

The Pedal Pusher

November 2004

Vol XVIII, Issue 11

A monthly publication promoting the spirit of the Northwest Cycling Club

Inside this issue

Message from the President	1
Race Results	1
Club Contact Info	2
Round the Corner	2
Race Dates	2
NWCC/Alkek Jrs. Travel to Wales	3
Portion Control	4
Road ID Tags	5
November 2004 Calendar	6
Calendar Key	7
NWCC Classified	8
Time Trials	9
Northwest Cyclery	10
NWCC Clothing Order	11
2004 California Mountain Unicycle Weekend	14
NWCC Scholarship Application	16
NWCC Membership Application	19
... And Way in the Back...	20

Message from the President by David Collins

With a minimum of confusion we have moved our Saturday morning ride starts to the Hockley Community Center at least through mid December.

This move has been made to avoid a conflict with the soccer leagues playing at Zube Park. At this time we still intend to return to Zube when soccer is out of season. We will try to keep everyone informed through the web site or in e-mails on Topica.

At the November meeting we will have elections of officers for the coming year and will vote on the Volunteer of the Year for 2004. We will also vote

on changes to the by laws and club constitution. These changes were outlined in my message last month.

Other items on the November agenda will be votes on three non-budgeted expenditures under consideration. These include the purchase of ten bicycles for a local Girl Scout camp. We are working with the shop on this one and expect the price to be about \$2,000. The second proposal is for a donation of \$1,500 to GHORBA for trail work being done in Steven F. Austin State Park. The third would be a pledge of

money, either \$1,000 or \$1,500 to the Energy Corridor project to raise the funds for construction of a hike and bike trail to connect Terry Hershey Park and George Bush Park. We heard about this project at the October meeting.

As the year comes to an end I would like to thank all of the members of the Board of Directors for their service this past year. I really appreciate the input at the meetings and I know this would be an impossible job without all of your help.

Race Results by Bill Reilly

Here are the NWCC results from the Columbus Stage race:

08/21/2004 - Tour of Columbus - GC
Men Pro 1-2

9th Thomas Hallock
13th Keith McCollum
14th Troy Dunton
37th Eric Warnsman

Men 3
12th Damen Sistrunk

17th Benjamin Lanz

Men 4
27th Ed Scardaville

Men 5

(See "Race Results," on page 9)

ROUND THE CORNER

Officer's elections and vote on By-Laws Revisions, Nov 2

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.

New Year's Day Ride, Jan 1, 2005

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**
gzbornak@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**
cneagli@aol.com 713-466-1240

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

TMBRA 2004 Texas Championship Series

Nov 6-7 Piney Hills Classic XI AMBC Finals, Ruston, La

TXBRA Texas Cup Calendar for 2004

Nov 13,14 AVPAC Cyclocross Race, Houston, Tx
Dec 4 (Tent) GCCA CX Race, Houston, Tx
Dec 5 Team Bikesport Cyclocross, Houston, Tx
Dec 11 Matrix Cyclocross, Dallas, Tx
Dec 12 Mirage Dallas Cross, Dallas, Tx
Dec 19 REI Round Rockin, Round Rock, Tx
Jan 8 Cougar Cyclocross, Houston, Tx
Jan 9 Team West End Cyclocross Race, Houston, 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

NWCC/Alkek Junior Team Members Travel to Wales by Lori Walker



From the Northwest Cycling Club/Alkek Junior Team

THANK YOU!!

Six members of the Northwest Cycling Club/Alkek team were invited to Wales, UK to race on October 23 & 24, 2004. This invitation was very unexpected. The members of the NWCC board offered the juniors financial support with their travel expenses. The six NWCC members attending the competition are Ethan Bing, Lawson Craddock, Shelby Reynolds, Alan Ting, Cris-tin Walker and Daniel Walker. From all the juniors, thank you very much for your continuing support.

