

The Pedal Pusher

September 2004

Vol XVIII, Issue 9

A monthly
publication
promoting
the spirit of the
Northwest Cycling
Club

Message from the President by David Collins

Inside this issue

Message from the President	1
Club Contact Info	2
Round the Corner	2
Race Dates	2
Junior Track Nats	3
Divers in Athens	4
The Tour (Solved)	5
September 2004 Calendar	6
Calendar Key	7
NWCC Classified	8
Women's Symposium	9
Northwest Cyclery	10
Road Race Results	11
Paws & Puddles	12
Club Century	13
The Tour, 2004	14
Track Masters Nats	16
Track Report	17
Riders Write	17
Shriners Classic	20
Safety Report	21
NWCC Membership Application	23
... And Way in the Back...	24

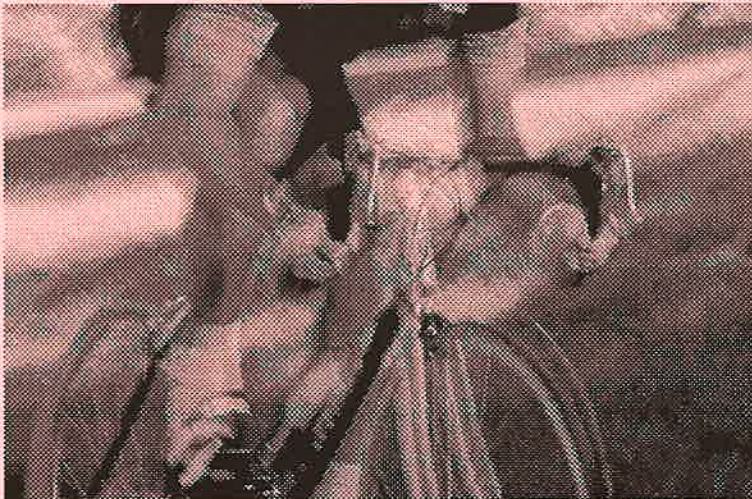
Congratulations to all who worked to make the recent Katy Flatland a success, especially to Chuck Martin as Director.

It has been nice to be back on my bike the last couple of weeks after being off for almost two months. The first Saturday of August was a beautiful day for a

ride and evidently everyone else felt the same way. The parking lot at Zube Park was full to overflowing. And there was not a soccer ball in sight. Ron O. counted 215 cars in the lot after everyone had left on the ride.

People seem to like the sign boards we are using

now to announce the speed of the groups as they prepare to leave. I have heard some problems with groups that are going fast enough over the an-



nounced average to intimidate those considering moving up. Specifically the 14 to 16 MPH group seems to now be averaging 17 MPH. This is great for the people increasing their fitness to a higher level but it is an indication that you should be going out with the 16 to 18 MPH groups. By bumping the

14 to 16 group to a high pace the people who are ready to move out of the Beginning rider group and venture out with the 14 MPHers are not likely to be ready to average 17.

We need to look out for each other out on the road, whether it is stopping to help or wait for someone with a mechanical problem or

slowing down to stay with someone moving up or just having a bad day. The matching of riders with others of like ability is one of the major positives of the NWCC Saturday rides. Let's make sure we do what we can to keep it that way.

ROUND THE CORNER

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

Club Century, Cy Fair Lions Club Biking for Sight, Sept 19
Discounted registration for NWCC Club members

Huntsville State Park Overnight Road Trip and Mtn Bike Outing, October 16,17. There will be a road ride on Saturday, Oct 16th starting from Magnolia High School at 8am and ending at the park, with mountain bike rides Saturday and Saturday night. See page 18 for more details.

Holiday party, Dec 10, St Arnold's Brewery

Volunteer Appreciation Leakey/Concan Trip, December 3,4,5. All attendees must have volunteered same day for one of the club rides, or served as a Saturday morning ride starter. See page 18 for more details.

TMBRA 2004 Texas Championship Series

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

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 9,10 Power Pedal State RR Championships, Lake Bryan, Tx
October 9,10 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

Club Officers

President David Collins 713-688-7201
cdavid134@aol.com 281-575-5629

Vice President Melanie Lacy 281-356-1346
mlacy24@aol.com

Secretary Michael Muirhead 713-527-9765
muirheadlaw@aol.com

Treasurer Ron Ostrowski 713-744-9866
rostrowski@webtv.net

Past President Lori Walker 281-370-3591
lwalkercycling@sbcglobal.net

Membership Chairperson Juan Barboza, 713-799-1016
Juan.A.Barboza@uth.tmc.edu

Volunteer Chairpersons Zeke and Diana Zbornak
gzbarnak@ev1.net 281-259-9764

New Rider Leader Bill Mitchell 281-255-3408
mitchellbf@msn.com

Katy Flatland Director Chuck Martin 281-550-2798
cmartin77095@sbcglobal.net

Bluebonnet Director David Lynch 713-939-2263
lynchdal@yahoo.com

Rider Safety Chairperson Alan Bazard 713-937-4497
abazard@txucom.net

Race Team Director Bill Reilly 281-752-4298
BREILLY@coral-energy.com

MtnBike Team Director Tony DeOre 713-861-5738
tonydeore@hotmail.com

Mtn Bike Chairperson LeAnn Latham 281-469-1626
leanndl@msn.com

Newsletter Editor Wes Morrow 713-856-4982
wes.morrow@natoil.com

Primary Sponsor Cathie Neagli 713-466-1240
cneagli@aol.com

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

Printed by
Responsible Printing

713-722-0100
responsibleprinting@ev1.net

Junior Track Nationals, 2004

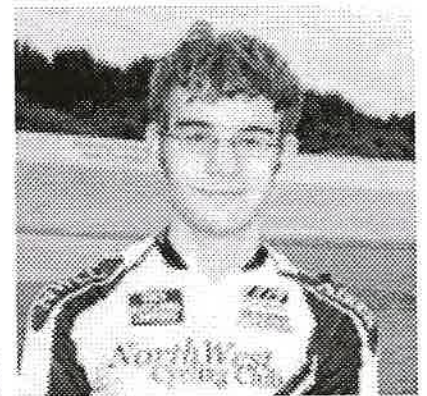
by Matt Cross

This year was my fourth time to go to a Junior Track Nationals. This time was different than all the rest for a couple of reasons. This was my first time to drive through the deserts of Arizona and New Mexico. At first the rock faces and escarpments were an amazing sight. After a little while, it just became a bunch of sand, rocks, scrubby bushes, more sand and some more rocks. Yea, it got boring and tedious. The landscape got more interesting again as we were about to enter L.A. We saw the windmills that are used to give electricity to the city. There were hundreds of them all over the hills. When we were actually in L.A., I was surprised by two things: the haze is worse than here and the drivers are worse than here, and really

like to use their horns. When we actually got to Torrance, where the velodrome was, we found that the drivers were much friendlier to bikes than they were here. It was possible to commute quite a distance on your bike and not worry too much about becoming road kill.

