

The Pedal Pusher

November 2002

Vol XVI, Issue 11

A monthly publication promoting the spirit of the Northwest Cycling Club

Inside this issue:

President's Message	1
Club Contact info	2
New Planner in Town	3
Periodization of Intervals	4
The Truth about Fat	5
Road Race Skills Clinic	6
Rebottle to Dropping Women	6
What Was so Important?	7
Women's Symposium Info	9
November Calendar	10
Calendar Key	11
Race Results	12
November Club Specials	13
A Racer's Rebirth	14
Piney Woods Purgatory Recap	16
NWCC Classifieds	17
Mountain Bike Clinic	18
Tomball Parade/ More Results	20

Message from the President

by Lori Walker

The nominations for next year's officers are Lori Walker – President, Peri Mashburn – Vice president, Leann Latham – Secretary and Tracy Meixensperger – Treasurer. Does this sound familiar? Everyone has agreed to stay on another year if the members agree to it. Any one who is interested in running may submit their name at the November meeting or email me prior to the meeting.

Talking about volunteers Chris Grusendorf needs to retire from the newspaper business. Chris would like to graduate in December and he doesn't want to wait till December to pass the newsletter on. If someone would like to volunteer please contact Chris or myself.

Russell Lovelace is also retiring, at least for one year. If you didn't know Russell and his wife are

expecting their first child any day now. Russell is the volunteer chairperson. Russell's job is recruiting for the ride starter, volunteers needed for the BBX, Katy Flatland and our yearly road race. If you would like to volunteer for this position please email Russell or myself.

The Volunteer of the Year nominees are, Tracy Meixensperger, Russell Lovelace, Bill Reilly, Chuck and Sandy Martin, Chris Grusendorf, Greg Smith, David Lynch, Julie Van Zandt, Sam Giancarlo and Monica Gill. Again we will vote at the November meeting. If there is someone you would like to vote for who is not on the list please add his or her name. Personally, I would like to thank all who volunteered for all of our activities.

The date for Holiday party has been moved to November 22nd at St. Arnolds,

party time starts at 6:30 pm. We wanted to get an early start on the holiday season!!

We had a bike give away at the October meeting. Craig Rennpage was the fortunate winner of a Classic Antique Schwinn bike. This bike will be very valuable when it is restored. Have fun, Craig. You are a good sport.

Many thanks to our October speaker - Pete Cariveau who spoke on cycle-cross training and racing. The season begins this month with the Ambush Cyclocross Race. If you are not a racer you might enjoy going to the races just to watch. They are a lot fun. Check the schedule for race time and location.

DATES TO REMEMBER

CHRISTMAS PARTY— The date and location for the Christmas Party has changed since last month— The party will be held at St. Arnolds November 22nd beginning at 6:30 p.m.

LEAKEY - The Club is making its annual trip to Leakey the weekend of December 13-15. 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.

MOUNTAIN BIKE CLINIC—See the flyer in this month's newsletter for details. Dec. 7th-8th at Bluff Creek Ranch in Warda. Mo Monaghan will be the instructor.

ROAD RACE SKILLS CLINIC—See more details in this and future newsletter. February 7th-9th, 2003. Hunter Allen will be the instructor. Spaces are limited so reserve yours soon.

2002 Texas State Road Race September 21st-22nd Chappell Hill, TX

Sr. 3	7th Eric Warnsman	Masters 35+	14th Tom Reed 31st Scot Orgish 42nd Paul Chandler
Women 1/2/3	6th Renate Junold	Masters 45+	3rd Dana Chamness 26th Craig Rennpage
Sr. 4	14th Blake Rich 17th Richard Lizama 55th Garry Rennie 72nd Bill Duckworth 73rd Jeff Stones	Youth 13-14	1st Cristin Walker
Sr. 5	3rd Jack Talton 11th Russell Lovelace 16th Juan Barboza	Youth 10-12	1st Daniel Walker
Women 4	2nd Steffi Penco 13th Lauren Mahoney 20th Nancy Dodd 22nd Claire Brown	Junior 17-18	4th Mark Dearing
		Women 35+	6th Nancy Dodd 8th Julie Van Zandt 9th Andrea Chandler
		Women 45+	7th Diana Zbornak

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). December submissions should be sent to chris@chris.grusendorf.name or KristinFriedman@aol.com

Club Officers

President	Lori Walker walker@ev1.net	281-370-3591
Vice President	Peri Mashburn mashpe@aol.com	713-880-9559
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Membership Chairperson	Lisa Gibson lgibson3@houston.rr.com	281-251-7182
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Bluebonnet Director	Monica Gill monica_gill@gensler.com	713-522-0934
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Rider Safety Chairperson	Joseph Noack jnoack@attglobal.com	713-863-1881
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Race Team Director	Bill Reilly breilly@coral-energy.com	281-752-4298
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MountainBike Chairperson	Sandra Rice srice98@pdq.net	281-894-4921
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MtnBike Race Team Cptn	Colin Winsor colinwinsor@hotmail.com	713-522-7399
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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

There's a New Planner in Town

Greetings fellow non-motorized transportation Advocates, Engineers, Enthusiasts, Planners, Volunteers and all:

Please allow me to introduce myself, my name is Dan Raine, I am a Transportation Planner, originally from New Jersey (please forgive me!), and I am very excited to join the H-GAC (Houston-Galveston Area Council) as their new Bicycle/Pedestrian Coordinator. Here's a little bit about myself: my education background includes a B.S. in Business Administration and Environmental Studies, with graduate work performed at Rutgers University, as well as additional bicycle and pedestrian facilities planning and design courses at Northwestern University. I have ten years of professional planning experience, including employment with the State of New Jersey, as well as two large engineering firms, Louis Berger Associates and Parsons Brinckerhoff, participating in large-scale projects throughout the northeast and within the Midwest.

While I have experience in noise modeling, traffic studies, large-scale data collections, multi-modal studies (bus/rail/taxi/bike/ped), environmental impact statements/environmental assessments, wetland delineations and more, my primary focus is upon bicycle and pedestrian advocacy, facilities planning and design. With this position at H-GAC, I continue to dedicate my career to defend the rights of pedestrians and cyclists, and look forward to working with fellow Planners, Engineers, Advocates and Volunteers, to improve accommodation for non-motorized modes in all types of transportation projects. I (humbly) submit to you my personal commitment towards developing improved access and promoting the rights of non-motorized modes in our region.

