

The Pedal Pusher

August 2003

Vol XVII, Issue 8

A monthly publication promoting the spirit of the Northwest Cycling Club

Message from the President by Lori Walker

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We have so many exciting activities coming up. First, the last Wednesday in August will be the last Wednesday night criterium race at Memorial park. We are planning to have a cook out at the park for anyone who shows up. I'm not sure when the food will be served but it will be between 5:30 and 8:00? And, all you racers can participate in the State Time Trial event on the 23rd & 24th wearing those great looking new jerseys.

September will be the month that brings the Lion's Club ride in Magnolia Sept 28th. This ride will be the club's annual century ride. All NWCC members are invited to attend at no charge. Also in September the Woodlands will be hosting the Anderson Stage Race on the 13th and 14th.

In October we are planning to do the Ride for the

Roses in Austin. Anyone up to it?? Please email me at lwalkercycling@sbcglobal.net for more information. The state road race will be held on the 4th and 5th so this will not interfere with the Ride for the Roses. Do you think Lance had anything to do with all road races finishing before his ride? Also at the October meeting (which might be on a Saturday), all people interested in volunteering for the club's board positions should make yourself known. Peri, Leanne, Tracy and I are all retiring.

The first weekend of the month of November we will be doing something new. It was suggested that we have a ride from Magnolia to Huntsville State Park, spend the night and return to Magnolia the following day. We will be offering food and space for tents. Since the date is so close to Halloween

some members suggested ghost stories and maybe a few "Blair Witch Hunt" activities. I am scared already just writing this, not sure if it is the "Blair Witch Hunt" activities or the thought of riding all those hills to Huntsville and having to ride them the next day to get home. This event will be free to all NWCC members; we will offer this ride as a fund raiser to pay off some of the expenses from Jr. Nationals. The fee will be \$35.00 to all non-NWCC members. This ride is a work in progress more details will follow.

To end the year, don't forget the holiday party on the first Friday in December. The following weekend will be the Leaky weekend. Peri Mashburn has the information on the cabins, so make your reservations soon.

ROUND THE CORNER

Mountain Bike Meeting at Melanie Lacy's, August 16, 6PM

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

Club Membership Meeting at Zube Park, after ride, Oct 4 (Tentative)

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

Huntsville State Park Ride and Campout, Nov 1-2

Club Christmas Party, St. Arnold's Brewery, Dec 5

Leakey Volunteer Weekend (Tentative), Dec 13-14

New Year's Day Ride, Jan 1, 2004!

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

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
 Sept 6-7 DQ Tour of Columbus, Columbus, Tx
 Sept 13-14 Anderson Stage Race, Anderson, Tx
 Oct 4-5 Power Pedal 2003 State Road Race Championships, Bryan, 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

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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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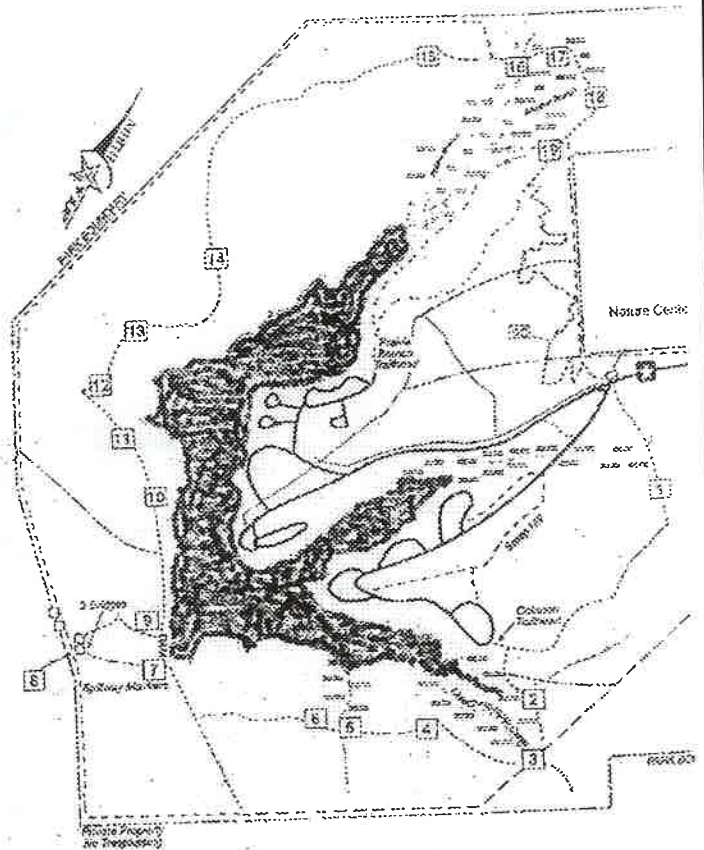
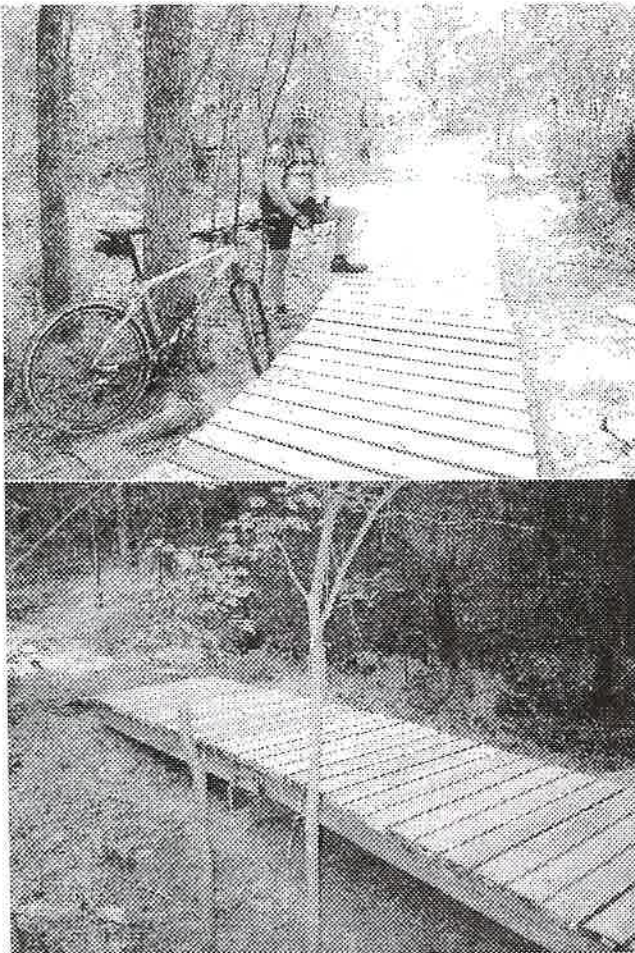
Bridge #15 by Sam Wright

