

The Pedal Pusher

September 2002

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A monthly
publication
promoting
the spirit of the
Northwest Cycling
Club

2002 Katy Flatlands

by David Collins

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I want to thank everyone who helped contribute to the success of this year's Katy Flatland. It is not possible to put on a ride of this size without a lot of assistance. I can not possibly name each of those who deserve my thanks for their work on this ride. If I tried I would certainly forget someone unintentionally. But there are a few who have to be singled out and thanked. I do have to say a special thanks Greg Smith and Shaun Wayne for their usual outstanding efforts in organizing the SAG and rest stop support, respectively. Without the efforts of these two people nothing else that we do in organizing the ride would count for much. Thanks to Steffi Penco for her work on registration, to Kathy Clark for her work inputting the registrations. She even came in to complete the last minute registrations the Wednesday before the ride even though she was not feeling well. Thanks to Cathie and Paul and all of the people at the shop for their help, that includes handling all of the phone calls in the weeks before the ride. Thanks to Tracy for all of her work in taking care of the incoming and outgoing money. I suspect that around the Bluebonnet and Katy her job becomes a lot more than anyone told her about when she ran for Treasurer. And thanks to Russell Lovelace for beating the bushes

for all of the volunteers, I know for a fact no one warned him about his job as volunteer chairman.

We also have a number of other organizations that we could not do without in putting on the kind of ride that we have become used to. These include: the three Boy Scout troops that handle the rest stops and start/finish area, the HAMS, the Sick Puppies, the Goldwing Riders and The Motorcycle Support Group.

Most of all I want to thank Chuck Martin. He volunteered last year to take over as Director of the ride. We served as co-directors this year because I did not feel it was fair to just drop everything on him cold. He now has the exposure to the planning of the ride that will allow me to leave it with him with a clear conscience. I know you will all join me in wishing Chuck all of the best for next year's Katy Flatland and I also know that you will give him all the support you have given me for the past four years. And thanks to Sandy for letting Chuck take on the job.

David Collins
Co Director
2002 Katy Flatland

9/02

Speakers for the next few months

Tentatively scheduled speakers for upcoming NWCC Club Meetings:

George Pou - Sept. - on weight lifting for cyclist during the off season

Pete Carivearu - October -cyclocross training

Catherine Kupa - November - nutrition during the off season, weight control



The 2002 Texas State Road Race Championships are being hosted on September 21-22 by Northwest Cycling Club. The battle for the title will be found in Chappell Hill, TX under the guidance of Bill Reilly.

NWCC is famous for hosting great tours, now it's time to show that talent to the racing community. Contact Bill (breilly@coral-energy.com) to arrange how you can contribute to it's success.

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). October and November submissions should be sent to chris@chris.grusendorf.name or KristinFriedman@aol.com

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NWCC website
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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

2002 Jr. Road Nationals by Lori Walker

USCF Junior Road Nationals was held August 1st to August 4th on the campus of Clemson University in South Carolina. Six hundred juniors from all over the United States attended nationals. Out of the six hundred, Texas had eighteen representatives. Northwest had three juniors racing, including Mark Dearing in the 17/18 category, Cristin Walker in the 13/14 age group, and Daniel Walker in the 10/12 age group. Also from our club and area was Troy Dunton 17/18 with United Youth Sports and a member of NWCC, Lane Rogers age group 15/16 from Southern Elite, and Joseph Tokarski, age 13 from the Woodlands.

All of these athletes should be recognized for their hard efforts. Juniors from all over the country came hoping to win the red, white and blue jersey. There were as many as 100+ racers in some of races. Texas was

well represented at nationals with several Texans on the podium. I saw some pretty amazing racing during the week. Our own Mark Dearing had a great road race. Mark placed 9th out of field of 90+ in the 70-mile road race. Mark was usually on the back of the peleton or sometimes in the middle, but on the last lap Mark was able to break from the peleton to finish 9th. Mark develop a cramp in his legs as he was sprinting to the finish line, and you could see the pain on his face. It was a very hard race and Mark did a fantastic job.

