

The Pedal Pusher

October 2002

Vol XVI, Issue 10

A monthly
publication
promoting
the spirit of the
Northwest Cycling
Club

Inside this issue

President's Mes- sage	1
Club Contact info	2
Warming Up	3
Larger than Life	3
Surfing the Super- market	4
October 2002 Calendar	7
Calendar Key	8
Race Results	9
Northwest Cyclery Advertisement	10
Are You Fit or Fat	12
Poop From the Paceline	13
"Rape, Murder, Accidental Death"	13
NWCC Classifieds	14
Meeting Location Info	14
Membership Application	15
Editor's Half Page	16

NWCC

Message from the President

by Lori Walker

Cathie Neagli was cleaning out the back room and found lots of stuff that she offered at the going price of \$1.00 per item. The \$1.00 sale was announced the evening prior to the club meeting through Topica. And it was obvious that everyone was interested in this \$1.00 sale because the room was packed with club members. Now I am not saying my feelings are hurt because people are more interested in the \$1.00 sale than listening to me present very important club information so it was awakening as to what our members want. So for our next meeting in October I will be offering a free bike to some lucky member. Everyone that attends will put his or her name in the hat at the chance of winning a free bike.

What an interesting meeting in September. We have so many talented people in our club. I am very happy to mention that Ryan Spates came in 6th at the Off-road World's Championship.

What a wonderful experience for him. For us, it was a pleasure to listen to his adventure. Diana Zbornak came home with four gold medals, Sandy Martin with four silver medals and Bethel Parker with three bronzes from the state senior races. And don't forget about the off road people who rode in the dark and did battle with the cacti at Kerrville.

Something I think we should be so proud of is Northwest Cycling Club will be offering cycling scholarships. We are hoping, as long as the funds are available, we will be able to offer three \$500.00 scholarships twice a year. The scholarships will be awarded in August prior to the fall semester and in January prior to the spring semester. Stay tuned for further details.

Many thanks, to Jerry Gruss, who graciously at the last moment volunteered to be the speaker for the September meeting. Jerry demon-

strated and discussed his experiences with the Unicycle. Monica Gill and Shaun Wayne volunteered to demonstrate how to ride the unicycle. All three were awarded the famous Northwest Cyclery license plates. Others that were awarded the famous license plate were three new visitors, the September birthdays, and to Big Ron. Big Ron received the license plate for home remodeling while on your bike. Please see Ester's column for more details on his technique. Norm from "This Old House" will probably book Ron on the show!

In October, our speaker will be our own Pete Cariveau discussing cyclocross. Pete will enlighten anyone interested in racing cyclocross. Remember Charlotte Miller, who is in England as I write competing in Track World Championship, will be coaching cyclocross training on Thursday evenings at 6:00 pm at the Alkek Velodrome during October and November.

Speakers for the next few months

Tentatively scheduled speakers for upcoming NWCC Club Meetings:

Pete Cariveau - October -cyclocross training

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

MARK YOUR CALENDARS

CLUB PICNIC/VOLUNTEER DINNER will be held at Zube Park on October 20, 2002 beginning at 3:00 p.m. This is for all club members, those persons who volunteered their time to work the State Road Race, Katy Flatland, and Bluebonnet Express, and their families. Once again, James Farrell, Morris Taymon, Dana Chamness, Damon Van Zandt, Melanie Lacy, Sandra Rice, et al will entertain us as they play mountain bike soccer. Hopefully we will find someone to officiate again this year which was a most perilous position last year. For those of you who missed it last year, it was quite entertaining, a lot like watching a train wreck. There will also be other games and lots of good food. Please come and join us.

CHRISTMAS PARTY will be held at Azalea Manor on December 13, 2002 beginning at 6:30 p.m. This annual event will not be at St. Arnold's this year as we are going to try something new, but I promise it will be just as fun. More details will be in the next issue, but we wanted to be sure you put it on your busy social calendars.

LEAKEY - The Club is making its annual trip to Leakey the weekend of December 6-8. You will get your fill of climbing on this trip. The scenery is beautiful, trust me, I have lots of time to look at it on those 2 mile climbs. If you are interested in going, then it is suggested that you get a group together to share a cabin. We ride both Saturday and Sunday, but there is also hiking available in nearby Garner State Park and Lost Maples. Bring your kids. Sam and Alex Bumbaugh would love to have some help collecting and painting rocks.

