

The Pedal Pusher

March 2004

Vol XVIII, Issue 3

A monthly publication promoting the spirit of the Northwest Cycling Club

Message from the President by David Collins

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I have been pleased with the turnout at each of the last two club meetings. Hopefully we can continue to have good attendance through the rest of the year. In an effort to continue to have interesting meetings I need input about the type of topics and suggestions for future speakers. If you have any ideas please let me know.

The March meeting on March 2 is an important one. We will present the proposed budget for formal approval. We have proposed a significant increase in the race team budget. Much of the increase is related, directly or indirectly, to the partnership with Alkek Velodrome in sponsoring the youth cycling program. The payback for the club is an increased presence at the track and potentially additional competi-

tors in the juniors and youth races on the road. Additionally this represents a significant step in supporting cycling at the developmental level.

The March meeting will also be the last good chance to fill last minute needs for the Bluebonnet. This ride will be held on March 21 and is one of the major fund raising efforts of the NWCC. We should be able to find something to do for anyone who wants to volunteer.

We have had good turnouts the last two Saturdays despite cool weather. Hopefully our conflicts with the soccer players will soon ease up. If you have not been there lately be advised that the constables would prefer that we not park on the grass, especially when it is muddy. I have

not heard of anyone being ticketed but I have heard that there have been threats of tickets.

Keep in mind as well that we are in the season where we have a lot of riders out preparing for the MS 150. If we do a good job of making them welcome and making their riding experience enjoyable we may bring some more year round riders into our sport. So take a little time and go out of your way to make some of the new riders feel welcome.

We have a busy schedule planned for the club in the up coming weeks and months. A list of some of these activities can be found on Page 5. Cut it out and keep it handy so you won't miss out.

ROUND THE CORNER

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.

TMBRA 2004 Texas Championship Series

Mar 11-13 TMBRA NORBA Nat'l Outback Blowout, Waco

Apr 3-4 Yeti/Mad Duck Bar H Bash, St Jo, Tx

Apr 17-18 Flat Creek Challenge, Flat Creek Ranch

May 1-2 The Warda Race, Warda, Tx

May 15-16 Hill Country Supergrind, Tapatio Springs, Tx

May 29-30 WBC Broken Oak Challenge, Waco, Tx

TXBRA Texas Cup Calendar for 2004

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

May 8 Amili 2nd Stree Crit and 5K, Austin, Tx (Tent)

May 15,16 Old Tascosa Classic, Amarillo

May 22,23 Mineral Wells Stage Race, Mineral Wells, Tx

May 29 Mirage Classic Crit, Mesquite, Tx

May 31 Texas State Crit Championship, Ft Worth, Tx

June 13 Midwestern State U Crit, Wichita Falls, Tx

June 19,20 Tex State Time Trial Chamionships, Inez, Tx

June 26 Matrix Challenge, Richardson, Tx

June 27 Victory Circle Road Race, Texas Motor Spdwy

PEDAL PUSHER DEADLINES

Monday following the club meeting.

The newsletter is published monthly. Have an article for the newsletter? Please submit it by the Monday following the NWCC club meeting, or the 15th of the month, whichever comes first. Submissions should be sent to wes.morrow@natoil.com

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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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MS150 Houston-Austin Training & Packing

by Ron Ostrowski, MS150 Ride Marshal

Training

Picture the MS-150 Houston-Austin ride as an amateur's Tour De France. Of course it is only two days long for us. Your training should be focused on the tasks required during the MS-150. Remember you will be doing about a 100 mile ride, **two days in a row**. Over the 185 mile course you will climb the equivalent of one mile, over 5000+ feet pedaling **up** hills. Not something you normally do in the Houston area. And the good news is you also get to ride down hills at 30-50+ mph which also requires skill and training.

Your training distance needs to increase weekly by 10-15%. The last weekend before the MS-150 you should be doing about 70% of the required distances on Saturday & Sunday.

