

The Pedal Pusher

August 2004

Vol XVIII, Issue 8

A monthly publication promoting the spirit of the Northwest Cycling Club

Message from the President by David Collins

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Congratulations to all of the youth and junior riders that recently competed in Nationals. The reports from the track are that we had outstanding participants in both enthusiasm and results. As we had hoped the NWCC/Alkek Velodrome team had a notable presence and enjoyed their opportunity to compete with their peers.

I would like to thank Cathie Neagli and all of the employees at Northwest Cyclery for recently

volunteering to handle the ride start responsibilities a couple of times a month. We still need ride starters for the other Saturdays but having a few dates accounted for certainly helps. Along the same line Zeke and Diane Zbornak and Wes Morrow have volunteered to handle the liquid refreshment portion of the ride start. This means our ride starters only have to bring the bananas and cookies. And you get reimbursed for those.

I regularly receive inquiries from persons interested in joining the club and/or coming out for our Saturday rides. This is a great indication that we are still drawing new riders into our sport. I hope everyone will take the time to make any new people you see at our rides or meetings feel welcome. A good experience could go a long way toward cultivating a new active club member.



**Katy Flatland
Century
Packet Stuffing
Party, July 15,
at Northwest
Cyclery.**

**Lots of People,
Lots of Pizza,
Lots of Pack-
ets, and Lots of
Stuffing!**

ROUND THE CORNER

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

Huntsville State Park Overnight Road Trip and Mtn Bike Outing, either October 31, November 1 or November 13-14. Second Annual. We rent shelters, pitch tents, or bring Recreational Vehicles. This event is in the planning stage.

Holiday party, Dec 10, St Arnold's Brewery

Volunteer Appreciation Leakey/Concan Trip, December 18-19. All attendees must have volunteered same day for one of the club rides, or served as a Saturday morning ride starter. This event is in the planning stage.

TMBRA 2004 Texas Championship Series (Fall Dates Tentative)

Sept 4-5 Mamacita's Kelly Creek Classic, Kerrville, Tx
Sept 18-19 X Bar Shootout, Eldorado, Tx
Oct 2-3 Huntsville Classic, Huntsville, Tx
Oct 9-10 Power Pedal MTB Race, Bryan Tx
Oct 23-24 Houston Big Ring Challenge, Double Lake, Tx
Nov 6-7 Piney Hills Classic XI AMBC Finals, Ruston, La

TXBRA Texas Cup Calendar for 2004

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 2 East Texas Hills Classic, Tyler, Tx
October 9 Power Pedal State RR Championships, Lake Bryan, Tx
October 10 State Championship RR, Bryan/College Station, 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

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(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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Back on Track II

by Steen Rose

[Editor's Note: This article was previewed in last month's Pedal Pusher. It is printed this month in it's entirety.]

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. It's 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 weren'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 Bill to the front nearly from the gun, so by the time Dearing made his move in the backstretch we were already rolling pretty well and he didn't go far. Bill reeled him in

by lap 2 and Pendland went, with me in tow. I had geared down to a 47x14, and I was wondering if maybe I'd gone too small. Eric soon had a little quarter lap gap, but he was wanting me to pull through. I coaxed another lap out of him before he swung up. I'd looked back and decided that with both of us working we could hold the gap, and that I'd just have to worry about beating him later. I timed myself wrong though, and wound up with the headwind pull. After a few laps of that I was really enjoying my 90inch gear, but I was starting to feel it, especially as Eric was trying to pick up the pace on his pulls. Eventually I started faking my turns into the wind, backing the pace off 2-3kph and keeping an eye on his shadow just in case. By this time we had a 1/2 lap lead.

I was starting to think about the sprint, wondering if I'd have the legs to spin the gear to beat him. With 5 laps to go we picked up Bill, and he hopped on, hoping we'd take him back up to the field, which we did. The bell rang on Eric's home-stretch pull, and he pulled up in turn 1, maybe 3 lengths from the field. They were bunched up, but I thought I saw a hole just above the sprinters lane that I could make it through. I jumped and performed an Arvana/Lamb act by going through

(See "Back on Track II," Continued on page 17)

Enjoy Your Vacation Without Gaining a Pound

by Catherine Kruppa, MS, RD, LD

Traveling and vacations do not have to mean weight gain; a realistic goal may be to maintain your weight. Here are a few tips to help you enjoy your vacation without having to shed the extra weight when you get home. Before you finish packing, make sure you have included the following items.

Vacation Checklist

- ☐ Easy-to-carry snacks: granola bars, sports bars, graham crackers, fresh or dried fruit.
- ☐ Exercise clothing: walking shoes, etc.
- ☐ Pack a jump rope, hollow plastic dumbbells, or a frisbee for a quick workout.
- ☐ Bottled water.