In April, NWCC donated \$1500.00 to GHORBA for the material to construct a bridge on one of the trails at Huntsville State Park. The last weekend in June, the bridge was constructed. "Our" bridge is #15, on the inner loop. It is between "the board walk" and "the twin sisters." When riding the trail clockwise, there is a fairly sharp right hand turn just as you leave the bridge. With this in mind, the bridge designers flared and banked the ramp on that end, making the bridge easily recognizable. It is

much higher than the old #15 to allow water draining from above and from the south end of the trail to drain off without eroding the bridge abutment, and without filling in under the bridge.

The HSP trail system has been partially closed while several bridges have been being re-constructed. It is now open, and will be used as a local venue for the fall series of the Texas Mountain bike Racing Association. Volunteers have spent many hours repairing and re-

constructing the trails, and the effort is obvious to both hikers and bikers using the trails. Amy Morowski, Park Interpreter, said that everyone associated with the park is excited to have Ghorba and Northwest Cycling Club interested in and supporting HSP trail system. Jimm Schroeder, pictured below inspecting the bridge, and Richard Gabrunas helped design and build the bridge. Jerry Gruss of NWCC was one of the bridge builders.





Alaska & Yukon Cycling

by Ron Ostrowski



My wife & I just returned from two wonderful weeks in the Canadian Yukon and Alaska. The weather conditions in the summer months are ideal for cycling, Low 40's and High 70's with **22 hours of daylight**. During our trip I read and heard about cycling opportunities available in the local communities.

The communities are very small, i.e. Whitehorse, the capital of the Yukon, has only 22,000 people. The cycling community isn't very large. Whitehorse recently had a road race with only 17 participants. They circled around the town a few times for a 25 kilometer race.

Whitehorse is the staging area for a 120 kilometer Team Bike Ride for charity, held on June 21st, the Summer Solstice. Team members started in Whitehorse and each member cycled a section of the 120 kilometer route to Haines. Section three was the dreaded mountain pass portion of the route. Oh yeah, I forgot to mention, the ride start time was **Midnight** and lights weren't necessary.

Skagway, Alaska, offers a two hour narrow gauge train ride up into the mountains. They will carry you and your personal or rented bike to the top and then you ride downhill for about 50 miles. I understand it is a thrilling and awesome trek with an opportunity to observe snow covered mountains, crystal clear mountain streams and waterfalls. Also in Skagway were Rickshaws pulled by mountain bikes. The young lady or man would haul you around the town for a small fee. Definitely a tourist type attraction.



Rickshaws in Skagway are pulled by mountain bikes.

Wherever we traveled, I noted that cycling was a mode of transportation and not just for pleasure. And **every** rider wore a hel-

met. The \$1.95 per gallon gasoline prices and small communities may have something to do with it. In Dawson City, Alaska, I counted 15 bikes in the front yard of one home. There was a small bike shop on a hill, selling used and new mountain bikes. All the roads in Dawson are **dirt** and sidewalks are wooden planking. The annual spring thaw turns the roads into muddy ruts which are eventually plowed smooth in preparation for the tourists arriving in mid-May. Your high tech road bike wouldn't survive in this town.

