

The Pedal Pusher

June 2004

Vol. XVIII, Issue 6

A monthly
publication
promoting
the spirit of the
Northwest Cycling

Message from the President

by David Collins

Inside this issue

Message from the President	1
Club Contact Info	2
Round the Corner	2
Race Dates	2
Roll Up Your Sleeve and Give	3
Spring Clean Your Kitchen	4
MTB Results	5
May 2004 Calendar	6
Calendar Key	7
NWCC Classified	8
Katy Flatland Century Flyer	9
Northwest Cyclery	10
Road Results	11
Track Results	12
Riders Write	13
Golden Moments	14
NWCC Time Trial	16
Good Old Summertime Classic	21
Tour de Braz	22
NWCC Membership Application	23
...And Way in the Back...	24

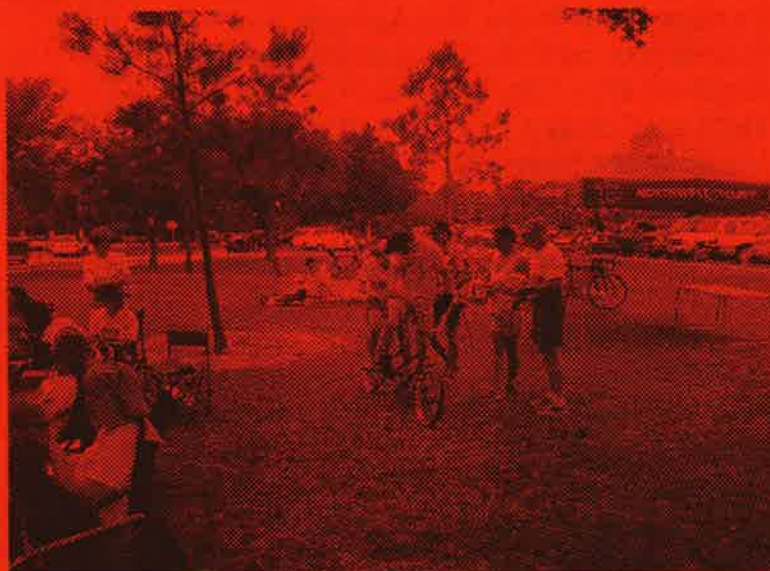
We had a great turnout for our May meeting/picnic at Zube Park on May 8. Parking was at a premium as we had HBC also holding a ride and picnic and a full complement of soccer players.

With the Katy Flatland approaching it is time to talk again about volunteering. I know it seems like we never stop talking about volunteering and I suppose that is correct. Our entire club depends on the volunteer spirit of it's

members to survive. We always have something that needs to be done and are always looking for someone to volunteer to take responsibility for each task. The repeated call for volunteers is something that every organization like ours lives with.

I do want to thank Cathie Neagli and all of her staff at Northwest Cyclery for recently volunteering to be ride starters for two week-ends a month.

Upcoming opportunities include, but certainly are not limited to, a variety of jobs on the Katy Flatland and Saturday morning ride starters. If you are interested contact Zeke or Diane Zbornak, our Volunteer Chairpersons. Keep in mind that we are planning to sponsor a weekend at Leakey again this year for those who have volunteered throughout the year.



ROUND THE CORNER

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

Club Officers

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NWCC website:

www.northwestcyclingclub.com

NWCC Affiliations:

United States Cycling Federation (USCF)

National Off Road Bicycle Association (NORBA)

League of American Bicyclists (LAB)

International Mountain Bike Association (IMBA)

Texas Mountain Bike Racing Assoc. (TMBRA)

Board Member Texas Bicycle Coalition

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TMBRA 2004 Texas Championship Series

(Fall Dates Tentative)

Sept 4-5 Mamacita's Kelly Creek Classic

Sept 18-19 X Bar Shootout

Oct 2-3 Huntsville Classic

Oct 9-10 Bryan Texas Utilities Power Pedal MTB Race

Oct 23-24 Houston Big Ring Challenge (Double Lake)

Nov 6-7 Piney Hills Classic XI AMBC Finals (Ruston)

TXBRA Texas Cup Calendar for 2004

June 12 Badlands Classic, Blue Grove, Tx

June 13 Midwestern State U Crit, Wichita Falls, Tx

June 19,20 Tex State Time Trial Championships, 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 wes.morrow@natoil.com

Roll Up Your Sleeve and Give

by Sandy Martin

It is that time again, when I begin my yearly begging for blood donations. This year we will have the mobile Blood Donor Coach at Zube Park after our regular Saturday morning ride July 24, 2004, from 10 AM -2 PM. This is the Saturday after the Katy Flatland ride. There will be peanut butter and jelly, fruit, and lots to drink after your ride, to fulfill your needs for your blood donation. It only takes about 20 minutes of your time, and it can help several other people in need. You can rest and relax in the air conditioned Blood Coach while giving "The Gift of Life".

I will have sign up sheets available at the Saturday morning rides starting in July. Remember, this is not just a blood drive for NWCC members only. Have your significant other meet you at

the park if he/she is not a cyclist. Maybe there will be a soccer tournament that day, and any willing adult can donate.

Each day 700 donations are needed. Each is separated into as many as four components and may help several different people. Voluntarily donated blood is transfused every day in trauma and surgery patients, fragile premature babies, and in the treatment of burns, transplants, and in cancer care. Patient's lives depend on every donation.

Bring a change of clothes if you like, eat, drink, rest, and give blood. You will need to bring some photo ID, like drivers license. Almost anyone can donate. You must be at least 17 years old, and weigh a minimum of 110 pounds. Let's face it, that

means just about ALL of us! Donating doesn't hurt; it feels like a small pinch. Try to imagine what the person in need of blood is going through. You can be gratified knowing the time you set aside to donate blood may have given someone a lifetime in return.

So, plan on a great ride Saturday July 24, and snack and drink to be well hydrated. Then roll up your sleeves, relax in air-conditioned comfort, and Give the Gift of Life!

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

Spring Clean Your Kitchen-Guidelines to a Kitchen Makeover

by Catherine Kruppa, MS, RD, LD

1. Stock your kitchen with good fats such as nuts, nut butters, olive oil, avocados, fish, soy and flaxseed. These foods contain primarily unsaturated fat, which is good for your heart and blood vessels because it helps lower your bad cholesterol and may increase your good cholesterol.

2. Clear your shelves of foods that have trans fats. These fats clog your arteries and raise your LDL cholesterol and lower your HDL cholesterol. Trans fats are found in margarine, doughnuts, cookies, chips, candy, pastries and crackers. Trans fats will be found on a nutrition label in 2006. Until then look at the ingredient label for "hydrogenated" or "partially hydrogenated" oils.

Foods Containing Trans Fats:

Eggo Waffles

Uncle Bens Rice Bowls

Wheaties

Slimfast bars

Apple Cinnamon and Multigrain Cheerios

Grape Nut Flakes

Total Raisin Bran

Pepperidge Farm Harvest 7-Grain Bread

Blueberry Morning cereal

Great Grains cereal

Bisquick baking mix

Chex Milk 'n Cereal bars

Stouffer's Macaroni and Cheese

Nutri-Grain Yogurt bars

Quaker Quakes rice snacks

Fig Newtons

3. Place seasonal fruit in an easily accessible spot in your kitchen. Having nutritious food available makes it more likely you will eat it and get your recommended 3-5 servings per day.

In the summer it is easier to have fresh fruit available. In the winter try pears, apples, navel oranges, pink grapefruit and grapes.

4. Designate a certain area in your home "eating only" zones and don't eat anywhere else!- Not in the TV room, not in front of the refrigerator or pantry, at the kitchen counter or in the bed. When you eat while watching TV, checking e-mail or talking on the phone, you tend to eat mindlessly. You don't taste your food, and you may eat a lot more than you intended.

5. Fill your pantry with whole grains rather than refined-grain products such as white rice and white - flour foods. Whole grains offer fiber, folic acid, magnesium, vitamins E and B6, copper, zinc and dozens of phytochemicals. Just because the food is brown, do not assume that it is whole grain. Look for one of these words - whole grain, whole

wheat or rye as the first item in the ingredient list. Whole grains contain more fiber than white flour products, making it easier for you to get your recommended 25 grams of fiber each day.

6. When you prepare a healthful dish, make enough so that the leftovers can be frozen for additional meals. Then separate the meal into individual serving sizes before freezing. Having a meal always ready to defrost is a time-saver and an easy way to reduce stress. It will also control your portions.

7. Never pour dressing over your salad; place it to the side in a dipping bowl. A tablespoon of salad dressing often contains 100 calories or more. Many people use 2-4 tablespoons on a salad. Serve your salad dressing on the side and dip your fork into the dressing first and then take a bite of the salad.

8. Throw away any food that you are likely to eat more than one portion of at a setting. If it is not in your house, you can not eat it! Chips, cookies, crackers, desserts and nuts are the common culprits. Replace them with fresh fruits and vegetables.