Thus far, I have only experienced the City of Houston on bicycle or by foot, as I walk to work, use my bicycles for errands, exercise and to 'blow off steam', and continue to run for health and personal growth. I have been in Houston for two weeks, and continue to experience (first hand) some of the issues that plague our region. At H-GAC, one of our main tasks is to develop bicycle and pedestrian design guidelines for use

within our region. However, I am also greatly concerned with the advocacy of non-motorized modes, in particular, maintaining current facilities and improving access for pedestrians and cyclists. Personally, I am concerned about the transportation projects along Richmond and W. Alabama, as well as the cyclists rights for access to the trails within Memorial Park. I continue to learn more about these issues and ask all of you to (please) provide as much information as possible.

As I hope you will understand, I am waist-high in reading materials, catching up on the history of non-motorized modes in our region, and am combing through last few years of meetings, articles and initiatives. I continue to spend every waking moment reading, writing, walking, talking, riding, investigating and exploring our bicycle and pedestrian environment, and am generating some new ideas that I hope to share with you all, specifically the Bicycle and Pedestrian Subcommittee and Technical Advisory Committee, in the very near future. On that note, the next meeting of the Bicycle and Pedestrian Subcommittee is scheduled for October 10, 2002, at 9:30 AM, at the H-GAC office, located at 3555 Timmons Lane, in conference room C.

Thank you all for taking the time to read this information. If you have any information or suggestions you would like to provide, or perhaps would simply like to say hello, please feel free to call or email me at your convenience. I look forward to working with you all to improve mobility and access for all non-motorized modes in the immediate and foreseeable future.

Very truly yours,
Dan

Dan Raine, AICP
Bicycle/Pedestrian Coordinator
Houston-Galveston Area Council
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Periodization of Intervals

This is the first part of a three part series on interval training.
by Charlotte Miller

Whether your goal is high performance for racing or improving your fitness for that next rally or tour, then interval training will help you get to the finish faster. I have found that interval training is just as beneficial for the recreational cyclist as it is for the serious racer. By focusing one day of training per week to working the anaerobic energy system any cyclist will make improvements in their power out put.

The interval plan outlined here is for the entry-level racer or recreation rider who has never used interval training as part of their regular routine. If you are familiar with interval training, then modify the plan by adding more repeats or sets. The original plan is from my former coach Tom Erhard. Over the years I have made modifications to fit my work schedule. Every week I do an interval workout no matter what.

Erhard says one of the keys to doing intervals is *variation*. Sometimes I vary the location. I'll do them at the velodrome, while other times I'll be out on the road or indoors sitting on a trainer. Besides variation of location, having a training partner has helped me stick too them.

Before You Start

You will need to know your lactate threshold (LT) and own a heart rate monitor (HR) in order to do this interval plan or any interval-training plan. What's the best way to find your LT? Find a lab that can perform a blood lactate test on a stationary trainer is the best way. If you're on a budget and a ballpark estimation of your LT will do, pick up a copy of Rob Sleamaker's book *Serious Training for Serious Athletes*. Sleamaker outlines a field test on how to determine LT by using a 10-mile time trial. Once you have an idea where your LT is, you're ready to start.

By using a HR monitor you will be able to monitor your HR and won't spend too much time in your high intensity zones during the early season. Spending too much time in those high intensity zones may lead to early burnout. The intervals are structured in such a

way that you will build a successful base. Building a good interval base will also help to reduce injury to the connective tissue. If you find you are unable to complete the required interval set, modify it to fit your needs. Try reducing the time and/or the intensity. The idea is to build. Make sure to log what you do. Logging will help you make modifications week to week and from year to year. If you find you are breezing through the intervals add another repetition or set of 5 repetitions.

As you move into the higher intensity interval sessions consider doing them indoors on a trainer. Generally, I'll move indoors when doing AT +10 or VO2 Max intervals. I find it's safer and easier to control my HR.

Periodization of Intervals

The plan Erhard outlined for me divides the intervals into four kinds: BASE, Anaerobic Stimulation (AT STIM), Lactate Buffering (LACTATE) and VO2max (VO2). After my last hard race in mid September I take a month off from intervals. Then I start with the BASE phase of intervals beginning mid October and continue through the first week of January.

BASE INTERVALS

The idea behind BASE intervals is to stimulate the AT system. This is done at a HR 5 - 10 beats below your LT. Keep in mind that during the off-season your LT might be 3 - 5 beats lower than what it is during your competitive or tour season. Begin your BASE intervals mid-October.

Weeks 1 - 4 Flat Intervals

During the first four weeks of the BASE phase perform 3 intervals that are 6 minutes long, HR 5 - 10 beats below your LT, with recovery lasting between 3 - 5 minutes. The recovery should be at a brisk pace.

(See Periodization, continued on page 15)

The Truth About Fat

Catherine Kruppa, MS, RD, LD

All of the top killers of Americans, heart disease, stroke, breast cancer, prostate cancer, colon cancer and obesity, have been linked to excess fat consumption. But not all fats are equal. Here is a look at the different types of fat and how they should be balanced in your diet for optimal health.

Saturated fats and trans fats are known as the bad fats. Saturated fat occurs in all animal products including meats and dairy products as well as some tropical oils, palm kernel and coconut. Trans fats are created when manufacturers turn liquid oils into more solid fats like shortening and margarine. Both of these fats have been found to raise LDL cholesterol, the bad cholesterol in your blood. High blood LDL cholesterol levels increase your risk of heart disease. Both types of fat should be avoided. Trans fat makes up approximately 2% of our fat intake, while saturated fat constitutes 13%. Current food labels indicate how much saturated fat is in a food, however they do not list trans fats. To identify if a product contains trans fats look for the word partially hydrogenated in the list of ingredients.

Avoiding saturated fat is much harder than avoiding trans fats, which are mainly in processed foods. Saturated fat is found in anything from pizza, hamburgers, steak, tacos, ice cream, and cheese.

The better fats are the monounsaturated and polyunsaturated fats. Both of these fats have been shown to decrease total cholesterol as well as LDL cholesterol. Polyunsaturated fats are found in safflower, sunflower, sesame, soy and corn oil, as well as soft margarine. Monounsaturated fats are found in olive, peanut and canola oil as well as olives, nuts and avocados. Since both types of oil are beneficial, it is important to have a balance. Most restaurants use soy oil, which is polyunsaturated, so it is a good idea to balance that with monounsaturated

oil at home, such as canola or olive oil.

