

The Pedal Pusher

October 2004

Vol XVIII, Issue 10

A monthly publication promoting the spirit of the Northwest Cycling Club

Message from the President by David Collins

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Lately we have had enough people coming to our rides to fill the lot at Zube Park. While that is very encouraging we are running into problems when we conflict with the soccer leagues. As we change to an 8 AM start in October we will start to be the ones looking for parking spots. We have been informed that the Constables are no longer going to tolerate parking on the grass. We are working with the county to try to work out an alternate parking area or start area for us to use when we are in conflict. Obviously, the soccer parents can not move far from Zube since that is where the fields are located. We should be able to work out something that will allow us to continue to start at Zube Park most of the year but have an alternate site that we can use when we know there will be problems. Hopefully by the time you re-

ceive this newsletter we will have something in place. Look for a notice on the website or in e mails on Topica.

At the October meeting, October 5, we will have nominations for officers for the coming year and for volunteer of the year for 2004. The vote will be held at the November meeting, November 2.

We will also vote on changes that the board has approved to the club constitution and by laws. The proposed revision will do the following:

1. Replaces the existing constitution and by laws with only the new by laws.
2. Revises the standing positions on the board to correspond to the names currently used for those positions.

3. Redefines a quorum of the board from the current 2/3's to a majority, as long as it includes at least two officers.
4. Revises the non-budgeted spending limits for the officers and board.
5. Sets the membership dues for juniors at \$10.

The revised by laws would still have the same requirements for amendment that exist for the current constitution and by laws. The proposed by laws are published starting on page 13 and the current constitution and by laws can be seen on our web site.

The revision of the quorum should help ease any concerns over whether enough board members will be present to conduct

(See "Message" Continued on page 12)

ROUND THE CORNER

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.

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.

TMBRA 2004 Texas Championship Series

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

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 wgs.morrow@natoil.com

Club Officers

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NWCC website: www.northwestcyclingclub.com

"Website and email hosting donated by
Lamar Curtis at the Information Advisory Group"
(See www.infoadvisory.com)

NWCC Affiliations:

United States Cycling Federation (USCF)

National Off Road Bicycle Association (NORBA)

League of American Bicyclists (LAB)

International Mountain Bike Association (IMBA)

Texas Mountain Bike Racing Assoc. (TMBRA)

Board Member Texas Bicycle Coalition

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The 2004 Hotter 'n Hell 100

by Laura Santiago

Most of you thought I was crazy to want to go "ride" (although "suffer" was what I think most of you said!) the Hotter 'n Hell 100 (HNH). The HNH drew about 8,600 riders this year – I told you I wasn't the only crazy one!

Since I didn't decide to go to the HNH until a month before the ride, all of the hotel rooms were booked. So I did the next best thing – I took my room with me – and stayed at a local RV Park. All went well until I was suddenly awakened at 2:30 am to the trailer rocking back and forth. The wind must have been blowing at least 40 mph, and the thunder and lightening started shortly thereafter. I went back and hid in my bed, trying to go back to sleep, and hoping that it would all blow through before morning. When the alarm went off at 5:15 am, I awoke to heavy rain and lightening. All I could think was, "I drove 6 hours to Wichita Falls and now I don't even get to ride!"

I got up and decided I might as well get dressed and eat – just in case the weather cleared up. That must have been what did it – the rain and lightening stopped about 6:15 am and so I headed out for the starting line. Because of the nasty weather, there weren't too many people at the starting line when I got there about 6:30 am, but before long Scott Street was

wall-to-wall cyclists for about seven blocks.

I managed to find Jim and Gail Spann and some friends from the Greater Dallas Bicyclists. When the starting canon (yes, I said canon and not gun!) went off, I could feel the vibration two blocks away and the noise was loud enough to give me a start!

It took several blocks before we were finally able to clip in and start riding. Although the road was still wet from the early-morning showers, the sun was coming up and the clouds were beginning to disperse. By the time we were five miles down the road, the day was promising to be wonderful.