As far as the actual facility goes, it was just amazing! Truly unlike any track I had ever been to for nationals. Not only was it indoors, which was great in and of itself, but the track was very fast. Admittedly, because of the unsealed wooden surface (which made it very fast) and the 46 degree bank, it was also very slick. There were an awful lot of spills during warm up. Despite the facility, the absolute best part of

nationals was the racing and the people. It is always a treat to meet new friends at nationals, even if you only see them once a year. They still remember you and remain your friends. Despite all the racing, you find time afterwards to talk and generally hang out and be kids. As for the racing, it was very, very fast. Our average speed in both the Men's 17-18 25k points race and the 15k scratch race was 28 mph. There were some extremely good racers there. Despite the intense competition during the race everyone was friendly afterwards. With only one year left as a junior, I hope next year at Trexler-town, PA will be as memorable as this year.



2004 NWCC/Alkek Cycling Team (Left) and Matt Cross, Junior 17-18 (above)

Woodlands Divers in Athens

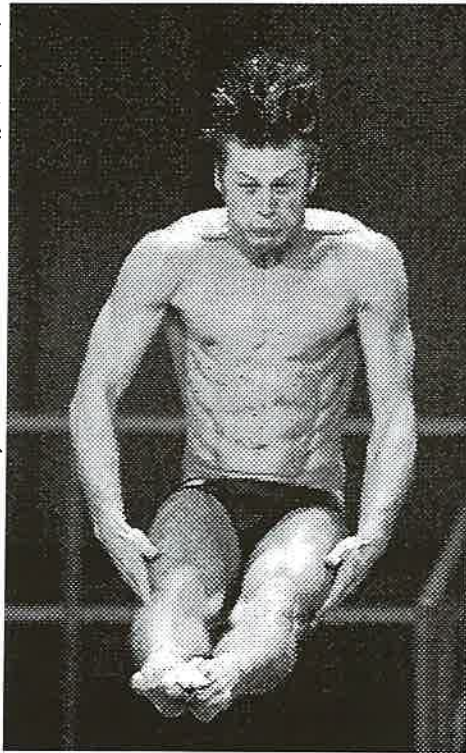
by Catherine Kruppa, MS, RD, LD

In June 11 US divers qualified for the Olympic Team at the USA Diving Olympic Trials. Five of those divers train at the Woodlands Athletic Center: Troy Dumais, Justin Dumais, Justin Wilcock, Kimiko Soldati and Laura Wilkinson. Laura earned a gold medal in platform diving at the 2000 games and Troy finished sixth in the individual springboard in Sydney and fourth in synchronized springboard in Sydney. The other 3 will be first timers at this year's games.

Catherine has worked with these divers for the last year and a half to help prepare them for the Olympic Trials and ultimately for the Olympic Games. Although these are elite athletes, they have similar nutritional challenges as the rest of America.

Justin Wilcock started thinking of food more as fuel for his body than for merely pleasure. "Knowing that I can go into a competition confident that I will be healthy from a nutrition standpoint gives me that much more confidence that I will be ready for that peak performance. As we know my eating habits didn't have a huge affect on my weight, but it did affect my energy and overall feelings about being in shape and ready for competition. I really like what Catherine

said about thinking of the food that we eat as the fuel for our bodies. Because of this I think twice before fueling my body



Olympic Diver Justin Wilcock

with things that will not aid in my training. This has helped me to cut back on sweets."

For these divers, training is their full time job, however this sport is not a high calorie burner and they are judged by their diving skills but also on how their body appears in the air. "Working with Catherine has truly helped me understand how to get the

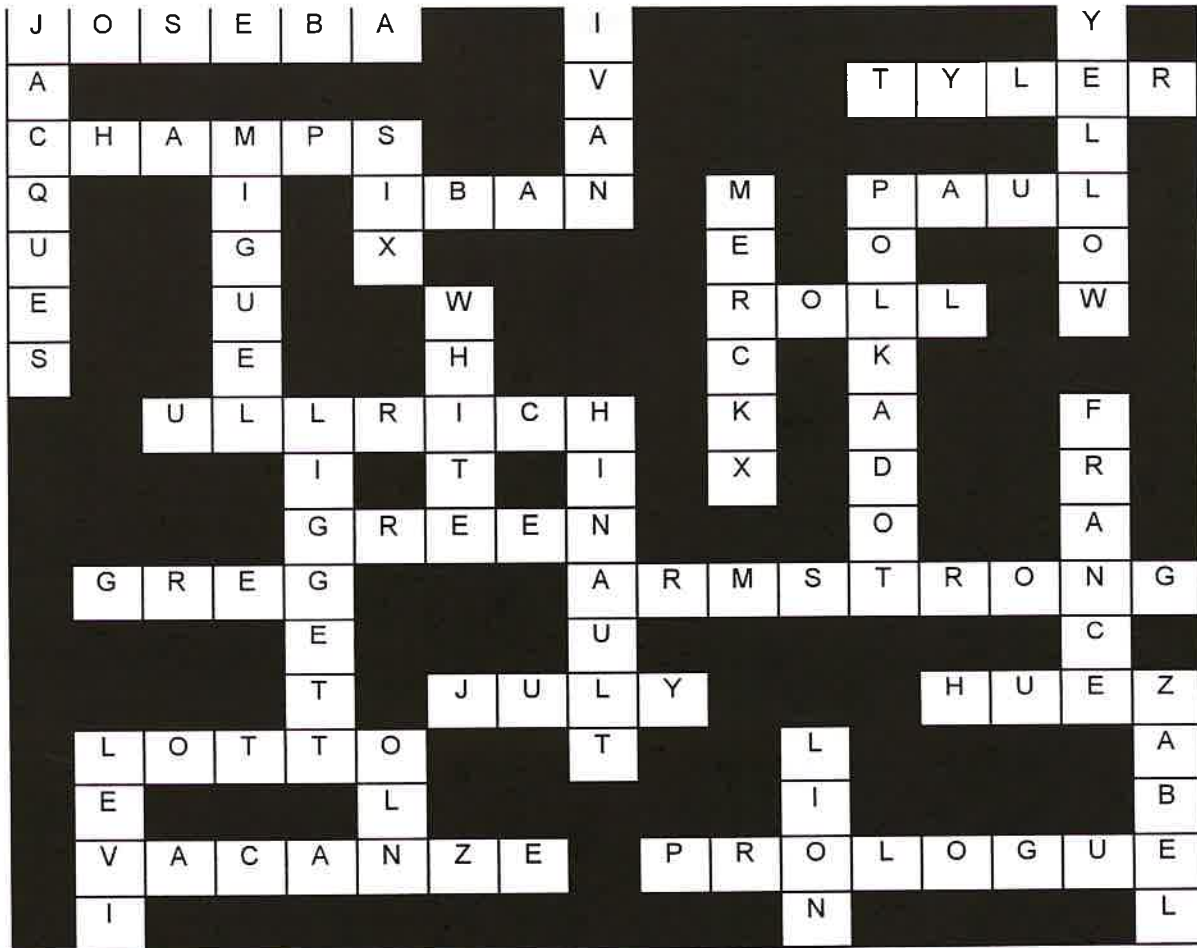
most 'punch' for my calories. She really helped me with choices and variety. She made it so easy to see that eating smart and lean is a simple life-style choice" stated Kimiko.

