

The Pedal Pusher

February 2003

Vol XVII, Issue 2

A monthly
publication
promoting
the spirit of the
Northwest Cycling
Club

Message from the President by Lori Walker

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January's meeting was this very valuable bike filled with nutritional information from Catherine Kruppa, our nutritionist and vital information regarding "Team in Training" from Alan Bazard. Every time Catherine speaks at our meetings we have a full house. Many thanks to Catherine for speaking and answering all of our questions on healthy ways to eat and lose weight. Catherine is available to answer any member's questions. Just simply send Catherine Kruppa an e-mail at ckruppa@houstonian.com

Our safety chairperson, Alan Bazard, is a coach for "Team in Training". If you are interested in participating in this program please contact Alan at abezner@tadolinc.com. Alan, and an associate of his, spoke on the many reasons why so many people choose to participant in

Our club is a non-profit, self-supporting organization. We make our funds to support the club, the racers, offer camps at very minimum fees, supply goodies at the Saturday morning rides and make donations to area organizations all by hosting the Bluebonnet and the Katy Flatland. In order to make these rides a success we need volunteers to work the rest stops, drive sag vehicles, help with registration and clean up. The Bluebonnet is scheduled for March 24th. Last year there were over 1900 riders depending on NWCC members to make their ride enjoyable. If you would like to volunteer your time to help with the Bluebonnet please contact Monica Gill or David Lynch.

I saw a misprint last month in my article and I would like to correct the information. The club's web page address is northwestcyclingclub.com. To keep in touch with what is going on please go to our web page. We also offer "Topica", an email service which gives you options on receiving information regarding club activities. With Topica you can either receive emails as they come in, go to the Topica web site and read the different emails or have the emails stored in your personal folder. We really want all members to be informed of all the activities the club has to offer.

Inside the newsletter you will find a survey. We are requesting that all members please fill out the survey. We need help on deciding what speakers and/or subjects the members are interested in.

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. 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.

Bluebonnet Express Metric Century, March 23, Factory Outlet Store of America, Hempstead. See ad, page 14.

TMBRA 2003 Spring

Championship Series Dates

Feb 15, 16 Rocky Hill's, Smithville, Tx
Mar 1, 2 Bar-H Ranch, St Jo, Tx
Mar 15, 16 Flat Rock Ranch, Comfort, Tx
Mar 29, 30 Bluff Creek Ranch, Warda, Tx
Apr 12, 13 Cameron Park, Waco, Tx
Apr 26, 27 Flat Creek Crossing Ranch, Johnson City, Tx
May 10, 11 Swan Cycle Park, Tyler, Tx
May 24, 25 Broken Oak Ranch, Valley Mills, Tx

TXBRA Texas Cup Calendar for 2003

Feb 22 Walburg Road Race Classic, Austin/Walburg
Feb 23 Pace Bend Powerhouse Gym Road Race Classic, Pace Bend Park, Austin
Mar 8 La Prima Vera at Lago Vista, Texas on Lake Travis
Mar 22,23 Fayetteville Stage Race, Fayetteville, Tx
May 3 San Felipe Road Race, San Felipe, Tx
May 4 Coldspring Road Race, Cold Spring, Tx
May 25 New Hope Classic Road Race, New Hope, Tx

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

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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

NWCC New Year's Day Ride

by Sam Giancarlo

My New Year's Eve resolutions were to be the 2003 designated drunk, stop all exercising and make the NWCC New Year's Day morning ride. So, that night I laid out my riding clothes and loaded the bike in the SUV. When the alarm went off early New Year's morning, I rolled over, kicked it off the bed table and went back to sleep. The hell with resolutions! At 7:05 AM I jumped out of bed, grabbed my riding clothes and flew out the door. Just made it to the Shop to find a bunch of riders, about 25 to 30, all ready to go (almost), and I was glad to see that most looked as bad as I did.

There was no traffic and it was somewhat eerie to be riding along the 290 feeder with no traffic. The ride proceeded quite well until I had to go to the bathroom and knew nobody was going to stop 20 minutes out of the shop. So I made a quick stop at a gas station and came out to find the pack at least a half mile ahead. I peddled like hell and caught them! I'm not really that great of a rider ... they rode slowly and stopped at every light. (I think it was because Luther was with us threatening to give tickets to all who did not obey the law and stop, even where there was no traffic!) Oh yes, I forgot to mention Luther. Needless to say that he kept up

his banter throughout the ride.

