

The Pedal Pusher

January 2003

Vol XVII, Issue 1

A monthly
publication
promoting
the spirit of the
Northwest Cycling
Club

Message from the President by Lori Walker

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It is official, the Houston National committee (NWCC, 1st Colony, GCCA, WCC and Texas A&M) will be hosting Espoir/Jr. Road Nationals and the Alkek Velodrome will be hosting Jr. Track Nationals. 2003 will be a true Texas National Event. The dates for road nationals is Espoir road race on Thursday, July 3rd, Jr. Road Race on Friday, July 4th, Time Trial on Saturday, July 5th and Criterium on Sunday, July 6th. Track Nationals will be held July 10-13.

The criterium and time trial will be held on the campus of Texas A&M. USA Cycling will not allow a National Time Trial or Criterium to be held on opened roads. Texas A&M and the City of College Station have agreed to close the roads for us. (Yea!!!)

The road races will be

held (with our fingers crossed) in Normangee. Normangee is located about 30 to 40 minutes NE of Bryan/College Station area. The roads are hilly, wide and gorgeous.

The Houston National committee is known as the hosting committee. A hosting committee does not make a profit on a national event. We must go to corporate sponsors and individuals to raise the money to host the event. USA Cycling will receive and keep all entry fees.

People ask why do we work for an entire year on an event that doesn't make money for our organization? We do it for our sport, our kids and our area. This will be the first time for our area to host Road Nationals. We are hoping by hosting nationals we will be able to open

the doors for future national events and that our Texas junior programs will grow from the attention Nationals will bring to our area. Our present juniors and espoirs will be able to race on home turf vs. having to travel to other parts of the country. Plus people who are not cyclist may become more informed about our sport which will benefit all members of the cycling community.

Some people might be saying "O.K. This is just another stage race" but it isn't, this is Nationals. The very best from all over the country will be coming to race. Some of the most exciting racing you will ever see will be at Nationals. Jr. Nationals is the most important race of the year for the ages of 10 to 16. These young racers will be racing with their peers of the same age and

(See Message, Continued on page 5)

ROUND 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. January set, 1/8, 1/15, 1/22, 1/29. February set, 2/5, 2/12, 2/19, 2/26. 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.

New Riders Skills Clinic, Jan 18 at 9:00 AM-3:00 PM at Zube Park. Open to all riders. See ad, page 9.

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

Bluebonnet Express Metric Century, March 23, Factory Outlet Store of America, Hempstead. See ad, page 13.

TMBRA 2003 Spring Championship Series Dates

Feb 16	Smithville
Mar 2	Bar-H (St Jo)
Mar 16	Comfort
Mar 30	Warda
Apr 13	Waco
Apr 27	Flat Creek (Johnson City)
May 11	Tyler/Swan
May 25	TBA

TXBRA Texas Cup Calendar for 2003

Jan 11 C Austin Cyclocross Series, Richard Moya Park
Feb 22 R Walburg Road Race Classic, Austin/Walburg (Tentative)
Feb 23 R Pace Bend Powerhouse Gym Road Race, Pace Bend Park, Lake Travis

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 wgs.morrow@natoil.com

Club Officers

President	Lori Walker lwalker@ev1.net	281-370-3591
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Membership Chairperson	Richard Gaubert rgaubert@infovine.com
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Volunteer Chairperson	(Open)
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New Rider Leader	Sam Giancarlo sgiancarlo@yahoo.com	713-266-0795
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Katy Flatland Director	Chuck Martin cbmartin@ev1.net	281-550-2798
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Bluebonnet Director	Monica Gill monica_gill@gensler.com	713-522-0934
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Rider Safety Chairperson	Alan Bazard Abaezner@tadolinc.com	713-937-4497
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Race Team Director	Russell Lovelace russell.lovelace@scgo.com	713-532-074
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MtnBike Team Director	Steffi Penco stef_babe1@yahoo.com	832-368-8802
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Recreational Ride Coordinator	(Open)
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Newsletter Editor	Wes Morrow wes.morrow@natoil.com	713-856-4982
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Primary Sponsor	Cathie & Mark Neagli cneagli@aol.com	713-466-1240
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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

Periodization of Intervals

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

If you have been following this Periodization of Interval plan then read on. We now come to Lactate Buffering (LACTATE) and VO2max (VO2) Intervals. If you completed the previous intervals in part two, you have built a successful interval base and you're ready to continue with the next phase of interval training.

As you move onto these 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.

LACTATE

By now you are probably noticing an incremental progression of intensity. Now it's time to move onto a higher level of intensity. Working above your LT. Lactate tolerance intervals will help you bridge the gap to greater gains in efficiency and power.

VO2

Mixed in with the lactate tolerance intervals will be VO2max intervals. These intervals are high cost, like walking a tight-

rope. It is recommended that you perform these intervals on a trainer. It is imperative you do active rest the day after doing these intense efforts.

May

Perform one set of 5 intervals each 5 minutes long with a HR at LT. The next interval begins at 30 beats below LT. Because of the shallower recovery HR between intervals there should be an accumulation of lactate over the set making it difficult to perform the last few repetitions.

June

Perform 2 sets of 5 intervals 3 minutes long with a HR 5 beats above LT. The next interval starts at 40 beats below LT. Between each set rest for 10 minutes. This rest should be easy spinning.

