

The Pedal Pusher

July 2004

Vol XVIII, Issue 7

A monthly
publication
promoting
the spirit of the
Northwest Cycling
Club

Seen in a Bike Lane by Wes Morrow

Recent flooding has brought all sorts of unusual creatures out into the highways and byways of Houston. This snapping turtle was hiking along the SH529 bike lane June 17, facing the traffic, all of the way over to the left like a good pedestrian. When I stopped and explained to him that the bike lanes are designated for two wheeled traffic, he hissed, and kept walking. What could I say to that? At least he had all of his safety gear on, and was obeying all of the traffic laws. And, he probably has been walking along that route since before they constructed the bike lanes.

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Who Said This is a Bike Lane?

ROUND THE CORNER

Katy Flatland Packet Stuffing, Thursday, July 15, 7:00 PM at Northwest Cyclery, Hiway 290 at Jones Road

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

(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

July 3 AMLI 2nd St. PURE Downtown Crit, Austin
July 4 Bicycle-Heaven Crit, San Antonio, Tx
July 31 Southern Elite Crit, Houston, Tx
August 1 Bear Creek Crit, Houston, Tx
August 20-22 DQ Tour of Champions, Columbus, Tx
Sept 12 Chappell Hill Classic, Chappell Hill, Tx
Sept 25,26 Anderson Stage Race, Anderson, Tx
October 9,10 State Championship RR, Bryan/College Sta.

PEDAL PUSHER DEADLINES

Monday following the club meeting.

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

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NWCC website: www.northwestcyclingclub.com

"Website and email hosting donated by
Lamar Curtis at the Information Advisory Group"
(See www.infoadvisory.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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Ode to Tinkerbell

by Steen Rose

On days that it's rough
And it's hard to hang tough
I look down and she gives me an encouraging wink
My little friend, Tink.
My constant companion, except on rainy days
For she only sparkles in the sun's rays
Next to me she hovers, with her bright shining smile
Mile after mile
Be it fast or slow
With me she goes
When my tongue is in my spokes
And I'm getting passed by lots of folks

She's there to see my through
Without her certainly I'd be blue.
You may think I'm crazy, too
But I believe in Tinkerbell, because she sees me through.

(We certainly think Steen is crazy, perhaps as the result of too many solo training miles in the heat. Just in case you are wondering, like we sure as heck were, who or what 'Tink' is, it is the sun reflecting off his cranks and shining, in pretty and playful patterns, upon the ground.)

 **Katy Flatlands:**
Volunteers needed to help with the parking on Sunday morning, July 18th.
The job involves arriving early, setting up cones and tape and directing the cars.
All volunteers will be able to ride as we finish our job 20-30 minutes before the start.
Please email Mike Butler at butleruk@sbcglobal.net, or phone 713-782-2958.
Thanks.

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

Rev Up Your Metabolism by Catherine Kruppa, MS, RD, LD

Everyone knows one of those people that seems like they are eating all the time, but are as thin as a rail. We all envy that person and their seemingly high metabolism. Maybe you are one of those people who have tried to lose weight for years and have finally given up saying you have no hope due to your sluggish metabolism. What does metabolism really mean and how can you find out if your metabolic rate is that of the tortoise or the hare?

Your resting metabolic rate (RMR) is the number of calories your body needs to keep your brain, heart, and cell functions going. Your RMR can account for 60-75% of your daily energy expenditure. RMR varies up to 20-30% among people of the same age, sex and body weight, and it may be linked to genetic influences. Approximately 70-80% of this variance is caused by differences in body composition, with the greatest RMR found in those with the largest fat free mass.

Can you boost your RMR? Yes and No. There is nothing that you can do to change your age and gender (women have less muscle than men, even at the same weight, women burn about 10 percent fewer calories per

day). However, preserving your muscle mass as you age, can at least maintain or possibly boost your RMR. There is also the thermic effect of food. You burn somewhere between 50-200 calories a day simply by digesting and processing the food you eat. This accounts for roughly 5 % of your total caloric burn. Therefore, you will get an additional calorie burn each time you eat. This promotes the theory that you should eat 5-6 small mini-meals per day instead of 1-2 large meals. And finally, your activity accounts for about 35% of your total calorie burn.

This includes every body movement you make – walking to the mailbox, typing on a keyboard etc. Moderate aerobic exercise (jogging, walking, cycling for 30 min) causes the RMR to stay elevated for only 20-30 minutes afterwards, burning 10-12 extra calories. Weight training can add muscle and RMR increases 7-10 calories/ day for each pound added. However, most people only add 4-5 pounds of fat free mass, increasing RMR by 28-50 calories per day.

A Few Other Metabolism Boosters

- Green tea – research shows that drinking 2-4 cups of green tea a day

can significantly boost your metabolism.