We turned on Magnum to Hempstead to Post Oak and onto Memorial drive (Luther kept on yakking but no body paid any attention.) We were then finding our way to the LaMadeline and came to a stop on Main Street where I stopped and fell over! (Plop!!) The devil pushed me! Anyway Wes came rolling slowly at me and proceeded to execute a slow and graceful swan dive over me (still on his bike!). Lori was awed and said it was the most beautiful rollover she's ever seen and gave Wes a score 12 out of 10. The only damage was to my ego.

We safely arrived at LaMadeline in the Village where we all had some breakfast. It was just great! The restaurant manager was delighted to have us since the amount of food some of the riders ordered was immense. He came out to visit with us and see who was eating all that food. Also, we had a little girl chasing the pigeons away from our tables while other pigeons feasted on her breakfast. We were all grateful to her. Okay, breakfast was over and the pigeons were feasting on the leftovers from those who had big eyes and smaller stomachs. We proceeded to our bikes where Sam (the other Sam) mounted his bike and

immediately fell off the other side, causing some chaos among the roadies. (Some folks credited me with both falls!)

Now it's time to say something about the off-roaders on the ride ... they did not fall or crash into any trees or generally make fools of themselves like some of us roadies did. We all have greater expectations of them for next year to join the fooleries. About one-third of the way back to the shop, we split into several groups. I heard Luther singing parts of the Mighty Mouse song as his group left. When they departed it got very quite! We could hear the few cars going by, talk among ourselves in a normal tone and our hearing was back to normal by the time we returned to the Shop. We all enjoyed the New Years Day experience and are looking forward to 2004's ride. See you all there next year!



NORTHWEST CYCLING CLUB SURVEY

1. How long have you been a member of NWCC? _____
2. What type of riding do you do? Recreational Road _____,
Recreational Off Road _____, Road Race _____ Off Road
Race _____, Commuting _____, Other _____
3. Do you attend the meetings? Yes _____ No _____
If no, can you explain why? _____

(i.e. the day of the week, location, time, too many hours at work, other)
4. What speakers/or subject would you be interested in hearing?

5. Would you like food and drinks at the meeting? _____
6. Other suggestions for meetings? _____
7. Do you ride the Saturday rides with NWCC? _____
8. Do you ride the Sunday rides with NWCC? _____
9. Are you interested in volunteering? _____
10. Thing I like the most about NWCC _____
11. Thing I like the least about NWCC _____

Your Name: _____ Age: _____

Please mail to NWCC at 17458 NW Frwy, Houston, TX 77040, drop off at the shop or on the Saturday morning rides.



The Poop from the Paceline

By Esther Astabula



Here they are folks, the FIRST ANNUAL ESTHERS. They are kind of like the Emmies and the Oscars in that they are very prestigious and highly coveted. So without any further fanfare.....

Most innovative training technique - LAUREN MAHONEY, who learned how to blow her nose without the use of a hanky, i.e. blow a snot rocket, by practicing in the shower. She could not have earned this award without the help of her coach, David Hatcher.

Most innovative weight loss method. LEE MCDANIEL, who wears as little clothing as possible on cold winter days so he really will burn even more calories.

Best Dressed - Craig Abbott was in the running for this award until it was learned that he plans on wearing yellow leg warmers. Arm warmers maybe. Tom Reed also was a nominee, very euro. But the winner of the golden clothes hanger has got to be MARK "Sweet" SKEETE, who is so coordinated that even his shoe covers match his kit.

Person most likely to ride offroad on the road. For his road ride where he went offroad three times, JAMES BRIDGES.

The Golden Trash Can Award - This award goes to be the best

"trash" talker which there were as many nominees as there were race team members. The winners in a close race are DAMON VAN ZANDT and ERIC WARNSMAN, for their exploits off the bike beating some worthy opponents in Spades. I hear there is a rematch in the works, and their opponents having been training hard.