Portion Control is the Key

by Catherine Kruppa, MS, RD, LD

Contrary to popular belief, the answer to weight control is not how many carbs you take in or how many fat grams you consume. The key is total calorie intake. Even if you are eating your fruits and vegetables and heart healthy fish high in omega 3s, if you are eating more calories than you burn off in a day, then you will gain weight. According to the Centers for Disease Control and Prevention, Americans are taking in more than 300 additional calories per day. This is about 20 percent more than we did in the '70s and can contribute to a weight gain of over thirty pounds in one year. One of the reasons that we are eating larger portions is because we are served larger portions at restaurants. The portion sizes are three to eight times larger than they were 30 years ago. Most of us grew up having to clean our plates and we still do, whether the portion is for one or four. We then translate these large portion sizes into our homes at dinnertime. Here are some tips on how to gain control of your portions:

First, become aware of what an appropriate portion size is. One

serving of meat or fish is the size of a deck of cards or a woman's palm of her hand. This is equivalent to three ounces. Most restaurants serve ten to twelve ounces at the evening meal. A serving of starch, such as rice or pasta, is $\frac{1}{2}$ cup or a $\frac{1}{2}$ of a baseball. One serving of raw fruits and vegetables is one cup or a four ounce piece of fruit. To familiarize yourself with portion sizes, weigh and measure your food. This is not something you have to do daily, but it is good to check yourself from time to time. You can also go to <http://www.quakeroatmeal.com/StriveforFive/Week4/Index.cfm#> and click on "portion distortion". Once you know the portion size you are eating check the caloric content. You can do this by going to www.calorieking.com. Eating the correct portion sizes at home can aid you when you are dining out.

Since most restaurants serve portions that could feed two to four people, sharing an entrée with a friend or family member can cut down your portion size and save you money. If no one will share with you, order a doggie bag. Put

the food in the doggie bag before you start eating your meal so you are not as tempted to eat the other half. Then you can have that delicious meal again the next day. Ordering two appetizers or choosing something off the lunch menu can also cut down on your portion size.

Finally, eat prepackaged, single-serving entrees and snacks can also teach you what a reasonable portion size is. New research shows that women who ate two portion-controlled entrees a day lost more weight than a control group that was told to eat the same number of calories per day. The key is you do not have to guess how much you can eat. It is done for you. Do beware that not all foods come in single servings. Be sure to read the food label on the back. Although, it may seem like a single serving to you, it could be two or three.

The beauty in eating the correct portions is that you don't have to worry about counting carbs or fat grams, just watch your portion. All foods can fit into a healthy diet in moderation.

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

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 Special Offer - "Road ID" Tags by Alan Bazard, Safety Chairman

No one goes out on a ride expecting to have an accident. In unfortunate circumstances when an accident does occur, it is important to have identification and emergency contact information available immediately at the scene. It is far better to have identification on your person and not need it, than to have an accident and not have any identification.

Now, NWCC members can get a 10% discount on "Road ID" tags. This is a very cool, and professional looking way to ensure information is available to first responders if you are unable to communicate after an accident. "Road ID" makes a metal engraved tag with up to 6 lines of

text. The tag can be easily attached to a bike shoe, neck chain, or bracelet.

Road ID will offer NWCC members a 10% discount on any order. You place your own order on their website - www.roadid.com and enter the **DISCOUNT CODE:** PC46346. This is a limited time offer good for 60 days starting **Nov. 1, 2004** and ending **December 31, 2004**. If you order the necklace version (called THE FIXX) you can have the NWCC logo engraved on the front of the tag. This is only valid for the necklace tag, not on the shoe or bracelet versions. Just go to the section on "The Fixx" and select front images to see the NWCC

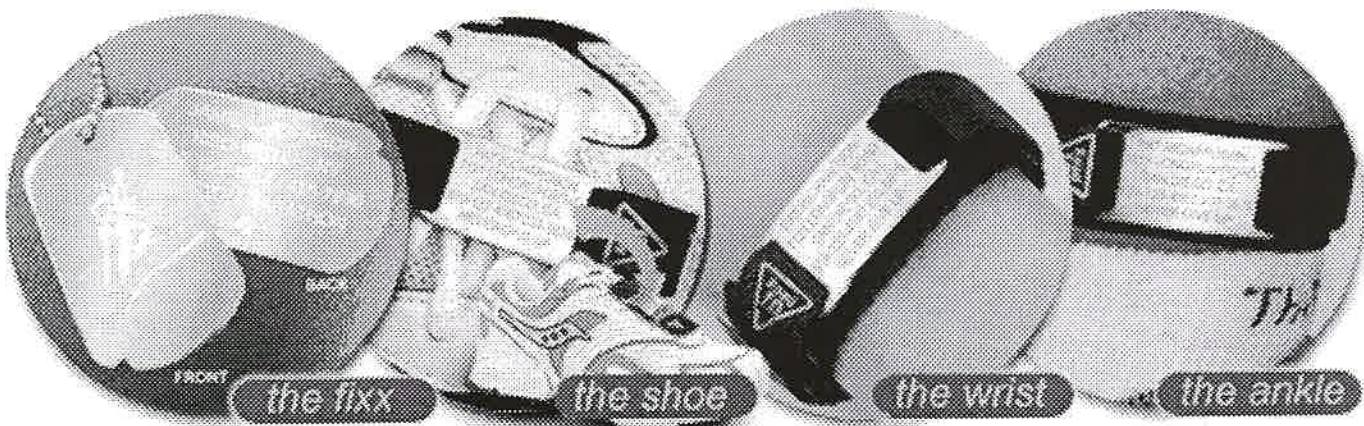
logo.

