

# The Pedal Pusher

December 2003

Vol XVII, Issue 12

A monthly  
publication  
promoting  
the spirit of the  
Northwest Cycling  
Club

## Message from the President by David Collins

### Inside this issue

|                                  |    |
|----------------------------------|----|
| Message from the President       | 1  |
| Club Contact Info                | 2  |
| Round the Corner                 | 2  |
| Race Dates                       | 2  |
| Veracruz RR                      | 3  |
| October 2003 Calendar            | 6  |
| Calendar Key                     | 7  |
| NWCC Classified                  | 8  |
| Race Results                     | 9  |
| Northwest Cyclery                | 10 |
| Biker's Lament                   | 11 |
| Scholarship Application          | 12 |
| Is Your Bike Safe to Ride?       | 15 |
| NWCC Volunteers of the Year 2003 | 17 |
| Dog Incident Form                | 18 |
| NWCC Membership Application      | 19 |
| ...And Way in the Back...        | 20 |

As I take office I would like to thank the outgoing officers for a job well done. Over the past two years Lori, Peri, LeAnn and Tracy have done an excellent job of representing the club and looking after it's interests.

As I think back over the last two years I can think of several things that they have gotten the club involved in that, I believe, were all successful. A little over a year ago we hosted the state road race for the first time. Even though we had to reschedule because of weather we ultimately had a successful race. This year we topped that by being the lead club in hosting the Junior/Espoir Road National Championships. The recently completed Tour Day Huntsville seemed to be enjoyed by all that participated. Last spring we held one of the monthly meetings at Zube Park after one of the Saturday morning rides. We just initiated a partnership arrangement with the juniors program at the Alkek Velo-

drome that will bring additional junior riders into the club. I am sure I am leaving out other noteworthy firsts that have happened over the last two years but hopefully those listed above will illustrate just how active the retiring slate of officers has been.

All these new activities were added on top of our traditional club activities such as the Bluebonnet Express, the Katy Flatland, regular Saturday morning rides, the Holiday party and others. If you sit down and start trying to list all of the things that this club is involved in the list can be fairly intimidating.

Of course the elected officers can not accomplish much without the backing and assistance of the other members of the Board of Directors and the support of the volunteers in the club. Thankfully most of the other board members have agreed to continue for the coming year.

At the November meeting club members selected Zeke and Diana Zbornak as the 2003 Volunteers of the Year. I have not talked to anyone who does not agree that this was a well deserved honor.

Volunteers are the backbone of this club and you are likely to see me write about this topic more than once in the coming months. David Lynch is currently looking for volunteers to work on the Bluebonnet Express ride in March. This is one of the major fund raising efforts of the club. Please contact him if you are willing to work on this ride.

If you have suggestions for topics to cover at club meetings or activities you think the club should be involved in please let me, or any other member of the board, know. We can not know that we are representing your interests unless we hear from you.

## ROUND THE CORNER

**Wind Trainer Sessions:** Morris Taymon will be leading the sessions to be held at Northwest Cyclery. Be ready to start by 6:30 pm. Bring your own bike and wind trainer and be prepared for a hard workout. Sessions will be every Wednesday all winter except for the weeks of Thanksgiving, Christmas and New Years.

**Club Christmas Party, St. Arnold's Brewery, 2522 Fairway Park Drive, Houston. Dec 5, 6:30 PM:** Club members and guests. Catered dinner, pot luck dessert. Free Beer and White Elephant gift swap.

**Leakey Volunteer Weekend, Dec 12-14** This is our annual club trip to Leakey; however, this time around the club will be paying for the cost of the cabin rentals for those wonderful people that worked day of Katy Flatland, day of Bluebonnet, Jr. Nationals, or if you were a Saturday morning ride starter.

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

## TMBRA 2004 Subaru Spring Championship Series

|        |                  |
|--------|------------------|
| Feb 15 | Rocky Hill       |
| Feb 29 | Comfort          |
| Mar 14 | Waco-NORBA Nat'l |
| Apr 4  | Bar H            |
| Apr 18 | Flat Creek       |
| May 2  | Warda            |
| May 16 | Tapatio Springs  |
| May 30 | Broken Oak       |

## TXBRA Texas Cup Calendar for 2004

|        |                                      |          |
|--------|--------------------------------------|----------|
| Dec 6  | GCCA                                 | Houston  |
| Dec 7  | REI Austin Cycling Team CX Challenge | Austin   |
| Dec 13 | Fuji CycloCross                      | Austin   |
| Dec 14 | Fuji CycloCross                      | Austin   |
| Dec 21 | Tx State CycloCross Championships    | Hunt, 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](mailto:wes.morrow@natoil.com)