Worst Luck. This wasn't even a close race. STEFFI PENCO, who had her road and mountain bikes stolen right off her car. The thieves took the bikes and the bike rack they were locked to.

Best Luck. That would be me. With the help of Willie and his gang of downtown bike messengers, I found my beautiful, one-of-a-kind De Benardi at a downtown pawnshop almost one year after it had been stolen.

Best Twosome. ROBERT and NANCY KAECHLER, who not only ride a road tandem but also ride and race a mountain bike tandem. Now that takes some kind of working together.

Last Person You'd Want to Go on a Diet With. DANA CHAMNESS who supported his wife, Melanie, on her diet by losing all the weight.

Person You'd Want to Join You for Poker Night. BLAKE RICH,

who fell for Craig Rennpage's story that he had been disqualified for crossing the yellow line in the State Time Trial when he turned a very tight corner. Blake bought the story hook, line and sinker. Turns out, he had not been disqualified and was the state champion.

Best Promoters of Family Values. Proving the old adage that the family who bikes together, stays together, are ED, LORI, CHRISTIN and DANIEL WALKER.

Most Inspirational. There aren't many more cyclists out there that are more inspirational than BETHEL PARKER. Every Saturday he rides with me, spurring me on, urging me up those hills, going extra miles, going less miles. I am just glad to know that I have many years to get as good as he is.

Nominees for this year's induction into King Arthur's Knights of the Round Table, for helping various damsels in distress (I wonder if their wives know) are: Zeke Zbornak, Dana Chamness, Morris Taymon, Gregg Germer, David Collins, George McKenna, Paul Chandler. You will have to attend the next club meeting to find out who will be knighted.

February 2003

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 CLUB RIDE 8:00AM Zube Park
2 Frostbike 50 CyFair High School Magnolia 8:00 AM	3	4 Club Meeting 6:45 Race Team 7:30 General Members @ 	5 Trainer Ride 6:30 PM @ 	6	7 Road Race Skills Clinic	8 CLUB RIDE 8:00AM Zube Park Road Race Skills Clinic
9 Road Race Skills Clinic West Oaks 8:00 AM	10 Women's Symposium 7:00 PM @ 	11	12 Trainer Ride 6:30 PM @ 	13	14 St. Valentine's Day 	15 CLUB RIDE 8:00AM Zube Park TMBRA Rocky Hill MTB Race Smithville
16 TMBRA Rocky Hill MTB Race Smithville Magnolia 8:00 AM	17	18	19 Trainer Ride 6:30 PM @ 	20	21	22 CLUB RIDE 8:00AM Zube Park TXBRA Walburg Road Race Austin
23 TXBRA Pace Bend Powerhouse Gym Road Race Lake Travis Magnolia 8:00 AM	24 Board Meeting 7pm @ 	25	26 Trainer Ride 6:30 PM @ 	27 Bicycle Repair Class @ 	28	

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

Pedal Through the Pines
March 1, 2003 Bastrop
www.pedalthrupines.org

Ride Around SP March 15
Sinton
bwgoodlock.tripod.com

Space Race March 9
Clear Lake
www.spacerace.org

Blue Bonnet Express
March 16 Hempstead
www.northwestcyclingclub.com

Tour d' Cypress March 30
Houston
www.northwestcyclingclub.com

APRIL RIDES

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

NWCC CLASSIFIED

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. Contact Dee Akers, delia.-@mortgagesdirect.com

For Sale: Cannondale F700, off-road bike. Trek 1420 road bike. \$800. each (firm). Contact Doug Lehmann at 281-469-9131

FREE: Univega touring bike; 25" (63 cm) frame; 12 speed Suntour components; new specialized tires, brake pads & handle bar tape. Contact julie-mashburn@houston.rr.com or 713-861-1219

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

For Sale: 1994 Trek 2300, 60 cm carbon frame, ultegra components, computer, aero bars, look pedals, repair stand. \$800. Contact Rick Williams at 832-687-5702



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.

