

The Pedal Pusher

May 2004

Vol XVIII, Issue 5

A monthly
publication
promoting
the spirit of the
Northwest Cycling
Club

Message from the President by David Collins

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I want to congratulate and thank David

Lynch and all of the other volunteers who made the Bluebonnet Express a success again this year. The changes to the ride from the new starting location, to the new routes, to the inclusion of the Hempstead

High Band all seemed to be positively received. Work has already begun in looking into the things that were not as smooth as we would have liked and I am confident that they will be addressed next year. If you have never been involved with putting on and event like the Bluebonnet it is difficult to imagine how much work goes into prepa-

ration for the event.

If you are interested in being involved in helping with organizing a ride formal planning meetings for the Katy Flatland begin soon and Chuck Martin would love to hear from you.

In April our monthly time trials begin. These are held on the second Tuesday each month through October. Thanks to Dana Chamness for his work in putting these on each month. For more information check the club website.

Remember our May club meeting will be at Zube Park about 11AM, May 8, after

our Saturday morning ride. We will have a picnic with food and drink provided by the club.

Safety continues to be a concern. We seem to have had another flurry of e-mails about riders riding in an unsafe manner. This is something that we all have to be aware of and remember to be on our best behavior. Of course, no one ever writes to tell us when we are behaving well.

ROUND THE CORNER

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

Memorial Park Find your Niche Day, May 22 9:00AM - 1:00 PM (Booths set up to introduce various organizations that sponsor activities at Memorial 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

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

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 30 New Hope Classic, McKinney, Tx

May 31 Texas State Crit Championship, Ft Worth, Tx

June 12 Badlands Classic, Blue Grove, 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

July 10 La Carrera de Presa, San Antonio, Tx

July 11 Bicycle-Heaven Crit, San Antonio, Tx

July 31 Southern Elite Crit, Houston, Tx

August 14,15 Tall City Crit and TT, Midland, Tx

August 20,21 DQ Tour of Champions, Columbus, 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 wgs.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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Katy Flatland Century - 2004

by Chuck Martin

I would like to express my thanks for a job well done to David Lynch for all of his hard work on the Blue Bonnet Express. In spite of the rain, he and his staff of volunteers put on a good ride.

Now it is time to shift gears and start thinking about the Katy Flatland Century. This ride will take place on July 18th. I am looking for someone to handle registration. This position requires someone that is detail oriented and willing to be at the shop all day Friday and Saturday. It will also require someone to be at the Katy Mills Malls at 5 AM on the day of the ride. Special skills needed are a thick skin to take the bad comments from rid-

ers who can't get through registration quick enough, the ability to recruit many volunteers to help you, and the ability to supervise all of the volunteers that you recruited. The pay is OK. You get a free lunch on Friday and Saturday, and maybe some coffee earlier Sunday morning.

I would also like to have many of the club members submit their designs for this year's shirt. Please remember to put the "buzzard" in your design somewhere. I would like to be able to preview the designs at the June club meeting.

Zeke will be requesting (twisting arms) volunteers to handle many

of the other duties for the Katy Flatland. Please contact him if you don't want your arm twisted.

If you have any questions or comments related to the Katy Flatland, please let me know. I can tell you now that we will have all new routes from last year. We will not be riding on the Grand Parkway at all this year.

Chuck Martin
Ride Director
2002-2004

Editor's Note: See ride flyer on
Page 9.

DUES DUE? JUST DO IT!

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

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

Which Sports Bar is Right for You?

by Catherine Kruppa, MS, RD, LD

In a nation full of dieters, we are always looking for that quick fix. But can that bar do everything that it claims – boost your energy levels, aid in weight loss, improve your workouts and recovery, taste a candy bar and all in one wrapper? All foods, including energy bars, provide your body with energy. That is the prime reason we should eat . . . for fuel. Food provides protein, fat and carbohydrates as fuel for your body. All three, sooner or later, metabolize into energy your body can use: blood glucose. Glucose flowing through the bloodstream is what provides energy to the body's cells.

Here is a look at the different types of sports bars to help you determine which one is best for you:

Energy Bar

- Typically contain more carbohydrates to provide a quick fuel for a workout.
- Contain greater than 60% of calories from carbohydrates (36-48 g)
- Low in fat to help with easy digestion
- Moderate protein - aid in repair, growth, and development of muscle
- Powerbar, Clif, Gatorade bar

40/30/30 Snack/ Recovery Bar

- Higher in protein, fiber, vitamins and minerals, contain a little fat and some carbs.
- Can be used for recovery – the protein (10-15 g per bar) in these bars combined with carbohydrates can help your body restock spent glycogen stores after a long or intense workout. Your body restores glycogen more efficiently if you eat this carbohydrate/protein combination within the workout. This makes these bars a good choice.
- Convenient snack – portable and no preparation is required.
- Digestible – these bars and shakes go down easy if you have trouble eating after a workout.
- Can be used as a healthy snack – contain protein, vitamins and minerals, and less fat which makes them better options than chips, crackers and other snack foods we reach for in a hurry.
- In one study 40/30/30 bars glucose levels remained fairly steady for 2 hours after consumption compared to white bread, a candy bar and a high carbohydrate bar.
- Weight loss – the key to these bars is that they guarantee portion and calorie control.