By the time we came to the first rest stop at 10 miles, we had a nice double paceline going and nobody was ready to stop – so we continued down the road. The second rest stop was at about 20 miles and had a theme of Lil' Abner this year. I learned from HNH veterans that this rest stop has a different theme every year. Everyone was in costume and in character, making it a fun stop to refill the water and PowerAde – not to mention scarfing down a few cookies and bananas.

Before long we were rolling again, but our group had broken

up into several smaller groups and I stayed with a group of seven that included Jim and Gail Spann. True to her word, Gail maintained a moderate pace throughout the ride – the only reason I was still with her at the finish! As most of you know, Gail is great fun to ride with. And for those of you who know me well, you can imagine what the next 80 miles must have been like with the two of us together. Yep – the mouths never stopped! I think if the mouths had stopped, maybe the legs might have stopped, too.

The next 30 miles passed in a blur . . . the paceline was moving smoothly as we rolled through the countryside past fields of crops. Wichita Falls was much greener than I expected it to be this time of the year – I guess they had lots of rain this summer like we did.

Before I knew it we were at the 50-mile rest stop, and I realized we were already halfway home. The skies had remained partly cloudy all morning, keeping the temperatures down, and making the ride much more pleasant than it could have been. I was still feeling good and beginning to believe it wasn't going to hurt as bad as I had feared!

(See "HNH-100," Continued on page 12)

Fuel the Morning Right by Catherine Kruppa, MS, RD, LD

The lazy days of summer are coming to an end. With the start of school everyone's lives get busier and healthy meals may go out the window. The main culprit is time. Rushed mornings and busy families can lead to skipped breakfasts. Today only 86% of elementary school kids eats breakfast compared to 95% in 1965. These days less than 70% of teens eat breakfast.

It is well known that children who eat breakfast have better attention spans, sharper fact recall, and happier moods. The most recent research links the morning meal with less obesity, stronger bones and healthier teeth. Many of these same results have been found in adults as well.

A healthy breakfast does not need to take a lot of time, but it should be balanced. To start your day off right include a serving of fruit, whole grains and protein. Fruit supplies carbohydrate for energy. Eating one in the morning helps you to strive for the 3-4 servings you should eat through out the day. It also provides vitamins A and C, antioxidants and fiber that all fight disease.

1. **Fruit** supplies carbohydrate for energy. Eating one in the morning helps you to strive for the 3-4

servings you should eat through out the day. It also provides vitamins A and C, antioxidants and fiber that all fight disease.

2. **Whole Grains** also provide carbohydrates as well as vitamin E, folic acid and fiber. Good sources include whole-wheat toast with at least 3 g of fiber per slice, cold cereal with 5 g of fiber or more or hot whole grain cereal such as oatmeal.
3. **Protein** aids in growth and repair of your body. It also helps to make you feel more full. Examples of good protein sources include eggs, low fat milk and yogurt or cheese.

Here are some quick and easy breakfast ideas:

- Yogurt + cereal (such as Grape-Nuts) mix
- Banana and a glass of skim milk
- Smoothie - made with skim milk and frozen fruit
- Whole wheat toast or English muffin topped

Sample 300-calorie Breakfasts:

- 1/2 c. dry oatmeal, 1 c. skim milk, mini granny smith apple - chopped, sweeten with Splenda
- 2 whole wheat waffles, 1/2 c. fat free yogurt, top

with 1 c. strawberries

- 1 whole wheat toaster size bagel, 1 Tbsp. almond butter, 1 c. melon

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

Elves & More Needs Your Help!

by Bill Edwards

Fundraising for this year's Christmas bicycle giveaway is an area of urgent need. We are asking every cycling club and every corporate cycling team to participate in the October 30, 2004, Elves & More Texas Cycling Classic bicycle ride so that we can achieve the 20,000-bicycle dream. Every dollar of the \$40.00 entry fee received from each participant will go to buy a bike for a kid (the average cost of a bike is \$40.00). In addition to a T-shirt and an after-ride BBQ, a number of very nice prizes will be awarded to ride participants, including three high-end road bikes and a trip to Paris for two. If you want members of your team to participate in this great event, please urge them to sign up on active.com or via the website www.elvesandmore.com.

