

ANNUAL MEETING AND BANQUET

Saturday, February 5th, 2005

6:00 pm Refreshments and Raffle Ticket Sale

6:30 pm Dinner

7:15 pm Awards, Business and Officer Elections

7:30 pm Speaker

Location – All Saints Episcopal Church. 6301

Parkman Pl., Cincinnati 45213

Directions – Montgomery Rd. (south from Kenwood Rd., north from Ridge Rd.) to East on Parkman Place. Map at www.allsaintscincinnati.org

Speaker – *Time Trialing for Road Racers and Multisport Athletes*. Paul Forsythe - USA Cycling Elite Coach, Manager Team Kenda elite women's racing. Paul has a huge experience base in training, technique and equipment fit in the area of time trialing, and is very enthusiastic on the subject. He can help you get ready for a year of big improvement.

Raffle – Raffle tickets will be sold right up until the drawing after dinner. \$1 each, 6 for \$5. Proceeds benefit QCW Jr. Development. Items in the raffle include:

- Computers and HRMs, courtesy of club sponsor Cambiatta (formerly SaccoSport).
- High end Vittoria shoes (your choice, road or MTB), retail value \$179, courtesy of Reser Bicycle Outfitters.
- Some very nice Pearl Izumi performance wear, courtesy P.I. and Chip Ellison.
- Hoeting Realtors umbrellas, Plus other goodies.



FROM THE PRESIDENT

2005 Club leadership

At our banquet on 5th Feb. we will elect a new set of officers for the club. I will retire after 3 years as club president. My plans are to regrow grass on the neighborhood cyclocross course which used to be my front yard, finish the jungle gym I started 3 years ago, coach a

few juniors and Kids on Bikes participants, and get my wife out more on the tandem.

We are actively recruiting new elected officers (Pres, VP, Secretary, Treasurer) and have several good candidates. If you have an interest, don't be shy. The term is 1 year. Let me know anytime before the banquet.

Whoever is elected is going to need a lot of help going forward, and QCW will recruit a new cohort of club directors within the next few months. These directors will be people with enthusiasm for the sport with at least a little time to lend a hand in making QCW what she is to become. Can you lend some help to the club? Qualifications DO NOT include lots of racing experience – just enthusiasm and a little time. Some committees which you could help with... Time Trial, Kids on Bikes scorekeeping, coaching and administrative, Membership, Club Clothing, Communications (web site, newsletter), racing team, juniors, rides, club awards event promotion.....

2004 Memberships and Dues

Wonder where your 2004 dues went ? For 2004, a big chunk went into our January Event, hosting Frankie Andreu for his talk. In addition we spent money on clothing for exceptional volunteers from 2003, gave a small "Extraordinary Competition" grant to Bob Rich to help with RAAM expenses. After that, the club has year to year expenses including USA Cycling Membership, Insurance, Cleves TT permit and insurance, and some event promotion costs. In addition we invested in some event promotion hardware; six GMRS radios for use at events (7 mile range), a few tables, and signs.

2004 was a big year for events for the club (see below). What as President I did not do well was communication with members (newsletter, etc). I apologize to those of you who looked forward to getting more back from the club for your membership dollars. I would ask those of you who paid dues in 2004 and expected more, please give

me a call, email, or see me at the banquet. 513-403-1951, ddozbrozsi@cinci.rr.com.

QCW 2004 – A VERY BUSY YEAR

2004 was a huge year for events for the club. We did a lot of events, which is why I looked like this at the end of day at the Barnyard Dash cyclocross race (photo above). To re-cap events:

In January we hosted **Frankie Andreu** for an “**Inside the Tour de France**” talk, and almost 300 people came out for a great evening at Raymond Walters College.