## Club Officers

|                          |                                                                                |              |
|--------------------------|--------------------------------------------------------------------------------|--------------|
| President                | David Collins                                                                  | 713-676-5656 |
|                          | <a href="mailto:DACOLLIN@GATEWAY.NET">DACOLLIN@GATEWAY.NET</a>                 |              |
| Vice President           | Melanie Lacy                                                                   | 281-356-1346 |
|                          | <a href="mailto:mlacy24@aol.com">mlacy24@aol.com</a>                           |              |
| Secretary                | Michael Muirhead                                                               | 713-527-9765 |
|                          | <a href="mailto:muirhead69@aol.com">muirhead69@aol.com</a>                     |              |
| Treasurer                | Ron Ostrowski                                                                  | 713-744-9866 |
|                          | <a href="mailto:rostrowski@webtv.net">rostrowski@webtv.net</a>                 |              |
| Past President           | Lori Walker                                                                    | 281-370-3591 |
|                          | <a href="mailto:lwalkercycling@sbcglobal.net">lwalkercycling@sbcglobal.net</a> |              |
| Membership Chairperson   | Juan Barboza,                                                                  | 713-799-1016 |
|                          | <a href="mailto:Juan.A.Barboza@uth.tmc.edu">Juan.A.Barboza@uth.tmc.edu</a>     |              |
| Volunteer Chairpersons   | Zeke and Diana Zbornak                                                         |              |
|                          | <a href="mailto:gzbarnak@ev1.net">gzbarnak@ev1.net</a>                         | 281-259-9764 |
| New Rider Leader         | Bill Mitchell                                                                  | 281-255-3408 |
|                          | <a href="mailto:mitchellbf@msn.com">mitchellbf@msn.com</a>                     |              |
| Katy Flatland Director   | Chuck Martin                                                                   | 281-550-2798 |
|                          | <a href="mailto:cbmartin@ev1.net">cbmartin@ev1.net</a>                         |              |
| Bluebonnet Director      | David Lynch                                                                    | 713-939-2263 |
|                          | <a href="mailto:lynchdal@yahoo.com">lynchdal@yahoo.com</a>                     |              |
| Rider Safety Chairperson | Alan Bazard                                                                    | 713-937-4497 |
|                          | <a href="mailto:abazard@txucom.net">abazard@txucom.net</a>                     |              |
| Race Team Director       | Bill Reilly                                                                    | 281-752-4298 |
|                          | <a href="mailto:BREILLY@coral-energy.com">BREILLY@coral-energy.com</a>         |              |
| MtnBike Team Director    | Tony DeOre                                                                     | 713-861-5738 |
|                          | <a href="mailto:tonydeore@hotmail.com">tonydeore@hotmail.com</a>               |              |
| Mtn Bike Chairperson     |                                                                                |              |
| Newsletter Editor        | Wes Morrow                                                                     | 713-856-4982 |
|                          | <a href="mailto:wes.morrow@natoil.com">wes.morrow@natoil.com</a>               |              |
| Primary Sponsor          | Cathie Neagli                                                                  |              |
|                          | <a href="mailto:cneagli@aol.com">cneagli@aol.com</a>                           | 713-466-1240 |

NWCC website:

[www.northwestcyclingclub.com](http://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

Printed by  
**Responsible Printing**

713-722-0100  
[responsibleprinting@ev1.net](mailto:responsibleprinting@ev1.net)

## Veracruz-Alvarado-Veracruz Road Race 2003

by Jonathan Sinclair

**Editor's Note:** Part one of this account was in the November issue. Part one is included in a condensed form in this account for the purpose of continuity.

### The Race

A friend of mine from South Texas told me about a big race in Veracruz, Mexico, on Sunday, August 31<sup>st</sup>. It sounded like a good way to end the summer. We got up around 5:00 a.m. on Friday morning and headed out for Reynosa on the Mexican side. We finally arrived in Veracruz around 5:00 a.m. Saturday morning. We went to a nice restaurant on the beach for lunch Saturday. After lunch we went downtown to go register for the race; it was on the Mexican national race calendar so it was a pretty big deal there. They told us that each team could have a follow vehicle to give feeds during the race and since I was the only one racing the Elite category and we had two cars I got my own follow vehicle. The race was just an excuse for everyone else to go on vacation, so they were out making the most of it and having fun. Veracruz is famous for its dances downtown.

### Race day

My race started first at 8:00 a.m. The roads were still very wet. My race was 140 km. with a 10 km. neutral roll out from the

large aquarium in Veracruz (it's supposedly the largest in South America). At the start I looked around and determined that there were over 80 in my field. I was the only gringo and being taller than everyone else stuck out like a sore thumb. Since Veracruz is less than 3 hours from Mexico City, a few pro teams drove over and there were quite a few Mexican pros in attendance overall. The race went from Veracruz to Alvarado and then back to finish along the coast in Veracruz. I couldn't understand exactly where they said the finish would be, but that's one problem with not speaking fluent Spanish and racing in Mexico.

Right when they started us off someone ramped up the pace to about 45 km/h. The road leading out of Veracruz was pretty good, but the further we got away from town road conditions worsened. There were quite a few pot holes and over there they don't mark anything so you have to watch out to keep from getting a pinch flat or waffling a wheel and going down. Since I was considerably taller than everyone else in the race I could see straight to the front if I sat up all the way. We went through a little town after about 30 km. of racing and I saw guys jumping their bikes over something up front. It took me a little while to

figure out what it was. Speed bumps! There happened to be four in a row going through the town we passed and fortunately I was able to bunny hop them all. I heard several guys hit them pretty hard and dink their rims getting flats as a result.

At about 40 km. into the race I figured we were going through the section they said was the bad part until we reached a section that was composed entirely of gravel. The rain during the night had soaked everything and there were muddy puddles in between the slick, loose gravel. I've never raced on anything like that. I had mud splattered all over my jersey and face from trying to follow the wheels. I found out after the race that one guy went down in that section and shattered his right cheek bone. The gravel lasted for about a mile and then ended as abruptly as it had started. After that I was glad to have blacktop with potholes again. The field at that point had dwindled down to about 60 or so and a 5 man break had gone clear somewhere in the middle of the bad section.