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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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

Warming Up

by Charlotte Miller

Before every workout I like to adhere to a warm-up routine. For me a warm-up before a hard training ride is like a rehearsal for when I arrive at a race. I know before hand what works to get ready for the effort. By rehearsing your warm-up routine before a hard training ride you become familiar with the process and can fine-tune it to fit your needs. Whether you are a recreational cyclist or a local racer developing a warm-up routine will help you enjoy the satisfaction of a better performance. Here are some points to consider when planning your training or pre-race warm-up routine.

Purpose

The purpose of a warm-up is to help facilitate a better performance. To help prepare your body for the planned work you will want to raise the body temperature and stimulate the central nervous system (CNS). Raising the body temperature slowly will help to reduce ligament, tendon and muscles strains, and stimulating the CNS will help coordinate all the systems of the body, speed up motor reaction and improve coordination (Bompa 1999).

Tudor Bompa advocates breaking the warm-up into two parts: *General* and *Specific*. Breaking it into two parts will allow for an adequate warm-up and will facilitate a higher level of performance.

General

Ozolin (1971) claims, "inertia and the efficiency of the athlete's function may not elevate immediately. There is a certain time required to reach a state of high physiological efficiency." With this in mind the *general warm-up* may last 20 to 30 minutes or longer.

This part of the warm-up involves a light workload that increases progressively to assist the blood flow to help raise the body's temperature. This lighter load will also prepare the muscles and tendons for the planned work to follow. Another benefit of the general warm-up is it allows you to prepare mentally for the training session by spending time visualizing the parts of the workout or race and becoming motivated to do the planned work or race (Bompa 1999).

Specific

The Specific warm-up is a short transition to the working part of the training ride or race and will last between 5 to 10 minutes. During the specific warm-up you will perform a few repetitions in lighter gears than are planned for the main body of the workout or race. This will help to stimulate the body for the anticipated effort. Then, increasing to a harder gear or a higher intensity will help to simulate the effort of the planned training or race.

Stretching

Stretching is also an integral part of the warm-up routine. It can fall at the end of the specific warm-up or after the general warm-up period, after the body's temperature has risen. Spend 5 to 7 minutes stretching. Areas to focus on are the quads, hamstrings, lower back, neck and any other body part that needs attention in the way of flexibility.

General Warm-Up Routine

Here's a routine to help get you started. Roll easy for 5 to 10 minutes by yourself to get comfortable on your bike. Use this time to practice looking over your shoulder and getting out of the saddle. Then start a 15 – 20 minute pace line. Start easy, after 10 – 15 minute begin a spin-up to 120 RPM. For the spin-up use the small or middle chain ring on the front and an easy gear on the back, start pedaling at 60 RPM. Each minute increase your cadence by 5 RPM until you reach 120 RPM. After the spin-up let your heart rate come down. This has warmed your body up enough to spend several minutes stretching. After stretching get back on the bike and roll easy a few minutes to re-warm your body before moving onto the *Specific Warm-Up*.

Specific Warm-Up

The specific warm-up is tailored to match the main body of your training or type of race you will be engaged in. Continue to stay in an easy gear, but make it a little harder than used during the general warm-up.

If your training ride is a sprint workout, per-

(See Warming up, continued on page 11)

The MS-150... Larger than Life

by Debbie League

It started out as a simple (?) physical challenge. One hundred eighty miles from Houston to Austin. Enjoying cycling and sitting your derriere on a masochistic seat for 10 hours over 2 days are not necessarily the same thing. Oh yeah, throw in hills, heat, and major roads with no shoulders!

It wasn't long into the ride, however, that the emotional and spiritual aspects joined the physical. I wasn't just doing this for me, I was riding for Cheryl (my pedal partner) and everyone else who has suffered the devastating effects of multiple sclerosis. I wore my religious medallion that my Aunt Stephanie had given me from a pilgrimage in Europe and carried like 6 prayer cards in my camelbak. I also chanted a prayer for our safety, when I wasn't singing "Bye, Bye Ms. American Pie" to stay awake. I was also hoping my singing would allow me a wide girth in which to ride. Unfortunately, there are quite a few professional cyclists who must wear ear plugs or have grown immune to these beginner tactics.

The first day wasn't a walk in the park but was do-able. Five o'clock Sunday morning came too soon. Fortunately, I've been blessed with two precious friends, Korinne and Jancie, who met me in La Grange and set up the tent Saturday afternoon and took it down Sunday morning. I was busy plotting how I could take the bus to Austin and still cross the finish line on my bike.

