

The Pedal Pusher

July 2003

Vol XVII, Issue 7

A monthly publication promoting the spirit of the Northwest Cycling Club

Message from the President by Lori Walker

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By the time you receive your newsletter Jr. Nationals will be happening in College Station. Northwest Cycling Club, Gulf Coast Cycling Club, 1st Colony, Texas A & M and several other cycling clubs have pulled together to make this event successful. If you are not working the event I invite you to come and experience this championship. To put on this event it took over 200 people and hundreds of hours of planning and organizing. We will have every detail organized to the minute to make this a successful national championship for all the young athletics and their families coming to Texas. For all the members of Northwest, I thank you! We have been planning this event for almost a year. It has been mentioned at every club meeting plus to every person I have met in passing. I have asked for money and received it, I

have asked for volunteers and received members willing to give their time to help put on this event. Thank you.

Now for some other club news that was discussed during the meeting held at Zube Park after the club ride. This event was a lot of fun. We had food, beer, soft drinks and lots of laughs. In fact, after eating and sitting under the shade of the trees I was afraid everyone was going to fall to sleep; even Luther was being quiet. We will have another Saturday meeting probably in September. Peri and I have already discussed having baked potatoes with BBQ.

Katy Flatland will be held on **July 20** and if you have missed some meetings remember the start for this year will be at the Katy Mills Mall.

On July 26, the following

Saturday after the Katy will be our annual Blood Drive. The blood drive was held the first time in 2000 in memory of the four cyclist hit by a driver. Sandy Martin started an annual tradition of Northwest Cycling Club hosting a blood drive the week end after the Katy Flatland in 2002.

The NWCC annual century ride will be held September 28th. This ride is hosted by the Lions Club. The ride is a hilly century held in Magnolia. All NWCC members will receive free entry into the ride. T-shirts, if desired, are to be paid for by club members.

The Ride for the Roses will be held during the week end of October 24 to 26. We thought it would be fun to gather as many NWCC members as we can and invade Austin to

(See Message, Continued on page 11)

ROUND THE CORNER

Club Clothing: The clothing order is expected to arrive this month. An email will be sent out to those that ordered clothing when the order arrives indicating the times and locations that the clothing can be picked up. Due to the quantity of clothing that was ordered, the price for most items has decreased (arm warmers were the only exception). A refund check for the amounts overpaid will be included with the clothing for all who pre-paid. See classifieds for more info.

Club Century, Cy Fair Lions Club Biking for Sight, Sept 28

Club Trip, Ride for the Roses, October 24-26

Huntsville State Park Ride and Campout, Nov 1,2

Club Christmas Party, St. Arnolds Brewery, Dec 5

TMBRA 2003 Subaru Fall Cup Dates

August 31 Kerrville, Tx
 Sept 14 XBAR
 Sept 28 Huntsville, Tx
 Oct 5 Lake Bryan
 Oct 19 Double Lake
 Nov 9 Ruston

TXBRA Texas Cup Calendar for 2003

July 13 Bicycle Heaven Circuterium, Texas Research Park, San Antonio, Tx
 July 20 James Bailey-Top Gun Criterium, Irving, Tx
 Aug 2 Southern Elite Crit, W. Little York P&R, Houston
 Aug 3 Bear Creek Crit, Bear Creek Park, Houston
 Aug 16,17 Tall City Crit and TT, Midland, Tx
 Aug 23,24 2003 State Time Trial Championships, Navasota, 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

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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

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2003 National Senior Olympics by Chuck Martin

On Friday, May 23, 2003, three of our members (Sandy Martin, Diana Zbornak, and Bethel Parker) left warm and sunny Houston, and headed for Chesapeake, VA. After approximately 3,300 miles of driving, and approximately 50 miles of racing, they returned home. Now here's the rest of the story.