These can make great Christmas presents or stocking gifts for you and your family or friends.

To get more of a feeling of how important it is to have identification in case of an accident, read the testimonials on ROAD ID's website. Again, it's better to have id and not need it, than to have an accident and not have any id.

Contact me (Alan Bazard) or Edward at Road ID if you need more information.

Take advantage of this offer. It may help others help you in an emergency.



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

November 2004

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 Club Meeting 6:45 Race Team 7:30 General Membership @ 	3	4	5	6 CLUB RIDE Hockley Commu- nity Center 8:00 AM
7	8	9	10	11	12	13 CLUB RIDE Hockley Commu- nity Center 8:00 AM
14	15	16 Giant Road Bike Preview & Repair Class @ 	17	18	19	20 CLUB RIDE Hockley Commu- nity Center 8:00 AM Moritz Cyclocross, Ft Worth
21 Moritz Cyclocross, Ft Worth	22	23	24	25 	26	27 CLUB RIDE Hockley Commu- nity Center 8:00 AM
28	29 Board Meeting 7pm @ 	30				

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.

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@evl.net

NOVEMBER RIDES

Tour de Peppermint November 7 Southlake (Grapevine), Tx
<http://www.summersanta.org/>

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

Fredericksburg Fall Foliage Frolic Nov 13-14 Fredericksburg, Tx <http://home.earthlink.net/%7Efaldos/data/Articles/frolic2003.html>
(\$12.50 per person for two days of riding!)

Maybe Hot, Maybe Not November 13 Aransas Pass, Tx
http://www.aransaspas.org/maybehot_bike Ride.htm

Pecan Fest November 13, Seguin, Tx <http://www.pecanfest.org/>



NWCC CLASSIFIED

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

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: 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

For Sale: Burley Tandem 2003 Rumba Brand New! Shimano 24 speed STI dual control Levers, Weinmann Rims w/ Stainless Steel Spokes. Get started now for MS-150. \$1600 firm. Very nice road bike for two.

Contact: Jeff (Pager) 281-349-1890

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

Want to Buy: Road bike for a female who is 5'4" which should equate to a 48 - 50 cm frame. A woman's specific design (WSD) is preferred. **Contact** Amy Parker @ amyparker18@hotmail.com or phone 281-370-1854.

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.

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.

September & October NWCC Time Trials

by Dana Chamness

Due to rain the September Time Trial was postponed one week to September 21. This is the second time this year we have had to postpone due to weather. The weather was a bit cooler and a wind was present but mild. Special thanks to Craig Rennpage and Consuela Styer who did the timing and Melanie Chamness who watched a corner. No thanks to the girls in a pick-up that stole the cone and ruined the ride for three riders.

October was the last Time Trial for this year. The weather was great, the wind was mild to none. Special thanks to Consuela Styer for doing the timing and to Carol Ambul and Melanie Chamness for helping out on the course.

TIME TRIAL RESULTS - October 12, 2004 10 k+ (6.2 miles) approximately

TIME TRIAL RESULTS - September 21, 2004 10 k+ (6.2 miles) approximately

ORDER	NAME	TIME	MPH
1	Dana Chamness	0:14:44	25.2
2	Tim Arnold	0:14:44	25.2
3	Ryan Albert	0:15:06	24.6
4	David Mellor	0:15:40	23.7
5	David Lynch	0:16:50	22.1
6	*Jash Aviael	0:16:57	21.9
7	Charlotte Miller	0:17:20	21.5
8	Carol Ambuhl	0:17:32	21.2
9	Frank Thayer	0:17:54	20.8
10	Shelby Reynolds	0:18:18	20.3
11	Tom Holland	0:18:50	19.8

ORDER	NAME	TIME	MPH
1	Tim Arnold	0:14:40	25.4
2	Dana Chamness	0:14:52	25.0
3	Ryan Albert	0:15:11	24.5
4	Craig Rennpage	0:15:19	24.3
5	Quentin Dyson	0:15:47	23.6
6	Laura Meichan	0:16:02	23.2
7	Lawson Craddock	0:17:10	21.7
8	Adam Amhad	0:17:52	20.8
9	Sam Perez	0:18:23	20.2

There is some talk of trying to do a few 40k Time Trial on some Sundays during the winter months, so watch for that to develop.