I figured that I would continue following my cousin Pete's advice and take it rest stop to rest stop. Ten rest stops of 10 miles didn't seem overwhelming. At least, until you were at the 7th one and 10 more miles you just knew would KILL you. That's when the turtle lady attempted to suck me into her vortex. Another Bermuda triangle just waiting to take down innocent cyclists. Right before lunch a SAG van (carries cyclists to the next rest stop) was following me. I got off the road and assured her that I had not signaled for SAG support. She then informed me that her van was the "turtle" van, to follow the last cyclist in to the next stop. Dumbfounded, I told her that surely the elderly and less fit were behind me. Oh, woe was I!! I explained profusely that I would not ride the SAG and she would not intimidate me by trailing behind me at 8

miles an hour. Then I high-tailed it past a dozen people to shake her clutches.

It was at lunch that I totally bonked. The heat, the hills, and the pain were getting to me. There was a group of women who were sagging it to the next stop and I told them I would join them, with pain in my heart. Walking to collect my bike, I put back on my camelbak, helmet, gloves, and glasses. An incredible sadness came over me and I prayed to God that He would give me the strength to go on. The horror stories of all the hills to Austin were too much to take. As I turned the corner, two riders said to me, "It's not that bad, you can do it. Just follow us." God had dropped 2 angels from heaven in the guise of cyclists!! As it turned out, that stretch of the ride was the nicest ever, on fairly flat roads past beautiful farms.

I trailed them until the next stop. Soon after that, I got a second wind. That's when the "Turtle Lady" showed up again, telling us that the turtle SAG van was 7 miles behind. People were asking what the turtle was. I did not have time to go into details for them but instead ran up and down the hill warning them about her and encouraging them to get back on their bikes and hit the road before she could collect their souls for her own selfish pleasure. No way had we come that far to SAG. We would cross the finish line on our bikes, or at least I would. Every man for himself as I hopped on Louise and clipped in.

At the next to the last stop there was 8 miles to go. I was cheerleading with, "You can do it, you can do it, you can.....chick a boom." I had long ago lost the energy to shout "NO PRIDE.....NO SHAME!!" to passing fellow Team West U cyclists. We could barely mumble "Go West U." Still, there was an energy bigger than me that pushed me on to the last 8 miles stretch. Even when a dooms day sayer told me it was all uphill from there, I threw an energy gel packet at him and told him he'd better leave me alone or I would sic the turtle lady on him.

The last stretch brought tears to my eyes. People lined the streets with banners and pompoms, cheering

(See Larger than Life, continued on page 12)

Surfing the Supermarket

Catherine Kruppa, MS, RD, LD

Is your trip to the grocery store giving you a headache? Do you buy the same things every week? With a bit of planning, going to the grocery store can be fun and make eating healthy much easier.

First, try to go to the grocery store at least once a week. Buy things such as apples, oranges, precut fruit, baby carrots, precut celery, fresh lunchmeat, yogurts, dried fruit, pretzels and low fat granola bars. Place the precut fruit and veggies on the shelf in your refrigerator where it is the first thing you see when you open the door. This will help steer you away from high fat snacks, like chips and cookies.

Planning is the key to eating healthy. I recommend preparing a list of dinner meals for the week and shop accordingly. When you don't have something planned for dinner it is easy to go through the drive thru and consume a high fat meal with little nutritional value. Planning also helps to alleviate frustration. How many times have you started to prepare a recipe and realize you don't have all of the ingredients? Make your shopping list based on the meals you are going to prepare and do not deviate from it at all. This includes avoiding the displays and food at the checkout counter.

When you get to the store, shop the perimeter of the grocery store first. Fill your basket with the most nutritious, unprocessed, naturally low fat foods first i.e. produce, meat, dairy, and bread. Then go down the aisles for the essential processed foods. People who eat more fruits, vegetables, whole grains, low fat dairy products, poultry and fish have a lower risk of disease than those who base their diet on processed foods.

Here are a few hints to help you as you venture into the grocery store, as well as some staple items for you to keep your pantry and refrigerator stocked with:

Produce:

Start your trip to the store in the produce section. Here you have an endless supply of nutrient rich foods. Strive for consuming 5 fruits and vegetables a day to help reduce your risk of disease. Try fruits and vegetables that you've never had before. You may find a new favorite food. Staple items in the produce section

include: One deep green vegetable, one orange/red/yellow vegetable, raw veggies, 2 different fruits, and salad in a bag.

Meat/ Deli:

Most stores have a variety of fish in this section. If you are looking for red meat, choose lean meats such as loin or round cuts. Try substituting extra lean ground turkey for ground beef in spaghetti sauce, lasagna and stuffed peppers. Choose skinless cuts of chicken. To make life easier many stores have fajita chicken that is precooked, sliced and cut so you can heat them up inside a warm tortilla with some low fat cheese and salsa or throw into a stir-fry. In the deli section, look for lean meats such as turkey and ham.

