

The Pedal Pusher

May 2003

Vol XVII, Issue 5

A monthly
publication
promoting
the spirit of the
Northwest Cycling
Club

Message from the President by Lori Walker

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The BBX was a huge success this year with over 3000 people attending. Monica Gill, David Lynch and Jim Bridges, plus all the other BBX volunteers, worked long hours in preparing for the event and then even longer hours working the event. Greg Germer recently stated "we are a club of volunteers". It is obvious how very true this statement is as we work two days a year to make this club one of the most profitable clubs around.

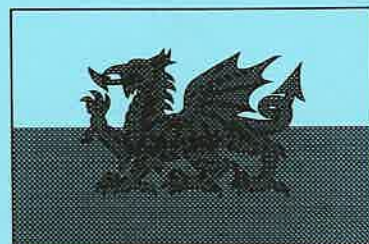
Tracy Meixensperger, Peri Mashburn, Melanie Lacy, Mike Nelson and Dan Cleveland have also been working very long hours on the new clothing design and choosing a new clothing vendor. For a club our size, with over 400 members, it is very difficult to choose a product (whether it is design, fabric or padding) that will meet everyone preferences. This

committee, which is made up of recreational riders, off road racers, and road racers has chosen the best product they could find to meet the needs of the majority of this club's members. They should be congratulated and thanked several times over for the time they put toward this project.

For the members who did not hear Chuck Martin make the announcement at last month's meeting, Rhodes Stadium will be closed for reconstruction during the Katy Flatland. Chuck is sweating to find a new starting location that can hold over 3000 cars. We have confidence in Chuck. I am sure if he doesn't find a ready made location he will build one. Rest assured that the tradition of the Katy will continue.

Just a personal note: During April 11th and 12th the

Alkek Velodrome was host to the Memorial Classic. This year junior cyclists came to participant from as far away as Wales and Canada. My family had the pleasure of hosting two of the Wales' kids. It was a great experience. In fact when other family members come to visit I usually would like for them leave after three days but these kids were such a pleasure the entire family was disappointed to see them leave. Next year all the Houston kids will get to go to Wales to race.



ROUND THE CORNER

Club time trials, 2nd Tuesday, April through October, 6:00 PM, are held at Sharpe Road and Katy Hockley.

Saturday Rides at Zube Park begin at 7:30 PM starting this month.

KFC, July 20 (see add, Page 9).

Jr. Nationals are scheduled for July 3-6.

TMBRA 2003 Spring Championship Series Dates

May 10, 11 Swan Cycle Park, Tyler, Tx
May 24, 25 Broken Oak Ranch, Valley Mills, Tx

TXBRA Texas Cup Calendar for 2003

May 3 San Felipe Road Race, San Felipe, Tx
May 4 Cinco de Mayo Road Race, Cold Spring, Tx
May 17 Inez Road Race, Inez (Victoria), Tx
May 24 Texas State Crit Championship, Mesquite, Tx
May 25 New Hope Classic Road Race, New Hope, Tx
May 26 Cowtown Classic Criterium, Fort Worth, 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 wes.morrow@natoil.com

Club Officers

President	Lori Walker	281-370-3591
	lwalker@ev1.net	
Vice President	Peri Mashburn	713-880-9559
	mashpe@aol.com	
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	leannld@msn.com	
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	t3mx5@hotmail.net	

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Chairperson	Juan.A.Barboza@uth.tmc.edu	

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New Rider
Leader

Katy Flatland	Chuck Martin	281-550-2798
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Chairperson	Abaezner@tadolinc.com	

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Director	Rlovelace1@scgo.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

National Trails Day, Saturday, June 7

by Lynn Clark, Texas Trails Network

We, as Texas Trails Network Board members, are working together on a National Trails Day event that will be held in Terry Hershey Park in west Houston on Saturday, June 7. National Trails Day is an annual nationwide "celebration" of trails and the benefits they offer everyone. Hundreds of events are scheduled across the country. Trails are fun and have so much to offer. Come on outside and join us. The theme "Healthy Trails, Healthy People" is to bring the awareness of not only the enjoyment of being on a trail, but how they can benefit your health.

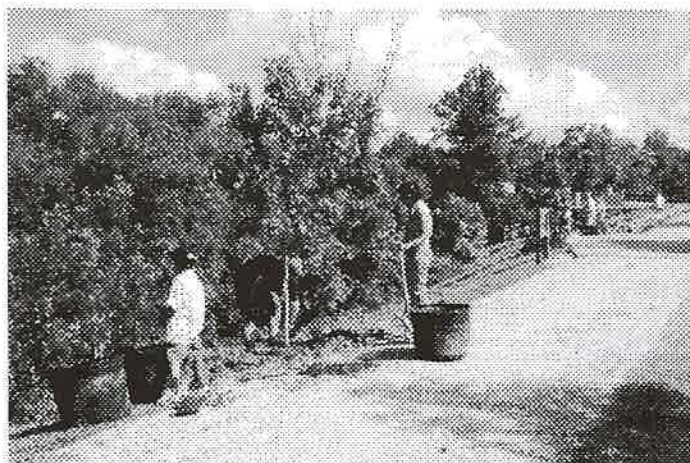
Our local event will begin at 8 AM at Terry Hershey Park's north entrance, 15200 Memorial Drive. Trail users of all types are invited to come out to enjoy the Park and trail system and take part in the free activities and an optional trail work project.

