



The Pedal Pusher

August 2009

A monthly publication promoting the spirit of the Northwest Cycling Club

Message from the President

By David King

For the month of August, I let other people write a lot of the content for the Message from the President. I know that may make the title of the article a little misleading, but it just happens to be exactly the message that I wanted to convey this month.

Dear NWCC:

After participating in the Katy Flatland yesterday, I owe you this email. I was one of the people complaining after the Bluebonnet Express about the lack of supplies at the rest stops. My riding buddies and I were quite upset about the poor nutrition choices we had during that long ride and the long bathroom lines. The changes that were made for the ride yesterday were fantastic! At every rest stop the quality and quantity of supplies were outstanding and the bathroom lines were quite short. At one stop, the Boy Scouts from Troop 202 were even walking around the bathroom line offering to fill up water bottles and passing out fruit. Having ice available for us to put into our water bottles was an excellent idea. Of course the spaghetti meal and the finisher pins were a nice touch at the end as well. I took advantage of paying for

VIP parking and loved the convenience. Thanks for ordering the cooler weather too! I have copied my riding buddies from the Bluebonnet Express on this email so they can see what they missed out on and let them know that Northwest Cyclery put on a WELL-supported ride yesterday. Thanks again, KZ

NWCC,

Thanks to all who volunteered. The ride was awesome and well run. The rest stops that I stopped at on the 40-mile route were well stocked and well run. I give a shout-out to the Boy Scouts at the second stop who walked around offering water and ice to the riders. It was nice to skip the water line and have some nice cold Water and Gatorade for the next 11 miles.

Thanks again. John E.

Dear NWCC

Well run -- rest stops were awesome - - didn't hit them all but the ones I did had friendly faces and were well stocked. Made my first Century 5:02!! Sweet!

Debra

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'Round the Corner

**Hotter'n Hell Hundred Weekend
August 28—30**

Ride Starters for August-September

*All Saturday rides start at Zube Park—unless otherwise noted
August rides start at 7:30 am—September rides start at 7:30 am*

Aug 1—Ron Ostrowski	Sep 5—OPEN
Aug 8—Robert Hardy	Sep 12—Tina Crichfield & Daniel Sanchez
Aug 15—OPEN	
Aug 22—Chris Garringer	Sep 19—OPEN
Aug 29—OPEN	Sep 26—OPEN

Welcome New Members

The following people have recently joined
Northwest Cycling Club:

<i>JIM BLACK</i>	<i>ELIZABETH MORTON</i>	<i>PATRICK SHRIMPTON</i>
<i>ALAN BLACKBURN</i>	<i>MARTINEZ & ARIEL</i>	<i>& FAMILY (PHILIP)</i>
<i>CECILIA BLODGETT</i>	<i>JAY PETERSON</i>	<i>JASON TINDER</i>
<i>LYNN DOOLEY</i>	<i>EDWARD PINA</i>	<i>GRETA VERHALEN</i>
<i>KATHLEEN & TERRY</i>	<i>ANDREW POWELL</i>	<i>TREY WALKER &</i>
<i>GARRETT</i>	<i>JEFF RICHIED</i>	<i>FAMILY (TAMMY)</i>
<i>APRIL HERRING</i>	<i>ANDREW RUBIN &</i>	<i>BRANDIE BUTLER</i>
<i>DEBBIE LAWRENCE</i>	<i>FAMILY, (LOBNA &</i>	<i>ANTHONY WILKERSON</i>
<i>KEITH LYONS</i>	<i>ELAINE)</i>	<i>& SANDRA WILKERSON</i>
<i>PHILIP MCCARTNEY</i>	<i>TOM RUM</i>	<i>WALLY WILKINS &</i>
<i>IVAN SUE</i>	<i>LARRY WILSON</i>	<i>FAMILY</i>

If you happen across any of these new members
on an upcoming ride, be sure to introduce yourself and
welcome them to our club.