Denali National Park in Alaska does not allow private vehicles to enter the park. Rangers drive converted school buses on the 90 mile single road that goes deep into the park. For a small fee, you can ride to any point along this route and hike into the outback or enjoy one of the many rest-stops along the route. Bicycles are allowed in the park

but are not allowed to leave the road. With only 15 miles of the route black topped, the remaining 75 miles is hard packed dirt/rock with numerous

(See Alaska, Continued on page 14)

NWCC Team Race Results

TIME TRIAL RESULTS - JUNE 10TH, 2003 10 k+ (6.2 miles) approximately

ORDER	NAME	TIME	MPH
1	Jerry Morrison	0:14:22	25.9
2	Tom Reed	0:14:51	25.1
3	Mark Dearing	0:14:58	24.9
4	Keith Ford	0:15:12	24.5
5	Dana Chamness	0:15:13	24.4
6	Michael Shepherd	0:15:31	24.0
7	Jolius Stuart	0:15:57	23.3
8	Mike Manuel	0:16:00	23.3
9	Gavin Kaszynski	0:16:04	23.2
10	Kurt Weisenger	0:16:11	23.0
11	Jim Rodgers	0:16:19	22.8
12	David VanNewkirk	0:16:20	22.8
13	David Lynch	0:16:24	22.7
14	Kamal Sandarusi	0:16:30	22.5
15	Steve Bollenbaugh	0:16:50	22.1
16	Chris Albarran	0:16:52	22.1
17	Lisa Reed	0:16:54	22.0
18	Chris Witte	0:17:20	21.5
19	Steve Berkowitz	0:17:26	21.3
20	Daniel Walker	0:17:56	20.7
21	Cristin Walker	0:18:44	19.9
22	Cory Pelletier	0:18:51	19.7
23	Lawson Craddock	0:19:20	19.2
24	Mike Butler	0:19:35	19.0
25	Tracy Meixensperger	0:19:57	18.6
26	Bill Mitchel	0:20:21	18.3

Editor's Note: Time trial results for June were inadvertently omitted from the July Newsletter. The July Time Trial was cancelled due to threatening weather.

Here are the race results for our NWCC juniors that competed in the Junior Nationals July 3-6:

Mens 17-18 road race

Troy Dunton - 10th

Mens 13-14 RR

Daniel Walker - 34th

Parker Craddock - 41st

Mens 13-14 TT

Daniel Walker - 28th

Parker Craddock - 39th

Mens 13-14 Crit

Daniel Walker - 23rd

Parker Craddock - 39th

Mens 10-12 RR

Lawson Craddock - 6th

Mens 10-12 TT

Lawson Craddock - 4th

Mens 10-12 Crit

Lawson Craddock - 7th

Womens 15-16 RR

Cristin Walker - 10th

Womens 15-16 TT

Cristin Walker - 11th

Womens 15-16 Crit

Cristin Walker - 12th

Congratulations to our juniors!

Note: Results from other races since the last race report will automatically appear in this block when my Internet Connection starts working properly. Please keep posted....

August 2003

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 CLUB RIDE 8:00AM Zube Park TXBRA Southern Elite Crit, West Little York P&R
3 TXBRA Bear Creek Crit, Bear Creek Park, Hous- ton, Tx	4	5 Club Mtg 6:45 Race Team & 7:30 Membership 	6	7	8	9 CLUB RIDE 8:00AM Zube Park
10	11	12 Club Time Trial, 6:30PM @ Sharp Road and Katy Hockley	13	14	15 Track Racing 7:00PM @ Alkek Velodrome	16 CLUB RIDE 8:00AM Zube Park TXBRA Tall City Crit & Time Trial, Midland, Tx
17 TXBRA Tall City Crit & Time Trial, Midland, Tx	18	19	20	21	22 Track Racing 7:00PM @ Alkek Velodrome	23 CLUB RIDE 8:00AM Zube Park TXBRA 2003 State Time Trial Navasota, Tx
24 TXBRA 2003 State Time Trial Championships Navasota, Tx	25 Board Meeting 7pm @ 	26	27 Club Cookout, Memorial Park Crit 6:30PM	28	29 Track Racing 7:00PM @ Alkek Velodrome	30 CLUB RIDE 8:00AM Zube Park
31 TMBRA Kerrville MTB Race Kerr- ville, Tx						

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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AUGUST RIDES

All Guts, No Glory Aug 2
Houston 240 miles [http://
geoffreypierce.tripod.com/](http://geoffreypierce.tripod.com/)

Hotter-N-Hell 100 Aug 23
Wichita Falls, Tx [http://
www.hh100.org/index.shtml](http://www.hh100.org/index.shtml)

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

SEPTEMBER RIDES

Bike to the Lake Sept 20-21
Brookshire, Tx [http://
www.texaslung.org/
specialevents/biketothelake/
houstonbiketothelake.htm](http://www.texaslung.org/specialevents/biketothelake/houstonbiketothelake.htm)