Texas Trails Network will be the event coordinator. REI and Memorial Athletic Club will help sponsor this National Trails Day event and their representatives will be at the Park that day helping to conduct the activities.

Organized activities will include a non-competitive walk sponsored by the Houston Happy Hikers and various sports demonstrations. There will be an optional trail work project organized by Park officials. This will be a tree planting along the trail, which continues the row of trees that were planted at last year's event. Participants in last year's project included walkers, bikers, runners, dog walkers, families with small children, and interested bystanders. There was sweat but also many laughs and lots of back pats for a job well done.

This is a project in which the entire family can participate. No special skills are required. It will last from 8 to 11:00 a.m. and the Park will provide the work tools. Snacks and drinks will also be available. Advanced sign up for the project is not mandatory but in order to have enough trees, tools, and refreshments, we would like to know the approximate number of participants beforehand. If you can sign up in advance (by May 24), we would appreciate it.

For more information and/or to sign up for the work project, please contact Lynn Clark at 281-493-1915 or e-mail me at LClarkAVA@aol.com or contact Gail Hurley Spann at 281-255-2029 (day) or at Bikin-Gail@aol.com. Or, see the American Hiking Society's web site at AmericanHiking.org for more information.



Cycling: How to Pedal a Bike

by Joe Friel

Pedaling a bike looks easy. After all, the legs just go around in circles and the crank arm length is fixed so you can't really do anything "incorrect." Or can you? Research, however, shows that there is a lot that goes into pedaling a bike economically. For example, imagine two riders pedaling side by side at exactly 200 watts and 90 rpm in a lab, each with a force detector built into the pedals. In this lab we have their pedal force detectors hooked up to sophisticated computer software which allows us to see the wave-like pattern that each stroke produces. At the "3 o'clock" position each is producing the highest force of their strokes while on the recovery side the force is quite low. Thus, this oscillating wave could show exactly what each rider is doing at different points in one given revolution of the crank arms. While they are averaging the same power output-200 watts-rider A's instantaneous force at the "3 o'clock" position produces 225 watts while rider B's is 215 watts. Based on this we can say that rider B is more economical-he is wasting less energy.

And that's what pedaling economy is all about-conserving fuel. An economical rider uses less energy compared with a sloppy pedaler. What that translates into is that improving your economy means you can ride farther or faster on the same amount of fuel. You've become a VW instead of an SUV. I believe that it's possible for most riders to improve their economy by at least five percent, even for experienced riders, and perhaps as much as 20 percent for beginners. And every percentage point of improvement translates into a percentage point of improvement in race fitness. How many intervals and miles would you have to do to boost your

VO2max or lactate threshold by five to 20 percent? That would be a lot of sweat and suffering. But economy can be improved just by working on it a bit every day. No sweat!

Proper bike set-up is the starting place for improving your economy. Working on all of the ideas I'll give you here does little good if your bike is not adjusted to your body. Make sure you have the optimum fit and then begin boosting your economy with these techniques and drills. Pedal horizontally. Don't think about the pedal stroke as being up and down or even circular. Think of it as horizontal, for it's at the top and bottom of the stroke where your legs are transitioning to go the other direction-either forward and down or back and up. A slight increase in energy output here decreases the need for a very high effort at 3 o'clock. There are several elements of the stroke you can focus on to develop this horizontal-pedaling skill. The best mental focus for most riders has to do with driving the toes toward ends of shoes at the top of each stroke. Another mental cue that works for some is scraping mud off at bottom. Yet a third focus involves "throwing the knees over the handlebars." Concentrate on only one of these at a time.

Here are two drills that will help you become better at pedaling horizontally.. The first is called the "Isolated Leg Training" (ILT) drill. While riding on an indoor trainer, place a chair on either side of the bike. Place one foot on the chair and pedal with the other for 30 seconds focusing on your critical stroke mental cue from above. Then switch legs and pedal for 30 seconds with the other still thinking about your technique. Keep your cadence at around 90

rpm throughout. After doing both legs as ILT, pedal normally for another minute with both legs keeping the same sensation of proper technique going. Repeat the drill several times.

It's not safe to do ILT on the road, but here's a drill that's almost as good, which can be done anywhere you may ride. It's called the "Dominant Leg" drill. While pedaling with both feet clipped into the pedals, use one leg to do most all of the work for 30 seconds. The other is "lazy." Otherwise, this drill is just like the ILT drill. Pay attention to the road-don't watch your feet.

Don't allow your heel to drop below the level of the pedal on the downstroke-keep the heels slightly elevated. This effectively "rotates" the crankset forward and sets you up for horizontal pedaling. It will take some getting used to and you'll probably find that your legs fatigue sooner for the first few days after you adopt this technique if you've been an "ankler" in the past.

Mashing is not economical. That's what rider A was doing in the scenario above. Continually working on raising your cadence improves your economy. Each of us has a comfortable cadence range. Any time we get outside of it we feel sloppy. By discovering what yours is and staying near the top end of it several times each week you can shift your comfort range upward. One way to do this is to buy a handlebar computer with a cadence monitor and check it during your rides.