("Race Results," Continued from page 1)

22nd David Mellor
Women Pro 1-2
5th Laura Meichan
9th Nancy Dodd

Masters 45+
2nd William Allen
3rd Daniel Joder
4th Dana Chamness
9th Scot Orgish

Tour of Columbus - RR1

Men Pro 1-2
6th Keith McCollum
9th Laurence Lane
24th Thomas Hallock

Men 3
9th Damen Sistrunk
15th Benjamin Lanz
Men 5
21st David Mellor

Women Pro 1-2

6th Laura Meichan
10th Nancy Dodd

Masters 45+
1st William Allen
3rd Daniel Joder
5th Dana Chamness
11th Scot Orgish

Tour of Columbus - TT

Men Pro 1-2
10th Thomas Hallock
16th Troy Dunton
17th Keith McCollum

Men 3
13th Benjamin Lanz
16th Damen Sistrunk

Men 4
9th Ed Scardaville

Women Pro 1-2
5th Laura Meichan
8th Nancy Dodd

Masters 45+
2nd William Allen
3rd Dana Chamness
4th Daniel Joder
14th Scot Orgish

Tour of Columbus - Crit
Men Pro 1-2
6th Keith McCollum
17th Thomas Hallock
22nd Troy Dunton

Men 3
3rd Damen Sistrunk
9th Benjamin Lanz

Men 4
21st Ed Scardaville

Women Pro 1-2
8th Nancy Dodd
10th Laura Meichan

Masters 45+
3rd William Allen

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

November 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
November 16, 2004	Tuesday	7-9PM

(Please Call to Enroll)

* **HOUSTON EXCLUSIVE** *
* **2005 GIANT ROAD BIKE PREVIEW** *
* **FACTORY REP - DEMO BIKES** *
* **SEE NEW TCR COMPOSITES** *
* **NEW COMPONENTS - NEW TECHNOLOGY** *
* **STRAIGHT FROM LAS VEGAS BIKE SHOW** *
* **FOOD & PRIZES** *
* **TUESDAY NOVEMBER 16, 2004, 5 - 9 PM** *
* **PRESENTED BY GLENN WHIPPLE** *
* **TEXAS GIANT REP** *

20% OFF
**WOMEN'S
SHEBEEST
JERSEYS**

IN STOCK ONLY
Not Good With Other Offers

**2004 CLOSE-OUT
GIANT
TCR
COMPOSITE ROAD
BIKES
PRICED TO SELL**

IN STOCK ONLY
Not Good With Other Offers

**FALL
TUNE-UP
SPECIAL**

REG NOW
\$65⁰⁰ \$45⁰⁰

Not Good With Other Offers

NWCC Clothing Order

by Lori Walker

It is that time of year again where we start ordering clothing. At the present moment I have available:

3ea. XXL and 3ea. XL NWCC purple polo shirts (\$20.00)
 1ea. S, 2ea. M, 2ea. L and 1ea. XL long sleeve jerseys (\$55.00)
 2 ea. XXL short sleeve jersey (\$43.00)
 and 1ea. XL bib.

If you are interested in purchasing these items please contact me at lwalkercycling@sbcglobal.net or go to the club web page and

look under "contacts" for "clothing goddess". Attached is a clothing form please fill out what you would like to order and mail in with a check attached. An order form for the clothing will also be on the web page shortly. The **dead line** for ordering is **November 2nd, 2004**. Our goal is to get the order placed and received by January, 2005. As always, the club must receive payment before the order is placed.

Also, a new material has just been introduced by Louis Garneau. According to their representative this new material is cooler

and lighter than the present material. All jerseys will be ordered with the cooler fabric. There is no change in the shorts and skin-suits. Shoe covers, leg warmers and arm warmers are also added to the clothing order.

Please note on the order form we will be ordering the purple polo shirts..