If you like bacon, sausage or hot dogs try the lower fat turkey version.

Bread/Cereal/Grain:

For the healthiest choice, choose bread with whole grain flour as the first ingredient. If wheat flour or unbleached wheat flour comes first, the bread is made mainly of refined flour, which has lost many of its nutrients during the refining process. In the cereal aisle look for a cereal that is high in fiber and low in sugar. A high fiber breakfast is a great way to get a jump start on your daily fiber intake and the fiber makes your breakfast very filling so you feel satisfied until lunch time. If you don't like the taste of high fiber cereal mix it with another cereal that you like. Oatmeal is another great low-fat breakfast item. Top it off with some fresh fruit to start your day off right. Follow the same rule with pasta and rice as you did with bread; avoid the white versions of these foods. Brown rice and whole-wheat pasta contain many more nutrients and fiber. Staple items: Whole wheat English muffins, high fiber cereal – Fiber 1, Shredded Wheat, Raisin Bran, oatmeal, whole wheat pasta, bean or lentil canned soup, and brown rice

Peanut Butter/Jelly/Tuna/Condiments:

Peanut butter is a great source of protein, but is also high in fat. Eating it in moderation or switching to a lower fat version is okay. Jelly, on the other hand, contains no fat but can be loaded with sugar. Look for light versions that are sugar free. When used in modera-

(See Supermarket, continued on page 6)

(Supermarket, continued from page 5)

tion, jelly is a great substitute for butter/margarine.

Tuna is a great choice for a healthy meal, but stick with water-packed tuna. Starkist makes a tuna kit containing 3 ounces of tuna, crackers and light mayonnaise, which is a great snack or can be part of a healthy lunch or dinner. Beware of pre-mixed tuna salad, which is often high in fat due to the mayonnaise. Salad dressing can change a healthy salad into a meal that has more fat than a hamburger. Taste and portion sizes are issues when it comes to salad dressing. There are many low fat or fat free versions that taste good. If you refuse to try these, limit your portion size to 1 tablespoon. Mayonnaise can also add a lot of fat and calories to your diet: 10.9 grams of fat and 94 calories per tablespoon. Look for a lighter version that has only 2.9 grams of fat and 35 calories per tablespoon or try fat free mayonnaise. There are many yummy condiments that have little or no fat that can add great flavor to a meal. Try barbecue sauce, chili sauce, cocktail sauce, hot sauce, and salsa containing fruit. Staple items: reduced fat peanut butter, sugar free jelly, water packed tuna, fat free/light mayonnaise, fat free or low fat dressing, and salsa.

Snacks:

Speaking of salsa, what goes better than tortilla chips? The fat and calories in chips can add up fast. By choosing a baked chip over fried can save you up to 50% of fat per serving. Even better, try pretzels or light popcorn for an afternoon snack. Crackers are also a good alternative, however, many crackers can contain as many calories and fat as chips. Make sure you read the labels and look for a cracker low in fat and high in fiber such as reduced fat Triscuits. Dried fruit and low fat granola bars are good snacks if you are traveling or on the run. Watch out for portion sizes on dried fruit! ¼ cup is a serving size. Staple items: Dried fruit, low fat granola bars, reduced fat Triscuits, baked chips, pretzels, and popcorn (no butter).

Dairy:

Many people have avoided dairy products for years because of the fat content, however dairy products are rich sources of protein and calcium and these days

you can get lower fat versions of all of your favorite dairy products. Choose 1% or skim milk. 2% milk is reduced fat, but not low fat so it still contains a significant amount of fat. If you have a wild hair try soy or rice milk, which offer many health benefits and are also low fat. In the dairy section also fill up your basket with low fat yogurt, cheese, cottage cheese and cream cheese. Which spread is healthier butter or margarine? Neither, try Brummel and Brown, a yogurt based spread. It is lower in fat than butter and does not contain the hydrogenated fat of margarine. If your cholesterol level is high you may benefit from one of two new spreads on the market made to help lower cholesterol, Take Control Light or Benecol. Choosing a lower-fat alternative can make a big difference in your diet. Staple items: 1 % or skim milk, low fat cheese, low fat cottage cheese, low fat yogurt, lower fat spread (Brummel and Brown, Take Control Light or Benecol).

