

The Pedal Pusher

February 2004

Vol XVIII, Issue 2

A monthly
publication
promoting
the spirit of the
Northwest Cycling
Club

Message from the President by David Collins

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Any organization that is involved in the number and scope of activities that our club is involved in has to rely on its volunteers. It is not unusual for a disproportionate amount of the work to be done by a relatively small core group. We are certainly not any different. One of the keys to continued success is to continually bring new volunteers into this core group to replace those who burn out or withdraw for other reasons. (Like starting a family or moving to Denver or Rockwall.)

The best way to develop these volunteers is to bring them in at low levels of commitment then gradually increase their involvement. (Or you can talk them into accepting a board position early on. This one happened to me.) I suspect most of our core volunteers were developed along the more gradual line. I also suspect that

most of them, like me, enjoy most of the time they spend in their volunteer activities. Of course, everyone has a different level of time and effort that they are willing and able to contribute. Fortunately, there are also different levels of work that needs to be done.

The most consistent and visible need for volunteers is as ride starters each Saturday. This job is really easy to do and if you are not comfortable with making the announcements and starting the groups someone will usually help out with that. The time requirement to be a ride starter is not much more than going by the shop to pick up the water coolers and going shopping for cookies and bananas. The club reimburses the costs and you get to have your favorite cookies.

One of the next major op-

portunities will be to help out with the Bluebonnet Express in March. We will need volunteers to help with packet stuffing, registration and packet pick up, rest stops and sag drivers. These same opportunities will repeat for the Katy Flatland in July.

When we host a race later in the year we will need help with registration and other aspects of putting on the race. There are also opportunities to help out at any of the mountain bike or road races that our teams compete in.

All of these volunteer opportunities are also excellent opportunities to meet and get to know other members of the club. No matter what your level of experience or how limited your time you should be able to find somewhere that you can help out. It will benefit the club and

(See "Message," Continued on page 3)

ROUND THE CORNER

Road Bike Clinics, February 27, 28, 29: With Hunter Allen and Jeb Stewart. Check with Bill Reilly for places and times.

Bluebonnet Metric Century, March 21: New Start, New Routes, Smooth Roads. We rode the routes in January, and this is going to be a great ride. See ad, page 15.

Chappell Hill Classic Road Race (TXBRA), September 12: NWCC will sponsor this Texas Cup Event.

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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 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

Feb 21 Walburg Classic RR, Walburg, Tx
Feb 22 Powerhouse Gym RR, Pace Bend, Tx
Mar 6,7 Primavera @ Lago Vista, Austin, Tx
Mar 13 Heritage Square Crit, Waco, Tx
Mar 20, 21 Fayetteville Stage Race, Fayetteville, Tx
Apr 3 Lewis Jewelers/Concrete Crushing Crit, 25 miles South of Friendswood, Tx
Apr 4 Coldspring RR, Coldspring, Tx
Apr 24,25 Fort Davis Hammerfest SR, Fort Davis, 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

Lajitas Revisited

by Jim Mackey

Lajitas in the Big Bend Region of Texas and NWCC go way back. Dating back to the early 1990's, Mark Neagli led an annual NW based excursion out to the Lajitas Chihuahuan Desert Classic and beyond to Gloria's Bed-and-Breakfast in San Carlos, Mexico. Sadly, all that fun came to an end with a change in ownership at the Lajitas Resort. For the last two years, while the Lajitas Resort reinvented itself (including a new home for the famous goat-mayor), all has been quiet on the mountain bike front in the region.

That is now changing with the formation of the Big Bend Trails Alliance. The Lajitas Resort, Big

Bend Ranch State Park (BBRSP), area outfitters and individual cyclists are cooperating to promote Big Bend as a winter vacation mountain biking destination. Old trails are being reopened, marked and maintained. In fact, all 50 miles of the trails on the Lajitas Resort property are now open to the public free of charge. A slick trail map called Trails and Tribulations has been produced. The adjacent BBRSP has just recently opened an 11 mile singletrack-jeep road-desert wash trail called The Contrabando. This trail is the first step in what could be an epic network of trails in this rugged desert wilderness park.

