



# Queen City Wheels

March 1, 1998

Volume 2, Number 3

## Elite Nationals Update

Below is a list of the race courses for the upcoming Nationals. Nothing has been set in stone but it will give you an idea of how things are coming together. If Mt. Adams, Hill St. is added to the Senior RR it should make for a really tough course. It will also be a excellent place for spectators to view the race.

Also the next meeting will be held on **March 15, 7:00PM. at the Loveland Safety Building, 126 S. Lebanon.**

There is still time to come out and be part of one of the biggest races in our area.

**Note:** these courses are preliminary and are subject to change.

### Time Trial

This will be a flat, out-and-back course along the Ohio River on Route 52. The start/finish line will be near Kellog Park, about 10 miles east of Cincinnati. All divisions will race on this course, but to different turn-around points.

(Con

## QCW

For up to the minute information on Rides, Races and Club Events call :  
682-9292 (NEW #)  
Not PELO Anymore

Jim Flaherty President

Chip Elison Vice

President

Dave Carr Treasurer

Charley Gehling Secretary

### At-Large Directors:

Charlie Wright

Dan Roketenetz

Jim Obert

Kurt Etter

Scott Lyle

Roy Roberts

Jeff Vaught

### Web Page Editor & Club

Photographer:

Curt Austin

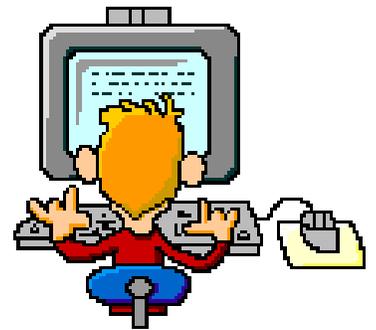
### Newsletter Editor:

Toby Costello

## From The Editor

Well my computer is back up and running fine. Some how I seemed to fry my motherboard. You don't realize how much you

depend on these things until it goes down for the count.



I received a lot of compliments on the last newsletter and that's because I have been getting such good articles from our members. Please feel free to send in anything you think the cyclists in our area would like to hear about. Some ideas would be rides, new equipment that you purchased and would like to review, ways to make our club better serve its membership, races you attended and so on. Also please let me know some of the things you like and dislike about our newsletter.

Its hard to believe but the road season is almost upon us. Between the Ohio Valley Spring Series, the Cleves Time Trials each week and Ault Park, we have a lot of racing in our area. There seems to be something for everybody. Yes, bike racing is alive and well in our area thanks to all the clubs and teams that are putting on races this year. Remember if your not going to ride, please come and help. See you on the road!!!!!!!!!!!!!!

Elite Nationals Update	1	Local QCW Rides	3
From the Editor	1	Some thoughts for our Non-cycling spouses	4
Montgomery Cyclery Road Race	2	Classified Adds	5
CX Report	3		

# Elite Nationals Update

(Continued from page 1)

## Junior Road Race

The course is a flat-to-rolling 4.7-mile circuit in Symmes Township and Loveland about 20 miles northeast of downtown Cincinnati. Standard gearing will be appropriate; there are no severe climbs. The start/finish line is located on Rich Road in front on the Loveland High School. Parking is at the High School.

## Senior Road Race

The Road Race is a hilly 9.1-mile circuit in Cincinnati, Mt. Adams, and Newport, KY. The start/finish line is located in downtown Cincinnati on 5th Street at Broadway. The course goes across the Ohio River into Newport, KY then loops back to Ohio and climbs Mt. Adams and Eden Park. The first climb is severe, rising 200 feet in 0.6 of a mile. The second climb is less severe but longer with a spectacular view of the city at its summit. The finish area is wide and fast, and will provide good spectator facilities and activities. Several other sites along the course will be established as prime spectator areas.

## criterium

The Criterium is a flat, fast 0.9 mile loop in Loveland. The course (same as last years event) features 8 turns. The start/finish line is located in Historic Downtown Loveland on E. Loveland Avenue. Parking is available at the Loveland High School on Rich Road. Shuttles to the course will be provided. This venue has attracted a large and enthusiastic crowd in the past. Note that Loveland is a good place to depart for training rides on the roads intersecting the bike trail to the Northeast.