- 200-400 calories, which could be, considered a small meal.
- If 1-2 meals are replaced with a bar or shake total calories are close to 1200 calories. This could promote a weight loss of 1 pound per week.
- A recent study showed that regular use of meal-replacement products helped maintain weight loss over a 10-year period.
- Examples: Balance bar, Luna bar

Soy Bars

- Scientific studies show lower incidences of bone fractures, cardiovascular disease, certain types of cancer, and menopausal symptoms in Asia where soy is a large part of the diet.
- Consumption of a diet containing 25 grams of soy protein, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease, by lowering LDL cholesterol.
- If the idea of eating tofu or veggie burgers makes you turn up your nose, then these bars are a good option.

(See "Sports Bars," Continued on page 5)

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

(*"Sports Bars," Continued from page 4*)

- Most are considered to be 40/30/30 bars and contain 8-15 g of soy protein.

High Protein Bars

- Originally designed for body builders these bars contain the largest amounts of calories and 30 + grams of protein.
- Meal replacement bar

Low Carb Bars

- These bars have become popular following the rise in number of people following the Atkins and South Beach Diet.
- Typically the same amounts of calories as a 40/30/30 bar, but typically considered high fat.

Tips for Choosing a Bar:

1. Calories – Choose a bar that has ~200 calories for a snack and 300-400 calories for a meal replacement. If you are not trying to lose weight, you may need to take in additional calories, such as a fruit, if you are trying to replace a meal.
2. Protein – Look for a bar that supplies 10-15 grams of protein per serving. This will help to promote fullness. Most adults require about 60-90 grams of protein daily.
3. Fiber – One of the nutrients that bars are lacking is fiber. Try to find a bar that contains 5 grams of fiber or more, this equals 20 percent of the Daily Value. Kashi Go Lean Crunchy, Kashi Go Lean,

Clif, Verve, Zoe Flax and Soy bar.

4. Fat – Stick to bars that contain 6 grams of fat or less and 2 grams of saturated fat or less per serving.

What You Are Missing:

Real food still packs a more powerful nutritional punch than most bars.

1. Phytochemicals – Although many of these bars contain a large percentage of the Daily Value of vitamins and minerals, they are lacking in phytochemicals. These phytochemicals protect our body against diseases such as cancer, heart disease and diabetes to name a few. You can obtain these phytochemicals by eating 5-10 servings of fruits and vegetables per day.
2. Good fats – There is not a bar that contain all the essential fats. These healthy fats, contained in foods such as avocados, salmon, nuts and flaxseed can also fight disease, enhance your immune system and ward off Alzheimer's.
3. Fiber – Eating a bowl of high fiber cereal, skim milk and blueberries in the morning could supply you 20-30 grams of fiber per day. This gets you close to meeting the 25-35 grams of fiber that are recommended daily. Fiber helps to make you feel full as well as lower your cholesterol and heart disease risk. Most of these bars because they are processed, contain very little fiber.

Other 200 Calorie Snack Ideas:

1. ½ c. low fat cottage cheese mixed with 1 c. of mixed berries
2. 6 oz of low fat lemon yogurt with 1 c. of blackberries
3. 2 light string cheese + pear
4. Apple topped with 1 Tbsp. of almond butter
5. Heat 1 Tbsp. of peanut butter in the microwave for 30 seconds, drizzle over 1 c. of Fiber One cereal.
6. ¼ c. of soy nuts mixed with ¼ c. dried fruit to make a homemade trail mix
7. Microwave 2 slices of Pepper Jack Veggie Cheese on 2 corn tortillas, roll up and dip in salsa.
8. 25 soy crisps topped with 2 Tbsp. of Guiltless Gourmet Black Bean Dip
9. Dip baby carrots, celery, or sliced peppers into ½ c. hummus.

Even though these bars may not do all the magical things that they claim and they may not be as nutritionally sound as real food, they can, when used correctly, offer nutritional benefits to Americans.