We went through another town with about 4 speed bumps about 60 km. into the race and the last one I hit with my rear wheel

*(Continued on page 4)*



*(Continued from page 3)*

causing my only full bottle to launch out of its cage. Fortunately we were close to the turn around at that point. We saw the breakaway come by us with about a 1 km. lead and it looked like they were riding very strong.

### **Moving Feed**

I badly needed a feed and fortunately they let the cars start moving up to give feeds right after we made the turnaround. I rolled off the back of the field to get a feed and immediately realized that it would be a little more complicated than I had originally thought. I ended up just trying not to get run over by the other team vehicles for a while. They had completely ignored the order they were supposed to be in and were passing us on both sides of the road. Because of this I had to drift fairly far from the field to get my feeds. I took two bottles and then rode back up between the cars to the field. Before the first set of speed bumps on the way back I put my bottles in the back of my jersey to keep them from flying out, but somehow I still lost one as I bunny hopped the 3<sup>rd</sup> one of 4.

### **End Game**

The field shrank a bit due to several more flats. Everyone looked to be dealing with the heat fairly well, but I was feeling the effects so I sat in doing little work at all. I drifted back for another feed and regained the

field just before we went back through the "bad" section. The field split in half partway through and unfortunately I was in the trailing half. In the disorganization coming out of the gravel the lead group got about 500 meters on us. My group was composed of about 20 so I decided to sit in and let everyone else close down the gap. My strategy worked pretty well and the gap was coming down steadily until we got to within 50 meters or so and several guys started attacking and trying to bridge up solo. This disrupted our group and the gap started widening as the field was not slowing down any. It was to their advantage to hold us off if they could. It looked as though we were in danger of losing contact for good so I went with a particularly strong attack of 5. Several more guys followed me so we were about 8 strong. We were fairly well organized and everyone was pulling through pretty hard. The gap started coming down again and it didn't take too long for us to rejoin the field. The remainder of the second group was never able to rejoin.

I made it over the second set of speed bumps without losing any more bottles or flatting which made me pretty happy at that point in the race. With about 20 km. to go attacks started going off the front. They were only 1 or 2 men strong and pretty much a waste of energy because the field was chasing down everything fairly quickly and the

group of 5 that had escaped on the way out had such a commanding lead that they wouldn't be caught. This went on for about 10 km. As we got closer to Veracruz the field wasn't reacting to attacks as quickly as they had been previously and I realized that if I didn't get in a good move I was going to be left out. I worked my way to the front just as a group of 5 went off and I was able to chase on after a little while. They were very motivated to stay away and were working hard enough that we had a fairly good chance of staying away to the finish. Since I was alone I kept my rotations short. It looked as though the field, which was still about 30 strong, was chasing pretty hard as they were strung out single file about 200 meters back. We held the same gap more or less for the next 5 km. and everything was going well until one of the guys in the breakaway decided to attack and go alone. This caused everyone else to react and as soon as we caught him someone else went. This happened 4 or 5 times so I just sat on letting them attack each other. Unfortunately the field was closing in on us and the gap and was about 150 meters. The gap came down to only 100 meters and I couldn't get everyone to work together as they kept either attacking or sitting on my wheel when I took a pull. The gap was down to about 75 meters and several guys bridged up from the field that point I made a choice that would

*(Continued on page 5)*

(Continued from page 4)

determine what happened at the finish. Not being a sprinter I knew that if we were caught I had no chance to place in the money which went only 13 deep. My only chance was for the break to stay away so I decided to do all I could to keep us ahead of the field. After that I held the pace as high as I could. Fortunately several other guys realized the same thing I did and worked with me. The field was still about 75 meters back with about 2 km. to go when 1 of the guys who had bridged up to us and 2 of the guys who had been sitting on attacked. I chased hard at first to bring them back but everyone else sat on my wheel, so I went back to just trying to fend off the field and let them go up the road. I was getting really tired and I hoped that nobody else who was with me attacked because I was sure I we would be caught by the field if the pace kept getting interrupted. The gap came down a little, but with about 1 km. to go we had a fairly safe lead. The other guys started sitting up marking each other for the sprint. I yelled at them in the little Spanish I know as well as in

English that they better do something or we were all going to get caught at the line, but they acted like I wasn't there and ignored me. At that point I didn't care anymore so I set a steady pace giving it everything I had left to hold the field off. Everyone jumped me around a corner and then I saw the finish about 100 meters up the road. I threw my hat into the ring and sprinted as well as I could but couldn't quite get a wheel up on anyone and managed to finish last in my group except for one guy who fell off in the last km. As I coasted across the line in 12<sup>th</sup> I held up my arms and saluted the crowd. After getting off my bike and walking to the scorer's table someone asked for my autograph. I almost started laughing because that never happens to me especially after I've just stunk it up in a sprint. Then a kid asked if he could take a picture of me. I did start laughing then; I guess as a tall skinny white guy I was somewhat of an anomaly there like a circus side show or something. At that point I realized exactly how hot it really was. Without the wind in my face

it felt unbearable. Being closer to the equator makes the sun much more bright. My friend was 5<sup>th</sup> in his race.

### The Return Trip

The return trip was much less eventful. We left the hotel around 11:00 a.m. Monday morning. Busses passed us like crazy all day. They must pay the bus drivers on how good they are at going fast and staying on schedule. They certainly don't pay them to be safe drivers. On a single lane road one bus passed us from behind as well as the semi truck that was right in front of us just as another bus was coming in the other direction. Several times I thought we were all going to die, but surprisingly we didn't get into any accidents. We finally arrived back in Reynosa on Tuesday. After finally getting back to my friend's apartment I loaded my bike (which had taken a beating but performed well leading a charmed life over the weekend) and my other things and headed back to Weslaco to pack up and move back to College Station for the fall. It was a good race and a once in a lifetime experience.