The last two weeks of June incorporate VO2 intervals that culminate in a max HR at the end of the interval. Perform the intervals as above, but at the end of interval try to max-out your HR. **Do every other interval like this.** The next morning do 30 minutes of easy spinning to aid the recovery process.

July

Week 1 LACTATE:

Perform 1 set of 5 intervals each 2 minutes long with a HR 5 beats above LT. The next interval begins at 5 beats below LT. This is a good motor pacing interval.

Week 2 VO2:

Perform 1 set of 5 intervals each 2 or 3 minutes long with a HR 10 beat above LT. The next interval begins at 40 beats below LT. Alternate each repetition with a 2-minute interval with a HR at LT. Recover to 40 beats below.

Week 3 LACTATE:

Perform 1 set of 5 intervals each 2 minutes long with a HR 5 beats above LT. The next interval begins at 5 beats below LT. This is a good motor pacing interval.

Week 4 VO2:

Perform 1 set of 5 intervals each 2 or 3 minutes long with a HR 10 beat above LT. The next interval begins at 40 beats below LT. Alternate each repetition with a 2-minute interval with a HR at LT. Recover to 40 beats below.

August

Let's add a little variety by do-

(See Periodization, Continued on page 21)

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

Insight On My Strange Little Red Car

by Sandy Martin

OK, what is that strange little red car that I drive? Is it a toy? Does it really go fast enough to get a ticket? Is it electric and does it have to be plugged in each night? Why is it shaped so strange?

My Little Red car is a 2000 Honda Insight. It is a hybrid, a combination of gasoline and electric power. It's main claim to fame is that it is the highest mile per gallon fuel efficiency of any mass produced car ever built. It has three main areas for world leading environment friendliness and driving pleasure: 1) ultra efficient power unit, 2) super aerodynamics, and 3) ultralight body, all co-joined with optimal technology.

Let's start with the power unit. The main source of power is a 0.995 Liter, 3 cylinder engine, with single overhead camshaft, 12 valve VTEC (Variable valve timing and electronic lift control) which maximizes efficiency. This little powerhouse cranks out a whopping 67 horsepower at 5700 rpms. For those of you technogeeks out there, the bore and stroke are 72x81.5, the compression ratio is 10.8:1, and it produces 66 pound-feet of torque. It sports a multiport lean burn fuel injection system. Only needs 87 octane unleaded gasoline, nothing special.

Consider that you, the average cyclist, are climbing a hill, and falling off the pack. Then a friend comes up beside you, places his hand on your lower back or saddle, and gives you a little boost up the hill. You know your friend is not superman, yet that little boost makes all the difference on how fast you can now climb that hill.

The Insight's little 10 Kilowatt electric motor is that friend to the little gas motor. Placed between the engine and the transmission, it is only 2.3 inches thick, and 16 inches in diameter, but provides up to 25 pound-feet of torque.

The system is called Integrated Motor Assist (IMA). The gasoline engine is the primary power source, with the electric assist for hard accelerations, providing a total output of 73 HP at 5700 rpms and 91 Ft/lb torque at 2000 rpms. The car cannot run on the electric motor alone. Nor can you chose when the electric motor assists. The computers in the engine determine that, but you do have say over how hard you push the gas pedal to cause the electric motor to kick in.

What makes the electric motor run is a set of 120 nickel-metal

hydride (NiMH) D size batteries. These power the motor at 144 volts, (120 batteries at 1.2V each), rated at 6.5Ah, and are stored in the cargo area of the rear of the car. A power control unit regulates the charging and conditioning of the battery pack, which is kept cool by active (fans) and passive (air flow) cooling.

The car actually recharges it own batteries by a process called regenerative braking. It takes energy from forward momentum that is captured during braking and used to recharge the batteries. (In conventional cars, this energy is wasted.) Also, under certain conditions, the gasoline engine can recharge the batteries, as in coasting.

The super aerodynamics is the reason for the reverse tear drop shape of the body. Also, the rear wheel skirts help to reduce air drag. The rated aerodynamic drag is 0.25cd.

The ultralight body was developed specifically for the Insight. The body frame is rigid aluminum construction. The engine block and cylinder heads are an aluminum-alloy. Side impact door beams protect the two occupants during

(See Insight, Continued on page 5)

(Insight, Continued from page 4)

broadside crashes. The cabin is protected by several impact features, all built to protect yet with weight in mind. The outer body is constructed of fiberglass, like the Corvette, and plastic skins, like the Saturn. My entire Insight, with 5 speed manual transmission, air conditioning, and other inner cabin creature comforts, weighs in at a mere 1,878 pounds.

Some of the interesting technology that Honda has developed for the Insight is the Idle-stop feature. The engine shuts off completely when in neutral and the engine is warm. This produces a strange eerie feeling and dead quiet except for the fan and radio. To restart when the light turns green, just put in the clutch, put it in gear, and the engine restarts effortlessly. This saves burning gas and producing pollution at red lights, trains, etc.

The entire little package has electric assisted rack and pinion

steering, with a steering ratio of 16.4 and a turning diameter of 31.4. It comes standard with anti lock brakes, electric windows, dual power mirrors, and climate control system. The wheelbase is 94.5 in., length 155.1, height 53.3, width 66.7. It holds 10.6 gallons of fuel, but I have not put that much into it at one time yet. When the little bright yellow gas pump light comes on, I start looking for a place to feed my trusty little car.