Also have an 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

For Sale: Specialized M2XX Metal Matrix – red hard tail, 1998 medium frame totally rebuilt, 24 speed with Shimano XTR brakes/levers and derailleurs plus XT rapid shifters and cranks, Richie Force Lite bar with ends, upgraded Specialized threadless head set, dual sided SPD pedals, Boomer Marzocchi suspension fork, Cateye computer, Tamer suspension seat post with Trek saddle plus 2nd saddle and post, two sets of wheels including special built heavy duty off road set with red Rhyno Lite titanium rims, DT spokes, Shimano Hyper Glide cassette, XT hubs and skewers, IRC Mythos tires (near new), plus 2nd road wheel set newly built (1 year) with Shimano hubs, cassette and road tires (very easy to switch wheel sets; used only 3 or 4 times) and will include 5 in the box tubes. Bike is well maintained and in excellent condition ready to ride. Contact Sam Giancarlo at 713-851-7368 or sgiancarlo@yahoo.com asking \$825.00.

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

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.

WOMEN ONLY!!



Northwest Cyclery
Winter
Women's Symposium

Monday February 10th
Monday March 10th
7:00-9:00pm

17458 NW Freeway (Hwy.290 @ Jones)

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

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

"IT'S ALL ABOUT WOMEN"

Presented by WOMEN...

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

Any questions please call (713) 466-1240

FEBRUARY 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

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

Women's Symposium

Feb 10, 03	Monday	7-9PM
Mar 10, 03	Monday	7-9PM

(Please Call to Enroll)

20% OFF
HELMETS

MAKE YOUR MOUNTAIN
BIKE ROAD READY
FOR THE MS-150:
TIRES, TUBES & LABOR
\$70.00 VALUE
NOW \$50.00

FREE
LABOR
W/TUBE
PURCHASE

NWCC News

Christmas Lights, 2002

by Gail Hurley

Thanks to all that showed for the NWCC Christmas lights ride December 18th! We had a good sized group and made our merry way through the streets with Jerry riding a highwheel, which caught a lot of attention to the delight of all of us! The children that Karen brought along were delightful, teaching us new words to old favorites....such as "Oh Christmas tree, Oh Christmas tree...why did you have to fall on me!

We had a little rain, and thanks to Mike Fayard and Doug and Kathy for lending us their homes for bathroom breaks. Thanks also to Wes Morrow and wife Collene, and Amy Van Zandt Hodge for doing follow vehicles! It is a nice feeling knowing that the CAR BACK is a friendly one!

Ron Ostrowski made us laugh with his calls of "GARBAGE CAN UP!" We had about 18

people or so....and even Sonny Mims made an appearance...for those of you who don't remember, Sonny used to be our volunteer coordinator back in the dark ages! He got married and broke a lot of hearts....hehe. We actually got in a festive mood...lots of laughter, fun....joking and teasing our way through the beautifully lit streets of Prestonwood. Thanks to all that came! Gail Hurley, retiring Christmas lights ride hostess.....Ron?????

Picked Up Pedaling By

by Sam Wright

Jim Spann asked Gail Hurley to marry him on the next night after the Christmas Lights ride. He did the traditional "on one knee" approach and she did the traditional woman thing and cried. She finally managed a "Yes!". A March wedding is planned and she will be moving to Rockwall, Texas, probably when her daughter gets out of school.

Catherine Kruppa presented an excellent program at the January Membership meeting. Some of her tips included how to get veggie servings from bagged salad, secret ways to have fruit servings without having fresh fruit around, and how to measure the proper

serving of lean meat. There wasn't a dry eye in the crowd. :-) Her advice was practical and well received as usual.

There are lots of exciting days ahead for NWCC this year as we plan a full slate of events. Added to the usually busy Bluebonnet and Katy Flatland events are New Rider's Skills Clinic, Road Race Skill Clinic, Junior Road and Track Nationals, and much more. And, that is just for the first half of the year. Race teams are getting organized, with new directors, new directions, and lots of enthusiasm. Russell Lovelace and Steffi Penco both addressed team members at the January race

team meeting, and both have lots of ideas and goals for NWCC.

At the membership meeting, Lori Walker discussed ideas to make Topica more useable as the primary means of communication between members. It is her hope that more members will log into this web message service to get club updates and news. Her suggestions included choosing the Topica "web only" delivery method instead of e-mail, or setting up the incoming topica messages in a separate folder. Some members use these two methods to allow them to minimize work interruption and still stay connected to the club.