## 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**

# December 2003

| Sun                                                | Mon                                                                                                                 | Tue                                 | Wed                                                                                                                   | Thu                                                                                                                                                                              | Fri                                                       | Sat                                                                                      |
|----------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|-------------------------------------|-----------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------|------------------------------------------------------------------------------------------|
|                                                    | 1                                                                                                                   | 2<br>No Club Meeting<br>In December | 3<br>Trainer Ride<br>6:30PM @<br>    | 4<br>Holiday Sale and<br>Giveaway<br>Low Prices and<br>No Interest 'til<br>2005 on bikes @<br> | 5<br>Christmas Party<br>St. Arnold's Brew-<br>ery 6:30 PM | 6<br>CLUB RIDE<br>Zube Park 8:00<br>AM                                                   |
| 7                                                  | 8                                                                                                                   | 9                                   | 10<br>Trainer Ride<br>6:30PM @<br> | 11                                                                                                                                                                               | 12                                                        | 13<br>CLUB RIDE Zube<br>Park 8:00 AM<br><br>Leaky Volunteer<br>Appreciation<br>Road Trip |
| 14<br>Leaky Volunteer<br>Appreciation<br>Road Trip | 15<br>Board Meeting<br>7pm @<br> | 16                                  | 17<br>Trainer Ride<br>6:30PM @<br> | 18                                                                                                                                                                               | 19                                                        | 20<br>CLUB RIDE<br>Zube Park 8:00<br>AM                                                  |
| 21                                                 | 22                                                                                                                  | 23                                  | 24                                                                                                                    | 25<br>                                                                                       | 26                                                        | 27<br>CLUB RIDE<br>Zube Park<br>8:00 AM                                                  |
| 28                                                 | 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.

### Responsible Printing

One Color To Full Color • Typesetting & Design  
Presentation Folders • Brochures • Stationery • Forms  
Newsletters • Books • Catalogs • Business Cards

Ph: 713-722-0100

Fax: 713-722-0153  
responsibleprinting@ev1.net

## DECEMBER RIDES

**Mission to Mission "Wheels for Meals"** December 6 San Antonio, Tx <http://www.teamcure.org/missiontomission.htm>

**Tour d' Lights** December 13 Pearland, Tx e-mail [fenwick@keeppearlandbeautiful.org](mailto:fenwick@keeppearlandbeautiful.org)

## JANUARY RIDES

**New Year's Day Ride** January 1 San Antonio, Tx 210-656-1655

**Happy New Rear!** January 1 Dallas. Tx <http://www.bikinmike.com/outdoor/happynewrear/HappyNewRearFlier2003.pdf>

## FEBRUARY RIDES

**FrostBike** February 1 Houston, Tx

**The Big Chill Bike Ride** Feb 8 Houston, Tx <http://www.houstonsudbury.org/Big%20Chill%20Registration%20Form.pdf>

**West U Warm Up** February 15 Houston, Tx

**Wild, Wild West Ride** Feb 22 Houston, Tx

**Lion Ride** Feb 28 Houston, Tx

**Tri-County Hill Hopper** Feb 29 Houston, Tx



## NWCC CLASSIFIED

**For Sale:** '01 Trek 2200 Road Bike, 58cm, 4800 miles: Metallic yellow with blue/black accents. Aluminum frame, carbon fork, Rolf Vector wheels, Shimano 105 components. Stock saddle only used first 500 miles. New Continental Grand Prix 3000 tires (under 300 miles). Complete overhaul at NWC and Dura-Ace chain in March '03. Pedals not included. Asking \$775. Contact Steve Scott at 713-410-2524 or [stevescott@wtez.net](mailto:stevescott@wtez.net)

**For Sale:** For Sale: Rigida DP18 wheels: Front has 18 bladed spokes, Rear has 24, Rigida DP18 rims are a deep dish design. Sachs sealed bearing hubs with a Shimano 8,9,10 compatible freehub. Wheels are about 5 years old with very light use. Great for time trials. Will sell for \$150 for the pair. Contact Bruce Gilbert at [bgilbert@hal-pc.org](mailto:bgilbert@hal-pc.org)

**For Sale:** 1996 Trek 5200, 58 cm. Asking \$1,300.00. Contact Terry Huntzicker at 281-468-8796 or [Huntzicker@pocketmail.com](mailto:Huntzicker@pocketmail.com)

**For Sale:** 1981 54cm Bianchi with sew-ups \$125.00

198? 54cm Grandis with Campy Wheels \$200.00

1983 54cm hand built Italian bike with new paint \$250.00, all Campy equipped.

1997 54-55cm Raliegth aluminum road bike with new Mavic Cosmos wheel set, (and Spinergy wheel set) all Ultegra, 39 & 42 chainwheel, LOOK Pedals, Selle Flite - Excellent Condition. Asking \$1225

Roland Tandem, Great Shape ...\$625.00

Boy's 24" Gary Fisher Full Suspension Mtn. Bike (less than 100 miles!) -\$250.00

Contact Ed Mancuso at 281-373-5960 or at [penandink@ev1.net](mailto:penandink@ev1.net) LAST CHANCE! MAKE OFFER!

**For Sale:** Speedplay X3 Pedal System. Used for approximately 3 months. Great shape! Also Includes Speedplay cleat covers. \$75.00. Email Melissa Thomas for photo at [trigokey@aol.com](mailto:trigokey@aol.com) or call at 281-807-7009, or 281-948-9502.