40/30/30 Snack bars

Balance Bar
Balance Gold Bar
Clif Luna Bar
365 Everyday Bar (WF)
Clif Mojo Bar
PR Bar
365 Ella Bar
Powerbar Sugar Free Protein Plus

(*See "Sports Bars," Continued on page 14*)

May 2004

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 CLUB RIDE 7:30AM Zube Park TMBRA Warda Race
2 TMBRA Warda Race	3	4	5	6	7 Track Racing 7:00PM @ Alkek Velodrome	8 CLUB RIDE 7:30AM Zube Park Club Mtg & Lunch 11:00AM @ Zube Park
9	10	11 Club Time Trial 6:00 PM @ Sharp Road and Katy Hockley Cut-Off	12	13	14 Track Racing 7:00PM @ Alkek Velodrome	15 CLUB RIDE 7:30AM Zube Park TMBRASupergind Old Tascosa Classic, Amarillo, Tx
16 TMBRA Hill Country Supergrind Tapatio Sp. Old Tascosa Classic, Amarillo, Tx	17	18	19	20 Bicycle Repair Class 7:00PM @ 	21 Track Racing 7:00PM @ Alkek Velodrome	22 CLUB RIDE 7:30 AM Zube Park / Mem Park Open House / Mineral Wells Stage Race
23 Mineral Wells Stage Race	24 Board Meeting 7pm @ 	25	26	27	28 Track Racing 7:00PM @ Alkek Velodrome	29 CLUB RIDE 7:30AM Zube Park Mirage Classic Crit, Mesquite, Tx Broken Oak
30 New Hope Classic McKinney, Tx TMBRA Broken Oak Challenge Waco	31	Texas State Crit, Ft. Worth, Tx				

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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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, Tx
(200+ miles) <http://geofffreypierce.tripod.com/>

JUNE RIDES

Texas Chainring Challenge
June 6-12 Longview, Tx <http://www.texaschainring.com/>

Tour de Braz June 13 Alvin, Tx
<http://www.tourdebraz.com/>

Tour de Italia June 19 Italy, Tx
<http://www.lonestarcyclists.org/>

NUTRITION AND BEYOND

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

www.martinbiz.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

Wanted: Used child trailer for towing my dog. I need the kind that attaches to the rear triangle. Please **contact** Beth Schlotterbeck at 713-978-6039 schlotte74@yahoo.com

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: 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.

Northwest Cycling Club presents

The KATY FLATLAND

Century

Registration:

\$20.00 if postmarked by July 1, 2004 \$ _____
\$25.00 after July 2, 2004 and day of event \$ _____
Total \$ _____

On line Registration is available at additional cost. See our web site at Northwestcyclingclub.com.

Packet Pickup:

At Northwest Cyclery (US 290 @ Jones Rd.):
Friday, July 16 from 12:00 Noon to 7:00 PM
Saturday, July 17 from 12:00 Noon to 5:00 PM
At Start:
Sunday, July 18 from 5:30 AM to 8:00 AM

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

Make checks payable to NWCC
Mail to: Katy Flatland Century
PO Box 1494
Cypress, Tx. 77410

Please Print Clearly

Last Name: _____

First Name: _____

Address: _____

City: _____ State _____ Zip: _____

T-Shirt Size: S M L XL XXL
Route: 30 50 62 100

Emergency Phone # _____
Emergency Contact _____

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 haz-

Sunday, July 18 at 7:00AM

Katy Mills Mall- Katy, Texas

ALL NEW ROUTES

Directions to the Start:

Take Interstate 10 to Katy, Texas. Exit Katy-Ft. Bend Road (Exit 742). Proceed south. Follow the signs to Katy Mills Mall. You will enter the parking area from the East side.

The starting area, registration and packet pickup will be near Jillian's and entrance #8.

Start time:

7:00 AM 100 mile and tandem start, followed by 62, 50 and 30 mile groups. Be aware that riders will be started in groups of approximately 200 to 300 to accommodate your safety.

The first 2,300 riders registered are guaranteed an event T-shirt and water bottle.

For information call 713-466-1240

ards, 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 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. 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 approved helmet 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.

Signed: _____ Date: _____

Parent or Guardian if under 18: _____

MAY



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Repair Class Schedule

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

(Please Call to Enroll)

**Louis Garneau
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Overhaul**

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Not good with other offers

**TUBES
(Stock Up)**

3 for \$6⁹⁹

Regular Stem Only

Not good on sale merchandise

Race Results - Road

by Bill Reilly, Race Team Director

Here are the results of NWCCC riders from the individual stages at Fayetteville. On the whole, it was a very successful weekend for NWCC riders. Hopefully we will hear some more details in race reports from riders that participated (hint: article potential for the club newsletter are worth 5 points).