- Spicy foods – you can increase the amount of calories your body burns through digestion by adding hot peppers from the “capsaicin” family (jalapeno and Serrano peppers) to your meals.
- Dairy products – there is a connection between calcium and fat burning. The theory: Diets that include adequate calcium (1000-1300 mg per day) result in more weight loss than diets that include less calcium. They believe that calcium plays a key role in regulating fat-cell metabolism and fat storage.
- Eat more – chronic calorie restriction trains your body to survive on fewer calories. As you eat fewer calories, your body adapts by slowing your metabolism, at which point you will never lose those last 5 pounds. Eat just a bit more – about 250-400 additional calories per day. This can help rev your engine and allow weight loss to take place.

(See “Metabolism,” Continued on page 5)

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

("Metabolism," Continued from page 4)

- Increase in exercise intensity
- Lift weights

How to determine your resting metabolic rate?

The MedGem Indirect Calorimeter by HealtheTech, can calculate a person's resting metabolic rate. MedGem users can adjust their nutrition and exercise habits to meet their weight management goals. Knowing your unique metabolism allows you to establish a

caloric budget that will work for you. Weight management success is a simple matter of balancing the calories you eat with the calories that you burn. No matter what you eat, it is impossible to lose weight unless you eat fewer calories than you burn. It sounds easy, but it is hard to do unless you know how many calories your body is burning. For years, metabolism has been estimated using equations. But these equations can be as many as 500 calories off. Eating just 200 more

calories than you burn each day will result in a weight gain of 20 pounds in a year's time.

Resting metabolic rate testing will be offered at The Houstonian from 5 -7 pm on Monday, June 21 and 8 -11:30 am on Saturday, June 26. Individual testing times are also available. For more information about having your resting metabolic rate evaluated contact Catherine Kruppa, MS, RD, LD 713-316-2707 or ckruppa@houstonian.com.

Race Results - MTB

by Tony DeOre, Mtn Bike Director

Name	Gender	Category	Class	Boerne	Valley Mills	Overall
Jack Talton	M	Expert	30-39			83
Billy Talton	M	Expert	30-39			84
Bill Duckworth	M	Expert	30-39			86
Tony Deore	M	Sport	30-34	17		17
Billy Cloer	M	Sport	30-34			20
Alireza Sepehriaza	M	Sport	30-34	21		25
Chris Wibner	M	Sport	30-34			68
Steve Kramer	M	Sport	45-49	5		9
James Mackey	M	Sport	45-49	14	14	10
Jeff Elliot	M	Sport	45-49			37
Beth Schlotterbeck	F	Sport	30-39	3	6	3
Dan Raine	M	Beginner	35-39			24
John Deckert	M	Beginner	40-44			15
Doug Lamond	M	Beginner	40-44			33
Drew Hazzlerigg	M	Beginner	40-44			58

July 2004

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 CLUB RIDE 7:30AM Zube Park AMLI 2nd St. PURE Downtown Crit, Austin, Tx
4 Bicycle-Heaven Crit, San Antonio, Tx	5	6 Club Meeting 6:45 Race Team 7:30 General Members @ 	7	8	9	10 CLUB RIDE 7:30AM Zube Park
11	12	13	14	15 KFC Packet Stuff- ing, 7:00 PM @ 	16	17 CLUB RIDE 7:30AM Zube Park
18 Katy Flatland Century, Katy Mills Mall	19	20	21	22 Bicycle Repair Class 7:00PM@ 	23	24 CLUB RIDE 7:30AM Zube Park Blood Drive 10AM-2PM Zube Park after Ride
25	26 Board Meeting 7pm @ 	27	28	29	30	31 CLUB RIDE 7:30AM Zube Park Southern Elite Crit, Houston, 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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JUNE RIDES

Firecracker 100 July 3 Stephen-ville, Tx <http://www.firecracker100.com/>

Peach Pedal July 10
Weatherford, Tx <http://www.peachpedal.com>

Hotter Than Ever July 10 Bee-ville, Tx <http://www.beeville.net/BicycleClassic/Index.htm>

Tour d' Paris July 17 Paris, Tx
<http://www.tourdeparis.com/>

The Katy Flatland Century
July 18 Katy, Tx <http://www.northwestcyclingclub.com/>

Century Buzz Bike Tour July
31 Clute, Tx <http://www.mosquitofestival.com/eventforms.html#century>

AUGUST RIDES

All Guts, No Glory August 7
Houston, Tx <http://geofffreypierce.tripod.com/>

Midnight Bike Cruise August
14 Woodlands, Tx <http://www.teamcure.org/midnightbikecruise.htm>

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 woman's specific design (WSD) is preferred.

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

For Sale: Ultegra Brake Levers/Shifters "zero mileage" off of new bike, replaced with "short reach". Cables & housing included. \$100

Contact Steve Scott at 713-410-2524 or stevescott@wtez.net.