Honda advertises the Insight to get 61/68 mpg at normal driving. Naturally, stop and go city driving is harder on the gas consumption of any car. I drive a round trip of 100 miles to and from work, from north of Copperfield to Conroe, every day. My gas mileage per tank is improving as I learn to maximize my fuel efficiency. On my last tank of gas, I averaged 70.0 mpg, going 678.0 miles on 9.78 gallons of gas. The in-dash computer calculates this for me

as I drive.

One thing that really makes it fun to drive is the actual fuel consumption display on the dashboard. By feathering the gas, coasting to stop signs/lights, and selected use of power to cause the electric motor to assist, the display is like having a video game on board. You try to keep the meter closer to 150 mpg than 0 mpg.

So, that is the lowdown on my strange Little Red car. Oh yeah, someone asked me if I could go fast enough to get a ticket. The answer is YES, (even though I have not gotten a ticket in it). I cruised at 80 mph on I-59 at 3000 rpm, and the engine was purring, not straining. According to Honda, the Insight can go from 0 to 60 mph in 11 seconds.

Stop by and I'll be glad to introduce you to my Little Red car, and show you the cute little engine. Until then, Bike On!

(Message, Continued from page 1)

100+ participants. Ages 17 to 23 will be racing their very best hoping to make the US team or compete at World's. These will be our young future Olympians. Just think you can watch them race without leaving our state or paying \$500.00 for a ticket at the Olympics.

I hope that all members of NWCC and our cycling commu-

nity will be as excited about the news as I am. The committee is looking for sponsors. If you are interested in donating please contact Stirling Pack at spack@houston.rr.com <<mailto:spack@houston.rr.com>>. If you have any questions please email me at lwalker@ev1.net <<mailto:lwalker@ev1.net>>.

**TIME TO RENEW?
CHECK YOUR
MAILING LABEL!
NOT A MEMBER?
IT'S TIME TO JOIN!
FILL OUT THE
APPLICATION
ON PAGE 19
AND MAIL IT IN OR
BRING IT BY NWC
JONES RD & 290**

January 2003

Sun Mon Tue Wed Thu Fri Sat

RR: = TXBRA Texas Cup Race
R: = Race Route for Saturday NWCC ride
Tmbra = Texas MTN Bike Racing Assn 2002 Spring Series
V: Velodrome track racing, TXBRA Cup event
M: = Mountain bike event

New Year's Day
Ride 8:00 AM @



CLUB RIDE
8:00AM
Zube Park

R: Monaville

5

6

7

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



8

Trainer Ride
6:30 PM @



9

10

11

CLUB RIDE
8:00AM
Zube Park

R: Bellville

12

13

14

15

16

17

18

Trainer Ride
6:30 PM @



CLUB RIDE
8:00AM
NEW RIDERS
SKILLS CLINIC
9:00 AM
Zube Park
R: Whitehall

19

20

21

22

23

24

25

Trainer Ride
6:30 PM @



CLUB RIDE
8:00AM
Zube Park

R: Monaville

26

27

28

29

30

31

Board Meeting
7pm @



Trainer Ride
6:30 PM @



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.

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.

FEBRUARY RIDES

Frostbike 50

February 2

Houston

www.jvgolddusters.com

MARCH RIDES

Gator Ride

March 1

Baytown

www.gatorride.org

Space Race

March 9

Clear Lake

www.spacerace.org

Blue Bonnet Express

March 16

Hempstead

APRIL RIDES

Tour d' Cypress

April 06 (Tentative)

Houston

19th Annual BP MS150

April 12-13

Houston to Austin

www.ms150.org

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

Flying down a highway,
Tucking into draft.
So lovely.

Live

...Busy Cyclist

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 at 281-469-9131

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



For Sale: 1994 Trek 2300, 60 cm carbon frame, ultegra components, computer, aero bars, look pedals, repair stand. \$800. Contact Rick Williams at 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: 2000 Schwinn 24" BMX Cruiser racing bike. Many upgraded parts including handlebars, grips, brakes, pedals, chainring, chain, free-wheel, rims. Bike is in good mechanical condition. Some scratches. Bike is solid. Great for racing, dirt jumping and fun. Bike purchased for \$400. Over \$800 invested. Will sacrifice for \$300 or trade.

Personal: Chuck and I would just like to say a brief but heartfelt "Thank you" for choosing us to be co-volunteer of the year, along with Tracy M. We are not much on speeches, but just wanted to let you know just how very much this means to us. The plaques will adorn our wall and always remind us of all the friends we have met through NWCC. Thanks again, and Bike On!!
Sandy and Chuck Martin

For Sale: 2000 Trek 7500 FX, model, 15" hybrid.

2001 Trek 2200 WSD, 47 cm frame with original 650 cc Rolf Vector Wheels, or with 650 cc Bontrager Race X Light Wheels (upgraded)

Contact Susan Nalley at 800-241-8191 or babyeagle@sbcglobal.net

Also have a Ironman Centurion road bike. Condition is just OK. Old and needs to be re-conditioned. Bike is complete and has Shimano 105 components. I believe the frame size is 54cm. Will consider any offer or trade.

Contact Greg Durbala at 713-675-7587 ext 2803 gdurbala@containercare.com

Wanted to Buy: Used road bike for daughter, nothing fancy. She rides 4 months out of the year to train and ride MS-150. She is 5'-2", so small to medium range.

Have an advertisement or announcement for the Pedal Pusher's classified section? Send 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.

