

The Pedal Pusher

October 2003

Vol XVII, Issue 10

A monthly
publication
promoting
the spirit of the
Northwest Cycling
Club

Message from the President by Lori Walker

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If you missed the meeting in September we discussed safety. It seems every week there are accidents. During a recent club ride there were three accidents; no one was hurt badly but still there were three accidents. We discussed when the accidents were occurring, how they were occurring and what could be done to prevent the accidents in the future. These are some of the suggestions that were given at the meeting.

1. Smaller packs - 10 to 15 people per pack
2. The ride leader will send the packs out with several minutes between each pack. The ride leader needs to make sure the other pack is out of sight prior to releasing the next group.
3. Communicate

within the pace line, talk to each other and let people know if the pace is too fast or too slow. Let people know if there is a car up or back or bumps in the road.

4. Watch the person's wheel in front of you, please do not overlap wheels.
5. When turning corners stay in your lane, please do not cut the corner into the person next to you.
6. In this heat drink lots of water.
7. Some of the accidents may be happening because people are not paying attention. Stay alert and if you get tired drink more water, have some Power Gel, Gu or a banana. You might even want to stop for a while.

8. Some riders are going out on Saturdays without tubes, water, cell phone or money. Again, if the heat is bad you must be prepared to purchase more water, or food or to call someone to come and pick you up.
9. If you ride with the same people week after week you may want to start taking turns sagging for your pack or enlist a spouse or friend to sag.
10. Take your bike to Northwest Cyclery and have your bike checked out. If the bike has been in the garage for a long time some parts may need to be replaced or repaired for a safe ride.

(See "Message," Continued on page 5)

ROUND THE CORNER

NWCC 10% Discount, Road ID, September 1-October 15

Officer Nominations, October Club Meeting, Oct 7; Officer Elections, November Club Meeting, Nov 4

Huntsville State Park Ride and Campout, Nov 1-2

Safety Clinic, November, Date to be announced.

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

Leakey Volunteer Weekend, Dec 13-14

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

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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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TMBRA 2003 Subaru Fall Cup Dates

Oct 4-5 **Bryan TU Power Pedal MBR, Lake Bryan**

Oct 25-26 **Houston Big Ring Challenge, Double Lake**

Nov 8-9 **Piney Hills Fall Classic, AMBC Finals, Ruston**

TMBRA 2003 Subaru Spring Championship Series

Dates (Tentative)

Feb 15 **Rocky Hill**

Feb 29 **Comfort**

Mar 14 **Austin Race**

Mar 29 **Warda**

Apr 18 **Cameron Park**

May 2 **Bar-H**

May 16 **Tyler**

May 30 **Broken Oak**

TXBRA Texas Cup Calendar for 2003

Oct 4-5 **Power Pedal 2003 State Road Race Championships, Bryan, Tx**

October 25 **TXBRA Night of Champions, Lucky Lounge, Austin, 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

Tour day Huntsville Yeah, That's It! Tour DAY Huntsville Coverage Brought to You by Northwest Cycling Club

Come ride with the club to Huntsville State Park where we will camp overnight and ride back the next day. If you would rather ride the trails, then drive up there with your mountain bikes. If your family does not ride but likes to camp, then have them come meet us there for the evening's activities.

Start: November 1, 2003 at 8:00 a.m.

Magnolia High School located at the intersection of highways 149 and 1488 in Magnolia, Texas

Cost: \$10 for club members that joined prior to 10/1/03

Registration: Submit form by October 15, 2003 to P.O. Box 1494, Cypress Texas 77410

NO REGISTRATION ACCEPTED AFTER 10/15/03

No on-line registration, mail-in only

Routes Varying distances of 50, 65, 85 and 95 (approximately)

Support: Ride route is self-supported, but there are stores along the way and marked on the map.

NWCC will provide transportation of your bags and camping equipment to Huntsville State Park.

Dinner Saturday night and a very limited breakfast Sunday will be provided.

We will also rent several shelters at the park.

Sunday: Start when you feel like it, but we will need everyone riding back to be on the road by 10:00 a.m. The routes back are the same as Saturday's. Be ready to do some hill climbing.

Alkek Velodrome News and Information, September 10, 2003:

The Alkek Velodrome has been awarded a USA Cycling World Cup Qualifier race for the spring of 2004. Dr. Mark Bing will help sponsor the event. In addition, Alkek Velodrome has been awarded the 2005 Collegiate National Track Championships which is scheduled for September of October of 2005. The Alkek Velodrome was one of four tracks in the United States to receive more than one major event

from USA Cycling for this two year cycle.

Master's Robert Bodamer, Tom Craddock, and Veon McReynolds joined forces on August 30 during the Saturday Night Racing Program and broke the Master 135+ State Record for the Olympic Sprint with a time of 1:15.02 by over 3 seconds. Rider's add their ages in the three person event which has to be greater than 135.

Upcoming Events: October 10 The

Final Friday Night race theme will be in honor of our fellow Texan, France! Families are asked to bring something to eat with a French twist. The Alkek Velodrome Park Advisory Council will be assisting with an auction. If you have items that you would like to donate for the auction, you may leave them at the track any Tuesday or Thursday.

Kathy Volski, Alkek Velodrome Manager, 281-578-0693

www.houstonalkekvelodrome.org

kathy.volski@cityofhouston.net

Tour day Huntsville
Yeah, that's it
Tour DAY Huntsville
Coverage Brought to you by Northwest Cycling Club

LAST NAME _____ FIRST _____

ADDRESS _____

HOME PHONE _____ WORK PHONE _____

AGE _____ SEX _____

NAME AND NUMBER OF EMERGENCY CONTACT _____

NUMBER MEETING YOU AT PARK _____

Make checks payable to Northwest Cycling Club

Mail entry form and fee to: NWCC, P.O. Box 1494, Cypress, Texas 77410

NOTICE: This entry blank release form is a contract with legal consequences. Read carefully before signing. In consideration of the acceptance of the registration entry, I, the undersigned, assume full and complete responsibility for any injury or accident which may occur during my participation in any of the Northwest Cycling Club's events, or while I am on the premises of the event. I hereby release and hold harmless the sponsors, promoters and all other persons and entities associated with this event from responsibility for any and all injury or damage, whether it is caused by negligence of the sponsor or promoters or entities associated with the event, or otherwise. I acknowledge that I am familiar with the dangers involved in participating in such an event, that there may be defects in the riding surfaces or other permanent or temporary obstacles which I must be careful to avoid, and I agree to familiarize myself with the course prior to commencement of this event. I also recognize that there may be vehicular traffic along the course. I understand that a bicycle is a legal vehicle in the State of Texas and that I must ride in a legal and safe manner.