Nutrition in the Off Season: "Less" not "Different"

by Catherine Kruppa, MS, RD, LD

One of the great pleasures of being an endurance athlete is that most people find that exercising allows them to eat just about what they want. But what happens after your racing season is over and your weekly mileage decreases significantly? Many athletes find that they put on a few unwanted pounds that they have to work hard to get rid of before the next racing season. To be a successful athlete season after season, your nutrition during the off season is an aspect of training that should not be forgotten.

Your diet at this time of year should not be different; it should just be less. The bottom line is that you are just not burning as many calories as you were during your heavy training season. Estimating your daily calorie needs can help you to better understand your energy needs during decreased training. Use this method to estimate the range of calories you need daily.

Less active, little or no purposeful exercise: Body weight (in pounds) x 14-15 calories per pound = _____ calories

Moderately active, approximately 45-60 minutes a day of moderate exercise, most days of the week: Body weight (in pounds) x 16-20

calories per pound = _____ calories.

Very active, approximately 60-120 minutes a day of moderate exercise, most days of the week:

Body weight (in pounds) x 21-25 calories per pound = _____ calories

Once you have determined your estimated calorie intake, you should analyze the composition of your diet. A well-balanced sports diet should follow the guidelines of the Food Guide Pyramid. The pyramid is comprised of 5 main food groups: breads and cereals, fruits, vegetables, low fat dairy products and lean meats. The final food group on the top contains foods high in fat and/ or sugar, and foods that contain few or no nutrients. The foundation of the pyramid is composed of eating generous portions of plant-based foods, such as breads, cereal, whole grains, fruits and vegetables. These are the complex carbohydrates that provide athletes with their fuel. Consuming adequate amounts of protein in lean meat and low fat dairy products ensures that you have a well-balanced nutrition plan. Finally, your daily diet should have limited amounts of "empty calorie" foods such as sweets and fats.

If your diet does not take the form of a balanced pyramid, do not feel alone. Many athletes are shortchanging their health, as well as performance, by not paying attention to their diet. Here are some of the most common mistakes of endurance athletes.

Excluding One or More Food Groups

All foods can fit into a healthy diet. There are many reasons that athletes may be missing food groups. It could be that the foods aren't convenient, they believe that a food group is taboo, or that they just don't like those foods. Eating foods from every food group is important to make sure you are receiving all the nutrients that you need for optimal health, but it also helps to provide variety in your diet. Athletes typically struggle to eat enough fruits and vegetables. Try to include 2 servings of fruits and vegetables at eat meal. This may seem overwhelming, but it can be done with ease. At breakfast, add 1 cup of frozen berries to your cereal and drink 4 oz of 100% fruit juice. For lunch choose a side of fruit with your sandwich instead of chips or French fries and start with a green salad. 1 cup of steamed vegetables can count for

(See Nutrition., Continued on page 13)

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

(Nutrition, Continued from page 12)

two servings at dinnertime.

Eating From an Upside Down Pyramid

What do you crave most after a long run? Most likely it is something that would fit into the top of the pyramid. That is not a problem if it happens only occasionally. Eating too many foods that are high in fat and sugar can become a problem when they squeeze out the healthy, nutritious foods in your diet. Those foods typically have a higher

calorie content than your fruits, vegetables and whole grains. Use the 3:1 rule. For every one high fat/sugar food that you eat, try to eat 3 nutritious foods.

Eating on a Schedule

Skipping meals or going too long between meals can lead to poor choices and overindulgence. A simple way to solve this problem is to eat according to a schedule. Try not to allow yourself to go more than 4 hours between each meal and snack. This will keep you from ever getting too hungry

and will provide you with a more even supply of energy thorough out the day. Plan a mid morning and a mid afternoon snack that is composed of a carbohydrate and a protein. For example, low fat yogurt with a banana or a home-made trail mix of ¼ cup of dried fruit and ¼ c. of nuts.

Eating a well-balanced sports diet does take some planning, but the end result is well worth it. You spend so much time and effort training; it only makes sense to compliment it by fueling your body right during the racing season or off-season.



