

Queen City Wheels

July 1, 2001

Volume 3, Number 4

From The President

By
Bob Rich

The Fourth of July has passed and I hope everyone had a safe and enjoyable holiday. I have not been able to attend the Tuesday and Thursday evening Loveland rides but I hear that about 10-15 riders have been showing up. If anyone is interested in doing a 100 plus ride on the weekends email me at bob.terri@fuse.net I intend on doing one long ride every weekend. I am training for the UMCA 24 hour time trial championships in September. In October, I plan on entering the Furnace Creek 508 in California. These events are RAAM qualifiers. It is my goal to compete in RAAM 2002. I began to train for this goal four years ago. I am relaying this information to you because I would like to share a few ideas on goal setting.

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QCW

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

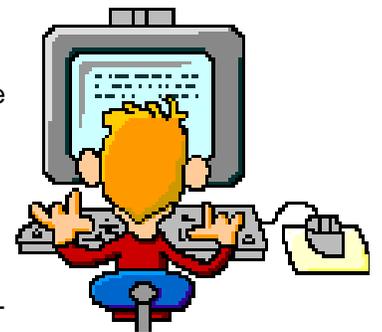
2001 Bike-racing Season Update & Results

By
Toby Costello

The QCW Tuesday nights Time Trials have had good attendance with 10-15 riders every week.

At this mid-point in the series (May-Sept.) most riders have been improving their times overall. Final times will be posted in the November newsletter. Rumors are that Hamilton County Road Maintenance is scheduled to repave the back section of the course in July. If this occurs a message will be posted on the PELO line.

The Dayton Cycle Club hosts the Blue Streak Time Trial every 3rd Tuesday of the month at Wright Patterson A.F.B. in Dayton (see link to Dayton Cycle Club on QCW Web page for times and directions). Peter Wimberg who rides for Oakley Cyclery and is also a QCW member came in 1st overall and first in his age group June 19th. I also had 2 second place finishes in the 45-55 age group. The Blue Streak TT regularly has about 65 entrants.



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From The President

By
Bob Rich

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Have I met the goals that I set out for myself earlier this year? Have I given some thought to the goals that I want to attain for next year? The time to set goals for the future is now. Get your note or logbook out and make it happen!

Answering these questions will help you decide how to format your goals for later this year and next year.

1. **Is my goal realistic? Winning the Tour is unrealistic. Choose an attainable but worthwhile goal.**
2. **Did I allow enough time to reach my goal?**
3. **Do I have a realistic training plan?**
4. **Do I have the time to train properly?**
5. **Do I have the necessary perseverance?**
6. **How important is this goal to me?**

Be honest when answering these questions. The greatest obstacle to overcome is your own self-doubts.

The majority of riders race on training rides which can lead to being chronically over trained at races. Train to improve your weak areas and maintain your base condition; race to improve your speed, bike handling, climbing, and tactics. The Sunday Hyde Park ride is a great race substitute. To ride every Tuesday and Thursday ride at that pace will usually lead to sore legs by the end of July. Remember, progress is measured in years not weeks.

I am a U.S.C.F. Sport Coach, AFAA Personal Trainer, former owner of a fitness center, and a certified spinning instructor. If you have any issues that you would like me to address in the next newsletter or if you desire a personal consultation, please email me at bob.terri@fuse.net



2001 Bike-racing Season Update & Results

By
Toby Costello

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The Wednesday Night Criterium at Ault Park had another great 5 race series. The overall winner of the "A" race was Eric Knight with O'Brien Forbes second. In the "B" race, QCW Racing Team Member Andrew Millard, won edging out Luke St. Clair on the last night with the most sprint points.

Chip Ellison also won some points during the first race at Ault Park (A race) by taking a flyer off the front and staying ahead of the pack for the first preen, he also received 2 points on the 4th race of the series.

David Hart, another QCW Racing team member reports some of his accomplishment so far this year: June 3 Tri Tech Duathlon, Deer Creek State Park, Deer Creek Ohio- 1st place 40-44 age group, 13th overall.

June 6 Ault Park Criterium Series- 20km event-5th place in points for the night/39 riders.

June 13 Ault Park Criterium Series- 20km event-4th place in points for the night/50 riders.

June 17 Tri Tech Duathlon, Maumee Bay State Park, Maumee Ohio- 1st place 40-44 age group.

June 20 Ault Park Criterium Series- 20km event-5th place in points for the night/40 riders. Tied for 5th place in overall point's standings going into the race. Came in 5th place overall for the series.

Anyone that would wish to have results published in the newsletter (give name of the race, age group or category, and a brief description) and e-mail them to me at tobycstl@fuse.net



THE *SELZ* CASE REVISITED –AN IMPORTANT DECISION FOR THE NATION’S BICYCLE OPERATORS

By

Steven M. Magas, Attorney at Law – BikeLawyer@aol.com¹

In the summer of 1999 I was asked to become involved with a young man who had received a traffic ticket for “impeding traffic” in Trotwood, Ohio. Little did I know that the case would ultimately garner international attention, cause countless emails to be sent to the City of Trotwood, and generate an appellate court ruling that is extremely favorable to the nation’s cyclists!