**Attention All Racers!!!!!!!**

**The road season has arrived and QCW will be holding their two races on March 7th & 21th. The location is Morrow Ohio.**

**Directions to the Morrow races: Take I-71 to exit 32, (approximately 32 miles north of Cincinnati), onto Route 123. Go south 6 miles on Rt. 123 into Morrow, then right on Rt. 22/3. Turn Right at next light and go over Bikeway. Registration is at Capricorn's Snack Shop on the Bike Path.**

**Remember if you can't ride, please come out and give a helping hand!**

# Montgomery Cyclery Road Race

Toby Costello

The weather was not fit for man or beast as the rain/snow and temperature plummeted into the 30's. But still 103 racers came out to do battle. Scott Denny could not control the weather but he came up

with a great road course. He didn't disappoint anyone who likes to do hills. The course had one long .6 - mile climb up a single lane road with gravel in the middle. The rest of the course was up and down on small rollers that twisted along the small country roads. Since the weather was so bad John Luginbill decided to cut a lap off the race (thank you!). I can tell you that I stood with John at the finish-line the entire race and it took a couple of hours and a hot shower to get warmth back in my bones. The cat 1,2,3 and 4's did three laps, each 15 miles long and the women, cat 5 and open did two laps. It was taking around 40 minutes per lap. At the end of the first lap 4 racers had a break off the front and kept the break the entire race. If you weren't there you missed a really good race. Our spring series is getting so popular that we even had a team (Alpine Cyclery) come as far as Michigan. The breakdown on the racers were (27) cat 1,2, & 3; (42) cat 3 & 4; (8) women and (26) cat 5 and open. QCW was represented by 6 members: Russell Blanck, Sean Bailey, Jeffrey Plank, Tony Elliot, Charles Compton, Richard McCreary. Below are the top three finishers in each category. Sorry for any spelling errors.

## Cat 1,2 & 3

- (1) Curtis Tolson, (2) Colin Vogt, (3) Mitch Graham

## Cat 3 & 4

- (1) Gary Gorrell, (2) Rick Strasser, (3) Joseph Rusk

## Women

- (1) Nicole Feser, (2) Michelle Folz, (3) Vauta Freedland

## Cat 5 & Open

- (1) Frank Cox, (2) William Sherman, (3) Sam Terreu

**I want to give Scott Denny and our Local USCF Official John Luginbill and all the Volunteers a big thanks for a great race!**



# CX Report

By  
Chip Ellison

## Bio Wheels Race Series The Finish...

Jan 3, 1999 Fernbank Park, Saylor Park, Ohio.  
I missed this race (17 degrees, windy and icy was a little much for me - especially after just spending a week in Hilton Head) but thanks to Beth for her summary of the event, as follows....

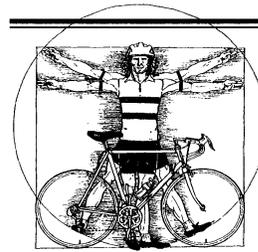
"Fernbank was epic and truly favored the mountain bike. 15 hardy souls turned out for the worst conditions of the season. 17 degrees with snow squalls and high winds off the river turned Fernbank Park into a winter wonderland. The race started half an hour late due to the fact that everyone (racers, promoters, officials and spectators) cooperated to tromp down a path through the ice crusted snow. The slick and rutted 1/2 mile of ice double-track made for some entertaining spectating - you couldn't have had slicker ice had you polished it with a Zamboni. The course got faster as the track got beaten in, but everyone agreed it was pretty darn hard even if it was dead flat with no hurdles - there were still plenty of dismounts, both planned and spontaneous."

Jan 10, 1999 Jacobson Park, Lexington, Kentucky  
OK, OK, I'm a whimp.... it was cold and Cincinnati did have snow.... Another report from Beth: "...everyone missed out on a great race. The conditions couldn't have been more perfect. The ground was frozen rock hard and there was very little ice, with only about 1/2 inch of "pixie dust" (*Beth, I love that term*) to make things look good. 28 racers, including 3 women showed up to race. There was one set of natural log dismounts and the top layer on the sunward side of things melted slightly to provide a stylish glaze of frozen mud for bike and butt. The "Fat Dog" himself out did himself setting up a new long and rambling



course with some great double and single track and a nice challenging hill climb. There was a minor miss-adventure at the start of the 4/5 race as a half dozen riders ignored promoters warning to "stay off the road", cut the corner and became road pizza on the big ice pond...."

Jan 16 Harbin Park, Fairfield, Ohio  
I'm back.... I actually raced this event and had my best finish of the series. The weeks off must have helped (I added some extra Bell's Ballast to help me through the snow). Ever dream of doing a one hour crit, off-road in 4+ of melting snow and mud? Ah, it was a dream (nightmare?) come true. Able to use only a small loop due to conflicting packs of roving boy scouts John, et. al. came up with a twisty little loop with some downhill runs, sharp turns and even a run-up with hurdles. Being on my 'cross bike w/ narrow wheels I really struggled until a nice track got beaten into the snow by the mountain bikes. After that it got alot more fun - especially when John made those last 15 minutes fly by! It was an exhausting race but none the less fun for all who endured.



www.tosrv.org

## RIDE THE CLASSIC! May 8-9, 1999

■ **Established in 1962**, with its roots stretching back to the 30s, the Tour of the Scioto River Valley has earned its reputation as *America's Bicycle Touring Classic*. This 210-mile tour has been the model for dozens of other big tours across the country. Join 4500 fellow cyclists for a wonderful ride through the scenic Scioto Valley with food stops, arranged indoor or camping overnight and a baggage shuttle that allow you to concentrate on the bicycling.