The best fats are the omega-3s. Three new studies have been published in 2002 that have shown that omega-3 fats in fish oil protected people from sudden death. It is not known exactly how the omega-3s protect the heart. The American Heart Association recommends at least two servings of fish per week, preferably fatty fish. Fatty fish such as salmon and trout contain approximately 10-20 grams of omega 3 fatty acids per 6 ounce serving. If you are not a fish eater you can find omega-3's in flaxseed, canola and soy oils as well as flaxseeds, walnuts, and soybeans. Some companies such as Eggland and Gold Circle Farms feed fish oil and flaxseed to their hens to raise the concentration of omega-3's in their eggs. These eggs contain 50-150 mg of omega 3's per each. There are also breakfast cereals that contain flaxseeds such as Healthy Valley Golden Flax Cereal, Lifestream Flax Plus and Zoe's Soy and Flax Granola.

Here are a few things to remember when you are adding healthy fats to your diet. The extra calories from these fats should be balanced with a cut in fat somewhere else such as less salad dressing or oil used during cooking. Try to cut your intake of saturated fat and trans fat to less than 20 grams per day. Aim for between 500-1000 mg of omega-3s per day from either fish two to five times a week, taking fish oil pills or consuming flaxseed.

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.

Road Racing Skills Clinic/Mini-camp

Attention Northwest Roadies!

We will be having a race skills clinic/mini camp in February 2003.

Dates selected are February 7-9, 2003.

Currently, we have scheduled an indoor instruction session on Friday night followed by two days of road and classroom training sessions. However, if you'd like to maximize the coach's time we could turn this into a full three-day camp and start on Friday morning. I'm letting you all know with enough lead time to plan a day off from work if this approach is taken (we pay the coach for a whole day Friday either way). Choice will be made depending on feedback I receive from you. This clinic will be hosted by the club, but taught by a multi-certified coach who is also a retired professional racer (see bio in link).

The camp/clinic will feature advice and instruction on cornering, sprinting, hill technique, developing a training plan, nutrition, etc. We will be videotaping the riding sessions to aid in technique assessment. The attendance will be limited to 15--17 in order to provide more specific, individual attention. Because of this, spots will be reserved on a first come, first served basis. Do not reserve a spot unless you are sure you will attend.

There will be a fee of \$35 to participate. This does not cover food or drinks.

See the instructor's bio:

<http://www.cyclingpeaks.com/coaches/hunter.htm>

Let me know, soon, if you will attend.

Bill Reilly
(713) 230-3831

REBUTTLE TO Ron O's Article about Dropping Women by Chuck Collins

I agree with everything Ron said about dropping women during our training rides. Unfortunately, Ron appears to be a bit biased. He did not mention the fact that there are at least two women in our club who love to drop their husbands during the training rides. In fact, I believe it gives them great pleasure!! Even though they are multiple gold medal winners in the Senior Olympic Program, they should show the

same respect and attention that Ron is asking of the men during a training ride. If we get dropped, we would like to have them come back and assist us to get back with the pack. It really would be bad if we were raped (who knows what those "red necks" will do).

So please, if you are riding with either one of the referenced husbands, and our wives drop us, please help us too.

CYCLOCROSS PRACTICE:

ALKEK VELODROME
WEDNESDAYS 5:00—8:30
LEAD BY CHARLOTTE
MILLER

MEMORIAL PARK
TUESDAYS 6:00
LEAD BY WILL BLACK
AND KEVIN VINCENT
(NOTE: THIS MAY MOVE TO
SPOTTS PARK)

BRING 'CROSS OR MOUNTAIN BIKE, HELMET, AND SHOES THAT YOU CAN RUN IN (I.E., NOT ROAD SHOES!)

What Was So Important?

by Tom Hanks

Dedicated to the memory of James Jay "Jim" Socia, born March 8, 1960, Alpena, Michigan; died September 16, 2002, near Tonkawa, Oklahoma, run over on the shoulder of a lightly-traveled, four-lane, divided highway by a man dialing a cell phone.

What was so important

It was worth my good friend's life?

Just who was it you were calling

When he wasn't in your sight?

Who was it you were dialing

When you disregarded his presence?

And to yourself, subconsciously said,

A cyclist on the road is unimportant?

Please tell me it was the FBI

You were dialing in a craze,

To stop an imminent terrorist attack,

A thousand other lives to save.

Or tell me you're a doctor

And were calling in some medicine

To save the life of someone's child

From some dreadful, painful condition.

What was so important

That my friend you failed to see,

And in one horrid, unspeakable moment

You took my friend from me?

You saw him! I know you saw him!

You had to have seen him! You

couldn't but

Have noticed him pedaling effort-

lessly along

That healthy body, so muscularly cut.

That's a human life out there,

In bright colors so he can be seen!

Just who the hell are you to judge

He's not worth the courtesy?

You had so many options;

Slow down, change lanes; wait,

please,

Just 2 or 3 or 4 more seconds before

You have to punch those keys.

I know you saw him; the day was gor-

geous,

A cloudless, sunny, bright,

September day, perfect for biking,

And the highway straight and wide.

Please tell me sir, if you can

Just what was so terribly important,

That you'd disregard, and my friend

would die,

His bike rendered an accordion.

But now he's gone from this life;

A good man has met his fate.

And September 11th 2002,

Arrived here five days late.

Another American firefighter,

Another senseless, violent death.

No, not in the line of duty,

But our automobile cultures' firm grip.

But people, hear me as I tell you

About my friend, the firefighter, Jim.

A man who all it took was to know

him

And you too would call him friend.

The first time that I met him

In his mountain biking garb

In his mountain biker's helmet and

His Oakleys, so cool, so dark.

He spoke with fervor about the trip

He was about to make

To Sweden with his bike, a part

In the World Police and Fire Games to take.

We rode that day the Marland loop,

Through Tonkawa, to 60, and back

in.

(Ironically past the very spot

that his life was on Monday taken.)

And as we headed into town,

Ahead of us he sprinted.

I gave chase, and soon came to know

This man was athletically gifted.

My aero, lightweight road bike,

His upright, fat tire behemoth.

I worked until my heart near ex-

ploded,

Barely able to hold his draft.