A big challenge that these divers face is international travel. Many athletes become comfortable with certain foods prior to competition and they may be hard to access in other countries. This is especially true for Laura who is a vegetarian. For each of her trips we would brainstorm on the protein sources that would be available to her in that country and then she brings food with her to supplement such as protein bars, protein shakes and canned tuna. "I learned a lot more about how to eat when we travel. Especially traveling internationally- Catherine helped us plan ahead and put more thought into how and what we eat when we are on trips. My attention to nutrition this year is so important- I would hate to train my whole life for something like the Olympic Games and have a slack in my eating affect my performance negatively. Nutrition has become just as important to my training as any other aspect (weights, conditioning, etc.)" says Kimiko.

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

The Tour (Solved)

by Tracy Meixensperger



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

September 2004

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4 CLUB RIDE 7:30 AM Zube Park
					Track Racing 7:00PM @ Alkek Velodrome	
5	6	7 Club Meeting 6:45 Race Team 7:30 General Members @ 	8	9	10 Track Racing 7:00PM @ Alkek Velodrome	11 CLUB RIDE 7:30 AM Zube Park
12 TXBRA Chappell Hill Classic Road Race	13	14	15	16	17 Track Racing 7:00PM @ Alkek Velodrome	18 CLUB RIDE 7:30 AM Zube Park SC Youth Re- gional Track Championships@ Alkek Velodrome
19 Club Century Cy Fair Lions Club Biking for Sight Montgomery, Tx	20	21 Bicycle Repair Class 7-9PM @ 	22	23	24 Track Racing 7:00PM @ Alkek Velodrome	25 CLUB RIDE 7:30 AM Zube Park
26	27	28 Board Meeting 7pm @ 	29	30		

Calendar Key

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

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

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

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

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

The Saturday rides start per the following schedule:

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

Interested in a Sunday ride? NWCC makes sure that there are some of those also. See the new schedule above for Sunday rides. These rides are more informal than Saturday's big club ride, so check with a club officer or call Northwest Cyclery for additional info on these rides.

Responsible Printing

One Color To Full Color • Typesetting & Design

Presentation Folders • Brochures • Stationery • Forms
Newsletters • Books • Catalogs • Business Cards

Ph: 713-722-0100

Fax: 713-722-0153
responsibleprinting@ev1.net

SEPTEMBER RIDES

Cy-Fair Lions Biking for Sight September 19 Montgomery, Tx
<http://www.geocities.com/cyfairlionchuck/> This is the club century!

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

OCTOBER RIDES

Pineywoods Purgatory October 2 Lufkin, Tx <http://www.pineywoodsurgatory.com/>

Autumn in Bonham October 2 Bonham, Tx <http://www.bonhamchamber.com/autumn.htm>

Shriners Hospital Fall Classic October 16 Pattison, Tx <http://www.shrinersfallclassic.org/>

Paws & Puddles October 24 Texas City, Tx <http://www.animalallianceofgalvestoncounty.com>

Elves & More Texas Cycling Classic October 30 Montgomery, Tx <http://www.elvesandmore.org/>

Midnight Moonlight Bicycle Ramble October 31 Houston, Tx
<http://www.bikehouston.org/ramble>



NWCC CLASSIFIED

For Sale: Road tandem. Early 1990's. Large/Medium frame. With crank shorteners this bike can fit a stoker as short as 4' 5". Updated with telescoping stoker handlebars, new saddles, and Cateye computer with cadence. This triple chain ring setup offers a wide range to handle steep hills or high speeds. Indexed shifters are mounted on the handlebars. \$799 **Contact** Lowflyers@earthlink.net 281-376-7213.

For Sale: 2002 Red Motobecane 62cm Record, front carbon kinesis fork with Shimano 24 speed Sora gears, Michelin Axial carbon tires and will include original Xephyr tires. Great starter bike for the MS150. Asking \$300 (OBO). **Contact** rheller@pelletizerknivesinc.com or phone Ritch Heller at 713-688-6388

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** cijaynes@sbcglobal.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

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

For Sale: Litespeed Saber (TT, Triathlon) titanium, Dura-Ace components, Spinergy Rev-X wheels. 58cm. Raced three times, less than 500 miles total, never downed, perfect. Paid \$3200 plus \$800 for wheels. Will sell for \$2200. **Contact** Bob Ashley at 832-250-5468 or boba@westendlbr.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 @ amyparker18@hotmail.com or phone 281-370-1854.

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

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.

Have an advertisement or announcement for the Pedal Pusher's classified section? Send submissions to newsletter@northwestcyclingclub.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.



**WOMEN
ONLY!!**



2004
Northwest Cyclery
Fall
Women's Symposium

Wednesday October 13th
7:00-9:00pm

17458 NW Freeway (Hwy. 290 @ Jones)

Come have "Wine and Cheese" and learn a little more about cycling.