The October 30 event will have a Halloween theme, and we need creative teams of volunteers to help make the rest stops and the ride a truly fun and unforgettable

experience for all of the participants. There will be a competition for the "best rest stop" of the ride. Volunteers also are needed to help with the Kids Day events, which will be held near the start/finish on the day of the ride.

In December, volunteers will assemble the bicycles. We welcome any volunteer help that your organization can give in that endeavor. There will be a competition this year to identify the team that can assemble the most bicycles of acceptable quality in one hour.

Elves & More is the non-profit organization that this past Christmas Eve gave away eight thousand (8,000) new bicycles to impoverished children in the Greater Houston Area. In 2004, Elves & More plan to give away twenty thousand (20,000) brand-new bicycles to impoverished children. We have determined that there are over 263,000 children who live below the poverty

level in this area. At least 104,000 of those children live below one-half of the poverty level. Our mission is to give hope to children who currently may have no reason to have any hope. Our experience is that these kids are truly precious. It is not their fault that they were born into such circumstances.

In Chris Carmichael's new book (Chris is Lance Armstrong's coach), he wrote that as a kid he could get away and explore new territory. Even though he rarely rode more than three miles from home, he felt much more "worldly" than his friends who never ventured more than a block away from home. A bike can give a kid a new sense of freedom.

If you would like to volunteer or to participate in any way, please contact Bill Edwards at 281-859-8723, or e-mail bill-coach@aol.com.

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

October 2004

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Track Racing 7:00PM @ Alkek Velodrome	2 CLUB RIDE 8:00AM
3	4	5 Club Mtg 6:45 Race Team&7:30 Membership @ 	6	7	8 Track Racing 7:00PM @ Alkek Velodrome	9 CLUB RIDE 8:00AM
10	11	12	13 NWC Women's Symposium 7-9PM @ 	14	15 Track Racing 7:00PM @ Alkek Velodrome	16 CLUB RIDE 8:00AM Huntsville State Park Ride and Campout
17 Huntsville State Park Ride and Campout	18	19 Bicycle Repair Class 7-9PM @ 	20	21	22	23 CLUB RIDE 8:00AM
24	25 Board Meeting 7pm @ 	26	27	28	29	30 CLUB RIDE 8:00AM
31						

Calendar Key

Saturday Club Ride. Road bike ride. Meeting location is Hockley Community Center, 28515 Old Washington Road (between Kermier and Kickapoo). Any changes in location will be announced on web page.

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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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>

NOVEMBER RIDES

NovemberFest November 13 San Felipe, Tx <http://www.novemberfestmetriccentury.org/>



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
SOLD
Contact Lowflyers@earthlink.net 281-376-7213.

For Sale: 26" Schwinn "Sprint" Girl's 10-speed. Excellent condition with new tubes & tires, Index shifting. Color: Lilac - \$120

26" Schwinn "Sprint" Girl's 10-speed Excellent condition with new tubes & tires. Friction shifting. Color: Red - \$110

Contact: Marvin Hatton at 713-937-2165 weekdays and 281-463-6711 evenings & weekends or e-mail mhatton@texasarai.com

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: 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.

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: 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** cjhaynes@sbcglobal.net

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: 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

October 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
October 19, 2004	Tuesday	7-9PM
November 16, 2004	Tuesday	7-9PM

Women's Symposium

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

(Please Call to Enroll)

NORTHWEST CYCLING CLUB MEMBERS ONLY SERVICE SPECIAL

**MAKE A RESERVATION WITH THE SERVICE DEPARTMENT &
BRING US YOUR BIKE BY 10am & WE WILL HAVE IT READY
BY 6PM THE SAME DAY (IF PARTS ARE AVAILABLE).**