Texas Gatorfest Bike Tour
Sept 13 Anahuac, Tx [http://
www.texasgatorfest.com/
events/biketour/biketour.html](http://www.texasgatorfest.com/events/biketour/biketour.html)

**Cy-Fair Lions Biking for
Sight** Sept 28 Montgomery
[http://www.geocities.com/
cyfairlionchuck/](http://www.geocities.com/cyfairlionchuck/)

Mountain Bike Enthusiasts are invited to a social and informational gathering at Melanie Lacy's House on Saturday, August 16 at 6 PM. We have a great group of mtn bikers, and it is time to get out and have fun. Join us for discussions and planning. Contact mlacy24@aol.com for info and directions. Let me know if you can bring food!

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: NWCC Pedal Pusher is delivered to Members. The mailing label on your copy indicates the expiration date of your membership. Be sure to check your mailing label to see if it is time to renew your membership. If your copy has no label, or has someone else's name on it, fill out the application on page 19 and mail it in or bring it by North West Cyclery at Jones Road and SH 290.

Notice: C F U can find the hidden super discount on goods or services. It is somewhere in the newsletter, but not in an add!

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 Ralieggh 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 penandink@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.

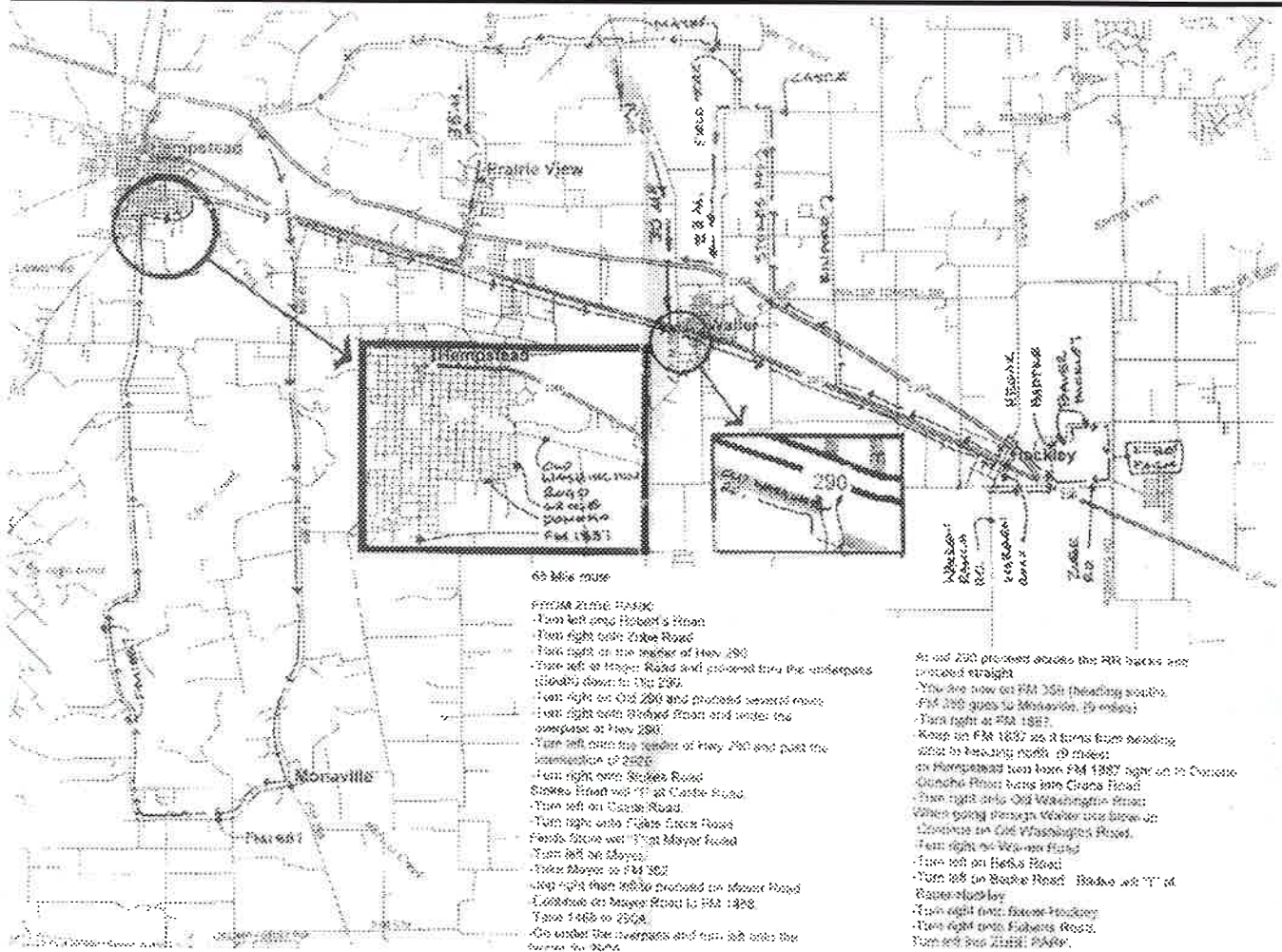
My wife and I are NWCC members. Please contact Art or Linda Saxby 281-376-7213 or LowFlyers@earthlink.net

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.