The Pedal Pusher Deadlines

Do you have an interesting article you'd like to have
published in the next issue of *The Pedal Pusher*?
Please submit all articles or classified ads by the
15th of the month prior.

Submissions should be sent to
Deedra Chatelain at
deedra5150@gmail.com



Club Officers

President	David King	832-236-4471 DavidKing228@gmail.com
Vice President	Val Tiemann	281-225-5626 valtiemann@entouch.net
Secretary	Tracy Bollenbaugh	713-863-1205 t3mx5@hotmail.com
Treasurer	Laura Santiago	832-687-3300 llsantiago@sbcglobal.net
Past President	Alan Bazard	281-693-3152 abazard@comsolidated.net
Membership Chairman	Stafford Campbell	281-820-1002 fsc9910@yahoo.com
Ride Start Coordinator	Peri Mashburn	713-880-9559 mashpe@aol.com
Equipment Coordinator	Mark Faust	281-379-1291 mark.faust@sbcglobal.net
New Rider Leader	Mark Faust	281-379-1291 mark.faust@sbcglobal.net
Katy Flatland Director	David King	832-236-4471 DavidKing228@gmail.com
Bluebonnet Director	Daniel Sanchez	281-693-0418 sanchdl@comcast.net
Rider Safety	Scott Beard	281-374-4755 sab Beard@gmail.com
Race Director	Matt Hester	281-382-9208 mhester1@gmail.com
Road Race Captain	OPEN	
Mtn Bike Captain	Dary Garrido	713-466-1240 4dary@comcast.net
Newsletter Editor	Deedra Chatelain	713-855-0062 deedra5150@gmail.com
Primary Sponsor	Jim Osbon	713-466-1240 Northwest Cyclery
Webmaster	Dana Chamness	chamnessd@yahoo.com
NWCC Website	www.northwestcyclingclub.com	

Please feel free to contact
any of the club officers with
your
comments or suggestions
or any questions
you may have about
Northwest Cycling Club.

Operation Omega—3

By Meghan Hall

We've all heard of omega-3 fatty acids, but what exactly are these types of fats and what do they do? Omega-3 and omega-6 are two types of polyunsaturated fatty acids and are considered essential—meaning they're not produced in the body and must be consumed. The majority of Americans fulfill their quota for omega-6 fats, which are prevalent in vegetable oils and processed foods. Our problem lies with omega-3 fats. Ideally, the ratio of omega-3 to omega-6 in our diet should be 1 to 1. But for the average American? It's currently 25 to 1. This skewed ratio may lead to inflammation-related health problems such as heart disease and arthritis.

Considering the myriad health benefits of omega-3, we all need to step up our intake. This fatty acid has an essential role in the receptors of cell membranes as well as with the function of your brain, eyes, and heart by fighting infection and inflammation. (Athletes often pop drugs such as ibuprofen, but 1000-2000 mg of naturally anti-inflammatory omega-3 can decrease that need.) They also play a role in the hormones that regulate blood clotting, inflammation, contraction and relaxation of artery walls. Plus, the nutrient lowers blood pressure, heart rate, and triglyceride levels while helping to prevent arrhythmia.

So now that we've established the benefits of omega-3s, where do you find them? There are two categories of omega-3s, and it has not been shown whether the two categories are equally beneficial. EPA and DHA are found in fish, while ALA is available in nuts and leafy vegetables. From the plant-based sources, ground flax, walnuts, and chia seeds are your best choices.

The current recommendation is to eat a serving of fatty fish one to two times per week and have one rich source of omega-3 fatty acids per day. (Taking fish oil supplements is a viable alternative.) Following this advice is particularly important for pregnant women, since omega-3 fats have been shown to have a profound impact on babies' brain and nervous system development. Also, studies show that eating one to two three-ounce servings of fatty fish per week reduces the risk of dying from heart disease by 36%, though currently fewer than one in five Americans meet the recommendation.