Frozen Foods:

Consider giving veggie burgers a try. They are low in fat and many taste better than beef burgers. Morningstar Farms not only makes veggie burgers, but also makes many of your old favorites such as chicken nuggets and corny dogs from soy. These products taste delicious and contain much less fat. Read the label before you buy frozen dinners. Some can contain as much as 22 grams of fat or more. Aim for low-fat frozen entrees. Another option is frozen meals in a bag that you just have to add meat to. This is a quick and easy way to have a well balanced dinner. Also in this section you can find frozen bags of boneless, skinless chicken breasts that you can add to a frozen meal in a bag or grill outside on the grill. Generally, stay away from ice cream and frozen treats. They are empty calories. But if you must indulge, try lower fat options such as sorbet, low fat frozen yogurt, sugar free fudgesicles or frozen fruit for a smoothie. Staple items: Mixed vegetables, veggie burgers, frozen chicken breasts, low fat frozen entrees and frozen fruit.

Most importantly, do not go shopping for food when you are hungry! Eat before you go or you will end

(See Supermarket, continued on page 11)

Catherine offers grocery store tours to teach you to zoom through the grocery store and fill your basket with the healthiest and latest products. You will receive tips on quick and easy meals, label reading and good nutrition. Contact Catherine at 713-316-2707 or cathkruppa@aol.com for more information.

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.

October 2002

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Club Meeting 6:45 Race Team 7:30 General Members Officer Nominations	2	3	4 V: Friday Night Races	5 CLUB RIDE Zube Park 7:30am R: Monaville RR: Lewis Jewelers Crit
6 RR: GCCA 40k TT	7	8 Club Time Trial Sharp Rd. 6:00pm	9	10	11 V: Friday Night Races	12 CLUB RIDE Zube Park 7:30am R: Bellville RR: Power Pedal Crit
13 Tmbra: BTU Power Pedal RR: Power Pedal Road Race	14	15	16	17	18	19 CLUB RIDE Zube Park 7:30am RR: Beaumont Road Race
20 RR: Beaumont Crit	21	22	23	24 Bike Repair Class 7-9pm RSVP 713-466-1240 	25	26 CLUB RIDE Zube Park 7:30am R: Whitehall
27 Tmbra: Piney Hills Fall Classic VIII (Ruston)	28	29	30	31	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.

October RIDES

Pinewoods Purgatory
Oct. 5th, Lufkin
www.pineywoodspurgatory.com/

Williams Classic
Oct. 6th, Houston

MADD Country Roads Classic
Oct. 6th, Montgomery
www.woodlandscyclingclub.org/~madderc/

Houston Alamo Challenge
Oct. 26-27, Houston-San Antonio
www.alamochallenge.com/

Moonlight Ramble
Oct. 20, Houston
www.bikehouston.org

NovemberFest
Nov. 2

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

Race Results

Kerrville TMBRA Results:

Beginner:

Elena Capsuto - BW30/39 - 7th
 Tony Deore - BM30/34 - 11th
 Paul Wheat - BM30/34 - 28th
 Brian Doer - JuniorOpen - 7th

Sport:

Lisa Gibson - SW30/39 - 1st
 Monica Gill - SW30/39 - 5th
 Colin Winsor - SM35/39 - 26th

DownHill

Andy Laswell - 1st

X-Bar TMBRA Results:

Sport	Men 35-39	Kevin Hopper	9th
Sport	Men 45-49	Jim Mackey	2nd
Sport	Women 30-39	Susan Stormer	4th
Sport	Women 30-39	Monica Gill	6th

Expert	Men 19-29	Ryan Spates	13th
Expert	Women 30-39	Steffi Penco	2nd

Beginner	Men 30-34	Tony Deore	9th
Beginner	Men 35-39	Nick Miller	8th
Beginner	Women 30-39	Elena Capsuto	5th

Anderson Stage Race

Tom Reed 10th, Cat 35+

Dana Chamness 3rd, Cat 45+

Steffi Penco 3rd, Womans Cat 4
 Clare Brown 13th, Womans Cat 4

Peter Carivieu 25th, Cat 3
 Eric Warnsman 29th, Cat 3

Blake Rich 6th, Cat 4
 David Lynch 35th, Cat 4

Frank Gonzales 7th, Cat 5
 Juan Barboza 14th, Cat 5
 Russell Lovelace 18th, Cat 5

World Solo 24 Hours of Adrenalin Championship

Ryan Spates—6th Male 25-34

August Time Trial Results

by
 Dana Chamness

The next time trial is scheduled for October 8th. Be there early we will not have much daylight.