A drill that helps you to become more economical at higher cadences is the Spin-up drill. Either on the road or an

(See "How to Pedal", Continued on page 11)

Joe Friel is the founder and President of Ultrafit and the author of The Cyclist's Training Bible, The Triathlete's Training Bible, The Mountain Biker's Training Bible, and Cycling Past 50. He is a certified Elite-level coach by USA Cycling and USA Triathlon and has been coaching endurance athletes for two decades. Reprinted by permission from <http://www.ultrafit.com/>

NWCC Team Race Results

from TXBRA and TMBRA
Tracy Meixensperger

TMBRA Flat Rock, Comfort
(3/16/2003)

Expert M 30-39

Bill Duckworth – 38th

Expert M 40-49

David James – 26th

Expert W 30-39

Steffi Penco – 3rd

Sport M 30-34

Tony Deore – 19th

Sport M 40-44

Lee Troy – 7th

Sport M 45-49

Jeff Elliot - DNF

Sport W 30-39

Elena Capsuto – 5th

Beginner M 40-44

Doug Lamond – 17th

TMBRA Warda, (3/30/2003)

Expert M 30-39

Bill Duckworth – 31st

Expert M 40-49

David James – 16th

Expert W 30-39

Steffi Penco – 3rd

Sport M 30-34

Tony Deore – 18th

Sport M 40-44

Lee Troy – 3rd

Sport M 45-49

Jeff Elliot – 5th

Sport W 30-39

Elena Capsuto – 8th

Beginner M 40-44

Doug Lamond – 11th

Beginner W 19-29

Beth Schlotterbeck – 1st

Junior X M 17-18

Mark Dearth – DNF

TMBRA Cameron Park Waco
(4/12/2003)

Expert M 30-39

Jack Talton - DNF

Expert W 30-39

Steffi Penco – 3rd

Sport M 30-34

Tony Deore – DNF

Sport M 40-44

Lee Troy – 25th

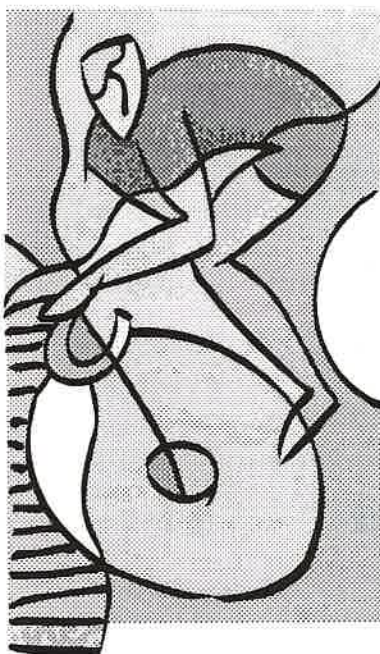
Sport W 30-39

Elena Capsuto – 3rd

Beginner M 40-44

Doug Lamond – 14th

(For Track Results, see page 18)



TXBRA Fayetteville Stage Race
(3/22/2003 & 3/23/2003)

Pro 1/2

Eric Warnsman - 31st

Mike Nelson - 50th

Troy Dunton - 56th

Jonathan Sinclair - DNF

Cat 3

Chris Grusendorf - DNF

Cat 4

Gary Rennie - 19th

Lamar Curtis - DNF

Women 3

Steffi Penco - 7th

Lauren Mahoney - 8th

Women 4

Claire Brown - 9th

Masters 35+

David Bumbaugh - 9th

Tom Reed - 10th

Masters 45+

Dana Chamness - 9th

Bill Reilly - 21st

Masters 55+

Luther Odom - 8th

Youth (10-14)

Daniel Walker - 4th

Junior (Open)

Cristin Walker - 10th

TXBRA Waco Heritage Criterium
(4/5/2003)

Pro 1/2

Eric Warnsman - DNF due to crash

Troy Dunton - DNF

Mike Nelson - DNF

Cat 3

Chris Grusendorf - DNF

Junior Men

Troy Dunton - 2nd

Masters 45+

Dana Chamness - 4th

Womens 4

Tracy Meixensperger - 10th

May 2003

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 CLUB RIDE 7:30AM Zube Park TXBRA San Felipe Road Race, San Felipe, Tx
4 Fat Tire Sunday, Rocky Hill Ranch TXBRA Cinco de Mayo Road Race, Cold Spring, Tx	5	6 Club Meeting 6:45 Race Team 7:30 General Members @ 	7	8	9 Track Racing 7:00PM @ Alkek Velodrome	10 CLUB RIDE 7:30AM Zube Park TMBRA Cameron Park MTB Race, Waco, Tx
11 TMBRA Swan Cycle Park, Tyler, Tx	12	13 Club Time Trial 6:00 PM @ Sharp Road and Katy Hockley	14	15	16 Track Racing 7:00PM @ Alkek Velodrome	17 CLUB RIDE 7:30AM Zube Park Inez Road Race Inez (Victoria), Tx
18	19	20	21	22	23 Track Racing 7:00PM @ Alkek Velodrome	24 7:30AM Zube Park TXBRA State Crit, Mesquite, Tx & TMBRA Broken Oak Ranch, Valley Mills, Tx
25 TXBRA Classic Road Race, New Hope, Tx & TMBRA Broken Oak Ranch, Valley Mills, Tx	26 Memorial Day Cowtown Crit. Fort Worth, TX Board Meeting 7pm @ 	27	28	29 Bicycle Repair Class 7:00PM @ 	30 Track Racing 7:00PM @ Alkek Velodrome	31 CLUB RIDE 7:30AM Zube Park

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.

