



# Queen City Wheels

May 1, 1998

Volume 2, Number 5

## Elite Nationals Update

The next Elite Nationals Race meeting will be held on **June 1 & on June 14, 7:00 PM. at the Loveland Safety Building, 126 S. Lebanon.**

The sites for the three events has been finalized. On Thursday, June 24th, the Time Trial course will start at AJ's Roadhouse

on Kellogg Ave. proceeding west to a designated turn-around point, then back on SR 52. The first rider will go off at 9:30 AM.

The Juniors RR (ages 10-18) will be held on Friday, June 25th at Northern Kentucky University. The start/finish line will be on Kenton Drive at Parking Lot "M". The first race will start at 9:30 PM.

The Senior RR will be held on Saturday, June, 26th in downtown Cincinnati. The race has been made harder this year by adding Hill St. and St. Gregory St. in Mt. Adams. The men will have 12 laps and the women 7. First race starts at 8:00 AM.

The Criterium will be held on Sunday, June 27th in Loveland. First race starts at 10:00 AM.

**Please show your support by**

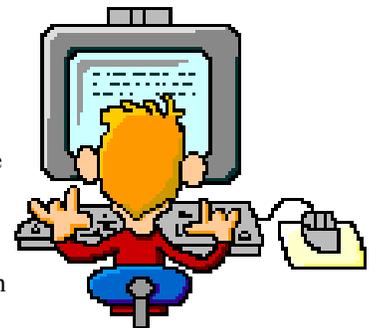
**QCW**

For up to the minute information on Rides, Races and Club Events call : 682-9292

## From The Editor

I was very sad when I heard the news that one of the members of QCW had died. I personally did not know Roy but what I have heard from other club members is that he was a great guy and that besides being an avid

cyclist, he had a big influence on cycling in the area. On the next two pages is an article written by Dan Rokeynetz.



Oh a happier note.

**Eugene & MaryJoe Spiegel are the proud parents of a new baby boy.**

**August (Gus) Reid Spiegel was born May 12th. He weighed in at 7lb.2oz.**



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Elite Nationals Update	1	Attention All Racers	4
From the Editor	1	Rides we've heard of...	5
In Memory of Roy Roberts	2	Classified Adds	6
I've Been to see Ben!	4		

## **In Memory of Roy Roberts**

By Dan Rokeyenetz

Roy Roberts, suffered a fatal heart attack while riding his bike on May 6, 1999. He was 44 years old and leaves his wife Mary Jo, and three daughters, ages 15 and 12. Roy was a longtime member of Queen City Wheels and served on the executive board. He was the quintessential volunteer, having worked in significant roles in every Cyclebration. Roy was laid to rest on May 11. In a fitting tribute to Roy several members of QCW and other cycling friends, on their bikes and in team jerseys, escorted Roy in the processional to his final resting place. Roy will be sadly missed by us all. What follows is a memorial tribute to Roy that I delivered at his funeral service.

### **MEMORIAL TRIBUTE TO ROY LEMAUR ROBERTS**

I have been given the distinct honor of spending a few minutes with you remembering the life of Roy LeMaur Roberts; LeMaur to much of his family, just plain ol' Roy to most of his friends and co-workers. His sudden death is an immense shock to all of us - the family and friends that he left behind. In the weeks and months to come, we will all be making attempts to understand why he had to leave us so soon and to adjust to life without a beloved husband, father, son and friend.

As you all know, Roy was an avid cyclist. Actually, he was avid in everything he did, but my connection to him was through our mutual love of the sport. I first met him several years ago in the mid-80's at the first bike race for which I had volunteered. Roy was riding around in a golf cart looking officious. Not a person that you would describe as a "shy guy", he stopped me and asked me if I really had a job to do. He was the type of person that if you had on a volunteer T-shirt you had better be doing something. Somewhat taken aback, I told him that I did have a job and that I was in the process of doing it. He instructed me to hop in the cart and that he would take me to where I needed to go. We have been friends ever since.

Since that first meeting with Roy, he has been involved in every major bicycle race in Cincinnati. In fact, most recently he was again to run the Kentucky side of the National Championship Road Race this coming June. The Board of Directors of that event has agreed to name that loop of the race in Roy's memory. So Roy, while you may not be there in person, you'll be there in spirit, takin' names and kickin' butt.