Omega—3 Amount

◆ Salmon	1830 mg
◆ Anchovies	1750 mg
◆ Tuna	1280 mg
◆ Mackerel	1020 mg
◆ 3 Omega Fortified Eggs	114 mg
◆ 3 oz Grass-fed Beef	136 mg

Written by Nutrition Intern, Megan Hall

Katy Flatland Century

The 2009 Version

Bigger and Better! That's what we were shooting for when we started planning this year's Katy Flatland Century. We had a few hurdles thrown in our path (to be expected, I guess) - such as last-minute route changes by the Katy Police Department, the caterer canceling ten days before the event, and *really*-last-minute road destruction! But, in spite of all of that and more, the end result definitely achieved the Bigger and Better designation.

But it takes more than a couple of guys for an event of this magnitude to happen, let alone take it all the way to Bigger and Better. It takes an entire herd, gaggle, flock, pack, school, murder, brood, colony, clutch, mob, cast, rookery, clutter (and any and all other group names you can think of) to make something like this come together and be a success. (WOW! That last sentence freaked out my grammar checker.) So, without further ado, let me make this year's attempt at doling out the thanks.

First of all, thanks to the cast members playing Organizational Committee roles:

Scott Beard as the Course / Ride Marshall
Coordinator

Vanessa Beard as the Assistant Registration
Coordinator

Tina Crichfield as the Police Coordinator

Mark Faust as the SAG Coordinator

Robert Hardy as the Rest Stop Coordinator

Katie Noble as the Parking Coordinator

Daniel Sanchez as Co-Director and
A-Gazillion-Other-Things Coordinator

Amy Vanzant-Hodge as the Registration
Coordinator

Thanks to everyone that showed up at the shop on the Wednesday evening before the ride to stuff 2200 packets. We had so much fun stuffing packets and eating pizza and drinking beer that I forgot

to make a list of names. But most of them would appear further down in this article anyway because everyone just loves to volunteer as much as possible to help out at the KFC.

Next up, a big round of thanks for all the folks that helped get 2500 bike riders registered for this event (in no particular order, alphabetical, agewise or otherwise): **Amy Vanzant-Hodge, Vanessa Beard, Lewis Jones, Myriam Casey, Jim Crocco, Helen Pakeltis, Brian Casey, Melanie Chamness, Derryl York, Tracy Robbins, Cyndi Gutowski, Samy Hodge, Laura Meichan, Kevin Lawrence, David Collins, Suzanne Jarvis, Tom Holland, Paul McCracken, Zel Rosado, Pearl Anderson, Karen Fore, Pat Howard, Roger Howard, Daniel Cleveland, Alvaro Villamizar, Jim Huddleston, Cindy Huddleston, Barbara Maligas, Helen Currie, Janet Foster, Cheryl Pfennig, Ashley Venable, James Deitiker, Sam Billioni, Steve Berg, Deeanna Berg, Sam Joseph, Leo Bonser, Alan Bazard, Jimmy Quick, Pat Perry, Debbie Nutt, Sherwin Harvey, Jeff Taner, Anne McCutcheon, Kevin Given, Scott Beard, Mike Butler, Peri Mashburn, and Albert Schmidt.**

Not everyone rode his or her bicycle *to* the event, a few participants drove. To help them park their vehicles once they arrived, thanks go to the following individuals: **Katie Noble, Elie Graustein, Zel Rosado, Rick Boggan, Jeanette Tyler, Carol Ambuhl, Rick Snyder, Matt Hester, Chris Albaran, George Holland, and Michael Burkett.**

Thanks go out to our outstanding crew of SAG drivers this year: **Mark Faust, Gary Alexander, Mike Foster, Mike Hutton, John Crichfield, Tina Crichfield, Jeff Dixon, Stafford Campbell, Ian King, Peri Mashburn, Rolando Tolention, Daniel Sanchez, Mike Butler,** and honorary club member volunteer, **Dory Cayten** from the Ameri-