After driving for 2 (some took 3) days, the Olympians arrived in cold (50 degree) and rainy (something we had heard about in Houston) weather. On Monday, Diana and Sandy (accompanied by their "go for's and chauffeurs") wanted to ride the racecourse. The weather was brisk and breezy. It seems that the men only brought summer riding clothes (hey, it was almost 90 degrees when we left). The course was flat, 10 K in length, with four very sharp right hand turns. Didn't seem to be any different than the Houston qualifying course to our brave Olympians. The first race was scheduled for Wednesday morning. The ladies wanted to test the traffic, so we left the hotel at 5:45 AM on Tuesday morning to try to arrive at the course by 7:00 AM. Traffic is nothing like Houston's. We covered the twenty-five miles in approximately thirty minutes. We got to the course before they unlocked the gate. After a couple of practice laps in the cold (wind chill factor was a little less than 40 degrees) and rain, we all called it a day and headed for the hotel.

Number pick-up was a "zoo". Every rider was instructed to be at the registration area at 4 PM. So,

you had 387 riders trying to get their ride numbers from 4 people. This took several hours. Old people get very grumpy standing in a line that does not move very fast, especially around dinnertime.

Race day (Wednesday) was clear and warmer (60 degrees). The first race was the 5 K time trial. Our racers put everything they had into this race. Both Bethel and Sandy earned a 5th place, while Diana rode hard to a Silver medal.

After a brief rainstorm in the afternoon, the 40 K road race was held. The women raced first. Although they were in different age groups, Diana and Sandy could work together. Unfortunately, Sandy's competition took off at 25 mph from the start, and she settled for fourth place. Diana lost in a sprint finish, and earned her second Silver medal of the day. Bethel raced after the women were completed. During his race there was a very bad accident. Fortunately, Bethel was not involved. He earned his first ever medal (bronze) in this race.

Thursday was a day of rest and working out the kinks from Wednesday.

Friday was the final day of racing. It was also the best day for weather, bright and sunny (almost 70 degrees). The 10 K time trial was held early in the morning. Again, our Olympians put everything they had into it. Sandy earned her second 5th place ribbon, while both Diana and Bethel earned Silver

medals.

The afternoon brought the final race, the 20 K road race. The tactics were different in this race than the 40 K. The fields were separated so Sandy and Diana could not work together. Sandy stayed with her pack, and earned a Bronze medal in a sprint finish. Diana worked hard during her race. In her group's sprint finish, she beat out all of her competition to earn a Gold medal. Bethel had back luck in his race. There was a crash at the start line that slowed him down. By the time he cleared the crash, he was 100 yards behind the leaders. Although he tried hard, he could not catch the leaders. He settled for a 4th place ribbon.

All in all, our club brought home 1 gold, 4 silvers, 2 bronze, 2 fourths, and 2 fifth place finishes. If you count Burton Sheppard (Bethel's nemesis who wore a Northwest jersey on Friday), the count would increase by 1 gold, 1 silver, 1 bronze, and 1 fourth. Not bad for a "little" club out of Houston.

During the trip, I learned a new profession. I am now an official assistant dog handler and pooper scooper. Zek and Diana brought their seven poodles along. It's difficult walking seven dogs at the same time.

3rd Annual NWCC Blood Drive

Saturday, July 26, 2003, Noon to 5 PM
by Sandy Martin

Let's all show some NWCC cycling spirit and roll up our sleeve to donate blood! All you have to do is show up, bring a photo ID, answer a few questions, and relax on a very comfy lounge chair in an air-conditioned Blood Mobile bus that will be in the parking lot in front of Northwest Cyclery. It only takes about 30 minutes of your time, yet is such a valuable service to our community. Almost everyone can donate blood. You must be 17 years old, and weigh a minimum of 110 pounds. It is important that you eat a good meal 1 to 2 hours before donating. A healthy snack of peanut butter, bananas and cookies after the usual Saturday bike ride along with plenty of fluids should be fine. After your donation, you will receive a snack and fluids.

All types of blood are needed. If you are a veteran to blood donation, like David Collins who has

donated over 18 GALLONS, or this is your first time and you are unsure, the procedure is very simple. Just ask our treasurer, Tracy, who became a first time donor at last years Blood Drive.

Donating doesn't hurt; it feels like a small pinch. Try to imagine what the person in need of your blood is going through. You can be gratified knowing the time you set aside to donate blood may have given someone a lifetime in return.