Stage 1 Fayetteville RR1

Youth(10-14)

1st Daniel Walker
4th Lawson Craddock
5th Parker Craddock

Men Pro 1-2

16th Keith McCollum

Men 4

25th Damen Sistrunk
44th Christopher Wibner

Men 5

28th Ed Scardaville
31st Stephen Fekete

Women 3

10th Nancy Dodd

Women 4

7th Laura Meichan
14th Carol Ambuhl
21st Cristin Walker

Masters 35+

18th Gary Rennie

Masters 45+

3rd Timothy Arnold
7th William Allen

8th Bill Reilly
12th Scot Orgish
16th William Morrison
21st Dana Chamness
40th Stephen Gustitis
45th Luis Torres
* Tim initiates the winning,
three-man break

Masters 55+

13th Craig Rennpage

Stage 2 Fayetteville Time Trial

Youth(10-14)

1st Daniel Walker
4th Lawson Craddock
5th Parker Craddock

Men Pro 1-2

16th Thomas Hallock

Men 5

5th Ed Scardaville
12th Stephen Fekete

Women 3

8th Nancy Dodd

Women 4

4th Laura Meichan
14th Carol Ambuhl
16th Cristin Walker

Masters 35+

25th Gary Rennie

Masters 45+

1st Jerry Morrison
3rd William Allen
5th Dana Chamness
9th Timothy Arnold
12th Stephen Gustitis

16th Scot Orgish

Masters 55+

8th Craig Rennpage

Stage 3 - Fayetteville RR2

Men Pro 1-2

8th Thomas Hallock

* Thomas bridges up to the winning break.

Youth(10-14)

2nd Daniel Walker
4th Lawson Craddock
5th Parker Craddock

* Daniel attacks and only one other rider could stay with him. At the finish line it was very close, with the other rider getting the call from the majority of the officials.

Men 5

3rd Ed Scardaville
9th Stephen Fekete

* In his last race as a cat 5, Ed gets in a breakaway, helping to move himself to 2nd in the overall GC.

Women 3

6th Nancy Dodd

Masters 35+

13th Gary Rennie

Masters 45+

1st William (Willie) Allen
3rd Bill Reilly
5th Dana Chamness
6th Scot Orgish
7th Stephen Gustitis

(See "Road Race Results," Continued on page 12)

The Pedal Pusher

("Road Race Results." Continued from page 11)

17th Timothy Arnold

* With the stage win and hot-spot points, Willie moved up from fourth

overall to 2nd overall in the GC.

Masters 55+

11th Craig Rennpage

Note: Laura was doing well overall in the women 4s until she crashed out on the last stage. Heal quick, Laura!

NWCC racks up some top placings at Angleton Circuit Race:

04/03/2004 - Concrete Crushing Crit

Men Pro 1-2

12th Keith McCollum

Men 4

8th Christopher Wibner

Men 5a

1st Tony Johnson

7th Matthew Cross

* Tony's sprint rules!

Women 3

3rd Nancy Dodd

4th Lisa Reed

5th Lauren Mahoney

Women 4

3rd Laura Meichan

Masters 35+

7th Robert Bodamer

8th Bill Reilly

Masters 45+

2nd Thomas Craddock

3rd Scot Orgish

5th Dana Chamness

16th Luis Torres

* Scot and Tom were in the winning, three-man breakaway from early on in the race.

Masters 55+

2nd Greg Smith

5th Laura Meichan

Youth(10-14)

1st Daniel Walker

4th Parker Craddock

* Daniel owns this category

Race Results - Track

by Robert Bodamer, NWCC/Alkek Track Captain

03/19/2004 Alkek

Men Pro 1-2

9 Troy Dunton

10 Matthew Cross

Men 3

1 Tony Johnson

2 Andrew Lasswell

6 Adam Afhami

Women

3 Cristin Walker

Masters 40+

2 Tom Craddock

3 Robert Bodamer

6 Adam Afhami

Youth (10-14)

1 Daniel Walker

3 Ethan Bing

4 Lawson Craddock

5 Parker Craddock

8 Oscar Celis

9 Natalie Bing

Junior (open)

4 Daniel Walker

5 Bennett Brown

6 Tyler Hansen

04/09/2004 Frisco

Men Pro 1-2

7 Robert Bodamer

Masters 40+

1 Robert Bodamer

April 9/10, there was the Nicole Reinhart Junior Cycling Classic. The Alkek NWCC/Alkek juniors fared well and complete results will be published at a later date. Daniel Walker broke a state record in the 200 meter Time Trial.

this April 9, NWCC seniors Robert Bodamer, Tony Johnson, and Bill Thompson were going to race at Frisco. The latter two did not make the trip due to the threat of rain. The rain never materialized and only Robert raced.

the next 7 Friday nights, and the next 6 Saturday nights starting on 17 April.

Since there was no senior racing Hope to see everybody out for

Race Results - MTB

by Tony DeOre, Mtn Bike Director

Name	Gender	Category	Class	St Jo
Tony Deore	M	Sport	30-34	DNF
Jeff Elliot	M	Sport	45-49	
Steve Kramer	M	Sport	45-49	15
James Mackey	M	Sport	45-49	9
Beth Schlotterbeck	F	Sport	30-39	5

Riders Write

John Dibble writes: I wanted to let the club know of my first experience with the NWCC:

A year ago I arrived at Zube Park waiting to ride for the first time with the club. The question was asked about the newbies and I raised my hand. I was quickly shuffled over to the side and waited for the departure of the other riders. There were two of us.