Texas had two females at Nationals, both getting on the podium. Cristin Walker won fifth in the criterium and the road race. Cristin also won third place at Track Nationals the week prior to road nationals.

Daniel Walker won fourth in the

road race, 8th in the criterium and 11th in the time trial. Daniel also won 5th during track nationals.

Many thanks go to the members of NWCC both present and past. Years ago, prior to my time, NWCC established a junior fund to help send juniors to nationals. Without this assistance we would not had be able to attend nationals. Most clubs have establish a fund for their juniors and it is very appreciated from both the juniors and their parents. Thank you.

More thanks need to go out to all the people who rode with Cristin and Daniel through out the year. The Saturday morning rides, the Wednesday night criterium training at Bear Creek and the MWF groups that leaves from HLP. Without everyone watching out for the kids the medals at Nationals would not had been won. Thank you.

SAG in Katy by Greg Smith

Once again, it happened. Thousands of bicycle riders showed up, predawn, to ride the Katy Flatland, and it came off beautifully thanks to Dave Collins and Chuck Martin. Thanks also go to a small army of volunteers that gave countless hours to registration, rest stops, and SAG (support and gear).

It was a hot one, as the temperature soared up to 100 degrees, the SAG drivers handed out ten cases of bottled water, changed fifty to sixty flat tires, and carried in a hundred plus tires, hot riders.

It was still fun. Just the smiles, the thumbs up, the thanks you's, and every once in a while, that look like,

'Christmas came early', when you hand someone a cold bottle of water, and a wet wash rag. It's such pleasure dealing with bicycle people, they're pretty neat!

Drivers:

- Sag 1 Greg Smith and Colin Hudson
- Sag 2 Harry Tidwell
- Sag 3 Patrick Saunders
- Sag 4 Wes Morrow
- Sag 5 Bill Bettes
- Sag 6 Dave Hatcher
- Sag 7 Craig Rennpage
- Sag 8 Don Byrd

USA NAUCC 2002

by Jerry Gruss Mr, JG, #7

If you're like most people I know, when you see the letters 'USA' together, you immediately think of what they stand for: Unicycling Society of America. And naturally, you think 'North American Unicycling Competition and Convention' when you see 'NAUCC'. Your second thought, after seeing 2002, would probably be "I wonder how our fellow Northwest member (Jerry) did at the convention this year". And then you might go on to wonder if I competed at UNICON, the 11th international unicycling convention and world championships also held in July/August. Well, I hope this article addresses your thoughts... It's now a week before I leave for the meets. My plans are to drive to Minneapolis, meet my brother Sam, add (some of) his cycles to mine (for a total of 8 purpose specific unis and 2 Ultimate Wheels (unicycles with no seat, forks or frame) and head to Snoqualamie Washington.

We met at TCUC (Twin Cities Unicycling Club) and attended their last practice before the meets. We arrived as planned in North Bend, WA and registered in the gym. The parking lot in front of the school was buzzing with people arriving from all over. Many arrivals were greeted with "I haven't seen you since NAUCC 2001". It's fun to watch the unicycling family reunite, and grow with each "new" participant showing up. The parking lot quickly became a show room for all types of cycling contraptions. Greg Harper was getting people to try to ride his UNI.5—a hub he designed with 1 to 1.5 internal gearing. It makes riding a 24" feel like riding a 36"—only without the massive weight of the 36" wheel. He ended up in 4th place in the 10K (unlimited class) with his UNI.5—several spots in front of me on my 36". Registration (and NAUCC) officially began Sunday. For the opening ceremony, Sam wore an Uncle Sam suit and led a group of about 50 kids age 12 or less, waving US flags from assorted sized unicycles. He then played the star spangled banner from his flute and an announcement was made that the games could begin.