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 thru Sep 7:30AM
- Oct thru Dec 8:00AM

Interested in a Sunday ride? NWCC makes sure that there are some of those also. See the new schedule above for Sunday rides.

These rides are more informal than Saturday's big club ride, so check with a club officer or call Northwest Cyclery for additional info on these rides.

MAY RIDES

Steeple Chase 100K May 3,
Schulenburg, Tx
www.schulenburgchamber.org/metadot_portal1/index.pl

Tour de Arc, May 8
Magnolia, Tx
www.thearcofgreaterhouston.com

Rolling Hills Challenge
May 10, Columbus, Tx
dodie@wcnet.net

Shiner Bash May 17
Houston, Austin, San Antonio, Tx
www.shinerbash.com/

Crank 200
May 31, Katy, Tx
[//geoffreypierce.tripod.com/](http://geoffreypierce.tripod.com/)
(Best Value Award: 200+ miles, Zero cost!)

JUNE RIDES

Good Old Summertime Classic June 1 Fayetteville, TX
Yvonne McCowen, SW
Schwinn, Houston, TX 713-777-5333

Tour de Braz
June 8 Alvin, Tx
www.alvintexas.org/webcal.cgi

Tour de Italia
June 21 Italy, Tx
<http://home.att.net/~lscyclists/>

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 Grif-fin at 713-744-9865.

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 Trek 7500 FX, model, 15" hybrid. \$400

2001 Trek 2200 WSD, 47 cm frame with original 650 cc Rolf Vector Wheels, \$900 or with 650 cc Bontrager Race X Light Wheels (upgraded), \$1100.

Or, will sell 650 cc Bontrager Race X Light Wheel set separately, \$400. Wheels are low mileage, 200-250 miles at most.

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

Wanted: T-shirt design for 2003 Katy Flatland. Submit design to Chuck Martin, cbmartin@evl.net by May 15, 2003.



For Sale: 47cm Trek 1420. Aluminum frame, custom drop bars and stem, Terry saddle, Campy Record Ergopower equipment, Continental touring tires, Onza pedals, Vetta odometer with heart monitor, Zefal frame pump, saddle bag: \$650. This is a great road bike in excellent condition. Contact Lorraine at 713-868-4714 or yogababe@evl.net.

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 presents



Sunday, July 20 at 7:00AM
Katy Mills Mall
Katy, Texas

Directions to the Start:

Take Interstate 10 to Katy, Texas. Follow the signs to the start.

Registration:

\$20.00 if postmarked by July 1, 2003 \$ _____
\$25.00 after July 2, 2003 and day of event \$ _____
Total \$ _____

On line Registration is available at additional cost. See our web site at Northwestcyclingclub.com.

Packet Pickup:

At Northwest Cyclery (US 290 @ Jones Rd.)
Friday, July 18 from 12:00 Noon to 7:00 PM
Saturday, July 19 from 12:00 Noon to 5:00 PM

At Start, Sunday, July 20 from 5:30 AM to 8:00 AM

The first 2,200 riders registered are guaranteed an event T-shirt and water bottle.

For information call 713-466-1240

Helmets are required. Radios and Headphones are prohibited on the ride.

Make checks payable to NWCC

Mail to: Katy Flatland Century
PO Box 1494
Cypress, Tx. 77410

Please Print Clearly

Last Name: _____

First Name: _____

Address: _____

City: _____ State _____ Zip: _____

T-Shirt Size: M L XL XXL

Route: 30 50 62 100

Start time:

7:00 AM 100 mile and tandem start, followed by 62, 50 and 30 mile groups. Be aware that riders will be started in groups of approximately 200 to 300 to accommodate your safety.

I fully realize the dangers of participating in a bicycle ride and fully assume the risk 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 participation. I hereby waive, release and discharge for myself, my heirs, executors, administrators, legal representatives, signers, successors in interest 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 others or myself. I accept responsibility for the condition and adequacy of my equipment. I will wear an ANSI approved helmet at all times while riding my bicycle. I have no physical or mental condition, which, to my knowledge, would endanger others or myself 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: _____

Emergency Phone # _____

Emergency Contact _____

MAY IS BIKE MONTH

Great Deals from Houston's Cycling Super Store

"GET OUT AND RIDE"

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
June 26, 2003	Thursday	7-9PM
July	None	

(Please Call to Enroll)

Burley
Trailers
&
Baby Seats

15% OFF

ALL HELMETS

15% OFF

GET READY
FOR
SUMMER
CAR
RACKS

15% OFF

Reading Around

by Wes Morrow

Here's a quick quiz: How much does a group cycling tour cost per day?

- A) \$300-500 per day
- B) \$180 for eight days
- C) \$195 for four days
- D) \$100 per day
- E) \$70 for seven days
- F) All of the above

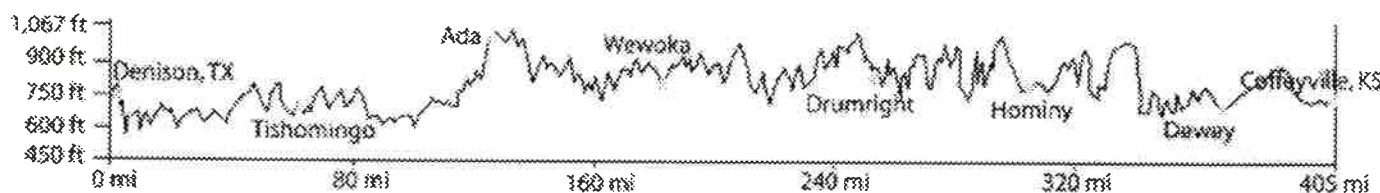
Of course, F is the correct answer, according to Arthur Frommer article, "Bicycling tours can save big bucks." This informative summary of tour choices was written for the King Features Syndicate, and ran in the March 30, 2003, Houston Chronicle.