**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 3<sup>rd</sup> ride. The frame has a couple of small scratches on it. Contact Cody Mikeska @[halliburton.com](mailto:halliburton.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](mailto:RJSARCH@earthlink.net)

Have an advertisement or announcement for the Pedal Pusher's classified section? Send submissions to [wes.morrow@natoil.com](mailto: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

## 2003 Subaru Texas Fall Cup Overall Results

Houston thru Final Standing

| Name               | Category     | Gender | Class | Houston | Ruston | Total |
|--------------------|--------------|--------|-------|---------|--------|-------|
| Bill Duckworth     | Expert       | M      | 30-39 | 19      | 16     | 24    |
| Jack Talton        | Expert       | M      | 30-39 | 6       | 14     | 11    |
| David James        | Expert       | M      | 40-49 | .       | .      | 32    |
| Steffi Penco       | Expert       | F      | 30-39 | .       | .      | 7     |
| Tony Deore         | Sport        | M      | 30-34 | 8       | 12     | 18    |
| Colin Winsor       | Sport        | M      | 35-39 | 18      | .      | 27    |
| Morris Taymon      | Sport        | M      | 40-44 | .       | .      | 47    |
| Beth Schlotterbeck | Sport        | F      | 19-29 | .       | 1      | 4     |
| Melany Lacy        | Sport        | F      | 40+   | .       | .      | 8     |
| Mike Frye          | Beginner     | M      | 30-34 | .       | .      | 56    |
| John Deckert       | Beginner     | M      | 40-44 | 9       | .      | 18    |
| Doug Lamond        | Beginner     | M      | 40-44 | .       | .      | 23    |
| George McKenna     | Beginner     | M      | 50-99 | .       | .      | 11    |
| Beth Schlotterbeck | Beginner     | F      | 19-29 | 1       | .      | 1     |
| Doug Lamond        | Single Speed | open   | open  | .       | .      | N/A   |



## HOLIDAY SALE AND GIVEAWAY

**ONE DAY ONLY  
NO DOWN PAYMENT AND NO INTEREST  
'TIL 2005\***

**Plus FREE gifts with a  
qualifying new bike purchase!**

**Thursday, December 4, 2003 ONLY  
10 am—8 pm**



**Hwy 290 @ Jones Rd.**

**Houston, Tx 77040**

**713-466-1240**

**M-F 10-7 • Sat 10-5 • Sun 12-4**

### FOR KIDS!

#### Giant Animator

With a rugged steel frame and 16-inch pneumatic tires, it's the perfect starter bike for 3 to 5 year olds!

**Holiday Sale Price:**

**\$9999**

### FOR TEENS!

#### Giant Sedona. ST

Whether you're cruising the bike path or tackling the trail, comfort and performance is what the Sedona is all about.

**Holiday Sale Price:**

**\$19999**

### FOR ADULTS!

#### Giant Cypress.

Named the #1 Comfort Bike by a leading consumer magazine! With an upright riding position and suspension, it absorbs bumps to deliver a smooth ride and easy pedaling.

**Holiday Sale Price:**

**\$26999**

Please join us for a very special Holiday Bike Sale and Giveaway on Thursday, December 4th, at Northwest Cyclery! This invitation-only, one-day event gives you the perfect opportunity to pick up holiday gifts that are fun and healthy for your family.

**Enjoy low prices and No Down Payment and No Interest 'til 2005\*.**

Take advantage of our low prices on high quality bikes during our Holiday Sale and Giveaway! You can also receive **No Down Payment and No Interest 'til 2005\*** on all your new bike purchases.

**Get FREE holiday gifts with every qualifying purchase!**

During our Holiday Sale and Giveaway, you'll receive free gifts when you make a qualifying purchase of a kids', teen or adult bike. So buy a bike for someone on your list and give the free gifts as stocking stuffers! See the list at the bottom of this letter for details.

**We have kids' bikes—and you won't stay up all night putting them together.**

Whether you want fun bikes for your children or more adventurous models for teenagers and adults, Northwest Cyclery can provide you with gifts that promote fitness for the whole family. You'll find a full-range of bikes in stock, from comfortable cruising models to bicycles built for speed. And you can rest easy knowing that your new bikes were safely and professionally assembled by some of the best mechanics in the industry.

**Stuff all of those holiday stockings with great gear!**

Northwest Cyclery has a huge selection of stocking stuffers as low as \$9.99 each. Choose from water bottles, lights, gloves, locks, helmets and more. We look forward to seeing you during this exclusive holiday sale!

**Happy Holidays!**

**Cathleen Neagli**

**Owner**

P.S. Because you are one of our most valued customers, we want you to be aware of this private opportunity to buy high-quality bikes for the holiday season with

**No Down Payment and No Interest 'til 2005\*.**

**Free Radio Disney CD Gift Pack**  
(retail value \$9.98) when you  
spend \$99 or more on any new  
Kids' Bike.

**Free Water Bottle and Lock**  
(retail value \$25) when you  
spend \$199 or more on any new  
Teen Bike.

**Free Cycling Computer (retail**  
value \$35) when you spend  
\$269 or more on any new Adult  
Bike.



## Join us for the HOLIDAY SALE AND GIVEAWAY

**ONE DAY ONLY  
NO DOWN PAYMENT AND  
NO INTEREST 'TIL 2005\***

**on all new bike purchases!**

**Plus receive FREE gifts with every  
qualifying new bike purchase!**

**Thursday, December 4, 2003 ONLY 10 am—8 pm**  
**Bring this certificate to:**



**Hwy 290 @ Jones Rd.**

**Houston, Tx 77040**

**713-466-1240**

**M-F 10-7 • Sat 10-5 • Sun 12-4**

\*Subject to credit approval. Minimum finance amount is \$200. A minimum monthly payment of the greater of 3% or \$15 is required every month. At any point during the Same as Cash period, the entire purchase amount may be paid off with no interest charge. Payment must be received in full PRIOR to the Expiration Date to avoid interest charges. APR 24%, minimum finance charge \$.50. See Financing Agreement for Details.