If you are traveling by plane, call your airline at least 48 hours prior to departure and order a low fat airline meal. United Airlines offers a choice of medical (including low fat), vegetarian, religious and children's meals. The average in-flight coach dinner has about 1,054 calories that is equivalent to a Big Mac, medium fries and a strawberry sundae at McDonald's. That same dinner has 52 grams of fat—8 grams more than the fast food meal. So you will definitely benefit from choosing a low fat meal.

You could also pack your own bag lunch. A sandwich with lean meat, fruit, raw veggies, whole grain snacks and string cheese is one example. This will help you avoid the greasy airport food if a meal is not served on your flight. If you do end up eating at the airport, it is tempting to saunter over to the Pizza Hut counter and stuff down a few cheesy slices, however most airports have healthier choices. Travelers can enjoy fresh fruit, salads, soft pretzels, yogurts, and an array of salads with low fat dressings, vegetable-based soups and fresh broiled fish entrees at some restaurants.

It takes a lot of water to stay hydrated on a plane, where the air is very dry. Drinking a glass of water per hour of flight prevents dehydration and minimizes jet lag. For every 1-hour of air travel, you lose 1 pint of water. Be aware that alcoholic and caffeinated beverages as well as salty foods will result in bloating and further your dehydration.

Surviving the drive can be just as tough. Unhealthy food awaits you at every exit and rest stop, however by fueling your body with healthy foods, you will have more energy and be more alert. Pack a cooler and include: packets of instant oatmeal or soup,

baby carrots, celery sticks, cucumber spears, fresh or dried fruit, rice cakes, cans of tuna, peanut butter on whole wheat bread, yogurt, pretzels. Throw in some bottled water, orange juice or low fat milk. Avoid drinking tons of coffee and soda along the way. If you eat healthy meals and snacks and consume non-caffeinated beverages you will be more alert and sleep better at night. Go ahead and stop for lunch—at a restaurant or picnic area. Do not eat in the car. You won't enjoy it as much. When you stop for a meal, take a walk or stretch.

If fast food is your only option, stay away from fried foods and added fats like mayo and oily dressings. Choose healthy items such as grilled chicken sandwiches, baked potatoes topped with salsa or grilled chicken or beef tacos. For healthy breakfasts on the road choose cold cereal and skim milk, English muffin or low fat muffin.

Once you reach your destination your hotel can be your ally in the battle for a healthy lifestyle. Select a hotel or resort with an exercise facility. Make use of what is available: swimming pool, tennis courts, walking paths, bike rent-

(See "Vacation," Continued on page 5)

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

(*"Vacation," Continued from page 4*)

als, and even dancing.

If you don't want to spend your precious vacation time in the hotel gym, do your sightseeing on foot, and keep up the pace. Try something new like inline skating, kayaking or go hiking.

It is tempting, but do not open the mini-bar. Cover it with a towel, and take a walk to a nearby grocery store to stock up on fruit, baked tortilla chips and salsa or other healthy snacks. Be picky with the room service menu. At routine meals, keep the menu closed. Just tell them what you want, then ask: "Can you get that for me?" For example, ask for an egg white omelet with a side of fruit for breakfast. Be specific about what you don't want. Have them hold the white roll, or ask for a big plate of steamed veggies with a grilled chicken breast or grilled fish. Otherwise, they will bring that unwanted item—and if it's there, you will eat it!

While you are on vacation continue to practice your dining out techniques. Use the concierge to locate restaurants with fresh seafood or grilled entrees. Balance one rich meal with one all-vegetable meal daily such as a vegetable plate, soup and salad or a baked potato and salad. While waiting for your order, put the bread/ chip basket and butter on the other side of the table or have them removed. Sip on your water, you are probably dehydrated from the days activities. At any restaurant, ask how the foods are prepared. Choose grilled, poached, smoked or steamed selections. Most good restaurants will be willing to make special requests for you. If you must have dessert, consider splitting one with your companion or try fresh berries or fruit sorbet. Don't center all your activities around eating as the main pleasure of the trip.

Activate your cruise control

while sailing on a ship. Cruise ships are basically floating buffets, which can be a disaster for your waistline. When eating at a buffet, scan the buffet first and then go back and get a plate. Fill at least 50% of your plate with salad and steamed veggies. Take small portions of foods and fill your plate only once. Don't eat what you don't like! Save those calories for foods you love. Many cruises will make sack lunches for your sightseeing tours off the ship or you can pack some of your own snacks along. At dinnertime order your meal off of the spa menu. These meals are prepared low fat and are served in appropriate portions. If you must have dessert, don't eat it every night. Choose one or two nights during your trip.

So whether you are heading out to the beach or the mountains this summer. Put your healthy eating tips into action and you will save those unwanted pounds as well as enjoy your vacation to the fullest.