We will be talking about WOMEN SPECIFIC issues... fit, clothing, saddles, training, and much more.

"IT'S ALL ABOUT WOMEN"

Presented by WOMEN...
Presented for WOMEN...

Any questions please call (713) 466-1240
Cathie Neagli, Owner Northwest Cyclery
info@northwestcyclery.com

September, 2004

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



**Hwy 290 @ Jones Rd.
713-466-1240
Houston, Tx 77040
info@northwestcyclery.com
M-F 10-7 • Sat 10-5 • Sun 12-4**

Repair Class Schedule

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

(Please Call to Enroll)

Women's Symposium

DATE	DAY OF WEEK	TIME
October 13, 2004	Wednesday	7-9PM

(Please Call to Enroll)

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

SOCKS
**Buy 2 at Regular
Price
Get One Pair
Free**

**IN STOCK ONLY
Not Good With Other Offers**

**Get Clipped In...
20% OFF
Shoe/Pedal
Combo**

**IN STOCK ONLY
Not Good With Other Offers**

**Get Ready For
Fall Races
DRIVE TRAIN
CLEANING
19⁹⁹**

Not Good With Other Offers

Race Results - Road

by Bill Reilly, Race Team Director

Here are the race results of NWCC riders from the Houston area Crits. It was a very strong showing from Northwest. Great job!

Southern Elite Crit 7/31/2004

Pro 1/2
8th Keith McCollum

W3
4th Laura Meichan
6th Nancy Dodd

Cat 4
7th Jeff Stones
15th Jon Pierson

45+
1st Thomas Craddock
5th Dana Chamness
7th Scot Orgish

Jr - open
7th E Zane Smith

Jr - Youth
1st Alan Ting
3rd Gregory (Lawson) Craddock
5th Parker Craddock

Bear Creek Crit 8/1/2004

Pro 1/2
4th Keith McCollum
15th Ryan Albert

Cat 4
1st Matthew Cross

Cat 5
14th David Mellor

Masters 35+
9th Ed Scardavilla

12th Scot Orgish
15th Carl Jones

Masters 45+
2nd Tom Craddock
3rd Dana Chamness
4th Timothy Arnold
6th Bill Reilly
8th Scot Orgish

W 3
1st Nancy Dodd
4th Laura Meichan

W Cat 4
4th Cristin Walker

Jr. 10-14
1st Daniel Walker
2nd Lawson Craddock
5th Parker Craddock

Time Trial Results

by Dana Chamness

This month was windier, but a lot cooler. A rain had just passed, but the roads dried quickly.

Thanks to Tom Craddock, Wes Morrow and Graeme Mardon for watching the corners. A special thanks to Craig Rennpage for helping with the timing of the riders. Asterisks indicate riders who did not have aero bars, but I'm not sure I noted everyone that did it without aero bars.

The next Time Trial date will be September 14, 2004 at 6:00 PM.

TIME TRIAL RESULTS - August 10, 2004

10 k+ (6.2 miles) approximately

ORDER	NAME	TIME	MPH				
1	Graeme Mardon	0:14:56	24.9	8	David Mellor	0:16:23	22.7
2	Dana Chamness	0:15:02	24.7	9	*Steve Bollenbaugh	0:16:28	22.6
3	Michael Shepherd	0:15:02	24.7	10	Lawson Craddock	0:17:09	21.7
4	Kevin Lynch	0:15:12	24.5	11	Kristina Mc Danial	0:17:19	21.5
5	Ryan Albert	0:15:16	24.4	12	*Jash Aviael	0:17:39	21.1
6	Craig Rennpage	0:15:18	24.3	13	*Consuela Styer	0:17:54	20.8
7	Laura Meichan	0:15:45	23.6	14	Mike Butler	0:18:01	20.6
				15	Wes Morrow	0:19:23	19.2



PAWS AND PUDDLES BIKE RIDE II

PROCEEDS BENEFIT THE ANIMAL
ALLIANCE OF GALVESTON COUNTY

10, 40 and 60 Mile Rides

Sunday, October 24, 2004

8:00 a.m. Start

Register online at www.active.com

For information call (409) 370-0455

www.animalallianceofgalvestoncounty.com

artwork by Roland Castaneda, Wildlife Illustrations

START LOCATION: Carbide Park, 4106 Main St. (FM519), LaMarque TX 77568

REGISTRATION: \$30.00 if postmarked by October 14, 2004. \$35.00 if postmarked October 15, 2004 or later, including the day of the ride.

PACKET PICKUP: October 22 (3PM -7PM), 23 (10AM-5PM) at Northwest Cyclery, 17458 N.W. Freeway, Houston, Texas 77040 (713) 466-1240 or Day of Ride at Carbide Park, LaMarque TX

All pre-registered riders are guaranteed a long sleeved t-shirt. There will be banana bread and goodies at all rest stops. After the ride, a spaghetti dinner will be served to all registered riders. Randomly selected packets will contain special prizes.

See website for details.

Make checks payable to: Animal Alliance of Galveston County
Mail to: Animal Alliance, P.O. Box 0128, Texas City, TX 77592

PLEASE PRINT CLEARLY.

Last Name _____ First Name _____

Address _____

City _____ State _____ Zip _____

T-shirt M L XL XXL Telephone # _____

I fully realize the dangers of participating in a bicycle ride and fully assume the risks associated with such participation including, by way of example and not limitation, the following: the danger of collision with pedestrians, vehicles, other riders and fixed or moving objects; the danger arising from surface hazards, equipment failure, inadequate safety equipment, and weather conditions; and the possibility of serious physical and/or mental trauma or injury associated with athletic cycling competition. I hereby waive, release and discharge for myself, my heirs, executors, administrators, legal representatives, assigns, and successors in interest (hereinafter referred to as "releasees") any and all rights and claims which I have or which may hereafter accrue to me against the sponsors of this event, the organizers and any promoting organizations, property owners, law enforcement agencies, all public entities, and special districts, through or by which the event will be held for any and all damages which may be sustained by me directly or indirectly in connection with the event, or travel to or return from the event. I accept full responsibility for payment of all medical costs incurred which are due directly or indirectly to my participation in, travel to or return from this event. I agree it is my sole responsibility to be familiar with the ride course and special regulations for the event. I understand and agree that situations may arise during the ride which may be beyond the immediate control of the ride officials or organizers and I must continually ride so as to neither endanger myself nor others. I accept responsibility for the condition and adequacy of my equipment. I will wear a helmet. I have no physical or mental condition which, to my knowledge, would endanger myself or others if I participate in this event, or would interfere with my ability to participate in this event.