Day one consisted of a mountain unicycle (Muni) fun ride or competitions for Individual Free-

style, followed by Pairs Freestyle and Standard-Skill. Individual Freestyle is where each contestant performs a routine synchronized to their music with the most complex riding skills as possible within a time limit. Costumes and props are encouraged as well as presentation skills. Pairs is the same, except two people are doing skills. I saw one rider with her stomach on the seat, 'pedaling' with her hands on the tire and her feet in the air until her partner—wheel-walking, took her feet in his hands and pushed her. I saw more skills than could possibly be mentioned in this article. Standard-skill is where a rider provides a list of "standard skills" as defined by the USA in the order they will be performed and time limited. Each skill is precisely defined and given a possible score. Points are then subtracted for anything other than specified—like not having both arms straight out, or thumbs sticking out, or fingers not touching each other, or arms moved or jerked during performance. Presentation is not valued in this competition. It is pure unicycling.

The second day was the start of track races at another school. Morning races included 100M, Obstacle Course, Slow Forward, Slow Backward, High Jump, Long Jump and 10M wheel-walk. All track races are separated into heats for each age group and sex, and take a lot of time. The obstacle course is a precisely defined area with specific sized cones to navigate a particular direction around and through. I came in 4th in my age group in the obstacle course. The forward slow (race) is run on a 30'x6" piece of plywood and the object is to go as slow as possible, without falling off, stopping, hopping, turning more than 90 degrees, or going backwards. I came in 4th in the slow forward. Backward slow is the same except on a wider board. I forgot to be timed by an official in the backward slow. The jumps have a line where the rider must be in the air, and they must ride away after landing. Wheel-walk is a race where the riders must start and keep their feet on the tire, instead of on the pedals. I can't wheel walk (yet) so opted to go for a fun-ride with 6 other munis. We made it back to

(Continued on page 13)

A Supplement That Fits

Catherine Kruppa, MS, RD, LD

Most health experts agree that you don't need a multivitamin supplement if you eat a balanced diet. However, most Americans run short on some key nutrients, possibly raising their risk of heart disease, birth defects, or weakened bones. Of course, you can't expect a supplement to make up for a lousy diet. A healthy diet and a supplement may be the best of both worlds. With so many supplements on the market, it is hard to know which one is right for you.

First, look for 100 percent of the daily value of ten vitamins (A, B vitamins, C, E) plus some vitamin K. The over-50 crowd should look for a multi with 25 mcg of B-12 because they lack the stomach acid needed to

extract B12 from food. These minimums should not be hard to find, but many supplements contain little to no vitamin K, which may help strengthen bones and fight osteoporosis.

Make sure you get a minimum of minerals. A good multivitamin should have 100 percent of the daily value for zinc, copper, and chromium. There is some evidence that Americans don't get enough of these minerals. Consider taking calcium and selenium separately. 200 mcg of selenium appears to reduce the risk of lung, colon and prostate cancer and this amount is too large to be put in one single multivitamin. Calcium can bind to the iron in your multivitamin so it is better to take it in a

separate pill and at a different time of day as your multivitamin.

Avoid excesses. More is not always better. Too much phosphorus, vitamin B-12, and beta-carotene and iron can raise the risk for diseases such as lung cancer, heart disease, osteoporosis and nerve damage.

Whether you buy your vitamins at a health food store, supermarket, drug store, or online you get essentially the same ingredients. A 30 day supply of a multivitamin should cost between \$1-\$4. Unless you want the extra calcium and selenium, there is no reason to pay more.

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.

Master's National Track Championships (Colorado Springs, CO) Results

Includes non-NWCC competitors

Congratulations to Charlotte Miller who broke the Worlds Master Women's 50+ 200 meter Time Record at Nationals with a time of 12.995 seconds.