Each day 700 donations are needed. Each donation is separated into as many as four components and may help several different people. Voluntarily donated blood is transfused every day in trauma and surgery patients, fragile premature babies, and in the treatment of burns, transplants, and in cancer care. Patients depend on every dona-

tion.

Last year we had 19 volunteers. I would like to see twice that number this year. You do not have to be a current NWCC member. Bring your spouse/significant other, your neighbor, or your boss! You can specify if you want your family, a certain person, or anyone covered for one year as a beneficiary/replacement patient.

There will be a sign up sheet at the ride start on the weeks before the Blood Drive, and you can also sign up by calling me, Sandy Martin, at 281-550-2798 with your requested time. By scheduling your donation, your wait time will be less, and the staff can process more people.

So, roll up your sleeves, relax, and Give the Gift of Life!

NWCC MEETING LOCATION!

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

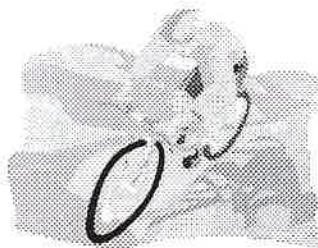
General Club Meeting at 7:30 pm

NWCC Team Race Results

Tracy Meixensperger

TMBRA:

Name	Category	Group	Rocky Hill	Swan Cycle Park	Broken Oak	Overall
Jack Talton	Expert	M, 30-39	17th	-	-	53rd
Bill Duckworth	Expert	M, 30-39	30th	-	-	47th
David James	Expert	M, 40-49	-	9th	9th	11th
Steffi Penco	Expert	W, 30-39	-	-	-	8th
Tony Deore	Sport	M, 30-34	7th	-	-	33rd
Don Johnson	Sport	M, 35-39	-	-	28th	65th
Lee Troy	Sport	M, 40-44	1st	10th	14th	6th
David James	Sport	M, 45-49	1st	-	-	20th
Jeff Elliot	Sport	M, 45-49	11th	-	-	17th
James Mackey	Sport	M, 45-49	-	7th	7th	10th
Elena Capsuto	Sport	W, 30-39	DNF	-	-	5th
Dan Raine	Beginner	M, 30-34	35th	-	-	30th
Doug Lamond	Beginner	M, 40-44	-	-	-	19th
Drew Hazzlerigg	Beginner	M, 40-44	-	-	-	n/a
Beth Schlotterbeck	Beginner	W, 19-29	5th	-	-	6th
Mark Dearth	Junior X	M, 17-18	-	-	-	n/a

**TXBRA ROAD:**

Name	Category	Date	17-May	24-May	26-May
Name	Category	Inez RR	State Crit Champ	Cow-town Crit	
Troy Dunton	Pro 1,2	2nd	-	-	
Mike Nelson	Pro 1,2	6th	-	-	
Mark Dearing	Men 3	14th	-	-	
Gary Rennie	Men 4	2nd	-	-	
Luis Torres	Men 4	18th	-	-	
John Reilly	Men 5	21st	-	-	
Daniel Walker	Men 5	22nd	-	-	
Gary Zbornak	Men 5	23rd	-	-	
Steffi Penco	W, Pro 1,2	-	-	-	6th
Nancy Dodd	Women 3	4th	-	-	
L. Mahoney	Women 3	-	10th	-	
Steffi Penco	Women 3	1st	3rd	-	
Claire Brown	Women 4	2nd	-	-	
Diana Zbornak	Women 4	8th	-	-	
Cristin Walker	Women 4	1st	-	-	
Oscar Celis	Masters 35+	9th	-	-	
Scot Orgish	Masters 35+	8th	-	-	
Tom Reed	Masters 35+	2nd	-	-	
Tim Arnold	Masters 45+	7th	-	-	
D. Chamness	Masters 45+	2nd	-	-	
Bill Reilly	Masters 45+	4th	-	-	
C. Rennpage	Masters 45+	9th	-	-	
Luther Odom	Masters 55+	2nd	-	-	
Greg Smith	Masters 55+	1st	-	-	
Troy Dunton	Juniors	-	1st	2nd	

TXBRA TRACK:

Name	Date	9-May	10-May	16-May	23-May	24-May	30-May
Name	Category	FNR	SNR	FNR	FNR	SNR	FNR
Mark Dearing*	Sr 1-2	4th	-	1st	-	-	15th
Troy Dunton	Sr 1-2	-	-	-	-	-	1st
Chris Grusendorf	Sr 1-2	-	-	9th	-	-	-
Pat Dunton	Sr 3	-	-	-	-	-	5th
Daniel Walker*	Sr 4	9th	-	-	-	-	6th
Cristin Walker*	Sr 4-5	-	5th	-	-	-	-
Daniel Walker*	Sr 4-5	-	6th	-	-	3rd	-
Cristin Walker*	Women	3rd	1st	1st	1st	-	1st
Mark Dearing*	Jr Men	1st	-	1st	-	-	6th
Troy Dunton	Jr Men	-	-	2nd	-	-	2nd
Daniel Walker*	Jr Men	-	-	8th	3rd	-	-
Daniel Walker*	Youth	1st	-	1st	1st	-	1st
Bill Reilly	Masters 40+	-	-	-	-	-	10th



July 2003

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Club Meeting 6:45 Race Team 7:30 General Members @ 	2	3 Jr. Nats	4 Jr. Nats 	5 CLUB RIDE 7:30AM Zube Park Jr. Nats
6 Jr. Nats	7	8 Club Time Trial 6:30 PM @ Sharp Road and Katy Hockley	9	10	11	12 CLUB RIDE 7:30AM Zube Park
13	14	15	16 KFC Packet Stuff- ing @ 	17	18	19 CLUB RIDE 7:30AM Zube Park
20 Katy Flatland Century @ Katy Mills Mall, S.E. Corner, 7:00AM	21	22	23	24	25	26 7:30AM Zube Park Blood Drive Noon - 5:00 PM @ 
27	28 Board Meeting 7pm @ 	29	30	31		

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.

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JULY RIDES

Firecracker 100 July 5, Stephenville, Tx <http://www.stephenvilletexas.org/firecracker100/index.htm>
(Best Value Award: 15 min. pickup from your breakdown, or your money back!)

Peach Pedal July 12, Weatherford, Tx <http://www.weatherford-chamber.com/peachpedal.htm>

Tour d' Paris July 19 Paris, Tx <http://www.tourdeparis.com/>

Katy Flatland Century July 20 Katy, Tx <http://www.northwestcyclingclub.com/club/rides/KFC%202003%20reg%20KMM.pdf> (SE Corner of Katy Mills Mall)

AUGUST RIDES

All Guts, No Glory Aug 2 Houston 240 miles <http://geoffreypierce.tripod.com/>

Hotter-N-Hell 100 Aug 23 Wichita Falls, Tx <http://www.hh100.org/index.shtml>

Midnight Bike Cruise Aug 23 Woodlands Panther Creek Shopping Center
nmcoy@aol.com

Goatneck 100 July 26 Cleburne, Tx <http://www.thegoatneck.com/>

NWCC CLASSIFIED

For Sale: Burley " Bosa Nova" Tandem: Front 54cm, rear 45m, 172.5 cranks, 21 gear, new tires and tubes, chains and cables, bar-end shifters. Pedals optional - came with toe-clip pedals. \$700.00/ obo Bob Cresswell H- 281-890-7952 W-713-467-0825
Robert.Cresswell@PZLQS.com

Notice - Club Clothing Order: Extra clothing was ordered. Items ordered were: Pro Fit Jerseys (\$40), Club Fit Jerseys (\$40), Men's Shorts (\$43), Women's Shorts (\$43), Skin suits (\$111.75), Wind Jackets (\$40), Wind Vests (\$40) and Arm Warmers (\$28). Limited numbers were ordered so not all sizes are available. If you were unable to place an order and would like to "reserve" some of the extra clothing please contact Tracy at t3mx5@hotmail.com (be sure to include the size and quantity of items that you are interested in). Reserved items will only be held until the September club meeting before the items are placed back with the other clothes for sale.

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

For Sale: 1981 54cm Bianchi with sew-ups \$150.00

198? 54cm Grandis with Campy Wheels \$225.00

1983 54cm hand built Italian bike with new paint \$275.00, all Campy equipped.