Determine what average speed you want to do the MS-150. Your practice rides should be at that speed. You can't practice at 16 mph and hope to average 20 mph on the MS-150. Not only distance, but the number of days per week you train should increase as you approach the MS-150. You are developing working muscles, not racing muscles.

Hill work is critically important. Only three of the sponsored training rides have hills. They are the Blue Bonnet, Pedal Thru the

Pines, and Continental Airlines Classic. Which means, you have to move some of your weekend training rides out into the country towards Hempstead, Whitehall, Magnolia, College Station or Brenham areas.

Come join the Northwest Cycling Club any Saturday morning at 8:00 a.m. We ride out of Zube Park off Hwy 290 on Roberts Road and our routes will expose you to some hill work.

If you can't get to hills then you have to fool your leg muscles into thinking they are on hills. Put your chain into the big ring on the front and drop down into your 12 (smallest gear) on the back and keep your pedal cadence at 55 rpm for 5-10 minutes followed by 5 minutes of spinning in an easy gear. Learn to pedal in circles. A couple of repetitions twice per week should help out a little.

Packing

When packing for the weekend, remember once you leave the parking lot on your bike Saturday morning, everything you need for the remainder of the weekend has to be on the luggage trucks. You are allowed two bags. I normally pack a duffle bag and a medium size gym bag. Both clearly identified with yellow duct tape.

Think of what creature comforts

you may need on Saturday afternoon and night and on the trip back from Austin. If you are camping at the LaGrange Park, there are no stores within walking distance. The MS volunteers will provide more than enough food at dinner and breakfast times.

Pack for **ANY** kind of weather. In the ten years I've ridden this ride, weekends have been either a blistering 90+ degrees, cold & chilly 40 degrees and/or days with blinding rainfall the entire ride. April is a very fickle time of the year. Again, if you didn't pack it in Houston, you can't wear it in LaGrange or Sunday morning. It is very advisable to **OVER PACK** on clothing and protective gear.

Train hard and long and when the MS150 weekend comes around, you **will** have a great time. Take time to enjoy the scenery, wild flowers and the beautiful Texas country.

The Best Fuel for Athletes

by Catherine Kruppa, MS, RD, LD

This time of year your friends may be trying to drop a few pounds and are most likely adhering to the South Beach or Atkins Diet to do so. Low carb is the current fad. There is low carb bread, pasta, energy bars, smoothies and even beer. These diets are based on high protein and a limited amount of carbohydrates. They incorrectly believe that carbohydrates are bad and that they turn directly to fat.

The truth is that carbohydrates, protein and fat are all good in the correct proportions. And specifically carbohydrates are an essential nutrient for athletes. Eating the appropriate combination of the three can help you lose weight, feel better and be a better athlete.

Carbohydrate is essential for training and competing and is the preferred fuel for the working muscles. Carbs yield more energy for the muscles than protein or fat. They provide energy more rapidly to working muscles than protein or fat. Carbohydrates are the only fuel that can be used anaerobically or without oxygen and the only fuel for the brain.

Carbohydrates include whole grains (whole wheat bread, pumpkin, whole wheat pasta,

brown rice, quinoa, oatmeal), vegetables and whole and dried fruits. Most Americans are not eating enough of these foods and too many refined carbohydrates – white rice, pasta, white bread, and high sugar sodas and desserts. These refined carbohydrates are digested quickly leading to hunger and potential weight gain. The complex carbohydrates provide fiber to keep you full as well as vitamins thiamin, riboflavin, niacin and folate and minerals iron, chromium, magnesium and phosphorus. They also contain antioxidants that protect the body from free radicals, which can cause diseases from heart disease to cancer.

Everyone, whether they are an athlete or not, should consume the government's recommendation of 130 grams of carbohydrates daily to fuel the brain. Athletes should eat at least another 200 grams or 2-5 grams of carbohydrate for every pound of body weight. A recent study showed that people who take in about 55 percent of their calories from carbohydrates have a lower calorie intake and weigh less than people who eat just 40 percent of their calories from carbohydrates.

