

The Pedal Pusher

December 2002

Vol XVI, Issue 12

A monthly publication promoting the spirit of the Northwest Cycling Club

Message from the President by Lori Walker

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Happy Holidays to every- to the club's activities. they have given to North- one. Hope Santa and Chuck is the ride director west Cycling Club.

Santa's helpers bring you for the club's century ride all the cycling goodies also known as the Lion's Also this year we voted your heart desires. club ride. In years past Mr. Bethel Parker as a life-

you saw Chuck driving the time member. Bethel is a

Congratulations to Tracy sag wagons for the Katy long time member of the Meixensperger, Chuck and Flatland. Chuck advanced club. We believe Bethel is Sandy Martin for being the his position in 2002 to our oldest and grandest 2003 Volunteer of the Year "assistant ride director" for member. Bethel is a regu- award recipients. Tracy the Katy and in 2003 will lar participant in the Senior has been the club treasurer be promoted to the Katy Olympics and this year for 2002 and volunteered Flatland "ride director". Senior Nationals.

to continue on in the posi- Chuck was also forthcom-

tion for 2003. This is a ing in volunteering his Besides the newsletter, very time consuming posi- wife, Sandy Martin, for which has a new editor, tion. You saw Tracy any and all volunteer posi- another form of communi- working the BBX, the tions the club had open. cation for the members is the web page, northwestcy-

Katy and the State Road Race at the registration ta- Sandy Martin was the prin- cling.com. Please check

ble. Tracy has also been a cipal volunteer in promot- the web page for some ex-

consistent volunteer for the ing the club's blood drive citing information of a pos-

off road race team locating in July. Sandy also sible weekend seminar

and reserving hotel rooms worked the BBX, the Katy coached by one of the

for the past few years. and the State Road Race. coaches from Ultrafit. Ul-

Tracy became a member Any event the club has you trafrit is the Joe Friel coach-

just a short time ago and will see Sandy from the ing organization. Joe Friel

has been a dedicated vol- Wednesday night training is the author of the Cy-

unteer for all activities the class to Saturday morning clist's Training Bible and

club is hosting. ride starter to the club pic- Trainingbible.com. This

nic. We wish to thank all seminar, if available, will

Chuck and Sandy Martin is three 2003 Volunteer of be geared toward the rec-

another couple that con- the Year Award recipients reational members to help

tinually donates their time for the time and dedication

(See Message, Continued on page 4)

AROUND THE CORNER

Wind Trainer Rides, Wednesday evenings at NWC, 290 at Jones Rd., led by Morris Taymon. These are in sets of three or four, building in difficulty from the first class until the last. December set, 12/4, 12/11, 12/18. January set, 1/8, 1/15, 1/22, 1/29. Continues through March. Bring your trainer and bike. Set up and warm up beginning at 6:30 PM. Actual riding starts promptly at 7 PM.

TXBRA Awards Party, Dec 7, Houston Farm and Ranch Club—Atkins Hall.

“Christmas Lights Ride” Wednesday, December 18th. Meet at 7 p.m. at the entrance to Prestonwood at the O'Reilly's on the feeder road just northwest of FM 1960 on 249. We will have a follow vehicle, hot chocolate and cookies. Ride will be in the Willowbrook Mall area and we will ride with families if possible. Let's get the kids and spouses out there.

NEW YEAR'S DAY RIDE—Meet at the shop at 8:00 for our traditional ride downtown to breakfast. Start the new year out right!

Frostbike 50—Ride starts at 8:00 Feb 2 at Cy-Fair High School on Telge Road, Benefits Gold Dusters Drill Team. See add, page 14.

Road Race Skills Clinic—February 7th-9th. Hunter Allen will be the instructor.

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, or the 15th of the month, whichever comes first. Submissions should be sent to wes.morrow@natoil.com

Club Officers

President	Lori Walker	281-370-3591
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	t3mx5@pdq.net	

Membership
Chairperson

Volunteer
Chairperson

New Rider Leader Sam Giancarlo 713-266-0795
sgiancarlo@yahoo.com

Katy Flatland Director Chuck Martin 281-550-2798
cbmartin@ev1.net

Bluebonnet Director Monica Gill 713-522-0934
monica_gill@gensler.com

Rider Safety Chairperson Alan Bazard

Race Team Director

MountainBike Chairperson

MtnBike Race Team Cptn

Recreational Ride Coordinator

Newsletter Editor Wes Morrow 713-856-4982
wes.morrow@natoil.com

Primary Sponsor Cathie & Mark Neagli 713-466-1240
cneagli@aol.com

NWCC website

www.northwestcyclingclub.com

NWCC Affiliations:

United States Cycling Federation (USCF)

National Off Road Bicycle Association (NORBA)

League of American Bicyclists (LAB)