Saturday Ride Routes by Wes Morrow



Nothing can spoil a ride like getting dropped and not knowing your way home. Our routes change from time to time, as well as from group to group, etc. Maps are usually available at the start of every ride. However, some routes are used almost every week, and the above map can help a lot to understand where we are riding. One of the advantages of the ride system that NWCC uses is that faster groups go further, and all routes tend to merge back together on the way

back to Zube park. This allows the slower riders to ride shorter distances, but to be riding on the same route on the way back at the same time as the ones who have gone further, faster.

All routes start at Zube park, on the far right hand side of the map. And, most of the routes follow Roberts, Zube, 290, Hagar, Old 290, Binford, 290, Stokes, and Castle. The new riders, if they are riding the shorter 23 mile route, go straight on Castle at

Field Store, and then turn left (south) on Field Store back to 290, FM362, finally turning left on Old Washington just past Old 290 to return to Zube via Badtke. All of these routes have one thing in common. Any routes shorter than the 65 mile route turns left when they intersect Old 290 after they have gone North on Stokes Road. I know this will take some time to study, but if you take this one map with you, it may help you or someone else find the way home.

AUGUST

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
September 25, 2003	Thursday	7-9 PM
October 23, 2003	Thursday	7-9 PM

(Please Call to Enroll)

**Back
To
School
Tune-up**

reg ⁰⁰
\$50 ⁹⁵ **\$34**

**Complete
Overhaul
Get Ready for the Fall
Race Season**

reg ⁹⁹
\$120 **now \$99**

**Back to
School
Helmets
20% OFF**

NWCC News

Riders Write

Jerry Gruss writes:

Anyone who has ridden an Ordinary has been asked, "How's the weather up there?" or "How do you get on that thing?" or "Is that hard?" and the list goes on. I was riding in downtown Houston one day when I stopped at a red light directly in front of a bus stop. I stopped and climbed down to the delight of several people waiting for the bus. I could hear the normal "ordinary" comments. One person shouted "that's soo cool", and I turned to look at him. He was sitting in his wheel chair, and as we made eye contact, he continued. Very straight faced and sincere, he asked me, "Can I try?" I looked away and quickly back at him and his wheel chair, and I was speechless. Then I looked up at the red light and back at his wheel chair. Did I hear him ask me if he could try? I suppose some people have an extraordinary sense of humor, exactly like mine. The light changed, and I rode away.

Gavin Kaszynski writes:

I gave the new waffle shorts a test run this morning, and here are my thoughts (as dictated from bike):

6:12am Just got out of bed, putting on shorts.

6:13am The shorts rejuvenated me like a cold shower. The waffle design doesn't stick to my

legs, and they practically put themselves on. I feel fresh and my legs are springy. Ready to roll.

6:15am Climbed on bike and noticed the ease with which I slid onto the saddle. This can only be attributed to my new waffle shorts. The friction created by the patented waffle design helps keep my keester firmly on the saddle for those mornings when I too eagerly jump on and slide off the other side.

6:17am Just completed the quickest warm-up in my life. Clearly this is attributable to the waffle design of my new shorts, which helps keep heat in and wicks moisture away. Heat in, moisture away.

6:19am Am flying by cars on the highway. Somehow, somehow I have gained an additional 13 mph. I feel like a bird. A falcon. A falcon cutting through the air at a helpless little rabbit. I'm going to kill the rabbit!!! Is it possible that this is due to my new waffle shorts? Of course! I nearly forgot how the patented waffle design allows air to pass more swiftly over my legs, and reduces drag.

7:15am Pulled over by Metro police officer for doing 35 in a school zone. He tries to berate

me but is fascinated by the class and style that I embody. He asks about the shorts. I tell him he cannot have my shorts. "I'm sure there are some Metro cops around here that can tell you where you can acquire such shorts. Now leave me!" I exclaim. The fashion of the shorts leave him in a drooling trance, and he slumps over like a robot with no power. The waffle design of my shorts have sapped the surrounding area of all power, and I disappear like a blur.

In summary: new waffle shorts - functionality and style rolled into one. I give them a big thumbs up!

Sam Wright writes:

Speaking of biking shorts, I have noticed several pairs of transparent shorts on our rides lately. Have you checked yours lately? When shorts are worn they become transparent if stretched laterally with a light behind them. This is most noticeable when riding west with the sun in the east, like early on our Saturday rides. Check out your favorite shorts by holding them up at arms length with the back towards you, and stretching them slightly with a light behind you. If you can see through the first layer, toss them. Cathy at NWCC will give you 25% off on a pair of shorts if you mention this letter.