(See "Spring Clean," Continued on page 5)

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

("Spring Clean," Continued from page 4)

15 Foods to Toss:

Toss

Whole milk (1 cup)

Full fat ice cream

Butter (1 Tbsp)

Full fat cheese (1 oz)

Mayonnaise (1 Tbsp)

Potato chips (1 oz)

White bread

Salad dressing (1 T)

White flour pasta (1/2 c)

White rice (1/2 c)

Soda (12 oz)

High fat lunch meat (1 oz)

Sugary cereals

70-85% ground beef (3 oz)

Replace with

Skim milk

Skinny cows

Olive oil

Reduced fat cheese or soy cheese

Light or fat free mayonnaise

Light microwave popcorn (3.5 cups)

Whole grain bread

Light or fat free salad dressing

Whole wheat pasta

Brown rice/ whole wheat couscous, barley

Water

Oven roasted turkey breast

Whole grain cereal

Extra lean (90-95%) ground sirloin

save 64 cal, 8 g fat

save 6.2 g of sat fat

save 13-52 cal, 4-7 g fat

save 50-75 cal, 6-11 g fat

save 80 cal, 9 g fat

gain 3 g fiber

save 75-85 cal, 7-14

save 25 cal, gain 4 g fiber

gain 2-3 g fiber

save 150 calories

save 52 cal, 7 g fat

gain 5 g fiber

save 65 cal, 10 g fat

Race Results - MTB

by Tony DeOre, Mtn Bike Director

Name	Gender	Category	Class	Flat Creek	Warda
Jack Talton	M	Expert	30-39		DNF
Tony Deore	M	Sport	30-34	20	12
Alireza Sepehriaza	M	Sport	30-34	17	
Chris Wibner	M	Sport	30-34	25	
Steve Kramer	M	Sport	45-49	10	13
James Mackey	M	Sport	45-49		10
Beth Schlotterbeck	F	Sport	30-39	3	5
John Deckert	M	Beginner	40-44		9

June 2004

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Club Meeting 6:45 Race Team 7:30 General Members @ 	2	3	4	5 CLUB RIDE 7:30AM Zube Park
6	7	8 Club Time Trial 6:30 PM @ Sharp Road and Katy Hockey	9	10	11	12 CLUB RIDE 7:30AM Zube Park
13	14	15	16	17	18	19 CLUB RIDE 7:30AM Zube Park
20	21	22	23	24 Repair Class 7:00PM @ 	25	26 CLUB RIDE 7:30AM Zube Park
27	28 Board Meeting 7pm @ 	29	30			

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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JUNE RIDES

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

Good Old Summertime Classic
June 6 Fayetteville, Tx <http://www.fayettevilletx.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

Want to Buy: Road bike for a female who is 5'4" which should equate to a 48 - 50 cm frame. A womans specific design (WSD) is preferred.

Contact Amy Parker @ amy-parker18@hotmail.com or phone 281-370-1854.

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

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

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 pam-flanagan@ev1.net

For Sale: 2000 Trek 8500, Hard Tail, Size - L (21") XT/XTR Combo, Rolf Rims, Rock Shox SID-XC fork, Red/black, Low Mileage, Good Condition. \$600 obo.

2002 King Kikapu Kona, Full Suspension, Size - L (20") XT/XTR Combo, Mavic Tubeless Rims, Marzocchi Marathon Bomber front fork, Fox Float RL rear, Red/chrome. Great Condition \$1,200 obo.

Race wheels: Rolf Vector Pros, Black - Low miles - True - Great for TT 250.00 **Contact**, Steve Bollenbaugh between 5 PM and 10 PM at 713-863-1205 or syclista@hotmail.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: _____

JUNE

**Great Deals
from Houston's**



HWY 290 @ JONES RD.
713-466-1240
HOUSTON, TX 77040

Repair Class Schedule

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

(Please Call to Enroll) (Fee)

WHEEL BUILDING CLASS!

SATURDAY, July 24

Northwest Cyclery will be hosting a class for anyone who wants to learn a bit more about those wonderful hoops that keep you rolling! Topics to be covered include:

- Calculating spoke length
- Choosing spoke type
- Lacing patterns
- Tensioning, truing, and dishing

Expert mechanics will instruct you in the techniques necessary to build a professional quality wheel.

You Choose!

Observe and learn from our experts -

\$25.00

Purchase your parts from us, and the instruction is free! (Purchase your parts elsewhere and the cost is the same as observation)

This class will be limited to 10 participants and observers, so sign up soon! Call 713-466-1240 to reserve your spot.

Race Results - Road

by Bill Reilly, Race Team Director

04/04/2004 - Cold Spring RR

Men Pro 1-2

13th Troy Dunton
23rd Keith McCollum
25th Thomas Hallock
26th Michael Nelson

Men 4

6th Ed Scardaville
11th Jeff Stones
21st Damen Sistrunk
30th Christopher Wibner
33rd Russell Lovelace

* Ed's first race as a cat 4. Jeff crashed and yet caught back on and placed well.

Men 5

3rd Matthew Cross
8th Stephen Fekete
* Matt's last race as a cat 5, catching and passing several on last few meters.

Women 3

3rd Lauren Mahoney
4th Nancy Dodd

Women 4

3rd Laura Meichan
8th Carol Ambuhl
11th Diana Zbornak
* Another podium spot for Laura as she continues to pad her lead in the TXBRA series.

Masters 35+

10th David Bumbaugh

Masters 45+

3rd Dana Chamness

8th William Allen

10th Scot Orgish

* Dana, Willie and Scot are all that is left standing of the eight riders NWCC brought to the starting line. Actually, Stephen Gustitius checked on the rest of us before riding in on his own power. NWCC was attacking furiously all race long only to have everything brought back together right before the big crash that devastated the remaining peloton approx four miles from the finish. Hopefully, the majority of us will be back racing soon.

Masters 55+

4th Craig Rennpage

* Craig crashes and yet gets up to finish in spite of a couple fractured ribs.

Youth(10-14)

1st Daniel Walker

3rd Gregory (Lawson) Craddock

4th Alan Ting

7th Parker Craddock

* Daniel wins again! At this rate they're going to cat him up to race with the big boys.

Good job by all at Coldspring, as it is one tough course.

2004 Overall Team Results (as of 5/11/2004)

Place Team Points

1st Northwest Cycling Club/
Alkek Velodrome 4556.5 *

2nd Matrix Cycle Club 4493.0

3rd Southern Elite 3156.0

4th Plano Cycling/Cannondale/
GSTz 2283.5

5th Gulf Coast Cycling Association 1588.5

6th Woodlands Cycling Club 1505.5

7th Violet Crown Sports Assoc 1456.0

8th Mirage 1315.0

9th Team Bicycles Inc. 1233.0

10th Team Hotel San Jose 1091.0

* There are still approx 170 NWCC points not credited to us yet, which would make our lead even greater.

In other NWCC racing action, Thomas Hallock ventured over to Arizona to take on the big boys in an NRC race at La Vuelta de Bisbee stage race. After a warm up there, he made his way to New Mexico for the Tour of the Gila 5-day stage race. At Gila, Thomas, racing in the cat 2s, placed a very respectable 6th in the time trial against riders from across the U.S. and Canada. He completed the stage race in 28th overall.

Race Results - Track

by Robert Bodamer, NWCC/Alkek Track Captain

Here are the results for the Nicole Reinhart Junior Cycling Classic, **Alkek Velodrome, April 9-10, 2004**

Jr 15-18 Sprint Finals

- 2 Matt Cross NWCC/Alkek
4 Daniel Walker NWCC/Alkek

Jr 15-18 Sprint Semi

- 1 Matt Cross NWCC/Alkek
2 Daniel Walker NWCC/Alkek

Jr 15-18 Sprint Quarters

- 1 Daniel Walker NWCC/Alkek
1 Matt Cross NWCC/Alkek

Jr 15-18 Sprint First Round Reps

- 2 Ethan Bing NWCC/Alkek

Jr 15-18 Sprint First Round

- 1 Daniel Walker NWCC/Alkek
1 Matt Cross NWCC/Alkek
2 Ethan Bing NWCC/Alkek

Jr 15-18 200m TT

- 2 Daniel Walker NWCC/Alkek*
3 Matt Cross NWCC/Alkek
9 Ethan Bing NWCC/Alkek

* State Record

Jr 15-18 Miss & Out

- 2 Matt Cross NWCC/Alkek
7 Daniel Walker NWCC/Alkek
8 Zane Smith NWCC/Alkek

Jr. 15-18 3km TT

- 1 Matt Cross NWCC/Alkek
7 Zane Smith NWCC/Alkek
8 Ethan Bing NWCC/Alkek

Jr. 15-18 1km TT

- 2 Matt Cross NWCC/Alkek
6 Zane Smith NWCC/Alkek

Jr 15-18 50 lap Points Race

- 3 Matt Cross NWCC/Alkek

JW 15-18 Sprint Finals

- 2 Cristin Walker NWCC/Alkek
5 Megan Cross NWCC/Alkek
6 Shelby Reynolds NWCC/Alkek
8 Eliza Bing NWCC/Alkek

JW 15-18 Sprint Semi

- 2 Cristin Walker NWCC/Alkek

JW 15-18 Sprint Quarters

- 2 Eliza Bing NWCC/Alkek
1 Cristin Walker NWCC/Alkek
2 Megan Cross NWCC/Alkek
2 Shelby Reynolds NWCC/Alkek