To reintroduce the rest of the world to Big Bend mountain biking, Desert Sports Outfitters and the Trails Alliance are promoting the Mas-O-Menos 100K Mountain Bike Race and Festival this February 18-21. The event will be staged out of the World Championship Chili Cook Off site up the road from Lajitas. While the fun ride routes and race course haven't been finalized, they are sure to include the best of the old race course with some of the new state park trails thrown in to ensure an awesome set of rides. For more info, call 432-371-2727 or surf www.bicyclebigbend.com or www.desertsportstx.com

("Message," Continued from page 1)

may increase your enjoyment of the club activities. The benefits that you get out of the club are usually directly proportional to the effort that you put in. Who

knows, someone that volunteers for the first time as a ride starter or for the Bluebonnet this year may have this job in a few years?

If you would like to volunteer for

anything you can contact me, the director of the ride for the Bluebonnet or Katy or our volunteer chairs, Zeke and Diana Zbornak. Contact information is on page two of each newsletter.

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 Northwest Cyclery at Jones Road and SH 290.

How to Lose 10 Pounds This Year

by Catherine Kruppa, MS, RD, LD

Remember: 3500 calories = 1 pound of body fat Eating just 10 calories extra every day could contribute to one pound gained each year.

10 calories/day x 365 days = 3650 extra calories a year

That's just 1 hard candy, 1 nibble of a cookie, a sip of soda, *or* a thin smear of butter. Just one of these ten additional calories every day could account for the average one pound many Americans gain each year. An extra 100 calories consumed each day adds up to nearly a pound a month.

100 calories x 30 days = 3000 extra calories a month

That extra pound each month could come from eating just a third of a doughnut, 8 oz of beer, 8 oz of soda, an extra tablespoon of salad dressing, 2/3 oz of chips, *or* just 10 French fries extra each day. Conversely, if you eat just 100 calories less each day, you can lose a pound a month or 10 pounds a year with very little effort. Just a few **small** changes can have a **major** impact upon your weight.

Use the chart below to determine how much to decrease your calorie intake and increase your calorie expenditure to lose 1 to 2 pounds a week.

CALORIES Food + Exercise	CALORIES Save Daily	CALORIES Saved Weekly	LOSE Weekly
↓250 + ↑250 =	500	3500	1 pound
↓750 + ↑250 =	1000	7000	2 pounds

A Simple Approach:

â 8-ounce meat portion to 4 ounce	save 280 calories
â salad dressing to 1 tablespoon (not 3 tablespoons)	save 200 calories
Have a crunchy apple snack instead of ½ c. peanuts	save 270 calories
Exercise: Walk 36 minutes per day (2-1/2 miles per day)	save 250 calories

TOTAL CALORIES SAVED: 1000!

IN 7 DAYS LOSE 2 POUNDS!

Basic Guidelines for Weight Control

1. Refuse second **HELPINGS**, except vegetables.
2. Eat smaller **PORTIONS** of most foods.
 - Order a luncheon portion instead of a dinner portion, save ~ 250-350 calories.
3. Double your intake of fresh **VEGETABLES** and **FRUIT**, especially raw.
4. Choose **CRUNCHY** foods . . . apples, salads, popcorn, toast, vegetables.
5. Eat less **PROTEIN**: just 4 – 6 ounces per day of meat, fish, poultry, veal.
 - reduce 8-ounce meat portion to 4 ounce, save 280 calories.
6. Reduce **ALCOHOL** consumption.
 - Drink calorie-free beverages instead of mixed drinks, save 200 calories per drink.
 - Skip the liqueurs in coffee, save 180 calories per drink.
 - Order light beer instead of regular, save 50 calories per beer.
 - Order simple rather than fancy, have a rum and cola instead of a margarita or pina colada, save

(See "Pounds," Continued on page 5)

("Pounds," Continued from page 4)