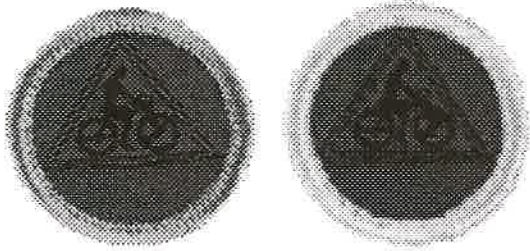
International Mountain Bike Association (IMBA)

Texas Mountain Bike Racing Assoc. (TMBRA)

Board Member Texas Bicycle Coalition

Bicycling With Boy Scout Troop 1209 (Katy, Tx)

by Nelson and Jim Regan



While working on completion of his WEBELOS Arrow of Light requirements, Nelson Regan and his Dad participated in a crisp beautiful sunny day of bicycling in the countryside. The 11 mile trek of Texas Farm-to-Market roads was the longest bike ride of this 2nd year WEBELOS' experience on his 18 speed mountain bike and the first towards a Boy Scout Cycling Merit Badge.

Saturday morning, October 12, 2002 in Katy, TX dawned cool and clear, and the Boy Scouts of Troop 1209 knew the bike ride they had planned for the western end of Harris County would be "excellent". Meeting at 9 am in the St. Paul's Episcopal Church parking lot on the north end of Katy, the boys and the adult leaders discussed and performed bicycle fit/adjustments, maintenance, flat tire repair, and cycling safety. Nelson pointed out, "they all learned you should always check to see if your helmet fits just right." After each bicy-

cle and boy's safety equipment was checked, the troop's Scoutmaster, John Campbell, went over the route the Scouts would take for the ride. Hand signals and communication of road hazards were explained by Jim Regan. The group agreed to ride in single file, led and trailed by an adult, with another adult in the middle. Another adult leader followed in a pickup truck with lights flashing acting as a safety vehicle and carrying additional water and snacks.

The riders cruised along at a comfortable pace, stopping every 3 miles for a rest and regrouping. Along the way, the Scouts practiced hand signals for turns and stops and called "Car Back" for vehicles approaching from behind, "Car Up" for vehicles coming from ahead. Notification of any obstacles or rough stretch of pavement was passed along from rider to rider to keep things moving along safely.

With a light breeze keeping them cool and lots of animals and scenery along the way, the ride seemed to be over so very quickly, even though it lasted about an hour and a half. The boys enjoyed the ride and are looking forward to the remaining 10 and 15 miles rides, along with the 50 mile long ride for the completion of the Cycling Merit Badge.

Sandra Rice Heads for the (Real) Mountains

by Wes Morrow

The first time I ever rode with NWCC it was in At last month's board meeting, Sandra announced Sandra's new rider group. But, she wasn't there. her anticipated transfer to Colorado. Her love of All I heard for 34 miles was how much every one mountain biking will now move to new heights, for missed Sandra. I couldn't help but wonder what the sure. And, we will miss her. Her employers and big deal about "Sandra" was? The next week answered my question. She was the epitome of kind co-workers hosted a farewell party on November 15th for her at Willy's Icehouse. Many of her cyclist friends were there. We know that Sandra will and caring. What a treat to learn group riding with touch the hearts and lives of all she contacts. Sandra. Her patience was, and is, amazing to all.

Periodization of Intervals

This is part two of a three part series on Interval Training
by Charlotte Miller

If you have been following this Periodization of minutes of rest between each and 4 hill intervals Interval plan then read on. We now come to what 10 minutes long with 3 minutes of rest. Your HR is called Anaerobic Stimulation Intervals (AT during the interval should be 5 beats below LT.

STIM). If you have been doing the previous inter-

March

vals in part one then you have built a successful Perform 3 sets of 3 intervals each 5 minutes long interval base and you're ready to continue your with your HR 3 - 5 beats below LT. The next interval begins when your HR is 40 beats below LT.

interval training. Between each set rest for 10 minutes. This rest During January, February, March and April you should be easy spinning. Include one set of hill will work on stimulating you're anaerobic thresh- intervals each week also.

AT STIM

old (AT) by working below your lactate threshold

April

(LT), like the previous weeks, then gradually Perform 3 sets of 3 intervals each 5 minutes long move toward working at your LT. Working at with your HR at LT. The next interval begins this level will once again help you build a success-when your HR is 40 beats below LT. Between full interval routine for the harder efforts that fol- each set rest for 10 minutes. This rest should be low in part three of the final months. easy spinning. Include one set of hill intervals each week also.