Signed _____ Date _____

Parent or Guardian if under 18 _____



Houston Cy-Fair Lions Fourth Annual Biking for Sight Century Bike Ride

Sunday September 19, 2004

8:00 AM

Name: _____

Address: _____

City: _____

State: _____ **Zip Code:** _____

Emergency Contact: _____

Phone: _____

Medical Conditions/Allergies: _____

Ride Distance: 25 ___ 40 ___ 62 ___ 100 ___

T-shirt Size: S ___ M ___ L ___ XL ___ XXL ___

___ \$ 20 Registration fee prior to 9/1/2004 ___ \$ 25 Registration fee after 9/1/2004

___ You can't make me ride, but enclosed is donation for \$ _____ for the Lions Club.

Please make checks payable to the:

Houston Cy-Fair Lions Club

9018 Bonnyview Drive

Houston, Texas 77095

WAIVER:

I agree to fully waive and release any and all claims for myself and my heirs against the Houston Cy-Fair Lions Club and any and all sponsors that may directly or indirectly result from my participation in this bike ride. I represent that I am in proper physical condition to participate in this ride. For my safety, I also agree to wear a helmet. I grant full permission for the use of my photographs for any publicity and/or promotional purpose without obligation or liability to me. If entrant is under 18 years of age, parent or guardian must sign entry. Children under 12 must be accompanied by an adult at all times.

_____ Rider signature

(Parent/Guardian if under 18) _____

Date _____

Seeing the Tour, 2004

by Gail Spann

"Lance might win the sixth Tour De France," was going through our minds as Jim and I decided to go back to see this amazing race again. We packed up our bikes, flew to Belgium and met up with our tour group, BikeStyle Tours. First thing was to build the bikes up and get them ready for riding! I took our bikes to bike shops and then asked to watch them to see how they packed the bikes before leaving. Jim bought me a Colnago 50th anniversary limited edition bike for an early birthday gift, and he had his litespeed vortex.

Our group was smaller this year, only 27 of us plus the staff. We settled in and met all the others we were to travel with, some we met last year. The staff was made up of Ex TDF racers, a stage winner, masters racer and the winner of this year's Tour Down Under. We also had a great mechanic, Inaki, and a masseuse named Choppi. Lawrie and Natalie Cranley are the "hosts"; they owned a popular bike shop in Australia for years. We were in an air conditioned bus, complete with bathroom and t.v. On the back was a trailer with padded slots for bikes. Our bikes were always treated with great care.

We are about half Aussie and half Yanks. We sort of speak the same language? Jim and I found

ourselves saying things like "No worries, Mate!" and "Good on ya."

Jim and I had an amazing trip this year, we went to the first stages of the TDF. We landed in Belgium on July 2 and set up our bikes right away. Each day we biked through the lovely Belgium countryside as well as watching the races and riding the race course each day, or parts or it.

We arrived in Namur, a city along the river Meuse. This was for two nights before moving on to Liege. We did a scenic ride along the river and climbed through the countryside, often seeing breathtaking views. We rode up to the Citadel, over cobblestones and enjoyed a cup of ...I think it was coffee? (It LOOKED like coffee..ha!)

We spent a great deal of time riding ON the race course, prior to the race. The Gendarmes would, nicely, ask us to depart the course when the time came. We enjoyed cool temps and mostly dry roads, although it often rained in the afternoon. All in all, I got in 270 miles and Jim did 340 or so. We rode with the groups, and often chose which kind of ride we wanted. Jim is in great shape and went off with the fast group a couple of times, while I rode with the intermediate and perhaps more touring group? Believe me,

we rode hard as well and climbed constantly.

The sunflowers were spectacular, as was the lavender. Miles of flowers scenting the air, sunflowers turning their heads towards the sun. Cycling through villages right out of a postcard, it was so beautiful. The locals were delightful, the motorists were incredibly patient and quite kind, often waving once they could pass.

We finally entered France, once again enjoying cycling, watching the various stages of the race, seeing Lance and the boys. We went into areas that many were prohibited from entering, simply because we had the right folks with us. We met Thierry Marie, he won three prolouges back in the 90's. We picked up Roberto Heras bike, felt how light it was. We met various team mechanics through Inaki, our own tour mechanic.

I saw two men riding highwheels in the warm up area one day, and I got great photos. Fun to see the old and the newest of bikes! I got some shots of George Hincapie, Floyd Landis and the rest of the team. Jim got the best shots though, his camera was 6.2 pixels...and he had zoom lenses. Jim's shots of Lance, Tyler, Jan, Basso, Voeckler are in-

(See "Seeing the Tour," Continued on page 15)

(*"Seeing the Tour," Continued from page 14*)
credible!

We rode the Pave', we suffered from sore necks because of those eight miles! Ouch. We also tightened up our headsets the next day! We rode in the Arenburg forest to see the site of the Armistice signing from WWI. I found this to be a very sobering experience. Our hotels were all superb, the food incredible. Why can't we make bread like the French do?

We also did a little off road, quite unintentionally, all with expensive road bikes. It was a riot to watch those that have never mountain biked, they all went down in the sand. No one was hurt in the slightest, which made for a fun time. I even got to teach a few basics on technique!

Jim fell when someone else fell in front of him, but Jim kept on rolling so that his bike was in the air as he was on his back, still clipped in! He was quite the subject at dinner that night.

Our pride in Lance and the Postal team was immense. We could feel the energy of all the racers, feel the pain of all the wrecks we witnessed.

I went to the grocery store yesterday, there were tons of magazines at the register area, and not a single photo of Lance or the team. Not even a mention. The Tour De France is an incredible feat of strength, team work, determination. My hat's off to

ALL that raced this year. Perhaps, one day, people in this country will see what a marvelous event bicycle racing is.

Jim and I had a wonderful time. We recommend BikeStyle-Tours.com for a top notch way to see the Tour De France, Giro d'Italia or Tour Down Under. They are not cheap, but the extras are well worth it!