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



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 _____

Reading Around by Wes Morrow

Like variety in your cycling reading, too? Mid December offered up an interesting mix of cycling activities, reports, and "news."

Craig Malisow, writing for the HoustonPress Dec 12-18 issue, painted an interesting word picture of one BMX family in his "Hell on Wheels" story of BMX champ Breanna Brand, mom Cindy Nixon, and cycling siblings Brandon, Misty, and Mandy. This story is one about one of the wilder sides of cycling, including living in Frogtown, kidnapping, and family squabbles. But when the gate drops, training, concentration, and pedal

power take over, and may the best cyclist win.

In the same issue of HoustonPress, Matt Sonzala tells the tale of the North American Cycle Courier Championships, held this year in Houston Dec 13-15, with headquarters at 222 Rusk. Another fringe of cycling, cycling couriers let it all hang out once a year to prove once and for all who is the best at skids, bunny hopping, and other urban skills associated with bicycle couriers.

Need a more sane cycling report to even up the mix? Houston Chronicle's Dale Robertson

wrote a good report on Lance Armstrong's very deserved recognition as Sport's Illustrated "Sportsman of the Year 2002." Robertson reports that Lance is not only good, but lucky. Then he seemingly contradicts himself by noting that Lance spends at least twelve hours out of every twenty-four training, and that Lance not only likes to win, but likes to suffer. In a time when some writers can't even admit that Lance is an athlete, it's nice to see Dale and Sport's Illustrated recognizing him for what he is, an extremely gifted and dedicated individual, and every bit a sportsman and athlete!



Dear Northwest,

2002 is in the past and 2003 is ahead of us. As I look back at 2002, I had one of my best years of racing ever. I wanted to thank Northwest and all my supporters there for all the help you have given me since I began racing with the team in 2000. I have raced for several teams during my career, and Northwest has easily been the most supportive and enjoyable. It is always great to see other race team members

and/or club members at the races. We have a great time just hanging out before and after the races.

The support I have received from Northwest has inspired my interest in coaching and working with athletes, has allowed me to travel to races all over the United States, and has enabled me to represent Northwest and the State of Texas in national races. Since joining Northwest, I have been able to really focus my efforts on my training, enabling me

to achieve a goal I never dreamed possible, becoming a Category 2 racer. In college my long term goal was to become a Category 3 which I did in 1999. As I look forward to 2003, I hope to represent Northwest in the Pro 1,2 field with Mike Nelson, Jonathan Sinclair and Paul Chandler. I will proudly represent one of the best cycling clubs in Texas.

Thanks again for all your support.

Eric Warnsman

NWCC Mountain Biking in 2003

By Steffi Penceo, MTB Team Captain

2002 was a very good year for Northwest Cycling Club. Our unique club colors could be seen at many races, often vastly surpassing in number those of others. We had many of our riders cross the finish line in the podium position. We ranked 3rd in the final standings for the Texas Cup (Road) and 8th in the Team Challenge Cup (Mountain). We boast one of the largest women memberships in Texas and we are one of the largest and most prolific clubs.

Just when you thought things could not get much better, Russell, our new Race Director, set some new and ambitious goals for the team. In his "State of the Union" address at the January meeting, Russell expressed his desire for seeing the Mountain Biking Team to rise to an overall final standing of 3rd for 2003 Team Challenge.

WOW! Thanks Russell. I think you show a great deal of faith in us off-road riders! And we shall try not to let you down...

NWCC Off-Road team has been showing signs of maturity for quite some time. We have been nurturing some great talents over the past few years. Our wonderful peer mentoring, our wonderful club support and our legendary friendliness have created a fertile ground for athletes to

thrive in and has attracted to the club other up and coming riders. So many times you can see NWCC members crossing the finish line in the top ten, often earning a podium.

We definitely have the opportunity to climb in the Team Challenge ranks. What is going to help us reach our goal? I think that with team spirit and a little of organizational effort we can do it! Russell did not set such lofty goal without thinking of giving us a little help.

Peer mentoring has been most successful in guiding our athletes to success. Who can help you train, improve your skills, plan your racing and hone your tactics to achieve your goals better than someone who shares the racing trenches with you?