On May 14, 2001, the court of appeals decision in the case of *Trotwood v. Selz* was officially “published” in Ohio’s law books. Virtually every lawyer in the State of Ohio had the decision on their desks with the other cases published on May 14. However, more importantly, publication of the case greatly increases its precedential value to future cyclists who wish to challenge traffic citations.

Publication of the case gives us reason to review the facts and history of the case as well as take a closer look at the court of appeals decision and the decision to pursue the appeal.² This review may be helpful to those who find themselves in a similar position in traffic court.

¹ Steven M. Magas is an Ohio trial lawyer and avid cyclist who has handled more than 50 “bike cases” including traffic cases, auto/bike crashes, dog attacks, frame and component failures and cases involving severe injury and death. Steve frequently writes on legal topics of interest to cyclists. He represents the Cincinnati Cycle Club and much of his writing can be found on the BikeLawyer page at www.cincinnati-cycleclub.org. He has written an article for lawyers and has lectured to lawyers on bike issues. His “bicycle law” practice has been featured in The Cincinnati Post and Lawyer’s Weekly USA. Mr. Magas has just started a new law firm, Olivas & Magas, and will be focusing more of his practice on ‘bike’ matters. He can be reached at BikeLawyer@aol.com or at 513-484-**BIKE**.

² If you would like to review my trial brief, court of appeals brief, the trial transcript and the court of appeals decision please log on to www.ohiobike.org, the website of the Ohio Bike Federation.





Watch It With Us By Evan Sayre



Catch the Tour at Wright Brothers

As many of you know the Tour de France will not be televised on ABC or ESPN this year. It can only be found on the Outdoor Life Network. You don't get OLN? Well you are in luck. Wright Brothers Outdoor has OLN on satellite and will be showing the Tour daily. It is broadcast live everyday from July 7 - July 29 at 9:30 am and again taped at 3:00. Everyday seems to have two hours of coverage scheduled.

So, come in to watch Lance and USPS try for a third straight win. While you are there check out the new Espresso at the Cabin, the new full service coffee bar. If coffee is not your thing, Wright Brothers offers a full selection of Sobe drinks.

Wright Brothers hours are:

Monday through Friday 6:30 am - 9:00 pm

Saturday 9:00 - 6:00

Sunday 10:00 - 6:00.

See you during the Tour.

Evan Sayre



JOIN THE QCW EMAIL FORUM A New Means of Rapid Communication Among Club Members

qcwmembers@topica.com

Everybody knows the best way to get together is to go ride. Hopefully we're all getting enough saddle time. But in a club like QCW we're spread out all around the area. We don't really get to know the other club members.

Sometimes it would be great to reach all of the members quickly, like for a short notice ride or race or special event. Maybe you want to know the details of a favorite ride, or warn people about a problem spot. Or you want to find someone else heading for an out of town race. Maybe you want help with a race you're putting on.

Maybe you just want to find someone else to go out and ride with.

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JOIN THE QCW EMAIL FORUM

A New Means of Rapid Communication Among Club Members

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I have set up an email forum for Queen City Wheels members. The email address is qcwmembers@topica.com. Once we get it up and going you will be able to quickly contact all of the riders who are in the forum at once by sending an email to that address.

I hope everyone will choose to join. I think it will really improve our togetherness and make us stronger as a club. It should be a great tool to help us to do more riding, racing, and race promotion.

HOW TO JOIN THE EMAIL DISCUSSION GROUP

Do any one of the following: (decreasing order of preference)

1. Send an email to qcwmembers-subscribe@topica.com (you don't need anything else in the subject or message text).
2. Send an email to me at pedalpower@voyager.net. I will add you promptly.
3. Call me at 583-8437 and give me your email address. I will add you promptly.

Thanks!
Doug Dobrozsi
VP and Director of Youth Programs



On Friday July 7th twenty members from various clubs around the area joined together at the Dalton Post Office to carry a flag that is a replica of the USPS team jersey to be worn in this year's Tour de France. From the post office they went through downtown, up to and out Madison ave, then up through Madeira / Indian Hill and across to Blue Ash. There the flag was raised at the Blue Ash Post Office by some kids in the QCW youth program ("Kids on Bikes" grass track program). This was a great opportunity to get attention for the sport and for the sponsors. The event was covered by channel 9 & 5.



Queen City Wheels
185 Albright Drive
Loveland, Ohio 45140

July 1, 2001

Volume 3, Issue 4

Mailing
Address
Goes
Here



Classified Adds

For Sale

Cannondale XS800 56cm Cyclocross Bike: Headshock, all Shimano 105 9 spd w/ coda brakes, USE suspension seatpost & Control Tech rigid post - \$700.00

Mavic Ksyrium wheelset, ridden once, \$550.00

K2 MOD 5 frameset size medium (55 cm top tube / 52 cm seat tube) compact frame design, carbon fiber seat stays, carbon fork, Cane Creek aheadset, Forgie 3T stem. New, never built - \$700.00

Serotta TG frameset size 58L (58 cm top tube / 58 cm seat tube) w/ CODA carbon Slice fork and stem. Lots of miles... '95 QCW team issue frame (purple / green fade), great winter bike, build up as a fixed gear... \$150.00

Contact Chip at 561-9485 or chipe@iglou.com