Advocates of the high protein

diets claim that carbohydrates stimulate insulin release leading to fat storage. Carbohydrates do indeed stimulate insulin and insulin unlocks the cells so fuel can enter the muscles. It also promotes the entry of amino acids into the muscles for repair and recovery. Insulin will not convert carbohydrate into fat when the carbohydrate is needed for fuel or as an energy reserve in muscle. Therefore, it is excess calories coming from carbohydrate, protein or fat that causes weight gain, not carbohydrates alone.

Here are a few high carbohydrate foods that will help fuel you to victory on the road, field or court:

Baked Potatoes
Chicken Noodle Soup
Rice Cakes
Watermelon
Bananas
Dried Fruit
Fig Bars
Peanut Butter and Jelly Sandwiches
Oatmeal
Low fat Yogurt
Baby Carrots
Brown Rice

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

Upcoming NWCC Events:

March 2	7:30PM at the shop	March club meeting
March 17	7PM at the shop	Bluebonnet packet stuffing
March 19	10AM to 7PM at the shop	Bluebonnet packet pickup
March 20	10AM to 5PM at the shop	Bluebonnet packet pickup
March 21	8AM Waller Co Fairground	Bluebonnet Express
March 27	Alkek Velodrome	US Track Trials
March 28	Alkek Velodrome	US Track Trials
April 6	7:30PM at the shop	April club meeting
May 1 or May 8	11AM at Zube Park	May club meeting
July 18	7AM Katy Mills Mall	Katy Flatland Century
July 24	Zube Park	Annual Blood Drive
Dec 10	St Arnold's Brewery	Holiday party

By Dave Collins

Recommended bp MS-150 Rides:

<u>Date</u>	<u>Ride Name</u>	<u>Location</u>
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

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.

March 2004

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Club Meeting 6:45 Race Team 7:30 General Membership @ 	3	4	5	6 CLUB RIDE Zube Park 8:00 AM
7	8	9	10 Women's Symposium @ 	11 Repair Class @ 	12	13 CLUB RIDE Zube Park 8:00 AM
14	15	16	17	18	19 Friday Night Races @ Alkek Velodrome	20 CLUB RIDE Zube Park 8:00 AM
21 Bluebonnet Ex- press Metric Cen- tury, Hempstead, Waller County Fairgrounds	22	23	24	25	26	27 CLUB RIDE Zube Park 8:00 AM
28	29 Board Meeting 7pm @ 	30	31			

Calendar Key

Saturday Club Ride. Road bike ride. Meeting location is Zube Park, Roberts Road and Hwy 290.

Mountain Bike Rides. Once or twice a month "Fat Tire Sunday". Generally meets at the NW Cycle Shop and caravan out to one of the several trails within a two-hour drive. After work Cypresswood ride during the late light months Wednesday and Fridays.

Winter Trainer Classes. Wednesdays 6:30 pm at Northwest Cyclery. Bring bike, front tire block, towel and water bottles. Late autumn and winter months only.

Informal Sunday Road Rides. Ride starts are the same time as Saturday's. Magnolia meets at Magnolia junior high on 1774, 60 and 80 mile routes. Pattison ride meets at Royal Jr. high school on Dirkin road. Chappell Hill turn right off Hwy 290 onto FM1155. West Oaks meets on the west side of the West Oaks Mall parking lot, hwy 6 and Westheimer. *If the predicted low temperature is 40 degrees or less, a mountain bike ride at Double Lake or Huntsville is assumed with camping the Saturday evening. The Sunday rides are more informal than Saturday, so check before with a NWCC member, especially during MTN and road race weekends.*

Race Team Saturday Routes. The race team will vary its Saturday routes with the destinations noted on the calendar: Whitehall (75 miles), Bellville (80), Monaville (65) and Kirkwood. *Kirkwood ride meets at Kirkwood. Park on the southwestern corner of the intersection of I-10 and Kirkwood.*

The Saturday rides start per the following schedule:

- Jan thru Mar 8:00AM
- Apr thru Sep 7:30AM
- Oct thru Dec 8:00AM

Interested in a Sunday ride? NWCC makes sure that there are some of those also. See the new schedule above for Sunday rides. These rides are more informal than Saturday's big club ride, so check with a club officer or call Northwest Cyclery for additional info on these rides.