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

August 2004

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 Club Meeting 6:45 Race Team 7:30 General Members @ 	4	5	6	7 CLUB RIDE Zube Park 7:30AM
8	9	10 Club Time Trial 6:00 PM @ Sharp Road and Katy Hockley	11	12	13	14 CLUB RIDE Zube Park 7:30AM
15	16	17 Repair Class 7-9 PM @ 	18	19	20	21 CLUB RIDE Zube Park 7:30AM
22	23	24	25 NWCC Scholar- ship Deadline (See Page 18)	26	27	28 CLUB RIDE Zube Park 7:30AM
29	30 Board Meeting 7pm @ 	31				

Calendar Key

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

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

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

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

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

The Saturday rides start per the following schedule:

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

Interested in a Sunday ride? NWCC makes sure that there are some of those also. See the new schedule above for Sunday rides.

These rides are more informal than Saturday's big club ride, so check with a club officer or call Northwest Cyclery for additional info on these rides.

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AUGUST RIDES

All Guts, No Glory August 7
Houston, Tx [http://
geofffreypierce.tripod.com/](http://geofffreypierce.tripod.com/)

Midnight Bike Cruise August
14 Woodlands, Tx [http://
www.teamcure.org/
midnightbikecruise.htm](http://www.teamcure.org/midnightbikecruise.htm)

Hotter-N-Hell August 28
Wichita Falls, Tx [http://
www.hh100.org/](http://www.hh100.org/)

Bike the Bend for Literacy Au-
gust 28 Richmond, Tx [http://
www.teamcure.org/
bikethebend.htm](http://www.teamcure.org/bikethebend.htm)

SEPTEMBER RIDES

Cy-Fair Lions Biking for Sight
September 19 Montgomery, Tx
[http://www.geocities.com/
cyfairlionchuck/](http://www.geocities.com/cyfairlionchuck/)

Conquer the Coast September
25 Corpus Christi, Tx [http://
www.corpuschristichamber.org/
events/conquer_the_coast/home](http://www.corpuschristichamber.org/events/conquer_the_coast/home)

NUTRITION AND BEYOND

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NWCC CLASSIFIED

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: 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

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: 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.

Contact, Steve Bollenbaugh between 5 PM and 10 PM at 713-863-1205 or syclista@hotmail.com

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: 1995 Peugeot Road Bike, 62mm. Quick and lively Chrome Moly frame. Shimano 105 rear derailleur with combination brake/shifter levers. This bike has been ridden less than 1,000 miles and is in exceptional condition. Comes complete with cycle computer, new set of tires, original sales receipt and owner's manual. Purchased new for \$668.00 - selling for \$300.00. **Contact** Jason Curtiss at: H 281.955.1723; W 281.749.7913; debbiecurtiss@sbcglobal.net.

For Sale: Specialized "Crossroads" Hybrid - Cro-Moly Frame- 20" Seat Tube (18" bottom bracket to top tube), Dark Blue, triple chain ring, new 7 gear cassette, 7 speed grip-shift, new chain, new road tires, recently tuned and lubed. \$150 **Contact** cjhaynes@sbcglobal.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

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.