If there is one word that best describes Roy it is "enthusiastic". He approached everything in life with a level of enthusiasm that I found inspirational at times. Enthusiasm for Mary Jo, his girls, his extended family, his friends, his volunteering and giving of himself. He was, and always will be, bigger than life because he not only cared about people, he cared about them with such enthusiasm. He gave of himself not only to run bicycle races, but to give time doing bike safety clinics for children and to scavenge bike parts to put one together for a needy youngster. Every new event in his life was treated as a challenge and he went full speed ahead. Recently, he found an interest in archeology, digging for old and rare bottles and artifacts in the area. A few months ago he stopped by my house and we were

*(Continued on page 3)*

*(Continued from page 2)*

drinking a couple of beers on my back porch. He was just carrying on about this new hobby and how rewarding it was for him. He said, “Rok, you gotta come with me man, there’s nothing like digging around the bottom of some hundred year old outhouse and finding a neat old beer bottle.” Well, as I said, Roy’s enthusiasm was not always inspirational to me. I replied, “I’ll have to get back with you on that one, Roy!”

We will all remember Roy for his outgoing personality and demeanor. He was a loving, vibrant soul who brightened the lives of all those who knew him. Common to all our remembrances of Roy will be his selflessness. If you needed help, all you had to do was ask Roy. He was there. I remember a few years ago that my son was wrestling with the prospect of not returning to college after completing his second year. He was also having trouble finding a summer job. I mentioned this to Roy and he assured me that not only would he get my son a job at the Kroger food plant, but that he would be back in school in the fall. About three weeks later, I was having dinner with my dog tired son. “How’s the job going, I asked?” He said, “Roy put me in a department where I’ve done nothing but skim the top off of mayonnaise jars before the cover goes on. I think that I’m going back to school.” When I reported this to Roy, he beamed and said, “I told you he’d be going back.” Thanks, Roy. I still owe you for that one.

All of us will remember Roy’s quirkiness and his endless sense of humor. I will personally miss all those times that we worked together on bike races. How hard we worked, how hard we laughed with Roy and his antics. No matter how difficult the chore, he kept a positive slant on things, and thanks to him, every endeavor was a success. He was the ultimate procurer of goods and services. All of those involved in any event with Roy would marvel at the mountains of food he would get contributed. To this day, I still can’t look at baloney without getting a nervous tick! And, he would bring in volunteers by the carload, which included more often than not, Mary Jo and his daughters who were pressed into service. Then Roy would set a pace that was near impossible to keep up with.

Roy was an innovator as well. One of his most notable was to use giant airbags at race corners rather than hay bales to protect racers. I’ll never forget the first time that we used these things, trying to blow them up without the correct attachment. But, we managed, and Roy made us laugh until we cried. Last year at the National Championship Road Race, Roy’s airbags received national attention from the United States Cycling Federation. I wouldn’t be surprised to see his idea being used at other race venues throughout the country someday. He even proposed to sell advertising on them. One thought was to fill them full of hot air and have them sponsored by lawyers. He really cracked himself up on that one!

Several years ago my sister made a needlepoint plaque for me that says, “God forbid that I should go to any heaven in which there are no bike races.” That expression has taken on new meaning for me the last few days. I know where Roy is. I know that he is safe. I know that he is not riding in traffic. I also know that the heaven where Roy is now does have bike races and that he is in charge.

We love you, big guy. We will miss you.

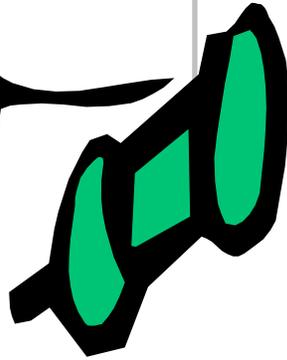
\* \* \* \*

A memorial fund has been started for the benefit of his family. Some QCW members have already made generous contributions. If you would care to contribute, and I hope that you do, please send a check payable to me. All funds will be turned over to Roy’s family. Thank you in advance for your generosity. My address is: Dan Roketenetz, 6333 Parkman Place, Cincinnati, OH 45213-1123.

## I've Been To See Ben!

By Chip Elison

Saratoga Springs, New York: Well, my grammar is not the best but I liked the way it sounded. Thanks to Wright Brothers Inc. I had the opportunity to attend a 4 day fit certification program offered by **Serotta Bicycles** from April 7 - 10. It was the best three days that I have ever spent learning about bicycles without actually riding one (on the fourth day we rode, but more about that later). While Serotta sponsored the event it was not just a Serotta sales meeting designed to teach you how to use the Serotta "size-cycle" to sell Serotta bikes, the information shared can benefit any rider on any kind of bike. I arrived in the beautiful Albany Airport on Wednesday evening to be greeted by Ross from Serotta. As we walked down to pick-up my luggage we met Ben (yes, Ben Serotta) along with a couple of my fellow classmates including a familiar face, Ron Kiefel. If you don't remember Ron he is only the American guy who finished The Tour seven times and won a stage of The Giro or the Coors Light guy who sprang his ankle trying to jump a fence to get to the start of the very first Tour De Main Strasse. We crammed into a couple of cars and headed to beautiful (and this time I mean it) Saratoga Springs. Geez it's late and I am tired - oh boy get to share a room w/ a tri-guy from F-L-A (and not L