Russell has set a wonderful category captain system that is designed to exactly achieve that scope. While for now we have not filled all positions for category captains, I hope that many of you would consider it. Duties are light and very rewarding. From simple recruiting -which we all pretty much do all the time- to just riding with someone who is looking up to you for becoming better and faster, the job of category captain is the cornerstone of our club support system.

An example? Think of how far I have come in one year of racing. I joined NWCC as a beginner mountain biker, never, ever having been on a road bike. Craig Rennpage and Dana Chamnes took me under their wings. Craig lent me a road bike and took the time to teach me the basics. Dana and Craig then dragged me along to their training sessions at Memorial Park and everywhere else. In a short year I have climbed to the Cat3 on the road and to the Expert/Pro in Mountain Biking, thanks to their help. I returned the favor, by sharing whatever I had learned in mountain biking. While I did not contribute as much to their success as they did to mine, both Dana and Craig climbed to the top of their class, if nothing else because they would not let a little chick ride harder than they did.

Last year I was Marianda's Big Trail Sister. Marianda joined us all the way from Dallas because I convinced her she would do real well in racing. I worked with her all spring long to support her and I helped her with training. I attended each race and saw her concluding her first-ever racing season as 3rd overall in Beginner. I cannot tell you how much emotion there is involved in watching racing someone you care for. Peer mentoring works. But, more than anything else, it is a wonder-

(See Mountain Biking, Continued on page 17)

(Mountain Biking, Continued from page 16)

ful feeling to see a teammate, a friend succeed.

Please, do consider becoming a category captain. You will love the feeling! And, please help me keep the MTB roster up to date and accurate. If you are intending on racing even a single race this Spring, let me know. I need little information from you:

- Name
- Class and age group

If you upgrade in the middle of the season, let me know immediately, or we will lose your contribution.

Another one of the things that will make the team more successful will be support at the races. Our wonderful shop mechanic Bill and I had been talking about the opportunity for creating an environment supportive to our riders for quite sometimes. Bill suggested that, given being able to be off work and the incentives to receive re-imbusement points, he would gladly provide mechanical support at the races. Russell saw the potential of this opportunity and translated it into a point schedule. Now, we can offer points (and generously, might I add) for your support at the races.

What kind of support can help the team? The more obvious is mechanical support. The team would benefit from having at ALL races our team canopy, a work stand and someone with tools and skills to help our racers fine-tune their bikes or even do

necessary repairs for those unforeseen circumstances.

I envision a cooperative relationship with the shop. A box full of parts to be used for repairs and a designated mechanic (or more, if possible) in charge of taking care of our distressed members. The shop would be able to gain sales from the field repairs. The club members would be able to compete with mechanically sound bikes. The club would have an organized support crew and be the envy of everyone else in Texas. It would be so great!

Ideally, a shop mechanic would fill the role. However, whenever we don't have the luxury of having Bill available, it would be great if anyone else who is mechanically oriented would volunteer. Please, consider also volunteering for this wonderful job.

Another type of wonderful support comes in the form of camp ground help. Cooking, keeping the fire going, cold or warm drinks, etc. are all activities that not only will make you bond more to your fellow bikers, but will give you points. Usually, this type of support is needed at endurance races, but it would be wonderful to have it at all races. Groups like BikeMojo have become legendary for providing this kind of support. I would love for us at NWCC to be able to not only join forces with the Mojoers, like we do regularly, but contribute to creating a clearly defined NWCC camp, set up around our canopy, the bike

stand and a fire pit. Marshmallow anybody?

Finally, with our ranks having matured so much and our Expert racers having reach high levels of competitiveness, I thought it would be a great idea to see if anyone had ambitions to attend any of the AMBC and NCS races this year.

Thanks to the intense effort the club puts in the two club rides, we are one of the best-funded clubs in Texas, if not in the nation. I know of sponsored teams who don't have as much funds available as we do. With having grown so many talents in house and having the opportunity to support our wonderful athletes, I thought that we might be able to convince the club to sponsor NWCC national appearances. This sponsorship would allow us to get national exposure and to retain individuals who might, otherwise, move on to other teams for the opportunity of participating at the highest level. If there is anyone interested in this, please let me know. If there is a chance for this to happen, we need to begin begging the board right now!