The Tour

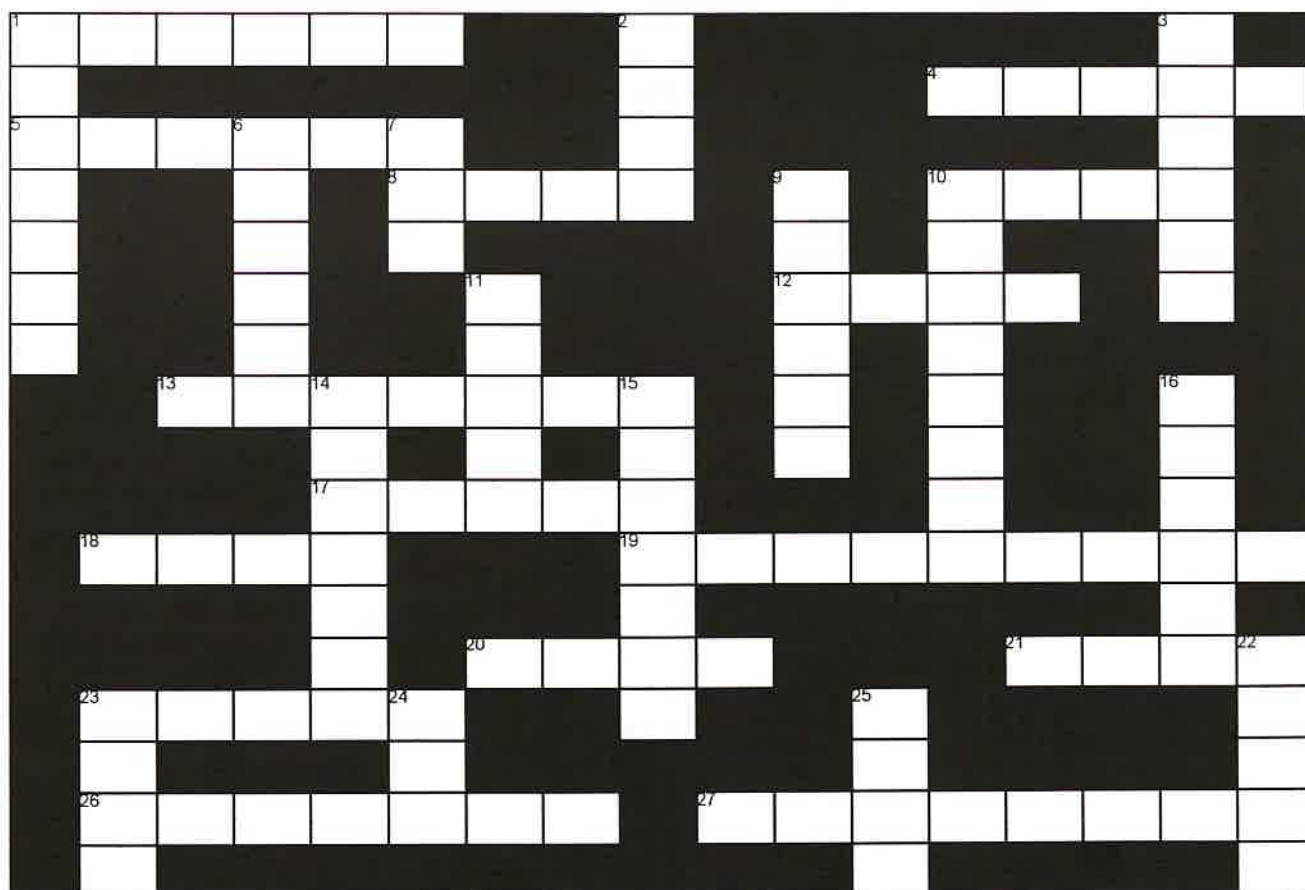
by Tracy Meixensperger

Across

- 1 _____ Beloki
- 4 Phonak Leader
- 5 _____ - Elysees
- 8 Winner of 2004 Dauphiné-Libéré
- 10 Phil's Commentating Partner
- 12 aka "Bobke"
- 13 2004 Tour of Switzerland Winner
- 17 This Color is for Sprinters
- 18 1st American
- 19 1999, 2000, 2001, 2002, 2003, ?
- 20 Month of the Race
- 21 L'Alpe D' _____
- 23 McEwen's Team
- 26 Domina _____ (Mario's Team)
- 27 First Stage

Down

- 1 First 5 Time Winner
- 2 Basso of CSC
- 3 Race Leader Color
- 6 This Spaniard Won 5 Consecutive TdF's
- 7 If Lance won, # of Wins
- 9 aka "The Cannibal"
- 10 King of the Mountains
- 11 Young Rider Jersey
- 14 Voice of the Tour
- 15 aka "The Badger"
- 16 Tour de _____
- 22 T-Mobile Sprinter
- 23 Rabobank Leader
- 24 Network to Watch the Tour
- 25 Podium Toy



Watch for Puzzle Solution in the September issue of The Peddle Pusher!

August

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



**Hwy 290 @ Jones Rd.
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Houston, Tx 77040
M-F 10-7 • Sat 10-5 • Sun 12-4**

Repair Class Schedule

DATE	DAY OF WEEK	TIME
August 17, 2004	Tuesday	7-9PM
September 21, 2004	Tuesday	7-9PM

(Please Call to Enroll) (Fee)

**Have an idea for class topics or programs you
would like scheduled? Contact Cathy at the Shop!**

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Race Results - Road

by Bill Reilly, Race Team Director

Here are the results of NWCC at the state time trials at Inez June 19, 20. We were fortunate that the typical strong wind conditions were not present this time.

Youth boys 10K

1st Daniel Walker 16:18
STATE CHAMP

2nd Alan Ting 16:50

3rd Lawson Craddock 17:00

4th Parker Craddock 20:14

Junior Boys 20K

4th Joshua Heller 33:54

7th Zane Smith 37:25

Junior Girl

1st Cristin Walker 36:40

STATE CHAMP

Master Men 70+

1st Gary Zbornak 36:41

STATE CHAMP

Master women 60-64, 65+

1st Diana Zbornak 37:33

STATE CHAMP

Master Men 40-44

11th Martin Hukle 1:05.56

Master Men 45-49

3rd Daniel Joder 1:00.07

4th Thomas Reed 1:00:15

5th Timothy Arnold 1:00:33

8th Tom Craddock 1:01.04

Masters 50-54

3rd Dana Chamness 1:00.46

6th Willie Allen 1:02.46

13th Stephen Heller 1:17.03

Masters Men 55-59

3rd Greg Smith 1:04.27

Master women 35-39

1st Laura Meichan 1:09.47

STATE CHAMP

Master Women 40-44

2nd Lisa Reed 1:09.30

Men Cat. 4

14th Juan Barboza 1:05.28

Women Cat. 3

5th Nancy Dodd 1:13.34

Women Cat. 4

1st Laura Meichan 1:09.56

STATE CHAMP

5th Chris Witte 1:14.02

8th Carol Ambuhl 1:17.11

Team time trials:

Youth:

1st (D. Walker, L. Craddock, P. Craddock and Allen Ting)

NWCC 33:52

STATE CHAMPS

Juniors:

2nd Christin Walker & co
NWCC 39:37

Masters Men 45+

1st (Joder, Morrison, Reed and Emmott) NWCC 56:38

STATE CHAMPS

2nd Staneland Matrix 56:58

3rd (Chamness, Allen, Craddock and Arnold) NWCC 57:07

4th Hall VC 1:01.01

Cat. 3 WOMEN

1st (Reed, Dodd, Meichan, Schaeffer?) NWCC 1:07.52

STATE CHAMPS

2nd Allen Plano Cycling/
Cannondale 1:10.58

Cat. 4 WOMEN

4th Walker & ??? NWCC
1:25.47

I want to commend our guys for great performances and congratulations to our new state TT champs!

More race results of NWCC riders from Tour de Louisiane Stage Race June 19,20:

Cat 1,2,3

12th overall Steen Rose Northwest 17th in TT, 12th in RR, 1st in Crit

Cat 4

6th overall Damen Sistrunk Northwest 10th in TT, 3rd in RR, pack finish in Crit

Here are recent race results of the NWCC roadies:

06/26/2004 - Matrix Challenge Crit

Men 5

3rd Tony Johnson

(See "Road Race Results," Continued on page 13)

Junior Track Nationals

by Tom Craddock, NWCC/Alkek Junior Coach

Here's the results of the NWCC/Alkek Velodrome Junior Cycling Team's racing at the 2004 USA Cycling Junior Track Nationals held at the ADT event Center in Los Angeles:

First Day (Wednesday - June 30th)

10-12 Girls 2K Scratch Heat 1
Natalie Bing - 6th (Top 4 advanced to final)

10-12 Boys 2K Scratch Heat 1
Mark Cross - 6th (Top 4 advanced to final)

10-12 Boys 2K Scratch Final:
Lawson Craddock - 3rd

13-14 Girls 500 meter TT:
Shelby Reynolds - 5th

13-14 Boys 500 meter TT:
Daniel Walker - 3rd
Alan Ting - 6th
Ethan Bing - 7th
Parker Craddock - 10th

13-14 Boys 5K Points Race Heat 1 (Top 7 advanced to final)
Ethan Bing - 5th
Alan Ting - 6th

13-14 Boys 5K Points Race Heat 2 (Top 7 advanced to final)
Daniel Walker - 3rd
Parker Craddock - 4th

15-16 Girls 5K Scratch Final:
Cristin Walker - 7th

17-18 Boys Kilo:
Matt Cross - 14th
Ben Lanz - 15th

17-18 Boys 25K Points Race Final:
Matt Cross - 11th
Ben Lanz - 14th

Second Day (Thursday - July 1st)

10-12 Girls 1K Scratch Heat 1
Natalie Bing - 6th (Top 4 advanced to final)

10-12 Boys 1K Scratch Heat 1
Mark Cross - 6th (Top 4 advanced to final)

10-12 Boys 1K Scratch Final:
Lawson Craddock - 2nd

13-14 Girls 10K Points Final:
Shelby Reynolds - 2nd

13-14 Boys 10K Points Final:
Daniel Walker - 3rd
Alan Ting - 6th
Ethan Bing - 8th
Parker Craddock - 9th

15-16 Girls 500M TT:
Cristin Walker - 3rd
Megan Cross - 9th

17-18 Boys 3K Pursuit Qualifier:
Matt Cross - 13th

Final Standings:

10-12 Boys Omnium:
Lawson Craddock - 2nd

13-14 Girls Omnium:
Shelby Reynolds - 5th

13-14 Boys Omnium:
Daniel Walker - 3rd

15-16 Girls Omnium:
Cristin Walker - 4th

4k Team Pursuit Final Classification:
NWCC/Alkek Juniors - Matt Cross, Ben Lanz, Brian Friend, Alex Kinzey - 3rd
NWCC/Alkek Youth - Daniel Walker, Parker Craddock, Alan Ting, Ethan Bing - 4th

Team Sprint Final Classification:
NWCC Alkek - Matt Cross, Ben Lanz, Daniel Walker - 5th

On behalf of the entire team we would like to say "THANKS" for the opportunity to attend this competition and burn some great memories into our memory banks.

We all had a GREAT time in LA!!!

Thanks for your support!