†Offers may not be combined. One gift giveaway with purchase.

## Biker's Lament

by Ron Ostrowski

Fall is in the air, with its falling leaves and dropping temperatures. The sometimes gentle northern breezes become stiff headwinds in the northerly sections of our Saturday morning rides. The dogs no longer plague us by their incessant nipping at our heels. They also sense the coming of winter and now lay down in the fields and lawns to protect themselves from the chilling winds.

Come Saturday mornings now, our thoughts don't gravitate towards making a decision to carry two or three water bottles to combat the heat. Now our thoughts are concerned with clothing. Is this going to be an arm warmer ride? Or does the need for long sleeve jerseys call us back to our closets.

The threat of rain comes almost daily. In Summer we would have welcomed the cooling drops, but now we shudder to think about being caught out in a downpour that would sap our body warmth and make an enjoyable ride into a survival trek back to Zube.

For many of us, the weekday rides have all but ceased. Darkness falls before we can venture out on our trusty steeds of steel, carbon, aluminum and titanium. No, we won't feel the rush of sprinting to the bridge this day.

The winter months create hermits of most cyclists. We crawl into our dens, bedrooms and garages to ride boring hours on stationary trainers or rollers. There is no banter from other cyclists. There is no wind through our helmets. There is no diversion of bumps, turns, road hazards and the like. There are no calls of "Cars Up", "Cars Back" or the dreaded "Dog Right". Winter is a time to consider other avenues of exercise. Perhaps a walk in the neighborhood. Maybe a short jog around the track. Dust off that Health Club card and rediscover your arm and back muscles on the fiendishly designed torture devices created by Nautilus and Nordic. Some call that fun?

Soon the great cycling skills we have nurtured over the summer months start to fail us. No longer do we go out with the 20+ groups. We become satisfied to hang with the 16-18 groups and be glad for their company. Applauding our ability to stay with the paceline for the entire 40 miles. I guess the term to use is "Degradation of Conditioning". Our 200 mile weeks become 40 or 30 miles. For now the cold is settling into Texas. Whereas before we would become heated-up after a few miles, now the entire ride challenges our body's ability to maintain 98.6.....

We still gather together but not

always at Zube. Our club meetings and Christmas season reunites us to reminisce about that long Summer Ride or that thrilling ride down a hill or the race we almost won. The discussions keep the thought of cycling ever in the forefront of our minds. For we know that soon SPRING will be here and we can once again throw down the gauntlet to the Texas heat and wind.

### **Now let us stop our lament.**

Instead, let us think forward to the day we will pray for a cool breeze or a bit of shade on our Saturday rides. When we will hope the ride ends before our water runs out. In order to hurry that day, go into your garage, bedroom or family room. There give your bike some loving first-aid by polishing the paint, lubing the fittings, cleaning the chain. Put on some new tires. Perhaps a new techie toy such as a GPS computer or brake pads that blink red when applied. Try on your club jersey again. Make out your 2004 training log sheets.

***Before you know it, our time on the road will be again.***



## Northwest Cycling Club Collegiate Scholarship Application

Northwest Cycling Club is one of the premier cycling clubs in the state of Texas. The club hosts two top-quality, successful rides each year that draw close-to, or over, 2000 riders to each event, along with hosting an USCF-sanctioned road race. The club has a weekly scheduled ride that typically has 100+ riders in attendance. On top of this, the club has several other events that are put on by the club members whose activities add benefit to the cycling community.

Northwest realizes it owes the club's success to its active members who volunteer to assist at club functions as well as other activities and projects to improve the sport of cycling. Thus, providing collegiate scholarships is viewed as another way that Northwest can give back to the cycling community. By financially assisting cyclists that are attending college the club feels that young cyclists will continue in the sport after they have gone off to achieve their academic foundations and also invite others in the collegiate cycling community to join and become more actively involved with furthering the sport.

The Northwest Cycling Club scholarships are awarded to college students who: are active members of NWCC, are active cyclists even during their school terms, show evidence of extraordinary constructive involvement in the cycling community and strive for excellence in their academics. For Spring 2004, and future semesters, there will be up to three scholarships awarded in the amount of \$500 each.

**Eligibility:** Must be a currently enrolled student for the school session in which the applicant is applying at a 2 or 4-year collegiate institution or graduate school. The applicant must be an active member of NWCC and have demonstrated involvement by participating in and supporting the club's activities. Those with grades of 3.0, or higher, during the previous semester, preferred.

**How to apply:** Please fill out the following application completely, and mail to the address below. All applications for the Spring 2004 semester must be received by December 31, 2003. After review of applications by the club's board, the scholarship recipients will be announced at the February club meeting.

**Important:** Please provide the following in support of your application:

- Official record of your grades for the previous semester
- Confirmation of status during the current/upcoming semester.