Just send a business-size, stamped, self-addressed envelope to the address below and we'll send you a free poster and entry form for the 38th annual edition of this great classic.

## TOSRV99

P.O. Box 14384-N ■ Columbus, OH 43214

from the QCW page: [www.qcw.org](http://www.qcw.org)  
Plans are already underway for the '99-'00 (doesn't that look strange?) series. Look for 8 of so races next year. We are also in search of a title sponsor - so if you have any leads let us know & save the tax return money for a new 'cross bike!

## Rides

Saturday	9am	Road Ride	Meet in parking lot in Loveland at Loveland Bike Trail.
Saturday	12noon	Road Ride	Meet in the Parking lot at the top of Devoue Park.
Saturday	8:30am	Mtn Bike	Meet at King Island McDonalds
Sunday	8:30am	Mtn Bike	Meet at Beechmont Rd. (125) east of 275 at the McDonalds beside Natorps

## Some thoughts for our Non-cycling spouses

By Peter Wimberg

I can't tell you how many times I have shared my passion for cycling with someone when they inevitably ask "so does your wife ride with you?" They are usually very surprised to hear that we do not share this activity together. While my feeling is that this is probably one of the things that has kept us together, it does always remind my wife of all the odd things she has to put up with being married to a cyclist. For all the spouses out there that just can't understand us, I offer the following thoughts and explanations as I look at this sport from their standpoint.

One of the first questions I always hear is "why do you need so many bikes when you can obviously only ride one at a time?" Well, that's easy to answer. The time trail bike is set up only for time trials so I can't take that on long road ride and the road bikes aren't set up for time trials. In the winter I don't like to ride my Campy equipped Colnago because all that muck get into the lug work detail and it takes forever to clean. That's why I ride the Lemond I bought real cheap (more on this later) in the winter. Then I have another Italian frame just in case one of the other bikes is down. Being without a bike on a nice day to ride would be torture for both rider and spouse. As you can see, multiple bikes are necessity.

Our choice of clothes are another source of great wonder to the non-cyclist. Aren't we embarrassed beyond belief to go out in public in those shorts and shoes with legs shaved? I have to admit that walking into the combination convenient store/gun and ammo supply shop in Newtonsville to get some Gatorade is a little awkward, These clothes really only look good when you are on the bike. But you need to understand that we think we look really cool. We are always imagining that we are riding the cobblestones (pave!) of Europe where people love cyclists. We assume they are staring at us because they are in awe of how far we have come and how far we are going. That's true, isn't it?

Another comment I hear is concerning the constant purchasing of new equipment to go with the numerous bikes. Keep in mind that I do usually sneak these items (Spinergy wheels, Spinaci Bars, new helmets, shoes etc.) into the house when no one is home. It is only when we are out to dinner with a cycling friend and his non-cycling wife that he asks about these new things just to cause trouble. I always make sure that the refrigerator is full and the Cinergy bill paid before I spend more on the bikes. Heck, I can't train in a cold, foodless house. As for the surprise purchase of the Lemond. Well, you should have known better than to send me to help your friend find a place to sell it when she had no idea what it was worth or how to unload send me to help your friend find a place to sell it when she had no idea what it was worth or how to unload it. I solved the problem quickly that night to the benefit of at least two of us. Hey, she's your friend.

The big question always concerns the amount of time we need to devote to this sport. It seems like we are always training, going to races, reading training books and watching training videos, going to the bike shop, surfing the net for all kinds of information, etc., etc., etc. Time, what is time when you are pursuing goals that go beyond the physical to the spiritual..

While it may seem that we do it for ourselves, in the back of our mind we really want nothing more than to bring a small amount of glory to our loved ones as they share in our accomplishments and dreams fulfilled. That's why we do it plain and simple

If you haven't bought into this by now, keep in mind that my wife thinks this is a bunch of garbage also. She makes me keep my laundry separate from hers as she is convinced the smell never leaves my stuff, acts like she doesn't know me when I have the shorts on and threatens to back her car into my bikes at the back of the garage. She only puts up with this because she knows that as much as I love cycling I love her more.

**Next month with the Time Trial series coming up in May I will publish a great article I received from Peter Wimberg on the "Race of Truth".**



Queen City Wheels  
185 Albright Drive  
Loveland, Ohio 45140

**February 9, 1999    Volume 2, Issue 2**

**Mailing  
Address  
Goes  
Here**



## Classified Adds

Any QCW member that has anything they would like to sell, either leave a message on the Pelo line or e-mail me at [t\\_k\\_costello@fuse.net](mailto:t_k_costello@fuse.net)

For Sale:  
Campy front & rear Track Axles with fastening nuts.  
New!!!!  
Asking \$25.00.  
Call Fred Mause (513) 681-5930