We have also put the clothing order on Active.com for anyone who wishes to pay by credit card. Active.com does charge a fee for using their services.

This is the order form for 2004/2005 clothing order. These prices are estimates. If the minimum quantity for an item is not met, that item will not be ordered. All moneys are due prior to the order being placed. Order dead line is November 2nd, 2004. (Per Lori Walker, deadline will be extended for one week for Pedal Pusher Readers - Ed.)

Name:

Email Address:

Phone Number:

Description	Size	Quantity	Price per Item	Total
Short Sleeve Jersey	XS		\$43.00	
- Pro Fit	S		\$43.00	
- 15" Hidden Zipper	M		\$43.00	
	L		\$43.00	
	XL		\$43.00	
	XXL		\$43.00	
	XXXL		\$43.00	
Short Sleeve Jersey	XS		\$43.00	
Relax Fit	S		\$43.00	
- 15" Hidden Zipper	M		\$43.00	
	L		\$43.00	
	XL		\$43.00	
	XXL		\$43.00	
	XXXL		\$43.00	

The Pedal Pusher

Description	Size	Quantity	Price per Item	Total
Shorts - Mens	XS		\$46.25	
- Men's Cut	S		\$46.25	
- Men's Chamois	M		\$46.25	
	L		\$46.25	
	XL		\$46.25	
	XXL		\$46.25	
Shorts - Womens	XS		\$46.25	
- Women's Cut	S		\$46.25	
- Women's Chamois	M		\$46.25	
	L		\$46.25	
	XL		\$46.25	
	XXL		\$46.25	
Enter the quantity you will commit to purchasing if the minimum quantity is met.				
If the minimum is not met this item might not be ordered.				
Long Sleeve Jersey	XS		\$55.00	
- 15" Hidden Zipper	S		\$55.00	
- Minimum quantity necessary = 16	M		\$55.00	
	L		\$55.00	
	XL		\$55.00	
	XXL		\$55.00	
	XXXL		\$55.00	
Wind Vest	XS		\$41.50	
- Minimum quantity necessary = 16	S		\$41.50	
	M		\$41.50	
	L		\$41.50	
	XL		\$41.50	
	XXL		\$41.50	
Wind Jacket	XS		\$41.50	
- Minimum quantity necessary = 16	S		\$41.50	
	M		\$41.50	
	L		\$41.50	
	XL		\$41.50	
	XXL		\$41.50	

The Pedal Pusher

Description	Size	Quantity	Price per Item	Total
Total Due at time of order				
Enter the quantity you will commit to purchasing if the minimum quantity is met.				
If the minimum is not met this item might not be ordered.				
Skinsuits = 16	XS		\$113.00	
	S		\$113.00	
	M		\$113.00	
	L		\$113.00	
	XL		\$113.00	
	XXL		\$113.00	
	XXX L		\$113.00	
ARMWARMERS	S		\$29.50	
	M		\$29.50	
	L		\$29.50	
	XL		\$29.50	
Bibshort	XS		\$53.75	
	S		\$53.75	
	M		\$53.75	
	L		\$53.75	
	XL		\$53.75	
	XXL		\$53.75	
	XXX L		\$53.75	
Total Due at time of order				
Enter the quantity you will commit to purchasing if the minimum quantity is met.				
If the minimum is not met this item might not be ordered.				
Purple Polo Shirt	S		\$20.00	
	M		\$20.00	
	L		\$20.00	
	XL		\$20.00	
	XXL		\$20.00	

2004 California Mountain Unicycle Weekend by Jerry Gruss

Many readers of this publication still think that bicycling and unicycling are very different sports. They are more similar than you might imagine. Both require strength, control, balance, determination and endurance. We train the same. We wear the same kinds of clothing. We eat the same foods and drink. Our gear requires near perfect fit and performance, or our ability is impaired. Either is as addictive to the serious cyclist. We travel great distances to compete (or ride) with own kind. But, these similarities are not the subject of this article. This article will attempt to describe the annual California Mountain Unicycle Weekend (CMUW), held this year at Lake Tahoe, Sept 16 thru September 19, 2004.

For the sake of brevity, I will say plans were made to travel with a fellow rider from San Antonio, and they worked out, more or less. I made a slight error getting on the freeway in Sacramento while driving to North Star and turned around on the Bay bridge. I shared a cabin with 11 other riders. Only 62 cyclists attended CMUW this year. The lack of attendance probably had something to do with the world competition in Japan ending only a few weeks prior to CMUW, and, other regions have begun to host mountain unicycle weekends. North Star is a ski resort near

Lake Tahoe, at about 6,300 feet, though some rides began around 9,000 feet.