NORTHWEST CYCLING CLUB **NEW RIDERS SKILLS CLINIC**

Saturday, January 18, 2003
at Zube Park

9:00 AM to 3:00PM

(Rain/Freeze Date Saturday, January 25, 2003)

The New Riders Skills Clinic is specifically designed to improve rider knowledge of safety, bicycle handling, training, nutrition and maintenance. The program is geared to road cycling; however, off road and touring riders will benefit from this clinic. All are invited to join us.

The skills clinic will cover the following topics:

- Safety – the basics
- Biking – essential skills
- Equipment & Repairs – flats, lube & more
- Clothing – dressing for heat & cold
- Nutrition & Training – fuel & strength
- Medical Concerns – men & women
- NWCC – activities & program

Midway through the day there will be a short skills ride and lunch. Please bring money for lunch as the group will stop at a local restaurant.

Recommended Reading: "Complete Book of Road Cycling Skills" by Ed Pavelka. It can be obtained through Northwest Cyclery, Bicycling Magazine or various web sites.

Register by contacting Sam Giancarlo : sgiancarlo@yahoo.com
(or phone Northwest Cyclery at 713-466-1240)

All riders are invited to join us!!!

JANUARY CLUB SPECIALS

Great Deals from Houston's Cycling Super Store



Hwy 290 @ Jones Rd.

713-466-1240

www.northwestcycle.com

M-F 10-7 • Sat 10-5 • Sun 12-4

Repair Class Schedule (Please Call to Enroll)

DATE	DAY OF WEEK	TIME
Jan 23, 03	Thursday	7-9PM
Feb 27, 03	Thursday	7-9PM
Mar 27, 03	Thursday	7-9PM

Women's Symposium (Please Call to Check on Dates for Future Sessions)

**20% OFF
ALL RUBBER**

**FREE LABOR
W/BAR TAPE
PURCHASE**

**DRIVE TRAIN
CLEANING
REG \$29.99
SALE \$19.99**

NWCC News

The Tomball Christmas Parade

by Gail Hurlzy

Although the morning started off chilly, we had a number of people show to ride in the parade! Jim and I had a fire going in the fire pit and inside we had hot coffee, orange juice and all sorts of snacks. The driveway was littered with bikes of all kinds! We had highwheels leaning here and there. Melanie Lacy brought her new dual suspension mountain bike for all to see! Denise Godkin came with her two boys and they were all set to have fun!

Some of my friends from the Wheelmen... a highwheel group....came to ride with us in costume. We had seven

"ordinaries" and a bunch of road and mountain bikes...as well as Jerry on his "Ultimate" wheel. (a unicycle type wheel with no seat post or saddle..just a wheel and two built in pedals!)

The parade lasted two and a half hours, and we were somewhere near the middle/start...at number 56 entry number (there were 175 entries!). The northwest jerseys were abundant and we had quite a nice family turnout: Dean Shaw and his girlfriend Cindy, Melanie Lacy, Jerry Gruss, Denise Godkin and her two boys, Caitlin Hurley, Jim Spann, Charlie Strack, Tracy Meixensperger, Diana and Zeke

Zybornack, James Bridges, Steve Allison, Amber Oz, Bill Mitchell, and me. We all had a grand time representing the NWCC! Sorry if I forgot some names...I am trying to imagine who was riding.

Jim and I enjoyed hosting this year, and hope that many more will come out and spend time with their kids and spouses having a family day on bikes! Thanks for all that helped stuff water bottles with applications and info on the club and Northwest Cyclery..... our sponsoring shop. What fun...ho ho ho.

Picked Up Pedaling By

by Sam Wright

Did you make the holiday party at St. Arnold's? Lots of people, lots of food, and a little beer. There was even one bike rider, and the white elephant gifts were a lot of fun. Awards were presented to the Volunteers of the year, and others were recognized as well.

The Warda Mountain Bike Clinic scheduled for Dec 7-8 was cancelled. Mo Monaghan injured her knee, and was unable to conduct the clinic. Riders met at

Warda on Sunday, Dec 8 for a Fat Tire Sunday, and the clinic will be re-scheduled.

Sandy and Chuck Martin sent in a thank you letter to the club. See NWCC classifieds, page 8.

Twenty-two women had a great time at our Women's November Symposium. Topics covered included bike fit, clothing technique, pedaling styles and cadence, pack riding, riding etiquette, and much more. Prizes,

tire changing contests and MS training were included. Many thanks to Cathie Neagli, Lori Walker, Lisa Reed, Charlotte Miller, Steffi Penco and Paul Chandler. Watch for a repeat performance..

Congratulations to Charlotte Miller who turned 50 in November, and is planning a two week January trip to Kenya to teach bike repair.

A New Year, A New You

by Catherine Kruppa, MS, RD, LD

With each passing year, there is a new gimmick or plan to help people lose weight. These gimmicks come and go as do the pounds lost and then gained again. If your New Year's Resolution every year is to lose weight, why not try something new this year - a permanent lifestyle change. It is unrealistic to expect that a healthy habit can be developed in only twenty-one days. Developing a new habit really takes six to ten weeks of work. People tend to give up after a few weeks and they are only halfway to a healthy habit at that point.

Here are five steps to making your New Year's Resolution a healthy habit:

1) Make the commitment. Don't just say you are going to lose weight. Make a plan on how you are going to do it. Write it down and place it in a prominent place in your home or office to remind you.

2) Set specific goals. For instance, drink 64 oz of water every day. Perform this activity at least 6 times per week. The intensity and consistency will help bring about results more quickly.