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MARCH RIDES

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

Pedal Thru the Pines March 6 Bastrop

Sun & Ski Sports Spring Breakaway March 7 Katy <http://www.sunandski.com/events.htm>

Ride Around SP March 13 Sinton <http://bwgoodlock.tripod.com/>

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

Bluebonnet Metric Express Metric Century March 21 Katy <http://www.northwestcyclingclub.com/club/rides/BBX%20Form%202004.pdf>

Texas State Bank Education Expedition March 27 Sugar Land <http://www.fortbendisdc.com/foundation/>

Bike the Bay March 27 Corpus Christi <http://www.cbtrcdcross.org/>

Tour D Cypress March 28 Houston <http://www.teamcure.org/tourdecypress.htm>
(Note new start location!)

[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 cassette sets. 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@evl.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 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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MARCH

Repair Class Schedule

DATE	DAY OF WEEK	TIME
Mar 11, 2004	Thursday	7-9PM
April 8, 2004	Thursday	7-9PM

Women's Symposium

March 10, 2004	Wednesday	7-9PM
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(Please Call to Enroll)



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Not good with other offers

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1/2 PRICE
(equal or lesser value)

Not good on sale merchandise

Mountain Bike Race Team Holds Clinic at RHR

by Steve Kramer

Sunday Feb. 8th the NWCC Mountain Bike Race Team held a clinic at Rocky Hill Ranch, lead by Jason Sager. Jason races for the Sobe/Cannondale Professional Mountain Bike Team and has been the defending Texas State MTB Champion for the past 4 years running. He has remained virtually undefeated in the Texas Men's Senior Pro/Expert Category for the past 4 years running.

Tony Deore, Mountain Bike Team Director, arranged the clinic, which included both beginner and more advanced sport class racers.

After an initial talk about segmenting a race lap at RHR, Jason reviewed start tips with the group, and then we were off to a full 17-mile sport loop, with periodic coaching sessions for each element of the lap. This included choosing the proper line, when to sacrifice the easy line and go over obstacles instead, being in the proper gear when approaching a hill, passing and passing strategy. Sections of the course that allow racers to "gain" time, when to put in max. effort, allocating your energy to finish the race at zero, but not below, and many other tips. The group alter-

nated positions during the lap to learn lines through the large variety of turns and obstacles at RHR.

Following lunch at the RHR Saloon, sport riders rode a short loop with Jason, focusing on more advanced strategy and riding the 'new' section that is to be used for the February 15th race.

Everyone that attended gained a new perspective on how to maximize their performance at the upcoming event and useful information for all future races. Thanks to Tony and NWCC for the clinic.

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

The '04 Season Begins

by Steen Rose

Hey All,

Wow, we're back to racing already. Sitting here thinking about it, winter seems awfully short. Then again, those dreary cold days in the saddle seemed awfully long. So, like everything, I guess it's all about your perspective.

There's still a lot of training to be done and fitness to be gained before serious racing gets underway, but I am glad to get back in the pack and stretch my legs and push my fitness a little. I did do 3 or 4 'cross races this winter; mostly because I was bored and felt guilty for owning a cross bike and not actually using it for it's intended purpose. I think I managed to get last in every race I did, which is a new record for me, but I got muddy and had fun in the process, and we all know that is the true purpose of cross.