The club handled three of Glen Schoenung’s Ohio Valley Spring Series races, with huge turnouts. The **Morrow QCW Classic** race saw over 200 racers. Unfortunately this classic race has succumbed to sprawl and traffic, and the difficulties in ’04 preclude its future use. **The Mentor “Out and Back” RR** handled by Jason Reser and the Ice Cream Boyz was very nicely done with a rolling race caravan; Jason invested in some nice neutral support wheels which saw use in the race; The club purchased 6 very nice GMRS radios which worked very nicely and are available for other events. **The Flats at Lynchburg** race, though flat, was brutally difficult with long distances, huge winds, and dehydration and issue. We were well received by the community and the Lynchburg covered bridge made a nice spot for registration. The club owes Glen a thanks for letting us help out with the series and earn a good portion of our income for the year.

The Cleves Time Trial was back for its (roughly) 27th year; still a great course with little traffic, well worth the trouble to get over there on a Tuesday night. Us East Siders found it a great night to do the TT, then visit our favorite restaurant in all of Cincinnati, Sebastian’s on Glenway Ave. on the way home. Best gyros around.

A major coup was achieved by Bill Lorenz and crew for taking over a mainstay of the Cincinnati RR scene – **Ault Park**. QCW was a logical choice to take over from Dave and Kathy, who moved on to help found a major philanthropic organization and do a huge fundraiser, the Sunflower Revolution for the Davis Phinney Foundation for Parkinson’s

Disease Research. From everything I heard it was a great year at Ault Park and 2005 will be even better.

Kids on Bikes summer racing league completed its 5th year in spite of me, thanks to the hard work of Tom Cross, Ryan Lindsay, Kim Biedermann, Corey Green and the Cycledots, and numerous others. Roughly 35 kids participated this summer in Loveland and Montgomery.

The Pur Tour’s 3rd year was an experimental year – we did not do an expensive hard-copy mailing of fliers this year to test whether we had developed a sound reputation. Consequently junior participation was down a bit but still the biggest junior road race turnout in the Midwest. 238 racers total. The tandem sprint was a big hit and will be back. A lot of QCW members worked hard to make this race happen and I owe them a big THANKS.

The Ohio Valley Cyclocross Cup Championship really was a sweet icing on the year. This 11 race series saw nearly 300 racers earn points. QCW put on 2 of the events, **Maggie Moos Barnyard Dash at Grailville** (Loveland), and **Reser Newport Cyclocross**. The whole series was a big success in terms of participation and excitement for ‘cross, and the calendar is already set for 2005, including 2 UCI races.

Counting Ault Park (5 weeks), Kids on Bikes (9 weeks), and the Time Trial (~22 weeks) each as one event, the club put on 10 events last year. That is a huge contribution to the local racing scene, and is a strong testament to the incredible resource of energy and volunteer spirit within the club. In terms of event promotion, the club lived up to its purpose of “Promoting the Sport of Bicycle Racing in the Greater Cincinnati Area”. As a club, these events resulted in payments in permit fees and insurance to USA Cycling of approximately \$4200 (not counting individual racer licenses or 1-days).

For 2005 – we will scale back a bit, focus on some key events and make them better and stronger. We will leave the Spring Series mostly to others and throw ourselves into our Marquis events.

Thanks to the many volunteers who made these 2004 events a success.

QCW 2005 EVENT CALENDAR

- February 5th – **Banquet, annual business meeting, election of officers.** After dinner we'll have a presentation on "TimeTrialing for Road and Multi-Sport Racers.
- **Cleves Training Time Trial** - Tuesdays, May 3rd to September 26th, First rider off at 6:30 pm
- **Ault Park Criterium Points Series** – Wednesday evenings, May 25, June 1, 8, 15, 22, 29th.
- **Kids on Bikes Summer League** – Mondays June 13th to August 8th
- **Newport Cycle Festival** – July 1st – 3rd
- **Pur Tour 2005** – Saturday, August 13th
- **Reser Newport Cyclocross Race** (Ohio Valley Cyclocross Cup Race #5) – Sunday, October 16th

2005 BUSINESS MEETINGS

Quarterly club meetings of officer, directors and committee heads are scheduled as follows. The meeting is open to club members who wish to contribute (All starting 7 pm).