For Sale: '93 Diamond Back Master TG CroMoly road bike, 54 Cm, Black, Shimano 105 Components, '03 Bontrager Select wheels, new bottom bracket bearings, Time pedals, \$300

'98 GT Nomad CroMoly Hybrid, 19 in, Green, Shimano RSX components, 7 speed Gripshift with triple chain ring. Low mileage, great shape, \$200. **Contact** Joe Flanagan 832-593-9141 or pam-flanagan@ev1.net

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 in-seam. \$995
281-376-7213 LowFlyers@Earthlink.net

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

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.

For Sale: Yakima 2-bike hitch rack. Fits/locks onto 2" receiver. Rack rotates downwards allowing access to trunk/rear door of vehicle. Like new; used only 3 times. \$80.00 OBO. **Contact** paulademonte@earthlink.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

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:

JULY

**Great Deals
from Houston's
Cycling Super Store**



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713-466-1240
Houston, Tx 77040
M-F 10-7 • Sat 10-5 • Sun 12-4**

Repair Class Schedule

DATE	DAY OF WEEK	TIME
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

Here are the "official" results of
NWCC riders at Mineral Wells:

05/30/2004 - New Hope Road
Race
Place Name

P/1/2 1st Hallock Thomas

Cat4 28th Sistrunk Damen

Women4 1st Meichan Laura

M45+ 3rd Craddock Thomas

M45+ 6th Orgish Scot

M45+ 7th Arnold Timothy

M45+ 13th Chamness Dana

M45+ 14th Joder Daniel

M45+ 15th Allen William

M45+ 17th Gustitis Stephen

Jr10-14 1st Walker Daniel

Jr10-14 2nd Craddock Gregory
(Lawson)

NWCC results from Memorial
Day weekend's road races:

05/29/2004 - Gary Glickman Crit
Place Name

Men Pro 1-2

1st Thomas Hallock

17th Eric Warnsman

Women 3

7th Lauren Mahoney

Women 4

3rd Laura Meichan

Masters 45+

7th Dana Chamness

10th Daniel Joder

Women 4

2nd Laura Meichan

Masters 45+

5th Dana Chamness

8th Daniel Joder

12th Luis Torres

05/31/2004 - State Championship

Crit

Place Name

Men Pro 1-2

11th Thomas Hallock

14th Steen Rose

Men 4

1st Damen Sistrunk **state
champ**

Women 3

7th Nancy Dodd

8th Lauren Mahoney

Women 4

4th Laura Meichan

17th Cristin Walker

Masters 45+

5th Thomas Craddock

6th Dana Chamness

12th Daniel Joder

16th William Allen

Youth(10-14)

1st Daniel Walker **state
champ**

2nd Gregory (Lawson) Craddock

Junior(open)

2nd Cristin Walker

NWCC results from June 12:

Badlands RR results

Youth

1. Daniel Walker

2. Alan Ting

3. Lawson Craddock

4. Parker Craddock

Masters 45+

2nd Tom Craddock

Race Results - Track

by Robert Bodamer, NWCC/Alkek Track Captain

The results for the Friday and Saturday Night races at Alkek are posted and may be viewed by linking to the Alkek website at <http://www.ci.houston.tx.us/departme/parks/alkekvelodrome/>

1 May - Saturday Night was rained out.

At Regionals, Steen Rose placed 6th in the Omnium. Tony Johnson placed 2nd in the Cat 3's with Pat Dunton in 4th, Daniel Walker in 5th, Carl Jones in 7th, and Adam Ahmad in 8th. Cristin and Shelby placed 6th and 7th in the Women Omnium respectively. NWCC/ Alkek dominated the Junior category at regionals with Matt winning, Daniel placing second, Alan Ting in 6th, Ethan in 8th, Josh in 9th, Shelby in 10th, Natalie, in 11th, and Ramtin Borbor in 12th. Kiet Tran had two 3rd places in placing 4th overall in the Category 4 Omnium, with Lamar Curtis and Ethan placing 8th and 9th.

With the conclusion of the Regional Championships, we have reached the halfway point for the track season at Alkek. There is still racing at Frisco for the next two months leading up to Masters Regionals, Elite Nationals, Junior Nationals, and Masters Nationals for those that are planning on attending one or more of these events. The weekend of June 12-13 saw almost the entire

Junior team appear at Frisco for preparation for Junior Nats. later this month in LA.

After the Regional races the overall results at Alkek for NWCC/ Alkek are as follows (TXBRA standings):

In the Senior 1-2's, Steen Rose is in 2nd(8) place, followed by Robert Bodamer in 4th(3) place, Matt Cross in 12th(12), Bill Thompson in 20th(21), Jim Russell in 41st(33), Troy Dunton in 48th(26), and Tom Craddock in 55th(35).

The Sr. 3's see Tony Johnson in 2nd(2), Andrew Lasswell, Daniel Walker, Adam Ahmad (11 - 40+), and Carl Jones in 6th(10), 7th(8), 8th(13), and 8th(25) (tie) respectively. Pat Dunton is in 12th(19), and Eric Warnsman is in 16th(27).