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August / September 2009

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Zube 7:30 Ride Starter Ron Ostrowski
2	3	4 General Meeting 7:30 pm	5	6 Cypress Creek Off-Road 6:00pm	7	8 Zube 7:30 Ride Starter Robert Hardy
9	10	11	12	13 Cypress Creek Off-Road 6:00pm	14	15 Zube 7:30 Ride Starter OPEN
16 President's Ride NW Cyclery 8:08	17	18	19	20 Cypress Creek Off-Road 6:00pm	21	22 Zube 7:30 Ride Starter Chris Garringer
23	24	25 Board Meeting Natalita's 7:00 pm	26	27 Cypress Creek Off-Road 6:00pm	28 Hotter N Hell Hundred Road Trip	29 Zube 7:30 Ride Starter OPEN
30	31	1 General Meeting 7:30 pm	2	3 Cypress Creek Off-Road 6:00pm	4	5 Zube 7:30 Ride Starter OPEN
6	7 Labor Day (Century Ride with the Prez Day)	8	9	10 Cypress Creek Off-Road 6:00pm	11	12 Zube 7:30 Ride Starter Tina Crichfield Daniel Sanchez
13 Chappell Hill Road Race	14	15	16	17 Cypress Creek Off-Road 6:00pm	18	19 Zube 7:30 Ride Starter OPEN
20 President's Ride NW Cyclery 8:09	21	22	23	24 Cypress Creek Off-Road 6:00pm	25	26 Zube 7:30 Ride Starter OPEN
27	28	29 Board Meeting Natalita's 7:00 pm	30			

Message from the President

(Continued from page 1)

*Thanks to NWCC
Excellent job by all involved. Thanks for a perfect day!
MB*

*NWCC,
The Katy Flatland was fantastic. Thanks very much to all the people who make it happen. It is very nice of you to volunteer. This event is so well run and fun! Much appreciated.
Paul*

*David and NWCC,
Thank you and your team for putting a great ride together today. The reverse route and the various distances were well appreciated and I am pleased that the turnout for the ride was excellent. I hope to be there next year again.
Thanks - Hans S*

Daniel and I received literally hundreds of emails very similar to the ones printed above. It should make every NWCC member that helped to put this ride together very proud that people took a moment to send us an email letting us know what a good job our club does on this event. Okay, so there were a couple of mistakes that happened, and we got a few emails of constructive criticism about those areas. But, the majority of those emails were just that – constructive criticism.

We increased our actual riders by almost 1,000 over last year. We tried a few new things this year. We moved back to Rhodes Stadium. All in all, I was very pleased with the results. Of all the new stuff we did this year, I think I was the most pleased about our Start / Finish area and the fact that people actually hung around after their ride. Granted, a good spaghetti dinner goes a long way towards making something like that happen! Riders continually stopped by the NWCC booth



to pick up their finishing pins and tell us how great their ride was. It was good to see Northwest Cyclery had a booth set up at the Start / Finish – as well as Clif Bar, Team in Training, and Tour du Rouge. Ernie had his canopies set up and people were lined up waiting for massages. The Boy Scouts had a huge canopy where riders could hang out and enjoy their sno-cones.

If you missed the Katy Flatland Century this year, I hope the letters above will get you motivated to be a part of it in 2010. There's plenty of room to make it even **Biggerer** and **Betterer**!

For now – stay hydrated – ride safely – watch out for each other.

Freewheelin' Dave - Prez

Thursday Evening Off-Road Rides Return!

It's time once again to get those mountain bikes out on the trails of Cypress Creek and join other Northwest Cycling Club members for an evening of off-road riding.

Plan on meeting Thursday evenings at 6:00 at the trail entrance in Collins Park (see map). Collins Park is located south of Cypresswood Drive just east of Stuebner-Airline Drive (turn south on York Minister Rd next to the Precinct 4 Courthouse)

It doesn't matter if you're an off-road racer, an intermediate rider and someone completely new to off-road riding - come on out and join in on the fun!

