

The Pedal Pusher

April 2004

Vol XVIII, Issue 4

A monthly
publication
promoting
the spirit of the
Northwest Cycling
Club

Message from the President by David Collins

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In recent weeks a number of occasions have been brought to my attention involving riders behaving in ways that reflect negatively on the club and our sport. We are all aware that an unfortunately high percentage of drivers out in the countryside who do not welcome our weekly rides. I know we will never convince all of them that we not only have the right to use the roads but that we are not out to get in their way every weekend. But we do not have to go out of our way to upset the other users of the roads.

can convince everyone to stop at every sign, every time, even though that is the law. We know we should but it certainly disrupts the group flow. We should at the very least try to do a better job of stopping when there is another group or motorist approaching the intersection. After all you would not typically roll through a stop sign in a car when another car is approaching. You might also keep in mind that the driver might be planning to roll through the intersection too.

three riders spreading out across the entire lane. Please listen for approaching traffic and be as courteous as possible. We gain absolutely nothing by doing anything to unnecessarily upset local drivers.

This time of year we have a lot of newer riders out on the road. If we do not set a good example we will have only ourselves to blame if they get the rural population so upset that we end up having to continually depend on work at the legislative level to retain our right to ride on public roads.

We have probably all rolled though stop signs without coming to a complete stop, some of may have even done this in our cars. I am not naïve enough to believe I

Another annoying behavior to motorists is taking up too much of the road. This can be done by a large group that makes it difficult or dangerous to pass or it can be as few as two or

ROUND THE CORNER

April club meeting, April 6, 7:30PM at the shop

May club meeting, May 8, 11AM at Zube Park

Katy Flatland Century, July 18, 7AM Katy Mills Mall

Annual Blood Drive, July 24, at Zube Park after Club Ride

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

Holiday party, Dec 10, St Arnold's Brewery

TMBRA 2004 Texas Championship Series

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

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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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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A New Experience X 2

by Chuck Martin

On Saturday 2/21/04 I had a new experience: I was stopped by a State Trooper. I have to admit that I have only been to a club ride twice this year (bad weather and cyclocross interference). Since I had only been training on my wind trainer, I decided to ride with the slower 16 – 18 mph. group. Needless to say, I (and several others) was dropped after we turned onto old 290. I stayed with the slower riders since some of them did not know the route. We eventually caught the pack at the Exxon rest stop in Hempstead. As a group of riders was leaving the rest stop, I noticed them run the stop sign where you make the left turn from 1488 to the service road. This probably wouldn't have been too bad, except they cut off a truck that was

turning onto 1488, and did this in front of a State Police patrol car. Before the group got 100 yards up the service road, they were pulled over by the trooper. As my small group approached the scene, WE were also pulled over, even though WE stopped at the stop light. Fortunately (or unfortunately as the case may be), the trooper only gave the group a lecture about bike safety and laws of the road. After he left, I asked the group how many were members of NWCC. No one admitted to being a member. I am not sure how to handle this in the future. I guess that as members, we can only advise the riders to obey the traffic laws, and set good examples for them. I have requested that the ride starters advise everyone that they must obey the traf-

fic laws, or face the possibility of getting a ticket.

My second new experience of this year was to start my own business. Some of you may know that I had been unemployed for over nine months. I figured that I might as well be my own boss. Sandy and I have started an internet business selling nutritional products. You can find us at www.martinsbiz.com. Upon checking out, if you use the discount code of NWCC, you will receive a 10 % discount. We appreciate your taking some time to look at our products. If there is anything that you want (or need) that we do not carry, let us know. We might be able to get the product you want.