Saturday, Jan 23. The TBI Dirt Road Classic. Copperas Cove, TX.: Due to some inclement weather, the dirt road section of this race was removed. Fine with me, except that made it a 88 mile race! Let's just say I don't recommend having your first race of the season be a really, really long road race with lots of climbing and cross winds. I made it to about the 60 mile mark with the second group, then started sliding

backwards. I did, however, win the sprint for 23rd place. ;-)

Saturday, Jan 31. The Green Valley Grand Prix. New Braunfels, TX.: This was the debut of my new Walker road bike. (www.donwalkercycles.com) Without sounding like I'm kissing up to my sponsor too much, let me just say I love this bike. It's custom steel with carbon seat stays, and it pretty well rocks da house.

A break got off early, without one of my teammates (Oh! I almost forgot! I have teammates on the road this season. For the first time since 1999. Took me a few minutes to remember what to do with them...but they're nice to have. NWCC has a really good squad this season, and I'm happy to be a part of it.) My teammate Mike is riding really well, so it was our focus to try and get him into the move. I rotated at the front, trying to get something organized; but typical Texas tactics prevailed. I will say that coming through the S/F driving the pace at the pointy end of the peloton, all strung out single-file, with all the people cheering, was a pretty cool feeling after a long winter of talking to myself. Later on we got a chase group formed, and tried to launch Mike across, but it wasn't happening. Perfect execution; bad luck.

In the closing kilometers Mike got away in a small group, so I did my best to let them roll and then I won the bunch sprint. The finish was a little confused due to a medical emergency at the finish line; which resulted in the finish being moved up to the 1k sign. I thought the official, Bonnie Walker, did an awesome job of handling it and informing the field of what was going on. Some people bitched, but from what I saw the most vocal critics were nowhere near the front for the finale, so I think they were just looking for an excuse.

Ride of the day goes to Christian Williams. Every time I looked around he was at the front and working. He was suffering; I could hear that in his breathing and see it in his face. But he laid it down for his team. Mad props.

P-1,2,3

- | | |
|-------------------|---------------|
| 1. Ethan Frost | Brain & Spine |
| 2. John Reed | Porcupine P&G |
| 3. JT Cody | Solar Eclipse |
| 4. Scott Henry | Lucky Lounge |
| 5. Josh Kravetz | Brain & Spine |
| 6. Mike Nelson | NWCC |
| 7. Chris Aarhus | Solar Eclipse |
| 8. Kevin Calloway | Woodlands |
| 9. Nate Phillips | Solar Eclipse |
| 10. Steen Rose | NWCC |
| 11. Billy Kurtz | Lucky Lounge |
| 12. Jeff Skoken | Solar Eclipse |

(See "04 Season," Continued on page 13)

("04 Season," Continued from page 12)

Sunday, Feb. 1st An early break got away again, but the course was just too fast to allow anything to stick. After Saturday's ride (with my seat, come to find out, 1/4 " too low!) I wasn't sure how my legs were gonna be, so I sat in and motorpaced. It only took me about a lap to find the tail-gunner position and settle in. I dropped it down into the 42 and chilled. It was funny to look around and see people needlessly killing themselves in their big rings. The back of the pack pretty well looked like the OG (that's Original Gangsta for you crackas out there) section for most of the race; so I was in good company and we had a good time chatting and chilling.

With 3 laps to go I started to pay a little attention and started slamming Clif Shots and Cytomax. Sure enough with 2 laps to go a really dangerous split formed, and I was the last one to make it across; still riding wheels and conserving. It all came back together after a few miles; but I stayed near the front.

The break was dangling maybe 30 seconds and I knew we needed to stay vigilant and get them before the BS began and they snuck away for good. Mike kept attacking, and Warnsman, who wasn't exactly feeling great, went to the front for awhile and kept the pace high when I asked

him to.

In a repeat of Saturday, Mike just kinda rolled away with a little group of about 6 with a few miles to go. I tucked in on a wheel about 4 back and made sure I didn't get swarmed, all the while watching Mike drive his group and shed people like bad habits.

With a K to go it was only Mike and a Lucky Lounge rider left, about 10 seconds ahead of us. I knew I had the sprint in the bag, and possibly the win if we kept the gap close enough. I stayed near the front and managed not to get swarmed, even tho that meant pissing a few people off and running at least one guy into the ditch.

