



QUEEN CITY WHEELS INC.

CINCINNATI, OHIO

UNITED STATES
CYCLING FEDERATION INC.

MEMBER CLUB
#0153

SANCTIONED BICYCLE RACING SINCE 1972

Fall Newsletter
October 1990

1. Calendar of Events

October 21 10:00 AM	QCW Training Ride - Huntington Bank/Boone Woods Park
October 26,27,28	Toys For Adults - Convention Center Wright Brothers Cyclery Booth
October 28 10:00 AM	QCW Training Ride - Loveland Bike Trail
October 28	KY. Mountain Bike Championship - General Butler State Resort Park
November 4 10:00 AM	QCW Training Ride - Miami Whitewater Forest
November 11 10:00 AM	QCW Training Ride - Roundbottom Road
November 17 6:00-10:00	QCW Awards Banquet - Blue Ash Recreation Center

2. The Queen City Wheels Awards Banquet and Annual Meeting will take place Saturday November 17, 1990 at the Blue Ash Recreation Center on Cooper Road just east of Reed Hartman Highway. Everyone who has paid the Individual or Family dues is invited regardless of which team you raced for. It is free, just call 791-RIDE to make reservations as it will be catered this year. Guests will be required to pay \$5.00 for adults and \$2.00 for children. Juniors may bring one adult free. There will be plenty of food, beer, and soft drinks. This year's raffle should be especially interesting as we hope to have some very nice prizes.

The day will include two rides. Each ride will leave the recreation center at 3:30 PM. The rides will be 20 and 40 miles in length and led by someone familiar with the roads. Shower facilities will be available after the rides.

The agenda for the Annual Meeting is shown below. Anyone with additional agenda items should submit them to the Executive Committee before November 1, 1990. Nominations for office and/or the Executive Committee should be submitted by the same time to the Nominating Committee. Send all requests to QCW, 134 Lafayette Lane, Cincinnati, Ohio 45220.

If you wish to VOLUNTEER to help out with the meeting call someone on the Executive Committee or call 791-RIDE.

Wright Brothers
Cyclery & Fitness

Exceed
SPORTS NUTRITIONALS

Esprit
FROZEN YOGURT

WELLINGTON
SPORTS MEDICINE

3. ANNUAL MEETING AGENDA

- I. Treasury Report
- II. Junior Program
- III. Ride Line
- IV. Spring Training Series
- V. Blue Ash Dash
- VI. Club Sponsorship
- VII. Club Training Rides
- VIII. Club Elections
- IX. Awards Ceremony

4. We are now actively seeking to renew and/or add team sponsors for the 1991 race season. If you have a contact for potential sponsors please call Jim Flaherty W-9845544 H-221-6196 or Chip Ellison H-561-2607.

5. QCW weekly training rides - Beginning October 21st QCW will sponsor a weekly, Sunday morning club training ride. These rides are fast paced group rides designed to enhance the fitness and riding skills of club members, and to give all the opportunity to regularly ride with fellow club members. Locations are varied throughout the Greater Cincinnati area, encompassing a variety of routes and terrain. Each location will feature two loops of approximately 30 and 50 miles to match the needs of the different groups. All routes utilize predominantly rural roads. Maps will be provided at the start of each ride.

Locations and Schedules -

WEST - 1st and 5th Sunday of each month. Departs from the harbor parking lot of Miami Whitewater Forest, near Harrison, Ohio. From I-74/I-275 take exit #7, SR 128/Miamitown. Follow 128 north to the first traffic light, Harrison Avenue, and turn left. At approximately 3 miles in the very small town of Bluejay turn right on West Road. At the bottom of a steep hill turn right into the park and follow the signs to the harbor. (Note: A Hamilton County Parks parking permit is required, \$1 day, \$3 annual) The terrain of this ride is rolling with some easy hills.

EAST - 2nd Sunday of each month. Departs from Township Tavern on Roundbottom Road approximately 3 miles east of SR 32. The terrain is mostly flat.

SOUTH - 3rd Sunday of each month. Departs from the Huntington Bank/Boone Woods Park lot on KY 18 near Burlington, Kentucky. From I-75 take exit #181, KY 18/Florence/Burlington. Turn west on 18. The bank is 3.5 miles on the right just past KY 237. The terrain of this route includes several major climbs.

NORTH - 4th Sunday of the month. Departs from the Loveland Bike Trail parking lot in downtown Loveland. Terrain is rolling.

A. Rides are open to QCW members only. New members are always welcome, and can join at the start of the ride. (\$10 annual, arrive early to join)

- B. All riders must wear a ANSI/Snell approved helmet.
- C. All rides depart at 10:00 AM sharp.
- D. All traffic laws must be obeyed. We are guests on the roads of these communities - proper courtesy is expected. Abusive language or behavior, or dangerous riding will not be tolerated.
- E. Large groups may be broken into smaller groups to minimize the impact on traffic.
- F. These are racer's training rides, not guided tours. Route maps will be provided but the roads will not be marked or marshalled. Follow vehicles are not permitted. It is each riders responsibility to be self- sufficient as regards to mechanics (flats), food and water, route finding, and fitness to complete the distance.
- G. The ride is cancelled in the event of bad weather (precipitation or extreme cold).
- H. For weekly updates call 791-RIDE.
- I. If you want to be a ride leader leave your name on the RIDE line.

6. We want to thank all of our sponsors, WRIGHT BROTHERS CYCLERY, ESPRIT FROZEN YOGURT, WELLINGTON SPORTS MEDICINE, and EXCEED SPORTS NUTRITIONALS. We hope to have them all back next year.