Ethan Bing is in 4th place overall in the Sr. 4's, with Kiet Tran in 8th(11), Lamar Curtis in 11th(39), Ben Lanz who is currently in CA training in 14th, Josh Heller in 16th(56), Parker Craddock in a tie for 22nd with Alan Ting.

Robert Bodamer is currently in 2nd place in the Masters 30+, with Tom Craddock in 5th, Tony Johnson in 10th(5), and Ryan Albert in 14th(8).

Robert is leading (1) the Masters 40+ and Tom Craddock in 3rd (2), and 8th. Bill Thompson finds himself in 8th(7 - 50+) and Jim Russell in 13th(14).

Cristin Walker leads(2) the Women category.

The Category 4 Women has Shelby Reynolds in a close 2nd (18 - Women), Megan Cross in 3rd(16 - Women), Eliza Bing in 8th, and Natalie Bing in 10th.

The Junior Women has Cristin, Megan, and Shelby in 1st, 2nd(28 - Jr), and 3rd(14 - Jr) respectively. Eliza Bing is in 7th(25 - Jr), and Sara Keene in 10th.

Matt Cross and Daniel Walker occupy 1st(2) and 2nd(1) in the Jr. Category, with Ben Lanz in 7th(7), Lawson Craddock in 12th(16), Parker Craddock in 15th(26), Alan Ting in 15th(13), Zane Smith in 18th, Josh Heller in 20th(20), and Ethan Bing in 21st.

Daniel Walker also leads(1) the Youth category followed by Ethan Bing in 2nd, Shelby in 4th (6) with Alan Ting (5)(tie), Lawson in 6th(3), Parker in 10th(7), and Natalie and Edwardo Celis in 12th(13).

The top of the Youth 10-12 see Lawson leading Mark Cross in 2nd(10 - Y), Natalie in 3rd, Ed-

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

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

wardo in 4th, and Murial Bing in 5th.

NWCC/ Alkek leads in the team standings over Southern Elite. The Team Sprint Finals saw the team of Bodamer, Johnson, and Rose pick up a third place.

I want to thank all of you that have come out and raced so far this year, and hope to see all of you and more this coming fall season at Alkek.

Miscellaneous TXBRA results for the Sr 1-2's have Mark Dearing in 29th, Ryan Albert in 25th in the Sr 3's, Bill Reilly in 40th, Stephen Heller in 52nd in the Sr 4's. Pat Dunton is in 8th in the M50+. Zane Smith is in 21st in the Jr's with Tyler Hansen in 24th, and Cory Pelletier in 30th. Oscar Celis is in 15th in the Youths.

Hope to see everybody out there for the Frisco Friday nights in June and July. I plan on going to Frisco every other Friday night.

Good luck to all of the Juniors going to Nationals. Carl Jones is teaching the developmental classes at the track. Lets see more of you taking the class so we can do better still. Please contact Kathy Volski for the Youth Cycling League. The YCL is a free program that introduces competitive track cycling to boys ages 10-12, 13-16 and girls ages 10-16. Children learn bike safety, basic cycling skills and elements of racing. Equipment is provided.

Back on Track II

by Steen Rose

I had planned to spend a substantial amount of time at Alkek this spring, but a little broken collarbone and a busy schedule that kept changing kept me away. After a month's absence, I made my way back down I-10 to see what was going on and test my legs. Okay, not really. Being a college student and a bike racer, money is tight, and I needed the prize money.

Unfortunately my best bud and favorite and toughest competitor, Richard Lamb, is out with a blown knee, and he will certainly be missed. Its fun to win, but not because of things like that. Best wishes for a speedy recovery go out to him.

The first race on the schedule was the keirin. With only 9 Cat I, II's the qualifying rounds were-

n't too hard, one of 5 and one of 4, with the top 3 advancing. NWCC had 3 riders in the final, and with Bodamer focusing on the masters event, he was willing to play lead-out man. Much to his chagrin and dismay Veon drew the 1st popsicle stick again, with Bodamer 2nd, Pendland 3rd, myself 4th, Thompson 5th, and Dearing was up top. Pendland beat Bodamer down into second spot, followed by Thompson and myself. Dearing stacked high over Bodamer. I don't like to ride the tail end of a keirin, but with two teammates in front of my and a good game plan, I decided it wasn't such a bad spot.

Veon swung off the motor, and Dearing got caught above and behind him without the juice to do anything about it. Pendland set off at a blistering pace and

already had things gapped out coming out of 4. On the pursuit line I was behind Bill with Veon boxing me in from the top. Fortunately for me he faded and I was able to get out. Ahead of Bill was a 2 length gap to Bodamer, who was sitting on Pendland. I punched it around Bill and was starting to come around Bodamer out of 2. About that time he decided to go around Pendland and I had to take it 3 high into the wind. I made it around with a decisive kick and was able to sit up coming out of 4. I don't have a computer on my bike, but Robert said he was doing 36.5 when I came around. Maybe gearing up wasn't such a bad idea after all.