NO REFUNDS

ANSI OR SNELL APPROVED HELMETS ARE REQUIRED.

NO REGISTRATION ACCEPTED AFTER 10/15/03

(Message Continued from page 1)

Alan Bazard is our safety chairperson. Alan has prepared an incident report that is located in the map box and in the newsletter. Please fill out this report so we can determine what needs to be done to prevent some of these accidents. Alan will also be hosting a safety clinic in November. Please watch for more details on date, time and location.

We want everyone to have a safe and fun ride.

Other items discussed during the September meeting concern voting at the October meeting on some expenditures. First expenditure will be the funding of the Huntsville ride. I am requesting \$2,000 to fund the ride. This two-day ride is \$10.00 to all members of NWCC. Peri Mashburn has included information regarding the ride in this newsletter.

Second expenditure is

\$2,000.00 for the reservation of cabins at Leakey. This is a trip planned for all volunteers who worked the BBX, the Katy, Jr. Nationals and was ride leader for a Saturday club ride. This fee will go toward reservations for the cabins; each cabin will hold 14 people. The normal cost for a cabin is \$400.00 per unit. Peri Mashburn has written information regarding the Leakey trip which is enclosed in this newsletter.

Both the Leakey trip and the Huntsville ride is one way the club can give back to its members. We feel the club was so successful this year that we needed to have additional activities.

The third expenditure is a request for \$8000.00 to pay off the final expenses for Jr. Nationals. We tried to raise all the necessary funds for Jr. Nationals but simply ran out of time and energy. If we had it all to do over again we would not have asked for cor-

porate donations but rather would have held a ride to raise the funds. Northwest has been very successful in supporting itself with funds from the BBX and Katy for several years. But in regards to Jr. Nationals we thought we could raise the funds with corporate sponsorship but we (I) were wrong. I am sure it is not because corporations did not want to support juniors or cycling but rather because the economy was/is extremely sluggish.

The \$12,000 requested above will not hurt the club's budget. Both the BBX and Katy made more this year than what we had forecasted in January. Our club is very fortunate to have the financial power to pay for all of our activities, reimbursements and still enough to donate to Jr. Nationals. Also, it is important to note that we are a non-profit organization and non-spent funds may change our filing status.

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 Rd.

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

October 2003

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 Track Racing 7:00PM @ Alkek Velodrome	4 CLUB RIDE 8:00AM Zube Park TXBRA Power Pedal 2003 St.RR TMBRA Bryan TU Power Pedal MBR Lake Bryan
5 TXBRA Power Pedal 2003 State Road Race Bryan TMBRA Bryan TU Power Pedal MBR Lake Bryan	6	7 Club Meeting 6:45 Race Team 7:30 General Members @ 	8	9	10 Track Racing 7:00PM @ Alkek Velodrome (See Page 3 for Special Activities Announcement)	11 CLUB RIDE 8:00AM Zube Park
12	13	14	15	16	17 Fall Sale @ 	18 CLUB RIDE 8:00AM Zube Park Fall Sale @ 
19 Fall Sale @ 	20	21	22	23 Bicycle Repair Class 7-9PM @ 	24	25 CLUB RIDE 8:00 AM Zube Park TMBRA Houston Big Ring Chal., Double Lake TXBRA Night of Champs, Austin
26 TMBRA Houston Big Ring Chal- lenge, Double Lake	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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OCTOBER RIDES

Pineywoods Purgatory October 4 Luftkin, Tx <http://www.pineywoods-purgatory.com/>

Autumn in Bonham October 4 Bonham, Tx <http://www.bonhamchamber.com/autumn.htm>

MADD Country Roads Classic October 11 Montgomery, Tx http://www.woodlandcyclingclub.org/sponsor Ride/madd_index.html

Midnight Moonlight Ramble October 12, Houston, Tx <http://austin.ezoshosting.com/~bikehouston.org/index.php?moule=ContentExpress&func=display&ceid=3&mid=8>

Shriner's Hospital Fall Classic October 18th, Pattison, Tx <http://www.woodwardsworldworld.net>

Mission's Tour de Goliad October 18, Goliad, Tx <http://www.goliadcc.org/events/bike.html>

Paws and Puddles Bike Ride October 19, Texas City, Tx http://www.active.com/event_detail.cfm?event_id=1067212

NOVEMBER RIDES

Novemberfest Metric Century November 8, San Felipe, Tx <http://www.novemberfestmetriccentury.org/>

Maybe Hot, Maybe Not November 15, Aransas Pass, Tx <http://www.aransaspass.org/maybehot-bike-ride.htm>

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

58cm Cannondale and 58cm Centurion "Ironman", plus two-bike Yakama roof rack for a vehicle with gutters, locks included. Call for details.

Bob Cresswell H-281-890-7952 4:30PM-9PM. W-713-467-0825 7AM-4PM Robert.Cresswell@PZLQS.com

For Sale: One set of Mavic open pro silver rims, 32 hole. 14 months old with worn out dura ace hubs. \$50.00 .

Contact Bob Swank at 713-467-6279, or 281-435-9773, or RJSARCH@earthlink.net

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 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: \$550. This is a great road bike in excellent condition. Contact Lorraine at 713-868-4714 or yogababe@ev1.net.

For Sale: 2002 Trek 4500, 19.5-inch frame (almost every component has been replaced): 2003 Avid Single Digit 7 brakes with new Cool Stop brake pads, 2002 Shimano XT shifter/brake lever pods, 2002 Shimano XT rear derailleur, 2002 Rock Shox Duke SL fork (80 mm travel), Sram 7.0 rear cassette (9 speed), Sram PC-99 chain with Power Link, 2002 Race Face Prodigy XC crankset with SRX bottom bracket, Rock Shox suspension seat post, Oury grips, Race Face Prodigy XC stem (8 degree rise, 110 mm long). All other components (front derailleur, riser bar, headset, and wheelset) are original components. I did a complete overhaul of both hubs last month... replaced bearings, cleaned hubs, and repacked them with waterproof Teflon grease.