Those short, lean, powerful legs were like

Two pistons in an engine.

He wasn't even breathing hard

A dynamo wrapped in a man's skin.

From this day forward, in road riding,

Jim developed a growing interest.

He bought a sleek, lightweight Can-

nondale

And was equal to any test.

How many times was it that I

Was on a training ride

All by myself, and up ahead,

"Look, there comes Jim," on his sleek and yellow bike?

Out near the lake, or on Hubbard

Road

Near Resthaven Cemetery,

And every time he'd turn around

And ride along with me.

On any ride, on any road,

With Jim I was always overmatched.

But it never seemed to bother him,

When he had to circle back.

And as I would struggle just to keep

up

Between bliss and misery.

(What Was Important, Continued on page 8)

Senior Olympic Regional Qualifiers

Quadruple crown... Bethal Parker 1st place, Gold Medal winner of Nevada's 5km and 10km TT, 20km and 40km road racers. Bethal will attend nationals in May 2004 after these qualifiers.

Masters World Track Championships Manchester England

Charlotte Miller
Silver 500m TT, Women's 50+
Silver Match Sprints, Women's 50+

(What was important, Continued from page 7)

He'd tell his stories and silly jokes.
I always knew to take my mind off me.

I think what saddens me the most this week
As I grieve the loss of Jim,
Is that I didn't make more time to be
a better friend to him.

Sadly, ironically, I had been thinking
That I needed to do just so.
Even on the very day
That left us in our woe.

So today a prayer, I lift up;
"please God, take him home,
And on the bike trails of your Kingdom
May he be free to roam."

Though we won't get to ride with him
Beneath a cloudless sky,
Or see the ornery-ness once again
Behind those cheerful eyes.

Or see those eyes light up as he
Tells a hunting tale.
Or be encouraged by his words
That tell us we will not fail.

Or hear him tell with professional candor
Of an accident he'd worked; yes,
where someone met a tragic death
Such as he, himself, has met.

Jim, how many people would you have helped
As you lived out your life?
How many lives might you have saved
In the firefighter's fight?

Now for those who at some level
Are wont to sigh, and say,
"It's a terrible thing, so bad, so sad,
but it was bound to happen some day."

"Roads are for cars; he shouldn't have been
out there riding on that highway.
If you ride a bike out on the road
You're placing yourself in harm's way."

If that's your thought, if you're one of those
That just won't move over,
Or tap your brakes or slow it down
Because the road is yours.

I hear you; I've heard you;
You don't want me riding out there.
You've made your point; my friend is gone.
It's my warning fair and square.

Okay. I've heard you. I've listened.
I've heard you I have; okay?
Now; listen up! And you hear me
and hear me good today!

You cannot win. Give it up.
No matter how many Jim Socias die.
Whether you want him there or not
He's there and there to ride!

Yes, you can kill him;
You will kill him if you're not careful.
And he'll be gone, and you'll be here
But your life will not be peaceful.

Knowing that you ended the life
Of someone like Jim Socia,
Good man; American; a firefighter;
A father, a son, a brother.

Because that's the way it always is
With those people out there on bikes.
Just good, ordinary, solid citizens
Getting around, or on fitness ride.

So when you see one, think of Jim;
And give the man some room;
Slow down, move left,
Keep your eyes and mind on the road.

And it's not just cyclists, but pedestrians,
Highway workers, state troopers,
And people exactly like yourself
When flat tires force you to the shoulder.

What does it take for you? For me?
To watch out for each other?
Let's think of Jim, and ask ourselves;
What was so important?

WOMEN ONLY!!



Northwest Cyclery
Fall
Women's Symposium

Monday November 18th
7:00-9:00pm

17458 NW Freeway (Hwy.290 @ Jones)

Come have "Wine and Cheese" and learn a little more about cycling.

We will be talking about WOMEN SPECIFIC issues... fit, clothing, saddles, training, and much more.

"IT'S ALL ABOUT WOMEN"

Presented by WOMEN...

Cathie Neagli, Owner Northwest Cyclery
Lori Walker, President Northwest Cycling Club
Lisa Reed, '96 Metro Cup Champion
Charlotte Miller, USA Cycling Expert Coach

Any questions please call (713) 466-1240

NOVEMBER 2002

Sun Mon Tue Wed Thu Fri Sat

RR: = TXBRA Texas Cup Race
 CX = TXBRA Cyclocross Race
 R: = Race Route for Saturday NWCC ride
 Tmbra = Texas MTN Bike Racing Assn 2002 Fall Series
 M: = Mountain bike event

1

2

CLUB RIDE
 Zube Park 8:00am
 R: Monaville
 RR: Austin Flyers
 Team Time Trial
 CX: Ambush
 BayouCup 'Cross

3

4

5

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

Officer Elections

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CLUB RIDE
 Zube Park 8:00am
 R: Bellville

10

11

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16

Tmbra: Ray Roberts
 "Horney
 Toad Roundup

CLUB RIDE
 Zube Park 8:00am
 R: Kirkwood

17

18

19

20

21

22

23

CLUB RIDE
 Zube Park 8:00am
 R: Whitehall

CX: Moritz/Lone
 Star Cross Week-
 end

24

25

26

27

28

29

30

CX: Moritz/Lone
 Star Cross Week-
 end

NWCC Board
 Meeting 7:00

CLUB RIDE
 Zube Park 8:00am
 R: Monaville

CX: Red River
 Cyclocross

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.

Fall RIDES

NovemberFest

Nov. 2nd
San Felipe at Wil-low River Farm

Tour de Lights

Dec. 8th
Pearland Independ-ence Park

For a complete list-
ing of all rides in
Texas go to bicy-
cletexas.com

South Central Regional Madison Championships
October 5th, 2002, Alkek Velodrome

First: Mark Dearing and Gregg Germer Jr.