Travel Lite This Summer

by Catherine Kruppa, MS, RD, LD

1. Bring snacks with you. This will keep you from getting too hungry between meals and keep you away from the junk food. Pack dried fruit, cut up vegetables, string cheese, StarKist Lunch-to-Go (tuna and crackers) or an energy bar.

2. Eat healthy before you leave home. Instead of grabbing a Egg McMuffin at the airport, fuel up on a low fat, balanced breakfast at home i.e. oatmeal, egg white omelet or whole grain cereal, skim milk and fruit.

3. Order healthy on the plane. Most airlines provide a heart

healthy meal if you call and request it 48 hours in advance. The typical airline meal can pack as many as 950 calories and 50 grams of fat!!! That is equivalent to a Big Mac, medium fries and a strawberry sundae at McDonald's. A 150-pound woman only burns 84 calories per hour she sits in the plane. So you will definitely benefit from choosing a low fat meal. You could also pack your own bag lunch. A sandwich with lean meat, fruit, raw veggies, and string cheese is one example.

4. Drink up! For every hour that

you fly, you lose ~16 oz of water due to the low humidity on the plane. This leads to dehydration, fatigue and jet lag. Bring a water bottle with you and avoid dehydrating beverages such as coffee, caffeinated soft drinks and tea.

5. Avoid the minibar! After a hard day of vacationing it is tempting to come back to the room and open the minibar, which contains high calorie/ and fat packed fare. Your best bet is not to accept the key when you check in.

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

Monterrey Mexico Race Report I

by Jonathan Sinclair

I am now an international racing phenomenon. Well, maybe not exactly, but I had fun racing the weekend of June 8th in Monterrey, Mexico. It was my first international racing experience. As many of you know I am a graduate student at Texas A&M University. This Summer I'm living on the Mexican border at the Agricultural Experiment Station in Weslaco to finish up my research. Since there are no races closer than San Antonio (4 hrs.), I decided to go South of the border for some racing action. It's surprisingly easy to cross the border and drive around down there.

According to the guys I was traveling with we were supposed to be

doing a road race with quite a bit of climbing up into the mountains surrounding the city. The mountains are beautiful; they line the perimeter of the city and when it's cloudy you can't see the tops. At race registration the morning of we found out we would be doing a flat circuit race in down town Monterrey instead.

The Mexicans there take bicycle racing seriously and put a lot of effort into race promotion. They had full color fliers printed up for the race (the first of a series of 8 different races between June and August). They obtained permission to close off a large part of the city all Sunday morning which is almost impossible to do somewhere like Houston and

Monterrey has a larger population. They had full police support with lead and follow vehicles for each race category as well as police to direct traffic. They erected grandstands and a large inflatable archway at the start/finish line and had a podium complete with podium girls and champagne.

Raul Alcala, one of Mexico's most famous cyclists of all time, was there supporting the race series. He finished eighth overall twice and ninth once in the Tour de France from 1986 to 1988 all the while working for Andy Hampsten.

Anyway, I entered the elite category

(Continued on page 13)

(Continued from page 12)

which is equivalent to the Pro 1-2 category in the states. At registration they told us we were doing 13 laps of a course approximately 4 miles long which would be about 50 miles total. The course had 3 - 90 degree turns and one ~140 degree turn. The race turned out to be pretty fast; someone started hammering from the gun and we were already going over 30 mph about a mile into the race (field size of 70+). I sat in for the first 4 laps trying to warm up. On the 5th lap someone informed me that there would be a breakaway, so I moved up to the front and was able to jump in the back when it went off. Unfortunately, they didn't like that; when the first guy rotated off and noticed me there he told the rest to sit up and we were caught.

The racing in Monterrey is much different than I'm used to in the States. After the race I would learn that the 5 or 6 strongest teams worked together to each get a man away in a break that was supposed to win the race. If someone else got into the break they would shut it down and try again later. Since I

didn't know what was going on I decided to go with every break of more than 3. During the next 7 laps several good attacks went off and subsequently got caught again when they sat up after seeing me on their wheel. I figured they definitely didn't want a gringo having a chance at winning their race.

There were several intermediate preems along the way, but my sprint could use quite a bit of work and I managed only 5th and 7th despite getting myself into perfect field position. On the 13th lap the field was still all together and I knew I couldn't win a straight up sprint so I accelerated around the last turn and attacked as hard as I could about 200m before the finish. I was able to hold everyone off to the finish and was doing the obligatory victory salute when everyone started coming by at over 30 mph. At that point I was perplexed to say the least. One of the officials riding by on a motorcycle told me we were then on the final lap. Apparently either they lost track of the lap count, decided to add another lap mid race, or had just misinformed me at registration. Anyway, my Spanish is not good

enough to determine which was the most likely scenario. I think everyone had a good laugh at skinny white boy expense, but I was too tired to notice. Being pretty much blown, I jumped into the back of the field to rest for a while.