I clean and lube the entire drive train after every 3rd ride. The frame has a couple of small scratches on it. Contact Cody Mikeska @halliburton.com

For Sale: Cannondale R600, 54cm, Black, Shimano 105, Thompson seat post, New Mavic rims, Look pedals. Low hours. \$600 o b o .
SOLD
Contact: t3mx5@hotmail.com

Have an advertisement or announcement for the Pedal Pusher's classified section? Send submissions to wes.morrow@natoil.com. Please notify us once the ad should be discontinued. Adds are due by the second Tuesday of the month. For best results, include size, age, condition, etc. of all items.

NWCC Team Race Results

TXBRA

08/23/2003 - State Ind Time Trial -
Championship

Men 3

- 2 William Morrison
18 David Bumbaugh

Men 4

- 19 Juan Barboza
20 Alexander Bump
33 Luis Torres
35 Martin Hukle
42 David Lynch

Men 5

- 14 Billy Talton
16 Gavin Kaszynski

Women 3

- 6 Steffi Penco
8 Nancy Dodd

Masters 35+

- 1 William Morrison
5 Nancy Dodd
6 David Bumbaugh
15 Luis Torres
16 Martin Hukle

Masters 45+

- 3 Dana Chamness
11 Timothy Arnold

Masters 55+

- 2 Greg Smith
8 Luther Odom

Youth(10-14)

- 5 Daniel Walker

Junior(open)

- 1 Cristin Walker

08/24/2003 - State Team Time Trial

Men 3

- 3 Scot Orgish
3 Gary Rennie
3 William Morrison
3 David Bumbaugh

Men 5

- 2 Gavin Kaszynski
2 Billy Talton
2 David VanNewkirk

Women 3

- 1 Steffi Penco
1 Renate Junold

Masters 35+

- 3 Scot Orgish
3 Gary Rennie
3 William Morrison

3 David Bumbaugh

Masters 45+

- 3 Bill Reilly
3 Dana Chamness
3 Timothy Arnold

09/06/2003 - DQ Columbus RR

Men Pro 1-2

- 4 Michael Nelson
28 Troy Dunton

Men 4

- 6 Damen Sistrunk
12 Juan Barboza
35 Luis Torres
38 Russell Lovelace

Men 5

- 11 Ed Scardaville
12 Jack Talton
20 Daniel Walker

Women Pro 1-2

- 2 Steffi Penco

Women 4

- 8 Cristin Walker

Masters 35+

- 6 David Bumbaugh
8 Scot Orgish

Masters 45+

- 9 Timothy Arnold
16 Dana Chamness

Masters 55+

- 2 Luther Odom

Youth(10-14)

- 8 Gregory (Lawson) Craddock
9 Parker Craddock

Junior(open)

- 3 Troy Dunton

09/07/2003 - Dairy QC Crit

Men 3

- 11 Scot Orgish

Men 4

- 13 Billy Talton

Women 3

- 1 Steffi Penco

Masters 35+

- 7 Scot Orgish

Masters 45+

- 2 Bill Reilly
3 Dana Chamness

As of September 12, 2003

- 5 Northwest Cycling Club 2485.5

TMBRA

09/31/2003-Mamacita's Kelly Creek
Classic

Beginner Master Men 40-44

- 6 Doug Lamond

Beginner Senior Women 19-29

- 3 Beth Schlotterbeck

(Please see page 15 for NWCC Time
Trial Results)

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 23 and mail it with your check to the address on the bottom, or bring it by North West Cyclery at Jones Road and SH 290.

OCTOBER

Great Deals from Houston's Cycling Super Store

EVERYTHING ON SALE
"FALL SALE"
FRIDAY, SATURDAY, SUNDAY
OCTOBER 17, 18, 19



EVERYTHING ON SALE
"FALL SALE"
FRIDAY, SATURDAY, SUNDAY
OCTOBER 17, 18, 19

713-466-1240

Hwy 290 @ Jones Rd.

M-F 10-7:30 Sat 10-5 Sun 12-4

Repair Class Schedule

DATE	DAY OF WEEK	TIME
October 23, 2003	Thursday	7-9 PM
November 20, 2003	Thursday	7-9 PM
Women's Symposium		
November 5, 2003	Wednesday	7-9 PM

(Please Call to Enroll)

CLUB MEMBERS ONLY

LOUIS GARNEAU SHOES - SPECIAL CLUB PRICING

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FOR FALL

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NOW 24⁹⁹

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OCT 1 - 31ST
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NWCC News

Riders Write

Steve Fekite writes: Please find attached my membership application. I have participated in several of your Saturday morning group rides and have found them to be very good. June 28, while riding in a fast rotating pace line with your race team, I tagged the wheel in front of me and crashed. It was a stupid error on my part and fortunately I didn't take anyone else down or suffer any major injuries myself (just a bit of pride is all!)

However, I was most impressed that the entire group of about twelve riders stopped to render aid, direct traffic, etc. At least half of the group was wearing NWCC jerseys, and I believe some were part of your race team. I was very appreciative of the selflessness of the group, especially when things had been going so well and one wants to simply keep going to finish strongly. These actions speak very highly of your club and the riders with whom I had the pleasure of riding.

I am looking forward to future rides with the club and being more actively involved.

Pete Link writes: Just my thoughts (*about the Saturday rides, ed.*). In my opinion, several minutes between packs is not enough, and 'out of sight' is not

enough either; bigger spacing is required to get groups to stay apart.

Also, my belief is that groups need to stick with their speed. The 22mph group should be averaging 22mph and no less, ever. The 18-20mph should not be averaging above 20mph, you get my point. Faster riders that are doing a recovery ride with slower groups should NOT push the pace above the average speed of the group. This happens too often.