As the first wave of riders began to leave the parking lot, the second group lined up for their ride. The man with the megaphone asked if anyone would take the newbies out, everyone began to look at each other, waiting for a volunteer. To my surprise, six people volunteered. One of the veteran riders pulled out of the group that was ready to depart and showed us the routes both the short and long courses. After the ride I thanked him for his time and all he said was this is our club and our members, maybe next time you will do the same. So the next weekend ride I did just that. This will be my sec-

ond year with NWCC and I am proud to be a member.

LeAnn Latham writes: Is this (see below) something at which NWCC is interested in having a booth? I don't mind doing it but will need some help. I think it might be a good PR event for NWCC. Let me know and I will reserve a spot for us.

The Houston Parks and Recreation Dept and the Memorial Park Conservancy cordially invite you and your organization or club to be part of the Memorial Park - Find Your Niche Day. If you have used Memorial Park over the years, you quickly realize there are many people and assorted groups who enjoy endless types of activities at our great park. You may also realize that it's not that easy or clear on just how you get involved with these organizations or activities. Saturday, May 22nd 9:00 a.m. to 1:00 p.m. will provide an opportunity for clubs and organizations to introduce themselves to the users

of the park.

Melanie Lacy writes: I definitely think that is something that NWCC should help out with. I would be willing to help Leanne with that.

Peter Wang writes: I usually don't ride with NWCC, and I'm not a member. I was surprised by the number and severity of safety violations seen today (April 3), which points to the lack of a safety culture.

Question: What is the most common consequence of a hazardous situation or action? **Answer:** Nothing.

When we become habituated to hazards, and accept them as the norm, we create the preconditions for tragedy and loss.

1. Cyclist behind me fell over after I stopped at an intersection with a truck approaching the intersection from the right; probably was pre-

(See "Riders Write," Continued on page 17)

("Sports Bars." Continued from page 5)

Zone Bar
Kashi Go Lean Crunchy Bar
EAS AdvantEdge Carb Control Bar
Pure Protein Bar
Snickers Bar
Hershey's Milk Chocolate Bar

Energy Bars

PowerBar
Clif Bar
PowerBar Harvest
Gatorade Bar

365 Verve Bar
PowerBar Energy Bites
Kellogg's Nutri-grain Cereal Bar
Nature Valley Granola Bar
Milky Way Bar

Soy Bars

Genisoy Bar
Dr. Soy Bar
TruSoy Bar
Zoe Flax and Soy Bar

High Protein Bars

Lean Body Bar

Detour Bar
MetRx Bar
Odyssey Bar

Low Carb Bars

Myoplex Low Carb Bar
EAS Results for Women Bar
MetRx Low Carb Bar
Carb Solutions Bar
Think Thin Low Carb Bar
PowerBar Pria CarbSelect Bar
Atkins Diet Advantage Bar
CarbWise Bar

TMBRA NORBA Nats, March 11 - 14, 2004

by Beth Schlottgerbeck

I had been planning for months and finally it was time for the Norba National at Cameron Park in Waco. I left after work on Wednesday and arrived in Waco shortly after 8:00, just in time to get to bed early and be ready to go the next morning for the first event of the weekend, the Marathon. I wasn't going to participate, just help Tony DeOre and some other people I knew who were participating. The race format was simple. Three 20 mile laps with two feed zones, one just past the finish line, where support was allowed. I spent most of my time in this area because it was a great place to turn around and see the racers around their halfway point in a lap, and then again about a mile later. Midway through the first lap we saw the first group of racers come through and noticed that the top pros were missing and the open

class women were in the lead pack (with Tony close behind). Immediately everyone started talking, wondering what went wrong. Did they get lost? Actually, they did. A turn wasn't marked well and most people went the wrong way, but most people either ran into people coming back from the wrong way or figured out immediately that they were off the trail. Not the pros. I guess they were going so fast they didn't notice their surroundings. Eventually they figured it out, but they had lost enough time that most of the field completed their first lap before endurance mountain bike race legend "Tinker" Juarez. The racers were so excited when they saw him going through the feed zone and they found out he hadn't lapped them yet, but was just finishing his first lap. Tony and Bill Duckworth even beat the

pros on their first lap, except for the pro who flatted right before the others took the wrong turn. He thought his day was over and that his hopes of placing well were out the window. Little did he know at the time that the flat tire would be the reason he won the race. Because of it, he never got off course and managed to hold onto the lead. The local pro, Jason Sager, almost caught him for a second place finish. Tony placed 10th and Bill placed 15th. What an exciting day!