2009 Fall TMBRA Series

Camp Eagle Classic—September 5-6, 2009
Camp Eagle - Rocksprings, TX

Huntsville Classic—September 12-13, 2009
Huntsville State Park - Huntsville, TX

BTU Power Pedal—October 3-4, 2009
Lake Bryan Park - Bryan/College Station, TX

Palo Duro—October 17-18, 2009
Palo Duro State Park - Canyon, TX

Piney Hills Classic—October 24-25 2009
Lincoln Parish Park - Ruston, LA

Rocky Hill Rampage XIII—November 7-8, 2009
Rocky Hill Ranch - Smithville, TX

NWCC Does HHH

**Northwest Cycling Club is organizing a trip to
The Hotter 'n Hell Hundred in Wichita Falls.**

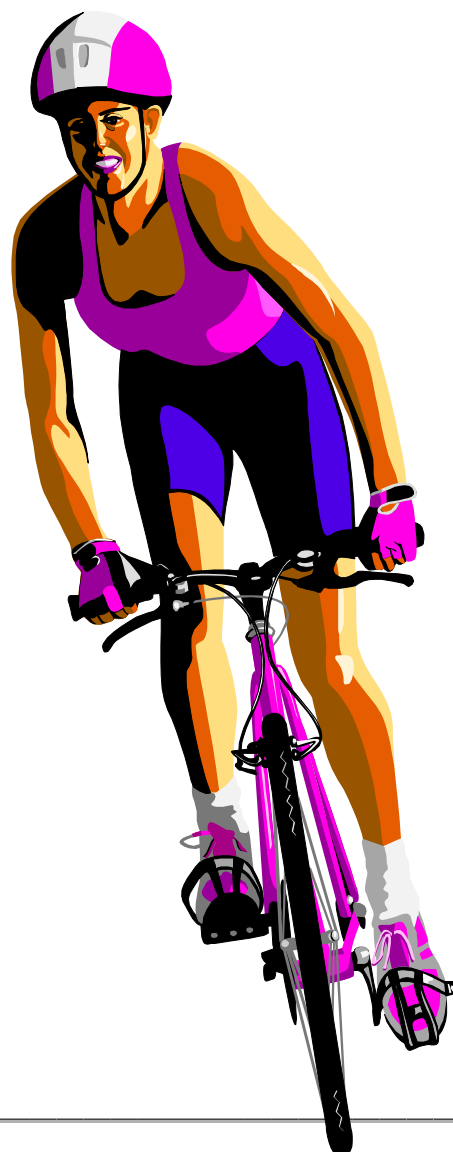
**The plan is to caravan up on Friday morning and return on Sunday.
Accommodations plans are for the YMCA for Friday and Saturday nights
at \$12 per person per night. The ride is Saturday, August 29th.**

**Contact Val Tiemann by August 5th to make reservations
and reserve your spot.**

281-225-5626 or valtiemann@entouch.net

Pay-to-Ride Events In Texas

- August 15, 2009 **Cove House** 254-547-3717
- August 16, 2008 **Sherman Kiwanis Red River Rally** email-jvanbeb@cableone.net 903-815-1068
- August 29, 2009 **Hotter-N-Hell 100** 817-692-2925 or 940-322-3223
- August 29, 2009 **Sean Ashley House Tour d Autism** 713-304-0028
- September 6, 2008 **Cowtown Classic** 817-732-0460
- September 10, 2005 **Jackrabbit Stampede** 972-564-3247
- September 12, 2009 **Ride to Remember** 210-710-0617
- September 12, 2009 **Tour de Cure** 972-392-1181
- September 13, 2009 **Tour de Pink** 713-524-7465
- September 13, 2008 **Tour de Florence** 254-793-3363
- September 13, 2008 **Patriot Pedal** 817-442-0339
- September 19, 2009 **Hale on Wheels** 800-658-2685
- September 19, 2009 **La Vernia Heritage** 210-389-5630
- September 19, 2009 **Tour de Cure Houston** 713-977-7706
- September 20, 2008 **Cotton Patch Classic** 903-455-5405
- September 20, 2008 **Portland Sunset Challenge** 361-643-2475
email-chamber@portlandtx.org
- September 20, 2008 **Tour de Possum** 903-832-0071
- September 25, 2009 **Autumn in Bonham** 903-583-4811
- September 26, 2009 **Waco Wild West Century** 254-772-2453
- September 27, 2008 **Parker Ride for Wellness** 214-902-3432
- September 27-28, 2008 **Lone Star Ride Fighting AIDS** 915-585-2822
- September 28, 2008 **Cy-Fair Lions Biking for Sight** 281-550-2798



Katy Flatland Century—The 2009 Version

(Continued from page 4)

can Red Cross and the Tour du Rouge.