I know, the last one is tough and I agree. However, this is a good rule and allows a cyclist to freely traverse between groups without being caught in the group mentality of the ride and going above his desired workout for the day. I get myself caught there many times. On a particular day, wanting to do a recovery ride with the 18-20mph group, the group ended up pushing it over 21mph. This is not necessary and should not happen.

Having written this, I now have an inspiration. Perhaps what we need is additional speed groups to break up the packs. The speed groups should be in increments of 1 mile: 22+, 21, 20, 19, 18, etc. AND riders should freely traverse between speed groups to tailor their desired speed workout for

the day. Speed groups should not be a fixed group of people, they are in fact groups of certain speed (ers).

Matt Hester writes: Rarely does anyone step (or roll) forward when the 22+ or 20-22 groups are called out, though on the few occasions when they do it's usually because the ride starter says "Come on we know you're out there." "Be honest." "Don't sandbag" or whatever and refuses to drop to the 18-20 until some people come forward. Most of the time though the starter just waits a few seconds and moves to the 18-20 group. There are even a few times when 20-22 has been skipped and not called out.

If we wait more than several minutes between groups its going to take a 1/2 hour to get everyone out. Smaller speed ranges would be better, but perhaps 22+, and then 2mph groups like 21-22, 19-20, 17-18 or maybe you start with 20-21 after the 22+ and then work down.

Michael Shepherd writes: I am normally one to sit on the fence and enjoy reading everyone's comments, but seeing as I was one of the riders who took a spill last week, I thought this might be a good time to chime in...

(See Rider's Write, Continued on page 13)

Accident Analyses

by Alan Bazard

It's time for the Safety Committee to weigh in and comment on the recent string of accidents during Saturday NWCC Club Rides. I have been keeping informed on most all of the accidents the past several months. We had an excellent discussion on Safety during the last Club meeting. Several good ideas were raised and I'm working to bring some of these changes into our Club rides. I do agree with several members that our club does a pretty good job of controlling the group size. Many times groups do merge, but they also split over the distance of the ride. From what I've learned about the recent accidents, they were not related to group size.

My assessment on the cause of the recent accidents is mostly due to "momentary" loss of concentration. We've had accidents with both experienced cyclists and beginner cyclists. The accidents have occurred at the start of rides, during the middle of the ride and at the end of rides. Pretty much a mixed bag. When I talk to riders who have had an accident on the causes, most will mention that "Just for an Instant" they stopped concentrating on the ride. Some were distractions like scenery, road surface, other riders, etc. While some were just daydreaming or lost focus. My sense is that for some riders, doing the same course every week, is lead-

ing to complacency and overconfidence.

Unfortunately, this is a more difficult problem to address. Generally, you can't "Train" this skill in a traditional "Skills Clinic" (cornering, obstacle, proximity riding, etc.). It takes an individual commitment to keep focused and stay safe for every ride. It also takes constant reinforcement. Plant workers, Construction workers, and other people who work in an occupational hazardous areas address this through daily, weekly, and monthly Safety meetings. My experience from working in a refinery demonstrates that people can adopt a constant focus on safety with repeated emphasis. We'll have discussions at meetings, reminders at the ride start, newsletter articles, Topica Discussions, and other opportunities, but there are two things that members and riders can do:

1. Make a personal commitment to ride safely for the ENTIRE ride. This means staying focused, using good bike handling skills, and the basic pack riding techniques (no overlapping wheels, riding at a comfortable distance from the wheel in front you, watching for obstacles, cars, dogs, etc.). Again each rider must first be committed to safety, not just a spectator.

2. Help each other and Communicate, Communicate, Communicate. Use friendly reminders to "Coach" others on staying focused and riding safely. Use encouragement and Non Critical words to address possible unsafe riding techniques or styles. Riders in the front of the pack have a responsibility to the safety of the riders in the back to look for, and communicate, road hazards. Call them out well in advance!!

Well that's enough from me. Now it's your turn. Let me know your thoughts and ideas. I think this is a subject that doesn't get enough "air time." Remember, every rider leaves Zube Park expecting to return in one piece. To meet that goal, every rider must pay attention for the full ride.

Have Fun and Be Safe!



(Rider's Write, Continued from page 11)

Speaking of accidents, not sure about what happened in other ride groups last week, but the riders in the race team got a brief bit of excitement and I think it is safe to say it was not because of how much time/distance separated the groups or the stated speed of the group seeing as the race team is typically a steady build up to wide-full open. It might be of interest to note that although the riders in the race group have been known to sustain speeds approaching (and exceeding) 30-mph, the average speed for the ride is rarely more than 21-23 mph

As far as ability groups are concerned, in my experience over the last several years, if you are riding in an ability group that started with an average speed goal of between 18-22 mph, then you are more than likely going to see speeds (on flat land) approaching 25-30 mph at some point during the course of your ride. Simple fact of cycling is that anyone can be fast - big grin!

I think we should all count ourselves lucky that the members of NWCC are dedicated enough to organize the club ride in this manner. I do not know of another club in the Houston area that maintains a staggered start like NWCC - for that matter there are not a lot of clubs that even offer a "new rider group." A quick check of this would simply be to head out and join the GCCA/Texas Eagles/First Colony clubs for Kirkwood or West Oaks ride

groups on Saturday mornings. In my experience, typically these race teams/groups and bike clubs have never incorporated the use of "ride starter," they simply begin to meander down the road when the appointed time arrives.

I have also yet to see someone at these rides with maps although I must admit that I am not normally paying attention so they may be available. Finally, don't expect anyone to take notice if you suddenly find one of your tires is going flat and you sit-up and yell "flat - flat!" Been there, done that - if you experience a flat tire with those ride groups, you had better know how to change a tire or at least know someone in your group who does, or otherwise you will find yourself on the side of the road changing a flat tire by yourself

The Northwest Cycling Club has a large number of dedicated members all of differing interests and abilities. It is unfortunate but on occasion accidents will happen regardless of the skill and ability levels of the riders involved. As far as the race team is concerned, last weekend was unfortunate seeing as our pile up could easily have been avoided if we had been a little more vigilant. Fortunately for those involved, there was nothing more to it than a little bit of road rash, turned handlebars, muddy water, and some bruised egos. In my opinion this club is already way ahead of the game in terms of rider safety and organization and safety is obviously a very important topic to each and everyone of

us. That is the reason why you see Chris Witte and me making a 40-minute drive to Zube park instead of a 3-mile drive/ride over to Kirkwood or West Oaks on most Saturdays!