The first event was held at North Star. Many of the ski runs are also used as cycling runs. The gondola takes riders and equipment part way up the mountain. From here only green and blue runs are available down, so we all opted to take the chair lift to the top. My first ride down was on a double black diamond, and I don't remember the name. After a short warm up section, the trail hit the woods with a 6 foot drop off a rock the size of a large Cadillac (which I walked). The trail is very steep. Rock sizes varied wildly, but the majority of this trail had rocks ranging from bowling balls to refrigerators. The trail had no flow, and basically the rider is forced by gravity to drop from rock to rock, occasionally pedaling a partial rotation between drops. Poor landings, lack of control, or improper launches were quickly and most rudely rewarded with not at all nice treatment by the rocks. After the first descent, bruises and bloody wounds were compared by many, with 'pedal tracks' being most common. I found the double black diamond runs to be mostly ridiculous terrain and not very rideable on a unicycle, let alone a bike, though some sections were fantastic. The second run, I rode with two others on a

single black diamond called Sticks and Stones. It had both (understated). The rocks were similar as before, though not as intense. The logs across the trail were able to be rolled onto, without hopping first, and the drops off them were never more than a few feet. The trail had flow. Sharp bends lined with deep dust and boulders were exciting. Many obstacles off the side of the trail provided a full playground. I was surprised by the dust on the trail. Sometimes a drop would appear to have a nice clean landing, only to find dust about a foot deep. It was like dropping into flour. It required pedaling out, even though it was down hill. The dust was everywhere, and, though not always deep, it made everyone dirty.

The second day we rode a section of the Rim Trail. It is a 70+ mile trail that circles high above Lake Tahoe. The 11 mile section we rode is hiker and biker friendly. Upon arrival, I realized my riding boots were still at the cabin and had to borrow a pair of tennis shoes, rather than ride with my sandals. It was cold and very windy and I wore the only sweatshirt I brought, as well as long riding pants. The trail was single track. The locals consider this trail to be 'mostly downhill', though the climbing sections would have been difficult even if

(See "Unicycle Weekend," Continued on page 15)

("Unicycle Weekend," Continued from page 14)

I hadn't ridden the first day. Riding with 62 other unicycles on single track is an experience that surprises everyone on the trail. At one point I found myself riding alone, with no one in sight. When I noticed some horse riders coming the other way, I stopped and climbed up and off to the side of the trail to allow them to pass. Three ladies steered their horses slowly towards me. They'd already seen much of the group and were not very surprised to see another unicycle on the trail. When they were all within hearing distance, I pointed to a horse and asked 'Is that thing hard to ride'. It took them no time to realize we must hear that question often, and found my remark to be very amusing. The trail had many climbs and descents, but much longer and steeper than around here. Rock ledges appeared around every corner, some looking like poorly sized stair cases and some obvi-

ous attempts to make the rock negotiable on a cycle. An occasional switch back added concern to any attempt at speed. Bicyclists passed us, but it was not a steady stream in either direction. The trail eventually led onto a fire road with posted speed limits of 17mph, and 5mph on curves. I'm sure I never broke the limit.

The third day was a short 6 mile ride (that was actually over 11 miles including the climb to the start) on a trail near the house of one of the members who hosted the event. It was also a day for trails and street competition. Again, the climb to the beginning of the 'mostly downhill' trail was killer, and I took one picture of a long line of cyclists pushing their unicycle up the single track. Even the builder of the trail has yet to pedal to the top. This trail had many interesting things to try along the way down. Most of the very technical features were off to the side, allowing the rider an option of easier

or more difficult way down. We got to the bottom by lunch time, and just before it started snowing. The snow made the trials obstacles wet and more dangerous, so the competition was cancelled. The street competition was cool to watch, and I assisted with judging.

Each day, the stairs in the cabin provided much amusement. As people woke up and came down stairs, it was clear which muscles had been abused the previous day. Side stepping one at a time down to the kitchen was not unusual. If the rides weren't enough, being able to watch some of the best riders in the world was worth the trip. I could do some name dropping, but if you've ever seen any 'extreme unicycling' video clips, I would bet the rider was in attendance at this CMUW. I accomplished my goal; 'to attend, ride and not get hurt' and can hardly wait for the event next year.

