

The Pedal Pusher

March 2003

Vol XVII, Issue 3

A monthly
publication
promoting
the spirit of the
Northwest Cycling
Club

Message from the President by Lori Walker

Inside this issue

Message from the President	1
Club Contact Info	2
Round the Corner	2
Race Dates	2
High Wheel High Jinks	3
Member Survey	4
Race Results	5
March 2003 Calendar	6
Calendar Key	7
NWCC Classified	8
Women's Symposium	9
Northwest Cyclery Advertisement	10
Club News	11
Fight Inflammation	12
Espoir/Jr. Road Nationals	13
Bluebonnet Express Metric	14
Reading Around	15
Another Answer	16
MTB: Limiters	17
Dog Report Form	18
Membership Application	19
...And Way in the Back...	20

March is traditionally the month to vote on our budget. In addition, we will also vote on \$1300.00 to purchase nine new canopies for the Katy Flatland (rather than renting) and giving \$1500.00 to Ghorba to help build a new bridge in Huntsville State Park, and \$2000.00 to host Jr. Nationals.

At the February gathering we invited a friend of Peri's to come to give a very short presentation on "kit designs". A kit design is the design for a club's shorts and jerseys. With so many new people joining the race team and club, we need to purchase jerseys again this year. Instead of ordering the old design we asked Peri's friend Keith and another person to do several designs for us. These are both professional "kit designers". In March these people will present their ideas on what our jerseys

and shorts could look like. Tracy requested one member from the general club and one member from the race team to form a committee to help with this process. If you are interested please contact Tracy for more information.

BBX is upon us. Monica Gill and David Lynch are working their little fingers off trying to get everything organized and ready for the big day. If you are interested in helping with this project please contact David Lynch. And if you are a member of this club please send a thank you to Monica and David for all the work they are doing to put this event together.

Another thank you goes to Zeke and Diana Zbornak who volunteered to be the volunteer chair people. Zeke and Diana, if you don't know, drive the large yellow truck. Every since they joined they have vol-

unteered for almost every function or event we have had. There is nothing these people will not do for the club or even for cycling. Diana and Zeke started racing last year with Diana coming home with four gold medals in the Senior Olympics and 1st in the State Time Trial. I understand now that they will start off-road racing this year. I hope the off-road race team will inform them that the trees do have a mind of their own and will jump out in front of you when you least expect it. Zeke and Diana are so valuable we don't want them hurt.

At the March gathering we will go over the club's business information, we will have speakers on different topics, and then we will have Esther's monthly awards. Please come and join us on March 4th.

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. March set, 3/5, 3/12, 3/19, 3/26. Classes started in November, and continue 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

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

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
(Tentative)

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** 281-370-3591
lwalker@ev1.net
Vice President **Peri Mashburn** 713-880-9559
mashpe@aol.com
Secretary **LeAnn Latham** 281-409-1626
leanndl@msn.com
Treasurer **Tracy Meixensperger** 281-304-9761
t3mx5@pdq.net

Membership Chairperson **Richard Gaubert** 713-856-6882
rgaubert@infovine.com
Volunteer Chairpersons **Zeke and Diana Zbomak** 281-
g.zbomak@worldnet.att.net 259-9764

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

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

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

Rider Safety Chairperson **Alan Bazard** 713-937-4497
Abaezner@tadoline.com

Race Team Director **Russell Lovelace** 713-532-074
russell.lovelace@scgo.com

MinBike Team Director **Steffi Penco** 832-368-8802
stef_babe1@yahoo.com

Mtn Bike Chairperson **Melanie Lacy** 281-356-1346
mlacy24@aol.com

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

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

NWCC website:

www.northwestcyclingclub.com

NWCC Affiliations:

United States Cycling Federation (USCF)

National Off Road Bicycle Association (NORBA)

League of American Bicyclists (LAB)

International Mountain Bike Association (IMBA)

Texas Mountain Bike Racing Assoc. (TMBRA)

Board Member Texas Bicycle Coalition

High Wheel High Jinks by Gail Hurley

On January 24th through the 26th, Jim Spann, Gail Hurley and Caitlin Hurley attended the 2nd annual Florida Wheelmen winter meet held in Orlando (we attended the 1st annual as well!) We met with about 50 others from around the country and the world, all "high wheel" enthusiasts. We had packed two of our high wheels to transport there and were excited about picking up Caitlin's new Penny Farthing bike, which we had painted red, her favorite color. We arrived to find her bike (48" front wheel) set up on a stand, all shiny and ready to ride.