1997 54-55cm Raliegth aluminum road bike with Spinergy wheel set, all ultegra, 39 & 42 chainwheel, LOOK Pedals, Selle Flite - Excellent Condition. Asking \$1300

Roland Tandem, Great Shape ...\$650.00

Boy's 24" Gary Fisher Full Suspension Mtn. Bike (less than 100 miles!) - \$275.00

All prices negotiable! Any offer considered. Contact Ed Mancuso at 281-373-5960 or at penandoml@ev1.net

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@ev1.net.

Wanted: Used small frame road bike. We want to get a used beginner road bike so that our 12 year old daughter can start riding with us. Preferably a 44 inch frame or smaller.

Used "Freeloader" or Tag-along. We are looking for a used "Freeloader" third wheel so that we can bring our youngest daughter along with the family on road rides. We are looking for a third wheel with gears like the Gary Fisher Freeloader 247 or the Trek Mt. Train 247.

My wife and I are NWCC members. Please contact Art or Linda Saxby 281-376-7213 or LowFlyers@earthlink.net

For Sale: Cannondale R600, 54cm, Black, Shimano 105, Thompson seat post, New Mavic rims, Look pedals. Low hours. \$600 obo. Contact: t3mx5@hotmail.com or 281-304-5352



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



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

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

Directions to the Start:

Take Interstate 10 to Katy, Texas follow the signs to Katy Mills Mall.

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 _____

JULY

Great Deals from Houston's Cycling Super Store

Hwy 290 @
Jones Rd.



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NWCC News

Riders Write

Greg Smith writes:

Sure did like "...And Way in the Back", this last Peddle Pusher. It makes me smile.

There are some truths in cycling.

1. If someone is in front of you, you will try to catch and pass them.
2. No matter how fast you are, you want to be faster.
3. At the end of the ride, with a smile on your face, it's great to get off that bicycle.
4. On the way home, you think about the ride, the fun you had, and the neat people you rode with.
5. You can hardly wait until next time.

Denise Godkin writes.

Hi Wes. This is Denise and we emailed a few months ago about where to ride in the Hwy 6 / 290 area. I don't know if that

tells you much but I am a member of NWCC so I have seen your articles in the Pedal Pusher which is why I'm sending this to you. Do you have any pointers on how to train on building endurance?

I only do rides that are 20/30 miles and I would like to increase that. So, any suggestions....

My first ride (Katy Flatland) and the first two club rides were on a hybrid and I was pedaling so fast and still couldn't catch up to anyone. I had no idea what gear I was in or that I had to change them and I was also riding a hybrid (and that's not to say that I still know what gear to ride).

I bought a used Trek 1000 road bike and took it to Bear Creek. The feel was totally different and I couldn't get

enough. I have been out a few Sunday mornings since to Bear Creek and the streets are almost bare with a few runners and few other bikers. I'll ride for a couple of hours and love every minute of it. Thanks by the way for letting me know.

The second, and last, club ride I went out to was on the hybrid. I knew it was a struggle for me but I really wanted to ride and I thought that if I could do a 30 mile then I could do the beginner ride. I got out there and got with the group a little late. As I walked up I heard them say they were doing a 40 mile ride. Shamelessly, I walked back to my car. I didn't want to drag anyone behind. I think now it's time to tough it out and go back and when I hear those words "40 miles" I won't walk away.

(Message. Continued from page 1)

do the ride, which benefits the Lance Armstrong Foundation. Peri is looking for hotel rooms. If you are interested please email me at lwalkercy-cling@sbcglobal.net.

The holiday party will again be held at St. Arnolds on the first Friday in December. This party is hosted for the all members/athletics that spend the entire

year thinking healthy eating and no alcoholic beverages. This is the party where the beer is free and we offer all the food you can handle (and sometimes the food has more calories than you normally consume).

The following weekend will be the Leaky weekend. Leaky is an unknown tradition. Several members, for years, have gone to Leaky to ride the hills. This year

we are thinking (we don't have the prices or approval, yet) of renting several cabins at Leaky and offer to our volunteers. The volunteers who helped with the BBX, the Katy, Jr. Nationals and all the ride starters will be invited to attend the week end. It should be a great weekend, if we can pull it off. Please make sure your name is on the volunteer list if you have helped this year.