JW 15-18 200 M TT

- 2 Cristin Walker NWCC/Alkek

- 3 Megan Cross NWCC/Alkek

- 4 Shelby Reynolds NWCC/Alkek

- 8 Eliza Bing NWCC/Alkek

JW 15-18 30 lap Points Race

- 2 Cristin Walker NWCC/Alkek
5 Megan Cross NWCC/Alkek

JW 15-18 2km TT

- 2 Cristin Walker NWCC/Alkek
5 Megan Cross NWCC/Alkek

- 6 Eliza Bing NWCC/Alkek

JW 15-18 500m TT

- 2 Cristin Walker NWCC/Alkek
3 Megan Cross NWCC/Alkek
6 Shelby Reynolds NWCC/Alkek
8 Eliza Bing NWCC/Alkek

JW 15-18 Miss & Out

- 2 Cristin Walker NWCC/Alkek
5 Megan Cross NWCC/Alkek
7 Eliza Bing NWCC/Alkek

Jr 10-14 12 lap Big Brother

- 1 Daniel Walker NWCC/Alkek
2 Alan Ting NWCC/Alkek
4 Lawson Craddock NWCC/Alkek
5 Ethan Bing NWCC/Alkek
6 Parker Craddock NWCC/Alkek
7 Mark Cross NWCC/Alkek

Jr 10-14 Miss and Out

- 1 Daniel Walker NWCC/Alkek
2 Alan Ting NWCC/Alkek
3 Ethan Bing NWCC/Alkek
4 Lawson Craddock NWCC/Alkek
5 Parker Craddock NWCC/Alkek
7 Mark Cross NWCC/Alkek

Jr. 10-14 500m TT

- 1 Daniel Walker NWCC/Alkek
2 Alan Ting NWCC/Alkek
3 Ethan Bing NWCC/Alkek
4 Lawson Craddock NWCC/Alkek
6 Parker Craddock NWCC/Alkek
7 John Whitney NWCC/Alkek
8 Mark Cross NWCC/Alkek

Jr 10-14 20 lap Points Race

- 1 Daniel Walker NWCC/Alkek
3 Lawson Craddock NWCC/Alkek
4 Alan Ting NWCC/Alkek
5 Ethan Bing NWCC/Alkek
6 Parker Craddock NWCC/Alkek

Jr 10-14 2km Scratch

- 1 Daniel Walker NWCC/Alkek
3 Parker Craddock NWCC/Alkek

- 4 Alan Ting NWCC/Alkek

- 5 Lawson Craddock NWCC/Alkek

- 6 Ethan Bing NWCC/Alkek

- 7 John Whitney NWCC/Alkek

- 8 Mark Cross NWCC/Alkek

Jr. 10-12

- 1 Lawson Craddock NWCC/Alkek

- 2 Mark Cross NWCC/Alkek

JW 10-14 2km Scratch

- 1 Shelby Reynolds NWCC/Alkek

- 5 Natalie Bing NWCC/Alkek

JW 10-14 500m Scratch

- 1 Shelby Reynolds NWCC/Alkek

JW 10-14 5km Points Race

- 1 Shelby Reynolds NWCC/Alkek

Jr. W 10-14 6 lap Big Brother

- 1 Shelby Reynolds NWCC/Alkek

JW 10-12

- 1 Natalie Bing NWCC/Alkek

Team Cross Walk

- 2 Matt Cross NWCC/Alkek

- Daniel Walker NWCC/Alkek

- Cristin Walker NWCC/Alkek

Team Italian Pursuit

- 1 Daniel Walker NWCC/Alkek

- Joseph Tokarski Woodlands

- Dylan Jason Southern Elite

- Cristin Walker NWCC/Alkek

3 Guys and a Girl

- 2 Shelby Reynolds NWCC/Alkek

- Bennet Brown Southern Elite

- Henk Calderon Southern Elite

- Ethan Bing NWCC/Alkek

The Hotties

- 3 Parker Craddock NWCC/Alkek

- Elizabeth Cloutier Southern Elite

- Alan Ting NWCC/Alkek

- Zane Smith NWCC/Alkek

Mythogy

- 4 Matt Cross NWCC/Alkek

- Megan Cross NWCC/Alkek

- Lawson Craddock NWCC/Alkek

- Mark Cross NWCC/Alkek

Friday Night Races at Alkek, April 16

Sr. 1-2 Omnium

- 5 Robert Bodamer NWCC/Alkek

- 6 Matt Cross NWCC/Alkek

- 7 Jim Russell NWCC/Alkek

- 10 Bill Thompson NWCC/Alkek

(See "Race Results-Track" Continued on page 13)

("Race Results-Track," Continued from page 12)

Sr. 1-2 Miss & Out

- 5 Matt Cross NWCC/Alkek
- 6 Jim Russell NWCC/Alkek
- 9 Bill Thompson NWCC/Alkek
- 10 Robert Bodamer NWCC/Alkek

Sr. 1-2 20 lap Tempo

- 6 Matt Cross NWCC/Alkek
- 7 Jim Russell NWCC/Alkek

Sr. 1-2 Unknown Distance

- 5 Robert Bodamer NWCC/Alkek

Team Sprint

Johnson, Russell, Thompson

Sr. 3 Omnium

- 2 Andrew Lasswell NWCC/Alkek
- 6 Tony Johnson NWCC/Alkek
- 7 Daniel Walker NWCC/Alkek
- 8 Ryan Albert NWCC/Alkek

Sr. 3 Unknown Distance

- 3 Andrew Lasswell NWCC/Alkek
- 6 Daniel Walker NWCC/Alkek
- 7 Ryan Albert NWCC/Alkek

Sr. 3 10 lap Point-a-lap

- 2 Andrew Lasswell NWCC/Alkek
- 3 Tony Johnson NWCC/Alkek
- 7 Ryan Albert NWCC/Alkek

Sr. 3 20 lap Scratch

- 2 Andrew Lasswell NWCC/Alkek
- 6 Tony Johnson NWCC/Alkek

Women Omnium

- 1 Cristin Walker NWCC/Alkek

Women Chariot Race Final

- 1 Cristin Walker NWCC/Alkek

Women 20 lap Tempo

- 1 Cristin Walker NWCC/Alkek

Women Unknown Distance

- 2 Cristin Walker NWCC/Alkek

W 4 Omnium

- 3 Shelby Reynolds NWCC/Alkek
- 4 Megan Cross NWCC/Alkek

W 4 15 lap PR

- 4 Shelby Reynolds NWCC/Alkek
- 5 Megan Cross NWCC/Alkek

W 4 12 lap Scratch

- 2 Shelby Reynolds NWCC/Alkek
- 4 Megan Cross NWCC/Alkek

W 4 Miss & Out

- 3 Megan Cross NWCC/Alkek
- 4 Shelby Reynolds NWCC/Alkek

Master Omnium

M30+ M40+

- 3 1 Robert Bodamer NWCC/Alkek
- 4 Tony Johnson NWCC/Alkek
- 6 3 Tom Craddock NWCC/Alkek
- 10 Ryan Albert NWCC/Alkek

Master Chariot Race Final

- 1 Tony Johnson NWCC/Alkek
 - 5 Tom Craddock NWCC/Alkek
- Master 20 lap Tempo

- 3 Robert Bodamer NWCC/Alkek
- 5 Tom Craddock NWCC/Alkek
- 9 Ryan Albert NWCC/Alkek

Master Unknown Distance

- 3 Robert Bodamer NWCC/Alkek
- 4 Tom Craddock NWCC/Alkek
- 7 Ryan Albert NWCC/Alkek

Jr. Men Omnium

- 1 Daniel Walker NWCC/Alkek
- 2 Matt Cross NWCC/Alkek
- 5 Lawson Craddock NWCC/Alkek
- 7 Shelby Reynolds NWCC/Alkek
- 8 Megan Cross NWCC/Alkek

Jr. Men 15 lap PR

- 1 Daniel Walker NWCC/Alkek
- 2 Matt Cross NWCC/Alkek
- 5 Lawson Craddock NWCC/Alkek

Jr. Men 12 lap Scratch

- 1 Matt Cross NWCC/Alkek
- 2 Daniel Walker NWCC/Alkek
- 5 Lawson Craddock NWCC/Alkek

Jr. Men Miss & Out

- 1 Daniel Walker NWCC/Alkek
- 2 Matt Cross NWCC/Alkek
- 6 Lawson Craddock NWCC/Alkek

JW Omnium

- Shelby Reynolds NWCC/Alkek
- Megan Cross NWCC/Alkek

JW 15 lap PR

- 1 Shelby Reynolds NWCC/Alkek
- 2 Megan Cross NWCC/Alkek

JW 12 lap Scratch

- 1 Shelby Reynolds NWCC/Alkek
- 2 Megan Cross NWCC/Alkek

JW Miss & Out

- 1 Megan Cross NWCC/Alkek
- 2 Shelby Reynolds NWCC/Alkek

Youth Omnium

- 1 Daniel Walker NWCC/Alkek
- 2 Lawson Craddock NWCC/Alkek
- 3 Shelby Reynolds NWCC/Alkek
- 5 Ethan Bing NWCC/Alkek
- 7 Mark Cross NWCC/Alkek
- 8 Natalie Bing NWCC/Alkek