NUTRITION AND BEYOND

**We offer nutritional products such as
Atkins, Whey Protein, Power Bars, Weight
Loss Products, Muscle Builders, and More.**

www.martinbiz.com

Foods to Benefit Your Heart, Including Chocolate

by Catherine Kruppa, MS, RD, LD

According to the Centers for Disease Control and Prevention, about 61 million Americans live with coronary heart disease. That is one quarter of the population! But don't be discouraged. You are not doomed! You can prevent and even reverse high blood pressure and clogged arteries. Most medical experts agree that food can protect and heal your heart. Poor food choices can also lead you to being another statistic.

Use food as your weapon. It is the best defense that you have to ensure a long and heart healthy life. Chocolate is one of the foods that can promote a healthy heart. With all of its fat and calories it is hard to believe that it is heart healthy. Research shows that chocolate contains the same phytochemicals (disease fighters) found in red wine. 1.5 oz of dark chocolate has the same amount of phenols as a 5 oz glass of red wine and a cup of hot chocolate made with cocoa powder has about 75% of red wine's level.

Phenols have an impact on multiple biomarkers for cardiovascular health such as blood pressure, blood vessel function, platelet activity and lipid oxidation.

A recent clinical study found that subjects who consumed a polyphenol-rich dark chocolate had lower blood pressure than those who consumed a polyphenol-free white chocolate.

Scientists are examining the potential for polyphenol compounds, such as cocoa flavanols, to improve platelet function in ways similar to that of taking a baby aspirin daily. This helps to support healthy blood flow and prevents blood clots. Blood clots can be lethal, potentially blocking an artery vital to proper blood flow through the heart

Consumption of flavanol-rich chocolate may help regulate signaling molecules, called eicosanoids, which are important in inflammatory responses.

Preliminary clinical studies suggest that eating certain flavanol-rich chocolates may increase epicatechin levels in the blood, thereby resulting in an increase in serum antioxidant capacity. Antioxidants help to neutralize free radicals, which are natural by-products of metabolism. Free radicals can damage healthy tissues and cells if they are not counteracted by an antioxidant. Importantly, antioxidants appear to help reduce the oxidation of LDL or bad cholesterol.

The other good news is that the fat in chocolate, which is over 50% of chocolate's calories, does not seem to raise blood cholesterol levels. Chocolate is high in stearic acid, a type of saturated fat that leaves blood cholesterol levels alone. It contains heart healthy monounsaturated fat that has the same beneficial effects as olive oil. When eaten in small amounts early in the day, chocolate balances the brain chemistry by increasing the serotonin levels.

So chocolate is not that bad, but moderation is the key. Most Americans eat on average just over 10 pounds of chocolate per year. The bottom line for chocolate fans is to keep portion sizes small, and stick with dark chocolate, which has the greatest phenol content. Or make hot chocolate with cocoa powder and non fat milk. Then you will get a dose of phenols along with calcium and only a small amount of fat.

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

Bike to the Future?

by Sam Wright

Safety continues to be a concern for all who cycle. There are many legitimate concerns including bicycle maintenance, wearing helmets, proper cycling etiquette, and FOFR (Focus on the Full Ride). But, have you been following recent introductions in the field of portable entertainment electronics? Sony, Casio, RCA, Toshiba, Audiovox, Samsung and others are in a hotly contested race to make it unbelievably easy to keep your eyes, as well as your ears, off the road, whether you are walking, driving, or riding. Until recently this trend hadn't directly entered the scary field of cycling.

First introduced as hand held and dash mounted portable TV's, with built in sun shades, "straptennas" (combination antenna and strap), ear phone jacks, and convenient battery power, these have quickly evolved into portable DVD players, advertised for use "at home, at work, on the

road, on the go." Audio Vision's D1500A has a 5" screen, is 8" x 6" x 2", and with battery weighs only 3 pounds. Panasonic offers their DVD L50, also with a 5" screen, is 7" x 6 1/2" x 1 1/2", and weighs 2 1/2# with battery. Both come with a rechargeable battery pack good for over 3 hours of play.