SOCKS
Buy Any Tube
Get One
FREE

IN STOCK ONLY
Not Good With Other Offers

15% OFF
ON ALL BI-
CYCLE RE-
PAIR PARTS

Not Good With Other Offers

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

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Not Good With Other Offers



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 Castanhe, 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 "successors") any and all rights and claims which I have or which may hereafter accrue to me against the sponsors of this event, the organizers and any promoting organizations, property owners, law enforcement agencies, all public entities, and special districts, through or by which the event will be held for any and all damages which may be sustained by me directly or indirectly in connection with the event, or travel to or return from the event. I 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 _____

("HNH," Continued from page 3)

As we approached Hell's Gate, there was never a thought of bailing out and heading straight back. We flew through Hell's Gate and realized we only had 40 more miles to go. Yeah! At about 75 miles, I was still feeling really good. This was mostly due to the fact that Jim Spann, Tommy Fitzgerald and Kevin from Tyler (never got his last name) had been pulling most of the last 30 miles and would continue to pull the majority of the way in – thank you, thank you, thank you!

We made a quick stop at 90 miles

to top off our water and PowerAid. As we pulled away from the rest stop, we realized that we were one person short. Tommy, who had been one of the engines much of the day, was missing. Boy, did we feel bad for leaving him at the rest stop – sorry Tommy! Jim went back to get him while the rest of us slowed the pace until they could catch up. All seven of us crossed the finish line together about 7 hours and 5 minutes after the starting canon. Bike time was 5 hours and 36 minutes for a very respectable 18 mph average speed.

After an early dinner of Mexican food and margaritas (you knew I would have to celebrate!), we all crashed for the night. On Sunday morning, five of us crazies got out of bed early for a great 25-mile recovery ride put together by David Preston of the Greater Dallas Bicyclists. Then it was time to pack up and head home.

It was a great weekend – with perfect cycling weather – and the company was fantastic. I may have to do this one again!

("Message," Continued from page 1)

business at board meetings. As an example, we currently have 19 people on the board. This means we have to have 13 people present to take a binding vote. Under the revised by laws we would need 10 as long as at least two of them are elected officers. If you have ever worked with a group the size of our board you will understand how difficult it can be to assemble enough people to qualify for a 2/3's quorum, especially when they are all volunteers.

The spending limit changes reflect two things. First, things cost more than they did when the existing limits were set. Second, the club is in a much better financial position now. The spending limit here refers only to unbudgeted expenditures. Any unbudgeted expenditure above the limits requires notice to the membership and a vote at a club meeting. The existing limits are:

1. For two officers – \$50.
2. For the board – Up to

\$500 or 10% of the club bank balance, whichever is less.

The revised limits would be:

1. For two officers – \$250.
2. For the board – \$1,000.

November 2 will also be Election Day for the rest of the country but if you are a member of NWCC you will have a chance to vote twice that day.

Proposed NWCC Bylaws by Mike Muirhead, Secretary

Bylaws
Northwest Cycling Club

ARTICLE I

Name

The name of the organization shall be the Northwest Cycling Club, Inc ("NWCC"). The club colors shall be yellow, black, and purple.

ARTICLE II

Purpose

The purpose of NWCC is to:

- encourage and support recreational and competitive cycling activities;
- educate cyclists in the different areas of the sport of cycling;
- educate and promote safe cycling practices;
- encourage and support public cycling facilities and programs, such as bike paths, bike trails, educational courses and the Alkek Velodrome.

ARTICLE III

Membership

Membership is open to individuals and families who desire to promote the purposes of NWCC

in the following categories:

Individual Dues: \$20 per year
Family Dues: \$30 per year per family

Junior Dues: \$10 per year (under 18 years old, parent/guardian signature required)

Each Individual membership shall have one vote at General Meetings. Each Family membership shall have two votes at General Meetings.

Each member must sign a NWCC waiver of liability

Each member of any NWCC racing team must also be a NWCC member.

Each membership shall be valid for 12 months from the date of activation.

Each member shall abide by applicable traffic laws, rules, and regulations while engaged in an NWCC sponsored riding activity.