True to form, Dearing tried an early solo suicide move in the scratch race. I sent... (to be continued next month)

Charting Performance is Good for Everyone

by Derryl York

Do you keep a log or chart of your rides? Why would you want to do this—especially if you are only a recreational rider and usually ride at Zube once a week with a few other longer rides during the year? Well, let me tell you a couple of reasons and relate my experience. First, keeping up with your rides and some of the related information like distance, time, average speed, and weather conditions lets you determine “where you are” with respect to other cyclists and aids in selecting the groups and conditions under which you might want to ride. Second, even if you are a beginner, a log of your rides aids in telling you how your body is responding to exercise. Changes in “performance” may indicate something is different. For me, this was a key to a serious health condition.

With my engineering background I like to “chart” things. So I knew how far I was cycling, how frequently, and my times. In 2002 my typical times averaged 16 mph+ for 40 miles. However, by late 2002 I had noticed that my performance was winding down. In October 2002 I noted in my journal that while my times were still okay I felt tired during the latter part of my ride. Unfortunately, my times got slower and slower.

The performance change was

even more noticeable in my running. In 2001 I could run four or five miles at 10 minutes/mile. By 2002, my running times that were usually 40 minutes for 4 miles were taking 45 minutes - I was having to take “breaks” in my run. Eventually, it would take over 50 minutes to do the 4 miles.

I was out of town most of the first half of 2003 and my exercise activities were spotty. When I returned in July 2003 I started back with my regular activities. At first I thought I was just “out of shape.” But I could not run even a mile without stopping to walk some portion of it. My cycle times were awful. I could not keep up with my old ride group - I was almost back to riding with the beginners.

Under normal circumstances, just walking around, playing golf, yard work or minor chores, I was not tired and had no symptoms. But I just felt really tired after strenuous exercise - in some cases almost exhausted. In addition, my cholesterol levels, which had been running 180-190 for some time, had crept up to 210-220. I felt something was not quite right and so I consulted the cardiologist who I had seen only once 1982. After a thorough evaluation he found some restriction in blood flow to the heart and recommended bypass

surgery. This was a real shock to me but the medical tests were pretty clear. This also explained my “performance” log trend. Fortunately, regular exercise ensured that while I had a problem, my heart was in good condition. The doctor indicated that a more sedentary life-style might have had a heart attack as a first indication that something was wrong.

Today, five months after surgery, I realize that it's not all that easy to get back to “normal.” But I feel great and have no exercise restrictions. With time, I expect to be back to times that I had in 2001 and 2002 before my little problem arose. My ride log tells me I'm on track to do this.

On the Road in Kansas, Part I

by Steen Rose

With nothing much going on in Texas for the weekend, Eric and I decided upon a little road trip up to Kansas to do some racing. The plan was to hit the Thursday Crit in Austin, and then head on from there Friday morning. I wanted to race the track Friday Night, but I decided that would be putting a little too much strain on the body at the beginning of a serious block of training and racing.

Saturday was the Scholfield Honda Circuit Race, on the outskirts of El Dorado, KS. Now El Dorado itself is pretty well the outskirts, so the race was way out in BFE, on the rolling plains around a lake. The wind was blowing 35mph, and we could see the early fields struggling along single-file and guttered. But they were small fields, so we were thinking we could have our way with the locals and make out alright. That would have worked out okay, except that the locals proved to be Mathis Bros, Steve 'Granddad' Tillford, along with his whole Whole Foods Armada, and Dallas von Burnum, roleur extra-ordinaire, along with his armada.

The course is totally sweet, a 3 mile loop up on the prairie and along the side hill down to the lake bank. Twisty and turny, but fast and smooth all the way around, and with a nice tempo-

power climb back up to the straight finishing. Of course the wind was the only real factor, and even the natives said it was a little stronger than normal.

The 37 or so of us rolled out nice and chill, but with a small cat 1,2,3 field, the crazy wind, and only 33 miles, that couldn't last long. Within a mile the first attack was thrown down, and it was MC Hammer Time. The race stayed guttered for the first two laps, and people were getting shelled like peas on a front porch.

Starting the 3rd lap the selection had been made, and I looked around to see that I was the penultimate guy to make the front group of 20 or so. Woo, okay. Hit the down-hill with the cross tailwind and sit up a little. I hadn't warmed up well enough and my heart rate was pegged. There was only one teeny little problem. Nobody else sat up. I furiously attempted to chase back on down the hill and along the bottom side of the course, only meters off the back of the group. No dice, I was done.

Well that was fun while it lasted. I was just about to pack it in for the day when a chase group caught me, so I jumped in. I knew with the furious pace and winds the front group was bound to dwindle a little bit, so I thought maybe all wasn't lost

quite yet.

I finally got them organized and riding in an effective echelon, though it took some doing. I wound up working more than anyone else, but I wanted to keep the line rolling, and I certainly wasn't going to play cat and mouse games for the win in the laughing group. We wound up catching a few guys, but not nearly enough. The bunch stayed together, though more and more people started sitting in towards the end, until only about 4 of us were working.