To be introduced this April 1 to the market is a new, ultra compact 3" DVD, with a unique demountable screen. All components are encased in machined stainless housings, and are touted as usable "in all outdoors activities." While not advertised specifically for cycling, the viewing screen comes with a fold out "tube clamp" that can be swiveled to mount to transverse or axial tubes on stationary cycles or any other apparatus. Could this mean a bicycle? And, the press release states that the 3" screen was at first considered impractical until marketing realized that

some activities "such as cycling" put the user extremely close to the screen. Being able to disconnect the screen from the player was the real break through, though, as this allows the player to be loaded, programmed, and stowed away while the entire movie is played.

Unbelievably, the company has also announced plans to introduce a new model in 2005 that includes an omni-directional antenna that will allow reception of the cartoon channel and the new cycling channel. This sounds to me like ride directors everywhere are going to have a whole new generation of safety issues and concerns on our hands. Admittedly, some rides can be long and boring, but is it really safe to ride a bike anywhere while trying to watch a movie or anything else on a 3" screen? What are these people thinking?

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

April 2004

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 Alkek Velodome Track Races 7:00 PM	3 CLUB RIDE 7:30AM Zube Park Friendswood Crit Bar H Bash, St Jo (Off-Road)
4 Cold Spring RR Bar H Bash, St Jo (Off-Road)	5	6 Club Meeting 6:45 Race Team 7:30 General Members @ 	7	8 Bicycle Repair Class 7:00PM @ 	9	10 CLUB RIDE 7:30AM Zube Park
11 	12	13	14	15	16 Alkek Velodome Track Races 7:00 PM	17 CLUB RIDE 7:30AM Zube Park BP MS-150 Houston to Austin Flat Creek Chal- lenge (Off Road)
18 BP MS-150 Houston to Austin Flat Creek Chal- lenge (Off Road)	19	20	21	22	23 Alkek Velodome Track Races 7:00 PM	24 CLUB RIDE 7:30AM Zube Park Ft Davis Ham- merfest SR
25 Ft Davis Ham- merfest SR	26 Board Meeting 7pm @ 	27	28	29	30 Alkek Velodome Track Races 7:00 PM	

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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APRIL RIDES

Katy Ram Challenge, April 4
Katy, Tx <http://www.katyranchallenge.com/>

Justin Taylor Memorial Bike Ride April 4 Magnolia, Tx

BP MS150 April 17-18 Houston to Austin <http://www.ms150.org/>

Easter Hill Country Tour April 8, 9, 10 Kerrville, Tx <http://www.fwbclub.org/>

Muenster Germanfest April 24
Muenster, Tx <http://www.nortexinfo.net/gfest/bike.htm>

MAY RIDES

Beauty and the Beast May 1
Tyler, Tx <http://www.tylerbicycleclub.com/EventBeautyBeast.html>

Rolling Hills Challenge May 8,
Columbus, Tx <http://www.columbuslionsclub.org/lions/rollinghillschallenge2004.htm>

Shiner Bash May 15 Houston to Shiner, Tx <http://www.shinerbash.com/>

Crank 200 May 24 Katy (200+ miles) <http://geoffreypierce.tripod.com/>



NWCC CLASSIFIED

For Sale: KABUKI Stainless steel 23" frame-----Fuji Finest 24" frame-----Fuji Newest 22" frame-----Fuji unisex 21" frame-----French do not have name 19"frame. Bill Reeves 939 Hidden Canyon Rd. Katy Tx. 77450 Phone # 281 392 9428 We are asking these prices (willing to take offers):
Kabuki 23" 200.00
Fuji Newest 22" 325.00
Fuji finest 24 " 150.00
Fuji unisex 100.00
French unisex 100.00

For Sale: Tandem - Burley Duet, early 1990's. Perfect for parent and child riding team or adult riders new to tandems. Updated with telescoping rear handlebars and crank shorteners. Can fit a stoker as small as 4' 5" inches with a 24 inch inseam. \$995
281-376-7213 LowFlyers@Earthlink.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 \$100 for the pair. **Contact** Bruce Gilbert at bgilbert@hal-pc.org

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: '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. \$675 Negotiable. **Contact** Steve Scott at 713-410-2524 or stevescott@wtez.net

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: 2002 Cannondale Cyclocross Frameset, like new, perfect condition, very few miles, \$550
-Frame, 50 cm, blue/blue
-Fatty fork
-headset

How to compare Cyclocross bike size? I ride a 54cm Cannondale Road bike, 53cm Colnago Road bike, 32" inseam, 5'-6", 50cm fits me perfectly!

