

The Pedal Pusher

August 2002

Vol XVI, Issue 8

A monthly
publication
promoting
the spirit of the
Northwest Cycling
Club

Message from the President

By Lori Walker

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Summer is over and the fall is just around the corner. The board has been very busy planning for items next year. First of all, the Bluebonnet date for 2003 is set for March 23rd. For the past several years the Bluebonnet has fallen on the same day as an off-road race. This year TMBRA had their dates in early and we were able to set the date without interfering with the off-road race or Easter holidays. Monica Gill has volunteered to be the director for one more year. She is asking for an apprentice. This apprentice would then be the Bluebonnet director for 2004.

The Katy Flatland's date is set for July 20th of 2003. Chuck Martin, I am assuming, is the director. We would like to thank both Chuck and David for being the directors for this year's very successful Katy Flatland. Unfortunately, David is retiring from volunteer work, at least until we can find him a new position!! David has been the director for the past several years. I don't know what we would do without our volunteers like David, Chuck or Monica. Thank you very much.

Joe Noack, our safety chairperson, has been very busy. The new safety brochures are now available. Each new member will receive the brochure with their

application as well as the beginner riders on Saturday mornings. Joe has also suggested that all club members that have their coaching license's submit their resumes to Dana to be placed on the Coaching web page. Members that wish to hire a coach can then choose from all of the coaches with in our membership. Don't forget Joe will be holding a skills clinic on August 17th. Only 20 members can participant so make your reservation as soon as possible.

The club's century ride is set for Sept. 29, 2002. The Lion's Club sponsors the ride. I understand from several club members that the ride is a very fun-challenging ride. The club will pay for each club member wishing to participant. You must be a club member prior to August 31st. The Lion's Club will offer T-shirts for \$5.00.

November is the beginning of Cyclocross race season. Cyclocross is a cross between road and off road racing. The racers have to dismount their bikes, jump over obstacles, race across waterways, avoid trees, and race up hills. If you record your heart rate it will look like a yo-yo. Charlotte Miller will be offering cyclocross training in October and November on Thursday evenings starting 6:30

p.m. at the Alkek Velodrome. This training is offered to all club members. Bring your off road or cyclocross bike.

Bill Reilly and Colin Windsor are both working hard on organizing camps/workshop. They are anxious to hear when the members would like to have these workshops/camps. This year's camp with Kent Bostick was such a success that we would like to model the upcoming camps after this one. For those who didn't know Kent taught riding skills during the day and classroom discussions at night. We started on Friday evening and ran through Sunday afternoon. The camp/workshop was full of information on nutrition, skills, tactics and training. Congratulations to all members that raced the "Hell of the North" and good luck to all members that will be doing the Alamo Challenge. How many NWCC members will be doing the Alamo Challenge? Is there someone that would like to be the team captain for the Alamo Challenge? Please let me know so we can get the team together, lwalker@ev1.net.

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

Editor's Note's

(I mostly need to fill some blank space here)

Both of our club hosted tours have been completed. As the planning for next year's tours begins, we also need to remember that NWCC is hosting the Texas State Road Race Championships in Chapel Hill on Sept. 20-21st.

Word I get is that we've had lots of beginning riders riding coming out to the Saturday rides. This is fantastic news, and keep bringing friends out and letting everyone know we want to see continued new faces.

TMBRA and TXBRA racing resumes in September... don't let the hot days keep you from being prepared.

Racing at Alkek velodrome resumes mid-August. They are still open through the summer for open training and development classes.

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@chris.grusendorf.name or KristinFriedman@aol.com

Club Officers

President	Lori Walker	281-370-3591 lwalker@ev1.net
Vice President	Peri Mashburn	713-880-9559 mashpe@aol.com
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Membership Chairperson	Lisa Gibson	281-251-7182 lgibson3@houston.rr.com
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Volunteer Chairperson	Russell Lovelace	713-532-0748 russell.lovelace@scgo.com
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New Rider Leader	Sam Giancarlo	
	Martin Van Treek	713-466-6646

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Bluebonnet Director	Monica Gill	713-522-0934 monica_gill@gensler.com
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Rider Safety Chairperson	Joseph Noack	713-863-1881 jnoack@attglobal.com
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Race Team Director	Bill Reilly	281-752-4298 breilly@coral-energy.com
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MountainBike Chairperson	Sandra Rice	281-894-4921 srice98@pdq.net
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MtnBike Race Team Cptn	Colin Winsor	713-522-7399 colinwinsor@hotmail.com
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NWCC website
www.northwestcyclingclub.com