I was about 5 back for the sprint. Eric took it hard and left from about 200m out, opening up the windward side for me. I punched it and was off to the races, until my cassette started slipping like crazy. For a second I thought I was going to die, but I was able to find a gear that meshed and kept going. I held out for the win from my group, which was good enough for 15th. Word on the street is that Whole Foods took 1,3,4,6, and 7th, with Tilly leading them in. Mathis Bros placed a respectable 2nd and 5th.

On the Road in Kansas, Part II

by Eric Warnsman

This year I took a group of Austinites on the MS 150 adventure from Houston to Austin. I also accepted the challenge of one of my clients with multiple sclerosis and rode the Red River Challenge - the MS 150 that goes from Dallas to Ardmore, Oklahoma. These commitments left me little time for racing in the month of April.

When I looked through the calendar and saw that the Austin Downtown Crit had been rescheduled to July 3rd, I decided to get some races in, so I called my teammates to see if anyone wanted to venture outside of the State of Texas for two days of racing in Kansas—the only state which had races going on that week-end. The only teammate to take me up on it was Steen Rose, who because of a broken collar bone suffered on the track a few weeks before, had also seen little recent race time. He was ready to race, too, so we set out for Kansas. It seemed ironic that it took us eight hours to drive from Austin to Wichita Kansas—the same amount of time it takes to drive from Austin to Fort Davis...the difference being that we crossed three states.

As Steen and I drove to Wichita on Friday, we had high aspirations of taking it to the Kansas racers in the small regional race. We were sorely mistaken—something that became apparent

as soon as we realized that Steve Tilford and Jason Waddell (with his Mathis Brothers pro team beside him) were there to race.

Saturday's race was uneventful, but Sunday was a different story—a 60-minute crit plus three laps in the heart of Wichita, Kansas. The course was mostly pan flat as you might expect in Kansas, but it had some interesting twists to it. First, there was a nice three-block brick section—smooth cobbles, but nonetheless fun terrain—followed by a left turn with three cars parked on the course. Normally, cars parked on the course would be a hindrance and be removed, but this being Wichita, the cars were immovable for lack of engines and transmissions. The promoter put hay bales on the cars to warn us. Fortunately, the 1-2-3 field was small, so the obstacle never posed a problem. After the next turn came the scenic part of the course which was along a river. It had a light downhill followed by a slight uphill into a headwind finish.

In the early morning races Wichita had unusual conditions. There was no breeze in areas that normally would have been windy. The wind began to pick up later in the day, however, and as Steen and I warmed up on our trainers, the wind began to blow its normal 15-20 mph. (Wouldn't you

know it?) As Steen and I warmed up, we saw no signs of Steve Tilford or any of the elite pro Mathis Brothers team; we felt good about our chances. When we lined up for the start, we had our game plan in place, but we were just two guys against three teams with several good riders; it was going to be a crap shoot.

The odds were against us that day. In the second lap of the 60-minute crit, three guys representing all three of the major teams got up the road. This action immediately neutralized the race as any attack to try to bridge was squashed by the team members remaining in the peleton. Steen and I then decided that with Steen's sprinting prowess, we would wait for the finish and race for fourth place.

As with most well-sponsored crits, this one offered many merchandise and cash primes throughout the race to entice the field to go faster. As the race neared the end, the primes became more valuable. Fresh from riding in the pack the whole race, Steen heard the bell ring with five laps to go and an announcement of a cash prime. He decided to test out his sprinting legs against the competition. He asked me to go to the front to drive the pace for half a lap to take the snap out of some of the sprinters' legs. I sat up as I

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watched Steen work his magic in the final 200 meters and take the prime.

My immediate thought was, "Great! We've got gas money for the trip home!" --an important thing to think about as gas is going for \$2 per gallon in Kansas and Oklahoma. What we weren't counting on was that the three major teams would immediately send three more riders up the road. Having expended so much energy during the quest for the prime, neither Steen nor I had anything left to jump on the tail of the break. We regrouped, hoping that other independent riders would go to the front and push the pace to bring those three back, so that Steen would not be sprinting for seventh place. But as is tradition with races that come down to the last few laps,

everyone assumed it was someone else's job to bring back escapees. Realizing no one else was going to attempt to chase down the break, Steen once again called upon me to go to the front and drive the pace in order to close the gap. I got within fifteen seconds, but with no help from anyone else, it was all I could do. With half a lap left to go, I put Steen and his sprinting skills in the hands of the peleton and hoped for the best.

As Steen told me later, sprinting is all about picking the right person to follow and then exploding within the last 200 meters of the line. Today, Steen chose the wrong person to follow, and he got boxed in. The best he could get was seventh place in the field sprint. Steen ended up thirteenth...not bad, but the race paid only ten deep. We still had our

prime, however. Steen collected his prime and opened the envelope to find \$5. We laughed. This was a two-place prime. If the "winner" received \$5, what would the second place person get? \$2.50? Steen, being a good teammate, gave his domestique his pay-out—a Coke. That was all he could afford with his \$5.