The Pedal Pusher

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

Women 4
5th Laura Meichan

Masters 45+
10th Timothy Arnold
11th Dana Chamness

06/27/2004 - Victory Circle - RR

Men Pro 1-2
9th Thomas Hallock Northwest

Men 5
1st Tony Johnson

Women 4
8th Laura Meichan

Masters 45+
2nd Dana Chamness
9th Timothy Arnold

Masters 55+
7th Laura Meichan

07/03/2004 - AMLI 2nd St
PURE Austin Crit

Men Pro 1-2
5th Thomas Hallock
20th Laurence Lane

Men 3
13th Damen Sistrunk

Women 4
1st Laura Meichan

Masters 45+
2nd Dana Chamness
7th Daniel Joder
10th Luis Torres

07/04/2004 - Bicycle-Heaven
Crit

Men Pro 1-2
12th Laurence Lane
15th Thomas Hallock

Men 3
20th Dana Chamness

Women 4
1st Laura Meichan

Masters 45+
2nd Dana Chamness
5th Daniel Joder
10th Laura Meichan
11th Bill Reilly
14th William Thompson

Here are the Results of NWCC at
the Wednesday Night Crits, so
far:

Week 7
CAT 1/2/3
4th Damen Sistrunk
6th or 7th Brian Bacon
Prime: Tom Craddock
* Damen and Brian both got into
the winning break; Tom
Craddock won the
field sprint.

CAT 4/5
Prime: Tim Arnold

Week 6
CAT 1/2/3
Prime: Tom Craddock

CAT 4/5
5th Jeff Stones

Week 5
CAT 4/5
2nd Damen Sistrunk

Week 3
CAT 1/2/3
Primes: Ryan Albert
Brian Bacon

CAT 4/5
2nd Damen Sistrunk
Primes: Damen Sistrunk

Week 1
CAT 1/2/3
Primes: Steen Rose

CAT 4/5
3rd Jeff Stones
Primes: Damen Sistrunk
Damen Sistrunk

June the Epic Month

by Steen Rose

For some reason, June always has its fair share of epic moments.

In '99 it was doubling up at the State Road Championships, 5 weeks after a broken collarbone. Along with the car breaking down in between, and on the way home.

In 2000 it was a field sprint victory at the Tour de Louisiane in front of Kiernan and Eller.

2001 saw an envelope arrive in the mail, holding a small sticker that said simply "USCF2."

June 2002 saw a return to stellar form after spending the entire month of May unable to move from bed. I won every single prime for an entire month, except for one, when I got run into a 300 year old oak tree.

In 2003 things really got interesting. For starters, racing in France, making it over a Pyrenean climb with the front group, and being the last one to make it down the rain-soaked descent, hearing the piling up of bikes and bodies behind me on the way down, and then breaking away with Credit Agricole and Rabobank, only to cramp on the finishing circuit. Or the 7 hour training ride across central France, with a 30lb back pack, in the rain. I got totally lost, rode through the most random little

towns, saw the most beautiful scenery, my cell phone had no service, and my friend wasn't going to be able to come get me until well after dark. Finally, at 10pm, still 30k's from my destination, and completely bonked, a friend randomly drove by. I noticed the car going the other way, but didn't think anything of it. Until my phone rang. Answering it, Robbie asked where I was and if I needed a ride. I said no thanks, I was almost there. A blatant lie, but one goaded by pride. He then told me to turn around, and I saw the car was behind me. It was the artist, Terry Netter, along with my buddy Robbie. They took me back to Terry's house, where I showered and feasted on an omelet, fresh produce, and copious amounts of red wine to fortify me after my epic adventure.

But it didn't stop there. A week later I was on a plane home. Fortunately Delta didn't lose me in NYC for three days this time, but two days after I was home I was in a car headed for Colorado Springs. It was the road trip from hell. Terrible thunderstorms, closed interstates, confused travel arrangements, 2am tornado sirens, and then, once we arrived, trying to race a World Championship Qualifier on totally blown, jet lagged legs, at altitude.

June of 2004 has proven to be no

exception. A few experiences bordered on the epic, such as Friday night of the State Track Championships getting rained out, and racing the entire schedule, every event, on Saturday. Or the next day's water skiing trip. Nothing really epic about it, just a lot of fun and a nice diversion from racing, at least until I decided to tube back across the white-capping lake. That was almost epic. But it was last night's Tuesday Nighter that will go down in the books as truly epic.

Four rain-soaked riders, rotating in and out of frequent showers, up and down hills, the pace never wavering. And then there were three. Mud soaked uniforms courtesy of rooster tails, spit and snot and sweat and rain combining on chins to bubble and gurgle with each breath. Pedals churning, legs burning, and hearts yearning. Onward they go. Never looking around, nor speaking, their only focus going forward as fast as possible. And then the climbs start. The old, wily roleur, the dark skinned little climber sporting a goatee, and the cocky young sprinter taking turns setting the pace up the climbs, across the summits, and down the descents. The wily old rider is surging on his pulls, taxing the legs of the other riders. Eventually the surges begin to

(See "June Epic," Continued on page 15)

("June Epic," Continued from page 14)

get to the little climber, and he begins to open gaps in the line while the sprinter hammers away at the front. The wily old rider is content to sit behind the gaps and wait for his chance. Coming to the crest of a particularly long, brutal climb, he sees it. Another gap has opened as the young rider hammers out a steady tempo, and this time the little rider can't seem to close it. He jumps around just as the lead rider turns around to see that he has a gap. He's seen the little rider hurting, read it in his body language and heard the death-tolls in his breath, and he knows what's coming. Upshifting to a lower cog he also increases his cadence, flying up the grade. The wily old rider is closing the gap, but slowly. So the younger rider shifts again, and puts his head down. Not in full attack mode, not wanting to put himself in debt for when the other rider catches, but willing to ride at his upper limits, his own pace, to make the older rider pay to close the gap. And that's just what he's doing, steadily crossing the gap. The younger rider stands suddenly, and puts in half a dozen hard pedal strokes, just in case. No dice, the older rider is upon him. They crest the hill, and fly down the descent.