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

2003 Junior Nationals Host Proposal

Lori Walker

NWCC is looking into submitting a bid to bring the 2003 Jr. National Road Championship to our area. Not in the history of Northwest Cycling Club or even in the history of the Houston area has a national road race championship been held. This is a huge project, too big for just NWCC to sponsor so I am asking all area clubs/teams to help host this project. A committee is being formed to investigate courses, finances and all items associated with hosting a championship. The clubs/teams that have already agreed to help with this project is 1st Colony and GCCA. We will be going to corporations asking for donations for this event. Hosting the Championships is a way that our area can give support to our sport of cycling, help the economy of the area that the races are held in, and introduce cycling to non-cyclists. There will be as many of 400 racers plus their family members in one area. Cars will need to

be rented, hotel rooms will be slept in, and restaurants will be visited.

Kathy Volski of the Alkek Velodrome has also submitted a bid to host the 2003 Jr. Track Nationals. If both Alkek and NWCC host Nationals back to back, this will offer juniors the opportunity to participate in both competitions as well as the possibility of introducing cycling to people that might not be aware of the sport. For the hotel, rental car, and restaurant industries this would be two weeks of business generated from the Championships.

Northwest Cycling Club cannot finance this project by itself. We are asking for donations. If you would like to donate or participate on this committee please email lwalker@evl.net.



The Poop from the Paceline

By Esther Astabula



All I can say is that it's like being a kid in a candy shop. What do I mean? We have a new newsletter editor. Which means that all my poop on our former newsletter editor will finally make the newsletter. Somehow it always seemed to be edited out and not appear in the final copy. Hmm...I wonder how that happened? Julie and Dana Van Zandt have taken dog breeding to a whole new scientific level. I had no idea of the intricacies and science involved in having puppies. There are even books on the subject, and Julie has read them all. By the next newsletter, I should be able to tell you whether they are the proud parents of puppies, how many, what color, and Lord knows what else. I for one will be very happy when this whole process is over.

That Lori Walker - if you see her coming, just run the other way. Her powers of persuasion are unbelievable. She used all her power on me, somehow convincing me that it was in my best interest to do the State Team Time Trial with her. Having completely lost my senses, I agreed to do it, but only if Lori could use her powers of persuasion to get Jenny Demarest to be the third racer on our team. As Jenny had barely been back in the country for two days after living abroad in Europe for four years, I felt pretty confident that Jenny would decline the invitation. Boy was I wrong. Still suffering from jet-lag, Jenny happily agreed to do the Team Time Trial with us. As I learned, the concept of a Team Time Trial is to ride as hard as you can until you cross the finish line. In this particular case, the finish line was about 25 miles down the road - with lots of hills and climbs and even a couple of dogs between the start and the finish. Well, flats and downhill are really my forte. Uphills are completely different. To make matter

worse, one should ride with 110% effort the entire time. For those of you who have ridden with me before, I will just tell you that I was working so hard the whole race that all I could do was grunt when I finally crested each hill. Each time, Lori and Jenny patiently waited for me. Our goal at the start was simple: to have fun and finish the race together. Well, we finished the race together, but I'm not so sure about the fun part. Jenny claims to have really enjoyed the race, and it was fun getting a bronze medal in the State Time-Trial Championships.

I suppose it's just too hot, because no one got married this past month and no one had any new babies. Or maybe it is so hot that no one is coming out to the club rides so I can get the poop in the pace-line. I did find out belatedly (no thanks to Bob Kirkpatrick) that Cory and Angie Lucas had a baby boy a couple months ago. Cory is the club's IronMan competitor. His lovely wife Angie bears the responsibility of getting Cory home after competing in such a physically taxing event. Now I guess she'll have two babies to care for on the trips home from the competitions.

I'll close my column with a little story I received from Troy Melton. He wrote this after competing in his first Wednesday night Crit at Memorial Park. I think you can figure out which one is Troy's character in this story...

"It was rather gloomy on this the day of the 4th criterium for 2002 season at Memorial Park. It threatened to rain and the sun didn't shine brightly most of the day. But, the race was brightened by the surprise appearance of a new rider.

This new unattached rider, number 171, decked in a white jersey with red and

black stripes, amazed and amused the crowd. To the amazement of the fans, this impressive athlete was able to hold on for more than one lap of the initial blistering 28 mph plus pace! He further stunned the crowd with his bike handling skills just before dropping off the pack. He was able to successfully swerve around the first corner on the second lap on the outside of the turn without taking out another rider. His refined skills were also shown on his solo effort just before he was lapped for the first of four times by the pack. In the long turn at the bottom of the circuit he ran off the road while looking back for the encroaching leaders. It was a rough and shaky ride that caused the loss of his water bottle but not his composure. This rider simply took it in stride, like a cat falling down the stairs, and continued with the race as if that were a part of the course.