Youth 6 lap Scratch

- 1 Daniel Walker NWCC/Alkek
- 2 Shelby Reynolds NWCC/Alkek
- 3 Lawson Craddock NWCC/Alkek
- 5 Ethan Bing NWCC/Alkek
- 7 Mark Cross NWCC/Alkek
- 8 Natalie Bing NWCC/Alkek

Youth 8 laps PR

- 1 Daniel Walker NWCC/Alkek

- 2 Lawson Craddock NWCC/Alkek
- 4 Shelby Reynolds NWCC/Alkek
- 5 Ethan Bing NWCC/Alkek
- 7 Mark Cross NWCC/Alkek
- 8 Natalie Bing NWCC/Alkek

Sat. Night Races at Alkek Apr 17

Sr. 4 Omnium

- Ethan Bing NWCC/Alkek

Sr. 4/5 7 lap Point-a-lap

- 2 Ethan Bing NWCC/Alkek

Sr. 4/5 Unknown Distance

- 3 Ethan Bing NWCC/Alkek

Sr. 4/5 15 lap PR

- 3 Ethan Bing NWCC/Alkek

Women Omnium

- 1 Cristin Walker NWCC/Alkek
- 2 Megan Cross NWCC/Alkek

Women 9 lap Scratch

- 1 Cristin Walker NWCC/Alkek
- 3 Megan Cross NWCC/Alkek
- 7 Sara Keene NWCC/Alkek

- 8 Natalie Bing NWCC/Alkek

Women 9 lap Points

- 2 Cristin Walker NWCC/Alkek
- 4 Megan Cross NWCC/Alkek

Women Unknown Distance

- 1 Cristin Walker NWCC/Alkek
- 2 Megan Cross NWCC/Alkek
- 6 Sara Keene NWCC/Alkek

- 7 Natalie Bing NWCC/Alkek

Youth Omnium

- 1 Mark Cross NWCC/Alkek
- 2 Natalie Bing NWCC/Alkek

Youth 5 lap Scratch

- 1 Natalie Bing NWCC/Alkek
- 2 Mark Cross NWCC/Alkek

Youth 6 lap Points

- 1 Mark Cross NWCC/Alkek
- 2 Natalie Bing NWCC/Alkek

Youth Unknown

- 1 Mark Cross NWCC/Alkek
- 2 Natalie Bing NWCC/Alkek

Madison

- 1 Cristin Walker NWCC/Alkek
- Daniel Walker NWCC/Alkek
- 2 Ethan Bing NWCC/Alkek
- Robert Bodamer NWCC/Alkek
- 4 Megan Cross NWCC/Alkek
- Cory Pelletier NWCC/Alkek

Italian pursuit

- 1 Ethan Bing
- Daniel Walker
- Cristin Walker
- Robert Bodamer

(See "Race Results-Track," Continued on page 15)

MS-150 Golden Moments

by Michael Shepherd

Chris and I rode in the MS 150 over the weekend and while we were "out and about" for the weekend I had a couple of interesting experiences! The first of which (what I often refer to as golden moments) occurred around the 30-mile point of the ride on Saturday morning. We had spent the first hour of the ride in a constant repetition of yelling out the "on your left" mantra and were starting to get slightly annoyed at the number of cyclists that were persistently hugging the centerline while only traveling 12-14mph. This required those of us traveling at a higher pace to move into the on-coming traffic lane to pass, which ends up irritating other riders.

It took about an hour but we finally managed to make it to the "front", although nobody ever really gets to the front during the MS. As we were motoring along at 24-25 mph and crossed FM 362 on FM 529, we came upon a small group of paraplegic cyclists who were riding 3-wheelers and were either furiously turning hand cranks or slapping disc wheels with gloved hands while holding steady at a 16-18 mph pace! It was a sobering moment for me especially considering the fact that in a few more miles, everyone would begin climbing up the first of many hills that help make the Houston-Austin MS 150 ride such a challenge for

many of its participants. I recall that at the time we were riding with a quartering crosswind/tailwind and as we approached the little group, I felt compelled to slow so that we would ride abreast and block the wind for them for a moment.

I turned and looked at the lead para-cyclist and tried to say something inspirational but found it difficult as there was a lump in my throat and a tear began to well in my eye at that moment. I could not help but feel weak and inadequate for all those times in life when I or someone I knew had complained about how hard something was or how we wouldn't be able to do this or that! I was reminded of the fact that for years, when the going got tough, I usually joked about how it was mind over matter - I don't mind, so it does not matter! The sight of those para-athletes really, really drove that point home and those few words took on a whole new meaning for me.

A moment later and the road began a shallow, gradual descent and when I again looked towards that cyclist, I felt compelled and reached out with my hand and we briefly shook hands as I said to him: "Now that is hard core! This is your day - see you in La Grange" and then we slowly coasted ahead as our speed increased from the gradient of the

descent. A moment later my wife pulled alongside and asked if I knew that man and I replied, "no - but today we are doing this for him and all of those who could not ride," as we accelerated back to up to pace. A few minutes later as we started up the first of the minor climbs near Burleigh, she asked how hard I thought it would be to do that climb on one of those trikes the guys were riding, to which I replied - "it is mind over matter - simply mind over matter!"

On Sunday, I had another such moment, but this time it was after we had finished for the day! We were lounging around the Team BP tent enjoying great food while watching riders finish when I thought that since this was the 20th anniversary of the event, we definitely needed some of those MS 150 certificates that gets handed out every year! We had finished very early (top 500) and with 13,000+ registered riders, things were sure to get very busy/crowded later in the day, so I went in search of the MS "rider rewards" booth.

It took a few minutes of searching but I found the booth a short time later and as I approached, I noticed there was a slew of people in wheelchairs lined up alongside the rider rewards booth. As riders advanced through the line

(See "Golden Moments," Continued on page 15)

("Golden Moments," Continued from page 14)

to the table, the people in wheel-chairs would offer a few words of thanks as a rider passed. This was the 20th anniversary of the Houston to Austin MS 150 and despite all of the MS rides I had participated in, up until that moment, for me Multiple Sclerosis had been a disease to which I did not associate faces. In the past this was a ride that I had done not so much for the cause, but for the fact that the event always promised a fun weekend away from home. Maybe I am mellowing as I grow older, but that all changed as I passed by each of those people seated in wheel chairs – young and old alike. This is not so much a weekend of riding through the Texas hill country but is instead a benefit for those who suffer from MS!

I got our certificates and enameled MS pins, and this year they even gave out rider medals with red ribbon so that the medal could be worn around your neck! As I walked back to the tent, I saw a young boy in a wheel chair with his parents. He looked very solemn and as I held those medals in my hand I thought that he needed one more than I did and so I removed the medal from the plastic wrap as I walked towards him. When I got to where they were seated and standing, I looked at the boys parents and held out the medal and asked if they thought he would want it? The young boy smiled and asked if he could hold it. I knelt down beside him and handed it to him where upon he removed my hat and with both hands, placed the medal around my neck and told me that I had earned the medal

and that I should wear it!

I was simply floored and not knowing what to say, I slowly rose and shook his young hand and then said my good byes and made my way back to the BP team area. Chris was standing along the finish line fence cheering for the riders as they went by and when I got to her, I opened the other medal and placed it around her neck but made no mention of the little boy! For me it puts things into perspective – sure at times this ride makes us frustrated when trying to ride with 13,000+ other cyclists and every year some of us probably are saying to ourselves that this will be the last time! But like those signs along the road to Austin say, in the end we rode to make a difference, we rode for those people who could not!

("Race Results-Track" Continued from page 13)

Sprints

- | | |
|------------------|------------|
| 1 Daniel Walker | NWCC/Alkek |
| 3 Robert Bodamer | NWCC/Alkek |

Friday Night Races at Alkek, April 23

Sr. 1-3 Omnium

Sr. 1-2 Sr. 3

- | | |
|------------------|------------|
| 2 Steen Rose | NWCC/Alkek |
| 3 Robert Bodamer | NWCC/Alkek |
| 4 Tony Johnson | NWCC/Alkek |
| 6 Matt Cross | NWCC/Alkek |
| 8 Bill Thompson | NWCC/Alkek |
| 11 0 Jim Russell | NWCC/Alkek |

Sr. 1-3 Keirin Race Heats

- | | |
|-----------------|------------|
| 2 Tony Johnson | NWCC/Alkek |
| 3 Steen Rose | NWCC/Alkek |
| 6 Bill Thompson | NWCC/Alkek |

Sr. 1-3 Keirin Race Heats

- | | |
|------------------|------------|
| 2 Matt Cross | NWCC/Alkek |
| 3 Jim Russell | NWCC/Alkek |
| 4 Robert Bodamer | NWCC/Alkek |

Sr. 1-3 Keirin Final

- | | |
|----------------|------------|
| 1 Tony Johnson | NWCC/Alkek |
| 3 Steen Rose | NWCC/Alkek |