On the last real climb, short and severe, the two riders test each other's legs without really opening themselves up to counter attack. The young rider sets a fast tempo up the first pitches, knowing he can't maintain it, but

thinking maybe the other will crack. He doesn't, but sets his own mind boggling pace up the 15% grade. The younger rider sits behind, watching and waiting, alert for the first sign of weakness. The roleur is pushing a huge gear, and the younger rider knows he can probably open up a nice gap with a strong jump, but he hesitates. After all, he is a sprinter, and it is a flat run-in from here on out, so why not wait? And wait he does.

Cresting the hill, the rain, which has been threatening and spitting, he begins again in earnest. Not just rain, but the truly hard variety. Cold and painful, it isolates the riders from everything. The glasses go back on, not because they make it any easier to see, but simply to protect part of the face from the rain's bombardment. Deep in the pain cave, the riders are lost to all but themselves. Nothing is real anymore, nothing is felt or thought, the only thing that exists is the sound of their own breathing, the pound of the pulse, and the constant, always constant, turning of the pedals.

Finally the rain subsides, but the pace does not. The glasses are again relegated to the back of the head, and the riders push ever onward. No talking, no signals, just poker faces, churning legs, and the occasional backward glance to make sure they are still alone. They are alone, together for the moment to share the pace making, and stay away, but alone in a mano e mano, tete a tete battle. Eventually the older rider

breaks the ice with a word as he pulls through. The rain has moved away, and the wind has stilled. They are close enough to the end with a big enough gap to stay away, and a little far out for the games to commence. So for a few miles they exchange a few cordial words as they pull through, each to take his turn at the front. For the moment they are unit, a family, sharing the pain and the success, enduring the common elements. But soon they will be two fierce creatures, battling for supremacy. Each knows it, but for a brief time they are willing to be friendly and to bask in the glow of a successful break.

Around 2.5K to go the younger rider rolls through to take his turn at the front. After a nice hard turn he is ready for the other rider to come through, and he drifts to the side of the rode, but still the rider sits behind him. So he drifts the other way, and then, finally, at about 1.5k to go, pulls over and flicks his elbows.

BAM! The other rider attacks hard up the other side of the road. Having been half-expecting just such a development, the younger rider is on him like white on rice. 'So the games have begun', he thinks to himself. For the next k he's just following the wheel, tempted to take it long, but knowing his strengths and coaching himself to be patient. Up the final climb the pace slows to a crawl, but still he follows the wheel, playing the game, staying

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out of sight of the backward glances, to the left, and now to the right. At 300 meters the hands go from the hoods to the drops, and the chain clicks into the 53x17. The lead rider, he sees, is in the 53x15, too big for an effective jump from slow speeds on a hill.

It's a match sprint now. And while there are no cameras or cheering crowds, there could be.

As the man said, "It may be a small war, but is the blade any less sharp? Is the arrow any less deadly?"

With a mere 100m to go, the younger rider pauses just an instant more. Is there any wind up here on the crest? Which way is the lead rider watching? Is it time? Is it? It is, he goes. Jump to the left, oops, too hard, rear wheel is slipping on the steep, wet road. Shift the weight back.

Wind it up, shift, wind it up, throw a glance under the right elbow, then over the right shoulder, then sit down and coast across the line. No salute to the crowd, one because there isn't one, and also because it would be an insult to the other rider, who rode just as well.

Just another epic day in June.

Here's wishing you your full quota of epic days.



benefiting the
Literacy Council of Fort Bend County

Saturday, August 28, 2004

Ride Lengths: 11, 25, 40, and 62 miles

Register:

- On a registration flyer at the
Literacy Council of Fort Bend County
- On a registration flyer at your local bike shop
- On-line at www.ftbendliteracy.org or
www.teamcure.org/bikethebend.htm

- We ride rain or shine
- Helmets are required
- Get your bike inspected
- Course closes at 2:00 pm

Saturday, August 28, 2004
Packet Pickup: 6:00 am
Ride Start time 7:00 am
Start Location:
Fort Bend Technical Center
5333 FM 1640, Richmond, TX 77469
Directions from Houston:
Hwy 59 S to Richmond exit FM 762
Turn right onto FM 762
Turn left onto FM 1640 over R/R tracks
Turn into 1st parking lot on right

Early Packet Pickup Starting on
August 23, 2004
Monday – Thursday 8:30 am – 8:30 pm,
Friday 8:30 am – 4:30 pm
at
Literacy Council of Fort Bend County
12530 Emily Court, Sugar Land, TX 77478
Phone: 281-240-8181
Fax: 281-240-8242

("Back on Track II," Continued from page 3)

the field at full speed. The plan worked and Eric was unable to follow. I came through right as Bodamer made a well-timed jump, and I rode his hip to the line, making sure we took 1st and 3rd.