- 130-290 calories per drink.
7. Reduce SWEETS (candy, soft drinks, desserts, sweet rolls, sugar, etc.)
 - One teaspoon of sugar a day translates to an extra pound and a half of fat each year! Try artificial sweeteners on your cereal or in your coffee or try it plain. Your taste buds will adjust to the taste difference in a couple of weeks.
 8. Reduce FATS (margarine, mayonnaise, salad dressings, sauces, fatty meats, fast foods, fried foods). Buy lower-fat and fat-free options.
 - Use mustard instead of mayonnaise, save 85 calories, 10 g fat
 - Select roasted chicken instead of fried, save 217 calories, 19 g fat
 - Choose low fat dressing instead of regular, save 180 calories, 21 g fat
 - Put jelly on your toast instead of margarine, save 45 calories, 11 g fat
 9. Avoid SNACKS, unless pre-planned and healthy.
 - 1/4 c. of jicama over 1/4 c. of nuts, save 188 calories and 18 g of fat
 10. Drink at least 8 glasses of WATER daily.
 - If you are currently drinking six cans of regular soda a day and switch to diet soda, you will be consuming 900 calories a day less. That amounts to a weight loss of 94 pounds of fat in a year.
 - Fruit juice may be healthier, but it doesn't contain fewer calories than non-diet soda.

Calories Burned

Based on a 150 lb person in 30 minutes

For fun

- Bowling 94 calories
- Fishing 68 calories
- Hiking @ 3.5mph 189 calories
- Skipping rope 70-80 skips/min 277 calories
- Pool 77 calories
- Ping pong 150 calories
- Shopping 82 calories

Around the house

- Painting 105 calories
- Mowing the lawn 135 calories
- Raking leaves 109 calories
- Gardening/weeding 195 calories
- Housework 102 calories

At the beach

- Jumping waves 100 calories

- Sailing 77 calories
- Scuba diving 225 calories
- Treading water fast 340 calories
- Frisbee
- Building sandcastles
- Hunting for seashells
- Snorkeling 170 calories
- Jogging 6mph 336 calories
- Water aerobics 136 calories

With the family

- Walk the dog 4mph 174 calories
- Swimming 20yards/min 150 calories
- Horseback riding 207 calories
- Skating 174 calories

Remember

- Always take the stairs
- Park your car farther away from the store
- Walk during your lunch break

So in 2004 remember to cut 100 calories and burn 100 calories daily and you could lose between 10-20 pounds this year!

For further information, contact Catherine at 713-316-2707/ ckruppa@houstonian.com/
www.adviceforeating.com

February 2004

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 Club Meeting 6:45 Race Team 7:30 General Membership @ 	4 Women's Symposium, 7:00-9:00PM @ 	5	6	7 CLUB RIDE Zube Park 8:00AM
8	9	10	11	12	13	14 CLUB RIDE Zube Park 8:00AM
15	16	17	18	19 Repair Class 7-9PM @ 	20	21 CLUB RIDE Zube Park 8:00AM
22	23 Board Meeting 7pm @ 	24	25	26	27	28 CLUB RIDE Zube Park 8:00AM
29						

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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FEBRUARY RIDES

FrostBike February 1 Houston, Tx <http://www.jvgolddusters.com/frostbike.asp>

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

Bridgewood Farms "Ride from the Heart" Feb 14 Conroe, Tx http://www.woodlandscyclingclub.org/main_jan_2004.html

West U Warm Up February 15 Houston, Tx Hiway 288 & Beltway 8 <http://www.teamwestu.org>

Wild, Wild West End Ride Feb 22 Richmond, Tx <http://www.teamwestend.org>

Humble Lion's Club Ride Feb 28 Humble, Tx <http://www.humblelionsclub.com/>

Tri-County Hill Hopper Feb 29 Round Top, Tx <http://fsn.tamu.edu/>

MARCH RIDES

Gator Ride March 6 Baytown, Tx <http://www.gatorride.org/>

Space Race March 14 Clear Lake, Tx <http://www.space-race.org/>

[See page 10 for bp MS150 recommended training rides.]



NWCC CLASSIFIED

For Sale: 94' 58cm Carbon Fiber Specialized Epic, Ultegra 8 speed, with Coda Slice Fork, and Mavic CX 33 Wheels. New chain and Chain rings, two new cassetts. Well cared for. \$500 **'90 KHS Montessa Comp 21" Mountain Bike**. Trek Front Suspension, Suspension Seat Post, Deore XT Rapid Fire Shift, Richey Vantage Wheels. Hardly Ridden. \$400 **Contact** Greg Smith 281-890-3808 or stillracin@yahoo.com