January

Perform 3 flat intervals 10 minutes long with 3 - 5

minutes of rest between each and 3 hill intervals If you have been successful at completing the AT 10 minutes long with 3 minutes of rest. Your HR STIM intervals you are ready to move onto LAC- during the interval should be 10 beats below LT. TATE and VO2 intervals. Watch for that part of

February

Perform 4 flat intervals 10 minutes long with 3 - 5

Charlotte Miller is a USA Cycling-Elite Level Coach and the Recreation Supervisor at the Alkek Velodrome. She is coach of the Memorial Hermann Junior Cycling Team. You can email her at deckmiller@msn.com with your questions.

(Message Continued from page 1)

them with training tips, nutrition and weight training.

contact person coordinating the tional riders who volunteer their rides, carpooling, sharing hotel time for the club activities the op- rooms and training. We are hop- portunity to receive reimburse- ing this person could develop the ment fees for the recreational

We are looking for someone to recreational side of the club into rides. More information will fol- fill a new position called the a cohesive group that trains to- low soon.

"Recreational Ride Coordinator". gether.

This person would coordinate

I wish everyone a very merry

club members who wish to par- Along with the new Recreational holiday season.

ticipate in organized recreational Ride Coordinator position the

rides. This person would be the board voted to give the recrea-

Have a Holiday Game Plan

Catherine Kruppa, MS, RD, LD

The holiday season is filled with family, friends, and fun and for many people non-stop noshing and sports-channel surfing. One too many of mom's tasty temptations combined with lack of exercise can equate to a 5-10 pound weight gain during the holidays. Having a holiday game plan can help you through this tough time of year. A typical holiday meal can contain as many as 2000 calories and 58% of those calories are from fat. You can actually save over 1,000 calories and 120 grams of fat by revising your holiday menu. Here are a few tips to keep your waistline from expanding over the next few months.

- Choose skinless white meat over dark meat with the skin.
- Use butter flavored Pam and chicken broth for basting the turkey instead of butter.
- Beware of most gravies and juices (that is where the fat hides).
- Fill up on healthy side dishes such as broccoli, winter squash and sweet potatoes.
- Substitute fat-free butters in place of margarine in stuffing, potatoes, veggies and gravies.
- Cook stuffing in a dish versus in the turkey to prevent excess fat absorption.
- Use fat-free piecrusts or make graham cracker crusts with low fat graham crackers and fat free butter.
- Use Egg Beaters or 2 egg whites for one egg.
- Watch out for the alcohol: it can add an amazing 300-700 calories per meal.
- Select light beer and dry wines over sweet mixed drinks.
- Don't skip breakfast in preparation for a big lunch or dinner; this will lead to ravenous hunger and extreme overeating.
- Keep healthy snacks available such as air-popped popcorn, whole-wheat crackers and low fat cheese, ready-to-eat vegetables, low fat dips, homemade cereal and nut mixes, and pretzels.
- Plan extra exercise around big meals. Get the family together for a game of touch football or a walk or try activities that burn calories like museum tours and shopping.
- Last but not least, if you do go overboard don't starve yourself the next day. Get right back on track and exercise a little more.

Catherine Kruppa, MS, RD, LD is the dietitian at The Houstonian Club and is an adjunct-faculty member at the University of Houston. She can be contacted at ckruppa@houstonian.com or www.advice4eating.com.

A Trying Time for All

by Sam Wright

Sixty plus people rode NWCC time trials this year from all directions and flooding in the area. Dana on Sharp Road in Northwest Harris County. The Chamness, time trial director, has the results for route was an out and back, flat, with minimum the last three years posted on our web page. traffic and intersections, and two turns each way. NWCC time trials are run on the second Tuesday The rides varied in size, from thirty riders in April of every month that has daylight savings time. See to four in October, which had rain threatening you next year?

December 2002

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 UYS Houston Cyclocross Race TC Jester Park 8:00-1:00 Magnolia, 8:00 AM	2	3 Club Meeting 7:00 Race Team No General Members 	4 Trainer Ride 6:30 PM @ 	5	6	7 CLUB RIDE Zube Park 8:00AM R: Monaville Mountain Bike Clinic Warda
8 GCCA 2003 Championship Elenaor Tinsley Park, Houston Mntn Bike Clinic Warda	9	10	11 Trainer Ride 6:30 PM @ 	12	13 Leakey Road Trip	14 CLUB RIDE Zube Park 8:00AM R: Bellville Leakey Road Trip
15 Leakey Road Trip	16	17 Board Meeting 7pm	18 Christmas Lights 249 @ 1960 Trainer Ride 6:30 PM @ 	19	20	21 CLUB RIDE Zube Park 8:00AM R: Whitehall
22	23	24	25 Christmas	26	27	28 CLUB RIDE Zube Park 8:00AM R: Monaville
29	30	31	RR = TXBRA Texas Cup Race R = Race Route for Saturday NWCC ride Tmbra = Texas MTN Bike Racing Assn 2002 Spring Series V: Velodrome track racing, TXBRA Cup event M = Mountain bike event			

Calendar Key

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

Mountain Bike Rides. Once or twice a month "Fat Tire Sunday". Generally meets at the NW Cycle Shop and caravan out to one of the several trails within a two-hour drive. After work Cypresswood ride during the late light months Wednesday and Fridays. Check with Sandra Rice or James Farrell for the latest on the weekday (MWF) Anthills Dam rides.