Charlotte Miller, W 50+
Best All Around 1st
40+ Points Race 3rd
40+ Sprint 3rd
50+ Kilometer TT 4th

Ryan Crane, M30-34
Kilometer TT 2nd
Sprints 4th
Best All Around 5th

Jim Russell, M35-39
Sprints 2nd
Best All Around 4th

Farrel Crane, M40-44
Sprints 2nd
Kilometer TT 4th
Best All Around 4th

Bill Thompson, M50-54
Sprints 4th
Best All Around 10th

Jim Martins, M60-64
Sprints 5th
Best All Around 8th

Tom Bain, M50-54
Best All Around 8th

CYCLING ADDICTION

by Wes Morrow

So, why do we cycle? Is it merely the exhilaration, the rush, and the sense of accomplishment? Or maybe the exercise and health issue? Or the social interaction? Or is there something else that keeps us coming back for more? Is this sport really dangerously addictive? It can seem so, but it probably varies from person to person. Below is a non-certified test to determine if you might be addicted to cycling:

Although you enjoy cycling, and participate every chance you get, you're pretty sure you are not addicted. 1 point

You feel some embarrassment about your being involved in cycling, or about the frequency, intensity, etc of your cycling. 1 point

You find that you are planning your next ride even as you recover from your last. 1 point

You have ridden "in secret," not telling others what you have done. 1 point

It takes more and more (longer, harder, more frequent) to satisfy. 1 point

Someone has asked why you ride, expressed concern, or suggested your cutting back. 1 point

You promise to cut back, only finding yourself riding even more. 1 point

You become resentful and defensive when asked about your reasons for cycling. 1 point

You doodle on scratch pads shapes that look like bicycle wheels, gears, or other components. 1 point

You notice things that remind you of cycling and immediately "need" to cycle. 1 point

You have at least one cycling catalog within reach of your desk, bed, car, or easy chair. 1 point each

You had three or more bikes when you bought your last one. 3 points

You have at least one bicycle component or accessory that is still in the bag. 1 point each

You have found yourself leaning forward to reduce wind resistance, or calling out "Car up," "Bump," etc. while driving your automobile. 1 point

You tend to belittle the risks and dangers of cycling, even though they are an important part of the experience for you. 1 point

You feel that there is something driving you to cycle. 1 point

You experience times that you are totally "zoned out" and are unaware of your surroundings. 1 point

You have rides that you cannot remember how you got back to the starting point. 3 points

Scoring:

0-3 Social cyclist, not addicted.

4-6 Recreational cyclist.

7-9 In definite danger, seek help.

10 or higher Well, there are other worse things that you could be addicted to!

September 2002

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Tmbra: Kelly Creek Race	2	3 Club Meeting 6:45 Race Team 7:30 General Members	4	5	6	7 CLUB RIDE Zube Park 7:30am R: Monaville RR: Anderson Stage Race
8 RR: Anderson Stage Race	9	10 Club Time Trial Sharp Rd. 6:00pm	11	12	13 V: American Velodrome Chal- lenge-Alkek	14 CLUB RIDE Zube Park 7:30am R: Bellville V: American Velodrome Chal- lenge-Alkek
15 Tmbra: X-Bar Shoot Out	16	17	18	19	20 V: Friday Night Races	21 CLUB RIDE Zube Park 7:30am *RR: State Road Race—Chappell Hill**
22 *RR: State Road Race—Chappell Hill**	23	24	25	26 Bike Repair Class 7-9pm RSVP 713-466-1240 	27 V: Friday Night Races V: Master's Re- gionl Track Champs	28 CLUB RIDE Zube Park 7:30am R: Whitehall V: Master's Re- gionl Track Champs
29 Tmbra: Huntsville Classic	30	RR: = TXBRA Texas Cup Race R: = Race Route for Saturday NWCC ride Tmbra = Texas MTN Bike Racing Assn 2002 Fall 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 7:30AM
- 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.