TIME TRIAL RESULTS—September 10th, 2002 10 k (6.37 miles)

ORDER	NAME	TIME	MPH
1	Craig Rennpage	0:15:04	25.4
2	Kerry Emmott	0:15:04	25.4
3	Tom Reed	0:15:25	24.8
4	David Lynch	0:15:31	24.6
5	Michael Shepherd	0:15:44	24.3
6	Keith Ford	0:15:44	24.3
7	Pat Dunton	0:16:00	23.9
8	Bill Reilly	0:16:34	23.1
9	Gary Zbornak	0:17:34	21.8
10	Kevin Hopper	0:18:10	21.0
11	Diana Zbornak	0:18:30	20.7
12	Tom Holland	0:18:57	20.2
13	Wes Morrow	0:19:21	19.8

From Downtown take HWY 290 to Roberts Road (the same road as Zube Park is on) turn left. Roberts turns into Katy Hockley. Follow it South to Katy Hockley Cutoff, turn right and park at the park on the left. Ride your bike to the Start/Finish line.

American Velodrome Challenge

Gregg Germer—6th Match Sprints, 7th Keirin, 3rd 4k pursuit, 3rd Kilo, 2nd Miss-and-Out, 2nd Points Race

Cristin Walker—4th 3k pursuit, 5th 500m, 5th Miss-and-Out, 5th 5-mile scratch, 4th Team Sprint

Chris Grusendorf—10th Keirin, 12th 10-mile scratch, 14th kilo, 6th Miss-and-Out, 9th Points race

Mark Dearing—4th 10-mile scratch, 8th 4k pursuit, 5th Miss-and-Out, 5th Points race

Texas State Senior Games Results

Gold and Silver medalists qualify for national level competition

5K Time Trial	Gold	Nancy Wallace
		Diana Zbornak
	Silver	Sandy Martin
10 K Time Trial	Bronze	Bethel Parker
	Gold	Nancy Wallace
		Diana Zbornak
20 K Road Race	Silver	Sandy Martin
		Jim Wallace
	Bronze	Bethel Parker
40 K Road Race	Gold	Nancy Wallace
		Diana Zbornak
	Silver	Sandy Martin

OCTOBER CLUB SPECIALS

Great Deals from Houston's Cycling Super Store



**Mens and Womens
Summer Jerseys
25% Off**



17458 NW Freeway (290 & Jones Road)
Houston, Texas 77040
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(Warming up, continued from page 3)

form a couple 50 - 100-meter jumps (one in and one out of the saddle) with at least 3 - 5 minutes of rest between each effort. For intervals or hill repeats, perform several sub-maximal efforts. The other thing I like to do, as part of my specific warm-up routine, is to match the cadence I will be using during the main body of the workout. If the workout is sprints I'll use a high cadence, for intervals or hills my cadence will be lower than that used for sprinting.

Before a time trial you will want to perform several sub-maximal efforts lasting 2 to 3 minutes with 5 minutes of rest between each effort. For a hilly road race you may want to roll out over the start and finish areas to perform several 2 to 3 minute sub-maximal efforts while checking out landmarks for the sprint. If the race is a criterium you will want to perform several jumps and accelerations to help prepare for a fast start. With about 15 - 20 minutes to go until race start you'll want to finish your specific pre-race warm-up with 2 short accelerations about 50 - 100 meters long in your race gear (one standing and one seated). Relax and roll easy until called to the start

The main objective of the specific warm-up whether for training or racing is to use a reduced load that will help stimulate the anticipated effort, and then move onto the gear that will help simulate the effort and cadence.

More Thoughts on Warming-Up

If you have a heart-rate monitor (HRM) use it. The HRM will help guide you through the warm-up process. At first you will go by feel and make adjustments as you learn about yourself as an athlete. Get to know your heart-rate (HR) zones. Always start your warm-up in zone 1 (this is the zone I call ridiculously slow). Roll for about 10 minutes in zone 1 and move into zone 2 (your aerobic HR). Stay in zone 2 for about 5 minute and then progress into the

spin-up mentioned under the General Warm-Up Routine. The spin-up will take you through the other HR zones to get your body temperature elevated. For further reading on HR zones pick up a copy of Joe Friel's book *The Cyclist Training Bible*.

As a rule, the higher the intensity or the longer the duration of training or racing the longer the warm-up. Keep in mind if you're rested your body will warm-up quicker than when you're tired. When your tired from training or racing you may want to take more time to riding in zone 1 and 2 before moving onto the higher zones. The last thing you want to do is develop a pile of lactic acid in your legs and spend the rest of your training session or race getting it out.

Developing a warm-up routine will help to reduce pre-race anxiety and worry about whether you are making the right preparation decisions. You will discover as you fine-tune your routine that on race day you will go through the motions without a second thought.