What do the "bargain" tours offer? And, more importantly, what do you have to give up? According to Frommer, most budget tours emphasize self guiding and often do not include a SAG. The other key is to tap into such resources as the National Bicycle Tour Directors and the Hostelling International-American Youth Hostels of Washing, DC. Tour Baja is the author's choice for cycling tours south of the border.

And what about the first choice in the quiz? That would be Butterfield & Robinson and Backwoods Bicycling, both of-

fering gourmet four course dinners, high quality lodging, and tag along SAGs driven by expert guides.

What do you get for that \$70 for seven days? Well, this one takes you all the way across Oklahoma in June, and includes several fruit stops each day, route security, sag support, marked routes, camping spaces, baggage transportation, maps, starting packet and finish packet. The tour starts in Denison, Texas, and ends in Coffeyville, Kansas. The longest day is 72 miles, and the shortest is 46 miles. Sound like fun?



("How to Pedal". Continued from page 4)

indoor trainer, while riding in a low gear, gradually increase your cadence over a 30-second period until you begin to bounce on the saddle. When that happens, slow the cadence until you are no longer bouncing and hold it for a few more seconds. The key to this drill is relaxation. Relax your toes, your grip on the bars and your face. Try to be as smooth and relaxed as possible. Make it seem almost effortless. Do several of these within a ride separating them with a few minutes of "normal" cadence.

What you do with the leg that is on the recovery side of the stroke is critical to your economy. If this leg rests on the pedal, the other leg will have to work

harder to lift it. But also be careful not to pull up with the recovery leg (except when climbing or sprinting). This will cause a tremendous waste of energy. Instead, try to simply "unweight" the recovery pedal. In other words, if you weren't clipped in the weight of that leg would be taken off of the pedal as it came back up. In reality, this won't happen due to the centrifugal force of pedaling, but we can move closer to this ideal. Unweighting spares energy.

Just as with any other aspect of fitness, to improve your economy you must work on it consistently and patiently. Doing an ILT drill a couple of times a month won't hack it. Improvement demands frequent repetition. I recom-

mend working on some aspect of pedaling economy every time you're on the bike, but especially in the Base period when drills make up much of what you do. You also must be patient-measurable results will take months. With economy work you're training the nervous system. Teaching the nerves to contract and relax muscles at just the right times doesn't happen quickly. But if you're consistent and patient I guaranty that you'll start riding faster.

NWCC and GHORBA Team up to Help State Park

by Lisa Gibson

Northwest Cycling Club (NWCC) and the Greater Houston Off Road Biking Association (GHORBA) are joining forces with Texas Parks and Wildlife to further develop and maintain the multi-use trail system at Huntsville State Park, about an hour's drive north from Houston.

NWCC presented a donation of \$1,500 to GHORBA at their monthly meeting on Monday, April 7th. "NWCC is pleased to team with GHORBA and support the development and maintenance of trails for off road cycling in the Houston area," said Lori Walker, NWCC President. "We are particularly eager to support Huntsville State Park as a local venue for the fall series of the Texas Mountain Bike Racing Association."

GHORBA will use the funds to purchase materials to construct a bridge or bridges for the trail system at the State Park. The two clubs will combine their respective volunteer forces and donate the necessary labor by holding "work parties" to complete the construction in the upcoming months. "GHORBA is happy to help with this project, as we have enjoyed a long and mutually

beneficial relationship with Huntsville State Park and we look forward to doing what we can to continue that relationship," stated GHORBA President Jeff Nielsen.

Huntsville State Park contains over 20 miles of various multi-use trails that are used by off road

with approximately 400 members. We exist to provide opportunities for new and experienced cyclists to ride together, share our enthusiasm and experience and learn about fitness, nutrition, cycling skills and maintenance. Cycling is a multi-faceted sport, and includes road and off road cycling and racing, track racing, and many other types. NWCC members are involved in all of these, and more. This bridge is just one way we at NWCC can help promote and enable cycling in our area.

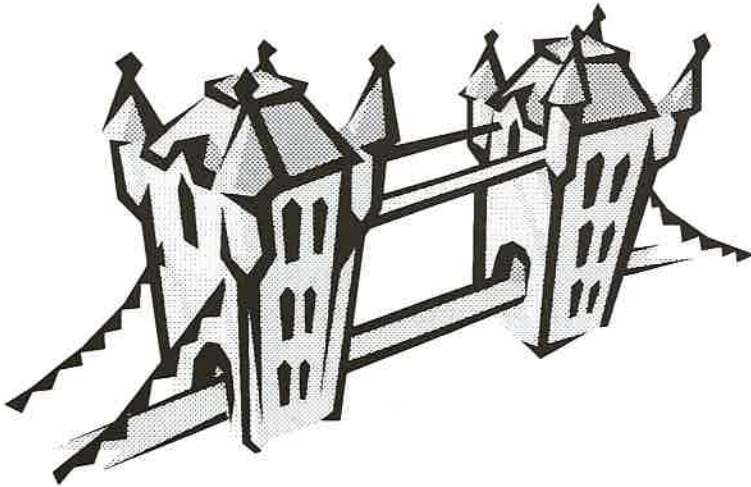
GHORBA is also a non-profit organization, formed five years ago to protect and expand access to trails for cyclists in the