Seeing friends Charlie and Jean Harper was great fun. We met them last year in Florida as well as at Ragbrai. Charlie owns a bike shop in Iowa. Al, Jimmy and Diane hosted this event at Victory Bicycles, one of the two manufacturers of "Ordinary" bikes in this country. The official name of this type of bike is "Ordinary," as they were quite the norm back in the 1880's.

When the "safety" bike came along, the name distinction became well known.

We had a group ride on Saturday, 30 miles of paved trails, even if it was a bit chilly. We were escorted by "safety" bicyclists from the local club, as they manned all intersections for us. The escort was a nice safety feature, since having no brakes on these bikes makes traffic worry some. Stopping for lunch in Winter Garden was a grand affair. The whole town made us feel welcome as we displayed our bikes and ate lunch. We then proceeded to ride some more and enjoy the scenery, which included lots of orange groves! That evening we had a dinner and Jim, Caitlin and I sat at a table with 7 men that had ridden across the United States. One told us how he removed his pedals to stabilize his 58" wheel and coasted for 9 miles down the Rockies. He was quite a character! Another fellow, Arthur, was 81 and had done over 30,000

miles on his many high wheel bikes!

The next day, Sunday, we rode in costume. This included men with handlebar mustaches and pith helmets and women in bloomers. Stopping for a break, we had group photos taken. Karen Turner rode with us. She is the commander of the Wheelmen, a national group of high wheelers to which we belong. She has set up a page on the Wheelmen website at www.thewheelmen.org. If you go to photographs of today's wheelmen you will see both the Dickens on the Strand and Florida Wheelmen Meet at the bottom. Many great photos of these fun bikes are available. Caitlin is featured in "A Lady and her new wheel."

We packed the bikes, no easy feat, and flew them home with us. We just beat the size restrictions by a few inches! Please contact me with any questions about these wonderful bicycles!



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, PO BOX 1494, Cypress, TX 77010, drop off at the shop or on the Saturday morning rides.

Race Results

Texas Cup Cyclocross 2002-2003 Season

(1/18/2003) GCCA Off Road Classic/SCCC

Men A: 16 Chris Grusendorf NWCC

(121/2002) UYS Houston Cyclocross Race

Masters 35: 10 Bill Duckworth NWCC

(11/17/2002) Damcross Race

Masters 35: 6 Bill Duckworth NWCC

11/16/2002)AVPAC Cyclocross Race

Masters 35: 14 Bill Duckworth NWCC

(11/03/2002) Ambush Racing Bayou Cup Cyclocross

Men A: 7 Peter Cariveau NWCC

Texas Cup CycloCross Overall Standings

Men A: 31 Peter Cariveau NWCC

Masters 35: 27 Bill Duckworth NWCC

City streets are calling.
Light the night,
Shining beauty,
Glow
...Busy Cyclist



March 2003

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 CLUB RIDE 8:00AM Zube Park TMBRA Bar H MTB Race Smithville
2 Magnolia 8:00 AM TMBRA Bar H MTB Race Smithville	3	4 Club Mtg 6:45 Race Team & 7:30 Consumer Expo @ 	5 Trainer Ride 6:30 PM @ 	6	7	8 CLUB RIDE 8:00AM Zube Park TXBRA La Prima Vera @ Lago Vista on Lake Travis
9 West Oaks 8:00AM	10 Women's Symposium 7:00 PM @ 	11	12 Trainer Ride 6:30 PM @ 	13	14	15 CLUB RIDE 8:00AM Zube Park TMBRA Flat Rock MTB Race Comfort
16 Fayetteville 8:00AM TMBRA Flat Rock MTB Race Comfort	17	18	19 Trainer Ride 6:30 PM @ 	20	21 Track Racing 7:00PM @ Alkek Velodrome	22 CLUB RIDE 8:00AM Zube Park TXBRA Fayetteville Stage Race
23 Blue Bonnet Metric Century Hempstead TXBRA Fayetteville Stage Race	24	25	26 Trainer Ride 6:30 PM @ 	27 Bicycle Repair Class 7:00PM @ 	28 Track Racing 7:00PM @ Alkek Velodrome	29 CLUB RIDE 8:00AM Zube Park TMBRA Bluff Creek Ranch MTB Race Warda
30 Tour de Cypress TMBRA Bluff Creek Ranch MTB Race Warda	31 Board Meeting 7pm @ 					