We saw 6 riders go down in the prologue, ouch. We had a spot at the round about and, other than the nasty falls, we enjoyed great photo ops. Our photos of Lance are top notch. We rode the whole team time trial course, and even when it lightly rained on us it was beautiful. The sunflowers were incredible, lavender fields were absolutely fragrant! We met Thierry Marie...who had the honour of the longest ever break-away and stage win in the 90's, as well as winning three prologues. I hung with Stuart O'Grady's sister, Lesley, when she hopped on our bus to visit for the day. She loved the Livestrong bracelet I gave her. Her brother wore one every day. Jim rode with an ex postal racer, Patrick Jonkers, an Aussie. He rode for Lance back in 99. Patrick won the Tour Down Under this year and works for the touring company we were with, Bikestyletours.com. Stevo, aka Neal Stephens, is one of the owners of this company and he won a stage back in the late 90's, mountain stage at that! He is also the olympic rep for the Aussie cycling team.

We also sidetracked to the Arenburg forest and saw where they signed the Armistice from WWI. We rode 8 miles of Pave' (cobblestones) and had sore necks the next day! We ended up in France, and it was charming and beautiful. There are few, if any, billboards outside the cities. No litter, no honking motorists.

One road we attempted to climb had a 23 percent grade! It was nice walking...

I got to hold Roberto Heras's bike, meet his mechanic while others in our group went on the team buses. We had a meal that was the exact meal they served the racers the night before.

The energy that you feel as the racers come flying by is intense. The crowds wait for hours and the racers shoot by, such a fleeting moment, but with the helicopters above, the fast moving motorcycles...you can't help but get caught up in the moment. Watching them race on the Pave' was incredible, we were within three feet of them, and the dust!!!

I am so happy that we got to go last year, for the 100th anniversary. But the highlight was going the year that Lance took the 6th win. Awesome! We are working on a webpage for photos, we got every racer. We also have great shots of Lance, George, Floyd and the rest of the Postal boys: Tyler, Mario, Roberto, Ivan, Andreas, Georg, Richard, and sweet Thomas Voeckler.

Track Report, Masters National Championships by Robert Bodamer

The only rider from NWCC-Alkek to make the trip north to Colorado Springs for the USA Masters National Track Championships was Robert Bodamer. Bill Thompson was unable to go due to some last minute work.

Robert raced at Frisco on the Friday night prior to leaving and stayed around and trained some over the weekend at the track with the likes of Sean Bonavita (Frisco CC) and Nick and Christie Chenowith (Hard Time), and Tim and Susie Goodwin (Frisco CC).

Robert made the drive to Colorado Springs (Alt. 6000+ft) with Andrea, the girlfriend of Sean Bonavita, on Monday night into Tuesday. After introductions with our hosts for the week in Pueblo, a well deserved nap was taken before going to the track to sign in. The camaraderie of all the riders that see each other again at these events is priceless.

Wednesday morning saw all the riders do their flying 200m and Robert was unable to make the final 9 for the Sprints due to a disappointing time. Most riders were heard complaining of the conditions, yet a couple of world records were set. The afternoon saw Robert record a personal best in the 1 KM TT for a top 20.

Thursday was the big day for Robert in the Masters 40-44 Points race. Twenty-five riders were entered. After the neutral lap from the rail the first couple of laps of the 25 KM points race were uneventful. Robert launched an attack with 2 and a half laps to go to the first points sprint and was able to hold off the hard charging field to the line for the lead. Robert paid for the effort over the next three sprints, but was able to sit in the back of the pack.

The next several sprints were won by Curtis Tolson (Texas Roadhouse) as he gained a lap on the field solo. The chase was hard, but not hard enough to prohibit Curtis from taking the 20 points for the lap gained. At this point in the race, Robert was in a tie for either 5th or 6th place, still good for a podium spot and still being announced by the race commentator. As soon as Curtis lapped the field the counter attacks went and Curtis covered them and went again with three other riders and lapped the field. This dropped Robert out of the top 10. Robert wanted to go for another sprint on the next to last sprint but the foursome did not gain the lap until just after the penultimate sprint.

Once the four reintegrated with the field, the field was content to sprint it out to the line for the final sprint. Two riders attacked with about two laps to go, and Robert went after them with a lap and a quarter to go. He caught all but the first rider, and crossed the line for second place, 8 points, and 9th overall.

Friday was to be the Masters 40-44 sprints day, but as Robert did not qualify, he went sightseeing to Manitou Springs and Pikes Peak (Alt. 14000+ft).

Saturday morning saw the 3000m pursuit and again Robert set a personal best, but the time was only good for a top 20.

All the Texas riders were in tents next to each other and a fun time was had by all. Texas riders that were there included Nick and Christie Chenowith (Hard Time), Susie and Tim Goodwin, Ann Marie Love (Frisco CC), Kathy Hutchins (Southern Elite), Scott Cook (Plano), Scott Porter, Tom Bain, Skip Sperry (Matrix), Charlotte Miller, Ryan Crane, and Pazit Rose (GCCA), and Farell Crane (MFS).

Track Report, June and July

by Robert Bodamer, NWCC/Alkek Track Captain

With the summer shutdown of Alkek, the Frisco track has seen a number of NWCC/Alkek riders make the trek north and race and with good results. Here is a summary of those finishes.

11 June (The Juniors are on their way to Nationals)

Men Pro 1-2

Robert Bodamer	4
Matt Cross	6

Men 3

Carl Jones	8
------------	---

Women

Christin Walker	2
Megan Cross	5

Masters 40+

Robert Bodamer	1
Tom Craddock	2

Youth

Lawson Craddock	1
Alan Ting	2
Parker Craddock	3

Junior

Daniel Walker	1
Ethan Bing	4
Shelby Reynolds	5

Eliza Bing	6
Natalie Bing	7

18 June

Men 3

Tony Johnson	2
--------------	---

25 June Robert does the double by winning both the Men Pro 1/2 and the Masters 40+.

Men Pro 1-2

Robert Bodamer	1
----------------	---

Women

Shelby Reynolds	5
Christin Walker	6

Masters 40+

Robert Bodamer	1
----------------	---

Junior

Daniel Walker	2
Shelby Reynolds	3

9 July

Men Pro 1-2

Robert Bodamer	2
Bill Thompson	6

Masters 40+

Robert Bodamer	1
----------------	---

Masters 50+

Bill Thompson	1
---------------	---

16 July

Women

Christin Walker	3
-----------------	---

23/24 July Track Masters Regionals in Frisco - Tom Craddock wins the Masters 40+!