The crowd truly admired this rider's determination to complete this race on a solo effort. He rode most all of the 45 grueling minutes solo, refusing to jump back on to the pack or work with others that had dropped off the pack.

Probably the most striking talent of this rider was his ability to work the crowd. This white streak of a rider was able to draw a hardy laugh from the crowd on several occasions. Once when he claimed the pack prime, again when he was unable to read how many laps were left, and lastly by begging for a bell on his final lap.

Number 171 made an impressive showing for his first race. He stayed with the pack for more than a lap, he didn't wreck or cause anyone else to and he finished!

Hopefully, this mystery rider will return to amaze and amuse us. Hopefully, a needy team will pick him up and we can learn more about this up and coming rider."

Enjoy Your Vacation Without Gaining a Pound

Catherine Kruppa, MS, RD, LD

Traveling and vacations do not have to mean weight gain; a realistic goal may be to maintain your weight. Here are a few tips to help you enjoy your vacation without having to shed the extra weight when you get home. Before you finish packing, make sure you have included the following items.

Vacation Checklist

- ✓ Easy to-carry snacks: granola bars, sports bars, graham crackers, fresh or dried fruit.
- ✓ Exercise clothing: walking shoes, etc.
- ✓ Pack a jump rope, hollow plastic dumbbells, or a frisbee for a quick workout.
- ✓ Bottled water.

If you are traveling by plane, call your airline at least 48 hours prior to departure and order a low fat airline meal. United Airlines offers a choice of medical (including low fat), vegetarian, religious and children's meals. The average in-flight coach dinner has about 1,054 calories that is equivalent to a Big Mac, medium fries and a strawberry sundae at McDonald's. That same dinner has 52 grams of fat—8 grams more than the fast food meal. So you will definitely benefit from choosing a low fat meal. You could also pack your own bag lunch. A sandwich with lean meat, fruit, raw veggies, whole grain snacks and string cheese is one example. This will help you avoid the greasy airport food if a meal is not served on your flight. If you do end up eating at the airport, it is tempting to saunter over to the Pizza Hut counter and stuff down a few cheesy slices, however most airports have healthier choices. Travelers can enjoy fresh fruit, salads, soft pretzels, yogurts, and an array of salads with low fat dressings, vegetable-based soups and fresh broiled fish entrees at some restaurants.

It takes a lot of water to stay hydrated on a plane, where the air is very dry. Drinking a glass of water per hour of flight prevents dehydration and minimizes jet lag. For every 1-hour of air travel, you lose 1 pint of water. Be aware that alcoholic and caffeinated beverages as well as salty foods will result in bloating and further your dehydration.

Surviving the drive can be just as tough. Unhealthy food awaits you at every exit and rest stop, however by fueling your body with healthy foods, you will have more energy and be more alert. Pack a cooler and include: packets of instant oatmeal or soup, baby carrots, celery sticks, cucumber spears, fresh or dried fruit, rice cakes, cans of tuna, peanut butter on whole wheat bread, yogurt, pretzels. Throw in some bottled water, orange juice or low fat milk. Avoid drinking tons of coffee and soda along the way. If you eat healthy meals and snacks and consume non-caffeinated beverages you will be more alert and sleep better at night. Go ahead and stop for lunch—at a restaurant or picnic area. Do not eat in the car. You won't enjoy it as much. When you stop for a meal, take a walk or stretch.

If fast food is your only option, stay away from fried foods and added fats like mayo and oily dressings. Choose healthy items such as grilled chicken sandwiches, baked potatoes topped with salsa or grilled chicken or beef tacos. For healthy breakfasts on the road choose cold cereal and skim milk, English muffin or low fat muffin.

Once you reach your destination your hotel can be your ally in the battle for a healthy lifestyle. Select a hotel or resort with an exercise facility. Make use of what is available: swimming pool, tennis courts, walking paths, bike rentals, and even dancing.

If you don't want to spend your precious vacation time in the hotel gym, do your

sightseeing on foot, and keep up the pace. Try something new like inline skating, kayaking or go hiking.

It is tempting, but do not open the mini-bar. Cover it with a towel, and take a walk to a nearby grocery store to stock up on fruit, baked tortilla chips and salsa or other healthy snacks. Be picky with the room service menu. At routine meals, keep the menu closed. Just tell them what you want, then ask: "Can you get that for me?" For example, ask for an egg white omelet with a side of fruit for breakfast. Be specific about what you don't want. Have them hold the white roll, or ask for a big plate of steamed veggies with a grilled chicken breast or grilled fish. Otherwise, they will bring that unwanted item—and if it's there, you will eat it!