Houston area. The group provides volunteer labor, materials and expertise in trail design and maintenance, to public and private off road cycling venues. GHORBA also sponsors educational, recreational and competitive cycling events. For more information, visit www.ghorba.org

For more information about cycling in Texas State Parks, see www.tpwd.state.tx.us/park/activities/bike/biketexas.htm

cyclists, trail runners, hikers and nature enthusiasts. Due to the wetland areas that exist in the park, many boardwalk-style bridges are required to allow visitors to experience all that the park has to offer. GHORBA's large base of volunteers regularly perform maintenance on the trail system and provide materials for construction and maintenance of the bridges.

NWCC's support of this project is an example of variety of interests and activities of our club. We are a non-profit organization



Beat the Texas Heat

By Catharine Kruppa, M.S., R.D., L.D.

ckruppa@houstonian.com

The Texas heat is already here. Proper hydration can help improve your workouts and survive the brutal heat in Texas. Adequate fluid replacement is the most frequently overlooked performance aid. Fluids can actually delay fatigue and help you maintain a higher level of performance.

Fluids have many important functions in the body such as producing energy, regulating body temperature, eliminating waste products and dissipating heat through the skin as sweat. Inadequate fluid intake, along with heat and humidity, inhibits your body from performing these tasks and speeds up dehydration. When 2% of body weight is lost through sweat, heart rate increases, body temperature increases and cardiac output decreases all of these hinder performance. Symptoms of dehydration include thirst, increased heart rate, headache, concentrated urine or low volume of urine, cramps and diarrhea during exercise.

The following are tips to help prevent dehydration:

1. **Drink adequate fluids on a daily basis.** The easiest way to check if you are well hydrated is to monitor the amount and color of your urine. You should urinate frequently throughout the day and the urine should be a clear, lemonade color. Vitamin pills may cause your urine to be dark colored, so it is best to monitor hydration by the quantity of urine. Another way to monitor hydration is to weigh yourself before and after exercise. For each pound that you lose during exercise, you should drink 16 ounces of fluid. It is easy during the summer months to become chronically dehydrated. Chronic fatigue and headaches can be caused by dehydration. Pay attention to how you feel. Remember that caffeine and alcohol can act as a diuretic and increase fluid loss.
2. **Hydrate prior to exercise.** Drink 16-24 ounces of fluids two hours prior to exercise. This allows the body time to process the liquids so that you will have a chance to eliminate them prior to your workout. Consume another 16 ounces of cold water or sports drink 10 to 15 minutes before exercise to help lower your body temperature and allow your body to be ready to replace sweat losses.
3. **Drink during exercise.** Thirst is not an adequate guide. It is necessary to drink according to a schedule. It is ideal to drink 5-10 ounces of water, sports drinks or diluted juice every 15-20 minutes. You will be playing catch up because the body can sweat off as much as three times this amount. It is important to take plenty of fluids early to aid in preventing dehydration. By the time you are thirsty, you have lost 1% of your body weight and your performance suffers. Drink before you are thirsty.
4. **Quench your thirst and keep drinking.** You need to drink 16 ounces for every pound of body weight lost after exercise. Rehydrating within one hour post-exercise will help you to recover quickly.

Water is an effective beverage for exercise lasting one hour or less. For athletes who are exercising for 60 to 90 minutes, a sports drink, containing 4-8% carbohydrate, such as Gatorade or Powerade, can offer an energy ad-

(See "Beat the Heat", Continued on page 15)

New NWCC Kit

by Tracy Møixensperger and Mølaniz Lacy

At the February NWCC meeting, it was announced that the club would be redesigning the jersey and that a committee was being formed to handle the clothing order. Volunteers for the committee and design proposals were solicited from the club membership at large. It was also announced at the February and March meetings that the committee would approach some designers to submit designs and/or show

their previous designs.

At the first committee meeting, only 2 or 3 designs were submitted. The committee chose one of the designers, gave him our suggestions for changes to the design (several times) and asked him to prepare renderings to submit to the club.

At the April club meeting, a rough draft of the new NWCC kit

(jersey and shorts) was shown to club members by the Kit Committee. At the time, four vendors were being considered. Committee reps promised to post more information when available, including the final design and the selected vendor, on the club website. The rough draft that was shown at the April club meeting has since been updated. The shop logo will now be on the center

(See "New NWCC Kit", Continued on page 15)



"New NWCC Kit". (Continued from page 14)

back pocket and "Northwest Cyclery" will be down the side panels of the jersey.

Also at the first committee meeting, clothing vendors were discussed. The initial list of vendors contained 7-8 choices. Some vendors were eliminated due problems or issues with clothing in previous years. The committee selected 3 vendors to get quotes from and to determine what they offered. Some of the criteria that was looked for was: hidden zipper, full zipper, women's chamois and club fit jerseys. Of the 3 vendors on the short list, a vendor was identified as the only one that met these requirements.