We loaded up the car, said goodbye to our wonderful host family, and made our tip back to Austin. It's funny how a road trip will take you back. When I first started racing, I'd start off on a trip with my teammates from Texas Tech—talking about how we would dominate the race. Like this week-end and those week-ends, it wasn't about dominating the competition. It was more about the conversations and fun we had taking a road trip out of our comfort zone.

Time Trial Results by Dana Chamness

The June Time was scheduled for June 8, but once more was rained out. The following Tuesday we had a special make up event. Here are the Time Trial Results for June 15, 2004.

Special thanks to Craig Rennpage for doing the timing and to Tim Arnold, Melanie Chamness and Mr. Ting for helping at the corners.

The next Time Trial will be July 13th - 6:00 pm

TIME TRIAL RESULTS - June 15, 2004
10 k+ (6.2 miles) approximately

2	Dana Chamness	0:14:52	25.0
3	Tim Arnold	0:15:02	24.7
4	Tom Reed	0:15:08	24.6
5	Kerry Emmott	0:15:13	24.4
6	Michael Shepherd	0:15:18	24.3
7	Ryan Albert	0:15:32	23.9
8	David Hatcher	0:15:52	23.4
9	Alan Ting	0:16:29	22.6
10	Lawson Craddock	0:16:40	22.3
11	Lisa Reed	0:16:55	22.0
12	Chris Sheppard	0:17:21	21.4
13	Adam Amhad	0:17:50	20.9
14	Parker Craddock	0:18:36	20.0
15	Ellen Craddock	0:19:12	19.4

ORDER	NAME	TIME	MPH
1	Tom Craddock	0:14:28	25.7

Northwest Cycling Club Collegiate Scholarship Application

Northwest Cycling Club is one of the premier cycling clubs in the state of Texas. The club hosts two top-quality, successful rides each year that draw close-to, or over, 2000 riders to each event, along with hosting an USCF-sanctioned road race. The club has a weekly scheduled ride that typically has 100+ riders in attendance. On top of this, the club has several other events that are put on by the club members whose activities add benefit to the cycling community.

Northwest realizes it owes the club's success to its active members who volunteer to assist at club functions as well as other activities and projects to improve the sport of cycling. Thus, providing collegiate scholarships is viewed as another way that Northwest can give back to the cycling community. By financially assisting cyclists that are attending college the club feels that young cyclists will continue in the sport after they have gone off to achieve their academic foundations and also invite others in the collegiate cycling community to join and become more actively involved with furthering the sport.

The Northwest Cycling Club scholarships are awarded to college students who: are active members of NWCC, are active cyclists even during their school terms, show evidence of extraordinary constructive involvement in the cycling community and strive for excellence in their academics. For Fall 2004, and future semesters, there will be up to three scholarships awarded in the amount of \$500 each.

Eligibility: Must be a currently enrolled student for the school session in which the applicant is applying at a 2 or 4-year collegiate institution or graduate school. The applicant must be an active member of NWCC and have demonstrated involvement by participating in and supporting the club's activities. Those with grades of 3.0, or higher, during the previous semester, preferred.

How to apply: Please fill out the following application completely, and mail to the address below. All applications for the Fall 2004 semester must be received by August 25, 2003. After review of applications by the club's board, the scholarship recipients will be announced at the September club meeting.

Important: Please provide the following in support of your application:

- Official record of your grades for the previous semester
- Confirmation of status during the current/upcoming semester.

You may include any copies of awards received, letters of recommendations, and other appropriate documentation, which may supplement your application.

Remit to:
NWCC
Attn: Club President
P.O. BOX 1494
Cypress, Texas 77410

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(Continued from page 18)

Name: _____

Mailing Address: _____

Phone: (home) _____ (work) _____

Permanent Address _____

E-mail: _____

College or University currently attending: _____

Major: _____

Current Academic Status:

High School Senior _____

College Freshman _____

College Sophomore _____

College Junior _____

College Senior _____

Graduate Student _____

GPA for last semester: _____

Please list all academic honors or awards:

(Continued on page 20)

The Pedal Pusher

(Continued from page 19)

Are you an active cyclist? _____

Are you currently a member of a cycling club? _____

If so, what club? _____

What cycling club activities have you participated in within the last twelve months?

In what manner, other than club activities, have you made a contribution to the sport of cycling? (you may use additional paper if needed)

What contributions do you plan to make in the future to the sport of cycling?

NWCC BIKE SAFETY INCIDENT REPORT

This form is used to report Accidents, near misses, or other items of "Safe Bicycling" that occur during NWCC rides. The purpose of the form is to collect information on the causes of Cycling incidents. Then, by analyzing this information, create Safety Awareness and Training for all our Club Members. This information will remain private within the NWCC Safety Committee, and will not be shared or used without permission.