3) Stick with one goal. Making small, realistic changes that naturally fit into your lifestyle is the way to go. Once you have mastered it, move on to another. You

do not have to change every bad eating habit at one time, short-term goals will help you lose the weight and keep it off.

4) Reward yourself. Think of a weekly reward to give yourself for carrying out the actions that lead to a healthy habit. Select a small treat unrelated to food that serves as a moderate indulgence. For instance, a new book, a massage, or a new piece of clothing would work.

5) Have a support team. Find someone with whom you can share your habit and your plan to get there. Your cheerleader should check in with you to see how you are progressing. When you hit a mile mark in your journey to a new habit, share the good news with your supporter.

If this seems impossible to do on your own, consult a registered dietitian to help you. Here are 10 good reasons to see a registered dietitian in 2003.

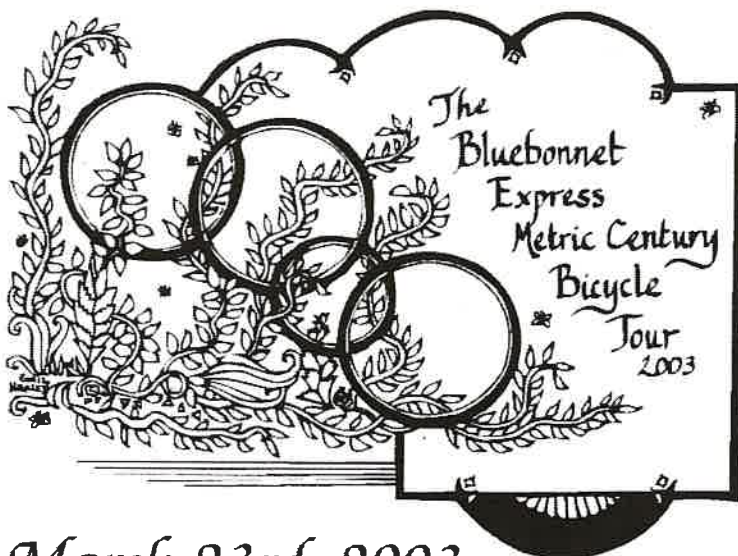
- 1) 80% of weight loss comes from DIET ALONE; the other 20% is from exercise,
- 2) Seeing a dietitian is FUN! They will introduce you to delicious new cuisine and still incorporate all your favorites into a personal healthy meal plan.
- 3) Decrease your body fat

even more with a nutrition plan and keep it off forever!

- 4) Increase your energy level exponentially.
- 5) Improve your knowledge about foods that can reduce your risk of diseases such as cardiovascular disease, cancer, diabetes and osteoporosis.
- 6) Combat food cravings for sugar and fat and control stress eating.
- 7) Learn how to prepare gourmet meals in less than 15 minutes.
- 8) Improve your athletic performance.
- 9) Stay slim while dining out.
- 10) You will NOT feel like you are on a diet.



For further questions, feel free to contact Catherine at 713-316-2707/ ckruppa@houstonian.com/ www.advice4eating.com



Call (713) 466-1240 for Information
Register on-line at:
<http://www.northwestcyclingclub.com/>

March 23rd, 2003

Houston's Spring Classic Ride

PACKET PICKUP / REGISTRATION

Friday, March 21, 12:00 noon to 7:00 pm,
Saturday, March 22, 12:00 noon to 5:00 pm
at Northwest Cyclery (290 and Jones Road).

START

40-, 50-, and 62-mile routes leave The Factory
Outlet Store of America (Business 290 and FM
1488) at 8:00 am. Please plan to arrive at least an
hour before the start. Tandem start at 7:55AM.

All pre-registered riders
are guaranteed a T-shirt.

REGISTRATION

\$20.00 if postmarked by March 3rd and \$25.00 after
that and day of event.

DIRECTIONS

Hempstead is approximately 25 miles west of Beltway 8
on Highway 290. Take Highway 290 to the FM 1488
exit. Turn left on FM 1488 and proceed about 1-mile to
the outlet mall. The mall may also be reached via
Business 290 (FM 359 left to Business 290 through
Waller and Prairie View) on Highway 290. Please do
not park in other retail parking lots unless instructed by
parking attendants.

REGISTRATION FORM

Make checks payable to: NWCC

Mail to: Bluebonnet Metric Century - 17458 Northwest Freeway, Houston, Texas 77040

Last Name _____ First Name _____

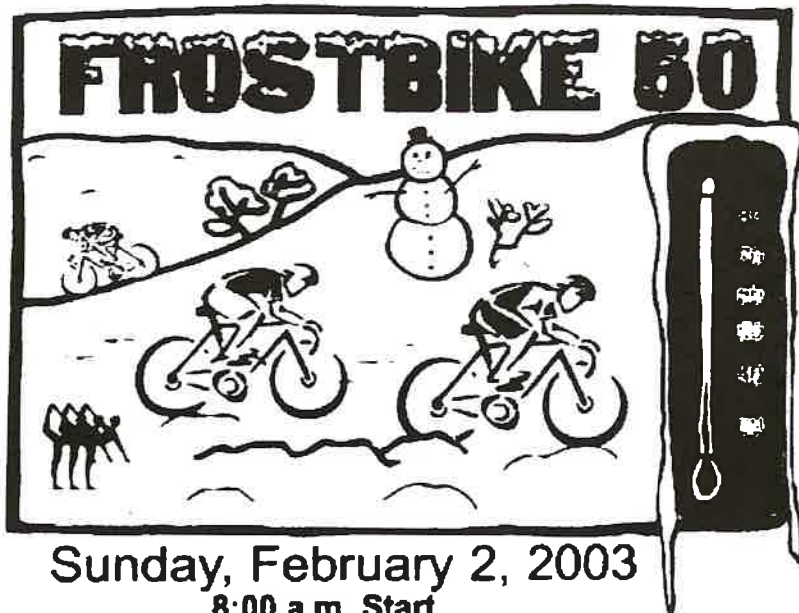
Address _____

City _____ State _____ Zip _____

Route ☐40 ☐50 ☐62 T-Shirt ☐M ☐L ☐XL

I fully realize the dangers of participation 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, signers, 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 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.