After extensive meetings, re-

search and design revisions the NWCC kit committee has come up with a design that can be viewed on the club website at www.northwestcyclingclub.com/. We decided to go with Louis Garneau as the manufacturer. You will be able to order long and short sleeve jersey's, shorts, bibs, skin suits, arm warmers, jackets and vests. You will have to pay when you order or pay through bikereg.com when it is set up online. You may come by the shop on the following days to try on the clothing and order them at that time.

Tues, April 15th from 6:30-9:00
Thurs, April 24th from 6:30-9:00
Saturday, April 26th from 12:00-6:00
Monday, April 28th from 6:30-9:00

Saturday, May 3rd, from 12:00-6:00

Tuesday, May 6th, from 6:30-9:00 at the club meeting will be the last day to order.

It is highly recommended that if you are going to be ordering clothing that you try on the clothing so that you order the correct size. Few, if any, exchanges will be allowed this year.

Editor's note: In the illustration, the light areas are yellow, the two thin swoops on the front and on the back, and the words "Cycling Club" on the front and back, are black. The rest of the dark areas are purple. On the shorts, the light areas are yellow, the front and back panels are black, and the rest of the dark areas are purple.

("Beat the Heat". Continued from page 13)

vantage. Consuming these carbohydrates during endurance workouts will help maintain a normal blood sugar level and increase your endurance. Drinks that contain > 10% carbohydrate such as fruit juice, soft drinks and concentrated fructose drinks are absorbed slower and may cause gastrointestinal distress.

It is best to experiment during training to see what works best for you. Sweat contains water and also small amounts of sodium, potassium and other electrolytes that keep your body in fluid balance. You can easily replace these losses after exercise by consuming a balanced diet. Athletes that are competing in ultra-endurance events lasting

5 hours or longer are at risk for hyponatremia (low blood sodium). These endurance athletes should consume fluid replacement drinks that contain sodium.

Keep these tips in mind as the Houston heat and humidity arrive because adequate hydration can make the difference between winning and losing.

Come join Northwest Cycling Club at one of our 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

The Arc of Greater Houston

by Steve Ashy

My name is Steve Ashy and I am with a nonprofit charity organization-The Arc of Greater Houston. We are putting on a charity bike ride on Sunday, May 4th that will begin and end at Magnolia High School.

ties for children and adults with mental retardation and other developmental disabilities by promoting their rights and interests, providing innovative training and service, and increasing community awareness.

Board of Directors of the state and national organizations, as well as on a number of state commissions that address disability issues. The Arc of Greater Houston works in collaboration with other agencies and organizations to facilitate the development of a wider array of options available to individuals and their families in our community. We are a member-based organization that relies on membership and program fees, contributions from corporations, foundations, individuals, and contracts to implement and expand our programs and services for children and adults with developmental disabilities.

The Arc of Greater Houston has been instrumental in the creation of virtually every program, service, right, and benefit available to people with mental retardation and other developmental disabilities in the Metropolitan Houston area.

The Arc of Greater Houston Mission Statement

To expand inclusive opportuni-

History

The Arc of Greater Houston was organized in 1984 as an affiliate of The Arc of Texas and The Arc of the United States. The Arc is a nonprofit organization formed at the national level in 1950 to advocate for the inclusion of people with mental retardation and other developmental disabilities in all aspects of society. Our chapter representatives serve on the

Membership: A Responsibility or A Privilege?

By Sam Wright

In March, many of our memberships expire. Since we have a (very) informal 30 day grace period, some of us whose membership ran out last month still got our April newsletters. Now that is over with. So, how are you reading this, then? Oh, OK, you are one of the ones who remembered to re-new, or maybe your membership runs from some other month. Great. Now, what about the others. They may not even know their membership has expired.

Well, if they picked up a copy at a ride, or at the shop, or maybe borrowed a copy, then let this be a warning. Pay up, or else!

Uh, or else what? Well, the club really doesn't need the \$20.00 dues, does it? Aren't we rolling in dough? Or, maybe we think we are special, and deserve a free ride? Nah, that couldn't be us. We always take our turn pulling, don't we? OK, then, we sure don't want someone else paying our way, do we? Quick, let's

send in our dues. After all, if we ride, read, and party, we sure had better pay, right? That doesn't seem too much to ask, and the cost looks like a bargain to me.

So, write a check for \$20.00, and send it to Northwest Cycling Club, PO BOX 1494 CYPRESS, TX 77410. Oh, and one more thing. Feel good about yourself. Why? Because you are a paid up member of the best Cycling Club around, bar none!

2003 Tour de Arc

Charity Bicycle Ride

Sunday, May 4th, 2003

Magnolia, Texas (west of Conroe)

(Start/Finish at Magnolia High School on FM 1488- just East of FM 149)

- Choose from 3 routes: 60 miles, 30 miles, or 5 miles
- Door Prizes include new road bike (donated by Champions Cyclery)
- Free T-shirt if you register by April 15, 2003
- Water, sport drinks, and fruit
- Rain or Shine
- Ride begins from 8:00 am until 9:00 am (no mass takeoff)

60 mile
30 mile
5 mile

All proceeds from this ride will be presented to The Arc of Greater Houston, a non-profit organization dedicated to serving people with mental retardation and other related developmental disabilities and their families. (Learn about them at www.thearcofgreaterhouston.com). For more information on this bike ride please e-mail me at: kcnilazzo@houston.rr.com or call me at 281-654-6894.