For Sale: Rockhopper Specialized Mountain Bike: This entry level sport bike employs Specialized Direct Drive frame and fork for solid performance and handling. Shimano 400 Hyperglide system with Rapid Fire shifters for easy, faultless shifting. Shimano cartridge sealed bottom bracket. Specialized BX-25 rims with stainless steel spokes, ground control tires. Air Gel saddle and SR TCO seatpost. Color: Black pearl. Paid \$450 several years ago. This bike is brand new! It has only been ridden 6 times on the streets-no bike trails. Would like \$250. **Contact** Cari at 713-952-5680 or caquinntx@hotmail.com

For Sale: '99 Cannondale H300 Hybrid with 22½" Frame CAAD 2 Aluminum design. 21 gear STX RC w/Grip control. Shimano brakes. Dual water cages. Serfas dual head frame air pump. Terry Fly gel saddle mounted with original hybrid gel saddle included. New tires (Auocet 700x35c), tubes, and chain Feb. 03. Cat Eye Model CC-CO 100 Cyclocomputer. 5,000+ miles. Has been ridden in the last 4 BP MS 150s. Knows each rest stop. Built for a moderate to tall person. Well cared for. Serviced at Northwest Cyclery every 1,000 miles. \$200 **Contact** F S Campbell, Jr. or fcampbell@houston.rr.com

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

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

For Sale: '93 Diamond Back Master TG CroMoly road bike, 54 Cm, Black, Shimano 105 Components, '03 Bontrager Select wheels, new bottom bracket bearings, Time pedals, \$300 **'98 GT Nomad CroMoly Hybrid**, 19 in , Green, Shimano RSX components, 7 speed Gripshift with triple chain ring. Low mileage, great shape, \$200. **Contact** Joe Flanagan 832-593-9141 or pamflanagan@ev1.net

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

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. Ads are due by the second Tuesday of the month. For best results, include size, age, condition, etc. of all items.



WOMEN ONLY!!



2004
Northwest Cyclery
Winter
Women's Symposium

Wednesday February 4th
Wednesday March 10th
7:00-9:00pm

17458 NW Freeway (Hwy.290 @ Jones)

Come have "Wine and Cheese" and learn a little more about cycling.

We will be talking about WOMEN SPECIFIC issues... fit, clothing, saddles, training, and much more.

"IT'S ALL ABOUT WOMEN"

Presented by WOMEN...

Cathie Neagli, Owner Northwest Cyclery

Lisa Reed, '96 Metro Cup Champion

Charlotte Miller, USA Cycling Expert Coach

Any questions please call (713) 466-1240

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M-F 10-7 • Sat 10-5 • Sun 12-4**

**Repair Class Schedule
(Please Call to Enroll)**

DATE	DAY OF WEEK	TIME
Feb 19, 03	Thursday	7-9PM
Mar 10, 03	Thursday	7-9PM

Recommended bp ms-150 Rides:

<u>Date</u>	<u>Ride Name</u>	<u>Location</u>
02/01/04	FrostBike 50	Houston
02/08/04	The Big Chill Bike Ride	Katy
02/15/04	West U Warm Up	Houston
02/22/04	Wild, Wild West Ride	Sugar Land
02/28/04	Lion Ride	Humble
02/29/04	Tri-County Hill Hopper	Round Top
03/06/04	<u>Gator Ride</u>	Baytown
03/06/04	Pedal Thru the Pines	Bastrop
03/07/04	Sun & Ski Sports Spring Breakaway	Katy
03/14/04	The Space Race	Clear Lake
03/20/04	Rosedale Ride	Austin
03/21/04	Bluebonnett Express	Hempstead
03/27/04	Texas State Bank Education Expedition	Sugar Land
03/28/04	Tour D Cypress	Houston
04/03/04	Camp for All Bike Ride	Burton
04/03/04	Wild Basin Miles of Texas Tour	Elgin
04/04/04	<u>Katy Ram Challenge</u>	Katy

NWCC News Readers Write

Dan Rain writes: Hi there!

We are assembling a task force to work with the Harris County Commissioners towards recognizing the bicyclist as a vehicle operator and the need for on-road bicycle facilities. Currently Harris County has an unwritten policy for no on-road bike facilities - as they do not think its safe for bicycles to operate within the roadway. If you, as a cyclist that lives within Harris County, has an interest in participating in such an effort, please send me an email (dan.raine@h-gac.com) for more information. This is not a quick effort, if you're looking for fast results - you might as well not try at all, as the wheels of government roll...v e r y...s l o w l y. Requirements of participants include: patience, perseverance, good communications skills, a good sense of humor and practicality, as well as a desire to initiate change. Harris County Commissioners are not going to change their way of thinking until their constituents share their concerns. Now's our chance!!