While you are on vacation continue to practice your dining out techniques. Use the concierge to locate restaurants with fresh seafood or grilled entrees. If you are traveling within the US, the www.efit.com web site offers a handy "healthy restaurant locator". Balance one rich meal with one all-vegetable meal daily such as a vegetable plate, soup and salad or a baked potato and salad. While waiting for you order, put the bread/ chip basket and butter on the other side of the table or have them removed. Sip on your water, you are probably dehydrated from the days activities. At any restaurant, ask how the foods are prepared. Choose grilled, poached, smoked or steamed selections. Most good restaurants will be willing to make special requests for you. If you must have dessert, consider splitting one with your companion or try fresh berries or fruit sorbet. Don't center all your activities around eating as the main pleasure of the trip.

(cont. p. 12, see *Vacation Diet*)

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.

Fayetteville's "Good Ole Summertime Classic"

By Ron Ostrowski

On June 2nd, Fayetteville held the annual "Good Ole Summertime Classic" bike ride. They offered 25-50-62 and 70-mile routes. And per their advertisement, there weren't hardly any flat areas on either of the routes. I rode the 62-mile route and you were either climbing or descending. My maximum downhill speed was 39 mph on one scary rough descent. Total feet climbed on the 62-mile route was 2489 feet, just under a half-mile. Phew! The steepest hill on the entire route was about 55 miles into the ride, just when you thought you could start relaxing. I'll admit that there were many, many, many hills that made me shift to the granny gear. And of course there was always the downhill to look forward to where you went through all of your gears even spinning at 120 rpm. The ride was well organized and all turns plainly marked. There were some last minute changes for the 50-mile route, so maps weren't available. SAG vehicles were constantly cruising the road. I took note of the pick-up trucks being used as SAG vehicles and told myself early in the ride that "No Way" am I going to let them throw my bike into the back of those trucks and bounce it back to Fayetteville. That was my incentive to keep on hammering up the hills.

A great many cyclists stayed at the numerous Bed & Breakfast houses, cottages, and boarding rooms available within Fayetteville. Four miles west of Fayetteville is a State Park where numerous cyclists stayed in fully furnished & air-conditioned cabins. Many cyclists braved the foggy weather and drove to Fayetteville on Sunday morning. Those that drove-up on Sunday missed some real exiting times that were had by all on Saturday afternoon and evening.

My wife & I had decided to make it a bonding weekend so we drove into Fayetteville on Saturday afternoon. Our fun actually started back in Belleville. We ate lunch in Newman's Bakery. It's like

a Candy Store for adults. Cakes, cookies, Kolaches, and bread filled the shop with enticing aromas. My wife had worked in a bakery in her college years so she really appreciated the quality and delicious tastes of the many items available in Newman's Bakery. They serve breakfast and custom made sandwiches for lunch. The next time you drive through Belleville, stop here. It is on the right just after the railroad tracks. Hhhmmm! Maybe on next year's MS150 I'll run in there after lunch and pick-up a few delicious cookies.

In Fayetteville, we spent the evening in a small house by ourselves. It was called the "Sugar Shack". The whole house could probably fit into the family room of my house in Houston. But it was so cozy and cute that we overlooked the size and enjoyed the ambience.

If you are into Antiques, the town square is surrounded by little shops, full of old stuff. My wife said the prices are very reasonable. And please step into the Historical Museum building on the square. They have a lot of history stored in that building. Everything from fossils found locally, to war era memories.

Saturday afternoon was a special time for the locals. They had been raising money for nine years to renovate the courthouse and gazebo located in the Town Square. The grand opening ceremonies were held at 4:00 PM on Saturday. So almost all 200+ local residents were in attendance. If you are ever in Fayetteville, visit the courthouse. There is some very interesting history within the building. The original courtroom furniture was downstairs, and upstairs are two wooden jail cells used around the 1890 time era. Read some of the court records available on the first floor. The fine for being drunken and disorderly back in 1894 was \$1.