Steve Hoza writes: For the sake of safety, regardless of what the ride starter calls out, regardless of how the groups start out (i.e. size, speed assumption), once on the road, each rider should take responsibility for him/herself and others and break into smaller groups as needed. When two or more groups merge together because one is slower or faster than the other, someone should initiate dividing the group into smaller groups. The ride starter CAN NOT control the riders after leaving the parking lot. NWCC members, especially, should be expected to control the group sizes

Diana and Zeke Zboornak write: We would like to thank all the Club Members who offered help and encouragement to us after our crash on Saturday, August 16th. It is very helpful, mentally, to have people asking how you feel and if there is anything they can do to help.



10/03

Demystifying the Glycemic Index & the Truth about Carbs

by Catherine Kruppa, MS, RD, LD

The glycemic index (GI) ranks carbohydrate foods by their effect on your blood sugar levels. Foods with a GI less than 55 cause only a little blip in blood sugar; those in the 55 to 70 range raise it a little higher; and carbs with GIs greater than 70 send blood sugar soaring.

The GI is based on equal grams of carbohydrate (50 g), not on average serving sizes. The numbers are based on tests using single foods. The blood glucose response to high GI foods may be blunted when combined with low GI foods in the meal.

No matter what form the carb is initially (lactose in milk, starch in a bagel or sucrose in table sugar) your body eventually breaks it down to glucose. Glucose winds up in your bloodstream to fuel your cells. What makes a GI number high or low is how quickly the food breaks down during digestion. Fiber rich foods, especially the soluble type, often have lower GIs. These are foods like oats and beans. When fiber is ground finely, such as in whole-wheat flour, it does not lower the GI as much.

Can choosing more low GI foods make you healthier?

Low GI foods appear to . . .

- ❖ Stave off heart disease
- ❖ Prevent type 2 diabetes
- ❖ Help you evade serious side effects if you have diabetes
- ❖ Curb your appetite so you lose weight
- ❖ Perhaps even help you feel more energetic

Is it hard to use the GI in real life?

Definitely not, here are some guidelines:

- ❖ Include one low GI food at each meal or snack.
- ❖ Work toward more intermediate and low GI choices, but do not eliminate all high GI

foods.

- ❖ Choose complex carbohydrates (whole wheat pasta and whole grain breads) over refined carbs (candy, white bread, and straight sugar).
- ❖ If you eat a high GI food, add a lower GI food to it at a meal. For instance, add beans to instant rice to bring down the glycemic index.
- ❖ Avoid high GI foods as snacks
- ❖ Load up on fruits, vegetables and legumes. Most have a low GI, and you'd have to eat pounds of the ones that don't to affect your blood sugar. But by the same token, don't binge on low GI foods that are high in calories, such as Snickers bars. Gaining weight will raise your blood sugar too.

Can the GI really help you lose weight?

A study performed at the University of Minnesota divided 27 healthy but overweight people into three groups (high GI, low GI and high fat), all of whom ate diets that put them at a 750 calorie per day deficit. After 12 weeks, all the groups lost 18-20 pounds per person, suggesting that calories, not glycemic index, count. However, those who ate the low GI foods had improved insulin sensitivity.

The GI and Sports

Some research shows that athletes benefit from consuming low GI index foods before exercise. This has definitely been shown to be beneficial for athletes who react negatively to high GI pre exercise meals and for athletes participating in endurance events where consuming carbohydrate is not practical or possible.

Consuming adequate carbohydrate following exercise helps to replenish glycogen stores between daily exercise. The high GI diet promotes greater muscle glycogen storage. The total amount of car-

(See "GI and Carbs," Continued on page 15)

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

"GI and Carbs," Continued from page 14)

bohydrate consumed is the most important consideration for glycogen repletion.

Benefits for Those with Diabetes

Sticking to a low GI diet results in a minimum outpouring of insulin. The glycemic index also has appetite-suppressing effects, which may promote weight loss. Weight loss alone can reverse type 2 diabetes. Research on low vs. high GI diets for diabetics is promising. One study found that 4 weeks on a low GI diet lowered blood glucose and insulin by 30% compared with a high GI diet. High levels of insulin wreak havoc on the heart. Elevated insulin triggers many heart disease risk factors. They include high blood pressure, increased fat storage, high triglycerides, and lower levels of HDL.

Break The Sugar Bowl

Sure, a healthy diet can still include reasonable amounts of your favorite sugary treats. But chances are, you're taking in a lot of extra sweet stuff without even realizing it. Here are some painless ways to shave calories from sneaky sugar sources.

- ❖ Pass up sweetened yogurts - which can contain as much as 7 teaspoons of added

sugar. Go with non-sugar added varieties or slice fresh fruit into plain varieties.

- ❖ Learn to spot sugars aliases: if dextrose, fructose, maltose, malt syrup, sucrose or corn syrup appear first or second in the ingredient list, the food is high in added sugar.
- ❖ Consider sugary sodas a treat - as you would dessert. Regularly opt for water, nonfat milk, 100% fruit juice, or seltzer flavored with lemon or lime instead.
- ❖ Buy breakfast cereals with no more than 8 grams of sugar per serving.
- ❖ Choose fresh fruit over canned varieties packed in syrup, which are full of added sugar.
- ❖ Split oversized restaurant desserts with several friends, or box up the rest for later in the week.
- ❖ When baking, cut the amount of sugar you use by one-fourth or one-third.
- ❖ Check labels of packaged food billed as "low fat" or "fat free". they may have as much sugar (or more!) as the full fat version.