September RIDES

Texas Coastal Cruise, U of H Clear Lake

Sept. 8
http://
bikebarntexas.com/
site/page.cfm?
PageID=109

Sealy Crossroads Classic

Sept. 28 http://
www.bicycletexas.co
m/sealycrossroad.htm

Waco Wild West Century

Sept. 29th
Http://
www.wacobicycleclub
.org

Cy-Fair Lions Biking for Sight

Sept. 29th
Http://
www.geocities.com/
cyfairlionchuck/

Pinewoods Purgatory

Oct. 5th

Williams Classic

Oct. 6th

MADD Country Roads Classic

Oct. 6th

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



Race Results

Tracy Meixensperger & Bill Reilly



Recent Road Race Results

Memorial Park Wed. Crits:

7/24 4th Jeff Stones Sr.4/5
7/31 1st Pete Cariveau Sr.4/5
8/7 1st Bill Reilly Sr. 4/5
5th Jeff Stones Sr. 4/5
8/14 3rd Jason Lizama Sr. 4/5

Bear Creek Crit Aug 11

Masters35+
7th Tom Reed
9th Scot Orgish
Masters 45+
3rd Dana Chamness
7th Greg Smith

Women 1-4

6th Lisa Gibson
7th Claire Brown

Men 3

2nd Eric Warnsman
9th Mark Dearing

Oklahoma City Stage Race Aug 3-4

5th Claire Brown Women 4

August Time Trial Results



by
Dana Chamness



The next Time Trial will be September 10th, 2002 on
Sharp Road

TIME TRIAL RESULTS - August 13, 2002 10 k (6.37 miles)

ORDER	NAME	TIME	MPH
1	Paul Chandler	0:14:28	26.4
2	Tom Reed	0:14:53	25.7
3	Damon VanZandt	0:15:06	25.3
4	David Lynch	0:16:05	23.8
5	Jolius Stuart	0:16:06	23.7
6	Kerry Emmott	0:16:07	23.7
7	Russell Lovelace	0:16:35	23.0
8	Bill Duckworth	0:16:42	22.9
9	Derek Adams	0:17:19	22.1
10	Julie Van Zandt	0:17:20	22.1
11	Troy Melton	0:17:46	21.5
12	Cristin Walker	0:18:11	21.0
13	Dwayne Zimmerman	0:18:13	21.0
14	Gary Zbornak	0:18:17	20.9
15	Helen Currie	0:18:19	20.9
16	Andrea Chandler	0:18:31	20.6
17	Diana Zbornak	0:19:13	19.9
18	Tom Holland	0:19:14	19.9

International Cycling Classic (aka Superweek) in Wisconsin

Eric Warnsman, Sr. 3

25 Saturn Humbolt Park Crit
21 Carl Zach Classic Crit
19 Bensenville Crit
18 Lake Front Long Course
****1 Bank One Kenosha Crit****
12 Lake Front Short Course
15 Whitefish Bay Crit

Chris Grusendorf, Sr. 3

34 Manitowoc Maritime Crit
21 Holy Hill RR
30 Oneida RR
12 Whitefish Bay

Bill Reilly, Sr. 4/5

16 Lake Front Long Course
16 Oneida RR
15 Sheboygan Heritage Square Crit
14 Bank One Kenosha Crit

Many Texas racers attended Superweek. Notable finishes to Mat Stephens (GCCA), 2nd overall Sr. 3's, and Randy Eller (Frozen Drink Madness), 2nd overall 30+.

The Pedal Pusher

SEPTEMBER CLUB SPECIALS

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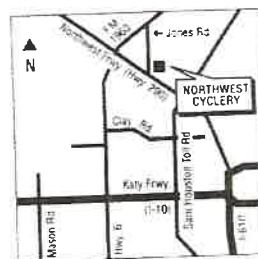
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(Highway 290 at Jones Road)
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REPAIR CLASS
SUMMER SPECIAL
NORTHWEST CYCLERY

SEPT 26 7-9 p.m.
FREE (Please call to RSVP at 713/466-1240)

The biology behind collarbone healing

The third in a three part series on broken collarbones.

by Jonathan Sinclair

Bone Composition:

Bone is composed of collagen (~32%), water (~25%), hydroxyapatite mineral (~43%), and small amounts of proteoglycans and noncollagenous proteins; its strength depends on the relative amounts of each. Collagen is a structural protein with the ability to spontaneously organize into strong fibers, giving bone flexibility and tensile strength. The mineral fraction is mainly hydroxyapatite crystals, which impart rigidity and compressive strength.