Signature _____ Date _____



JVGD 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 6/EM 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 this 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 _____

Road Racing: Keep It Down

by Andy Applegate

The goals of the Preparation and Base 1 training periods are to "increase volume, to boost aerobic endurance and increase the body's resiliency to large workloads." This means lots of heart rate Zone 1 and Zone 2 riding.

It is extremely important that you keep your heart rate in check while training during these periods. It may be unavoidable to go into Zone 3 intermittently on hills, but steer clear of Zones 4 and higher. Training at higher intensities may improve threshold and anaerobic fitness, but these are not the training goals during the early mesocycles. There will be plenty of opportunity to improve those areas during the late base and build periods, after you have established a good aerobic fitness base. Training in the higher heart rate zones too early increases recovery time and promotes problems later such as excessive fatigue and over training.

Group rides are fun, but can be problematic when trying to keep your heart rate down. Even if the riders agree to "go easy", usually the egos come out and the speed goes up. Don't be afraid to drop off these rides and continue alone or avoid them altogether. It may be helpful to set your heart rate monitor alarm to sound when you reach Zone 3. Don't let your ego get the better of your training program. Remember, keep it down now for success later.



Andy Applegate is an elite-level road, cyclocross, and mountain bike racer. He is also a USA Cycling- and Ultrafit-certified coach. He may be reached at aapplegate@ultrafit.com. Reprinted by permission from <http://www.ultrafit.com/>

Reading Around

by Wes Morrow

If you get a chance, check out Old Corpus Christi, The Past in Photographs by Murphy D. Givens, published by the Corpus Christi Caller Times in 2002. Page 18 has a picture of at least a half dozen distaff cyclists practicing wheel bumping in front of the Doddridge & Davis Bank on Chapparall Street in the Downtown Corpus. At least one of the

girls is obviously on her way down.

That would be pretty interesting today, but in "c. 1880" it apparently made the newspapers. No wonder, since the type of bicycle they were all riding, one with all moving parts very similar to ones we ride today, wasn't even exhibited until 1879, and the first suc-

cessful chain driven bicycle was introduced in 1885.

Other interesting cycling photos are of the Corpus Christi's Daily Herald delivery boys posing with their bikes in 1907, and a number of bike riders escorting one of the automobiles in the Corpus Christi Defense Bond Day parade on December 19, 1941.

The One Question (And My Answer)

by Dan Raine

I'm Dan Raine, the Bicycle/Pedestrian Coordinator at Houston-Galveston Area Council. As I am involved with many bicycle/pedestrian projects and initiatives, a colleague asked me, "If you were able to ask one question on a transportation survey regarding bicycling and/or walking, what would be the question?"

WHAT! ONLY ONE QUESTION?!?!? He brought up a good point, as its very challenging to narrow down all the issues affecting non motorized modes to one question. We all know of multiple issues regarding facilities or lack there of, traffic behavior, pavement conditions, distance, weather and more. But what one question would help to grasp the issues regarding non-motorized transportation? Well, we thought of quite a few, but here is one I would like to share with all of you, followed with my own response. Here it is:

Question: What is preventing you from walking or biking, instead of using your car, for trip purposes OTHER than recreation (ex. work, shopping, visits to family/friends)?

My Response: I am quite fortunate to have started my new life in Texas by moving into an apartment complex on the same block as the H-GAC office. So I walk

to the job each day, but I just moved here and this was my only criteria for living arrangements. However, sometimes when I attend to local errands or meetings, I am choosing my car rather than riding a bike or walking. Why? Well, some places are too far to walk. So, why not use one of my three bikes?

Call it laziness. Sad category I find myself within...but if I can make a change, others can too!

My love for bicycles has grown beyond one (touring) road bicycle and (now) two mountain bikes, as they are used for distance and off-road recreation, respectively. I've come to realize that if you are to commute by bike, for work, shopping, or personal commitments, one must have a bike dedicated exclusively towards providing transportation. Like many cycling fans, I can't bring my stubborn self to change the purposes of these three bikes. One needs to (heck, I need to) dedicate a bike for short trip purposes, and add a storage rack and cargo bag(s), permanent headlight and taillight for night riding...and don't forget that bike lock!

I came to this conclusion from observing the great personal commitment I have seen displayed by Lorin Gaertner and Re-

gina Garcia. In addition, I was lucky to hear from Vicki Williams and her 12 mile commute - she told me of the extreme conditions she (and others) commute through and has asked for assistance. Thank you all for providing a shining example to follow; I am making a personal commitment to do the same...and Vicky, as I'm long overdue to ride with you, please allow me to join you and learn the issues that trouble your commute.