It didn't end there. Tony went over his bars and cut his knee not too far into his first lap. After the race, the onsite medics advised him to go to the emergency room. He pondered their suggestion and decided he'd get it checked out. I spent the rest of the afternoon with a hungry,

(See "Norba Nats," Continued on page 15)

(*"Norba Nats," Continued from page 14*)

tired, and just plain irritable Tony. I made it through the afternoon by telling myself, I'd be just as grouchy if I had ridden 100 km on my mountain bike in just over 5 hours and hadn't eaten yet and ended up with 3 stitches in my knee. Tony really wasn't that bad....

Friday morning I awoke hoping to get in a pre-ride and watch some of the pro action. I went down and looked at the radar and almost started crying. It looked like it was going to start raining in about an hour, and not stop. I decided to go out anyway, I'd just wear my rain coat and take my hardtail because 1) it's not as nice as the full suspension and 2) it's a lot lighter and easier to carry in muddy conditions. I hopped on my bike and rode the 3 ½ miles to the park and checked out the pro team and expo area. It was so impressive to see all those big name trailers/canopies with the mechanics working on bikes and the riders on their trainers in their sleek uniforms. I wanted to go up to them and just start chatting, instead I chickened out and went up the hill to start my pre-ride.

I wasn't far into my pre-ride when I met up with a man named Jim from Arlington. He wasn't racing, he just came down to the park for the day to ride the race course. He'd never seen a Norba race before and was curious. It was a nice dry ride. I kept wondering where the rain was, but was very glad it had held off. I

finished my pre-ride just in time to watch the pro-men do their time trial. I positioned myself in the area where riders first enter the single track. It was amazing to watch the speed they all attacked this twisty, downhill section. It was also really interesting to observe the different styles of riding and various levels of aggression. I really wanted to see how the women rode and they were after the men. Unfortunately, I was getting really cold and knew that I needed to get back to the hotel and change into dry clothes. By the time I got back to the park the women were finished and there was nothing else of the schedule for the rest of the day. I walked by all the pro team tents again, but still couldn't find the courage to talk to any of them. I decided to call it a day and take a nap before dinner. The rain finally started while I was napping and it drizzled the rest of the night. Not too bad, but enough to make the course slippery the next day.

Saturday morning arrived. Race day. I woke up feeling nervous and knew the feeling was only going to get worse because I didn't race until 3:00 that afternoon. The best thing to do is keep busy, so I went to the park to watch the short track for the experts, semi-pros and pros. I witnessed quite a few wipe outs in a corner that the racers approached from a downhill portion, so it was easy for them to hit the corner with too much speed for the damp conditions. Finally the pro-women went out, but only for

one lap. At the start of their second lap, a crash occurred and several women were injured. The race was stopped and would resume once the course was cleared. By this time, the short track events were running behind schedule and it was nearing the time that I needed to head back to the hotel and start getting ready, so I left while the ambulance was in route.

I got back to the park, right after the beginners took off half an hour late, which meant that the sport class was going to start half an hour late. I knew why there was a delay, but it was nerve racking to wait until the end of the day to race and I just wanted to get on the start line. Finally, the time came to line up. There were 16 women on the start line for my age group in the sport class, the largest group all season. The first part of the race took place on a road that curved up a hill and finally at the top of the hill we entered the single track. I drafted behind some people on the hill and was about 5th going into the single track. Despite not raining all day and having the beginner class already race, it was still slick from the rain over night. It was somewhat squirrely on the down hills and I kept losing traction on the up-hills, along with most everyone else. Unfortunately I don't push my bike up hill that quickly (I've heard that cyclocross helps with these skills) so I was quickly passed by two more women. This race is just feeling awful by

(*See "Norba Nats," Continued on page 16*)

The Pedal Pusher

(*"Norba Nats," Continued from page 15*)

this point and I'm maybe only 2 miles into it. My breathing is all over the place and someone else is getting ready to pass about the 3 mile point. It's the leader from the group that started 3 minutes behind my group. By this point I feel discouraged, but I cheer Pam on as she passes me. I'm not sure if she's that fast or I'm that slow, but I don't want anyone else to pass me so I keep going.

About $\frac{3}{4}$ of the way through my first lap I'm flying through a relatively long flat section (not too many of those out there) when I go down hard on my left side. I'm not sure if there's a hole in my shorts, but it sure feels like there could be. I hear someone approaching from behind and it's Karen Stormer asking if I'm alright. I say "yes, just go, go." I finally get up and get on my way and as soon as I get on my bike I start crying. For what reason I'm not completely sure, but it sure isn't helping me breath so I get it under control. I catch up to Karen and rode the next lap on her rear tire, passing her once only to have her pass me again. About half way through the second lap I run into Pam she's walking her bike through a technical session. I encourage to come on and she says she's so tired (she ended up winning her class, despite blowing up). I keep following Karen. Maybe $\frac{2}{3}$ of the way through the second lap Karen and I are walking another hill and we can see a women 150' in front of us. I'm feeling motivated to catch her