A good old fashioned deep-fried chicken

dinner was available for a reasonable price that afternoon in the Town Square. An auction was held later in the evening with over 130 items. Everything from rare coins, paintings to boxes of chicken were auctioned off. And to top off the evening, the "Jolly Roger" band started playing around 9:30 in the evening. Yep! All fourteen members were up there on a 18-wheeler flatbed trailer, knocking out Czechoslovakian dance tunes sung in their native language. They even took requests. The youngest member of the group was about 65 years old. Instruments consisted of two accordions, tuba, guitar, tambourine & cow bell mounted on a toilet plunger, metal washboard, harmonica, trumpet, metal leaf rake, maracas, washtub bass fiddle, and electric keyboard. Just go ahead and let your mind put these instruments together and imagine the over-all sound affect. Then add in the entire group singing along with their instruments. Although it was an amazing experience being exposed to Czechoslovakian music, my wife & I were only able to sit and listen for a full 20 minutes before we just had to leave.

This is a bike ride I will do again. I would highly recommend this as a training ride for keeping your hill climbing legs in shape.

Message to any of you guys out there. This is a great opportunity to gain points with your wife or significant other. Spend the evening with her at a romantic B & B or cottage in Fayetteville next year. She'll remember it the next time you tell her you are going out of town for the weekend to cycle somewhere. This could be a very beneficial investment of time and money for you.

August 2002

Sun

Mon

Tue

Wed

Thu

Fri

Sat

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

1

2

3

CLUB RIDE
Zube Park 7:30am
R: Monaville

4

5

6

Club Meeting
6:45 Race Team
7:30 General
Members

7

Memorial Park
Crit

8

9

10

CLUB RIDE
Zube Park 7:30am
R: Bellville

11

M: Kelley Creek
Ranch Race

12

13

Club Time Trial
Sharp Rd. 6:00pm

14

Memorial Park
Crit

15

16

V: Friday Night
Races

17

CLUB RIDE
Zube Park 7:30am
SAFETY CLINIC
8:00am Bear
Creek Park
R: Whitehall

18

19

20

21

Memorial Park
Crit

22

Bike Repair Class
7-9pm
RSVP
713-466-1240



23

V: Friday Night
Races

24

CLUB RIDE
Zube Park 7:30am
R: Monaville

25

26

27

Board Meeting
7pm

28

Memorial Park
Crit

29

30

V: Friday Night
Races

31

Calendar Key

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

Mountain Bike Rides. Once or twice a month "Fat Tire Sunday". Generally meets at the NW Cycle Shop and caravan out to one of the several trails within a two-hour 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 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.

AUGUST RIDES

Kelley Creek Summer Races, Kerrville
(Mountain Bike)
August 11
<http://tmbra.org/calendar/forms/2002%20Kelly%20Creek.pdf>

Midnight Bike Cruise, Houston
August 24

Hotter'n Hell Hundred
August 22-25
Wichita Falls

<http://www.hh100.org/>

Texas Coastal Cruise, U of H Clear Lake
September 8
<http://bikebarntexas.com/site/page.cfm?PageID=109>

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



Texas State Time Trial Championships

Youth - Boys Place Name Team Time

5th WALKER, Daniel Northwest Cycling Club 0:24:15.16

Youth - Girls 1st WALKER, Cristin Northwest cycling Club
0:23:42.02 ***2002 State Champion***

Mens Cat 5

4th GONZALES, frank Northwest Cycling Club 1:02:41.17

34th LOVELACE, Russell Northwest Cycling Club 1:09:49.45

Mens Cat 4

1st RICH, Blake NWCC 1:01:14.13 ***2002 State Champion***

19th CHAMNESS, Dana Northwest Cycling Club 1:04:36.09

21st RENNPAGE, Craig NWCC 1:04:49.14

33rd DUCKWORTH, Bill NWCC 1:06:15.69

Womens 4

2nd FRIEDMAN, Kristin Northwest 1:07:55.43

6th DODD, Nancy NW Cycling 1:12:15.97

13th MAHONY, Lauren Northwest Cycle 1:14:38.60

16th CHANDLER, Andrea Northwest Cycling Club 1:15:56.21

19th MEIXENSBERGER, Tracy NW Cycling 1:22:25.67

Womens 1-2-3

4th JUNOLD, Renate N W Cycling Club 1:06:02.54

Women 30+

2nd JUNOLD, Renate N W Cycling Club 1:06:02

7th MEIXENSBERGER, Tracy NW Cycling 1:22:25

Women 35-39

5th MAHONY, Lauren Northwest Cycle 1:14:38.60

Mens 35-39

4th RICH, Blake NWCC 1:01:14.13

Women 40-44

2nd DODD, Nancy NW Cycling 1:12:15

Men 45-49

7th CHAMNESS, Dana Northwest Cycling Club 1:04:36

Women 45-49

5th WALKER, Lori 1:27:31.59

Men 50-54

3rd RENNPAGE, Craig NWCC 1:04:49.33

Women 65+

1st ZBORNAK, Diana NW Cycling 0:37:50.25 ***2002 State Champion***

Men 65-69

5th ZBORNAK, Gary NW Cycling 0:37:17.78

3-Person Youth

1st Joseph Tokarski, Cristin Walker, Daniel Walker 0:34:02.96
2002 State Champions