With about a mile to go I started feeling better and was able to work my way back up to the front. After the last (and final) turn I gave it everything but only managed 5th place. My computer read 37 mph at the end but the 4 guys who finished ahead were still pulling away at that point so there are some pretty good sprinters down there (compared to me at least). Average speed was about 26 mph and thankfully there were no crashes. Everyone there seemed to be fairly good bike handlers.

I had a good time and learned quite a bit. Alcala was very nice; he was talking with everyone and letting people take their picture with him. One valuable lesson was don't believe anything anyone says racing in Mexico because it may or may not be true and will probably change later on. Crazy things can happen.

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

(Alaska, Continued from page 4)

switch-backs. We rode the bus about 50 miles into the park and we were continually climbing or descending. I can't count the number of times we cringed due to the sheer drop-offs next to the road. Twice, we went from 1000 to 3600 feet in a very short distance. This road would be very challenging to any cyclist but the fantastic scenery would more than compensate for the effort. If you ever get to Denali and think about cycling in the park, make sure you carry a lot of water and Bear repellent. We saw bear droppings on the road on several occasions. And watch out for the Moose. They wonder around and block the road sometimes. The ranger said they will attack if provoked or when protecting their young ones. A cyclist is no match for an angry 1500# Moose.

Almost every community and National Park has one or more commercial outfitters that will rent mountain bikes out for daily tours. If you plan to visit Alaska or the Yukon, contact the local tourist office for information on cycling rentals and routes. During our two weeks of traveling, there wasn't a single moment that we weren't surrounded by totally awesome snow capped mountain ranges. I should point out that the cities/towns are hundreds of miles apart, with **NOTHING** in between. Alaska and the Yukon are most definitely still in their wild native state. Wild animal encounters occur daily in every community. The largest city, Anchorage, has over 500,000 in-

habitants (Homo sapiens), plus 300 Moose, 12 Black Bear and one Grizzly. The good news is; "If you cycle in Alaska or the Yukon you are pretty much as-

sured you won't be attacked by un-chained neighborhood dogs. They've all been eaten by the Bears."



A bike rack in Denali National Park.

Junior Nationals by Lori Walker

Junior Nationals is really over. Northwest Cycling Club has paid our dues to the cycling committee. It took us a year to plan and we succeeded. Matt Murphy, USAC Event Manager, said that we received an "A" on the Time Trial, the junior road race and the criterium. In fact, Matt said we hosted the **best** Time Trial, Jr. Road Race and Criterium **ever**!

We received several thank you cards and letters from the racers and their families. Matt Murphy commented on how nice the Washington county people were and what a great course the Washington county loop was. The time trial course was so easy to control and in the Criterium not a single racer was sent to the hospital. Last year two of our world championship qualifiers went down and broken bones.

Our courses were safe, the local law enforcement was great and even the weather worked with us. But the biggest "thank you" goes to all the volunteers who helped put this event on.

Pat Dunton, Peri Mashburn, the Zbornaks, Russell Lovelace, Helen Tokarski, Chris Gusendroft, Claire Brown, David Lynch and James McCowen were at each race site from 4:00 am till the last piece of fencing was put up or the last racer was tested for drugs (and this could take a very, very long time). Dr. Mark Bing was there helping any one who needed assistance from the heat or a crash. Julie Van Zandt, who headed up the vehicles, had all her drivers in place and ready to roll. Plus all the many NWCC, Brazos County Cyclists, GCCA and many Texans who helped

mind the corners and feed the racers at the neutral feed zone. We learned, after the first day, that if you thought you needed five volunteers you really needed 10. There were so many tasks that volunteers were needed for that we had not even thought about. Many volunteers who were assigned to put up canopies would also be recruited to be a chaperone (someone who sits with a racer who will be tested for drugs). Chuck Martin came to the crit to be a driver and instead we put him at a corner that we felt might be a crash zone. Sandy Martin, who thought she would be riding with Chuck in a cool air conditioned car, was recruited at the last minute to sell T-shirts and hats. Everyone worked together and the events were recognized as very organized and friendly.

The 2003 Espoir/Jr. Road National Championship takes both volunteers and sponsors to make this event a championship. I would like to express my appreciation to both our volunteers and sponsors.

Our committee chairs:

Dr. Mark Bing, who agreed without the least bit of hesitation to break away from his private practice to doctor our wounds for four very long and hot days.

Ms. Claire Brown, our Texas A&M Aggie who in the middle of exams was able to handle registration and the "potties", a very necessary job.

Mr. Pat and Ms. Sandy Dunton, who jumped in to find all the volunteers needed to support the event. Pat and Sandy were the "energizer bunnies" in locating all of our volunteers.

Mr. Chris Grusendorf, who

spent hours and more hours looking for the perfect courses, drawing up maps and working on supporting the web page. Chris was probably more excited about this event than the racers.

Mr. Adam Hamza, our creative spirit, who never gave up hope in finding the funds for the event. Until the very end Adam was creating new ideas to find ways for funding.