Final Thought on Warming-Up

If you are riding with a group remember everybody needs to get warmed-up before taking the speed or effort to the next level. By controlling the pace of the warm-up the group as a whole will benefit from a higher level of performance.

One Last Note

Remember; cool down after the final effort of your workout or race.

References

- Bompa, Tudor. 1999. Periodization: Training for Sport.
- Bompa, Tudor. 1999. Periodization: Theory and Methodology of Training.
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(Supermarket, continued from page 6)

up with those high sugar and fat loaded goodies magically falling into your basket.

Before you check out, look over what you have in your basket. Fruits, veggies, low fat meats and whole grains should make up at least 80% of your basket. The other 20% can be for the indulgences such as low fat ice

cream and alcohol.

By following these few simple guidelines your trip to the grocery store will be more successful. So pull out your grocery list and get started!!

Are You Fit or Fat

by Ron Ostrowski

Most people have relied on scales measuring their total body weight to determine if they are Fit or Fat. Weight is then compared against the Metropolitan Life Insurance Company's suggested weight scale, which is based on height and sex. **WRONG!!!!**

If you had weighed Arnold Schwarznegger when he was in his prime body building days, the charts would have called him **OBESE?** And an anorexic woman at 60 pounds would be considered healthy. What's wrong with this picture?

Inherently there appears to be something wrong with comparing your body weight to some scale put out by the life insurance industry. The error is due to the fact that muscle fiber weighs almost twice as much as fat.

Ah Hah! Then why don't we weigh how much fat we are carrying? Well up until a few years ago that was impractical. The method of determining a person's fat content was by using the "Water Displacement Procedure". Sounds fancy huh! Not really. It was based on the fact that fat floats. So, you throw a body into a full tank of water and the amount of water weight pushed out of the tank, i.e. displaced, equaled the weight of the body fat contained in that body. Now I'm sure you're going to rush right home, fill the bathtub and jump in. Right? No, wrong.

There is a new scale on the market, it actually has been available for several years. It measures Body Fat Percentage using Electrical Impedance. Now that really sounds fancy. It's based on the fact that fat tis-

sue and muscle tissue has different densities and restrict the flow of electricity differently.

Whoa! This article is getting to techy. The Body Fat scale comes with a chart, which provides a guideline of what your body fat content should be based on height, age and sex. The women in the audience will be pleased to know that they are **officially** allowed a higher percent of body fat than men. And on most women it looks **REALLY GOOD**. Oops. Time to re-focus here. Also, as you age, your body fat content is expected to increase because you normally loose muscle mass.

O.K. Time for an example. And since I'm writing this article, I'll use myself to show you the affects of using a Body Fat Scale versus Weight Scale.

On January 1st, I weighted in at 280 pounds with 38.4% Body Fat= **107#** of Fat.

By February 1st I was down to 270 pounds with 35% Body Fat= **95#** of Fat.

On March 1st, I still weighed 270 pounds but was only 33% Body Fat= **89#** of Fat.

Thus from a fitness standpoint I have lost **18#** of Fat and put on **8#** of Muscle for a net loss of 10# in over-all body weight.

As you can see, the Body Fat Scale gives you a clearer picture of how your body is performing. Sure, total body weight is important but are you improving your body by gaining muscle or are you just loosing fat. You be the judge.

(Larger than Life, continued from page 4)

us on and thanking us for riding for them. Surely, making it up the hills on busy city streets with no shoulders and construction served a higher purpose. Turning into the finish line was sweet ecstasy.

There were times I thought I could not go on. It was at those times that God placed His hand on the small of my back and pushed me on, just like that day in Pasadena when a tornado destroyed my portable classroom.

When there was just one pair of feet pedaling, I can assure you that they were not mine. I cannot tell you how totally blessed I feel to be used as His instrument. What began as a personal physical challenge has indeed changed my life. Not one of us knows when we could wake up without our health. As long as I have mine, I will continue to ride.

Debbie League

Poop from the Paceline

by Ester Astabulla

Well it's official, Jim Spann, that's Gail Hurley's best guy, is old. Not only did he turn 50 this past month, but he also had his first grandchild this summer. Now if he would just ride like he's old, maybe I wouldn't feel so old at the end of the ride!

Warning, Jimmy Bridges has some fancy new wheels on his bike, and he likes to take them off- road to see how they handle gravel and grass. As I was riding close to him when he tried this maneuver, I am thrilled to say they handle just as well off the road as they do on the road.

Once again our Seniors did a great job representing the club at the State level for the Senior Olympics in Lubbock, Texas. Diana Zbornak came home with 4 gold medals in spite of the fact that she got lost and went off course on the 10K time trial and did an extra lap in the road race. Apparently she would have done just as well against any of the women there of any age.