My challenge to YOU (yes, you!) is to PLEASE take some time (the weekend...a week, whatever you need) and think about your local travel near home, Why don't you walk or bike to work? (ex. no locker or shower facilities at work, too difficult to access?) Perhaps you have too long commute to work to make walking or biking an option, but what about walking or biking for another trip purpose? What is the one main reason that prevents you from trying something else other than the car?

Maybe you already use your bicycle for these purposes? What would make your trip easier? (ex. better parking or pavement conditions?) Perhaps you already make this commitment despite undesirable conditions, and have one main issue you would like to

(See One Question, Continued on page 17)

Happy Trails to Hou...?

by Sam Wright

January is a busy month for Houston cyclists working to promote biking trails of all kinds. The Greater Houston Off Road Biking Association (GHORBA) is hosting a visit from two representatives of the International Mountain Bicycling Association (IMBA). Activities planned range from bicycle rides to trail building clinics, from work sessions with officials to open forums at local cycling shops. According to Chris Case, president of GHORBA, interested cyclists are invited to the following public events:

Trail Building School, Saturday and Sunday, January 11th and 12th - Cost is \$25/person, class size limited to 50 people, so please sign-up soon! School includes 1/2 day of classroom work starting at 9:00 a.m. and 1/2 day of trail layout at Memorial Park on Saturday until approximately

4:00 p.m. Sunday will be a trail work day to implement the work designed on Saturday. The cost of the clinic covers lunch both days, the IMBA Trail Building Guide, IMBA socks, and the cost of renting the classroom facility.

Bikesport Open House 5:00 p.m. to 6:30 p.m. - Come meet and chat with the IMBA Trail Care Crew, Scott and Aaryn. Refreshments will be served. www.bikesport.com

Monday Night Ride and Dinner 6:00 p.m. at Memorial Park - Join the weekly GHORBA ride with Scott and Aaryn and then head to Mission Burrito for dinner afterwards. Bring lights, a bike, and your helmet!

REI Presentation Tuesday, January 14th - Scott and Aaryn will share a presentation at REI showing mountain biking all over the

world. The presentation starts at 6:00 p.m. and will last approximately 45 minutes. A social hour and refreshments will follow the presentation. REI is located on I-10 west between Chimney Rock and Silber. Go to www.rei.com for more information on the presentation.

Westside Day Wednesday, January 15th - The Trail Crew will spend the day with riders on the west side of town looking at trails, then riding in the afternoon. Westside Bikes will have an open house starting at 3:00 p.m. and ending at 7:00 p.m.

West End Bikes Weekly Ride Thursday, January 16th 6:30 p.m. - West End Bikes will have an open house from 5:00 to 6:30, then everyone will do the weekly 20-mile ride around town (moderate pace). Check out

(See Happy Trails, Continued on page 21)

(One Question, Continued from page 16)

see addressed that could make your commute or trip purpose easier. If there was one item, what would it be?

Thanks for taking the time to consider this information, and I really do hope to hear from you

in the near future. I am very lucky to have met, worked and volunteered with so many that are truly dedicated towards promoting and enhancing opportunities and access for all non-motorized modes - and look forward to meeting more of you!

Please bring these issues and your thoughts to my attention so that we may consider and address your concerns and observations while we develop our new pedestrian and bicycle design guidelines. Hope to hear from you soon.

Dan Raine, AICP, Bicycle/Pedestrian Coordinator, Houston-Galveston Area Council can be contacted at (832) 681-2525 or reached by e-mail at dra-@hgac.cog.tx.us

Northwest Cycling Club Collegiate Scholarship Application

Northwest Cycling Club is one of the premier cycling clubs in the state of Texas. The club hosts two top-quality, successful rides each year that draw close-to, or over, 2000 riders to each event, along with hosting an USCF-sanctioned road race. The club has a weekly scheduled ride that typically has 100+ riders in attendance. On top of this, the club has several other events that are put on by the club members whose activities add benefit to the cycling community.

Northwest realizes it owes the club's success to its active members who volunteer to assist at club functions as well as other activities and projects to improve the sport of cycling. Thus, providing collegiate scholarships is viewed as another way that Northwest can give back to the cycling community. By financially assisting cyclists that are attending college the club feels that young cyclists will continue in the sport after they have gone off to achieve their academic foundations and also invite others in the collegiate cycling community to join and become more actively involved with furthering the sport.

The Northwest Cycling Club scholarships are awarded to college students who: are active members of NWCC, are active cyclists even during their school terms, show evidence of extraordinary constructive involvement in the cycling community and strive for excellence in their academics. For the Fall 2002 semester, there will be two \$500 scholarships awarded. For Spring 2003, and future semesters, there will be up to three scholarships awarded in the amount of \$500 each.

Eligibility: Must be a currently enrolled student for the school session in which the applicant is applying at a 2 or 4-year collegiate institution or graduate school. The applicant must be an active member of NWCC and have demonstrated involvement by participating in and supporting the club's activities. Those with grades of 3.0, or higher, during the previous semester, preferred.

How to apply: Please fill out the following application completely, and mail to the address below. All applications for the Spring 2003 semester must be received by December 31, 2002. After review of applications by the club's board, the scholarship recipients will be announced at the February club meeting.

Important: Please provide the following in support of your application:

- Official record of your grades for the previous semester
- Confirmation of status during the current/upcoming semester.

You may include any copies of awards received, letters of recommendations, and other appropriate documentation, which may supplement your application.