TIME TRIAL RESULTS - September 9TH, 2003

10 k+ (6.2 miles) approximately

ORDER	NAME	TIME	MPH
1	Kevin Ferdinand	0:14:20	26.0
2	Tom Craddock	0:14:33	25.6
3	Bill Thomas	0:14:55	24.9
4	Kurt Weisenger	0:15:01	24.8
5	Mike Andries	0:15:19	24.3
6	Gavin Kaszynski	0:15:34	23.9
7	Kamal Sandarusi	0:15:48	23.5
8	Richard Ameen	0:16:08	23.1
9	Jim Rodgers	0:16:18	22.8
10	Laura Meichan	0:17:20	21.5
11	Lawson Craddock	0:17:53	20.8
12	Daniel Walker	0:18:19	20.3
13	Cristin Walker	0:18:21	20.3

ORDER	NAME	TIME	MPH
14	James Ruberti	0:18:25	20.2
15	Wes Morrow	0:19:25	19.2
16	Carol Ambuhl	0:19:27	19.1
17	Bill Mitchel	0:19:45	18.8
18	Parker Craddock	0:20:45	17.9

Conditions were very good, cool with very little wind. Most people had their fastest time for the year.

Next month the Time Trial will be on Tuesday October 14. Get there and be ready as soon as possible as we are losing daylight. October will be the last Time Trial for the year.

Special thanks to all that helped me by watching a corner.

Dana

NWCC BIKE SAFETY INCIDENT REPORT

This form is used to report Accidents, near misses, or other items of "Safe Bicycling" that occur during NWCC rides. The purpose of the form is to collect information on the causes of Cycling incidents. Then, by analyzing this information, create Safety Awareness and Training for all our Club Members. This information will remain private within the NWCC Safety Committee, and will not be shared or used without permission.

This form may be submitted by anyone involved in a NWCC Club ride. Either an individual actually involved in the incident, or another rider that was with the affected group may submit this form.

**SEND COMPLETED FORM TO:
NWCC SAFETY COMMITTEE
PO BOX 1494
CYPRESS, TX 77410**

SECTION A: BASIC INFORMATION

Date and time of incident: _____ Name: _____
Contact Phone # _____

Location of Incident: : (street address, intersection, city, town) _____

Type of Ride: Sat. NWCC Club Ride Sun. NWCC Club Ride Other _____

Type of Incident: Unavoidable Accident Avoidable Accident Near Miss
 Unsafe Conditions Unsafe Rider(s)

Injuries: No Yes

List names of injured persons and describe injuries: _____

Nature of Injury (open wound, bruise, bite / sting, burn, skeletal, respiratory, internal, hearing, sight, muscular (sprain), other, or unknown): _____

Were Emergency Services Contacted (EMS, Police, 911, etc): No Yes

Which agency(s) was contacted and responded? _____

Was anyone transported via Ambulance? No Yes

List names of persons transported and where: _____

SECTION B: INCIDENT DETAILS

Description of incident (you may wish to attach diagrams for clarity):

Roadway conditions: (dry, wet, muddy, snowy, icy, slushy, other, or unknown) _____

Weather conditions: (clear, cloudy, rainy, fog, sleet, other, or unknown) _____

Lighting conditions: (daylight, dawn, dusk, dark – street lights, dark – no street lights, other, or unknown) _____

Location: (highway, county road, roadway, roadway curve, parking lot, service station, driveway, other, or unknown) _____

Type of incident: (select one of the following: collision, side collision, wheel touching, stopping, unclipping, road hazard / obstacle, loss of control, equipment failure, other, or unknown) _____

Activity at time of incident: (moving, turning, changing lanes, passing, entering/leaving traffic, slowing, stopped, arcobars, or other) _____ (est. speed) _____

Source of the incident: (involved rider, other rider, motor vehicle, roadway surface, objects/obstructions, animals, humans, weather/environment, other) _____

Cause of the incident: (unsafe speed, lane change, turning, passing, following too closely, action by other rider, action by car driver, failure to signal or warn, failure to observe or yield, other) _____

Witness Information: List the name, address, phone numbers of all witnesses (impartial witnesses are the most important): _____

If Motor Vehicle involved: Police Report filed YES: NO: Citation issued: YES:

NO:

Action items to prevent this type of incident from reoccurring:

The Pedal Pusher

This is the order form for a second clothing order. All prices are estimates.

If the minimum quantity for an item is not met, that item will not be ordered.

All moneys are due prior to the order being placed (that information will be given at a later date.)

Order forms are due by the October club meeting (Tuesday, Oct. 7th)

Contact Jeff Dixon at snine5@yahoo.com with any questions.

Name: _____

Email Address: _____

Phone Number: _____

Description	Size	Quantity	Price per Item	Total
Short Sleeve Jersey	XS		\$56.00	
- Pro Fit	S		\$56.00	
- 15" Hidden Zipper	M		\$56.00	
	L		\$56.00	
	XL		\$56.00	
	XXL		\$56.00	
	XXXL		\$56.00	
Short Sleeve Jersey	XS		\$56.00	
- Club Fit	S		\$56.00	
- 15" Hidden Zipper	M		\$56.00	
	L		\$56.00	
	XL		\$56.00	
	XXL		\$56.00	
	XXXL		\$56.00	
Shorts - Mens	XS		\$48.50	
- Men's Cut	S		\$48.50	
- Men's Chamois	M		\$48.50	
	L		\$48.50	
	XL		\$48.50	
	XXL		\$48.50	
Shorts - Womens	XS		\$48.50	
- Women's Cut	S		\$48.50	
- Women's Chamois	M		\$48.50	
	L		\$48.50	
	XL		\$48.50	
	XXL		\$48.50	

(See Clothing Order Form, Continued on Page 19)

(Clothing Order Form, Continued from page 18)

Enter the quantity you will commit to purchasing if the minimum quantity is met.			
If the minimum is not met this item might not be ordered.			
Long Sleeve Jersey	XS		\$71.00
- 15" Hidden Zipper	S		\$71.00
- Minimum quantity necessary = 16	M		\$71.00
	L		\$71.00
	XL		\$71.00
	XXL		\$71.00
	XXXL		\$71.00
Enter the quantity you will commit to purchasing if the minimum quantity is met.			
If the minimum is not met this item might not be ordered.			
Wind Vest	XS		\$56.00
- Minimum quantity necessary = 16	S		\$56.00
	M		\$56.00
	L		\$56.00
	XL		\$56.00
	XXL		\$56.00
Enter the quantity you will commit to purchasing if the minimum quantity is met.			
If the minimum is not met this item might not be ordered.			
Wind Jacket	XS		\$56.00
- Minimum quantity necessary = 16	S		\$56.00
	M		\$56.00
	L		\$56.00
	XL		\$56.00
	XXL		\$56.00
Total Due at time of order			