Why is Protein Important to an Endurance Athlete?

by Catherine Kruppa, MS, RD, LD

Ask any body builder about their nutrition and they will surely tell you about their protein powder or protein supplement. Cyclists however talk about carbs. From pasta to potatoes we love them! Believe it or not, endurance athletes need more protein (per pound of body weight) than power athletes and we tend to have a lower protein intake. Before you start SugarBusters! or the Atkins Diet read on.

Protein plays three critical roles for athletes. First, it is the main structural component of muscles. Second, the enzymes that are responsible for producing the energy necessary to power muscles are proteins. Third, protein can supply up to 15% of the energy used during long rides.

The athlete protein requirement is estimated to be 1.5 – 2.0 grams per kilogram of body weight (to convert pounds to kilograms, divide pounds by 2.2). This is approximately double that of healthy nonathletes. Athletes have a higher protein requirement because of greater lean body mass which requires more protein to maintain and because some protein is inevitably burned during exercise. High protein foods for endurance athletes to include in their diets are lean meats, such as chicken, fish, lean beef, pork, eggs, beans, low fat dairy prod-

ucts and tofu. Even though we can derive energy from proteins, it is a waste of resources. Proteins are for building and maintaining tissue as well as making hormones and enzymes. When burned, proteins produce a lot of metabolic waste and increase the risk of dehydration. It is better to meet the energy requirement from carbohydrates. To do this and meet your protein needs you should focus your food choices on carbohydrates but also include small amounts of dairy and meat foods.

Sports nutrition research has focused for years on the benefits of fluid and carbohydrate replacement during exercise to delay fatigue. Research is now showing that protein can provide additional benefits when added to a carbohydrate/electrolyte sports drink. Here is how protein during exercise can help your performance when it is added to a carbohydrate/electrolyte solution.

First of all, a small amount of protein added to a carbohydrate/electrolyte solution can conserve muscle glycogen stores. Studies have found that the protein causes a stronger insulin response and glucose is delivered to the muscles quicker, thus conserving your energy stores.

Secondly, the protein can help extend your endurance. A Uni-

versity of Texas study showed a sports drink containing carbohydrate and protein (Accelerade) increased endurance by 24% as compared to a carbohydrate-only sports drink and by 57% as compared to water.

Fluid replacement beverages containing protein also aid in reducing muscle breakdown and speeds recovery. During intense exercise lasting 90 minutes or more, protein contributes as much as 15% of your energy supply. This energy comes from the breakdown of muscle protein, which will cause muscle damage and soreness. Consuming too much protein during exercise can slow down stomach emptying and cause gastric distress. The appropriate ratio of protein to carbohydrates is 1 gram of protein to 4 grams of carbohydrate. This composition can be found in a sports beverage called Accelerade.

Finally, protein consumed post exercise can speed recovery. Research has shown that consuming carbohydrate and protein together in a 4 to 1 ratio within 30 minutes to an hour of completing intense exercise results in faster muscle glycogen resynthesis and faster muscle protein rebuilding than when carbohydrate is taken alone. You can meet this ratio by

(See Protein., Continued on page 13)

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

(Protein, Continued from page 12)

consuming a balanced meal, but that might be difficult to get in within 30 minutes. I suggest leaving a post exercise snack in your car for after your ride if you

won't make it home in time. A few ideas include a peanut butter and jelly sandwich, a leftover piece of veggie pizza or Endurox, a fluid replacement beverage that includes protein.

The bottom line is that protein taken in the right amounts and at the right time can give endurance athletes an edge.