- | | |
|--------------------------|------------|
| 4 Matt Cross | NWCC/Alkek |
| Sr. 1-3 15 lap Scratch 0 | |

- | | |
|------------------|------------|
| 2 Steen Rose | NWCC/Alkek |
| 3 Robert Bodamer | NWCC/Alkek |
| 5 Bill Thompson | NWCC/Alkek |
| 6 Tony Johnson | NWCC/Alkek |
| 7 Matt Cross | NWCC/Alkek |
| 8 Jim Russell | NWCC/Alkek |

Sr. 1-3 40 Lap Points Race 0

- | | |
|------------------|------------|
| 1 Robert Bodamer | NWCC/Alkek |
| 2 Steen Rose | NWCC/Alkek |
| 5 Tony Johnson | NWCC/Alkek |
| 6 Matt Cross | NWCC/Alkek |

Team Sprint

2 Bing, Walker, Cross 1:19.22

Sr. 4 Omnium 0

- | | |
|-------------------|------------|
| 9 Bill Reiley | NWCC/Alkek |
| 10 Stephen Heller | NWCC/Alkek |

Sr. 4 10 lap Tempo 0

- | | |
|----------------------|------------|
| 9 Bill Reiley | NWCC/Alkek |
| Sr. 4 Miss and Out 0 | |

- | | |
|------------------|------------|
| 7 Bill Reiley | NWCC/Alkek |
| 9 Stephen Heller | NWCC/Alkek |

Sr. 4 20 lap Scratch 0

- | | |
|-----------------|------------|
| 6 Bill Reiley | NWCC/Alkek |
| Master Omnium 0 | |

M 30+ M 40+

- | | |
|------------------|------------|
| 4 Robert Bodamer | NWCC/Alkek |
| 5 Ryan Albert | NWCC/Alkek |
| 7 Bill Thompson | NWCC/Alkek |
| 8 Jim Russell | NWCC/Alkek |
| 9 Pat Dunton | NWCC/Alkek |
| 12 Adam Ahmad | NWCC/Alkek |

Master 8 lap Scratch 0

- | | |
|------------------|------------|
| 3 Robert Bodamer | NWCC/Alkek |
| 5 Ryan Albert | NWCC/Alkek |
| 6 Jim Russell | NWCC/Alkek |
| 8 Pat Dunton | NWCC/Alkek |
| 10 Adam Ahmad | NWCC/Alkek |

Master 15 lap PR 0

- | | |
|------------------|------------|
| 4 Robert Bodamer | NWCC/Alkek |
| 5 Bill Thompson | NWCC/Alkek |
| 6 Ryan Albert | NWCC/Alkek |

Master Miss & Out 0

- | | |
|------------------|------------|
| 3 Ryan Albert | WCC/Alkek |
| 5 Robert Bodamer | NWCC/Alkek |
| 6 Jim Russell | NWCC/Alkek |

(See "Race Results-Track," Continued on page 16)

Time Trial Results

by Dana Chamness

Below are the results from April's time trial.

First I need to give special thanks to all that made this time trial possible:

Craig Rennpage who did an outstanding job of setting things up and timing the 28 participants.

Lori Walker who helped Craig by keeping things organized.

Zeke and Diana Zbornak for watching the first corner.

Kim Fuisse for watching the second corner.

Melanie Chamness for watching the turn around.

It is possible to review the results for the last 5 year at www.northwestcyclingclub.com. While the course has not always been the same, we have tried to keep the distance the same.

TIME TRIAL RESULTS - APRIL 13, 2004
10 k+ (6.2 miles) approximately

ORDER	NAME	TIME	MPH
1	Tom Craddock	0:14:35	25.5
2	Dana Chamness	0:14:57	24.9
3	Mike Andries	0:15:13	24.4
4	Kevin Lynch	0:15:54	23.4

5	Michael Shepherd	0:15:54	23.4
6	Kevin Baker	0:16:07	23.1
7	David VanNewkirk	0:16:08	23.1
8	Daniel Walker	0:16:27	22.6
9	Brian Albert	0:16:30	22.5
10	Laura Meichan	0:17:00	21.9
11	David Lynch	0:17:12	21.6
12	Stephen Heller	0:17:14	21.6
13	Lisa Reed	0:17:31	21.2
14	Bert Cross	0:17:39	21.1
15	Scott Fuisse	0:17:54	20.8
16	Cristin Walker	0:18:00	20.7
17	Lawson Craddock	0:18:10	20.5
18	Carol Ambuhl	0:18:17	20.3
19	Zane Smith	0:18:19	20.3
20	Bill Brunt	0:18:23	20.2
21	Jim Whatley	0:18:36	20.0
22	Parker Craddock	0:19:40	18.9
23	Bill Mitchell	0:20:16	18.4
24	Diana Zbornak	0:20:21	18.3
25	Shelby Reynolds	0:20:24	18.2
26	Cory Pelletier	0:20:26	18.2
27	Wes Morrow	0:20:36	18.1
28	Ed Walker	0:23:22	15.9

The May Time Trial was rained out. Be sure to join us at 6:00 PM on June 8 on Sharp Road near Katy Hockley.

("Race Results-Track," Continued from page 15)

7 Pat Dunton	NWCC/Alkek	W 4 15 lap PR	Jr. Men 15 lap PR 0
10 Adam Ahmad	NWCC/Alkek	3 Megan Cross	5 Ben Lanz
Women Omnium 0		4 Eliza Bing	6 Alan Ting
3 Cristin Walker	NWCC/Alkek	Jr. Men Omnium	7 Cory Pelletier
Women 8 lap Scratch 0		3 Ben Lanz	JW Omnium
1 Cristin Walker	NWCC/Alkek	6 Matt Cross	Megan Cross
Women 15 lap PR 0		8 Alan Ting	Eliza Bing
3 Cristin Walker	NWCC/Alkek	9 Cory Pelletier	JW 8 lap Point-a-lap
Women Miss & Out 0		10 Josh Heller	1 Megan Cross
3 Cristin Walker	NWCC/Alkek	Jr. Men 8 lap Point-a-lap 0	2 Eliza Bing
W 4 Omnium		3 Matt Cross	JW Unknown Distance
3 Megan Cross	NWCC/Alkek	4 Ben Lanz	1 Megan Cross
4 Eliza Bing	NWCC/Alkek	7 Cory Pelletier	2 Eliza Bing
W 4 8 lap Point-a-lap		8 Josh Heller	JW 15 lap PR
3 Megan Cross	NWCC/Alkek	9 Ethan Bing	1 Megan Cross
4 Eliza Bing	NWCC/Alkek	Jr. Men Unknown Distance 0	2 Eliza Bing
W 4 Unknown Distance		3 Ben Lanz	Youth Omnium
3 Megan Cross	NWCC/Alkek	6 Alan Ting	U12
4 Eliza Bing	NWCC/Alkek	7 Josh Heller	2 Alan Ting
		8 Ethan Bing	NWCC/Alkek

(See "Race Results-Track," Continued on page 17)

("Race Results-Track," Continued from page 16)

3	Ethan Bing	NWCC/Alkek
5	Edwardo Celis	NWCC/Alkek
6	Natalie Bing	NWCC/Alkek
7	Mark Cross	NWCC/Alkek
Youth 8 lap Point a lap 0		
2	Alan Ting	NWCC/Alkek
3	Ethan Bing	NWCC/Alkek
5	Edwardo Celis	NWCC/Alkek
6	Mark Cross	NWCC/Alkek
7	Natalie Bing	NWCC/Alkek
Youth Unknown Distance 0		
2	Alan Ting	NWCC/Alkek
3	Ethan Bing	NWCC/Alkek
5	Edwardo Celis	NWCC/Alkek
6	Natalie Bing	NWCC/Alkek
7	Mark Cross	NWCC/Alkek
Friday Night Races at Alkek, April 30		
Sr. 1-2 Omnium		
Sr. 1-2 Sr. 3		
8	Tom Craddock	NWCC/Alkek
10	Robert Bodamer	NWCC/Alkek
11	Troy Dunton	NWCC/Alkek
13	Adam Ahmad	NWCC/Alkek
14	Matt Cross	NWCC/Alkek
15	Jim Russel	NWCC/Alkek
16	Andrew Lasswell	NWCC/Alkek
Sr. 1-2 12 lap Point-a-lap 0		
7	Tom Craddock	NWCC/Alkek
9	Robert Bodamer	NWCC/Alkek
Sr. 1-2 Miss & Out 0		
5	Troy Dunton	NWCC/Alkek
6	Robert Bodamer	NWCC/Alkek
8	Matt Cross	NWCC/Alkek
10	Jim Russel	NWCC/Alkek
Sr. 1-2 40 Lap Scratch		
5	Tom Craddock	NWCC/Alkek
6	Robert Bodamer	NWCC/Alkek
7	Troy Dunton	NWCC/Alkek
Sr. 4 Omnium 0		
7	Bill Reiley	NWCC/Alkek
10	Stephen Heller	NWCC/Alkek
Sr. 4 10 lap Point-a-lap 0		
7	Bill Reiley	NWCC/Alkek
9	Stephen Heller	NWCC/Alkek
5	Bill Reiley	NWCC/Alkek
8	Stephen Heller	NWCC/Alkek
Sr. 4 15 lap Tempo 0		
8	Bill Reiley	NWCC/Alkek
Master Omnium 0		
30+ 40+		
2	Robert Bodamer	NWCC/Alkek
4	Tom Craddock	NWCC/Alkek
8	Ryan Albert	NWCC/Alkek
13	Adam Ahmad	NWCC/Alkek
16	Jim Russell	NWCC/Alkek