Like the old Houston Oilers, I managed to snatch defeat from the jaws of victory. I got impatient and lit up the sprint from about 250 meters out. Now while I could normally pull that off pas du probleme, this is February, and it was an uphill sprint. I wound up leading it out and dying with about 50 meters to go. That has got to be! the worst feeling in the world, running out of steam and watching people go flashing by.

Men P/1/2/3

1 Anuthee Huffstedder	Lucky Lounge
2 Billy Kurtz	Lucky Lounge

3 Mike Nelson	NWCC
4 Frank Pipp	Endeavor
5 Shannon Graham	Trek/VW
6 Will Ross	Hotel San Jose
7 Steen Rose	NWCC
8 Shawn Harris	Team Diabetic
9 Joel Trinity	Team Diabetic
10 Ethan Frost	Team Brain & Spine

Kicking myself for being an idiot, but oh well. All in all, not a bad weekend.

Special thanks to Warnsman's better half for keeping us hydrated, and to all the officials and volunteers. And to the promoter; Rob Kane, the nicest and hardest working guy in TX racing.

The team is good, the bike is awesome, and my fitness is where it needs to be; so I'm happy.

Racing for keeps starts at the end of the month with Pace Bend and then a little trip to Florida for the first WCQ track race. I guess all I have to say is...
...bring it on!

Hope you are well.

Thanks for reading.

Race Results

TXBRA

TXBRA Texas Cup Cyclocross 2003-2004

11/15/2003 - AVPAC

Men A	4	Troy Dunton
Youth(10-14)	1	Daniel Walker
	3	Lawson Craddock
	5	Parker Craddock

11/22/2003 - Moritz Day1

Youth (10-14)	1	Daniel Walker
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11/23/2003 - Moritz Day2

Youth (10-14)	1	Daniel Walker
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11/30/2003 - UYS Houston

Men A	5	Troy Dunton
Men B	16	Alexander Bump
	20	Carl Jones

Masters 35+	8	Bill Duckworth
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Youth (10-14)	1	Daniel Walker
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12/06/2003 - GCCA

Men A	8	Troy Dunton
Youth(10-14)	1	Daniel Walker

12/07/2003 - REI Challenge

Youth(10-14)	1	Daniel Walker
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12/13/2003 - Fuji Austin #1

Masters 45+	5	Thomas Craddock
Youth(10-14)	1	Daniel Walker
	5	Lawson Craddock

12/14/2003 - Fuji Austin #2

Masters 35+	4	Carl Jones
Youth(10-14)	1	Daniel Walker

12/21/2003 - Tx State Champs

Youth(10-14)	1	Daniel Walker
Junior (Open)	5	Daniel Walker

01/03/2004 - AVPAC 2

Men B:	8	Daniel Walker
Youth(10-14)	1	Daniel Walker
	4	Lawson Craddock
	4	Thomas Craddock

(1/10/04) Matrix

Youth (10-14)	1	Daniel Walker
---------------	---	---------------

(1/11/04) Mirage

Youth (10-14)	1	Daniel Walker
---------------	---	---------------

2004 Overall Cross Results

Men A:	14	Troy Dunton
Men B:	43	Daniel Walker
Masters 35+	28	Carl Jones
	42	Bill Duckworth
Masters 45+	19	Thomas Craddock
Youth (10-14)	1	Daniel Walker
	4	Lawson Craddock
	11	Thomas Craddock
	15	Parker Craddock
Junior (Open)	11	Daniel Walker

Northwest Cycling Club Presents:

BBX

BLUEBONNET EXPRESS METRIC CENTURY

Sunday, March 21st, 2004

**New Start
Location!
Improved
Routes!**

"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

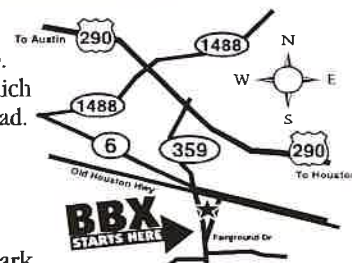
NEW START: Waller County Fairgrounds
Start Time: 8:00 AM
Tandems Start: 7:55 AM
Distances: 25, 40, 62 Miles

**New Start
Location!**



DIRECTIONS

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:

Where Does the \$\$\$ Go?

by Ron Ostrowski-Treasurer

The question some times comes up. "Am I getting my money's worth when I pay my annual membership dues?" "Where do they spend all that money?"