Winter Trainer Classes. Wednesdays 6:30 pm (at Northwest Cyclery. Bring bike, front tire block, towel and water bottles. Late autumn and winter months only.

Bear Creek Coached Rides. Wednesdays 6:30pm at Bear Creek. Held only in late April and May months.

Informal Sunday Road Rides. Ride starts are the same as Saturday's. Magnolia meets at Magnolia junior high on 1774, 60 and 80 mile routes. Pattison ride meets at Royal Jr. high school on Dirkin road. Chappell Hill turn right off Hwy 290 onto FM1155. West Oaks meets on the west side of the West Oaks Mall parking lot, hwy 6 and Westheimer. *If the predicted low temperature is 40 degrees or less, a mountain bike ride at Double Lake or Huntsville is assumed with camping the Saturday evening. The Sunday rides are more informal than Saturday, so check before with a NWCC member, especially during MTN and road race weekends.*

Race Team Saturday Routes. The race team will vary its Saturday routes with the destinations noted on the calendar: Whitehall (75 miles), Bellville (80), Monaville (65) and Kirkwood. *Kirkwood ride meets at Kirkwood. Park on the southwestern corner of the intersection of I-10 and Kirkwood.*

The Saturday rides start per the following schedule:

- Jan thru Mar 8:00AM
- Apr and 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.

DECEMBER RIDES

"Mission to Mission"

Wheels for Meals

December 7

San Antonio

210-271-7000

Tour de Peppermint

December 8

South Lake

[http://](http://www.summersanta.org/)

www.summersanta.org/

JANUARY RIDES

New Year's Day Ride

January 1

San Antonio (Eisenhower Park)

210-656-1655

Happy New Rear

January 1

Dallas

972-516-0598

FEBRUARY RIDES

Frostbike 50

February 2

Houston

www.jvgolddusters.com

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

NWCC CLASSIFIED

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

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, look pedals, repair stand. \$800. Contact Rick Williams 832-684-5702



For Sale: Bilenky tandem. Rides like a dream, on road bike has v-brakes and an additional drum brake in the rear stokers control. In great shape, upgraded components. Call or email Gail at 281-255-9873 or BikinGail@aol.com asking \$1700.

For Sale: Thompson Stem (110mm, 5° Rise) \$60. Contact Renate at 281-461-0345 rena.junold@yahoo.com

For Sale: Yakima roof rack. It has hardware for one bike and one wind-surfer. **SOLD** I'll take \$150. to get it out of my garage. Contact Rick Williams 832-887-5702

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 January and February submissions to wes.morrow@natoil.com. Please notify us once the ad should be discontinued. Adds are due by the second Tuesday of the month. For best results, include size, age, condition, etc. of all items.



Race Results

by Chris Grusendorf



Power Pedal Crit

Sr. 3	Chris Grusendorf	9 th
	Mark Dearing	17 th
Women 4	Claire Brown	3 rd
Masters 45+	Dana Chamness	6 th

Men's B	Adam Duggan	11 th
Women's B	Claire Brown	1 st

Note: Editor apologizes for incomplete results of the 24 Hours of Rocky Hill. Results unavailable at press time.

Horny Toad Roundup TMBRA Mountain Bike

Elina Capsuto	5 th
Susan Stormer	3 rd
Steffi Penco	2 nd
Nick Miller	7 th
Craig Rennpage	2 nd
Jim Mackay	8 th
Lee Troy	5 th
David James	1 st
Bill Duckworth	15 th

Alkek Velodrome Rider of the Year

Sr. P/1/2	Mark Dearing	2 nd
	Gregg Germer Jr.	3 rd
	Troy Dunton	17 th
	Chris Grusendorf	54 th
Sr. 3	Chris Grusendorf	2 nd
Sr. 4	Tom Reed	11 th
	Bill Duckworth	17 th
	Pat Dunton	30 th
Women	Charlotte Miller	1 st
	Kristin Friedman	14 th
Masters 35+	Pat Dunton	20 th
Masters Women	Charlotte Miller	1 st
Juniors	Mark Dearing	4 th
	Cristin Walker	31 th
	Daniel Walker	34 th