Race Results

Lewis Jewler's Crit
October 5

Women 4
2nd Julie VanZandt
3rd Nancy Dodd

Men 4
5th Jeff Stones
9th Bill Duckworth

Master's 35+
6th Scot Orgish
8th Bill Duckworth

Men 5
5th Juan Barboza

Master's 45+
3rd Dana Chamness
9th Greg Smith

Women 1,2,3
4th Renate Junold

GCCA Time Trial
October 6

Men 55+
4th Gary Zbornak

Men 3
6th Tom Reed

Women 1-2-3
1st Renate Junold
3rd Charlotte Miller

Men 4
1st Blake Rich
4th Craig Rennpage

Women 4
7th Julie VanZandt
11th Diana Zbornak
13th Nancy Dodd
14th Lisa Gibson
17th Andrea Chandler

Men 45+
3rd Dana Chamness

Alkek Friday Night Races Oct 4

Sr. 1-2 Keirin Final
3. Chris Grusendorf

Sr. 1-2 Overall
8. Chris Grusendorf

Sr. 4 10 lap Point-a-lap
5. Bill Duckworth

Sr. 4 Overall
7. Bill Duckworth

Master 35+ Overall
4. Bill Duckworth

Jr. Men 10 lap Scratch
5. Daniel Walker

Jr. Men Overall
8. Daniel Walker

Youth 7 lap Scratch
2. Cristin Walker
3. Daniel Walker

Youth 6 lap Points Race
2. Cristin Walker
2. Daniel Walker

Youth Overall
2. Cristin Walker
3. Daniel Walker

Lake Bryan Power Pedal MTB October 13th, 2003

Women Beginner Master 30-39
5th Elena Capsuto

Women Expert Master 30-39
3rd Steffi Penco

Women Sport Master 30-39
FIRST Lisa Gibson
9th Monica Gill (GCCA)

Women Sport Master 40-99
4th Paula De Monte

Men Beginner Master 30-34
6th Tony DeOre

Men Beginner Master 35-39
4th Nick Miller
6th David Carpenter

Men Beginner Master 50-99
FIRST Craig Rennpage

Men Expert Senior 19-29
19th Ryan Spates (Champions
Cyclery)

Men Expert Master 30-39
18th Bill Duckworth

Men SingleSpeed 0-99 (Not
Rankable)
7th Ryan Spates (yes, that's two
back-to-back races for Ryan!?!)

Men Sport Master 35-39
24th James (Kevin) Hopper
DNF Colin Winsor

Men Sport Master 40-44
FIRST Lee Troy

Men Sport Master 45-49
FIRST David James
2nd James (Jim) Mackey

October Time Trial Results



by
Dana Chamness



Although it poured rain all over the county, but it did not rain on the time trial course. Well we had a few sprinkles, just enough to cause Kamal Sandarusi to take a slide on the first curve.

TIME TRIAL RESULTS - OCTOBER 8, 2002
10 k+ (6.37 miles) approximately

ORDER NAME	TIME	MPH
1 Tom Reed	0:15:20	24.9
2 Michael Shepherd	0:15:27	24.7
3 Kamal Sandarusi	0:18:42	20.4
4 Tom Holland	0:18:48	20.3

Well that was the last one of the year, look for them to start up again in April of 2003

NOVEMBER CLUB SPECIALS

Great Deals from Houston's Cycling Super Store

STORE HOURS

Mon-Fri 10-7

Saturday 10-5

Sunday 12-4



Layaway
Now For
Christmas

Hwy. 290 at Jones Rd.
(713) 466-1240

FALL TUNE-UP

Reg \$49.99

Now \$34.99

Includes: Adjusting gears, brakes, lube chain, trueing both wheels
and minor bearing adjustment

COMPLETE OVERHAUL

Reg \$120.00

Now \$99.99

Includes: Tune-up and re-grease and adjust all bearings (hubs,
headset, bottom bracket)

WELCOME BACK TO NORTHWEST CYLCERY'S
SERVICE DEPARTMENT:

DAVID VAN NEWKIRK

An old bike racer's rebirth: Texas State Road Race Championships, 60+ age class

by Stanton Truxillo

I've been considering getting back into road racing for a year or so, but never quite got up off my duff to do it. In late August, Gerry King, an ACA member and a teammate in the Velocity Racing Club, had persuaded me to ride the Gruene Team Time Trial with him; but then it was cancelled because of road closures from the summer's floods. Having been dragged into making the decision to race, I found myself "all dressed up with nowhere to go". Then suddenly there on the TXBRA website were the Texas State Road Race Championships, three weeks away, with a separate 60+ age group. Aha! A separate Old Guys Group! I wouldn't have to try to hang in with all those young 40-something guys! (Okay, those of you in your twenties and thirties can stop rolling on the floor laughing; have a little respect for your elders!) I wasn't really race fit, but decided to give it a go. The course was described as 38 miles, rolling hills, with an uphill finish.

I drove out to Chappell Hill (about halfway to Houston) a few weeks early to ride the course and see what the hills felt like, and particularly to check out the uphill finish to decide what gears to put on the bike. Gerry and I rode a sprint workout the Monday before (my first in about 4 years!), and we talked a bit about who were the "big guns" in the age class (besides Gerry himself, who has a killer sprint). I'm a Velocity member, but didn't have a club jersey yet, so Gerry loaned me one of his, as well as a pair of extra wheels to put in the wheel van. On race day, September 21, Gerry and my wife Susie (world-class bike support person!) and I car-pooled over for the race together, and had a nice visit in the car.

The 55+ and 60+ classes started together, though we were competing for different prize lists. That meant that if any of the 60+ guys could take off and stay with the inevitable 55+ breakaway group, they would have first place sewed up. Hmmm. That made for a pretty defensive race strategy. We rolled away from the start fairly easy, then pushed a bit up a few rolling hills, but the group generally stayed together. As the attacks got more serious a few people got dropped off the back, then several more.

At about mile 10, I was sitting near the back when an attack went off the front with 3 riders. By the time I got to the front to try to chase, they were 200 meters up the road, and try as I might I didn't have the legs to catch them alone. Several of us tried for a few miles, but it became clear we wouldn't get them back. The break consisted of two of the 55+ guys and an unidentified 3rd rider. Jamie Conley, one of the serious threats in the 60+ group, disappeared at about that time, and I feared he had made it into the break. My only consolation was that Skip Sparry, who had just won the Masters 60+ National Criterium Championships this year, was still in the pack and looking unconcerned, so it wasn't likely Jamie had gotten away.

My teammate Gerry had been feeling ill that morning, but was hanging in and not looking too bad. The remaining pack was five of the 60+ and five or six of the 55+; all the others in both classes had been dropped.