Although the Boy Scouts set up and run each Rest Stop, we always like to have a club member present at each location to represent NWCC. This year I'd like to thank the following members for helping to make sure our Rest Stops ran smoothly: **Robert Hardy, Debbie Nutt, Barbara Miligas, Dana Chamness, Chuck and Sandy Martin, Natalie Ward, Doug Hicks, Val Tiemann, and Debbie Nutt** again (because she closed one down and moved to another!). Also out on the route helping riders to not get lost, thanks go to **Scott Beard** and **Larry Karson**. Thanks goes out again to **Rick Boggan** for the creative artwork on this year's t-shirt and ride map. I also would like to thank **Annette Mitchell, Vanessa Beard, and Evangline "E"** for helping pass out the KFC Buzzard pins to the riders as they came across the finish line.

It almost would have been a much shorter article if I would have listed the club members that did not help in some way to make this ride a success! Well, come to think of it, there were probably some club members that *paid* the registration fee and did the ride – I guess they helped to the success of the ride too, huh? So thanks also to all of you guys and gals that rode the Katy Flatland Century!

As always, we also owe a tremendous thanks to other organizations that volunteer their time and support to keep this ride operating at a level our participants have come to expect:

Boy Scout Troop 73 Coordinated by **Jim Weber** and **Gayle Weber**

Troop 73 Truck Driver **Brian Elsasser**

Boy Scout Troop 202 Coordinated by **Kathleen Blanchard** and **Stephanie Pierson**

Troop 202 Truck Driver **Doug Blanchard**

Boy Scout Troop 1001 Coordinated by **Lorelei Whitfill** and **Matt Waters**

Start / Finish Area Truck Driver – whoever that guy was

HAM Radio Operators Coordinated by **Mike Hardwick**

Gold Wing Motorcycle Support Coordinated by **Jim Vardaman**

CyFair Lions club and **Chuck Martin** for the use of the Sno-Cone machine

And of course, all the help we get from our club sponsors

Jim Osbon and **Lori Walker** and the staff of

Houston Cycling Centres – Northwest Cyclery

I'd sure like to think that I've not missed anyone here, but it is inevitable that I've misplaced a name somewhere or possibly missed a very key link in this whole gathering of individuals. If I did, my apologies – hopefully you at least got a bright orange volunteer shirt. If not, uh... see Daniel!

This year's KFC was a whopping success. Thanks to **d) All of the above**, for making it happen.

David King

Collector of Volunteers to make being a Ride Director so much easier

Classified Advertisements

FOR SALE - Softride Solo

Medium frame size, very adjustable with the carbon fiber beam and the saddle positions easily moved for your perfect fit. The carbon beam acts like a large spring and really takes all the bumps and roughness out of your road rides. This bike can do touring, racing, or just for fun. Would be an excellent MS150 bike, since it is so comfortable. Comes fully equipped with triple chain-ring, 9 speed cog, aero bars, under-beam storage bag, computer with cadence, and even a like new set of racing wheels if you want to purchase. This Dream Bike would be a perfect addition to any bike stable, or the start of a new adventure for someone who wants to start road cycling on the best. I am 5'3", but because of the unique design, the beam and saddle are infinitely adjustable.

Call Sandy at 281-550-2798 or bikee77095@yahoo.com.

Needs a good home that will give her plenty of workout.

FOR SALE OCR® 2 (2005)

Versatile enough for touring, charity rides, and serious commuting.