Power Pedal Road Race

Sr. P/1/2	Jonathan Sinclair	6 th
Sr. 5	Juan Barboza	3 rd
Women 4	Claire Brown	1 st
Masters 35+	Tom Reed	5 th
	David Bumbaugh	7 th
Masters 45+	Dana Chamness	3 rd

TMBRA Fall Cup Overall Standings

David James	1 st
Craig Rennpage	1 st
Steffi Penco	2 nd
Lee Troy	3 rd
Elina Caputo	4 th
Jim Mackay	5 th
Paula deMonte	6 th
Nick Miller	6 th
Monica Gill	7 th
James Spann	8 th
Susan Stormer	9 th
Tony DeOre	10 th

Women

Youth	Cristin Walker	1 st
	Daniel Walker	3 rd
Youth 10-12	Daniel Walker	1 st
Team	Memorial Hermann	1 st
	Northwest Cycling Club	11 th

Beaumont Road Race

Sr. 4	Ryan Spates	3 rd
Women 4	Julie VanZandt	4 th
	Andrea Chandler	5 th
	Steffi Penco	6 th
Masters 35+	David Bumbaugh	2 nd
	Martin Hukle	3 rd
Masters 45+	Dana Chamness	2 nd

Beaumont Criterium

Sr. 4	Richard Lizama	4 th
Women 4	Steffi Penco	1 st
	Julie VanZandt	2 nd
	Andrea Chandler	3 rd
Masters 45+	Dana Chamness	3 rd

24 Hour Race--

Women's Div Winner
Steffi Penco



Austin Flyers Team Time Trial

Masters 35+	Tom Reed/Kerry Emmott	2 nd
Masters 45+	Craig Rennpage/Dana Chamness	1 st

Power Pedal Collegiate Criterium

Men's A	Chris Grusendorf	6 th
	Jonathan Sinclair	10 th

TXBRA 2002 Overall Yearly Standings

Southern Elite/Sun-n-Ski	1 st
Richardson Bike Mart	2 nd
Northwest Cycling Club	3 rd
Memorial Hermann Jr. Cycling Team	4 th
Woodlands Cycling Club Race Team	5 th

DECEMBER CLUB SPECIALS

Great Deals from Houston's Cycling Super Store



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NWCC News

Gail Hurley Selected as Chair-Elect for Texas Bicycle Coalition by Liz Johnson

Gail Hurley has been elected as chair-elect for the Texas Bicycle Coalition. Hurley has extensive bike advocacy involvement; she serves on the boards of the Greater Houston Off-Road Bicycle Association, Texas Mountain Bike Racing Association, the Texas Trails Network and on the interim board of BikeHouston.

Hurley has been a TMBRA board member for five years. She served as assistant race director of the Huntsville Classic fall series race, which registered more than 700 racers. Hurley also served as a rider representative for TMBRA for two years, acting as liaison between all racers and the board. GHORBA is a strong advocacy group that deals with mountain bike issues in the Houston area, working closely with IMBA. Adding to her cycling resume, Hurley has been an officer in both the Northwest Cycling and Woodlands Cycling clubs. She was the event director for the Bluebonnet Express Metric Century, a ride that attracts 1,500 riders annually.

"I am looking forward to working along side Jeanne Patterson, our current chair, and the board of directors of the TBC as chair-elect," said Hurley, who also serves as the MS150 captain for the Northwest Cycling Club team. "We have many exciting projects in the works, and I am pleased to have a more involved role. I am also dedicated to establishing the Texas Bicycle Coalition as a national forerunner of bicycle advocacy along with the League of American Bicyclists. Hurley is also a member of the MS150 communications taskforce as well as a member of the ride marshal committee. Some of you may know Gail Hurley's name through her many tee shirts designed for cycling events during the Ramble, such as the Katy Flatland and Moonlight Ramble, just to name a few. Hurley presented a check for \$900 to both the TBS and the League of American Bicyclists.

November Meeting Report by Lori Walker

At November's club meeting, officer elections were held, and the existing Club officers were elected to serve the same positions for 2003. Several other positions in the club are open, or are being filled at press time. Watch January's edition for a full list of chair persons, directors, and captains. Many thanks to Wes for accepting this position so the newsletter can continue to inform the members of the upcoming events.

This newsletter was put together for the first time by Wes Morrow, our new Pedal Pusher editor. There will be no General Members Meeting in December, but the Race Team will meet to select a Race Team Director. The speaker for the Membership meeting in January will be Catherine Kruppa.

TXBRA 2003 Spring Road Race Schedule

Feb 9	Llano
Feb 15	Tunis
Feb 22	Walburg
Mar 2	St Francisville, LA
Apr 12,13	Jackson, MI
May 25	New Hope

Some Events Tentative

TMBRA 2003 Spring Series Race Schedule

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

TXBRA 2002 - 2003 Spring Cyclocross Schedule

Dec 1	Houston
Dec 8	Houston
Dec 15	San Antonio
Dec 21,22	Austin
Jan 22	Austin

NWCC Calendar Person

NWCC has appointed LeAnn Latham to a brand new position, to run concurrently with her current elected role as club secretary. As the calendar person, she is responsible for maintaining the club's official calendar, listing both club events and other cycling related events in the area.