Complete bike - negotiable
Email me with any questions.
monica_gill@gensler.com

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

Race Results - MTB

by Tony DeOre, Mtn Bike Director

Waco was a great week of racing! I'd like to throw a special thank you to Beth for coming up early and helping me out at the marathon and putting up with my bitchiness at the ER and pharmacy after words.

Marathon 62 mile mountain bike race:

Tony DeOre – 10th (also got a trophy of 3 stitches to the knee :)

Bill Duckworth – 15th



Name	Gender	Category	Class	Smithville	Comfort	Waco
Bill Duckworth	M	Expert	30-39		35	30
Jack Talton	M	Expert	30-39	29	.	29
Steffi Penco	W	Expert	30-39	.	.	.
Billy Cloer	M	Sport	30-34	9	11	10
Tony Deore	M	Sport	30-34	15	12	DNF
Mike Fayard	M	Sport	30-34	.	33	.
Alireza Sepehriazar	M	Sport	30-34	.	.	26
Morris Taymon	M	Sport	40-44	.	.	.
Jeff Elliot	M	Sport	45-49	16	.	.
Steve Kramer	M	Sport	45-49	5	8	.
James Mackey	M	Sport	45-49	6	14	29
Beth Schlotterbeck	F	Sport	30-39	2	5	7
Melany Lacy	F	Sport	40+	.	.	.
Dan Raine	M	Beginner	35-39	20	.	.
John Deckert	M	Beginner	40-44	4	.	10
Drew Hazzlerigg	M	Beginner	40-44	25	DNF	.
Doug Lamond	M	Beginner	40-44	.	7	.
Amy Vanzant-Hodge	F	Beginner	40+	.	.	.
Joe Floek	M	Beginner	Junior 17-18	.	.	.

APRIL



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Repair Class Schedule

DATE	DAY OF WEEK	TIME
April 8, 2004	Thursday	7-9PM
May 20, 2004	Thursday	7-9PM
June 24, 2004	Thursday	7-9PM
July 22, 2004	Thursday	7-9PM

(Please Call to Enroll)

**ALL
Winter
Clothing
30% OFF**

Not good with other offers

**Car Racks
15% OFF**

Not good with other offers

**TUBES
(Stock Up)
3 for \$6⁹⁹**

Not good on sale merchandise

Race Results - Road, Part I

by Bill Reilly, Race Team Director

This weekend of February 21 and 22 marked the opening of the TXBRA road series and NWCC was well represented. We had several new team members present, some of whom were brand new to racing too. There were some outstanding performances and, you'll notice, there were some outstanding results. Here are some top placings of Northwest riders this exciting weekend at Walburg and Pace Bend:

Walburg RR (Feb 21) results:

Cat 4 Women (35 riders):

3rd Laura Meichan

14th Carol Ambuhl

* 1st race ever for Laura and Carol

Cat 5a Men (46 riders):

14th Stephen Fekete

17th Ed Scardaville

* Stephen's first race

Mens 5B (45 riders):

12th Matt Cross

Masters 45+ (53 riders):

4th Willie Allen

8th Stephen Gustitis

11th Bill Reilly

* Willie attacked several times, as did some of his teammates, and he still managed to find the strength to get a top-5 finish!

Masters 55+ (16 riders):

3rd Craig Rennpage

Youth:

1st Daniel Walker

2nd Allan Ting

3rd Lawson Craddock

*In the Youth division, a NWCC podium sweep!