The answer to both questions is right in your hands. The "Monthly Newsletter". The costs for printing, stapling, labeling and mailing, totally consumes all the funds we receive for annual membership dues. We not only print a copy for every registered club member, but we also run extra copies for distribution in the Northwest Cycleries store and to have on-hand at Ride Starts and other events sponsored by NWCC.

O.K.! Then where does the money come from to pay for all those delicious cookies, bananas, etc. that we eat every Saturday morning after the club ride? And who pays for the picnics, Christmas Parties? And how can we support the Junior Cyclists with uniforms and reimbursements? Hey! And how about the terrific Racing Teams we have. NWCC assists them financially also. Then there was that Leakey trip weekend for all the volunteers

that have helped out during the past year. There are these expenses and a whole lot more.



So where does all that money come from? Nobody is going around asking for donations from the club members during the year. We don't sell boxes of cookies or hold car washes. NO! We do what most bike clubs do. We organize bike rides to raise money. The Blue Bonnet Express and the Katy Flatland rides generate the funds to pay for all those extras that we enjoy throughout the year.

How can we make a whole bunch of money on a bike ride? VOLUNTEERS! Sure there are costs for porta-johns, bananas, police, ambulance, etc. But if it wasn't for the *unpaid* VOLUNTEERS that organize and run these events, we couldn't break-even, let alone make some profit. If you haven't noticed, this is a subtle hint. VOLUNTEERS generate the funds that support NWCC throughout the year.

Make a point to attend the March club meeting. We will be asking you, the club members, to review and approve the 2004 operating budget. And if you EVER have any question about where your money goes, please contact one of your club board members. We'll get the answer to you. This is your club.

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 5/1/2010

DAVID KING Family
5231 Alamosa Lane
Spring, TX 77379

The Pedal Pusher

...And Way in the Back...

by Wes Morrow

Valentine's day at Zube Park dawned as a cold and rainy one, but with a lot of promise for riding. A front had gone through during the night, and the intelligent radar showed the back edge of the rain would pass Zube just before the ride start. Sure enough, no rain fell after 7:30. Only four riders showed up to ride into the 40 degree Northwest wind, and all were quickly surrounded by soccer players. By the time I got back from a 20 mile ride, every parking place was taken and close to thirty cars were parked in the very wet grass. More were arriving all of the time, and there were just three vehicles that belonged to cyclists.

Several weeks ago I spoke with a constable who had just finished arranging for a soccer dad's stuck van to be towed out of the field northwest of the parking lot that we use at Zube Park. He was understandably upset, and told me that we ("you cyclists") need to start coordinating our activities with the soccer folks. At the time that seemed a little difficult, since we use the parking lot at Zube every Saturday.

Now that I have witnessed an absolutely full to overflowing parking lot on a very inclement Saturday, with only three cyclists' motor vehicles in the lot, I am convinced that no amount of "coordinating" on our part is go-

ing to help. The paved parking lots obviously have inadequate capacity for the soccer activities that are being scheduled at Zube.

This may be just temporary, since several other "soccer" parks have been recently flooded, causing events to be re-scheduled at Zube. It does seem, though, that the parking lot capacity requirements are liable to have a fixed ratio with the number of soccer fields at any park. If the number of fields increases beyond the available parking, there is going to be a problem, with or without additional activities, revised schedules, etc. Will there be more parking lots, or less soccer, in Zube Park's future?