A couple of the 55+ guys, in particular Donny Kloster from Corpus, were content to set a fairly hard, steady tempo; there were several brief attacks on the hills, but we countered each time, losing a few riders, eventually including Gerry, who by now was NOT feeling good. All this time Sparry was riding defensively, and interestingly, was staying in his small chainring, likely trying to save his legs for the final sprint. I also was riding defensively, since I knew I didn't have the stuff to mount and sustain a serious attack. My calves began to give hints of cramping, so I drank more than I thought I needed and shifted to the small ring to relieve them.

An attack on the last climb, four miles from the finish, was countered, making a pack sprint inevitable. At the foot of the finish climb, there was a town limit sign about 600 meters from the line; Walter Glesberg from San Antonio attacked and everyone jumped after him. I jumped after Glesberg, passed him and Sparry about halfway up, hit the top and shifted up, then held on to cross the line in first place. But where was Conley?

(See Rebirth, Continued on page 15)

(Periodization, continued from page 4)

Week 5 Flat and Hill Intervals

Continue doing the 3 flat intervals and *add* 3 hill intervals that are 6 minutes long, HR 5 - 10 beats below your LT, with recovery lasting between 3 - 5 minutes. Once again the recovery should be at a brisk pace. If you don't have a hill long enough, do these indoors on a trainer. Elevate the front of the trainer about 6 inches to simulate the angle of a hill to activate the climbing muscles. If you are able do these on the same day, so so. If not be sure to give yourself at least one day of rest between these two types of intervals.

Weeks 6 & 7 Building Flat and Hill Intervals

Beginning with week 6, lengthen the flat and hill interval time on to 8 minutes. Recover to 40 beats below LT - this should take between 3 - 5 minutes. Remember the off interval should not be a soft pedal. HR 5 - 10 beats below your LT

Week 8 Recovery

This week is a recovery week. Back off the time. Perform 3 flat intervals and 3 hill intervals 6 minutes long, HR at 5 - 10 beats below LT, with recovery lasting between 3 - 5 minutes. Once again the recovery should be at a brisk pace.

Week 9 Build Again

This will be your toughest BASE week. Perform 3 flat intervals and 3 hill intervals 10 minutes long with recovery lasting between 3 - 5 minutes. HR during the intervals should be 5 - 10 beats below LT. Once again recovery should be at a brisk pace. *Variation:* Try incorporating a few minutes of over gearing and under gearing while doing these intervals. Remember to maintain your target HR.

Tip: After a hard day of interval training it's a good idea to incorporate active recovery the following day. Active recovery is going for an easy 30 - 40 minute spin.

Weeks 10 & 11 Reduce Time

Back off the interval time. Perform 3 flat and 3 hill intervals 8 minutes long. HR 5 - 10 beats below your LT. Recovery for 3 - 5 minutes at a brisk pace.

Week 12 Recovery

This is a recovery week. Back off the time. Perform 3 flat intervals and 3 hill intervals 6 minutes long. HR should be 5 - 10 beats below LT. Recovery lasting between 3 - 5 minutes. Once again recovery should be at a brisk pace.

Tip: Before moving onto the next phase or after a high intensity week it is a good idea to give your self an active rest week. This week you would want to keep your HR near to 10 beats below LT during the interval.

(Rebirth, Continued from page 14)

Several minutes later, Conley rode in alone, so I realized he had not been in the breakaway; I had won!

In hindsight, the discussions with Gerry were vital; knowing the real competitors and their strengths was crucial to strategy. Likewise, checking out the course was a good move; I knew how steep the hills were and what the finish profile was, as well as spotting some landmarks along the way. I decided to keep my "touring" cluster (12-28) on the Klein, though I knew I would be giving up the advantage of closer-ratio gearing if I chanced to get into a really hard breakaway. But the tradeoff was that the 28 would let me start up the final climb in my big chainring,

so when we hit the flat just before the line I wouldn't need to shift chainrings. That was a major help, because after the race, several of the group commented that they went up the hill in their small chainring and ran out of gears on the flat before the line.

Adrenaline is an addictive drug; I knew that if I rode just one race after being away for over ten years I'd be hooked again. It is and I am. Guess I'm a bike racer again - in the Old Fart's class.

Editor's Note: Stanton isn't a NWCC member, but we thought it was fitting that he made his return to racing at an event we hosted and he agreed to share his story with us.

The Ever-so-Hilly Piney Woods Purgatory

by Gail Hurlay

Jim and I found ourselves on the road at 4:30 a.m. the morning of the piney woods purgatory ride, this is nothing new for us as we often find ourselves out on weekends before the break of dawn. I heard somewhere that people sleep in on weekends, but I think that is a myth!

We arrived amidst cyclist bustling to get ready, and we went in to get our packets. They have the water bottle ~ tee shirt combo for registering....we can always use another tee shirt. (smiling)

Jim has learned that we can't go very far without someone calling out our names and wanting to chat. We have many friends in the Greater Dallas Bicyclist group and many had come at our urging. I saw a few NWCC folks there and managed a hug or two before setting off to make sure there was some air in those tires of mine.

We had decided to do the 72 miler at the last moment, and thankfully we had no regrets! (A full day at the renfest on Sunday made that decision easier).

I was saddened that there were only a handful of folks doing this great ride. If there were two hundred people I would be surprised. The mayor of Lufkin sent us off the start line and we headed out of town to face the first of many hills. Jim being a Dallas boy had

no trouble just making it look easy! I found it wasn't as easy as he made it look, and hearing my breathing increase was a standard that day, but I took them all with a good attitude and we managed to keep the pace lively. We also ran into many people that we knew so we got to ride alongside others here and there, chatting...working....encouraging.

I had problems with a cleat that had turned, and this caused me to get off the bike and stretch a number of times. We hit some pretty bad road surface for a seven mile stretch and all I heard was groaning from everyone! It was a new section of road and let's hope that is a goner for next year.

The rest stops were great... homemade cookies, candy bars and free giveaways. The friendliest volunteers and they often dress up in costume. SAG support was everywhere and we had to admit, this is one of the prettiest rides ever. The views are wonderful, and the locals seem fine about us being there. We had police support at all major crossings.

The most fun for me was running into a fellow that rides with NWCC that got to talking to me at a rest stop. I asked him about his funny accent, since I used to have the same one...turns out he went to high school with me in Massachusetts and graduated the

year before! Now, this is incredible since I am working on the reunion committee and we are combining years for a big party on Cape Cod this summer. He is one of those I was going to try to track down! Our school was very, very small and the chances of running into someone is almost nil!