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

***The Ault Park Series will be starting on Wednesday, May 26th and go on through the month of June.***

***There are two races an "A" & "B". The "A" group will go 20K and the "B" 40k. If you thought about racing this is a great place to start.***

***Every Tuesday night at 6:30 PM the QCW Time Trial Series. Great interval training***

**Call the Polo line on page one for detail.**

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

-o-l-a) plus I have 47 pages to read for tomorrow morning - that's 7:30 A.M. tomorrow morning. So much for the fun. Let's see, no ride scheduled... yoga (WHAT?) from 7:30 - 9:00. Followed by class time a quick lunch, a test, what??? Wait a minute here... The course was facilitated by Micheal ? from the Bike gallery in Portland, Oregon. Micheal is a former professional racer who toughed it out for a few years as a unsupported American in Belgium and is now a full-time fit specialist for a chain of shops in Portland. That is his full time job - getting people the best possible fit on their bike - whether it is stock or a custom build. He has done his research with thousands of custom fits to his credit and a high degree of knowledge not only of riders but also of anatomy, physiology and comfort on the bike. Yep, believe it or not - you are suppose to be comfortable on your bike.

There is a limit of 12 participants per class and this is only the second class. Of the 12 of us, 4 represented 3 of the top ten bicycle shops in the U.S. (as ranked by Velo-Biz). We are talking here about shops that have 50 employees working on a given Saturday in May. It's amazing! I can hardly imagine the wealth of knowledge and experience I was exposed to in such a short period of time. It was 12 hour days and a lot of work but I did get to: visit the factory and see some bikes being built (from start to finish - and it is truly a handcrafted frame), I did get to

have some great food and drink (never found any Saratoga chips but do check out the sweet potato fries at the Saratoga Brewing Company) and I did get to ride for 4 hours in the foot hills of the Adorondacks with Ron Kiefel on Ben's personal proto-type bike (thankfully we "fit" on the same size frame) on the Sunday "Hyde Park" ride.



Long story short: I made it, I am now a Fit Specialist – thanks to Micheal and my fellow class-mates. What did I learn? That my seat is too low, my bars are too low and I don't have to look like Clark Sheehan to be a good bike rider. How you fit on your bike changes as you change, position is important with the forefront of position being comfort. The better you feel on the bike the more you'll ride and the faster you will go.

*Chip is not only the VP of QCW and the voice of the pelo-line but also the store manager at Wright Brothers. If you would like information on a fit, feel free to call him at 489-2222 or email at [www.wrightbrothers.com](http://www.wrightbrothers.com)*

## Rides we've heard of...

**Note:** these are **departure** times, not the time to drive into the parking lot.

### Tuesdays

- 6:30 Sprint Workout: Rt. 8. 1 to 1 1/2 hours, sprint to every other speed limit sign, plus all of the city limit / county signs. Call if interested: 381-BIKE (John and Beth)

### Thursdays

- 6:00 Road Ride: meet at Mainstrasse parking lot in Covington (across the street from Quality Inn). The ride warms up by climbing through Devou Park and then drops down to Route 8 for an out and back rotating pace line. The number of riders normally averages between 15 and 20. It is fast but those dropped can jump back in on the return leg. (Montgomery Cycles)

### Saturdays

- 9:00 Road Ride: meet in parking lot in Loveland
- 12:00 Road Ride: meet in parking lot at the top of Devoue Park

### Sundays

- 8:30 Road Ride: meet at Bike Trail in Loveland
- 10:00 Road Ride: meet at Hyde Park Square
- TBD Trail Ride Ft. Thomas. This is being set up by the Bishop's junior squad. They are already riding on Sunday afternoons, we just have to decide on a definite time. Call to confirm: 381-BIKE (Beth and John)

Report other recurring rides to Central Ride Control.

Last update: 4-22-99

It is understood that these are not organized rides, not sponsored by anyone, not run by anyone, the fellow that lets me know about them is not responsible for what happens, and your webmaster is not responsible for what happens. Each rider *is* individually responsible for how they ride. Is that clear?

Queen City Wheels  
185 Albright Drive  
Loveland, Ohio 45140

**April 1, 1999**

**Volume 2, Issue 5**

**Mailing  
Address  
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## Classified Adds

### **Cycling Paradise**

4 bedroom cottage on beautiful Torch Lake in Alden, Mi.  
If you're interested in some of the best road and/or  
mountain biking give me a call. Available in early June,  
late August, most of September and early October.  
Special rate for QCW members.  
Call Dan 684-6000