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 time 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.

MARCH RIDES

Gator Ride March 1
Baytown
www.gatorride.org

Humble Lions Ride
March 1 Humble
Ewandaelder@aol.com

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

Katy Ram Challenge
March 2 Katy Mills www.KatyRamChallenge.com

Space Race March 9 Clear Lake
www.spacerace.org

Ride Around SP March 15
Sinton bwgoodlock.tripod.com

Blue Bonnet Express
March 23 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

Wanted: FREE used bicycle, road or mountain. I'm interested in getting into cycling for the exercise but don't want to lay out a lot of dollars until I'm sure this is what I want to do. So, If you have a usable bike stashed in your garage gathering dust and you'd like to donate it to a potential future cyclist, please consider my needs. I need a bike that could be fitted to a 6 foot person. Please contact Joe Griffin at 713-744-9865.

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: 1996 Trek 5200, 58 cm. Asking \$1,300.00. Contact Terry Huntzicker at 281-468-8796 or Huntzic@aol.com

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 reneate.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 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

MARCH 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
Mar 27, 03	Thursday	7-9PM
Women's Symposium (Please Call to Enroll)		
Mar 10, 03	Monday	7-9PM

**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

New Riders Clinic Report by Sam Giancarlo

At 7:30 AM on a cold Saturday morning January 18th, a small group of NWCC members met at Northwest Cyclery to set-up the New Riders Clinic classroom in the storage area. A great thanks to Cathie for offering the Shop since it was too cold to have the clinic at Zube Park. Just before 9:00 AM the participants started to arrive. Twenty-four chairs were set and soon it became clear that we needed more. The class filled and riders continued to arrive. We used every chair in the Shop and Cathie went next door to borrow more. We finally wound up with 35+ riders, and

there was great interest in the presentations. I started with a safety talk using the Club's safety brochure, Zeke and Diane worked together presenting biking skills and clothing, David Van Newkirk taught maintenance, equipment and repairs and finally Lori took the lead on nutrition and NWCC activities and membership. The clinic was very interactive with lots of questions on every subject. The day warmed with full sun, so we went to Bear Creek Park and rode the loop teaching as we went along. Michael Muirhead joined us as a ride leader. Eventually, Lori formed a separate women's

group so they could talk about women's biking issues. The guys wanted to go along but Lori said, "NO!". The clinic concluded at 3:30 PM. It was more successful than I had thought and have had inquiries about a second clinic. A special "Thanks!" to Cathie, Lori, Zeke, Diane, Michael and David. Also, the Shop did business from the attendees and some joined the Club. I continue to receive e-mails from several of the participants. It was great to see the new riders' interest in riding skills and in NWCC.

Picked Up Pedaling By by Sam Wright

Are you keeping up? Board meetings have been moved from the last Tuesday to the last Monday of every month. And, speaking of moving, the NWCC's official mailing address is now P.O. Box 1494, Cypress, TX 77010. Some forms may still have the old address for a while, but it will work best if everything goes to the new post office box.

The club has received permission to count the Jr. Nationals as their required sponsorship activity for TXBRA, and has cancelled the

NWCC Challenge previously scheduled for September 6 and 7.