3-Person Women 4

1st Lauren Mahony, Nancy Dodd, Kristin Friedman 1:09:04.26
2002 State Champions

4th Jenny Demarest, Peri Mashburn, Lorri Walker 1:26:08.88

4-Person Men Cat 4

6th Craig Rannpage, Rich Blake, Dana Chamness 1:00:24.16

Memorial Park Crit 6/25

Cat 4/5

Pete Cariveau - 4th

Victory Circle RR

Mens 4

Pete Cariveau - Pack finish (~20th)

Bill Duckworth - Pack finish (~26th)

Womens 4

Lauren Mahony - 1st (Pack sprint to the finish)

Kristen Friedman - 4th

Nancy Dodd - 12th

Top Gun/James Bailey Crit

Masters 35+

Bill Duckworth - 19th

Womens 4

Lauren Mahony - 2nd

Nancy Dodd - 5th

Tracy Meixensperger - 12th

AUGUST CLUB SPECIALS

Everything's on
SALE

LOOK

SUPER SALE

BIG
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ON BIKES!
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August
16
Fri. 10-8

August
17
Sat. 9-5

August
18
Sun. 12-4

August
19
Mon. 10-6

Superlight Mavic
Krypton SSC wheels

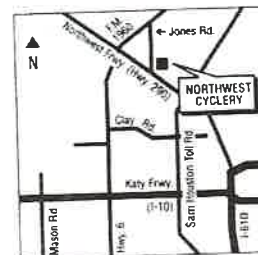


Carbon
composite fork

GIANT



www.northwestcycle.com



(Highway 290 at Jones Road)
(713) 466-1240



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so you clean up.**

CLOTHING Season-ending close outs.

LIGHTS Get ready for shorter days.

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SuperSale is the area's biggest cycling sales event of the season. Whether you're looking for bikes, clothing or accessories, join our thousands of satisfied SuperSale shoppers!

**REPAIR CLASS
SUMMER SPECIAL
NORTHWEST CYCLERY**

AUG 22 7-9 p.m.
SEPT 26 7-9 p.m.

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

Part 2, The collarbone, Types of associated breaks, and treatment involved

By Jonathan Sinclair

The second in a three part series on broken collarbones.

The Collarbone:

The collarbone (clavicle) is a slightly "S" shaped bone fairly visible in most people. It connects the breastplate (sternum) to the shoulder; one end connects to the sternum at the sternoclavicular joint, and the other end connects to the shoulder blade (scapula). Since it functions as a connecting strut, any severe force applied to the shoulder such as falling directly onto the shoulder or falling on an outstretched arm transfers directly to the clavicle resulting in breakage. For this reason the collarbone is the most commonly broken bone among cyclists.

Because of its location the collarbone can not be immobilized through casting which is commonly done with other broken bones. In the United States orthopedic surgeons rarely perform surgery on broken collarbones. Surgery is done mainly to decrease down time for professional cyclists. However, surgery does not decrease the size of the lump that forms at the break, will leave a scar, and may not heal any faster than when non-invasive treatment is used. The whole area is an unfavorable place to operate due to all of the surrounding tissue and ligaments connected to the collarbone. Most collarbones (95%) heal well through conservative, non-invasive treatment and surgery is rarely required. In cases of severe displacement (the bones being too far apart to heal correctly) invasive intervention through surgery may be required. In such cases pins, lag screws, and metal plates are commonly used. In children broken collarbones heal rapidly (4-6 weeks), but generally the older the individual the slower the healing. Adults take longer (10-12 weeks) depending upon the severity of the break and the health and vitality of the individual in-

involved.

Types of Associated Breaks:

The direction of the force applied determines the type of collarbone break (fracture) produced by a crash. As figure 1 below points out there are three basic types of breaks of the collarbone: Fractures of the inner third (Medial Clavicle - A), Fractures of the middle third (Shaft of Clavicle - B), and Fractures of the outer third (Distal Clavicle near AC Joint - C).

Fractures of the inner third:

- Direct force applied from the side.

This is the least common type collarbone fracture occurring about 5% of the time. Fractures of the inner third of the collarbone are the result of a direct impact applied at an angle from the lateral side. Displacement is usually minimal unless the costoclavicular ligament is damaged. This type of break is most commonly treated through immobilization with a sling to keep the bones in good contact while healing occurs. However, 10% of the time surgery will be required to correct the break due to significant ligament damage.