You may include any copies of awards received, letters of recommendations, and other appropriate documentation, which may supplement your application.

Remit to:  
NWCC  
Attn: Club President  
P.O. Box 1494  
Cypress, TX 77410

*(Continued on page 13)*

(Continued from page 12)

Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Phone: (home) \_\_\_\_\_ (work) \_\_\_\_\_

Permanent Address \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

E-mail: \_\_\_\_\_

College or University currently attending: \_\_\_\_\_

\_\_\_\_\_

Major: \_\_\_\_\_

Current Academic Status:

High School Senior \_\_\_\_\_

College Freshman \_\_\_\_\_

College Sophomore \_\_\_\_\_

College Junior \_\_\_\_\_

College Senior \_\_\_\_\_

Graduate Student \_\_\_\_\_

GPA for last semester: \_\_\_\_\_

Please list all academic honors or awards:

\_\_\_\_\_

\_\_\_\_\_

(Continued on page 14)

## The Pedal Pusher

*(Continued from page 13)*

Are you an active cyclist? \_\_\_\_\_

Are you currently a member of a cycling club? \_\_\_\_\_

If so, what club? \_\_\_\_\_

What cycling club activities have you participated in within the last twelve months?

---

---

---

---

---

In what manner, other than club activities, have you made a contribution to the sport of cycling? (you may use additional paper if needed)

---

---

---

---

---

What contributions do you plan to make in the future to the sport of cycling?

---

---

---

---

---



## Is Your Bike Safe to Ride?

by Ron Ostrowski

### Credits to:

Bret Gave – TREK

Lori Pahl – CANNONDALE

Gregory Ostrowski – My Son

Any time your bike makes noise is an indication that something is amiss. Either you or the shop mechanic needs to check it out. As some cyclist has found out the hard way, your bike could have a problem that doesn't warn you by making noises.

Airplane pilots, Surgery Nurses, Automobile Dealerships all work with extensive checklists that they go over in detail before starting the engine, prepping the patient or releasing a new car to the owner. Your bicycle is a complex piece of equipment with a lot of moving and stationary components. These can become loose, fatigue, or break at any time. Therefore, **YOU** should periodically check-out your bike before you get on it for a ride out into the countryside.

You don't have to be mechanically inclined to make a functional and safety check of your bike. The following items are primarily problems that you can detect visually once you take the time to REALLY look at your bike:

1. **Wheel alignment**-Pick up front or back of bike, while holding, spin you wheel. Is it running true

or is there a wobble. Could be just bad alignment or a loose spoke. Spin your wheel and lightly touch the spokes with your thumbnail. The musical sound you hear should be consistent for all spokes on both sides of the wheel. If you hear a "Thunk" you need to have your spokes cheked.

2. **Brake Pads**- While spinning your wheels, check for clearance between the rim and the brake pad. Squeeze your brake lever while spinning your wheel. Do the both pads touch the rim at the same time and retract when lever is released?
3. **Tires**-Are there any noticeable bulges in your tires. Are the threads worn off or casing showing through? Are there any cuts in the tire more than 1/8"? If any of these factors exist, replace the tire.
4. **Rims**- Look for dents in rim outer diameter where it meets the tire. Check around EVERY spoke where it exits the rim. Look for raised spot or discolored spots or cracks around the spoke holes. If you find anything, take

the wheel to the shop for further inspection, repair or replacement.

5. **Chain**- Chains wear out and stretch over time and miles. Some cyclists religiously change out their chain every 1000-2000 miles. Is your chain falling off when you change gears? Does your bike automatically change gears sometimes without your help? Watch the chain go around your pulleys and front chain-ring. Does it sort of HOP once in awhile? Could be a bad link. If so, it could be time for a new chain.
6. **Crankarms**-Listen to your bike. If you hear a creaking noise coming from your cranks, you either have a loose bottom bracket, a loose crankarm or a loose pedal. Have it checked out in the shop. Every time you wash your bike, visually inspect the crank arms for cracks. This usually occurs where the pedal threads into the arm. If you find anything, have them replaced for your safety.
7. **Handlebars**- Over time, the bars can get scored all the way around their cir-

(Continued on page 16)

(Continued from page 15)

cumference where they meet the stem. Visually check around this area. Handle bar tape needs to be in good repair. If you can't change it, take it to the shop. While the tape is removed, check out your handlebars for corrosion. Sweat from your hands can eat into an aluminum bar until it completely breaks off on you. This recently happened to a rider on our Saturday morning club ride.

8. **Seat-** Grab your seat with both hands. Can you move it in any direction? If so, you need to have something tightened or replaced. You don't want to lose your seat 30 miles into a 40 mile ride. Right Chuck??

9. **Headset Bearings-** Check for free movement, bad bearings and loose bearings. Lift bike up by saddle. Handle bars should move right to left easily. They should not lock into any one position. Put bike on the ground and lock your

front brakes. Place other hand on top of headset. Now rock your bike. You should not feel any movement in the headset. Turn the handle bars and repeat process. If your bike fails any one of these tests, take it to the shop for a check-up.

## 10. **And the No. 10 item to check is - Correct Tightening of Wheels-**

The biggest hazard on a bike is not correctly tightening the wheels. It seems simple, but so many people do not correctly tighten quick releases. So, this is the procedure as dictated to me by one of Northwest Cycleries Ace Mechanics (my son Gregory): "Hand tighten them with the quick release pointed directly away from the bike (in line with the hub). Then push the lever over with the palm of your hand. It should leave an imprint on your hand. If you don't see an imprint on your hand, open it up, tighten it more, and re-close it until you see an imprint on

your hand. Another point of caution: point the front quick release lever backward, behind your fork arm or upward, right next to your fork arm. Point the rear quick release lever between the seatstay tube and chainstay tube. These positions will prevent the levers from unintentionally getting caught on something and opened up (either in transporting your bike or in case of an accident...nothing makes an accident worse than losing a wheel in the middle of it...).