Pace Bend RR (Feb 22nd) Results:

Jr's 10-14:

2nd Daniel Walker

Women 4:

2nd Laura Meichan

*(2nd race, second podium finish!)

Cat 5A:

7th Ed Scardaville

Masters 35+ (in a field marked by several Cat 1s and cat 2s):

4th Gary Rennie

10th David Bumbaugh

Masters 45+:

2nd Willie Allen

3rd Dana Chamness

6th Bill Reilly

10th Eddie McLean

Masters 55+:

2nd Greg Smith

4th Craig Rennpage

*In the 45+/55+, NWCC controlled the peleton, sending off attack after attack, neutralizing attacks from other teams, sitting on wheels of those chasing our guys and essentially dictating the tempo of the race. Kudos to the whole squad for some excellent teamwork!

Pro-1-2 Men:

2nd Mike Nelson

14th Steene Rose

*In the Pro-1-2s, with one lap to go, Mike is the only one to respond to an attack from Steve Tilford and they go pull-for-pull, holding off the pack the entire 6-mile lap. Cresting the last hill before the finish, Mike leads out Tilford who sprints past for the win, a hard-charging pack just a few seconds behind at the end.

Congratulations to all for a great team weekend! After our race on Sunday, I was so stoked I was ready to do another lap, NWCC against Matrix in a two-team grudge match! I don't think I've ever been as excited about our team as after this weekend. Let's take this momentum and carry it on to Lago Vista (Mar 6-7) and then to the Fayetteville Stage Race.

Race Results - Road, Part II

by Bill Reilly, Race Team Director

Here are some NWCC results from Lago Vista:

Lago Vista 1 (March 6) results:

Men Pro 1-2:

7th Michael Nelson

Women 4:

8th Laura Meichan
12th Cristin Walker

Masters 35+:

11th Gary Rennie

Masters 45+:

5th Thomas Craddock
7th Dana Chamness
9th Scot Orgish
11th Timothy Arnold
15th Stephen Gustitis
20th William Allen

Youth(10-14):

1st Daniel Walker
4th Gregory (Lawson) Craddock
5th Parker Craddock

Lago Vista 2 (March 7) results:

Men Pro 1-2:

10th Michael Nelson

Women 3:

6th Nancy Dodd

Women 4:

2nd Laura Meichan
12th Diana Zbornak
15th Cristin Walker

*From race-site observations, Laura was definitely the strongest rider in her race and was setting the pace.

Masters 45+:

1st Dana Chamness
2nd Willie Allen
6th Bill Reilly
10th Stephen Gustitis
12th Scot Orgish
17th Edward (Eddie) McLean
19th Luis Torres

* Needless to say, NWCC dictated how the race would play out in the 45+ category. We initiated the attack that split the field and had four riders in an eleven-man break. Stephen sacrificing himself as leadout for Willie at the finish.

Youth(10-14):

1st Daniel Walker

* Daniel continues his winning ways in this category.

TXBRA 2004 Overall Team Standings (after four races):

Place Team Points

1st Matrix Cycle Club 1218.0
2nd Northwest Cycling Club/
Alkek Velodrome 938.5
3rd Southern Elite 866.0
4th Violet Crown Sports
Assoc 756.0
5th GS Tenzing 487.0
6th REI Austin Cycling Tm 482.0
7th Lone Star Racing Club 450.5
8th United Youth Sports Inc. 436.5
9th Woodlands Cycling Club 430.0
10th Team Bicycles Inc. 351.5
11th Gulf Coast Cycling Associa-
tion 322.0

Here are the Individual TXBRA Series Standings of NWCC riders:

2004 Overall Road Standings

Place Name

Men P12:

5th Michael Nelson

Men 5:

31st Ed Scardaville
49th Matthew Cross

Women 3:

14th Nancy Dodd

Women 4:

1st Laura Meichan
25th Diana Zbornak
25th Cristin Walker

Masters 35+:

8th Gary Rennie
23rd David Bumbaugh

Masters 45+:

1st William Allen
3rd Dana Chamness
8th Bill Reilly
14th Thomas Craddock
16th Stephen Gustitis
19th Scot Orgish
24th Edward (Eddie) McLean
25th Timothy Arnold

Masters 55+:

7th Craig Rennpage
8th Greg Smith

Youth:

1st Daniel Walker
4th Gregory (Lawson) Craddock
6th Alan Ting
10th Parker Craddock

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.

Race Results - Road, Part III

by Bill Reilly, Race Team Director

Here are some NWCC results from the Waco Crit:	1st Matrix Cycle Club	1395.0
Dana Chamness - 1st (Masters 45+)	2nd Northwest Cycling Club/Alkek Velodrome	1048.0
* Dana attacked early in the race and two riders went with him. They stayed away the whole race, Dana driving the break for the most part, especially on the late laps.	3rd Southern Elite	915.5
Lisa Reed - 3rd (Wm 3)	4th Violet Crown Sports Assoc	766.5
Daniel Walker - 1st (Yth 10-14)	5th GS Tenzing	619.0
Cristin Walker - 1st (Wm 4)	6th REI Austin Cycling Team	482.0
Steen Rose - 13th (P-1-2)	7th Woodlands Cycling Club	430.0
	8th Lone Star Racing Club	475.0
	9th United Youth Sports Inc.	474.5
	10th Team Bicycles Inc.	408.5
	11th Gulf Coast Cycling Association	361.0

Riders Write

Gregg Germer writes: I have volunteered to be the new equipment person and as such one of the areas that falls under equipment is video's. If you have a video lingering around the house that belongs to the club please return it to the shop. I have a list of what is suppose to be there and will be looking to either see the video on the counter or a card with the name of the person who has it. I have made a motion to the board to get some new videos' but we need to show we can keep track of the old ones before we get some new ones.

If you have some suggestions on what video's you would like the club to consider, send me an e-mail.

Tracy Meixensperger writes: I want to thank all of the volun-

teers who came to the Bluebonnet packet stuffing Wednesday night, March 17. We had close to 40 people show up to help and they finished the packets in record time (before 8 o'clock)!!! Thanks again for all of the help. See you on Sunday at the ride (or Good Luck in Fayetteville).

Bruce Gilbert writes: This type of affair is just one reason why our club has been successful in the past and will continue that tradition long into the future. Great bike clubs are about committed people giving of themselves to build something of enduring value. I think NWCC is a stunning example of that.

Oh, can you tell I've been writing ad copy all morning?

Have a well-lubricated day!

Dan Raine writes: Bob Dean and the Woodlands Cycling Club Bicycle Action Committee have been expending great efforts towards enhancing bicycling opportunities and routes throughout Montgomery County. Bob is meeting with elected officials and needs to know how many paid members are within NWCC, could somebody please contact Bob with that information? It helps to quantify the need for facilities.

Wes Morrow writes: Dan, for NWCC membership, I would use a figure of 488 members. That comes from 264 single memberships, plus 99 family memberships that represent at least two members per, and often a lot

(See "Riders Write," Continued on page 14)

("Riders Write," Continued from page 13)

more. Therefore, $264 + (99 \times 2.25) = 487$, call it 488.

Several different numbers can be used, depending upon your source, and how you interpret the numbers. My figures come from the March membership list. The April numbers are not compiled yet. Our membership usually drops this time of year, since many memberships expire at the end of March, and a few members may take a month or two to remember to renew their membership.