Spirited enough for entry level racing.

LIKE NEW!

Less than 25 miles!

Email

ehag73@hotmail.com

or phone

713-231-6335

\$650 OBO.

For Sale: 650C Wheel Set

- ◆ Three Carima racing wheels for road and track (disk and 4-spoke). Only \$450.
- ◆ **46 cm Lite Speed** road bike with carbon fork and C-Record Campy components, Look pedals and Ralph Vector Pro Wheels. \$2900.

Contact 832-282-3744

2001 Trek 5500

60cm, all carbon frame, all Dura Ace components with triple chainring, wireless computer with cadence, aero bars. Excellent condition. Asking \$1600.00

Contact Rick Williams

281-300-7731

Have an advertisement or announcement for the Pedal Pusher's classified section? Classified advertisements in this section are free for club members. Send submissions to deedra5150@gmail.com. Please notify us once the ad should be discontinued. Ads are due by the first Tuesday of the month. For best results, include size, age, condition, etc. of all items.

FOR SALE—Giordana

like new, giordana - track bike (fixed gear) for sale. will need tires -- rims included. no peddles. \$200

For more club member cycling deals, be sure to check out the Classified section of the NWCC website.

NorthwestCyclingClub.com

Just click on the Classified link near the bottom of the Home page.

NWCC MEMBERSHIP APPLICATION

CHECK ONE: NEW MEMBER _____ RENEWAL _____

Last Name: _____ First Name: _____

Family Membership Names: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Home Ph: _____ Work Ph: _____ Cell Ph: _____

Email Address: _____

Occupation: _____ Willing to Volunteer Skills?: Y N

Birth Date(s): _____

Medical Condition: _____

Emergency Contact: _____ Phone: _____

Primary Reason for Joining NWCC? _____

I allow my contact information (Phone numbers and email address) to be published in the password protected online Membership Directory: Y N (circle one)

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
- 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 / year for single membership and \$30.00 / year for family membership. Your membership will expire 12 months from the date you join. The month prior to your membership expiration date, you will notified by email that it's time to renew. Your monthly newsletter, *The Pedal Pusher*, will be available online on the club website and you will receive an email notification as new issues are available.

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

Signature: _____ Date : _____

Amount Paid: (Circle One) \$20.00 Single \$30.00 Family Check # _____ Cash Received By: _____

Make checks payable to: **NWCC** Mail to: **NWCC Membership, PO BOX 1494 Cypress, TX 77410**

The Pedal Pusher

Northwest Cycling Club
PO BOX 1494
CYPRESS, TEXAS 77410

Sponsored by



UPCOMING CLUB MEETINGS:

August 4th Meeting Guest Speaker
Regina Garcia from Bike Houston

September 1st Meeting Guest Speaker
Kevin Highfield from GHORBA

October 6th Meeting Guest Speaker
Alan Bazard—2009 RAM Presentation

November 3rd Meeting Guest Speaker
David King / Alan Bazard—Tour du Rouge Presentation



The Pedal Pusher

Bike Around the Bay

The "Lyondell-Basell Bike Around the Bay" is a fun two day, 148-mile bicycle ride around Galveston Bay showcasing the natural beauty of Galveston Bay and benefiting the Galveston Bay Foundation. We are pleased to offer the second annual version of the ride this year on October 10th and 11th and we hope to improve on what was a great first year.

The ride will once again start in Anahuac, Texas and continue along a scenic route that includes many fascinating sights and highlights. Riders will spend the night in Galveston where they will enjoy an informal Beach Party at Moody Gardens' Palm Beach. Day 2 will bring the riders north along the west side of Galveston Bay where they will ultimately finish outside of Baytown, Texas. We hope you will join us! For more information and to register please visit www.galvbay.org or call 281-332-3381 (X213).

Many thanks,
Emily

Emily Demmeck
Marketing and Membership Director
Galveston Bay Foundation
17330 Hwy. 3
Webster, TX 77598
281-332-3381 x213 (voice) 281-332-3153 (fax)