If you are frustrated with the status quo of cycling within the city of Houston, then I strongly suggest that you meet - and perhaps join forces, with the folks of Bike Houston. For years, this team of cycling advocates and residents of Houston have addressed many issues that hamper our privileges to share the road with motor vehicles - they've done this without thanks or publicity, sharing the same concerns we all do - but acting upon them in a responsible manner. Bike Houston is holding their first Annual General Meeting on Tuesday, January 27, 2004 in hopes of gaining your interest in making the greater Houston area much friendlier for cyclists.

Thank you NWCC for donating to the Texas Bicycle Coalition. Their programs have helped to initiate change not only in Texas - but the entire nation. Please know that you have a wide variety of team players working hard to make cycling in our state better for all of us.

Tom Craddock writes: To all juniors, youth and parents of,

The 2004 TXBRA season is rapidly approaching and if you are or your child is planning to compete on the road or track you should be well into your base building period. If you are haven't started yet or you possibly have a child that is interested in entering some races for the first time it's not too late. Carl Jones and I spent this weekend in Austin attending the USA Cycling Coaching Expert Certification Clinic. We came away from the weekend with a wealth of information and are very excited about this upcoming season.

The first TXBRA road event is a road race in Walburg on February 21. The Junior/Youth race is a 24 mile rolling loop with hills, false flats, wind, and an uphill finish. Pace Bend Road Race is the next day February 22. The Juniors race 25 miles the Youth race 14 miles. Both of these events are billed as "epic season openers". I'd like to get a head count on the NWCC Junior/Youths that are planning on competing.

I am assembling an email list for all the NWCC Juniors/Youth, please reply to tcraddock@covad.net so I can keep you up to date. I would like to meet with each junior/youth in the following weeks to discuss the upcoming season.

Tom Craddock
NWCC Junior Road Coach
tcraddock@covad.net
713-539-0291

Tom Craddock writes: Attention Juniors and anyone else who would like to join us, we are going to ride every Wednesday afternoon from 4:00 PM til 6:00 PM (Or till dark, whichever comes first) at Sullins Way (The Crit Course) in Bear Creek Park starting January 14. We will work on various skills, technique, tactics, and strategies throughout the next few months. Come out and join us!

Pat Dutton writes: Well, it's another year gone by and here we are again looking for volunteers for the Bluebonnet Express (BBX). I personally have taken on the task of coordinating the SAG drivers for the ride this year. So far, three (3) riders have stepped up and volunteered their services. I will also be a driver (that makes four total). So, the BBX Committee decided that we should have from 12-15 SAG drivers this year. That means we need 8-11 more drivers.

Please send me an email (pduton@houston.rr.com) or call (281-251-0961) me to let me know if you can help out this year. I am sure the riders who need this service will greatly appreciate your help.

Editor's Note: If you missed the NWCC January meeting, you missed high drama, seven new race team members, new chain lube, new scholarship recipient (Troy Dutton), a new bike mechanic (Kenny), your last chance to order clothing, and a racing trophy presentation to Dana Chamness. Don't miss February's!

Elves and More I - Some Assembly Required

by Lawson Craddock

This Christmas season I experienced that the joy of giving is better than receiving. The joy was assembling bikes for the "Elves and More" program. "Elves and More" is a non profit program started by David L. Moore four years ago and is affiliated with Houston's Children's Charity. It is where you put together donated bikes and gift boxes that will be delivered Christmas Eve to under privileged children who possibly won't get anything else on Christmas. Over 8000 bicycles were assembled in only a few days leading up to Christmas Eve.

We volunteered as a family on

Thursday, December 19 2003. My brother and I both brought a friend with us to help. When we arrived at the Reliant Center we ran in to find thousands of bikes, some boxed, some assembled right before our very eyes. Whoa! There were so many volunteers that night that it was difficult to find a work bench, but luckily we had brought our own tools so we set up our work area on top of a few bike boxes.

At first the six of us worked as an assembly line and in no time we had built over a dozen bikes. My friend and I started to put together a bike on our own and found that it was pretty easy. The most difficult part of build-

ing bikes was adjusting the brakes and shifters. At the end of the evening everyone was tired but extremely pleased. Before we left I grabbed 6 candy bars for my family but you know how parents are about eating candy bars at night. At 10:00 P.M. we left the Reliant Center with smiles on our faces knowing we did something good.