On the topic of our wonderful club rides, I wanted to ask everyone in the MTB team to make an effort to help with the Blue Bonnet Express. This year the board made an effort in setting the Blue Bonnet date so we would not be forced to miss a MTB race. However, in doing so, the Blue

(See Mountain Biking, Continued on page 18)

(Mountain Biking, Continued from page 17)

Bonnet date ended up being on the same day as the Fayetteville Stage race, which means that the Road Team would be tied up and unable to help.

Please, show the club that the MTB bunch is thankful of having been given the opportunity to race and will show up in forces to help before, during and after the Blue Bonnet. But, especially, your effort is much needed and even more appreciated the day of the Blue Bonnet. Contact Monica Gill for volunteering.

One final request is for a volunteer to run the Team Challenge program for 2003. Traditionally, NWCC has run it, thanks to Sandra Rice. With Sandra in Colorado, we have found out how much we miss her and how much she was doing for us. Would anyone kindly volunteer for the scoring of the team challenge?

Pheww!!! So much! OK, so now comes the fun part... I have been talking with Specialized and K2 for a possibility of sponsorship for the team. Bill Reilly was in

contact with Giant. Also, since I work for Colnago, Limar, North-Wave, Biemme and Biotex, you know that sponsorships and pro deals are an option. If there is enough interest in these products, I will be happy to coordinate a deal, so you will be able to have access to top-notch equipment at pro-level pricing.

Finally, Drew and I have been working on a race clinic. While right now we are in the infancy of the project, we think we will be able to bring it to fruition with board blessings for the weekend of January 31st and February 1st.

We are looking at hiring a nutrition expert and a yoga instructor for a day of classroom teaching and a racer/coach for a day of practice. The clinic will be open to anyone who wants to attend, but it will be focused on MTB racing at all levels. We are hoping to give more insights to our racers with a host of tips and skills to make you race better and faster. If you are looking for an edge, you just upgraded or you just want to race better, the clinic can help you reach your goals. Stay tuned for more information.

In a short recap...

- Please let me know if you are racing MTB in Spring.
- Let me know if you are thinking of racing AMBC or NCS.
- Let me know if you'd like any pro-deals.

We need volunteers for:

- TMBRA Team Challenge scoring.
- Team mechanic.
- Category Captains.
- Camp ground Managers.
- Various duties for the Blue Bonnet Express.

Ok, that's it! I am so totally proud of you all in NWCC. I know you all are looking forward to having a fun and a productive racing season. Let me know what I can do to make your racing life easier. Let me know if there is anything you think that we can do better as a club.

GOOOOOOOOO NWCC!!!
You can reach me at stef_babel@yahoo.com or by phone 832 368 8802.

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

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:		Check Number: _____ CASH Rec'd by _____
(circle one) \$20.00 single \$30 Family		
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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Your membership expires on 3/17/2010

DAVID KING Family
5231 Alamosa Lane
Spring, TX 77379

The Pedal Pusher

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

Several people have asked about this column's new banner. This alludes to a popular song from the 60's about riding around with girls, a sack of money, and what could be described as a generally laid back attitude. Sound like some of our rides (except for the sack of money)?

Have you read the rest of the newsletter, or are you cheating and riding the last first? Did you see the news about Gail? We wish her all of the best. And, did you read about all of the other great things happening in and around our club?

Now, for the 73% who are hang-

ing around looking for some way to help out, have I got news for you! We desperately need a new volunteer coordinator. And, we are still looking for a recreational ride coordinator. And, if those jobs sound too intimidating, Sam Giancarlo needs two or three riders who will help out occasionally with the new riders group, serving as a lead or follow rider. All that is involved is learning the new rider route and being available on Zube rides once or twice a month to ride with this group.

Also, I am looking for someone to help compile the race results each month. This needs to be someone who can get all of the

current road, mountain, and other race results into a word format and e-mail them to me by the 12th or 13th of every month.

And, of course, we always appreciate articles for publication. There is so much happening out there to write about. Finished articles, outlines, or even suggested topics will all get you a byline and full credit.

If any of these heartfelt words make you lay your base instincts aside and want to volunteer, e-mail me or any of the officers. We will explain fully what you have gotten into later. I promise!