Did you make it out to the Frost-bike 50 ride from CyFair High School on February 2? The weather was nice, and riders came out of the woodwork. There were 1485 paid riders. Everyone seemed to be having a good time, and there was enough strong south wind to make it feel like a training ride. NWCC had several groups riding together, one of which was a large double pace line showing lots of purple

and gold and drawing positive comments from lots of riders.

The off-roaders did a great job of introducing a few road bikers to the thrills of twisting and turning around Double Lake last month. Bill Duckworth, Melanie Lacy, LeAnn Latham, and David Suarez and others showed Zeke, Diane, Wes, and LeAnn's brother-in-law how to do it. The best event was when Zeke awed everyone with a lateral dismount from his moving bike.

Fight Inflammation Through Diet

by Catherine Kruppa, MS, RD, LD

Recent research has found that inflammation is linked to the diseases that are killing millions of Americans: heart disease, diabetes and cancer. Inflammation is thought to weaken the fatty deposits, which could cause them to enter the blood stream leading to a heart attack or stroke. Inflammation can be measured with a test that checks for C-reactive protein (CRP). CRP is a chemical that is necessary for fighting injury and infection.

Diet and exercise can lower CRP levels dramatically, as well as cholesterol-lowering drugs called statins. Here are a few of the inflammation stoppers that you can incorporate in your lifestyle today.

Eat more of the good fats. Not all fats are created equal. Monounsaturated fats can actually help to fight inflammation. Foods high in monounsaturated fat include salmon, flaxseed, walnuts, avocados and olive oil. Remember the extra calories from these fats should be balanced with a cut in fat elsewhere such as less salad dressing or oil used during cooking.

Skip trans fats. Look for hydrogenated or partially hydrogenated on the food label or try some of the products below:

Instead of:

Sun Chip

Kellogg's low fat granola

94% fat free popcorn

Milano cookies

Quaker Fruit and Oatmeal bars

Lean Cuisine Herb Roasted Chicken

Choose:

Skinny Corn Chips

Kashi Go Lean Crunch

Hot air popping corn

Barbara's Baker Double Dutch Cookies

Health Valley cereal bars

Chicken Cascadian Farms Rice Bowls

Fill half your plate with fruits and vegetables. Produce is loaded with phytochemicals and antioxidants that fight free radicals that cause inflammation.

Drink your antioxidants. Green tea, black tea, orange juice, cranberry juice and red wine all contain flavonoids that fight inflammation.

Indulge in a little chocolate. Perfect for Valentine's Day. Just 1 oz of dark chocolate packs more than twice the healthy antioxidants of red wine! Dove Dark, made by Mars, Inc, contains a specially processed cocoa that contains super high levels of flavanols. It also:

*Keeps blood platelets from clumping together.

*Increases blood vessel flexibility

An ounce of dark chocolate can contain 11 grams of fat, so you have to compromise in your diet to make room for the calories.

Soy up your supper meal. Two compounds in soy – genistein and daidzen, have anti-inflammatory effects.

Instead of:

Ground beef

Chicken

Sausage

Cheese

Choose:

Morningstar Farms soy crumbles

Tofu cutlets

Soy sausage or veggie burgers

Veggie cheese

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

Dear Cyclist,

It is with great pleasure I announce that Texas is hosting Espoir/Jr. Road Nationals. Espoir is the young men ages 19 to 23, our future Olympic hopefuls, and juniors ages 10 to 18. Road nationals will be held in the College Station area from July 3rd to July 6, 2003.

Road nationals are the highlight of these young racers' careers. The juniors will compete in a 16 to 70 mile (depending on age) road race, a Time Trial and a criterium race. The Espoirs will race a 5 ½ hour road race and a Time Trial. The Espoirs will be qualifying for the World's Road Championship to be held in October of 2003 in Canada.