No member may use any illegal substance or drug, consume any alcoholic beverage, possess a concealed weapon, or display a weapon while engaged in an NWCC sponsored riding activity.

Membership may be terminated for cause for any act that is detrimental to the interests and benefit

of NWCC or violates any NWCC policy or procedure. Such termination shall require the affirmative vote of 2/3 of the Board of Directors and presentation of the matter at a General Meeting. Termination shall be effective upon an affirmative vote of 2/3 of members present. For each termination the President and Board of Directors shall set forth procedures as may be appropriate under the circumstances to ensure fairness to both NWCC and to the member/s. 0.0subject to termination.

ARTICLE IV

Meetings

General Meeting

General Meetings of the members of NWCC shall be held on the first Tuesday of each month at 7:30 PM at a location designated by the President unless otherwise authorized by the Board of Directors and announced in the NWCC newsletter.

Board of Directors

The Board of Directors shall have a Regular Meeting at least once a month at the direction of the President or the Board of Directors. The Board of Directors may also have a Special Meeting of

(See "Proposed By-laws," Continued on page 14)

("Proposed By-laws," Continued from page 13)

the Board of Directors at the direction of any elected officer or any member of the Board of Directors to address special situations or circumstances. A Special Meeting may be in person or by proxy which shall be either in writing or by email detailing each director's vote on issues presented and delivered to the Secretary.

Annual Meeting & Election of Officers

The Annual Meeting and Election of Officers shall be held at the regularly scheduled General Meeting for the month of November.

ARTICLE V

Officers & Election of Officers

Officers

The elected officers of NWCC shall be the office of President, Vice-President, Treasurer, and Secretary.

The duties of the Officers shall be:

President - Presides at General Meetings of NWCC and meetings of the Board of Directors; is responsible for the general management and fundraising activities of NWCC; may establish policies and procedures for the implementation of any NWCC activity and function.

Vice President - Assists the President in carrying out NWCC activities and serves in his absence.

Treasurer - Handles all NWCC financial transactions and maintains all NWCC financial records; prepares a financial statement for each meeting of the Board of Directors; and presents a summary of the financial condition of NWCC at each general meeting of NWCC.

Secretary - Takes and maintains minutes of general meetings of NWCC and meetings of the Board of Directors; maintain records of club business and correspondence.

Election of NWCC Officers

Election of NWCC officers shall be held at the Annual Meeting. Nominations for each office will be called for at the October General Meeting with all nominations to be published in the NWCC newsletter prior to the Annual Meeting. Each officer shall be elected by a majority of voting members present at the Annual Meeting. Officers shall serve from December first of the year of election through November 30th of the following year.

A vacancy during the term of any office may be filled by appointment by the President with the concurrence of the Board of Di-

rectors. If a vacancy occurs in the office of President the Vice President shall assume the office of President.

No person shall occupy more than one elected office at any one time.

ARTICLE VI

Board of Directors

The Board of Directors shall be composed of all elected NWCC officers, Chairpersons of all Standing Committees, the Immediate Past President of NWCC, and the NWCC Sponsor Representative.

A quorum for a meeting of the Board of Directors shall be a majority of members of the Board of Directors with any two elected offices to be included in this majority.

Business requiring a vote by the Board of Directors shall require the approval of a majority of Directors present with a properly constituted quorum and such vote shall be considered the act of the Board of Directors.

In the event that a quorum is not present for a meeting of the Board of Directors, the Board shall conduct any other business that may come before it that does not require a vote for approval by the Board of Directors.

ARTICLE VII

Committees

(See "Proposed By-laws," Continued on page 15)

("Proposed By-laws," Continued from page 14)

Standing Committees

The Board of Directors may establish any number of Standing Committees to manage and carry out any ongoing NWCC activity. Each Standing Committee shall report to the Board of Directors. The President shall appoint a Chairperson for each Standing Committee who shall then become a member of the Board of Directors and serve the same term as the NWCC elected officers. Each Chairperson of a Standing Committee may appoint committee members as needed.