and I start putting my long legs to use by taking huge steps up the hill. Karen was experience cramps by this point and was starting to slow down, but she told me to 'go catch her' Damned if I didn't try, but she spotted me when she was remounting her bike at the top of a hill that she had walked and I was riding. That was all the motivation she needed to stay in front of me. She ended up beating me by 16 seconds and I hung on for seventh place. I got off my bike at the finish line and those stupid uncontrollable tears came back. I just walked off away from people until I could stop them. It was by far the hardest race I'd done all season, but such a great experience to be part of a national race and race the same course that the pros would the following day. I was looking forward to some good food, cold beer, a shower and some sleep.

Because of the set up at Waco, the easiest way to get around the race venue was of course by bike, so I hopped back on my bike the next morning to start my day of race watching. The first thing I notice is how sore my knees are. Ouch, I guess I pushed them a little harder than normal yesterday, but at the same time I know it's good to just take it easy pedaling around the venue. Not exactly a recovery ride, but at least I was getting my legs moving. I watched the second part of the expert race and then the Junior X racers (the young future pros) and then the pro women. Wow! They were fast!

After the start I followed the crowd to the part of the course where spectators can watch the racers come through several times with very minimal travel between observing points. The first point was called the Colorado. It's a long down hill, that ends at a guard-rail at the road. At this point the riders have to make a 170 degree turn and head up a very steep hill. Most of the racers I know did not make it up this hill, but the pro women just flew up it! The next point to watch the race was called "the Mix Master". It's basically an area where the trail meanders back to the same point 3 times, so lots of action while standing still. I rode down the trail as fast as I could and still missed the lead women as they came through the first turn. Did I mention they were fast? I got to see the second and third turns and I was off again. Back up the trail, up the road, past the Colorado, to yet another area of the course where riders climb a hill that paralleled the road. The cool thing about watching here was that you were so close. Literally only a foot away in places.

After watching the women race their two laps through this area, I decided to wait there and watch the men. I was actually too tired to head back to the start and then race back to the Colorado, so I waited patiently for the men to arrive.

I thought the women were fast, but the men were even faster.

(See "Norba Nats," Continued on page 17)

The Pedal Pusher

(*"Norba Nats," Continued from page 16*)

The lead group came barreling down the Colorado and made that climb like it was just a little hill. Jason Sager was in the lead group and the fans were loudly cheering for their local favorite. I think the other racers always knew they were in Texas! I ran down the trail to the Mix Master again and barely had time to see the lead men do their second turn! After their third turn I ran up the trail, up the road to watch them climb the hill. I stayed there for awhile and repeated the entire thing for

the men's second lap. I was just amazed at how good they all were.

I wanted to watch the finish, and given the state of my legs I thought I should start heading back to the finish area because it could take me awhile. The finish was fast and fun to watch. The best part was listening to the spectators cheer the loudest for the sixth place finisher, Jason Sager. At times like those I am proud to be living in Texas. I decided it was time to hit the

road and head back to Houston.

What a great weekend! I was so glad I took some time off work to be a helper, participant, and spectator.

Just one more note. To put the speed of the pros into perspective, the pro men did three laps, plus one mile for a total of 22 miles. The sport men did two full laps for a total of 14 miles. The lead pro men had faster times than about half the sport men.

(*"Riders Write," Continued from page 13*)

suming that I was going to run the stop sign, and didn't unclip. There was no way I was going to blow the stop sign, and rely on the truck to obey his stop sign. Trucks run stop signs from time-to-time, right?

2. Cyclists spread across full width of two-way undivided road, some almost got plastered by on-coming traffic, others got in the way of overtaking traffic.

3. Cyclist cut across road to make left turn, unaware of overtaking car, pack had to yell at him to move.

4. Cyclists failing to listen to CAR BACK / CAR UP, failure to propagate the warning up / down the line

5. Vast majority of cyclists w/o rearview mirrors, only aware of overtaking traffic when tire rumble heard (way too late).

Based on what I've seen today, if I

were on the NWCC Board, I would insist on mandatory safety training, a challenging written exam, and a practical road-test before allowing riders to graduate beyond the Beginner's route.

Gregg Germer, Sr. writes: There is no lower limit on the gene pool on being able to ride a bike. NWCC provides skills clinics and has an excellent safety bulletin on the do's and don'ts of riding, but 99% of the riders are adults and are therefore responsible for their own actions.

I do disagree with the premise that there is a lack of a safety culture. Chuck had the start of the ride go to the right this morning (April 3) to avoid an accident down the road. Rides are delayed during heavy fog. People are encouraged to ride in small groups. Most NWCC members know to get off the road if they have a flat or helping someone. Most call out car back / car up.