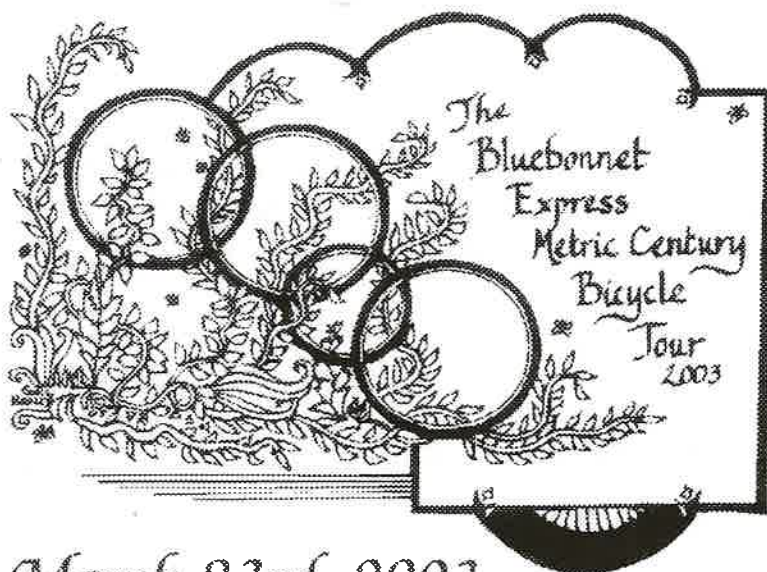
Hosting Road Nationals is a huge project. Five Houston area cycling clubs have come together to help with this project. Northwest Cycling Club, 1st Colony Cycling Club, Gulf Coast Cycling Club, The Woodlands Cycling Club and Texas A&M Cycling Club. We are hoping by hosting this project that we can expose the sport of cycling to more Texans, open the door to more national events in our area and offer our young Texas juniors the opportunity to race in their home state.

The expense of hosting a national event is so large that one single club or even several clubs can not handle the expense. The event will cost an estimated \$40,000.00 to cover the expenses of police, housing for officials, road closures and all the other expenses of hosting a race. We are requesting donations from all cyclists; any amount will help to make this a memorable event for all the racers coming to our state.

To make a donation please make a check out to NWCC/Jr. Nationals and mail to 15122 Forest Lodge, Houston, Texas 77070. NWCC (Northwest Cycling Club is a non-profit organization). You may also contact us through our web page www.2003JrEspNationals.org.

Sincerely,

Lori Walker
President
Northwest Cycling Club



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, 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 this 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 sometimes may arise during the ride which may be beyond the immediate control of the ride officials or organizers and I must continuously 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

Do you need to get a handle on how to eat out without busting your diet? Check out Dining Lean, How to Eat Healthy in your Favorite Restaurants by Joanne V. Lichten, RD, PHD, Nutrifit Publishing. Dr. Lichten does an excellent job of combining theory and practice, first outlining basic nutritional principles and then detailing every facet of the American restaurant industry. Want to know what to eat at a McDonalds, Denny's, or Furr's Cafeteria? It is in the book. Or, perhaps you are going to eat Cajun or Chinese, and want to maintain a particular balance of fats, protein, and carbs. It's all there.

My copy of this book is the 1998 edition, and is autographed by the

author. The 2000 edition has been updated with many more restaurants and entrees. But, more importantly, my copy is not kept on the book shelf or coffee table. What good would it do there? Nope, this is one book that is in the side pocket of my truck. And, it is not a book that has been used to read myself to sleep, or to study for a test. This book has a well laid out and well used index for quick reference, and has been referred to many times in the drive through line.

Although I have now pretty well learned its secrets, I still use this handy guide from time to time. Each restaurant in the book has a list of everything on the menu, with Calories, Carbs, Fat grams,

Sodium content, and exchanges, listed for each item. There are also illustrations for portion sizes for breads, pies, burgers, etc. This is not a text, but a field guide for the identification and evaluation of the elusive healthy meal. Whether you are slimming down for the off season or loading up on carbs before a long ride, this is one tool that can help you get where you are going. For between \$10.00 and \$20.00, this makes a great investment is a successful season, a healthy life, and a fun trip to the local eatery.



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**

**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**

Another Answer

by Wes Morrow

In November, Dan Raine, in his role as Bicycle/Pedestrian Coordination at Houston-Galveston Area Council, asked us a cycling question: "What is preventing you from walking or biking for trip purposes other than recreation?" He submitted his personal answer, and also suggested that other answers might include the lack of showers at work, no bicycle parking, poor pavement conditions, etc..