Masters 30+

Patrick Bartell	13
-----------------	----

Masters 40+

Tom Craddock	1
Robert Bodamer	8

Carl Jones	9
------------	---

Adam Afhami	11
-------------	----

Masters 50+

Bill Thompson	4
---------------	---

30 July

Men Pro 1-2

Robert Bodamer	3
----------------	---

Masters 40+

Robert Bodamer	2
----------------	---

Junior

Daniel Walker	1
---------------	---

August will see the Masters National Championships in Colorado Springs, CO.

Riders Write

Greg Smith writes: Wow, another Katy Flatland and just as much fun! First, Hats off to Chuck Martin for a GREAT job! The new route seemed to work, and the roads were pretty smooth. The rest stops and their volunteers were most excellent, thanks to Zeke Zbornak, and the Sag

Drivers, well we had a pretty neat time. We looked so cool with our new magnetic signs. We met a lot of people, hauling them in, or fixing flats. I think I've mentioned it before, but bicycle people rock! Conversation in the sag vehicle naturally turns toward "Le Tour", or whether that road

rash will turn into a scar worthy of showing off at the next party.

I would like to thank the Sag Drivers for a terrific job!

Assisting me in the mobile command post was my daughter Mi-

(See "Riders Write," Continued on page 18)

("Riders Write," Continued from page 17)

chelle. Drivers were Laura (#1 in Texas) Meichan, Don Byrd (handling coordination on the 100), Bill (always laid back) Bettes, Harry (extreme mechanic) Twidwell, Mike (The Puller) Andries, David (I'm not sure which club I belong to) Hatcher, Craig (The Hammer) Rennpage, and Mike (I'm a dentist, not an MD, but I think I can patch this guy up) Wells. See ya all next year.

Art Saxby writes: If anyone is interested in going on a cycling tour, I highly recommend Bicycle Adventures <http://www.bicycleadventures.com>.

We just got back from their "family camping" bicycle/multi-sport tour of the San Juan Islands off of Washington state. They keep their groups down to 12 guests or less. We had two families of four. Each day offers a fully supported ride with 1 or 2 guides riding with you and one driving a chase van with food, water and bike parts. They supplied great meals, great support, and good company. Our tour also included kayaking and hiking.

They rent good quality Cannondale road bikes, or you can bring your own. We brought our own saddles and pedals. The guides know cycling and can easily deal with groups that have strong riders and newer ones.

At first look at the tours they offered, we were concerned about the average mileage. Our tour averaged 18-35 miles per day. With a 40 mile ride out of Zube an easy Saturday warm-up and a century a serious ride for us, we told them we wanted more miles. They were eager to add miles, and ride with us, but we learned that 35 miles of real hills feels like 100 miles to us flat-landers. Rest assured, you will get all the riding you want and may even long for the Katy prairie by the time you are done.

Melanie Lacy writes: We are having our second annual Huntsville Trip October 16 & 17. There will be a road ride on Saturday, Oct 16th starting from Magnolia High School at 8am. Bring your camping equipment and we will have a truck to transport your things to Huntsville State Park for a

camp out. We will have shelters reserved and the club will provide lunch on Saturday, dinner Saturday and breakfast Sunday. There will be mt bike rides on Saturday and Saturday night. After breakfast Sunday the roadies can load up the truck and ride back to their cars. Non-cycling family members are welcome. There are canoes to rent and swimming available at the park. Please email me if you are interested and didn't sign up at the club meeting.

Also planned is a volunteer appreciation trip to the Texas Hill Country on December 3, 4, & 5. If you have done a lot of volunteering for the club and worked the Katy or the BBX, the club would like to reward you with a trip to Leakey for some torturous road riding. The club will provide cabins on the Frio River. There will be a group caravanning out on Friday morning and riding on Friday afternoon. There will be a variety of rides going on Saturday and Sunday. You will be expected to provide your own food and transportation. Please email me if you are interested and didn't sign up at the club meeting.

Dana Chamness writes: The club contacts now have e-mail accounts through the club webmail account. I have sent a message to each person on the list with access instructions. If you are on the list and have any questions, please contact me. If you need to contact the person in any of the positions below, you can use the new e-mail account.

Current accounts are:

president@northwestcyclingclub.com
vicepresident@northwestcyclingclub.com
treasurer@northwestcyclingclub.com
secretary@northwestcyclingclub.com
bbx@northwestcyclingclub.com
kfc@northwestcyclingclub.com
newsletter@northwestcyclingclub.com
volunteer@northwestcyclingclub.com
membership@northwestcyclingclub.com
webmaster@northwestcyclingclub.com
safety@northwestcyclingclub.com
roadracing@northwestcyclingclub.com

(See "Riders Write," Continued on page 19)

(Continued from page 18)

mtbracing@northwestcyclingclub.com
equipment@northwestcyclingclub.com
newrider@northwestcyclingclub.com
theshop@northwestcyclingclub.com

Thanks to Craig Rennpage we have added more maps to the club website. See both the Saturday Morning ride and the Sunday rides.

David Van Newkirk writes: There is also a shop email address: info@northwestcyclery.com

Gordy and Rita Kacala of Racine, Wisconsin, write to Kathy Volski of Alkek: Hello, Kathy. I hope all is well with you. We wanted to write you an e-mail and let you know how proud you should be of NWCC/Alkek Jr. team that attended the recent National Jr. competition Los Angeles. Very few of your riders know us and, as a result, never really know if we are around them or not.

We have to say that first of all they are great competitors, well prepared for their races and an honor to the sport of track cycling. Win or lose they hold their heads high. They are also great teammates, supporting each other throughout the tournament. Finally, they are just well-behaved young men and women. You and Carl should be very proud to have them representing your club.

Once again, congratulations on a fine group of young people, you and your velodrome should be very proud.

P.S. from Kathy: Gordy and Rita's son is Aaron, who rode for the US at Jr. Worlds on the Team Sprint as well as the kilometer. The Kacala's have been coming down to Alkek for the last couple of years for the Junior Cycling Classic and the Junior Nationals.

Steffi (cart-wheeling from happiness) Penco writes: Today I received confirmation of the approval of my Pro license from USAC.