("Race Results," Continued from page 9)

5th Dana Chamness
6th Scot Orgish
8th Daniel Joder

Here are the placings of NWCC riders at the Chappell Hill Classic Road Race 09/12/2004

Men Pro 1-2
4th Thomas Hallock
10th Troy Dunton
13th Laurence Lane
16th Keith McCollum
19th Brian Bacon
20th Ryan Albert

Men 3
16th Damen Sistrunk
Men 4
13th Ed Scardaville

Women Pro 1-2
4th Laura Meichan

Women 4
5th Kristina McDaniel
9th Carol Ambuhl

Masters 35+
6th David Bumbaugh

Masters 45+
3rd Stephen Gustitis
5th Dana Chamness
11th Scot Orgish
14th Timothy Arnold
17th William Allen
20th Tom Reed

Youth(10-14)
1st Alan Ting

2nd Daniel Walker
3rd Gregory (Lawson) Craddock

TXBRA 2004 Overall Team Results
(as of October 14)

1st Northwest Cycling Club/Alkek Velodrome 13879.5
2nd Matrix Cycle Club 13638.0
3rd Southern Elite 7984.0
4th Plano Cycling/Cannondale/GSTz 6008.5
5th Mirage 4043.5

Further, there is one track category still undecided for the overall:
Mens P-1-2
1st Shaun Bonavita Frisco Cycling Club 299.0 points
2nd Robert Bodamer Northwest Cycling Club/Alkek 284.0

Northwest Cycling Club Collegiate Scholarship Application

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

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

The Northwest Cycling Club scholarships are awarded to college students who: are active members of NWCC, are active cyclists even during their school terms, show evidence of extraordinary constructive involvement in the cycling community and strive for excellence in their academics. For Spring 2005 there will be up to three scholarships awarded in the amount of \$500 each.

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

How to apply: Please fill out the following application completely, and mail to the address below. All applications for the Spring 2004 semester must be received by December 31, 2003. After review of applications by the club's board, the scholarship recipients will be announced at the February club meeting.

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

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

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

Remit to:
NWCC
Attn: Club President
P.O. Box 1494
Cypress, TX 77410

(Continued on page 17)

(Continued from page 16)

Name: _____

Mailing Address: _____

Phone: (home) _____ (work) _____

Permanent Address _____

E-mail: _____

College or University currently attending: _____

Major: _____

Current Academic Status:

High School Senior _____

College Freshman _____

College Sophomore _____

College Junior _____

College Senior _____

Graduate Student _____

GPA for last semester: _____

Please list all academic honors or awards:

(Continued on page 18)

The Pedal Pusher

(Continued from page 17)

Are you an active cyclist? _____

Are you currently a member of a cycling club? _____

If so, what club? _____

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

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

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

NWCC 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

In late September I rode a really great ride in Corpus. The Conquer the Coast was a 65 mile route over numerous bridges and causeways, one ferry, parts of three islands, and one naval air base. It started and ended in downtown Corpus Christi. This was one of the best organized rides I have ever seen. All of the bridges and many other difficult traffic areas were controlled by many officers, flagmen, and other volunteers and staff. Rest stops were frequent and well provisioned, with enthusiastic volunteers handing out bottled water and sport drink, as well as fruit and nutrition bars. Volunteers at some stops met the riders as they

approached the stop, handing them bottles as they rode by. Others had fruit and bars on trays, and collected the wrappers and peelings for the riders when they were finished. Free pizza and beer after the ride completed the morning! Was this a dream ride, or what? Zeke, Diana, and I all were there with our NWCC jerseys in view. Make this ride next year if you can!

Don't miss a special event at NWC this month on the 16th. Glenn Whipple, the Texas Giant Rep, is bringing the Giant displays and bikes from the Las Vegas Bike Show to our bike shop. Cathie Neagli will furnish food

and prizes. Closeout prices on 2004 Giant TCR bikes in stock, and a chance to see and order 2005 bikes and gear will complete the evening. Doors will be open until 9:00. This is a must see event. Please support our local bike shop.

Speaking of the Giant TCR bikes, I have sure been hearing a lot about them, lately. They have been referred to as the fastest comfortable road bike around, and at least one local mechanic says, "I really love mine!" A lot of people make Carbon Fiber bikes, but Giant is apparently doing it really well. Come out and see what is new for next year.