On November 20, 2002, I sent him the following as my answer to his question:

Let me preface my answer with my dream: I look forward to the day when large numbers of people awaken early Saturday morning and travel way out into the country to meet in groups so that they can drive their cars!

Your question is hard. I enjoy planning cycling trips. There are many times that I need to take a non cyclist with me, or I need to transport large quantities of goods (like groceries) or unwieldy objects (like my road bike). Weather sometimes is a factor, but more often it is the need to hurry, or the need to travel many places at once, or extreme distances.

The factors that you suggest are really non-issues for me. I ride 7 miles to work, and do not shower. I do have a hybrid, dedicated to commuting, that I am comfortable with. I have lights, wear Dockers with my pants legs tied up, and use a hydration pack without bladders to carry what I need to and from work. Parking? What a joke. I always have a good parking place. Pavement? My hybrid can go anywhere I need to go, and I usually just use the roadway. I ride legally, and stay to the

right. I occasionally aggravate drivers, but that is easy to do with or without a bike. I ride (commuting) early, late, and often.

What are the benefits? Exercise and stress reduction. These two factors do wonders for my diabetes. I am off medicine, on bike, and my blood sugar is in good control! Can cycling get you killed? Sure. But, although I haven't seen the statistic, my gut tells me more people die each year on their couch or in their bed than on a bike. All we all need for a change in lifestyle is sufficient motivation.

Some weeks I do not use my bike for even one single commute.

Last week, I rode to work Monday, ran two errands at noon, and rode home, for a 20 mile day. On Tuesday, I rode to work and back for a 14 mile day. On Wednesday I drove and took my road bike with me to ride at Bear Creek Park after work (foolish me, it was flooded). Thursday, lunch with my wife, and Friday, met her after work for supper, so I drove. Saturday and Sunday I drove to club rides 29 miles away.

Now for a good week:

This Monday I rode to work and back, 14 miles. On Tuesday, I drove so that I could meet during the day with our new printer for our cycling club newsletter. He is only about 12 miles from work, but I did not feel comfortable taking that much time out of the middle of the work day. Today I rode to work and back, 14 miles. Unless something happens tomorrow, I will ride to work and back, 14 miles. Friday, I will ride to work, then to the bank at noon (direct deposit is too easy, and can't be done on a bicycle), then after

work to the printer, then to our cycling club Holiday party at St. Arnold's Brewery, and then home, approx. 26 miles, most of it in the dark. Oops, I just found out about a meeting I have to go to. No prob, my boss says he will schedule it for late afternoon, and then take me and my bike in his truck, and I can leave from there to ride to the printer. That drops the mileage to more like 18 miles. Saturday I plan to leave the truck in the garage, and ride to the club ride (29 miles), ride 30 or so with them, and then ride back 29 miles. Sunday, I can sleep in, ride to an advanced safety and skills class at nine a mile from my house, and ride back. And, how can I be sure that it will happen? Easily. I intend to make it happen!

So, what are my secrets, to successful bike commuting? Here is my probably incomplete list:

- 1) Motivation
- 2) No Fear
- 3) No Excuses
- 4) No Peer Pressure
- 5) Commitment
- 6) A little Craziiness
- 7) Addiction
- 8) Creativity
- 9) Like you said, the willingness to dedicate one bike to commuting.
- 10) Fun!

So, Dan, what is the one factor that would make it easier for me to choose my bike over my truck? Well, it is definitely nothing external. Only as I continue to change my mind will my actions continue to change. That can be, as you have seen, aided by inspiration by others, but it is primarily an internal thing. Wish me success!

Mountain Bike Racers: Calculating Limiters

by Lynda Wallenfels

A limiter is a race-specific weakness. Your limiter is what is holding you back from peak performance. To calculate your limiter(s), consider how your personal abilities match the demands of your event.