Master 8 lap Point-a-lap 0		
1	Robert Bodamer	NWCC/Alkek
5	Ryan Albert	NWCC/Alkek
6	Tom Craddock	NWCC/Alkek
Master 20 lap Tempo 0		
2	Tom Craddock	NWCC/Alkek
6	Ryan Albert	NWCC/Alkek
8	Robert Bodamer	NWCC/Alkek
Master Unknown Distance		
3	Robert Bodamer	NWCC/Alkek
4	Tom Craddock	NWCC/Alkek
8	Ryan Albert	NWCC/Alkek
	Adam Ahmad	NWCC/Alkek
Women Omnium 0		
1	Cristin Walker	NWCC/Alkek
Women 8 lap Point-a-lap 0		
2	Cristin Walker	NWCC/Alkek
Women 20 lap Tempo 0		
1	Cristin Walker	NWCC/Alkek
Women Unknown Distance 0		
1	Cristin Walker	NWCC/Alkek
W 4 Omnium		
3	Shelby Reynolds	NWCC/Alkek
4	Megan Cross	NWCC/Alkek
W 4 10 lap Scratch		
3	Shelby Reynolds	NWCC/Alkek
4	Megan Cross	NWCC/Alkek
W 4 Miss & Out		
3	Megan Cross	NWCC/Alkek
4	Shelby Reynolds	NWCC/Alkek
W 4 15 lap Tempo		
3	Shelby Reynolds	NWCC/Alkek
5	Megan Cross	NWCC/Alkek
JW Omnium		
1	Shelby Reynolds	NWCC/Alkek
2	Megan Cross	WCC/Alkek
JW 10 lap Scratch		
1	Shelby Reynolds	NWCC/Alkek
2	Megan Cross	NWCC/Alkek
JW Miss & Out		
1	Shelby Reynolds	NWCC/Alkek
2	Megan Cross	NWCC/Alkek
JW 15 lap Tempo		
1	Shelby Reynolds	NWCC/Alkek
3	Megan Cross	NWCC/Alkek
Jr. Men Omnium 0		
1	Daniel Walker	NWCC/Alkek
2	Ben Lanz	NWCC/Alkek
3	Matt Cross	NWCC/Alkek
5	Josh Heller	NWCC/Alkek
9	Lawson Craddock	NWCC/Alkek
10	Ethan Bing	NWCC/Alkek
Jr. Men 10 lap Scratch 0		
1	Daniel Walker	NWCC/Alkek
2	Ben Lanz	NWCC/Alkek
3	Matt Cross	NWCC/Alkek

6	Josh Heller	NWCC/Alkek
8	Ethan Bing	NWCC/Alkek
9	Lawson Craddock	NWCC/Alkek
Jr. Men Miss & Out 0		
1	Ben Lanz	NWCC/Alkek
2	Matt Cross	NWCC/Alkek
3	Daniel Walker	NWCC/Alkek
5	Josh Heller	NWCC/Alkek
8	Ethan Bing	NWCC/Alkek
10	Lawson Craddock	NWCC/Alkek
Jr. Men 15 lap Tempo 0		
1	Daniel Walker	NWCC/Alkek
2	Matt Cross	NWCC/Alkek
3	Ben Lanz	NWCC/Alkek
4	Joseph Tokarski	Woodlands
5	Josh Heller	NWCC/Alkek
9	Lawson Craddock	NWCC/Alkek
10	Ethan Bing	NWCC/Alkek
Youth Omnium 0		
U12		
1	Daniel Walker	NWCC/Alkek
2	Ethan Bing	NWCC/Alkek
4	Shelby Reynolds	NWCC/Alkek
5	Lawson Craddock	NWCC/Alkek
8	Mark Cross	NWCC/Alkek
Youth Unknown Distance 0		
1	Daniel Walker	NWCC/Alkek
2	Ethan Bing	NWCC/Alkek
3	Shelby Reynolds	NWCC/Alkek
5	Lawson Craddock	NWCC/Alkek
8	Mark Cross	NWCC/Alkek
Youth 8 laps Scratch 0		
1	Daniel Walker	NWCC/Alkek
3	Ethan Bing	NWCC/Alkek
4	Shelby Reynolds	NWCC/Alkek
5	Lawson Craddock	NWCC/Alkek
8	Mark Cross	NWCC/Alkek
Friday Night Races at Alkek, May 7		
Sr. 1-2 Omnium		
4	Robert Bodamer	NWCC/Alkek
Sr. 1-2 Keirin Final		
3	Robert Bodamer	NWCC/Alkek
7	Matt Cross	NWCC/Alkek
Sr. 1-2 Unknown Distance		
4	Matt Cross	NWCC/Alkek
6	Robert Bodamer	NWCC/Alkek
Sr. 1-2 40 lap Points Race		
5	Robert Bodamer	NWCC/Alkek
6	Matt Cross	NWCC/Alkek
Sr. 3 Omnium		
2	Tony Johnson	NWCC/Alkek
3	Daniel Walker	NWCC/Alkek
5	Andrew Lasswell	NWCC/Alkek
7	Ryan Albert	NWCC/Alkek
11	Adam Ahmad	NWCC/Alkek

(See "Race Results-Track," Continued on page 18)

("Race Results-Track," Continued from page 17)