This form may be submitted by anyone involved in a NWCC Club ride. Either an individual actually involved in the incident, or another rider that was with the affected group may submit this form.

**SEND COMPLETED FORM TO:
NWCC SAFETY COMMITTEE
PO BOX 1494
CYPRESS, TX 77410**

SECTION A: BASIC INFORMATION

Date and time of incident: _____ Name: _____
Contact Phone # _____

Location of Incident : (street address, intersection, city, town) _____

Type of Ride: ☐ Sat. NWCC Club Ride ☐ Sun. NWCC Club Ride ☐ Other _____

Type of Incident: ☐ Unavoidable Accident ☐ Avoidable Accident ☐ Near Miss
☐ Unsafe Conditions ☐ Unsafe Rider(s)

Injuries: ☐ No ☐ Yes

List names of injured persons and describe injuries: _____

Nature of Injury (open wound, bruise, bite / sting, burn, skeletal, respiratory, internal, hearing, sight, muscular (sprain), other, or unknown): _____

Were Emergency Services Contacted (EMS, Police, 911, etc): ☐ No ☐ Yes

Which agency(s) was contacted and responded? _____

Was anyone transported via Ambulance? ☐ No ☐ Yes

List names of persons transported and where: _____

SECTION B: INCIDENT DETAILS

Description of incident (you may wish to attach diagrams for clarity):

Roadway conditions: (dry, wet, muddy, snowy, icy, slushy, other, or unknown)

Weather conditions: (clear, cloudy, rainy, fog, sleet, other, or unknown)

Lighting conditions: (daylight, dawn, dusk, dark – street lights, dark – no street lights, other, or unknown)

Location: (highway, county road, roadway, roadway curve, parking lot, service station, driveway, other, or unknown):

Type of incident: (select one of the following; collision, side collision, wheel touching, stopping, unclipping, road hazard / obstacle, loss of control, equipment failure, other, or unknown):

Activity at time of incident: (moving, turning, changing lanes, passing, entering/leaving traffic, slowing, stopped, areobars, or other) (est. speed)

Source of the incident: (involved rider, other rider, motor vehicle, roadway surface, objects/obstructions, animals, humans, weather/environment, other)

Cause of the incident: (unsafe speed, lane change, turning, passing, following too closely, action by other rider, action by car driver, failure to signal or warn, failure to observe or yield, other)

Witness Information: List the name, address, phone numbers of all witnesses (impartial witnesses are the most important):

If Motor Vehicle involved: Police Report filed YES: ☐ NO: ☐ **Citation issued:** YES: ☐ NO: ☐

Action items to prevent this type of incident from reoccurring:

NWCC Membership Application

CHECK ONE: **NEW MEMBER** _____ **RENEWAL** _____

Last Name: _____ First Name: _____

Family Membership Names: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Work Phone: _____

Medical Condition: _____

Birth Date(s): _____

Emergency Contact: _____ Phone: _____

E-mail Address: _____

Occupation: _____ Willing to Volunteer Skills? _____

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

Primary Reason for Joining NWCC? _____

AREAS OF INTEREST (check all that apply)

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

MEMBER DUES

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

Thank you for joining Northwest Cycling Club!

****IF THIS RELEASE IS NOT SIGNED, YOUR APPLICATION WILL BE RETURNED TO YOU****

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

Signature: _____

Date: _____

Amount Paid: _____

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

Make Checks payable to: NWCC

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

The Pedal Pusher

Northwest Cycling Club
PO BOX 1494
CYPRESS, TX 77410

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The Pedal Pusher

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

Do you need a new perspective every once in a while. Try riding with a totally different group. Several times lately I have ridden with the new rider's group. I remember very vividly riding with this group when I was just starting riding. At the time, we did not have a 14 - 16 mph group, and the 16 - 18 mph group averaged closer to 18 or higher, so I had a rough time transitioning out of the new rider's group. I was so intent on getting out of this group, I do not remember noticing the variety of riders then.

Last Saturday, Mike Muirhead and I took the group out. Mike led the faster group on the 30

mile route, and I rode the slower group on the "23" mile (actually closer to 25 mile) route. We had a great ride. In my group was one experienced rider that was recuperating from a pulled muscle in his hip, another rider who had a brand new rider with him, several riders who rode last year on the MS, but were just getting back to riding. We had eight riders in our group, and each rider had a different story. Some were, like me, old, and some were young. Some were just starting their cycling life, and some had been riding off and on for years. One lady had taken up cycling so she could learn to "let go" to relieve pain and numbness in her

hand, and she rode some of the time without holding on to her handlebars. I showed her how to stretch her carpal tunnel by putting her hand behind her, and elevating it as far as she could. There were other similar learning opportunities, and I think I can sincerely say that a fine time was had by all.

Cathie Neagli would like to solicit suggestions for programs at the shop. Next month David is teaching a wheel building class (see page 10). If you would like to take an advanced repair class, or have other ideas of possible activities the shop could sponsor, let her know.