Club president Lori Walker stated that one important benefit having this position will be the ability to avoid date conflicts. Be sure to check with LeAnn whenever scheduling events.



MAKE A DIFFERENCE WHILE HAVING THE TIME OF YOUR LIFE JOIN TEAM IN TRAINING®!

One of the best reasons to join our Team, as described by Honored Patient and two-time TNT participant, Jacob Lira:

"I joined Team In Training because I wanted to show people that cancer doesn't always mean you are going to die. I wanted to be a role model for all other kids in the hospital. I decided that I wanted to help find a cure for cancer in any way I could."

Benefits you will receive as a Team In Training participant:

- Comprehensive training by experienced coaches
- Fundraising assistance from staff and mentors
- Travel and Accommodations for event weekend
- Pasta Party and Post Event Victory Party
- Team In Training premiums such as t-shirts and cycling jerseys and incentive prizes
- Team Social Events

For more information, please call (713) 680-8088, or visit our web site at www.teamintraining.org.

For Cycling Coach:

Alan Bazard

713-277-6589 w

281-693-3152 h

email asbazard@txucom.net

Cycling Only Meeting

January 14, 2003 6:30PM

L&LS Office 5005 Mitchelldale

Team In Training is a comprehensive endurance training and fundraising program for walkers, runners, cyclists and triathletes.

This year more than 25,000 participants in The Leukemia & Lymphoma Society's Team In Training program will experience the incredible thrill and sense of accomplishment of completing a century ride, marathon, half marathon, or Olympic-distance triathlon.

Participants will also raise funds for The Leukemia & Lymphoma Society and discover the deep personal satisfaction of helping to fund research, patient aid, advocacy, and education for leukemia, lymphoma, Hodgkin's disease, and myeloma.

We will begin recruitment meetings for our Summer events starting in January (please see back of flyer for dates).

Those events include:

America's Most Beautiful Bike Ride

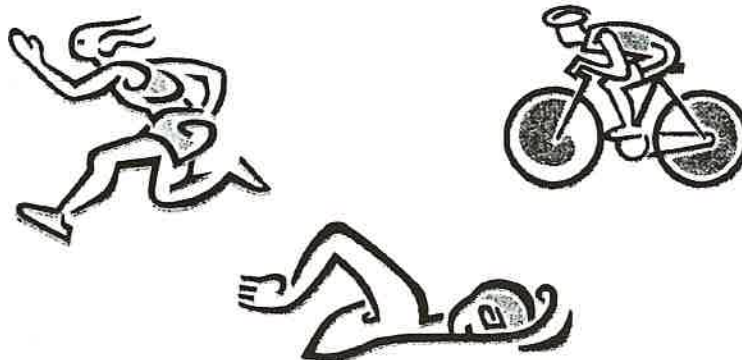
100-mile Century Ride in Lake Tahoe, NV (June 1, 2003)

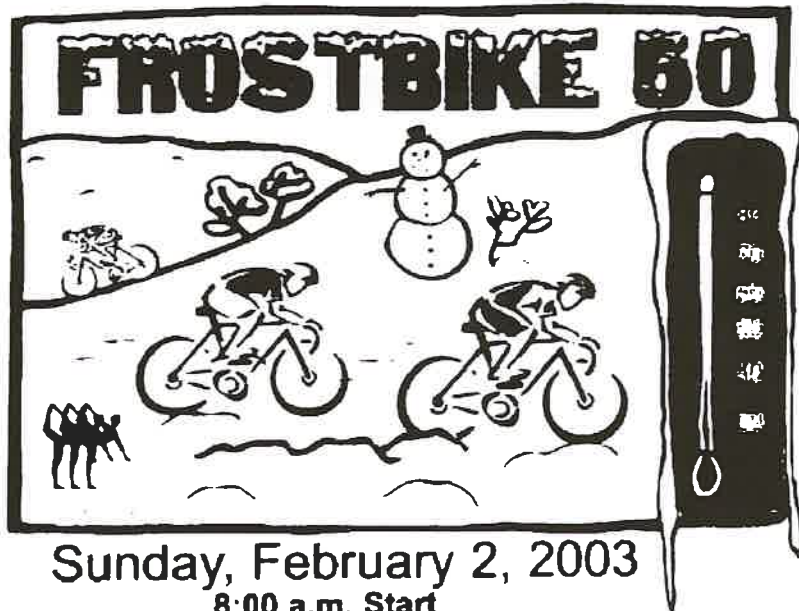
Suzuki Rock and Roll Marathon

26.2-mile marathon in San Diego, CA (June 1, 2003)

Mayor's Midnight Sun Marathon and Half Marathon

26.2-mile marathon or 13.1-mile half marathon
in Anchorage, AK (June 21, 2003)





JERSEY VILLAGE
GOLD DUSTERS



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 67M 1960.