That day I learned two things: first-how that warm fuzzy feeling REALLY feels when you give, and second-how to build a Huffy. I am already looking forward to "Elves and More" in 2004 and bringing along a few of my Northwest Cycling Club friends.

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

Elves and More II - Santa is Coming to Houston by Parker Craddock

On Christmas Eve morning my family and I experienced the gift of giving. Our team at Elves and More delivered 800 bikes and over 200 gift boxes to kids and teenagers that are not as fortunate as we are.

We began the day with a wakeup call at 6 o'clock. We piled into our car and drove to the Reliant Center where we saw over 90 U-haul trucks filled with bikes and gift boxes. The Craddocks were assigned to Team 2 and were given instructions on delivering the gifts. Our team caravan consisted of 5 large U-Haul trucks, a Hyatt Shuttle Bus stuffed with gift boxes and 2 passenger vans filled with elves (Us!). We caravanned to the secret distribution location, a government owned apartment complex in North Houston.

No sooner than we parked and offloaded the bikes, we began to see curious faces coming out of

the apartments. Word of our arrival spread like wildfire, soon about 300 people were lined up and anxious to get a bike. Our team spread out and got ready to hand out the gifts.

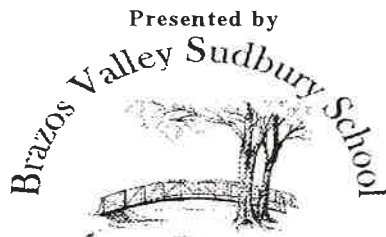
Each child received a marble and a mark on the hand which allowed them to receive a bike or a gift box depending on their age. After delivering hundreds of bikes we began to see familiar faces back in the line. At that time our leader decided it was time to pack up and go to the next area. Our next stop was a school. By this time word got out that Christmas was going to happen this year and people came from all over the neighborhood.

We unpacked what was left of the bikes and gift boxes as a line started to form. Our plethora of bikes began to get smaller and smaller until we ran out. We ran out of gifts before all the kids got one. We even gave up our Santa

hats to two little boys who didn't get a gift. It was so upsetting to see a kid crying because he isn't going to get something for Christmas this year. Next year we need to make more gifts and have more elves to give the gifts out.

This Christmas I realized that not everyone is as fortunate as you and I. There are kids out there who get nothing for Christmas each year. The Elves and more program help those children at least have something to play with on Christmas morning and it also helped us elves see what Christmas is really about. What a gift it was to me to help a little kid get a bike for Christmas. Next year I hope more of the Northwest Cycling Club will help the Elves and More program so that children will not have to walk home empty handed that Christmas eve morning.

The Pedal Pusher



THE BIG CHILL BIKE RIDE

Supported by



Recommended Ride for the BP MS 150 Bike Tour
Presented by Brazos Valley Sudbury School
Sunday, February 8, 2004
Rhodes Stadium, Katy, Texas
For information call 281-375-7900
Register online at www.HoustonSudbury.org

- Start:** 8:00 AM from Rhodes Stadium on Katy Fort Bend Road in Katy
(No starts after 8:30. Course will close at 4:00 PM)
- Direction to Start:** From Houston, take Interstate 10 towards Katy, Texas. Exit Hwy 90/Katy (exit 742), at the light take a right on Katy Fort Bend Road. Rhodes Stadium is approximately .7 miles on the left.
- Registration:** \$20.00 if postmarked by January 18, 2004
\$25.00 January 19, 2004 to ride start
All pre-registered riders will receive a T-shirt
Do not mail forms after February 2, 2004
Online registration is available at additional cost
We ride rain or shine
- Packet Pickup:** At Northwest Cyclery (US 290 @ Jones Rd.)
Friday, Feb. 6 from 4:00 PM to 7:00 PM and Sat., Feb. 7 from 12:00 Noon to 5:00 PM
At Start. Sunday, February 8 from 6:00 AM to 8:00 AM
- Make checks payable to:** Brazos Valley Sudbury School
38110 Donigan Road
Brookshire, TX 77423