The Tour de Arc is a 60, 30, or 5 mile charity ride that provides beautiful scenery, a worthwhile cause, and a fun day of riding and meeting wonderful people.

Name _____ Age _____ Phone _____

Approximate distance desired: 5 mile _____ 30 mile _____ 60 mile _____
(this is just information for future event planning)

T- Shirt Size (Circle) S M L XL XXL

Registration Fees: Adults- \$25.00 Under 12- \$15.00

Helmets required. All riders must wear a helmet and obey state and local traffic laws. Please be courteous. In consideration of the acceptance for this registration entry, I, the undersigned, assume full and complete responsibility for any injury or accident which may occur during my or my child's participation in this event, and I hereby release and hold harmless, the sponsors, promoters, and all other persons and entities associated with this event. I acknowledge the dangers associated with this event and certify that I am in good physical condition and am able to participate in this event. I also grant my permission for the use of any and all photographs and records of this event for publicity purposes. I have read and understand the above conditions.

Signature _____

Signature of Parent or Legal Guardian _____

Date _____

Please make check out to: Tour de Arc
And mail w/form to:
K. Milazzo
16006 Oak Island Dr.
Tomball, Texas 77377

(Race Results, continued from page 5)

Track Results are for Omnium only

* Racing for Memorial Hermann

3/21/03

Women

Cristin Walker* - 2nd

Jr Men

Troy Dunton - 1st

Youth

Daniel Walker* - 1st

3/28/03

Sr 1-2

Troy Dunton - 2nd

Sr 3

Mike Nelson - 2nd

Pat Dunton - 5th

Sr 4

Oscar Celis - 7th

Masters 30+

Oscar Celis - 7th

Women

Cristin Walker* - 2nd

Jr Men

Troy Dunton - 1st

Youth

Daniel Walker* - 1st

4/4/03

Sr 1-2

Troy Dunton - 1st

Mark Dearing* - 9th

Chris Grusendorf - 10th

Sr 3

Pat Dunton - 8th

Jr. Men

Troy Dunton - 1st

Mark Dearing* - 3rd

Daniel Walker* - 7th

Women

Cristin Walker* - 1st

Youth

Daniel Walker* - 1st

April Time Trial

by Dana Chamness

Club Time Trials are the second Tuesday of the months that have daylight savings time. The next time trial is Tuesday May 13th 2003 - 6:00pm. We are going to use Sharp Road again. There seems to be very little auto traffic on the road, but the road has been paved with a "Chip Seal" surface and is a bit rough. .

From Downtown take HWY 290 to Badtke Rd, U-turn under the freeway and go back to Roberts road (the same road as Zube Park is on) turn right. Follow Roberts it turns into Katy Hockley. Follow it South to Katy Hockley Cutoff, turn right and park in the park on the left. Ride your bike west on Sharp Road to the Start/Finish line.

The course has several curves, be sure to watch for cars.

TIME TRIAL RESULTS - APRIL 8TH, 2003

10 k+ (6.37 miles) approximately

ORDER	NAME	TIME	M
1	Tom Reed	0:16:10	2
2	Michael Shepherd	0:16:21	2
3	David Lynch	0:17:08	2
4	Gavin Kaszynski	0:17:08	2
5	Jolius Stuart	0:17:25	2
6	Louis Torres	0:17:34	2
7	Jim Rodgers	0:17:36	2
8	Doug Lamond	0:18:54	2
9	Frank Thayer	0:19:39	1
10	Lisa Reed	0:19:58	1
11	Tracy Meixensperger	0:20:13	1

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 & e-mail 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> _____ <i>)</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 CYCLERY, INC.

Signature: _____

Date: _____

Amount Paid: _____

(circle one) \$20.00 single \$30.00 Family Check Number _____ CASH Rec'd by _____

Make Checks payable to: NWCC

Mail to: NWCC Membership, PO Box 1494, Cypress, Texas 77410

The Pedal Pusher

Northwest Cycling Club
PO BOX 1494
CYPRESS, TX 77410

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

Last month we discussed picking things up on rides. Well, in April I drove SAG for the BP MS-150, and picked up 111 riders and 110 bikes. It seems that one rider couldn't find his bike when he got back from the port-a-potty. The sagging riders ranged from several early in the first day with broken spokes to many the second day with blown knees. Some of the stories are pretty bland, but then there were the classic ones.

Carla said she had decided to ride on Thursday, picked up a bike and a helmet from a friend of a friend Friday night, and bought the essentials herself. What, you may ask? To her, the essentials

were two pairs of shorts and a jersey. I told her I was amazed that she didn't get a walkman and some head phones. No, but she did play music in her head. Her favorite? Ride, Ride Your Bike, gently down the road. Merrily, merrily, Life is but a toad.

Another rider couldn't get over the fact that she broke a spoke on her rear wheel. "I just got it inspected last night," she declared. Hmm, I wonder if she hadn't waited until the last minute, the bike inspection might have been a little more thorough? I guess we will never know.

We had lots of fog both mornings, but especially the first day, and a number of "riderless bikes." This is a euphemism for an injured rider that had to be transported. I know of at least six "riderless bikes" on Saturday.

Speaking of injuries, Bill Duckworth was seriously injured last week when the tractor trailer he was following around Westheimer kicked up a steel plate that threw him thirty feet. He sustained numerous injuries of his wrist, shoulder and arm involving pins, plates, casts and things. Get well quick, Bill. We will miss you at the shop and at the rides!