listen to your body and slowly build back up to the distance and intensity you were used to prior to the accident. Adults may take 10-12 weeks or longer to heal depending upon the severity of the break. This also depends upon the health and vitality of the individual involved.

Maintain a positive mental attitude:

Have faith; the human body has been wondrously designed to repair itself. You are going to miss a few rides/races; but you will survive. If you allow yourself to get depressed you are less likely to do what you need to do to recover. Studies have shown that a positive attitude leads to quicker healing. Go through what lead up to the crash in your head; replay the event mentally and change the outcome. Think of things you could possibly have done different to avoid crashing. Envision alternate endings such as winning the race or landing that big jump. It will help you to come back strong, not timid and afraid of crashing.

References:

Baker, Arnie. Cycling. In: Principles and Practice of Primary Care Sports Medicine
 Garrick, James and Peter Radetsky. Anybody's Sports Medicine Book
<http://shoulderandcollarbone.upmc.com/ClavicleFracture.htm>
<http://www.hopkinsmedicine.org/orthopedicsurgery/sports/clavicle.html>

This is the first article in a three part series.

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: _____

7/02

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**

7/02

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



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

Have an advertisement for the Pedal Pusher's classified section? Send August and September submissions to chris_grusendorf@yahoo.com or KristinFriedman@aol.com. Please notify them once the ad should be discontinued, ads are due by the 15th of the month.

The Pedal Pusher

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The Pedal Pusher

The Editor's Half Page by Julie Van Zandt

Okay, but this is it. It was so sweet last month driving the June newsletter to the printers. I had just finished minting my final Editor's Half Page and promptly sped to the printers to get rid of the thing. While basking in my postpartum afterglow, the mailman drops off the mail. Hmm... there's a letter from Greg Smith..

Well, Greg's letter is on page eight of this newsletter. After reading his newsletter submission, I couldn't just leave the newsletter hanging. No one had stepped forward to do the newsletter and I figured there just would not be a newsletter for a while. Greg's submission is the reason there is a July newsletter.

There are just some club members that make all your volunteer efforts worthwhile.

Next! In the meantime, I believe someone has since stepped forward to do the August newsletter with an apprentice in tow for the September edition. Thank you Chris Grusendorf for agreeing to do August. Thank you Kristin for being his apprentice and offering to do September. If her last semester of college goes well, Kristin may even do a couple more editions this fall.

So for the time being, this newsletter's existence is being decided on a month by month basis. I'd keep doing it if I could drop all

the biking crap and just put in pictures of my dog Ally.

Seriously now. If you want to sign up along with Chris and Kristin to help on future publications, let a NWCC board member know ASAP! The job of editor can be as easy or as difficult as you choose to make. Just pare the publication down to a couple of pages if you are having a hectic month. The 'bones' of the Pedal Pusher are few— 1) calendar; 2) ride information; 3) president's message; 4) professional information (nutritionist and similar column to be added); 5) seasonal race results; 6) club member's submissions and 7) advertising. Now, I'm truly off!