Please print clearly

Name: (Last) _____ (First) _____ (M.I.) _____

Address _____

City _____ State _____ Zip _____

Phone # () _____ Email _____

Circle Route 22 33 45 60

Circle T-shirt size: M L XL XXL

Waiver

I fully realize the dangers of participating in a bicycle ride and fully assume the risk associated with such participation, including by way of example, and not limitation, the following: the danger of collision with pedestrians, vehicles, other riders and fixed or moving objects; the danger arising from surface hazards, equipment failure, inadequate safety equipment, and weather conditions; and the possibility of serious physical and/or mental trauma or injury associated with athletic cycling participation. I hereby waive, release and discharge for myself, my heirs, executors, administrators, legal representatives, signers, successors in interest any and all rights and claims which I have or which may hereafter accrue to me against the sponsors of this event, the organizers and any promoting organizations, event partners, property owners, law enforcement agencies, all public entities, and special districts, through or by which the event will be held for any and all damages which may be sustained by me directly or indirectly in connection with the event, or travel to or return from the event. I agree it is my sole responsibility to be familiar with the ride course and special regulations for the event. I understand and agree that situations may arise during the ride, which may be beyond the immediate control of the ride officials or organizers, and I must continually ride so as to neither endanger others or myself. I accept responsibility for the condition and adequacy of my equipment. I will wear an ANSI or Snell approved helmet, in good condition, at all times while riding my bicycle. I have no physical or mental condition, which, to my knowledge, would endanger others or myself if I participate in this event, or would interfere with my ability to participate in this event.

Rider Signature (Parent/Guardian if under 18)

Date

Northwest Cycling Club Presents:

BBX BLUEBONNET EXPRESS METRIC CENTURY

**New Start
Location!
Improved
Routes!**



Sunday, March 21st, 2004

“Houston’s
Spring
Classic Ride”

Call (713) 466-1240 for Information or bbxdirector@yahoo.com

Register on-line at: <http://www.northwestcyclingclub.com/>

PACKET PICKUP / REGISTRATION

Friday, March 19, 12:00 noon to 7:00 pm at Northwest Cyclery
Saturday, March 20, 12:00 noon to 5:00 pm at Northwest Cyclery
Sunday, March 21, 6:00 am to 8:00 am at Waller County Fairgrounds All pre-registered riders are guaranteed a T-shirt.

START

NEW START: Waller County Fairgrounds

Start Time: 8:00 AM

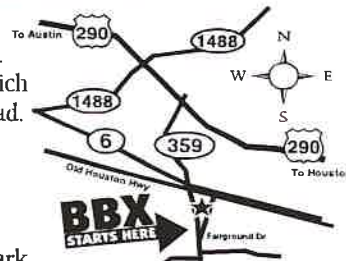
Tandems Start: 7:55 AM

Distances: 25, 40, 62 Miles

**New Start
Location!**



Waller County Fairgrounds
Go towards Hempstead on 290.
Exit Highway 290 at FM359 which is immediately before Hempstead.
Go south and cross overpass.
Cross Business 290, railroad tracks and Old Houston Hwy.
The entrance to Waller County Fairgrounds is on left. Please park where instructed.



REGISTRATION FORM

Make checks payable to: NWCC

Mail to: Bluebonnet Metric Century · P.O. Box 1494, Cypress, Texas 77410

Last Name _____ First Name _____

Address _____

City _____ State _____ Zip _____

Route ☐ 25 ☐ 40 ☐ 62

T-Shirt ☐ M ☐ L ☐ XL



I fully realize the dangers of participation 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 arising from surface hazards, equipment failure, inadequate safety equipment, and weather conditions; and the possibility of serious physical and/or mental trauma or injury associated with athletic cycling competition. I hereby waive, release and discharge for myself, my heirs, executors, administrators, legal representatives, signers, and successors in interest (hereinafter referred to as "successors") any and all rights and claims which I have or which may hereafter accrue to me against the sponsors of this event, the organizers and any promoting organizations, property owners, law enforcement agencies, all public entities, and special districts, through or by which the event will be held for any and all damages which may be sustained by me directly or indirectly in connection with the event, or travel to or return from the event. I agree it is my sole responsibility to be familiar with the ride course and special regulations for the event, and I further agree not to sue sponsoring organizations for this event. I understand and agree that situations may arise during the ride which may be beyond the immediate control of the ride officials or organizers and I must continually ride so as to neither endanger myself nor 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.