Bethel Parker learned that you don't make major adjustments to your bike late the night before a big race. Unfortunately he broke the nut on his seat post and had to race on a broken seat in the 5 and

10 K time trials. He still managed to place 3rd in both, but his seat was about 4 inches shorter than when he started the day. Sandy Martin also came home with 4 silver medals, staying on course and not relying on her husband for support. Husband and wife team, Jim and Nancy Wallace also brought home gold and silver medals in their respective age categories. I am not at liberty to say which age category that they rode in! Hope to see you all at the picnic in October. Remember, be careful what you say, it might end up in my column.

Esther Astabulla

"Rape, Murder, Accidental Death"

by Ron Ostrowski

These are terrible words to see in print. It would be even more terrible to see these words written in an article about one of our club members.

YOU can prevent this from happening.

All of you cherish your wife or loved one and would do anything to protect her. What I'm asking is that you protect other's wives and loved ones. On our Saturday morning club rides, it is becoming all too common to see women cycling by themselves. WHY? A paceline that you are in has dropped that woman cyclist. And not one of you has fallen back to ride with her and protect her safety for the remainder of the ride.

Look into your souls. Would you want it on your conscience that a woman cyclist that you allowed to be dropped was harmed in any way, just because you wanted to maintain your Average MPH? Put a little

perspective on this. It is only a bike ride.

What I want every man in our club to do right now is to make a conscious decision that the next time you drop a woman cyclist, YOU will fall back with her.

And women cyclist, you also have a responsibility. If you are falling off the back of a paceline, yell at the cyclist in front of you that you need help. Reach down into that well of glycogen and sprint to catch-up to that cyclist in front of you for a brief second and get his attention.

Thank you for your cooperation. Now go out there and have safe fun.

Ron Ostrowski
Husband, Father, Grandfather, and Cyclist

NWCC CLASSIFIEDS

For Sale Cannondale F700, off-road bike. Trek 1420 road bike. \$800 each (firm).

Contact Doug Lehmann
281-469-9131

For Sale 1994 Trek 2300, 60 cm carbon frame, ultegra components, computer, aero bars, computer, look pedals, repair stand. \$800. Contact Rick Williams 832-684-5702.

For Sale Yakima roof rack. It has hardware for one back and one windsurfer. I'll take \$150 to get it out of my garage. Contact Rick Williams 832-687-5702

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@EVI.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

HELP WANTED

NWCC is always looking for persons to help keep the club thriving. You can contribute in numerous ways, including ride starter, newsletter editor, coaches, newsletter editor, news contributors, newsletter editor, beginner ride leader, newsletter editor, etc.

Of specific interest, at the October club meeting, new club officer nominations will be made and accepted. Anybody not present will be nominated for something. Voting will occur at the November meeting.



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: (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 _____
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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 Half Page

by Chris Grusendorf

Another month, another newsletter... what to write about this time?

Looking over the calendar, this should be a spectacular month for our sport... road races still cranking, the cross country racing is in the peak of its fall season, the Houston area is hosting several great tours, Alkek Velodrome is spinning those fixed gears for a few more weeks, the collegiate season gets awakened, and the temperature isn't nearing 100 too much anymore.

Take a look back on page 2 of this issue and make sure you've marked some important dates that Peri has scheduled for us... Christmas Party, the Leaky weekend trip, and the Club Picnic.

While I know I've made sure to mention it in every newsletter I've worked on, the position of Newsletter Editor is open for new occupancy. I've definitely enjoyed working on it more than I thought I would, but my time is very limited, I must graduate this semester, and I will most likely be leaving the Houston area soon afterwards. I'd be happy to show someone the ropes to how this thing comes together, but I can't wait till December to do it (that whole *leaving Houston* thing makes it difficult before long). Kristin gets to graduate in December as well, and though there's a better chance she'll be staying the Houston area, there's no guaranty at this point (we're both seniors at Texas A&M for those of you trying to make sense of this).

By the way, who's got OLN and has been recording some of the recent races that are being broadcast? Hook me up sometime if you would, I even have blank VCR tapes I'll contribute.

One final piece of personal advice... avoid burnout! Kristin and I should be on a plane to Florida right now to compete at Collegiate Track Nationals with about four other A&M teammates. We all worked and raced ourselves too hard over the last year, leaving nothing left for the climax of the year, so now we're just stuck in class, unable to add to our medal count that was making good progress. So... stay rested, keep variety in your rides, and enjoy good company.