The Standing Committees shall include but not be limited to

Blue Bonnet Express Committee
Katy Flatlands Committee
Racing Team Committee
New Riders Committee
Equipment Committee
Volunteer Committee
Membership Committee
Newsletter Committee
Rider Safety Committee
Mountainbike Committee

Special Committee

Any number of Special Committees for any special purpose may be established by the President as needed. Each Special Committee shall report to the President and shall dissolve on the completion of the work of the committee.

Article VIII

Budget and Financial Matters

At the beginning of each Fiscal Year, each Standing Committee shall prepare a budget of revenues and expenses for the Fiscal Year for submission to the President. The President shall then prepare a Proposed Budget for all NWCC activities and submit the Proposed Budget to the Board of Directors. After approval by the Board of Directors, a description of the Proposed Budget shall be included in the next NWCC newsletter and the Proposed Budget shall be presented at the next General Meeting following publication. The Proposed Budget shall be voted on and if approved by a majority vote of the members present, shall be the Final Budget for the Fiscal Year. The President shall have the power to establish policies and procedures as needed for the implementation of the Final Budget.

The President and the Treasurer each shall have authority to sign individually checks drawn on NWCC accounts.

Any two elected officers shall have the power, without approval of the Board of Directors or the general membership, to make expenditures of \$250.00 or less for extraordinary expenses that are deemed to be in the best interests of NWCC and not included in the Final Budget. The Board of Directors shall have the power to make expenditures of \$1000.00 or less without the approval of the general membership that are

deemed to be in the best interests of NWCC and not included in the Final Budget. All other expenditures require the approval of the Board of Directors and the general membership.

The NWCC fiscal year shall begin on the first day of December and shall end on the last day of November of the following year.

ARTICLE IX.

Affiliations

At the discretion of the Board of Directors, NWCC may become an affiliate of other cycling related organizations which may include but are not limited to:

The League of American Bicyclists (LAB)

The United States Cycling Federation (USCF)

The National Off Road Bicycle Association (NORBA)

The Texas Bicycle Coalition

ARTICLE X

Amendment

Any proposed amendment shall be approved at a meeting of the Board of Directors and published in the NWCC newsletter prior to a General Meeting whereupon the proposed amendment may be approved by a 2/3 vote of the membership present.

{Note: Proposed By-laws will be presented for approval at the NWCC November Membership Meeting...Editor}



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) (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

On September 11, I was riding a pay ride, was riding by myself close to the end of the ride, and missed a very plainly marked turn. The really bad news is that the signs for the start of the ride, seventy miles ago, had not yet been pulled, and were directly ahead. So, you guessed it, I started the ride over. It was five or six miles before it dawned on me that I had seen this scenery before.

And, the next day, something similar happened. I was driving wheel support for Pro 1,2 at the Chappell Hill Race, with the official in my truck. This time, I knew exactly where I was, how many laps we had made, and which way we were supposed to turn. Unfortunately,

the corner official had mis-counted our laps, and insisted that our group turn back toward the finish, instead of continuing for one more lap. Thanks to the motorcycle support, the peleton turned around and headed back the correct way.

We later found out that the lead car and the break had also been turned incorrectly, and had finished the race a lap short. This mix up was a lot more public that mine the previous day, and might have altered the results of a race or two. What was really amazing to me was the great sportsmanship that those involved demonstrated. It was almost as if competitive cycling is in a class of its own, with those participating being understanding,

forgiving athletes. WOW!

The following weekend, we tried out a new Saturday starting point at Hockley Community Center. This is just down the road from Zube Park, right on our route, and very nice. It even has a gazebo and shade trees for relaxing after the ride. Whether we continue to use this location, or just use it when there are soccer games at Zube, is still under discussion. Be sure to attend the club meeting on October 5 to find out the latest on this and other club news. Also, check out northwestcycling-club.com for the latest info on the ride and on other matters. Dana Chamness does a great job as Webmaster!