Joe Martin Memorial Stage Race Report by Jonathan Sinclair

The Northwest Cycling Club road team was well represented at the Joe Martin Memorial Stage Race in Fayetteville, Arkansas, the weekend of May 9th through the 11th. Troy Dunton, Michael Nelson, and Eric Warnsman from NWCC each entered the National Racing Calendar event. Joe Martin is named after its founder who died of cancer in 1989; his dream was to have a major race associated with Northern Arkansas and that dream has come to fruition as it now attracts teams from all over the United States. Teams attending this year's race included: Saturn, 7UP/Maxxis, Prime Alliance, Jelly Belly/Carlsbad Clothing, Jittery Joe's, Sierra Nevada/Clif Bar, T-Mobile, Colavita/Bolla, Health Net, Sierra Nevada/Time, West Virginia, and the Mercy Cycling Team. There were 66 total entries in the Pro 1-2 field for the four-stage race. Quite a bit of money was up for grabs with a \$15,000 cash purse going 40 places deep and the winner taking home an astounding \$3,500. Some of the men's pre race favorites were Eric Wohlberg (Saturn), John Lieswyn (7UP/Maxxis), Ben Brooks (Jelly Belly) and Steven Cate (Mathis Brothers). A former

Tour de France competitor from Columbia (Javier Rodriguez – now of Arkansas based Tyson Racing) was even in attendance.

First Stage: Road Race

Friday afternoon's opening stage included 5,400ft. of climbing over 113 miles. The race started and finished in Fayetteville following a scenic route out away from town including a 9 mile climb to the top of Artist's Point on Mount Gaylor along the way. About 40 miles in a break 18 strong was able to get off the front. About 45 minutes later a group of about 10 (including Nelson of NWCC) was able to get away from the main field as well. Eric Wohlberg (Saturn), Jason McCartney (7UP/Maxxis) and Ben Brooks (Jelly Belly) boldly attacked off the front of the lead break about 50 mile into the race and rode strongly together. On the climb up Mt. Gaylor another chase group (including Dunton of NWCC who had flattened about 15 miles previously and chased back on) was able to get away from the field. The lead break chase group started to splinter and Nelson's group was able to slowly pick up dropped riders. With about 25 miles to go Nelson broke a spoke in his rear wheel and was

dropped. Since there was no follow at that point he improvised by wrapping the damaged spoke around his wheel, got back on his bike, and somehow chased back on after a very hard effort. Wohlberg sprinted in first across the line for the win followed closely by Brooks and McCartney. They had a 4 minute gap on the next closest finisher. The second chase group was able to bring back everyone up to 7th place and Nelson finished 22nd about 8 minutes down (not being able to sprint because of his damaged rear wheel). Dunton finished 35th in a group of 3 about 16 minutes down, and Warnsman finished 56th after bravely riding the last 80 miles mostly solo. Warnsman trumped Nelson and Dunton by managing to get his picture in the following day's Fayetteville newspaper.

Second Stage: Road Race

Saturday morning's 92 mile road race included 6,000ft of climbing. It started in Fayetteville, went out to a 23 mi. course, which included 1,500ft of climbing, completed 3 laps of the course, and finally headed back to town for the finish. The legs were somewhat tired from the

(See "Stage Race", Continued on page 14)

(*"Stage Race". Continued from page 13*)

previous day's road race and as a result everything pretty much stayed together early. Warnsman rode aggressively in the first part of the race intent on making up some of the time he lost in the first stage, but was continually chased down by the 7up team who didn't want anyone off the front. Finally, on the 3rd lap a group of about 15 including many of the overall contenders went off the front. Jason McCartney (7UP-Maxxis) and Ivan Dominguez (Saturn) eventually attacked and put a gap on the rest of the lead break and were able to stay away to the finish. McCartney surprisingly out sprinted Dominguez, who is known for his finishing speed, for the stage win. On the way back to town Nelson was able to get away from the main field in a group of 6 gaining a few seconds. Dunton rode aggressively toward the finish, but his moves were covered by others in the field. Because of the time gap he got from attacking the lead break McCartney took over the race leader's jersey going into the third stage. Nelson finished in 20th at about 5 minutes down, Dunton finished in 35th at 11 seconds behind Nelson with the remains of the main field, and Warnsman finished 45th after a strong mostly solo effort of about 70 miles.