Remit to:
NWCC
Attn: Lori Walker
17458 NW Freeway
Houston, Texas 77040

(Continued on page 19)

(Continued from page 18)

Name: _____

Mailing Address: _____

Phone: (home) _____ (work) _____

Permanent Address _____

E-mail: _____

College or University currently attending: _____

Major: _____

Current Academic Status:

High School Senior _____

College Freshman _____

College Sophomore _____

College Junior _____

College Senior _____

Graduate Student _____

GPA for last semester: _____

Please list all academic honors or awards:

(Continued on page 20)

The Pedal Pusher

(Continued from page 19)

Are you an active cyclist? _____

Are you currently a member of a cycling club? _____

If so, what club? _____

What cycling club activities have you participated in within the last twelve months?

In what manner, other than club activities, have you made a contribution to the sport of cycling? (you may use additional paper if needed)

What contributions do you plan to make in the future to the sport of cycling?

(Periodization, Continued from page 3)

ing ladder intervals this month. Ladder intervals are done at 30-second increments starting at 30 seconds. Intervals up to 3 minutes are done as VO2max stimulation. Your HR should be at 10 beats above LT with recovery to 30 beats below LT. Intervals over 3 minutes are lactate tolerance and are done with a HR at your LT with recovery to 40

beats below LT.

Pyramid intervals are another favorite of mine during August. Start at 3 minutes on and 3 minutes off. Then decrease the time on and off by 30 seconds for each interval until you're down to 30 seconds.

September

Incorporate any of the above intervals sessions depending on what you need.

Whether your goal was high performance for racing or improving your fitness for that next rally or tour, I hope that this interval plan helped you get to the finish faster. Remember focusing one day of training per week to working the anaerobic energy system will help you make improvements in power output.

(Happy Trails, Continued from page 17)

www.westendbikes.com for more information.

Fat Tire Festival, Saturday, January 18th at Double Lake Recreation area - Watch for flyers about this, which will include information about events, the t-shirt, sponsors, food, the band (Phoebe Effect), and costs. The price of admission is \$25 in advance and \$30 at the door.

For more information, check out GHORBA's website at <http://www.texasoutside.com/houston/GHORBA.htm>. Information

about these activities and other programs concerning Houston cycling trails can be obtained by contacting the following:

Lilibeth Andre, Bicycle-Pedestrian Coordinator, City of Houston, Houston Bikeway Program, Public Works and Engineering Department, P. O. Box 1562, Houston, TX 77251, www.houstonbikeways.org, 713-837-0003.

Dan Raine, AICP, Bicycle/Pedestrian Coordinator, Houston-Galveston Area Council, 3555 Timmons Suite 120, 832-681-

2525, draine@hgac.cog.tx.us.

Teri Kaplan Houston Regional Bicycle Coordinator, Texas Department of Transportation tkaplan@dot.state.tx.us 713-802-5810, 713-802-5896 (fax).

Bike Houston, P. O. Box 25372, Houston, TX 77265-5372, 713-222-2453, bikehouston.org.

Gail Hurley, Chair-Elect, Texas Bicycle Coalition, biketexas.org, BikinGail@aol.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

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 <i>(check all that apply)</i>		
☐ Road Riding	☐ Volunteer Opportunities	Racing: <i>(team affiliation)</i>
☐ Mountain Biking	☐ Fitness Education/Nutrition	☐ not yet, but interested
☐ Bike Commuter	☐ Cycling Education, Skills & Safety	☐ Off-Road, cat
☐ Tri-Athlete	☐ Bike Maintenance Education	☐ Road, cat
☐ Adventure Racing	☐ Out of Town Rides/Tours	☐ Track
☐ Cycling Advocacy	☐ Houston Area Group Rides	☐ Cyclocross
MEMBER DUES		
Dues are \$20.00 per year for single membership and \$30.00 per year for Family membership. Your membership will expire 12 months from the date you join. Your expiration date will be printed on your newsletter label. One newsletter will be mailed for each single or family membership.		
<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

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



3/1/2010

DAVID KING
PO Box 671013
HOUSTON, TX 77267

The Pedal Pusher

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

How was your (NWCC) cycling variety quotient last year? What, you haven't calculated yours yet? Well, time's a wasting. First, total the different types of cycling activities that you can think of. Or, maybe the different types of cycling opportunities that our club offered last year. Then, count up different ones that you actually participated in. Divide the latter by the former. That is your quotient.

Need some help? Well, there are the obvious ones: weekly club road rides, club meetings, Fat Tire Sundays, Trainer classes, stage races, time trials. Don't

forget the State Stage Race, the Club sponsored pay rides (Bluebonnet Express and Katy Flatland), the club century, the club picnic, the New Years ride. And, of course, there were the Bike repair classes, the Women's Symposium, the Christmas party, the club blood drive, senior olympics, Crit races, track races, MS-150 and other multi day fund raising rides, club sponsored training rides, commuting, and on and on. You can think of some that I can't. I just know it is going to be a huge number, even if you just count the different types, not the different individual events. And, don't leave any-

thing out. Even count writing an article for the newsletter, serving an office or position, and even volunteering at a ride or event.

When you add them all up, you should easily get at least fifty different type of activities that are available to each of us. OK, now total the types you actually participated in at least once. How did you do last year? Keep up with it this year. I challenge you to save the calendar out of each Pedal Pusher and circle each event that you participate in. Then this project will be easier to pull off next year. Remember, variety is the spice of cycling!