The Weather Bike? by Ron Ostrowski

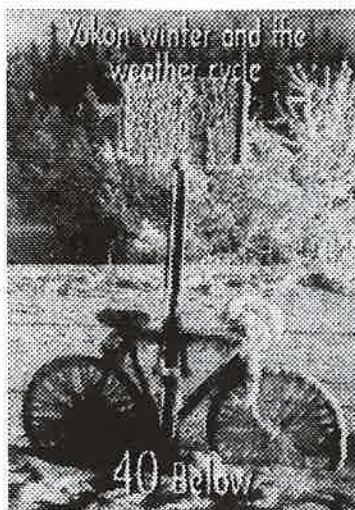
I'm sure most, if not all of you, have heard of the "Weather Rock" that can predict what the weather is at any given moment. Well, in the Canadian Yukon country I observed a local phenomenon, "The Weather Bike". It not only predicts the current weather but also the season of the year and time of day. How does this "Weather Bike" work?

If Bike is Wet = It's Raining

If the Bike disappears = It's Snowing

If the Bike is laying down = It's Windy

If Covered With Snow = It's Fall, Win-



ter or Spring

If Covered With Ice = It's Fall, Winter or Spring

If you can see the color of the Bike = It's Summer

If it's too dark to see the Bike = It's Nighttime or Winter

If you can see the Bike's shadow for 22 hours straight = It's the Summer Solstice

If you can barely see the Bike for two hours that day = It's the Winter Solstice

Leakey Trip

by Peri Mashburn

In order to reward all of our hard-working volunteers, the board thought that it would be a nice reward to provide a weekend of cycling in Leakey, Texas. We are also hoping that it will encourage more people to volunteer in the future. So, for those wonderful people that worked day of Katy Flatland, day of Bluebonnet, Jr. Nationals, or if you were a Saturday morning ride starter, we will be going to Leakey, Texas on December 12-14, 2003. This is our annual club trip to Leakey; however, this time around the club will be paying for the cost of the cabin rentals.

The cabins are actually located in Concan, Texas, and there are several websites that you can access on the internet if you wish further information. For those of us that can leave early on Friday, we usually do a ride that afternoon, leaving from the cabin going up Highway 83 toward Leakey. Saturday's ride is the loop from

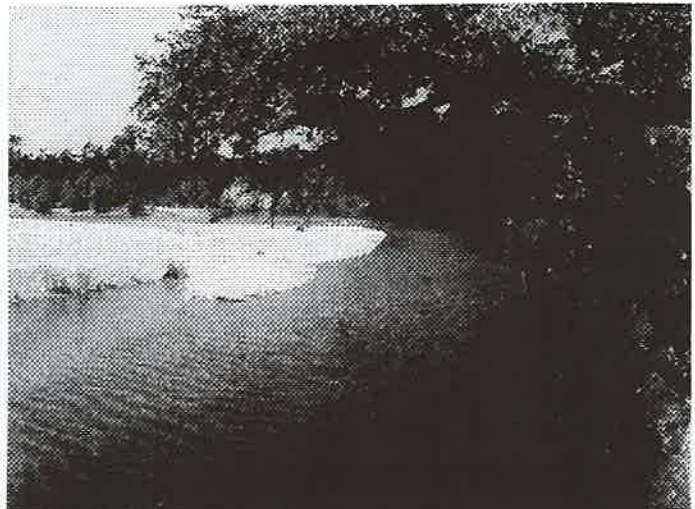
Leakey to Vanderpool to Utopia and back to Leakey, approximately a 50 mile ride. **WARNING-- THIS RIDE CONTAINS LOTS OF CLIMBS!!!!** You will have at least two climbs of more than a mile long. You will also have some descents of over a mile long, so be sure your bike is in top working order. I would suggest putting the largest cog that you have on your rear cassette. In fact, if you have access to a triple, Gregg Germer highly endorses the use of a triple. Sunday's ride is typically leading from the cabin, going to Leakey and then taking the road into Camp Wood. This involves a two mile climb just outside of Leakey.

All in all, the riding is pretty relaxed. There are no set start times. My suggestion would be to find a group that you want to ride with that is comparable to your skills, and you guys work out a plan that is right for your

group. Each cabin will be on their own for meals, so you will need to get together with your cabin mates and decide a meal plan.

DEADLINE-- Please contact me by email if you wish to attend. As we are not refunded the money for the cabin once we have paid, please do not respond unless you are absolutely sure that you will be attending. My email address is ismashpe@aol.com. All responses must be received no later than November 12, 2003.

If you have any questions email me or find me at a Saturday morning ride, and I will see if I can answer them for you. This is always a fun-filled weekend, with lots of hard riding, camaraderie, and good times. We hope you can join us this year and that this will be a reward for our volunteers for years to come.





PAWS AND PUDDLES BIKE RIDE

PROCEEDS BENEFIT THE ANIMAL
ALLIANCE OF GALVESTON COUNTY
13, 40 and 60 Mile Rides

Sunday, October 19, 2003

8:00 a.m. Start

Register online at www.active.com

For information call (409) 370-0455

artwork by Roland Castania, Wildlife Illustrations

START LOCATION: Texas City Rotary Pavilion, 1801 - 9th Avenue North, Texas City, Texas

REGISTRATION: \$25.00 if postmarked by October 12, 2003. \$30.00 if postmarked October 13, 2003 or later, including the day of the ride. All preregistered riders, if registered by October 12, 2003, are guaranteed a T-Shirt.

PACKET PICKUP: October 16, 17 & 18 at Northwest Cyclery, 17458 N.W. Freeway, Houston, Texas 77040 (713) 466-1240 or Day of Ride at Texas City Rotary Pavilion

Lots of banana bread and goodies at all rest stops. At the end of the ride, relax and listen to a live band. Hot dogs, chips and a drink will be served to all registered riders. Refreshments for non-registered guests will be sold.