By this point I'd already made \$10, and barring anything unforeseen in the points race, I had the omnium. Eric was a threat, but I was pretty sure I could pull out the win (and the other \$10) and at any rate; all I really had to do

was place one place behind him. Rolling around the warm-up circle just before the race, Eric discovered a huge rip in his Sunderlandklasse that had somehow, miraculously, not blown. Alkek is rough on tires. Not wanting to win on a technicality, I offered him my disk (I was on my 404), as did Bill, but he declined. By this point most of the other guys had gone home, too, so there were only 5 of us for the pts race, and 4 of us from NWCC. Poor McGowan was in for a long 40 laps. We tried to get it shortened,

but Troy was having none of it. Suffice it to say that it turned into a team pursuit, us vs. James. He put in a valiant effort, but it was doomed from the start.

NWCC placed 1st, 3rd, 4th, and 5th, so we all went home with cash. I was happy to have the V, the \$, and to have anything left in the tank after 11 races in 21 days. Now it's time for a rest week and some tapering before the state crit and the state track race.

Time Trial Results by Dana Chamness

It was a very hot afternoon, but with the lack of wind many people posted a personal best.

Special thanks to Tom Craddock and Melanie Chamness for helping at the corners and the turn around.

The next Time Trial date will be August 10, 2004 at about 6:00 pm depending on traffic.

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

ORDER	NAME	TIME	MPH				
				13	Lisa Reed	0:16:45	22.2
1	Tim Arnold	0:14:54	25.0	14	David Lynch	0:16:57	21.9
2	Kevin Lynch	0:15:05	24.7	15	Greg Urbani	0:17:18	21.5
3	Alex Lewis	0:15:09	24.6	16	Consuela	0:17:32	21.2
4	Kevin Lynch (2)	0:15:30	24.0	17	Carol Ambuhl	0:17:38	21.1
5	Ryan Albert	0:15:44	23.6	18	Christopher Zumbado	0:17:48	20.9
6	Alex Lewis (2)	0:15:47	23.6	19	Bill Brunt	0:17:59	20.7
7	Martin Hukle	0:16:03	23.2	20	Shelby Reynolds	0:18:13	20.4
8	David Hatcher	0:16:06	23.1	21	Mike Butler	0:18:26	20.2
9	Quentin Dyson	0:16:11	23.0	22	Gary Zbornak	0:18:26	20.2
10	Gordon Perry	0:16:11	23.0	23	Diana Zbornak	0:18:58	19.6
11	Carmi Schulman	0:16:12	23.0	24	Parker Craddock	0:19:56	18.7
12	Lawson Craddock	0:16:38	22.4				

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

(Continued on page 19)

(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)

(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

PRESORTED STANDARD
U.S. POSTAGE
PAID
KATY, TX
PERMIT NO. 93



Your membership expires on 3/1/2010

DAVID KING Family
5231 Alamosa Lane
Spring, TX 77379



The Pedal Pusher

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

It continues to amaze me the difference perspective makes. The last two years I have seen all of our club rides from the driver's seat of a SAG vehicle. This year I rode my first pay ride of the year, the Katy Flatland Century. And I rode my first Century of the year (OK, I cheated and took a short cut and just rode 94 miles). The weather, though unusually pleasant for the time of year, was still hot and windy. Lots of riders, and lots of volunteers were present. That is about all I know about the ride. In years past, I kept informed throughout the day, and had a rough idea of how many injuries and logistical snafus there were,

as well as other interesting details. This year, my world compressed into a small bubble surrounding my bike, and if it wasn't directly in my line of sight, or if someone didn't call it out, I had zero knowledge about it.

I was, of course, more aware of the location and intensity of the dead skunks, the isolated spot of rough road, and even a couple of missing signs that would have been helpful. I would have totally missed all of these if I had been driving SAG.

I did notice a few differences in the ride, compared to my admittedly faulty memory of the last

time that I rode the KFC. Of course, the route was reversed, and changed slightly. And I say hurrah about that! Another improvement was the rest stops. I only stopped at three, but I noticed that the variety and selection of snacks and refreshments were improved. Instead of just the standard cookies and fruit, each stop seemed to have an adequate selection of several types of sugared and non sugared eats. Also, the stops themselves seemed well supplied and organized when I was there.

All and all, I found this ride top notch, and very enjoyable. Good job, everyone!