Healing Action:

Bones repair themselves with first class new bone, unlike other tissues, which form scar tissue. Regeneration is a better description than repair due to the ability of bones to remodel themselves by absorbing old unnecessary bone tissue and depositing new bone tissue where needed. Fracture repair is the biological response to traumatic bone damage. It is dependent on adequate contact between bone fragments, initial haematoma formation, ample blood supply to the damaged area, and adequate immobilization of the bone fragments (failure of which is the primary cause of non-union).

Stages in Natural Bone Healing:

Although there is some variation, the natural course of fracture healing (non-fixation) includes four stages. It is called indirect healing because intermediate connective tissue is formed within the fracture gap before being replaced by bone.

1. Haemata Formation Phase:

As soon as the bone fractures, the rupture of vessels in the damaged bone ends and associated soft tissues causes haematoma (bleeding), resulting in clot formation between fragments. The jelly-like consistency of the haematoma favors cell reproduction and migration around the fragment ends. Platelets release certain compounds which trigger an influx of inflammatory cells. This results in a cascade of fibroblasts, endothelial cells, and osteoblasts for repairing the fracture gap. The soft parts in the area show acute inflammation. Cell division increases

within about eight hours of the injury and reaches a maximum at twenty-four hours. The bone osteocytes near the fracture line die.

2. Soft Callus Formation Phase:

Callus formation occurs quickly depending on blood supply; typically it occurs within the first few days. The main source of blood to the bone shaft is the nutrient artery, but repair depends mainly on peripheral vessels until the callus firms. The number of vessels rapidly increases from 4 to 6 days after fracture; vessels move towards the fracture line, particularly towards the dead ends of the bone. The haematoma is invaded by fibrovascular tissue replacing the clot and laying down the connective tissue, fibrocartilage, and matrix, which will later become mineralized to form the woven bone of the primary callus. Periosteal callus is first formed when cartilage appears about the fracture line. Resorption at the ends of the fragments begins to take place, while the callus increases. External callus formation reflects the degree of movement present. Connective tissue is well vascularized and contains a random orientation of tender collagen fibrils, which thicken anchoring the bone fragment ends. The amount of cartilage formed depends on the amount of movement permitted. As connective tissues and fibrocartilage thicken, the fracture becomes increasingly more stable creating a platform onto which mineralization can occur to form bone. Radiologically this stage is characterized by abundant callus formation and temporary widening of the fracture gap.

3. Hard Callus Formation Phase:

Formation of bone begins with the activation of osteoclasts, which gradually resorb connective tissue and fibrocartilage over time. Osteoblasts begin to deposit new bone into the cavity created by the osteoclasts. From then on, the cartilage of the periosteal callus is gradually substituted by bone, while new bone is laid down by the vessels in the areas of bone absorption. Osteoblasts can form woven bone rapidly, but it is randomly arranged and mechanically weak. Nevertheless, bridging of a fracture by woven bone constitutes 'clinical union'. Radiologically this stage is characterized by a relatively slow disappearance

(Continued on page 12)

2002 Junior National Track Cycling Championships Indianapolis, IN - July 24-27th Memorial Hermann Junior Cycling Team Results Summary

Memorial Hermann Junior Cycling Team brings home 5 medals!

**Alane Ballweg: Jr. Women 17/18 Sprint 3rd
500m TT 4th**

Cristin Walker, Jr. Women 13/14 Omnium 3rd

Mark Dearing, Jr. 17-18 Kilometer 5th

Daniel Walker, Jr. 10-12 Omnium 5th

Jr. 17-18 Mark Dearing
5 Kilometer Time Trial
6 Olympic Sprint
7 25 km Points Race
9 3km Pursuit
18 30 lap Scratch Race

Jr. Women 17-18 Alane Ballweg
3 Sprints
4 500m Time Trial
6 15km Points Race
6 22 lap Scratch Race

Jr. 15-16 Dominic Van Nielen
6 Olympic Sprint
9 Kilometer Time Trial
11 3km Pursuit
16 30 lap Scratch Race
16 25 km Points Race