Signature _____ Date _____

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, areobars, 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:

Dog Incident Report Form

Cyclists must contend with dogs from time to time. Dr. Tom Vining states that dogs are either playful, protecting their territory, or they simply want your leg. Below is a form that we ask to be filled out in the event of an unpleasant encounter with a dog. Mail the completed form to NWCC, PO BOX 1494, Cypress, TX 77410, to the attention of the NWCC's secretary. A decision will be made at the next board meeting on whether to contact the owners or the authorities.

DOG INCIDENT REPORT FORM

Your Name _____

Your Address _____

Date and Time of Incident _____

Location of Incident _____

Description of Dog or Dogs _____

Describe the Incident: _____

Mail form to: NWCC, PO BOX 1494, Cypress, TX 77410
attn: Club Secretary

NWCC Membership Application**CHECK ONE:** NEW MEMBER _____ RENEWAL _____

Last Name: _____ First Name: _____

Family Membership Names: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Work Phone: _____

Medical Condition: _____

Birth Date(s): _____

Emergency Contact: _____ Phone: _____

E-mail Address: _____

Occupation: _____ Willing to Volunteer Skills? _____

Permission to publish contact information (phone numbers & e-mail address) in password protected online Member Directory? (Circle One) YES NO

Primary Reason for Joining NWCC? _____

AREAS OF INTEREST (check all that apply)

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

MEMBER DUES

Dues are \$20.00 per year for single membership and \$30.00 per year for family membership. Your membership will expire 12 months from the date you join. Your expiration date will be printed on your newsletter label. One newsletter will be mailed for each single or family membership.

*Thank you for joining Northwest Cycling Club!*****IF THIS RELEASE IS NOT SIGNED, YOUR APPLICATION WILL BE RETURNED TO YOU****

In signing this release for myself or for the above named applicant(s), I agree to absolve all of the sponsors, organizers, and associated entities, be they individuals or organizations, singly or collectively, of any injury or misadventure suffered as a result of taking part in any activities associated with or related to the NORTHWEST CYCLING CLUB, or NORTHWEST CYCLERY, INC.

Signature: _____

Date: _____

Amount Paid: _____

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

Make Checks payable to: NWCC

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

The Pedal Pusher

Northwest Cycling Club
PO BOX 1494
CYPRESS, TX 77410

PRESORTED STANDARD
U.S. POSTAGE
PAID
KATY, TX
PERMIT NO. 93



Your membership expires on 3/1/2010
DAVID KING Family
5231 Alamosa Lane
Spring, TX 77379



The Pedal Pusher

...And Way in the Back...

by Wes Morrow

Laura Santiago won the annual Pedal Pusher error contest, correctly identifying 17 errors. She missed several I knew about, but found many that I did not know about. Some examples were "adds" for "ads", "fur" for "for", "can not" for "cannot", "devises" for "devices", and even "fieldt" for "field", etc. She won a free membership renewal for next year. Good job, Laura.

Speaking of spelling, and at the risk of being guilty of plagiarism, someone recently sent me this gem in an e-mail: Aoccdnig to a rscheearch at Cmabrigde Uinerv-tisy, it deosn't mttair in waht oreodr the ltteers in a wrod are, the olny iprmoetnt tihng is taht the

frist and lsat ltteer be at the rghit pclae. The rset can be a tatol mses and you can sitll raed it wouthit porbelm. Tihs is bcuseae the huamn mnid deos not raed ervey lteter by istlef, but the wrod as a wlohe.

The Volunteer Appreciation trip to the Leakey/Concan area was great. The weather was cold, but dry, and the hills were challenging to all. Peri did an awesome job with arrangements, and we filled three large cabins. Here's hoping this becomes an annual NWCC tradition!

The new year's ride was definitely different this year, with crisp cool weather, wet streets, at

least eight flats, and a broken rear skewer. Still and all, no one walked home, and the ride was very well attended. La Madeline's was a hit as usual, and everyone seemed to be having fun.

Has everyone noticed the trend to breadless sandwiches, and other low carb meals? Be sure to check out Catherine Kruppa's article next month for lots of info on carbs and other fuels. Also in March we will be voting on some important business at our membership meeting, and the details will all be in the March Pedal Pusher.

And, don't forget to ride your bike!