David Lynch writes: I would like to thank the club for volunteering this weekend. We had a record turn out at the packet stuffing and probably finished in a record time. We have a big job ahead of us for Sunday. We are estimating that we have probably 1200 pre-registered. Parking is going to be tough again this year. The

rain has made the made the blessed laid plans a challenge. The grass fields are soaked. The sun is shining so perhaps things will dry. So please car pool if you can. The route will be mostly new this year. We will visit a lot of the roads on the Monaville course and Tour de Pierre. They are probably some of the best rides that NWCC has. We will have a few surprises along the way. The Hempstead Band will play at rest stop #2. The flowers are starting to poke there heads up. We will not have the Big Kahuna due to high traffic and road construction. I rode

up there last weekend and the road by Camp Allen was dirt. I would like to personally thank all the people that have worked hard on this ride. For those who are volunteering this weekend, I would like to say thanks in advance. In the mix of everything going on, I am sure that there will be a few angry customers this weekend, so please be diplomatic and polite as possible with them. If I offend or get mad at anybody in the club this weekend, please forgive me, I have a lot on my mind. I will be friendly again by next week when I have a few beers and simmer down.

So everybody, hope for dry weather and lets have an enjoyable Sunday.

Peter Wang writes: I'm going to send another letter with additional input to TxDOT's consultants on Highway 290 corridor, here's what I'm going to say:

To Whom It May Concern:

I have additional input regarding Hempstead Highway and bicycle usage.

My prior communication concerned the proposed Hike / Bike trail. This letter addresses another type of "facility" for experienced cyclists; the slightly extra-wide far-right lane.

By making the right lane 14' wide instead of 12' wide, you allow space for experienced cyclists

and powered vehicles to peacefully co-exist.

Having a 14' wide right lane will also make it a safer lane for all types of vehicles.

This extra 2' does not have to be designated or marked off as a special bike facility. It just has to be there. The experienced cyclist will use it.

The experienced cyclist does not want to barrel down a hike / bike trail at 20 MPH where there could be children, pedestrians, old people, dogs, wheelchairs... that's a recipe for an accident. The experienced cyclist usually prefers regular streets.

Though you could definitely say that the experienced cyclist is a subset of all cyclists, you could also definitely say that the experienced cyclists accounts for the majority of cycling miles accumulated in the community; they are the "heavy users". Some of these guys / gals will ride hundreds of miles per week, which swamps the usage statistics of someone who pulls their bike out of their garage once in a while.

For example, I rode Downtown along Hempstead Highway / Washington Ave this weekend. I really could've used the extra wide right lane.

Extra-wide right lanes for cyclists are quite prevalent in Dallas.

Thank you for the opportunity to provide feedback.

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

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The Pedal Pusher

...And Way in the Back... by Wes Morrow

As I write this, the 2004 Bluebonnet Metric Express Century is officially history. In case you missed it, there was rain, lots and lots of people, wild flowers, bicycles and riders, and even sunshine, a norther, and a lots of wind, some of it the right direction. I got to assist a stuck vehicle (mud), bandage a busted knee (blood), and drive a SAG vehicle (gear). But the overall common denominator that I observed this year was the FUN!

In the past four years of driving SAG for a number of rides, I will guarantee that is one job that allows you to find out what kind of mood people are really in. If riders

are upset, they never hesitate to tell their SAG driver. This year, all everyone could talk about was how nice everyone was, how hard everyone was working, and how much fun they were having.

There were some riders that went home without riding. And, there were long lines of vehicles waiting to park. And, the start was delayed. But, the rain stopped, the ride started, and, at least from my point of view, the ride was an awesome success. If you wore an orange shirt at the Bluebonnet, or had some other role either before, during, or after the ride, pat yourself on the back. And, don't forget

to congratulate David Lynch and his team for a job well done.

There are a number of our club members who ride with more than the average challenges. Perhaps you are one. I have met riders with MS, diabetes, and other ailments that would stop many people.

One of our members has asked me to see if we have any cyclists that rides with Lupus. If you, or someone you know, does, please contact me and I will put this person in touch with you. Sometimes it can help tremendously just to know that you are not alone out there.