12 Cory Pelletier	NWCC/Alkek	8 Alan Ting	NWCC/Alkek	7 Lawson Craddock	NWCC/Alkek
Sr. 3 Miss & Out		9 Ethan Bing	NWCC/Alkek	9 Natalie Bing	NWCC/Alkek
2 Tony Johnson	NWCC/Alkek	10 Lawson Craddock	NWCC/Alkek	10 Mark Cross	NWCC/Alkek
3 Daniel Walker	NWCC/Alkek	11 Zane Smith	NWCC/Alkek	Sat. Night Races at Alkek, May 8	
4 Andrew Lasswell	NWCC/Alkek	12 Parker Craddock	NWCC/Alkek	Sr. 4/5 Omnium	
10 Adam Ahmad	NWCC/Alkek	Jr. Men 8 lap Scratch		3 Ethan Bing	NWCC/Alkek
Sr. 3 15lap Tempo		1 Matt Cross	NWCC/Alkek	4 Lamar Curtis	NWCC/Alkek
3 Tony Johnson	NWCC/Alkek	2 Ben Lanz	NWCC/Alkek	5 Alan Ting	NWCC/Alkek
6 Daniel Walker	NWCC/Alkek	6 Zane Smith	NWCC/Alkek	6 Parker Craddock	NWCC/Alkek
7 Ryan Albert	NWCC/Alkek	7 Alan Ting	NWCC/Alkek	Sr. 4/5 8 lap Scratch	
10 Tony Johnson	NWCC/Alkek	8 Ethan Bing	NWCC/Alkek	3 Ethan Bing	NWCC/Alkek
Sr. 3 18 lap Scratch		9 Ethan Bing	NWCC/Alkek	4 Lamar Curtis	NWCC/Alkek
1 Tony Johnson	NWCC/Alkek	10 Parker Craddock	NWCC/Alkek	5 Alan Ting	NWCC/Alkek
2 Daniel Walker	NWCC/Alkek	Jr. Men 12 lap Point a lap		6 Lawson Craddock	NWCC/Alkek
4 Andrew Lasswell	NWCC/Alkek	1 Matt Cross	NWCC/Alkek	7 Parker Craddock	NWCC/Alkek
5 Ryan Albert	NWCC/Alkek	3 Ben Lanz	NWCC/Alkek	Sr. 4/5 15 lap Tempo	
Sr. 4 Omnium		5 Josh Heller	NWCC/Alkek	3 Ethan Bing	NWCC/Alkek
8 Bill Reilly	NWCC/Alkek	Jr. Men Unknown Distance		4 Parker Craddock	NWCC/Alkek
9 Stephen Heller	NWCC/Alkek	1 Matt Cross	NWCC/Alkek	5 Lamar Curtis	NWCC/Alkek
Sr. 4 10 lap Points Race		2 Ben Lanz	NWCC/Alkek	6 Lawson Craddock	NWCC/Alkek
6 Bill Reilly	NWCC/Alkek	7 Alan Ting	NWCC/Alkek	7 Alan Ting	NWCC/Alkek
9 Stephen Heller	NWCC/Alkek	8 Ethan Bing	NWCC/Alkek	Miss and Out	
Sr. 4 15 lap Scratch		9 Lawson Craddock	NWCC/Alkek	3 Lamar Curtis	NWCC/Alkek
6 Bill Reilly	NWCC/Alkek	JW 8 lap Scratch		4 Ethan Bing	NWCC/Alkek
8 Stephen Heller	NWCC/Alkek	1 Shelby Reynolds	NWCC/Alkek	5 Alan Ting	NWCC/Alkek
Sr. 4 Miss and Out		2 Megan Cross	NWCC/Alkek	6 Parker Craddock	NWCC/Alkek
7 Bill Reilly	NWCC/Alkek	JW 12 lap Point a lap		Women Omnium	
Master Omnium		1 Shelby Reynolds	NWCC/Alkek	2 Cristin Walker	NWCC/Alkek
30+ 40+		JW Unknown Distance		4 Shelby Reynolds	NWCC/Alkek
3 Robert Bodamer	NWCC/Alkek	1 Shelby Reynolds	NWCC/Alkek	Women 6 lap Scratch	
9 Ryan Albert	NWCC/Alkek	JW Omnium		1 Cristin Walker	NWCC/Alkek
11 Adam Ahmad	NWCC/Alkek	Shelby Reynolds	NWCC/Alkek	4 Shelby Reynolds	NWCC/Alkek
Master 10 lap Scratch		Megan Cross	NWCC/Alkek	Women Miss and Out	
3 Robert Bodamer	NWCC/Alkek	Youth Omnium		2 Cristin Walker	NWCC/Alkek
10 Ryan Albert	NWCC/Alkek	1 Daniel Walker	NWCC/Alkek	3 Shelby Reynolds	NWCC/Alkek
Master Miss & Out		3 Alan Ting	NWCC/Alkek	Women 12 lap Points	
2 Robert Bodamer	NWCC/Alkek	4 Lawson Craddock	NWCC/Alkek	2 Cristin Walker	NWCC/Alkek
9 Ryan Albert	NWCC/Alkek	5 Ethan Bing	NWCC/Alkek	5 Shelby Reynolds	NWCC/Alkek
10 Adam Ahmad	NWCC/Alkek	6 Shelby Reynolds	NWCC/Alkek	Youth Omnium	
Master 20 lap Points Race		7 Parker Craddock	NWCC/Alkek	1 Lawson Craddock	NWCC/Alkek
6 Ryan Albert	NWCC/Alkek	9 Natalie Bing	NWCC/Alkek	2 Mark Cross	NWCC/Alkek
7 Robert Bodamer	NWCC/Alkek	10 Mark Cross	NWCC/Alkek	3 Natalie Bing	NWCC/Alkek
W 4 Omnium		Youth 8 lap Point a lap		4 Muriel Bing	NWCC/Alkek
2 Shelby Reynolds	NWCC/Alkek	1 Daniel Walker	NWCC/Alkek	Youth Unknown Distance	
3 Megan Cross	NWCC/Alkek	2 Lawson Craddock	NWCC/Alkek	1 Lawson Craddock	NWCC/Alkek
W 4 8 lap Scratch		4 Ethan Bing	NWCC/Alkek	2 Natalie Bing	NWCC/Alkek
2 Shelby Reynolds	NWCC/Alkek	5 Alan Ting	NWCC/Alkek	3 Mark Cross	NWCC/Alkek
3 Megan Cross	NWCC/Alkek	6 Parker Craddock	NWCC/Alkek	4 Muriel Bing	NWCC/Alkek
W 4 12 lap Point a lap		7 Shelby Reynolds	NWCC/Alkek	Youth 6 lap Point-a-Lap	
2 Shelby Reynolds	NWCC/Alkek	9 Natalie Bing	NWCC/Alkek	1 Lawson Craddock	NWCC/Alkek
W 4 Unknown Distance		10 Mark Cross	NWCC/Alkek	2 Mark Cross	NWCC/Alkek
2 Shelby Reynolds	NWCC/Alkek	Youth 2 min race		3 Natalie Bing	NWCC/Alkek
Jr. Men Omnium		1 Daniel Walker	NWCC/Alkek	4 Muriel Bing	NWCC/Alkek
1 Matt Cross	NWCC/Alkek	3 Alan Ting	NWCC/Alkek	Youth 5 lap Scratch	
2 Ben Lanz	NWCC/Alkek	4 Shelby Reynolds	NWCC/Alkek	1 Lawson Craddock	NWCC/Alkek
7 Josh Heller	NWCC/Alkek	5 Ethan Bing	NWCC/Alkek	2 Mark Cross	NWCC/Alkek
		6 Parker Craddock	NWCC/Alkek		

(See "Race Results-Track," Continued on page 19)

("Race Results-Track," Continued from page 18)

3 Natalie Bing NWCC/Alkek
4 Muriel Bing NWCC/Alkek
Madison

1 Robert Bodamer NWCC/Alkek
Ethan Bing NWCC/Alkek

2 Daniel Walker NWCC/Alkek
Cristin Walker NWCC/Alkek

3 Megan Cross NWCC/Alkek

4 Shelby Reynolds NWCC/Alkek

5 Parker Craddock NWCC/Alkek

Lawson Craddock NWCC/Alkek

Sprinters

2 Daniel Walker NWCC/Alkek

First Round

2 Shelby Reynolds NWCC/Alkek

2 Parker Craddock NWCC/Alkek

2 Robert Bodamer NWCC/Alkek

3 Megan Cross NWCC/Alkek

4 Lisa Reed NWCC/Alkek

2 Cristin Walker NWCC/Alkek

3 Ethan Bing NWCC/Alkek

2 Lawson Craddock NWCC/Alkek

3 Eldon Criswell NWCC/Alkek

1 Daniel Walker NWCC/Alkek

2 Alan Ting NWCC/Alkek

3 Lamar Curtis NWCC/Alkek

dnf Bill Reilly NWCC/Alkek

Second Round

1 Ethan Bing NWCC/Alkek

3 Shelby Reynolds NWCC/Alkek

1 Alan Ting NWCC/Alkek

2 Megan Cross NWCC/Alkek

3 Lawson Craddock NWCC/Alkek

2 Cristin Walker NWCC/Alkek

3 Parker Craddock NWCC/Alkek

1 Robert Bodamer NWCC/Alkek

2 Daniel Walker NWCC/Alkek

3 Eldon Criswell NWCC/Alkek

3 Lamar Curtis NWCC/Alkek

Third Round

1 Alan Ting NWCC/Alkek

3 Ethan Bing NWCC/Alkek

1 Cristin Walker NWCC/Alkek

2 Shelby Reynolds NWCC/Alkek

3 Megan Cross NWCC/Alkek

1 Daniel Walker NWCC/Alkek

3 Eldon Criswell NWCC/Alkek

1 Parker Craddock NWCC/Alkek

2 Lawson Craddock NWCC/Alkek

1 Robert Bodamer NWCC/Alkek

3 Lamar Curtis NWCC/Alkek

Fourth Round

2 Eldon Criswell NWCC/Alkek

3 Ethan Bing NWCC/Alkek

1 Lamar Curtis NWCC/Alkek

2 Megan Cross NWCC/Alkek

3 Shelby Reynolds NWCC/Alkek

4 Parker Craddock NWCC/Alkek

1 Daniel Walker NWCC/Alkek

2 Robert Bodamer NWCC/Alkek

4 Alan Ting NWCC/Alkek

Highlights of the 16 April Friday Night session has Robert Bodamer finishing in 5th in the Sr 1.2 Omnium. In the Senior 3, Andrew Lasswell finished second, and in the Women, Cristin Walker won the Omnium. The Women 4's were represented well by Shelby Reynolds (3rd) and Megan Cross (4th).

The Masters had Robert and Tony Johnson finishing 3rd and 4th overall in the Omnium with Robert also taking top honors in the 40+ Masters. Daniel Walker is the rider to beat in the Juniors. Matt Cross finished second and Lawson Craddock rounded out the top five. Shelby and Megan both went two better in the Junior Women field with 1st and 2nd respectively. Finally, in the Youth category, the order of finish was Daniel in 1st, followed by Lawson, and Shelby in 2nd and 3rd respectively and Ethan Bing in 5th.

Saturday Night, 17 April proved just how good Daniel Walker is coming along as he won the Open Sprint competition and surprising Robert Bodamer in the final sprint for a perfect 4-0 record. Robert finished in third with a 2-2 record. Daniel teamed with Cristin to

win the Madison just beating Robert and Ethan in the final sprint. Megan Cross and Cory Pelletier finished 4th in this event.

The Italian Pursuit was won by the team of Ethan, Daniel, Cristin, and Robert. In second was the team of Charlotte Miller (GCCA?), Pazit Rose (GCCA), Elizabeth Cloutier (Southern Elite), and Natalie Bing.

Ethan Bing placed second in the Sr 4 Omnium. The Women saw Cristin, and Megan Cross finish 1st, and 2nd respectively, while Mark Cross and Natalie Bing finished in order atop the Youth Omnium.

Steen Rose returned on Friday Night 23 April and promptly finished 2nd in the Sr 1-2,3 Omnium with Robert Bodamer and Tony Johnson finishing 3rd and 4th. Tony therefore won the Cat 3's, with Adam Ahmad in 4th. Matt Cross and Bill Thompson rounded out the top placings in the Cat 1-2, finishing 4th and 5th. Teamwork was evident in the final 20 lap points race (shortened from 40 due to impending storm) as Robert made a counter attack after three laps and soloed to victory by winning the first two sprints with his teammates doing an excellent job of thwarting the chases by the other teams.