Fractures of the middle third:

- Direct force applied to the middle and outer thirds.
- Direct force applied to the top of the shoulder.
- Indirect force applied to the shaft of the humerus.

This is the most common type of fractured collarbone occurring about 80% of the time. Chances are this is where yours will break. Fractures of the middle third result from direct impact and the fragment is usually segmental occurring

at the juncture of the outer and middle thirds of the clavicle. Occasionally it is caused by indirect force applied to the humerus, such as when falling on the extremity (arm) while flexed and abducted at least 45 degrees. In this case the collarbone is forced down into contact with the shoulder blade usually resulting in a spiral fracture. This type of break is most commonly treated through immobilization with a sling to keep the bones in good contact while healing occurs.

Fractures of the outer third:

- Direct force on the distal third of the clavicle.

This type of collarbone fracture is less common occurring about 15% of the time. Fractures of the outer third are the result of direct force applied to the tip of the shoulder. This type of fracture is more complicated because it may be associated with rupture of the capsular ligaments and the coracoclavicular ligaments. Severe displacement of up to an inch may result. If severe displacement occurs surgery may be required to bring the broken ends into contact so that adequate bone healing can occur. However, most of the time this is not the case; this type of break is most commonly treated through immobilization with a sling to keep the bones in good contact while healing occurs.

References:

Connolly, John. Fractures and Dislocations of the Shoulder. In: Fractures and Dislocations - Closed Management. http://www.depuyace.com/fracture_healing/fracturehealing.htm
<http://www.hopkinsmedicine.org/orthopedicsurgery/sports/clavicle.html>

Jung Time Trial Results

By

Dana Chamness



The next Time Trial will be August 13, 2002 on
Sharp Road

TIME TRIAL RESULTS - JULY 9, 2002

10 k (6.37 miles)

ORDER	NAME	TIME	MPH
1	Mark La Blanc	0:15:02	25.4
2	Troy Dunton	0:15:07	25.3
3	Jolius Stuart	0:16:04	23.8
4	Pat Dunton	0:16:05	23.8
5	Michael Shepherd	0:16:10	23.6
6	Charlotte Miller	0:17:08	22.3
7	Cory Pelletier	0:17:23	22.0
8	Derek Adams	0:17:25	21.9
9	Gary Zbornak	0:17:56	21.3
10	Cristin Walker	0:17:57	21.3
11	Frank Thayer	0:18:05	21.1
12	Troy Melton	0:18:14	21.0
13	Diana Zbornak	0:18:33	20.6
14	Daniel Walker	0:18:51	20.3
15	Wes Morrow	0:19:01	20.1
16	Sandy Martin	0:19:06	20.0
17	Jenny Krase	0:19:17	19.8
18	Tom Holland	0:19:46	19.3
19	Maureen Reynolds	0:22:04	17.3
20	Shelby Reynolds	0:23:39	16.2

TMBRA 2003 Spring series race schedule

Feb. 2	Smithville
Feb. 16	Lajitas
March 2	Bar-H
March 16	Comfort
March 30	Warda
April 13	Waco
April 27	Flat Creek
May 11	Tyler
May 25	Fort Hood

(Vacation Diet, con't from p. 5)

Activate your cruise control while sailing on a ship. Cruise ships are basically floating buffets, which can be a disaster for your waistline. When eating at a buffet, scan the buffet first and then go back and get a plate. Fill at least 50% of your plate with salad and steamed veggies. Take small portions of foods and fill your plate only once. Don't eat what you don't like! Save those calories for foods you love. Many cruises will make sack lunches for your sightseeing tours off the ship or you can pack some of your own snacks along. At dinnertime order your meal off of the spa menu. These meals are prepared low fat and are served in appropriate portions. If you must have dessert, don't eat it every night. Choose one or two nights during your trip.

So whether you are heading out to the beach or the mountains this summer. Put your healthy eating tips into action and you will save those unwanted pounds as well as enjoy your vacation to the fullest.

Houston Cy-Fair Lions Club Second Annual Century Bike Ride: Lions Biking for Sight



Sunday September 29, 2002 8:00 AM
Montgomery High School, Montgomery, TX

Cycle through some of the most beautiful Texas landscape in Montgomery and Grimes Counties. The 24 mile route takes you past an exotic animal farm, while the 40, 62 and 100 miles routes take you through the Sam Houston National Forest. The 62 and 100 mile routes have hills, perfect training for the Alamo Challenge Bike Ride..

Directions: From Houston, take I-45 North to Conroe. Go west on State Highway 105 across Lake Conroe. Two miles past the intersection of 105 and 149 in Montgomery, the High School sits on the left. Follow direction for parking at the rear of the school.