(See Appreciation, Continued on page 16)

The Pedal Pusher

(Appreciation. Continued from page 15)

Mr. Russell Lovelace, with a new baby and a job that seems to require more hours than what is in a day, who was always available to help. Russell jumped in when we thought the ship was sinking. He was there to help with finding funds and was a key person in the organizing of the event.

Mr. David Lynch, the person who we refer to as the "ice man". David was the most popular volunteer of all because besides making sure everyone had something cool to drink he also made sure everyone had some shade!!

Ms. Peri Mashburn, our very busy lawyer who still found the time to supply the flowers and the refreshments for all the volunteers. She is the one you heard laughing and cheering the kids on.

Mr. James McCowen, who, besides racing and running a bike shop, still found the time to help with the planning, ordering merchandise and was a great ear when one was needed.

Ms. Julie Van Zandt, who was our organized vehicle coordinator. She organized every driver down to the minute. We were extremely fortunate to have Julie.

Mr. Zeke and Diana Zbornak, who Northwest Cycling Club would not survive without.

Zeke and Diana were there to help at the crack of dawn and were there at dusk to help bring our equipment home.

Our many other volunteers:

The Corner Marshals:

Gregg Germer
Ann Grimes
The Town of Normangee
Greg Smith
Lenae Huebner
Larry Ross
Bill Reilley
Michael Enmon
Paul Sollenberger
Angela Hardy
Ed Hadden
Cindy Rogers
Tom Holland

Ken Dykema
Alex Scholl
Kris Hardy
Craig Rennpage

Golf Cart Drivers:

Monica Gill
Bill Rielley
Steven (Mark's Friend)
Cristin Walker

Setup, Takedown of Canopies,
Tables and Coolers:

David Collins
Zeke Zbornak
Diana Zbornak
Russell Lovelace
David Lynch
Tracy Meixensperger

Parking:

The Town of Normangee
Collin Allen

Drivers:

Michael Shepherd
Zeke Zbornak
Lamar Curtis
Luther Odom
Doug Ballew
Adam Hamza
Alan Bazard
Wes Morrow
Matt Hunt
Scott Schaefer
Scot Orgish
Dana Chamness
Eric Warnsman
Eve Ben-Or
Paul Chandler
Damon VanZandt

Neutral Feed Zone:

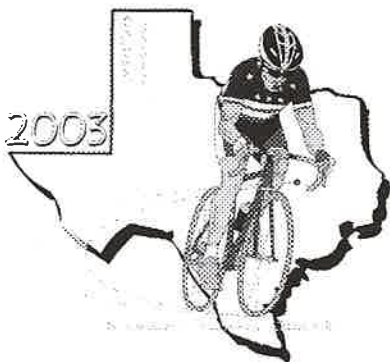
Kathy Clark
Russell Lovelace
Adam Hamza
David Collins
Peri Mashburn
Lenae Huebner
Collin Allen
Richard Burt
Helen, Joseph & Parker
Tokarski

Registration:

Claire Brown
Brazos Valley Cycling Club
Tom, Ellen, Parker & Lawson
Craddock

And to the Brazos Valley Cycling Club, thank you for offering your homes to the racers who needed a place to stay.

Junior/Espoir Nationals



Gold Level Sponsors:



Southwest Cycling Club
Normangee, TX



Damon and Julie Van Zandt
David Collins
Dr. Mark Bing
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Ray Stolz
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Bluebonnet Metric Century
Peri Mashburn
Phoenix Emergency Medical Services
Washington County Sheriff's Office
The City of College Station

Texas A&M Cycling Team

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Craig Rennpage
Adam & Pamela Hamza
Bikes & More – Team Texas
Derryl York
Greg Smith
Petros Amigos Supply, Inc.
Thomas Holland
BP
Michael & Catherine Butler

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 77410, 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 77410
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 & 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

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

Houston's bike lanes are not blocks of construction, but the working. No one rides their rest was clear, clean, and pretty. bikes in the city. Traffic is horri- And, I saw three bikes on my ble, the roads are danger- These were not ti nor carbon fiber ous, and it is impossible frames, nor high \$ mountain to get around town on two bikes. Nope, these were wheels. If you do try to meant to be used, ridden, and ride in the bike lanes, parked almost anywhere. they don't lead anywhere meaningful, and they are full of trash, glass, and debris.

Have I missed any? Well, the other day I had occasion to drive to Collier Library on Pinemont.

I noticed that almost all of my route was on newly re-striped bike lane. There were about four



way to the library. Pretty impressive, right? But, lo and behold, what did I find when I got there?

These were not ti nor carbon fiber frames, nor high \$ mountain bikes. Nope, these were more like bikes that were meant to be used, ridden, and parked almost anywhere. And, they obviously had made it safely to the Library, and probably lots of other places.

Here's a tip of the helmet to the three cyclists I saw riding, and the other three whose bikes were at the library, and all of the others who are quietly using our bike lanes while they are still around.