In the Masters 30+ category, Robert and Ryan Albert finished 4th and 5th respectively with Robert ending up in 3rd in the M40+. Bill Thompson and Jim Russell finished in 4th and 5th in the M40+. Cristin Walker finished in 3rd in the Women's category. Megan Cross and Eliza Bing rode well to finish 3rd and 4th in the W4.

Newcomer Ben Lanz placed third in the Juniors, with Megan Cross and Eliza Bing sweeping the JW Omnium. Alan Ting, and Ethan Bing placed 2nd and 3rd in the Youth field with Edwardo Celis coming in 5th place. Edwardo won the U12 Youth Omnium with Natalie and Mark Cross rounding out the top

(See "Race Results-Track," Continued on page 20)

("Race Results-Track," Continued from page 19)
three in this field.

This past Friday Night saw another combined Sr 123 field with Carlos Vargas (Southern Elite) too strong for the rest of the 16 strong field. Tom Craddock was the top finisher for NWCC/Alkek in the 1-2's with a 6th. Adam Ahmad and Andrew Lasswell finished in 3rd and 4th respectively in the Sr 3 category.

The Masters saw last year's winner Richard Lamb (SE) out-pointing Robert Bodamer. Robert did manage to win the M40+ with Tom in second. Ryan Albert ended up in 4th in the M30+. Cristin Walker rode hard and won the Women's category. The W4's were represented by Shelby and Megan in 3rd and 4th. They repeated their feat in the JW by finishing 1st and 2nd.

The Junior Men are battling it out every

Friday Night now as Daniel Walker just beat Ben Lanz with Matt Cross in third. Daniel also won the Youth with Ethan Bing and Shelby Reynolds in 2nd and 4th. Lawson Craddock was 5th and won the U12 with mark Cross getting 2nd.

Overall at the Alkek Velodrome, NWCC/Alkek leads Southern Elite 190-132 with the Woodlands team a distant third with 68 points.

Top 10 TXBRA standings show Robert Bodamer and Steen Rose in a tie for 6th in the Sr 1-2's. Cat 3's Tony Johnson, Andrew Lasswell, and Adam Ahmad are in 2nd, 3rd, and 8th. Cristin Walker leading the Women. Ryan Albert is in third in the M30+. Robert leads the M40+ with Tom Craddock and Adam in 3rd and 10th. M50 standings have Bill Thompson and Pat Dunton in 7th and 8th. The Youth have a veritable who's who of NWCC/Alkek as Daniel leads

the category followed by Lawson (2nd), Shelby (5th), Alan Ting (7th), Natalie Bing and Mark Cross tied (8th), and Parker Craddock and Edwardo Celis tied (10th). The Juniors see Daniel Walker in 2nd with Matt Cross in 3rd and Ben Lanz already in 5th.

Hope to see everybody out for the remaining Friday and Saturday nights in May. Don't forget that Carl Jones is teaching the developmental classes at the track. Lets see all of you taking the class so we can do even better. Track racing is good for you.



FAYETTEVILLE GOOD OLD SUMMERTIME CLASSIC June 6, 2004

TREK
TREKBIKES.COM

Southwest Schwinn
Spring Valley Bicycles
Fayetteville
Chamber of Commerce

8:00 Start • Call 713-777-5333 or 713-464-8277 for information

REGISTRATION: \$25.00 if postmarked by May 17th and \$30.00 after that and day of event. A special \$20.00 registration fee for children 15 years-of-age and under. All pre-registered riders by May 26th are guaranteed a T-shirt. Registration is available at all packet pick-up locations. No refunds.

PACKET PICKUP: Friday, June 4th, 10:00 a.m. to 7:00 p.m. at Southwest Schwinn (Fondren and S. Braeswood), Saturday, June 5th, 10:00 a.m. to 5:00 p.m. at Spring Valley Bicycles (I-10 at Campbell). Packet Pickup will also be available on Saturday, June 5th in Fayetteville from 2:00 p.m. to 7:00 p.m. and Sunday, June 6th (day of ride) starting at 6:30 a.m.

START: 8, 25, 50, 60 and 80 mile routes leave Fayetteville Town Square at 8:00 a.m. Fayetteville is located 1½ hours from Houston and Austin. Ride will be held rain or shine.

Online Registration available through
Active.com
Go to fayettevilletx.com
for more information

RIDE FACTS

New for 2004 - Food free to all riders.
Some of the best Barbeque in Texas with all the trimmings will be served to all cyclists. Extra plates may be purchased for friends and family members.

Ride benefits the
Fayetteville School
and the
Chamber of Commerce.

For more information on Fayetteville
and Lodging:

fayettevilletx.com or
email bymc@ev1.net

713.777.5333 ask for Yvonne

REGISTRATION FORM

Make checks payable to: Fayetteville Chamber of Commerce

Mail to: Fayetteville Chamber of Commerce, P.O. Box 217, Fayetteville, TX 78940

Last Name _____ First Name _____

Address _____

City _____ State _____ Zip _____

Route: ☐ 8 ☐ 25 ☐ 50 ☐ 60 ☐ 80 T-shirt: Kids - ☐ M Adult - ☐ S ☐ M ☐ L ☐ XL ☐ XXL

I fully realize the dangers of participating 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. 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.

Signed _____ Date _____

Parent or Guardian if under 18 _____

TOUR DE BRAZ BIKE

PROCEEDS WILL BENEFIT THE TOM BLANKET
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. REGARDLESS OF YOUR AGE, THE TOUR DE BRAZ BIKE RIDE WILL TAKE THE FORM OF A BIKE RIDE ON DISTANCE ROUTES FROM 10 TO 100 MILES. SUFFICIENT FOR BEGINNERS AND ADVANCED RAZORBIKE RIDERS. WE'VE GOT YOU COVERED.

ALL RIDERS WILL BE EQUIPPED WITH BEST STOPS AND THE MOUNTAIN. THE RIDES IN ALVIN WILL END IN A GROUP RIDE.

WITH THE ENTIRE FAMILY AND ENJOY THE RIDES IN ALVIN ON THE COASTLINE.

OUR FIRST RAZORBIKE, LOCATED WITH A FEW MILES OF ALVIN. WE'VE GOT YOU COVERED. STOPS, STOPS AND MORE DISTANCE RIDE.

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

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Annual

RIDE BEGINS AND ENDS AT
ALVIN COMMUNITY COLLEGE IN
ALVIN, TX JUNE 13, 2004

SUPPORTED BY

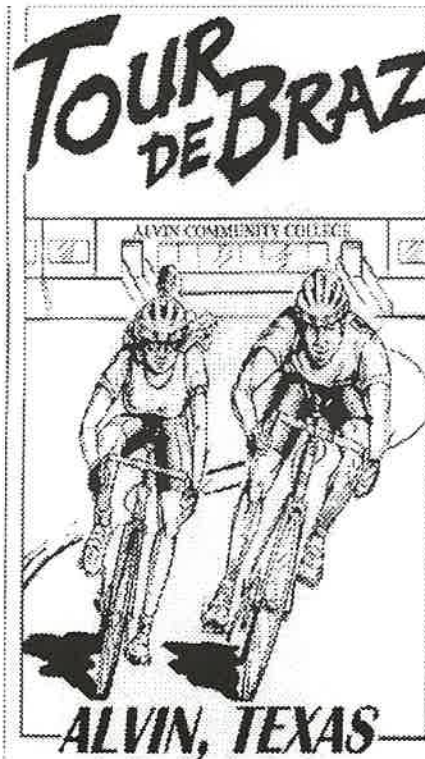
Tour de Braz Bike
Club

Pearland Cycling
Club

Alvin Community
College

City of Alvin

IESI



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.

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

Spring is about over, and Summer is on the way. We have done the Bluebonnet very successfully, with a lot of hard work by all. We have had several rides and races rained out, with thunder storms threatening more often than not. Yet we had beautiful weather for our picnic, and for several other key events. Saturday, May 15, I heard a rider comment that the weather was so cool it was like a winter ride. Of course, some winter days in Houston are pretty mild.

Keep in mind the upcoming events in July, including the Katy Flatland with a new route and direction, and our blood drive

with a new twist (at Zube this time).

Greg Germer and a couple of other riders went through all of our gear at the storage unit and made sure every thing was in top shape for the Katy Flatland. Greg reports that everyone seems to be doing a good job of cleaning everything before returning it, and of keeping the unit neat and orderly.

Northwest Cyclery is having a wheel building class on July 24. This is your chance to build a wheel, or watch. Sign up has already started, and attendance is limited, so get your name on the

list. See details on page 10.

Several people have mentioned enjoying the articles that Beth Schlotterbeck, Steen Rose, Johnathan Sinclair, and others have written giving the details of races that they have attended or raced in. There are lots of riders out there that enjoy this sort of thing, so please send us your stories and we will gladly include them. And, race stories are not the only thing that makes good cycling reading. We welcome your accounts and perspectives of rides, projects, and events or anything that is of interest to our club members and other readers.