RANDOMLY SELECTED PACKETS WILL CONTAIN SPECIAL PRIZES!

Make checks payable to: Animal Alliance of Galveston County
Mail to: Animal Alliance, P.O. Box 0128, Texas City, TX 77592

PLEASE PRINT CLEARLY.

Last Name _____ First Name _____
Address _____
City _____ State _____ Zip _____
Route 13 40 60 T-shirt M L XL XXL Telephone # _____

I fully realize the dangers of participating in a bicycle ride and fully assume the risks associated with such participation including, by way of example and not limitation, the following: the danger of collision with pedestrians, vehicles, other riders and fixed or moving objects; the danger of falling from the bicycle; the danger of equipment failure, inadequate safety equipment, and weather conditions; and the possibility of serious physical and/or mental trauma or injury associated with athletic cycling competition. I hereby waive, release and discharge, for myself, my heirs, executors, administrators, legal representatives, assigns and successors in interest, from and 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 accept full responsibility for payment of all medical costs incurred which are due directly or indirectly to my participation in, travel to or return from this event. I agree it is my sole responsibility to be familiar with the title 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 title officials or organizers and I want continuously ride on as to whether endangers myself or others. I accept responsibility for the condition and adequacy of my equipment. I will wear a helmet. I have no physical or mental condition which, to my knowledge, would endanger myself or others if I participate in this event, or would interfere with my ability to participate in this event.

Signed _____ Date _____
Parent or Guardian if under 18 _____

10/03

SHRINERS HOSPITAL FALL CLASSIC

Supported by the Houston Bicycle Club



Ride to help the Children

SHRINERS HOSPITAL FALL CLASSIC
Benefit Bicycle Ride
Saturday, October 18, 2003

OCTOBER 18, 2003

To download registration form visit our
website at www.woodwardsworld.net

Great SAG stops. Well stocked and attended Food after the ride and Great Prizes. Proceeds will go to Houston Orthopedic and Galveston Shrine Burn Center

The Ride will start at Royal High School, Pattison TX. First riders out at 8 AM. Course closes at 4pm. Ride rain or shine, no cancellations or refunds.

DIRECTIONS

Take I-10 West exit 732 (Brookshire 359) turn right (North) and follow 359 to Durkin Road turn right you will then be instructed where to park.

REGISTRATION FEE

\$30 if postmarked by September 26, 2003 \$ _____

\$35 if postmarked after September 26, 2003 \$ _____

Total \$ _____

The \$30 dollar registration fee entitles you to (1) ticket for the prize drawing. Additional prize drawing ticket(s) can be earned by pledging money. You receive (1) ticket for every \$100 pledged. Please see Sponsor Sign-up Sheet.

PACKET PICKUP: (check one)

☐ Sun & Ski Sports
6100 Westheimer
713-783-8180
Oct. 14, 3pm-8:30pm

☐ Northwest Cycles
17458 Northwest Fwy.
713-466-1240
Oct. 16, 11am-7pm

☐ Sun & Ski Sports
Katy Mills Mall
281-644-6040
Oct. 15, 3pm-8:30pm

☐ Race Day
Oct. 18, 5:30am-8am

RIDE DISTANCE: (check one)

☐ 23 ☐ 35 ☐ 57 ☐ 70 ☐ 100

T-SHIRT SIZE: (check one)

☐ M ☐ L ☐ XL ☐ XXL

The First 1,000 riders registered are guaranteed an event T-shirt and water bottle.

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

Make checks payable to: Shrine Hospital Benefit Bike Ride
"Tax Deductible"

Mail to: Shriners Hospital Fall Classic
2900 North Braeswood
Houston, Texas 77025
Attn: Bike Ride

REGISTRATION FORM

Last name First Name Middle initial

City State Zip

Day phone Night Phone Cellular

e-mail

Emergency Contact Name Phone Number

WAIVER STATEMENT (must be signed)

In consideration of my entry, I certify that I am medically able and adequately trained to participate in the Shriners Hospital Benefit Bicycle Ride. I do hereby waive, release and discharge for myself, heirs, executors and administrators, any and all claims for damages against the Houston Bicycle Club, The Shriners Hospital Benefit Bicycle Ride Sponsors, and their respective officers and representatives, arising from my participation in the Shriners Hospital Benefit Bicycle Ride. I agree to operate my bicycle in a safe and reasonable manner and in accordance with the laws of the State of Texas. I acknowledge that the Houston Bicycle Club and the ride sponsors require the use of an ANSI or Snell approved bicycle helmet while riding a bicycle and that riding without a helmet greatly increases my risk of injury.

Signature Date

Parent/Guardian if under 18 Date

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> |
| ☐ 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

Are you in a cycling rut? You may be, and not even know it. One Saturday in September, several NWCC riders tried something different and rode the Anahuac Bike Tour, in, you guessed it, Anahuac, Texas. There was no mass start, no staged start, just disorganized trickle. The routes varied from 7 miles to 85 miles, and they were, of course, flat, flat, flat. All routes were fairly rough chip seal, and way far away from anything. Very, very rural. The rest stops, all four of them, were the bare minimum, and quickly ran out of supplies. There were no porta-potties, but instead each stop was located close to a public or private rest

room. There were no officers or anyone else directing traffic or manning intersections, no mechanical support, and all of the sag vehicles were unmarked sedans with their cloaking devices on.

Sounds pretty different, doesn't it. Yet, the routes were well laid out, well marked, and most volunteers were very friendly. The course was definitely not crowded, and the local population was helpful and courteous, even to the point of stopping and offering help. All the riders that I spoke to seemed to really enjoy themselves, and planned to "do this one again."

Did you order your Road ID? I did. The tag could have up to six lines of twenty-three characters each. I used all six lines, three of them with twenty-two, and three with twenty three, characters.

Be sure to attend the October and November membership meetings to nominate and elect officers for next year. And, of course, we have the Huntsville and Leakey trips coming up, as well as the Christmas Party and the New Year's day ride. Saturday ride starts are now at 8:00. The end of the year and winter riding will soon be here, so inventory your winter gear, and start making out your Christmas list now!