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.

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).

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

Frostbike 50 or Nostalgia 48?

by Sam Wright

How can we possibly be nostalgic about a brand new ride? Easily, if it is a new ride that smells, looks, and feels extremely familiar. What do you at 8:00. According to Cathie Neagli this is a remember about the NWCC rides from Telge? Oh, I know that a few of us are newbies, and Jersey Village High School Gold Duster Drill Zubie Park starts are all we know. But, we've Team. Don't be surprised if parts of the route heard your stories. About meeting at Cy-Fair have ghostly tread marks from years and years of High School, parking next to the temps (portable NWCC rides. And watch out for those little white classrooms), rest room visits without rest rooms, circles on the pavement with arrows indicating lines of cars arriving at the last minute, and more. Remember having the school police unexpectedly there, and may not be extremely meaningful dur-ask us to move over to the elementary school to ing this ride. Do you reckon the guy that likes to save room for SAT test parking? And, during frequent construction, getting to use porta-potties at the 20 mile rest stop? Hopefully we won't have to watch out for the beer can thrower on the home stretch. Wow, this is going to be exciting!

Oh, how do we stop the memories? How about the "ride" that took place at the local donut shop because it got so cold and rainy during announcements that all we could hear were chattering teeth? And how every weekend riders stood around and talked about the ride, even with no trees, no grass, no picnic tables, nor nothing? They were the good old days?

Please join us next February for a quick ride back into the past. Your entry fee will help allow the drill team to make a much deserved trip to California, and the rest of us can make a trip down memory lane.

Reading Around

by Wes Morrow

Where can you get a weekly update of Houston's cycling scene? Steve Seivert's "Cycling Notebook", which appears every Thursday in the Houston Chronicle sports section, of course. Recent articles have included an interview of Northwest Cy-Steve is an experienced print and broadcast journalist, is PR Director of US Oncology, and has held impressive positions with Compaq, Texas Children's Hospital, and Baylor College of Medicine.

Steve related Paul's comments concerning practical ways to cut the cost of cycling, and detailed several services that Northwest Cyclery offers free or at a reasonable cost. In his interview with Steffi, he for the Chronicle and doing a great job.

Alamo Challenge, Wet and Fun? by Gail Hurlay

I was in a state of denial, not that this is unusual for the Zybornak's big yellow truck. At this point we me, but Jim and his son, James, kept insisting that were on our own....but we made it across the finish we would be riding the whole day and to heck with line to beat the parade of SAG vehicles a mile or the rain. Now, let me state that the challenge part two back (thanks Wes Morrow, Chuck Martin, of the Alamo Challenge is not the distance for me Sandy Martin!). Good food. Good hotel room. normally ...the challenge is often whether I want to **Good hot shower!**

bike in the weather that October in Texas has to of-

fer? I see Jim is all pumped up so I put my head Second day...gloomy, yet the enthusiasm was there out the door...yep, rain and cold. Okay Gail...let's and the people were very upbeat. We took off with get our head together...let's take the tandem! (I had Jim in the captain seat...and me back in the stoker just had my colnago overhauled...rain and grit were hot seat! Where the heck are the brakes and gears out of the question!) Jim and I agree that I will anyway? James was right behind captain on the first day, and he will on the second. us....ummm....NOT! We found him down the road His son is not unhappy...he gets first dibs on the at the first reststop waiting for us; apparently his draft! enthusiasm was even greater than ours. There were remnants of water across the roadways, with the

We arrive to an amazing amount of cars! People are milling around, eating the breakfast tacos offered to us and drinking hot liquids. We chat and hold umbrellas and watch the rain drip off our noses...ah yeah, we are going to ride!

usual amount of twigs and whatnot. We managed to work our way through with no cause for alarm, after all Jim was driving...he he.

Everyone is in a good mood. We start off in a good size group and find our teammates down the road so we form a nice NWCC paceline. No one can see we have ride marshal jerseys on but we still offer help to those many flats in the first fifty miles! The road conditions caused our group to have a total of eight flats on the first day. Our tire had a gash and we found a good replacement at one of the great rest stops.

I got to look around...yep, Texas...cows. grass. We came into lunch and enjoyed a variety of choices of food. Everyone was smiling and supporting each other. The mist had stopped and the roads were not sopping wet. Things were improving!