Registration and Package Pick-up:
\$20 if postmarked before Sept. 1, 2002,
\$25 after Sept. 1, 2002. Includes T-shirt.

Northwest Cyclery

Jones Road at 290

Friday Sept. 27, 4PM-7PM

Saturday Sept. 28, 12 noon-5PM

OR

**Sunday Sept. 29 at the ride start at
Montgomery High School**

Safety Rules: The use of an ANSI or Snell approved safety helmet is required for all participants regardless of age or route ridden. Helmets must be worn at all times while on the bicycle.

No head phones.

All traffic rules must be obeyed. We ride on state highways, and must share the road with vehicular traffic. Ride on the shoulder if possible, and no more than two abreast at all times.

For more information, contact Chuck Martin at 281-550-2798

Houston Cy-Fair Lions Club, or visit our web site at

<http://www.geocities.com/cyfairlionchuck/>

Name _____

Address _____

City _____

State _____ **Zip Code** _____

Sex: M ___ F ___ **Age on 9-1-2002** _____

Emergency Contact _____

Phone _____

Medical Conditions/Allergies _____

Ride Distance (Circle one) 25 40 62 100

T-shirt size (Circle one) Sm. Med. Lg. X-Lg

☐ \$20 registration fee prior to Sept. 1, 2002

☐ \$25 registration fee after Sept. 1, 2002

☐ You can't make me ride, but enclosed is my donation for _____ for the Lions Club

Please make checks payable to Houston Cy-Fair Lions Club.

Mail registration form and payment to:

Houston Cy-Fair Lions Club

9018 Bonnyview Drive

Houston, TX 77095

Waiver

I agree to fully waive and release any and all claims for myself and my heirs against the Cy-Fair Lions Club and any and all sponsors that may directly or indirectly result from my participation in this bike ride. I represent that I am in proper physical condition to participate in this ride. For my safety, I also agree to wear a helmet. I grant full permission for the use of my photographs for any publicity and/or promotional purpose without obligation or liability to me. If entrant is under 18 years of age, parent or guardian must sign entry. Children under 12 must be accompanied by an adult. at all times.

Rider Signature (Parent/Guardian if under 18) _____ **Date** _____

8/02

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: <i>(team affiliation: _____)</i>
☐ 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**

NWCC CLASSIFIEDS

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

For Sale Shimano race level road wheels. WH-6500 wheel-set. Same as Dura-Ace model, but without the titanium hub body and black anodizing. These wheels are no longer produced, and are not the newer cheaper model that is being sold. These are some of the best feeling wheels I've ridden, but are a bit heavy for what I need them for. They only have around 2500 miles on them, but are 2 years old. \$275. For more details: (979)255.4415 or chris@chris.grusendorf.name



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 KristinFriedman@aol.com. Please notify them once the ad should be discontinued, ads are due by the 15th of the month.

The Pedal Pusher

Northwest Cycling Club
17458 Northwest Freeway
Houston, Texas 77040

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Your membership expires on 3/1/10

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The Pedal Pusher

The Editor's Half Page by Chris Grusendorf

So I agreed to pull through for Julie... like most racers, we don't stay at the front any longer than we have to. Kristin Friedman and myself have been competing for the Texas A&M Cycling team together for the past several years, and now for NWCC, and will be working on the newsletter together till the end of the year, or whenever somebody else pulls through, which ever comes first. I guess at that point, we'll start soft-pedaling and weaving around the road until somebody eventually pulls through.

The full truth is that I didn't even pull through and give Julie good rest... leaving her a bit out of the good draft, she had to deliver this edition to the printer, as I'm currently about 1200 miles away.

This edition of the newsletter has largely been assembled on a laptop computer while sitting in the fine ditches of Wisconsin. Several of us NWCC and other Texas racers headed north to the International Cycling Classic (aka *SuperWeek*) in Wisconsin. On my rest days or while feeding other racers in the feed zone, I'd work on this edition a little at a time. I feel like there is good content that must have been missed on my part, and this definitely isn't the prettiest newsletter that's ever hit press, but hopefully the basic information made it in and several of our great authors will get their work printed.

Being mostly involved in the racing aspect of cycling, and having way too many other tasks on our plate, Kristin and I may miss important details that should be published here. For those

of you in the loop better than we, feel free to email us information to include.

Well, I can see that there is more blank space to utilize, but it's been a long week and there's 11 more days of racing ahead of me, so I'm off. Hopefully next month Kristin will have something better to say, or Ester will give us some dirt to talk about.