I couldn't get over it and we had to be dragged away from talking so we could finish the ride! Jim is getting used to this and is very understanding!

The finish line was where we started and we headed to the car, packed up and went in for some great fajitas! The lines for massages were formed...they offer free ones. Oh yeah...free beer too!

We sat with other people from the Texas Bicycle Coalition and chatted about how many rides there were this particular weekend. Used to be that you had a hard time finding a ride to do, and we are amazed at how many there are to choose from now!

I want to encourage others to do the Piney Woods Purgatory next year, you can't beat the friendly volunteers, the food and the scenery...oh yeah, hills? Hey, they are just hills.....good training for the Alamo challenge!

NWCC CLASSIFIEDS

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

Contact Doug Lehmann
281-469-9131

For Sale Thompson stem (110mm) \$60

Call Renate 281.461.0345
renatejunold@yahoo.com

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 bike and one windsurfer. I'll take \$150 to get it out of my garage. Contact Rick Williams 832-687-5702

For Sale 2001 Kestrel Talon. 52cm 1200 miles. Full Ultegra components. \$1250 with Mavic wheel set or \$1450 with Shimano Ultegra wheels. Contact John at 713-265-6024 (day) or 281-376-0958 (night)
john.tomaselli@oceanenergy.com



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 December submissions to Kristin-Friedman@aol.com. Please notify them once the ad should be discontinued, ads are due by the 15th of the month.

Northwest Cycle Club Presents
2nd Mountain Bike Clinic of 2002
 December 7th and 8th

Our coach for the weekend will be **Mo Monaghan** - USCF Expert Level Coach.

Maximum number of participants: **25** (five groups of five)

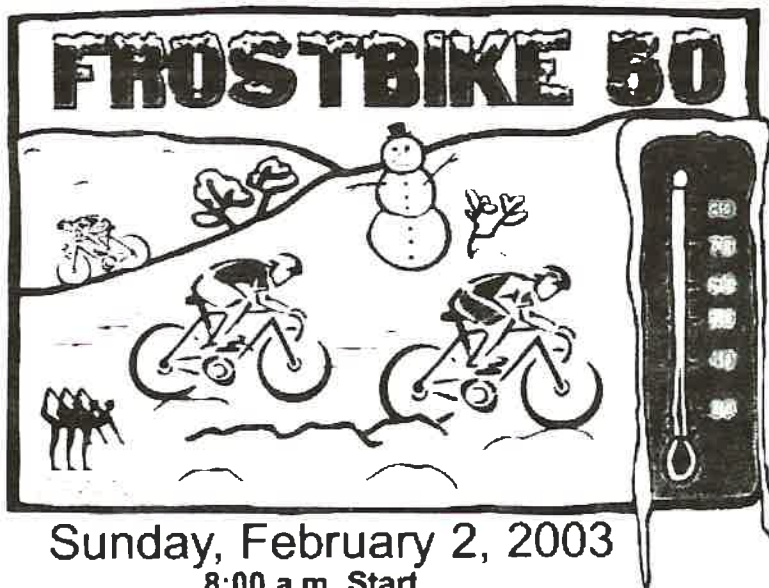
Cost will be \$10 per person, plus land access and camping fees.

Aim of event: Get your race times down!	Venue: Bluff Creek Ranch, Warda.
Agenda: On-bike training in groups of five, develop your training program, evening seminar, skill drills.	Times: Saturday Start 10:30am, Sunday Finish 3pm.
Target population: Racers, both Beginners and Sport.	Food & seminar: evening meal will be provided Saturday followed by presentation by Mo.

Please send the following form to Colin Winsor, together with your \$10 to secure your place:

Name:	Cat. raced:	Number of 2002 races:
Email:	Racing age:	Number of 2003 races:
Key topics/skills I need covered are:		
I enclosed \$10: Yes/No		

Further information is/will be(!) available from colinwinsor@hotmail.com



Sunday, February 2, 2003
8:00 a.m. Start

40-, 50-, and 60-MILES
First Ride of 2003

PROCEEDS BENEFIT THE JERSEY VILLAGE HIGH SCHOOL GOLD DUSTER DRILL TEAM!
A GREAT WAY TO START YOUR BP MS150 TRAINING • AN RECOGNIZED BP MS150 TRAINING RIDE

START LOCATION: Cy-Fair High School at Highway 290 and Telge Road. Approximately two miles past Highway 6/FM 1960.

PACKET PICKUP: Friday, January 28th, Noon to 7:00 p.m., Saturday, February 1st, 11:00 a.m to 5:00 p.m. at Northwest Cyclery (Highway 290 and Jones Road).

REGISTRATION: \$20.00 if postmarked by January 10th 2003; \$25 January 11th 2003 or later, including day of ride. All pre-registered riders, if registered by February 1, 2003, are guaranteed a T-shirt.

Call 713-466-1240 or
1-800-986-2453
for more information

Register On-Line at www.jvgolddusters.com

Registration Form

Make checks payable to: JVGD Parent Club
Mail to: FrostBike 50, 10610 Hondo Hill, Houston, Texas 77064

PLEASE PRINT CLEARLY.

Last Name _____ First Name _____
Address _____
City _____ State _____ Zip _____
Route 40 50 60 T-shirt M L XL XXL Telephone # (____) _____

I fully realize the dangers of participating in a bicycle ride and fully assume the risks associated with such participation including, by way of example and not limitation, the following: the danger of collision with pedestrians, vehicles, other riders and fixed or moving objects; the danger arising from surface hazards, equipment failure, inadequate safety equipment, and weather conditions; and the possibility of serious physical and/or mental trauma or injury associated with athletic cycling competition. I hereby waive, release and discharge for myself, my heirs, executors, administrators, legal representatives, assigns, and successors in interest (hereinafter referred to as "successors") any and all rights and claims which I have or which may hereafter accrue to me against the sponsors of this event, the organizers and any promoting organizations, property owners, law enforcement agencies, all public entities and special districts, through or by which the event will be held for any and all damages which may be sustained by me directly or indirectly in connection with the event, or travel to or return from the event. I accept full responsibility for payment of all medical costs incurred which are due directly or indirectly to my participation in, travel to or return from this event. I agree it is my sole responsibility to be familiar with the ride course and special regulations for the event. I understand and agree that situations may arise during the ride which may be beyond the immediate control of the ride officials or organizers and I must continually ride so as to neither endanger myself nor others. I accept responsibility for the condition and adequacy of my equipment. I will wear a helmet. I have no physical or mental condition which, to my knowledge, would endanger myself or others if I participate in this event, or would interfere with my ability to participate in this event.