Jr. 15-16 Matt Cross
6 Olympic Sprint
9 5km Scratch
13 500m Time Trial

Jr. 15-16 Cory Pelletier
22 500m Time Trial

Jr. Women 13-14 Cristin Walker
3 Overall
4 10km Points Race
3 5km Scratch
3 500m Time Trial

Jr. 13-14 Joseph Tokarski
8 Overall
10 10km Points Race
6 5km Scratch
10 500m Time Trial

Jr. Women 13-14 Megan Cross
8 Overall
7 10km Points Race
7 5km Scratch
9 500m Time Trial

Jr. 13-14 Daniel Granadino
10 10km Points Race

12 500m Time Trial

Jr. Women 10-12 Shelby Reynolds
6 Overall
7 2km Scratch
5 1km Scratch
6 500m Scratch

Jr. 10-12 Daniel Walker
5 Overall
6 2km Scratch
5 1km Scratch
3 500m Scratch

Jr. 10-12 Ethan Bing
7 Overall
8 2km Scratch
7 1km Scratch
6 500m Scratch

Olympic Sprint
6 CROSS Matthew Memorial Hermann
VAN NIELEN Dominic DEARING

(Continued from page 11)
ance of the fracture line.

4. Remodeling phase

Woven bone is progressively strengthened through conversion to lamellar bone by both bone resorption and bone formation. Unwanted bone, both dead and alive, is removed: dead bone useful in the final architecture is revitalized. Once the fracture has been sufficiently bridged newly formed bone begins adapting to its new function. Finally, progressive remodeling reshapes the

bone at the fracture site according to its pre-fracture characteristics correcting misalignment to a certain degree.

References:

- http://www.depuyace.com/fracture_healing/fracturehealing_sec3.htm
Marsh, D.L. 1999. The Biology of Fracture Healing: Optimizing Outcome. British Medical Bulletin
Martin, R.B., D.B. Burr, and N.A. Sharkey. Skeletal Tissue Mechanics
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(Continued from page 4)

the gym in time for the last of Expert Freestyle (pairs and individual), Open X, and the club shows, but we missed the 50M one foot race at the track. Max, a 17 year-old from TCUC, competed in the Open-X category. He put on a blindfold, got on his unicycle with a kick-up mount (no hands) and then did a 360 degree uni-spin before getting another unicycle with pegs instead of crank-arms. He propelled this unicycle by getting up some speed wheel-walking, then he coasted in a figure eight with both feet on the pegs. Then he took off his blindfold and...

Day three was scheduled for mostly track events—400M, 30M wheel walk, 800M, and 1500M as well as continuation of the slow and obstacle courses. I went on another muni ride—about 10 miles on an out-and-back trail. We made it back in time for the 1500M and I competed in it. My legs were feeling the morning ride at the start of the race and were very tired by the end. NAUCC officially ended after a dinner and an awards ceremony.

Day four (between meets) was a muni-fun ride day. I rode trails at a park inside Seattle that closely resembled Cypresswood trails.

Day five was the opening of UNICON. An 18 mile "Iron Horse Trail" fun ride was scheduled for the morning. About 20 cokers (36" wheeled distance/speed unicycles) and a few other smaller sized wheels went on this abandoned rail turned state park ride. It was all down hill. A 2.5 mile tunnel was a major highlight. It has a slight turn and after about 50' you can't see anything until you eventually can see "the light at the end of the tunnel"—not that it helps you to see where you're riding. At least four long and really tall trestle bridges were cool to cycle over. We made it back in time for the opening ceremonies, public show and world premier showing of "Into the Thunder Dragon"—a film with Kris Holm and Nathan Hoover unicycling across a mountain chain.