As our rides are open to the general public, people are going to be riding with us who lack the same skills as a lot of the members. We try to educate everyone but it's a never ending process that will go on forever.

Ed Scardaville writes: Never assume that the rider behind you sees what you see. Please call out the stop signs ("Stopping" generally works) and certainly yell out "Truck right" or "Truck Left" when you first see them approaching an intersection. Mostly continue to try to set a good example - we have skills clinics, safety issues are announced at the ride start and in the newsletter, but the bottom line is that ride safety comes down to individual responsibility (which seems to be a unique concept these days) and common sense. Mostly continue to try to set a good example, call out "car back, car up", point out obstacles, call out stops, call out when the pace suddenly slows, stay to the right and try to educate others constructively.

Tour de Braz Bike Ride

**Proceeds will benefit the
Tom Blankney Jr. Trail**

Date: 06/13/04

Time: 7:00 a.m.

Pre-register by: 06/04/04

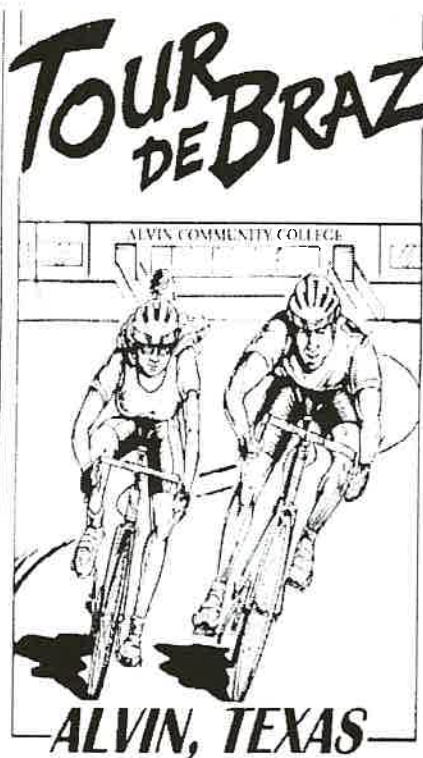
Welcome to the 2004 Tour de Braz Bike Ride, Sunday, June 13th. The Tour de Braz Bike ride will take you on one of 5 bike rides on distances ranging from 10 to 100 miles throughout the beautiful and historic Brazoria County where Texas began.

All rides will be equipped with rest stops and SAG wagons.

The course is fairly flat and in a rural setting.

Bring the entire family and enjoy the weekend in Alvin or the surrounding Gulf coast environment. Located with a few miles of Alvin are numerous antique stores, beaches and many historical sites

**To register go to :
www.tourdebraz.com**



Pre-registration must be received by June 04, 2004

Entry fees: before June 04; Individuals- \$20, Tandem- \$30

Family—\$50, only two T-shirts per family
after June 04; add \$5.00

The first 500 registrants will be guaranteed a 2004 Tour de Braz T-shirt.
There will be no pre-registered packet pick-ups at local bike shops this year. All packets will be picked-up at the day of the ride.

**11th
Annual**

Ride begins and ends
at Alvin Community
College in Alvin, TX
June 13, 2004

**Supported
by**

Tour de Braz Bike
Club

Pearland Cycling
Club

Alvin Community
College

City of Alvin

IESI

Or Contact:
Dwight Rhodes
281-331-5910
281-756-3747
dwightrhodes@sbcglobal.net

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

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The Pedal Pusher

...And Way in the Back...

by Wes Morrow

Have you ever noticed that there are a number of approaches that can be taken to address any issue or problem? And, that there are some that seem to work, and others that seem only to perpetuate problems? Some people tend to solve most problems by making new rules, others seem to prefer explaining things away. Some tend to just avoid any controversy, fading quietly away, and others wade right in, making lots of noise and show. Rarely noticed is the person that quietly steps up and solves the problem and then goes his or her way.

John Dibble, in this month's "Rider's Write" feature, tells a

story about one such rider. Be sure to read about an un-named club member who made an impression, and recruited at least one new member.

This, as well as the remainder of this month's "Rider's Write" feature, seems to be all about developing our club. Don't think that you are not a part of our plan. If you "do something out there," it's going to count, either for good or bad. Whether it is a moment's mind fogged indiscretion, or an hour long effort to teach and educate, or whether it is a carefully planned presentation at an event, or a seemingly unobserved hand gesture, it all

adds up for good or bad. Someone recently remarked that bad attitudes must be issued with driver's licenses. I prefer to think that attitudes, both good and bad, are nurtured by our surroundings. If we can learn to foster good attitudes, they will invariably lead to good actions that cause good attitudes.

Cyclists, even those who do not race, are often very competitive people. There is a time and place for that competitiveness, and that is during the race. The rest of the time, we all need to be sure that we remember that our actions are an influence, and make sure that it is the right influence.