Third Stage: Time Trial

Saturday afternoon's individual time trial at Devil's Den State Park was 2.5 miles; mostly uphill with 900ft. of climbing. A thunderstorm moved in and drenched

the roads prior to the start and it persistently drizzled thereafter. Thankfully it didn't create too much of a problem for the competitors and the time trial was still held as scheduled. McCartney followed his impressive win earlier in the road race with another strong performance in the time trial. He used his big ring the whole way up and put 8 more seconds into Wohlberg. Stephen Cate (Mathis Brothers) and Wohlberg both finished 8 seconds down in 2nd and 3rd place respectively. McCartney's win allowed him to keep the race leader's jersey going into the fourth and final stage on Sunday. Dunton finished 21st and put 14 seconds on Nelson giving him bragging rights for the night. Nelson finished 28th and Warnsman finished 50th overall.

Fourth Stage: Criterium

The final stage on Sunday afternoon was a 90 minute criterium on a technical 1 mile course set up in historic downtown Fayetteville. Once the race started competitors started going off the back almost immediately. The many miles already in everyone's legs took their toll. McCartney rode conservatively in order to protect his overall lead. Ivan Dominguez (Saturn), John Lieswyn (7UP/Maxxis) and Kirk Albers (Jelly Belly) rode very aggressively and were able to get away together in a substantial break midway through. The pace of the break-away proved too fast for Albers as he was subsequently dropped by the other two. Brian Jensen (River City Racing) bridged up to him and they worked well to-

gether to keep the pack from reeling them in. Dominguez and Lieswyn motored the rest of the way lapping the field with about ten minutes remaining in the race. Dominguez easily took the win in a well-executed sprint ahead of Lieswyn vindicating his loss to McCartney in stage two. Albers out sprinted Jensen for third and Wohlberg won the pack sprint for fifth. Nelson finished 39th about 5 minutes down, and Dunton finished closely behind in 42nd. Warnsman finished 45th less than 8 minutes down after impressively only getting lapped 3 times in a race that was scary fast from start to finish. Nobody was pulled from the criterium, but several pulled themselves along the way after getting shelled.

Overall Race Results:

Jason McCartney (7up/Maxxis) won the overall with a combined time of 10.08.22 followed by Eric Wohlberg (Saturn) in 2nd at +.31, Ben Brooks (Jelly Belly) in 3rd at +1.10, Steven Cate (Mathis Brother) in 4th at +4.48, and Adam Bergman (Bianchi) in 5th at + 5.00. Northwest Cycling Club was well represented by Michael Nelson who finished 19th +18.32, Troy Dunton who finished 31st +26.44, and Eric Warnsman who finished 47th +1.59.37 in an extremely physically and mentally demanding race. Although there were a total of 19 DNF's, the NWCC three held true to the end. Each one of them should be congratulated and Warnsman in particular deserves recognition for his never-say-die attitude.

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: (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.

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

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The Pedal Pusher

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

Have you ever noticed that nothing makes the time fly like having fun? More than half of 2003 is behind us, and yet the year seems only to have begun. In June the club picnic/meeting was a huge success, the time trial and fat tire Sunday went well, and everything seems to be on track for the Junior Nats and the Katy Flatland. Check out Lori's column and "Round the Corner" on page 2 for hints of things to come. And, be sure to look the classifieds over for important club news.

I'm writing this column on Father's day, and am, of course, very thankful for a wonderful

wife and kids who understand the importance of family relationships. This morning I read in the Houston Chronicle an absolutely amazing article by David Schubert of Houston. His son Paul challenged him to a 10 day, 1000 mile bike ride from Lake Michigan to Mobile Bay. The whole family got involved in planning, riding and supporting. Dave says that all families should find some project to do together, something worthwhile, challenging, and fun. He and his family is definitely an inspiration to me, and should be to all of us.

What about you? Any challenges lately? I continue to be amazed

at the variety to be found in our bicycle club. So many of us look alike when we don our cycling garb. Check out the "Riders Write" column on page 11 to see an example of some of this variety. Can you still remember when you were first starting to ride? Thanks, Denise, for reminding us what it was like during our first year of riding. And, thanks, too, to Greg, for seeing that, no matter how long we have been doing this, we all are striving to move onward and upward. He's right, you know. When "you think about the ride, the fun you had, and the neat people you rode with, you can hardly wait until next time."