UNICON continued (now as world competition instead of limited to North America) with Standard Skills, Hockey, Basketball, 10K road race, Individual Freestyle, Pairs Freestyle, Group Freestyle, Open-X, Obstacle Course, Slow Boards, 100M, 10M Wheel Walk, 50M One Footed, Coasting,

Gliding, 50M Juggling, 400M, High and Long Jumps and 4x100M relay before winding down to the muni events on the last day (Uphill, Downhill and Observed Trials). I mostly went on muni fun rides on some of the best trails I've ever seen, with the most munis I've ever ridden. The downhill was a mass start from the top of the ski lift with about 200 riders. The first hundred yards was up hill and many of the first rows of riders fell causing a chain reaction of dismounts and restarts as the pack cleared out. At least that's the excuse I'm using for my poor position at the end of the race! I did pass a lot of riders "in the rough" but not as many as passed me at the top of the hill. The uphill race was tougher than I thought. Most riders were not able to make it to the top. The winner made it in less than a minute. I made it in about 3.5. I spun out and had to remount about 2/3 of the way up. Neither event had time for an ultimate wheel race—but I was ready.

NAUCC is not as highly competitive as one might think, especially considering the 'national' scope. It is truly a family event, concentrating on achievement. It has become a milestone for each participant to measure individual goals, and the celebration of achieving them. In 2001, one competitor was overjoyed because for the first time in 8 years of racing, she finished a race in front of someone. A year ago I could not ride an ultimate wheel. My goal for this year was to complete a UW race (remounting is disallowed in most races). To be shoulder to shoulder with world-class cyclists at the start line, and then be congratulated by them at the finish is a rewarding experience. You don't have to be the best at anything, but competing with them is an uplifting experience—no matter how humbling.

Many pictures of these events can be found on <http://www.unicyclist.com/gallery> and more information about the USA can be found at <http://www.unicycling.org/usa/index.html>.

NWCC CLASSIFIEDS

HELP WANTED

The Alamo Challenge needs you!! We are looking for several SAG drivers, sign crew, and general helpers. If you are interested, please contact Chuck Martin at cbmartin@evl.net or Sharon Cooper at shcooper@texaslung.org. The pay is great!! All of the food (cookies and bananas included) you can eat Saturday and Sunday, a free room Saturday night, and a couple of T-Shirts. The ride begins at Katy High School on Saturday, October 26th, and ends at the Alamo Dome in San Antonio on Sunday, October 27th.

It's a great weekend trip.

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

NWCC Membership Application

CHECK ONE : NEW MEMBER RENEWAL

Last Name: _____ First Name: _____

Family Membership-names: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Work Phone: _____

Medical Condition: _____

Birth Date(s): _____

Emergency Contact: _____ Phone: _____

E-mail Address: _____

Occupation: _____ Willing to Volunteer skills? _____

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

Primary Reason for Joining NWCC? _____

AREAS OF INTEREST *(check all that apply)*

☐ Road Riding	☐ Volunteer Opportunities	Racing: <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**

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The Pedal Pusher

The Editor's Third Page

by Chris Grusendorf

You would think that in poor economic times, when jobs are scarce and lay offs are abundant, an individual could manage to get fired... nope, not me.

I didn't even start to work on this issue until after it was due to the printer, I don't have any snazzy pictures, I didn't call the shop for their ad, and I don't even have anything to write about. I was sure Lori would send me packing... nope. Just like my old basketball coach, Lori said I don't get to leave practice till I get it right. If this editing gig goes as

smoothly as my college career, I should be able to turn over the reins to the next editor sometime before 2010.

On a more positive note, it's the time of year when many good cycling events occur and the weather is a bit more enjoyable (as long as it isn't raining). Both of the state's race series' resume, many nice tours are being hosted in the region, and cyclocross season is only two months away!

I actually read the meeting notes from the recent board meeting and saw that Peri is working

on arranging the club holiday part at St. Arnolds pub again. While she failed to contribute any articles for this month's newsletter (work, scmirk), I'm glad to see that she hasn't forgotten the ultimate goal of why we ride through the summer heat and is making arrangements for us to stay hydrated through the winter.

Well, the overnight delivery man will be here in a few minutes to take this to the printer, so I'll wrap this this up.