I am so happy! YEI!!! :-)

All it took me was 1 AMBC and 1 NORBA National race in Colorado to convince them I am worthy of playing in the big league. That was kewl! :-)

Now the real challenge begins...

Some of you have believed in me since the days when I rode a \$500 bike to my first beginner TX Championship series. Back then I did not know I would go so far, I just loved riding... You believed in me a whole lot more than I did.

Today, I am happy to say to those special people in my life: "Thank you. Your support got me here!"

I love this sport! I am excited to have a chance to race side by side with the women whom I look up to. :-)

Bill Reilly writes: Northwest Cycling Club is promoting a USCF sanctioned road race at Chappell Hill on September 12, 2004. We need help from club members to make this happen. NWCC racers have helped with the Bluebonnet Ride and Katy Flatland ride and now need assistance from the general club population to meet our requirements to USCF of holding a race.

Also, we are in discussions with the city of Brenham on possibly holding a criterium there on September 11th.

Our needs are many. For the Chappell Hill race, we need helpers for: registration, drivers - lead or follow vehicle, course marshals, parking, setup/takedown, etc. For Brenham crit the needs are less, but include: registration, setup and course marshals.

Please contact me or Gary Zbornak as soon as possible to let us know what you will do. We will provide instructions for those that are new to this.

Hope to see you there!



SHRINERS HOSPITAL FALL CLASSIC
Benefit Bicycle Ride
Saturday, October 16, 2004

To download registration form visit our
website at www.shrinersfallclassic.org

OCTOBER 16, 2004

*Great SAG stops. Well stocked and attended food booths
after the ride. Plus, great prizes. Proceeds will go to
Houston Orthopedic and Galveston Shrine Burn Center*

*The Ride starts at Royal High School, Pattison TX.
First riders out at 8 AM. Course closes at 4pm. Ride rain
or shine, no cancellations or refunds. Helmets are required.
Radios and headphones prohibited on the ride.*

DIRECTIONS

Take I-10 West exit 732 (Brookshire 359) turn right (North) and
follow 359 to Durkin Road turn right you will then be instructed
where to park.

REGISTRATION FEE

\$50 if postmarked by September 24, 2004 \$ _____
\$60 if postmarked after September 26, 2004 \$ _____
Total \$ _____

PRIZES / INCENTIVES

- You get one ticket for prize drawings with your paid registration
- **Top Collector Prize** given to individual who collects the high-
est dollar amount of donations. Prize is two Continental Airlines
round-trip tickets to any domestic destination.
- **Top Fundraiser Jerseys** given to individuals who collect more
than \$3,000 in donations.

PACKET PICKUP: (check one)

- | | |
|---|--|
| ☐ Sun & Ski Sports
6100 Westheimer
713-783-8180
Oct. 13, 3pm-8:30pm | ☐ Northwest Cycles
17458 Northwest Fwy.
713-466-1240
Oct. 15, 11am-7pm |
| ☐ Sun & Ski Sports
Katy Mills Mall
281-644-6040
Oct. 14, 3pm-8:30pm | ☐ Race Day
Oct. 16, 5:30am-8am |

RIDE DISTANCE: (check one)

☐ 35 ☐ 57 ☐ 70 ☐ 100

T-SHIRT SIZE: (check one)

☐ M ☐ L ☐ XL ☐ XXL

Sign-up for the **TEAM CHALLENGE.**
Work as a team to make a greater contribution!

☐ I am riding with a team.

Team Name: _____

☐ I am riding as an individual

REGISTRATION FORM

Last Name _____ First Name _____ Middle Initial _____
Address _____
City _____ State _____ Zip _____
Day phone _____ Night Phone _____ Cellular _____
e-mail _____
Emergency Contact Name _____ Phone Number _____

WAIVER STATEMENT (must be signed)

In consideration of my entry, I certify that I am medically able and adequately trained
to participate in the Shriners Hospital Benefit Bicycle Ride. I do hereby waive, release
and discharge for myself, heirs, executors and administrators, any and all claims for
damages against the Houston Bicycle Club, The Shriners Hospital Benefit Bicycle
Ride Sponsors, and their respective officers and representatives, arising from my
participation in the Shriners Hospital Benefit Bicycle Ride. I agree to operate my bicy-
cle in a safe and reasonable manner and in accordance with the laws of the State of
Texas. I acknowledge that the Houston Bicycle Club and the ride sponsors require
the use of an ANSI or Snell approved bicycle helmet while riding a bicycle and that rid-
ing without a helmet greatly increases my risk of injury.

Signature _____ Date _____

Parent/Guardian if under 18 _____ Date _____

**Make checks payable to: Arabia Temple Fall Classic Bike Benefit
"Tax Deductible"**

**Mail to: Shriners Hospital Fall Classic
2900 North Braeswood
Houston, Texas 77025
Attn: Bike Ride**

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)

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



The Pedal Pusher

...And Way in the Back...

by Wes Morrow

If you have read the front page first, you know we had 215 automobiles belonging to cyclists at our Saturday ride August 7. The lot was filled and over flowing, and there were essentially no other activities at the park. This was an awesome turnout, and was repeated the following week. Allowing for many riders who car pool to the ride, I think it is a safe bet that we had close to 250 riders both Saturdays.

We also know from this that the parking lot will essentially hold only 200 vehicles. I haven't actually counted the parking spaces, but the fact that we had many riders parked off the lot is pretty conclusive.

One reader/rider asked for more stories about riders who are new to riding, or who are new to the club rides. With that in mind, I searched out a couple of these on our club ride on August 14.

The week before at the shop I had met Nowery and Allison. They were buying gear, and asking Dave Suarez about the Saturday ride. Nowery had been riding for a couple of months, and one of the first thing he did was join NWCC to get the shop discount. But, he had yet to attend one of our Saturday rides. When I saw them again on the 14th, they had accidentally joined Peri's group for the 45 mile route, and needed help finding the route for the 40 mile ride.

Nowery said he started riding for the exercise, but Alison claims he was just trying to get a date, as she is an experienced rider. She has obviously enjoyed mentoring Nowery, and they made the 40 just fine.

I also rode with Debbie. She is a new recruit to the sport of Triathlon. She was on a new bike and on her second ride ever. She meant to ride 30 miles, but made the wrong turn. Her first ride was in her neighborhood, and was pretty easy. She says cycling definitely uses different muscles than running does. She made 40 miles just fine, but said she now knows cycling is a lot harder than she thought.