STEPS TO CALCULATE YOUR LIMITER(S)

1. List the event demands in order of priority. The most dominant event demand receives a score of one and least scores six.
2. Score your personal foundation abilities (endurance, force, speed skills) from one to three, weakest to strongest. Score your personal advanced abilities (muscular endurance, anaerobic endurance, power) from four to six, weakest to strongest.
3. Add up the scores for each ability to find your limiter. An ability that is not an event demand does not receive a score.
4. The ability that has the lowest total score is your limiter.

For example

Goal: To win Crazy Hill 100 Mile Mountain Bike Race. The race is long and hilly but not a very technical course.

Event Demands	Score	Personal Abilities	Score	Limiter	Total Scores
		Speed skills	1	Endurance	3
Endurance	1	Endurance	2	Speed skills	4
Force	2	Force	3	Force	5
Speed skills	3	Anaerobic endurance	4	Muscular endurance	10
Muscular endurance	4	Power	5		
Anaerobic endurance	n/a	Muscular endurance	6		
Power	n/a				

For this example racer, endurance is the primary limiter. This athlete should focus the bulk of his or her training time on endurance. Speed skills and force have similar scores and both should be part of the training plan. Muscular endurance is a lower priority. Anaerobic endurance and power do not receive a score as they are not event demands. Anaerobic endurance and power should not be specifically trained at all.

Lynda Wallenfels has raced as a professional cyclist and has two Scottish National mountain bike cross country championships to her credit. She is a certified coach through USA Cycling and USA Triathlon and coaches cyclists, runners and multisport athletes. She lives in St George, Utah and can be reached at lwallenfels@ultrafit.com.

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 NWCC, PO BOX 1494, Cypress, TX 77010, 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, PO BOX 1494, Cypress, TX 77010,
attn: Club Secretary

NWCC Membership Application

CHECK ONE : NEW MEMBER RENEWAL

Last Name: _____ First Name: _____

Family Membership names: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Work Phone: _____

Medical Condition: _____

Birth Date(s): _____

Emergency Contact: _____ Phone: _____

E-mail Address: _____

Occupation: _____ Willing to Volunteer skills? _____

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

Primary Reason for Joining NWCC? _____

AREAS OF INTEREST *(check all that apply)*

☐ Road Riding	☐ Volunteer Opportunities	☐ Racing: <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.

Thank you for joining NorthWest Cycling Club!

**** IF THIS RELEASE IS NOT SIGNED, YOUR APPLICATION WILL BE RETURNED TO YOU ****

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

Signature: _____ Date: _____

Amount Paid: _____ 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
PO BOX 1494
CYPRESS, TX 77010

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



Your membership expires on 3/1/2010

DAVID KING Family
5231 Alamosa Lane
Spring, TX 77379



The Pedal Pusher

...And Way in the Back...

by Wes Morrow

Did you fill out a membership survey last month and mail it in? I thought not. We are running it again this month, but this is your last chance. Please give the board your input.

One of the main purposes of the survey is to improve monthly meeting attendance and offer a more enjoyable meeting experience. This is already happening.

The February meeting was a hoot. There was a very large crowd, with lots to see, do, and eat. Candy was passed out before and during the meeting, and pizza was available throughout. Keith Neu, a professional cycling clothing designer, introduced some

examples of his handiwork to help stimulate our imaginations prior to ordering new NWCC jersey and short kits. Keith also presented literature and information about his company, Nonstop Ciclismo. They offer things Italian pertaining to cycling, including merchandise and tours. Keith is an architect and engineer who has been an avid cyclist for over twenty years. He races road, mountain, and cyclo-cross, and has lived in France and Italy.

The hit of the meeting was a rare appearance of Esther Astabula. As promised in her last month's column, she presented a special award, the golden wheel. Their were seven nominees, and the

prize went to Morris Taymon for helping damsels in distress. Esther was dressed in her royal purple and gold regalia, and used her extraordinary baton to induct Morris into King Arthur's Knights of the Round Table.

Want to win a free year's NWCC dues, compliments of the editor? Just peruse this months edition for incorrect words, and mail in your list to him by March 20. A drawing will be held in case of a tie. Three examples from last month were Magnum for Mangum, having for have, and riding for reading. Mis-spelled words do not count. Current members only, and the winner will be announced at the April meeting.