Signed _____ Date _____
Parent or Guardian if under 18 _____

11/02

More Results...

Tomball Holiday Parade

November 23rd, 2002

Come be part of the Tomball Parade

Gail Hurley's house is the meeting place prior to the event....One street north of Main St. on Mason street (call Gail for details on location).

Breakfast served by Gail from 8:00 till 9:00. Line up starts at nine and parade starts at ten.

Wear your helmet, and NWCC jersey if possible....and a fun attitude!

Recommend not wearing clip shoes, sneakers are wise since we stop and start many times.

This is a family event also, so bring them along. Thousands show up for this event yearly, so we will have a lot of waving to do!

Gail's phone is 281-255-9873.

The distance is about two miles, no hills (just teasing, this is Houston after all).

No dressing up as Santa....he is there and we don't wish to confuse the kiddies!

Decorate your bikes if you like.

South

Central Collegiate Cycling Conference
Track Championships, October 5th 2002,
Alkek Velodrome

Claire Brown: 1st overall, 2nd 500m, 1st 2km, 1st match sprints

Troy Dunton: 5th overall, 5th match sprints, 9th kilo, 4th 3km, 2nd points race

Chris Grusendorf: 4th overall, 3rd match sprints, 2nd kilo, 5th 3km, 8th points race

Team Pursuit:

1st: Grusendorf, Thomas, Weber, Stephens
2nd: Dunton, Jones, Luna

Italian Pursuit:

2nd: Brown, Grusendorf, Weber, Thomas

Clifton Road Race (Collegiate) September 27th

Mens A: 7th Jonathan Sinclair
11th Chris Grusendorf
Mens B: 5th Adam Dugan
Womens B: 1st Claire Brown

Smithville BADONKADONK MTB (Collegiate) September 21st

Mens A: 12th Chris Grusendorf
DNF Barry Kessler

Huntsville Classic MTB September 28th, 2002

Women Beginner Master 30-39

006 Elena Capsuto
007 Tracy Meixensperger

Women Expert Master 30-39

003 Steffi Penco

Women Sport Master 30-39

001 Lisa Gibson
009 Monica Gill

011 Susan Stormer

Women Sport Master 40-99

005 Paula De Monte
Men Beginner Senior 19-24
027 Paul Richardson

Men Beginner Master 30-34

006 Joseph Noack
018 Tony DeOre

Men Beginner Master 35-39

003 David Carpenter
025 Nick Miller

Men Beginner Master 50-99

001 Craig Rennpage
003 James Spann

Men Expert Master 30-39

009 Jack Talton
029 Bill Duckworth

Men Sport Master 19-24

006 Barry Kessler

Men Sport Master 30-34

033 Damon Vanzandt
048 Don Johnson

Men Sport Master 35-39

010 Blake Rich
030 Colin Winsor

Men Sport Master 40-44

001 Lee Troy
014 Morris Taymon

Men Sport Master 45-49

004 James Mackey

NWCC Membership Application

CHECK ONE : NEW MEMBER RENEWAL

Last Name: _____ First Name: _____

Family Membership-names: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Work Phone: _____

Medical Condition: _____

Birth Date(s): _____

Emergency Contact: _____ Phone: _____

E-mail Address: _____

Occupation: _____ Willing to Volunteer skills? _____

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

Primary Reason for Joining NWCC? _____

AREAS OF INTEREST (check all that apply)

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

MEMBER DUES

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

Thank you for joining NorthWest Cycling Club!**** IF THIS RELEASE IS NOT SIGNED, YOUR APPLICATION WILL BE RETURNED TO YOU ****

In signing this release for myself or for the above named applicant(s), I agree to absolve all of the sponsors, organizers, and associated entities, be they individuals or organizations, singly or collectively, of any injury or misadventure suffered as a result of taking part in any activities associated with or related to the NORTHWEST CYCLING CLUB, or NORTHWEST CYCLERIES, INC.

Signature: _____

Date: _____

Amount Paid: _____

(circle one) \$20.00 single \$30 Family

Check Number: _____ CASH Rec'd by _____

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

The Pedal Pusher

Northwest Cycling Club
17458 Northwest Freeway
Houston, Texas 77040



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

Your membership expires on 3/1/10

DAVID KING Family
5231 Alamosa Lane
Spring, TX 77379

The Pedal Pusher

The Editor's Half Page

by Chris Grusendorf

Race team members, we have a problem... you folks are producing too many results and I couldn't fit them all into this month's issue. I've tried to pack them in all the empty spots and play the Waldo game with them, but I still didn't get them all in. I wanted everyone to see that the Memorial Hermann team won Team of the Year at Alkek, and how multiple NWCC racers finished in the Rider of the Year standings at Alkek. I also wanted to make a big flashing banner showing how Cristin Walker broke the state's Women 13-14 2km record time at Alkek last week by almost 11 seconds, but that didn't fit. Luckily, the Power Pedal road and crit results haven't been published, otherwise I wouldn't have had a spot for them either. I know that I could have made this issue longer, but I need to work the length of the issue

out so that we don't end up with blank pages that we pay for. Maybe next month will be slower and I can get caught up on all the events and give everyone their printed fame.

I've been a bit embarrassed by some of the typos and errors that have made it to print in the last few publications. I'm actually slightly ahead this month, so hopefully we'll catch them before the FedEx man arrives this time.

I don't know if it's been mentioned before, but the Pedal Pusher is in need of a new editor, as I plan to graduate next month and move on to hillier parts of the world. Step up before I leave and I'll have a chance to teach you how it works, otherwise you'll have to bridge up solo. If you get lucky, Kristin won't move away

and she'll be able to help.

I also want to plug another publication that is distributed across Texas that is great reading... the Texas Racing Post. It is distributed freely at shops, races, tours, etc. Several NWCC members contribute articles routinely, including Steffi, Ryan Spates, and myself. Christian and Chloe Williams run the paper and it is a fantastic publication that covers anything you can imagine that is cycling related.

With all the social outings coming up soon, Ester should be back next month with lots of good information about our friends.

Enjoy your off-season and pre-season time while you can. See you at the social side of cycling.