As with any safety inspection program, you don't have to check all of these items EVERY time you get on the bike. But pick one or more items every week or two and REALLY check them. Preventive maintenance could mean preventing accidents.

Have a safe ride.

Keep the rubber on the road.

And feel free to draft on my wheel any time.

Ron J

**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.

## NWCC Volunteers of the Year 2003

by Sam Wright

Each year in November NWCC recognizes one or more club members for outstanding sacrifice and participation in club activities. As Volunteer(s) of the year, those recognized are awarded a lifetime membership to the club, and many more opportunities to volunteer.

The Volunteers of the Year 2003 are Zeke and Diana Zbornak. The two have served this year as volunteer coordinators, and have been extremely active for the past several years in the club. They and their large yellow (some say orange) truck have been a huge asset to the club, sagging rides, hauling gear, supplies, and even people, and generally "filling the gap." But, who are these people? From whence did they come?

Zeke is a retired school teacher and coach and Diana is a homemaker and Mama to six poodles that have

retired from the show ring. Zeke reports that they moved from Illinois to the Houston area in 1996 to get away from the cold, snowy winters in Illinois. It was a perfect move because their daughter and her family live in Spring, just a short way from their house.

They joined the Northwest Cycling Club about 4 years ago, after attending a meeting and participating in some of the Club's Saturday morning rides. According to Zeke and Diana, they have had so much fun and met so many wonderful people in the Club that their volunteering is just a way of trying to give back a little to a Club that has given them so much enjoyment.

When they lived in Illinois they used to ride occasionally, but nothing like they have been doing since their move to Texas. In 1985 Diana did her first century ride in order to get

over a cycling accident (she was hit by a pickup truck and suffered a broken leg and ribs), so she felt that one way to relieve the anxiety was to ride a century.

Outside of cycling, Zeke likes to play computer games and watch football and baseball on TV and Diana likes to sew, cook, groom and play with the dogs.

What about the yellow truck? Originally acquired to provide transportation for the show dogs, now you might say it is just along for the ride. Zeke and Diana use it to transport their bikes and other gear, and it comes in handy for many things, ranging from a changing room to a dry place to store ride supplies. The Zbornaks race and ride off and on the road, and are seldom missing from any club activity. Their enthusiasm and giving spirits are an inspiration to us all.



## 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)*

- |                                           |                                                             |                                                  |
|-------------------------------------------|-------------------------------------------------------------|--------------------------------------------------|
| <input type="checkbox"/> Road Riding      | <input type="checkbox"/> Volunteer Opportunities            | Racing: <i>(team affiliation)</i> _____          |
| <input type="checkbox"/> Mountain Biking  | <input type="checkbox"/> Fitness Education/Nutrition        | <input type="checkbox"/> not yet, but interested |
| <input type="checkbox"/> Bike Commuter    | <input type="checkbox"/> Cycling Education, Skills & Safety | <input type="checkbox"/> Off-Road, cat _____     |
| <input type="checkbox"/> Tri-Athlete      | <input type="checkbox"/> Bike Maintenance Education         | <input type="checkbox"/> Road, cat _____         |
| <input type="checkbox"/> Adventure Racing | <input type="checkbox"/> Out of Town Rides/Tours            | <input type="checkbox"/> Track                   |
| <input type="checkbox"/> Cycling Advocacy | <input type="checkbox"/> Houston Area Group Rides           | <input type="checkbox"/> 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

77379-4001 EA

### ...And Way in the Back...

by Wes Morrow

On October 19<sup>th</sup>, too late for the November Pedal Pusher, Gail Spann forwarded an announcement about the 2003 "Pick Up and Pedal", hosted by the Midtown Management District. This project was held on November 15, in and around Baldwin Park in Houston. I participated in this activity, and it was great. Rather than drive there and ride in the short (4 mile) ride after the cleanup, I rode the 15 miles there on my hybrid, and returned afterwards. The organizers were very organized, and very friendly. Many of the people there were already grouped into teams, so I organized a group of mainly older folks who were not already in teams. The ten of us cleaned

up three lots, including mainly mowing and picking up odds and ends. No really nasty or heavy trash. We found a medium sized watermelon growing on one of the lots in some weeds, and some of us ate pieces of it for dessert. One of the ladies in my team had a "Pocket Rocket" there to ride, and it really looked like fun. She swore that it was easy to forget that she wasn't on a standard bike. It was set up like a road bike, and folded up to fit in a suitcase. She said she has six bikes and lives in the same subdivision that I do, but has never ridden with NWCC.

The roads were wet coming home. I had one flat going and

one coming, both glass. They fed us sandwiches and pizza for lunch, so we got two of the food groups, at least. Thanks, Gail, for letting us know about this. I told the gal who was the contact that if I known a few days earlier I could have added this to the newsletter. She promised to add me to the list so that I didn't have to wait and get the word from Dallas.

I think it is time for another contest. Submit to me any errors found in this Pedal Pusher. The entry with the most errors submitted by January 1, 2004 will be awarded a free year's dues to NWCC. The last time I did this I got **NO** entries! Are You There?

8