As the day progressed the conditions improved and we had a nice group taking turns pulling. Since there was no longer any nasty "rooster tail" we could finally draft. As we got close to the finish we saw SAGs full of people going by. The day was getting short and due to all the flats our group had we were almost snagged to SAG...a fate worse than the death for me! Jim and I made ourselves move that tandem like never before! We had an escort from

We had overdressed so we finally took off raincoats and arm warmers. We saw old friends from the Houston Bike club and enjoyed teasing them for a number of miles...this really does help you to forget that your **butt** is never going to speak to you again! Ouch.

Each rest stop is closer to the finish....we are moving well and enjoying the scenery. The second half of the second day was all new roads and this was great for me as I have done this ride 6 times and I love new roads! The roads had flooded near San Antonio the day before and we were in luck, the water had receded so we didn't quite have to deal

(See Wet and Fun?, Continued on page 17)

Mastering Cyclings' Upstroke by Ken Mierke

Few cyclists unload the pedal correctly on the up-stroke. Concentrate on quickly, but gently, driving the stroke. Perfecting this during the off-season helps nonworking knee upward. The muscles that per- you ride faster and more efficiently next season. form this unloading are the hip flexor muscles in The next several months - with training volume the front of the upper thigh and hip. Hip flexors and intensity reduced and without the pressure of are usually fairly strong, but have very little endur- racing - are the perfect time to concentrate on a ance. Most riders who incorporate the correct ac- neglected pedal stroke phase. tion in the hip flexors find that they fatigue very quickly at first.

During steady-state pedaling, the most efficient riders do not actually pull up on the pedal, they This off-season, activate your hip flexor muscles unload the pedal. For example, if your right leg is during the upstroke in all of your riding. Incorpo- in the power phase, use the left leg to lift the rate a hip-flexion movement in your weight train- weight of the nonworking leg, foot, and shoe. ing routine. Do specific sets on an indoor trainer Many riders relax the leg during the upstroke and using a big gear and emphasizing the upstroke. If allow power generated by the right leg's down- you make the effort now to activate your hip flex- stroke to lift the left leg. This decreases the power ors during the upstroke and then to condition them available for propulsion. for consistent use in your pedal stroke, you will ride faster when it counts.

Ken Mierke is a two-time World Champion triathlete (Physically Challenged division) and an exercise physiologist. His clients have included 6 National Champions in 4 sports, 25 Team USA multisport athletes, a Hawaii Ironman podium finisher, and top-10 world ranked X-Terra triathletes (both pro and amateur). Contact Ken at Kmierke@erols.com. Reprinted by permission from <http://www.ultrafit.com/>.

(Wet and Fun?. Continued from page 16)

with the 117 mile day on day 2. We did 109 in- stead. WE finished at the Alamodome. Wow. The emcee was making a fuss over everyone finishing. The buses were loading people...showers were great. So was the massage we all had!

Jim and I managed to tandem 209 miles without a single argument... he's a keeper. His son, James (25), had never done a century before so we were very proud of his double in one weekend!

The worst part of this whole trip????? Unloading when we got home! Laundry. Eeek.

Thanks to all the volunteers and especially to our own club helpers. Harry and Carol Twidwell, Dave Suarez, Chuck and Sandy Martin, Wes Morrow and Gary "Zeke" Zybornak.

And anyone else I may have forgotten!

Gail Hurley....yep ..she's doing it next year again!

Dog Incident Report Form

Cyclists must contend with dogs from time to time. Dr. Tom Vining states that dogs are either playful, protecting their territory, or they simply want your leg. Below is a form that we ask to be filled out in the event of an unpleasant encounter with a dog. Mail the completed form to 17458 Northwest Frwy., Houston, TX 77040 to the attention of the NWCC's secretary. A decision will be made at the next board meeting on whether to contact the owners or the authorities.

DOG INCIDENT REPORT FORM

Your Name _____

Your Address _____

Date and Time of Incident _____

Location of Incident _____

Description of Dog or Dogs _____

Describe the Incident:

Mail form to: NWCC, 17458 Northwest Frwy., Houston, TX 77040, attn:
Club Secretary

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.				
<i>Thank you for joining NorthWest Cycling Club!</i>				
** 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

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5231 Alamosa Lane
Spring, TX 77379



The Pedal Pusher

...And Way in the Back... by Wes Morrow

Last summer Chris and Kristin and I agreed to jointly edit the Pedal Pusher. And, what a great job they have done! Every issue has been creative and entertaining, full of "our kind of stuff."

In August, Chris announced this "youthful takeover" by offering to "pull through" and give the older riders (like Julie) a rest. He promised to serve until his December graduation, but threatened to "start soft pedaling and weaving around until someone eventually pulls through." Those must be racing terms, right? Because I for one saw no weaving. In fact, all I saw was the proverbial span-

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