- Monday, January 31st – at The Works restaurant, Loveland near the bike trail
- Monday, April 11th – at Mammoth Coffee, on Monmoth street in Newport halfway between Reser Bicycle and the Levy
- Monday, July 25th – The Works, Loveland
- Monday, November 7th – Mammoth Coffee, Newport

CYCLING DISCIPLINE EMPHASIS – TIME TRIAL

QCW has operated the Cleves Time Trial continuously during the summer months for at least 27 years. In the golden days of the club, most Tuesdays would see 50 riders or so, competing for the coveted best time trialist plaques to be given at the annual meeting. We have formed a committee (Peter Wimberg, Rick Hoeting and Grant Mann) to reinvigorate the weekly time trial – look for some new ideas this summer. . If you've got some ideas or would like to help out, give one of them a call.

The ability to go fast all by yourself is a great benefit in nearly any racing discipline: TT, du- and tri-athlon, off the front or bridging up in crits and road races, and hammering an attack in cyclocross and MTB. The weekly time trial is also a great way to measure your fitness through the season. Coming out once or twice a month can give you a good feel for how your training plan is coming along. For those whose training program is based on heart rate, a time trial is also one of the best ways to determine lactate threshold heart rate (described in detail in The Cyclists Training Bible, Joe Friel).

To help kick off the new season we are bringing an elite USCF coach to talk on time trialing At the annual banquet and meeting on February 5th.

PARTS NEEDED TO BUILD JUNIOR BIKES

Through the cyclocross series we have recruited some new juniors and we are in the process of building up 2 road racing bikes on donated Cannondale 2.8 frames for them. We need some parts, including the following list. If you can donate, please bring them to the club banquet on Feb. 5th, or give me a call (Doug Dobrozsi, 403-1951).

- Brake set (2)
- Road crankset (2)
- 8 speed shifters (1 set)
- Wheelset (1 set)
- Drive train (1, shifters, derailleurs, cassette)

Any help greatly appreciated, Thanks in advance.



MEMBER SPOTLIGHTS

Since our 200 some members are spread far and wide, here's a little peak into the cycling side of some of them, maybe giving you a chance to get to know them better.

From Bob Riess

Bob desperately hanging on to the back of the pack in last years St. Louis Gateway Cup.



- *How long have you been a QCW member?* - Since July of 2004
- *Favorite local route/ride* - Wherever Bill Lorenz says we are in Northern Kentucky
- *Most prized bicycle* - my current ride, a beautiful steel 1995 Colnago with 8 speed Dura Ace. I plan to be the last USCF licensed racer on 8 speed.
- *Last time you raced?* - "Survived" the pro 1-2 category of the Tour of the Hill in St. Louis over this past Labor Day weekend.
- *First time you raced?* - When I was 15 or 16 years old (over 20 years ago) I usually race for a few years, quit for several years, race for a few years, quit for a few years. It is a never ending cycle.
- *Favorite race?* - First cat 4 win about 20 years ago
- *Thing you would like most to see happen in QCW* I would like to see me get in shape before September and for all of us to work together and win some races

Eugene Spiegel

There's been a lot of misinformation lately concerning my rights to claim to be the oldest and longest active racing member of QCW, so I am bringing these facts to light.

FACT 1. Over the past 20 years I have never gotten lost on our Time Trial course. True, I have had more than a few flats and did not finish, and then there was the spectacular crash within sight of the line last year, but I have never gotten lost. Of course there have been more than a few races where I have left the course, and gotten completely turned around, but I blame that on lack of corner marshals and being completely off the field at the time.

Then there have been some loose talk about my ability to compete in USCF races. About my racing skills and fitness, I am...

FACT 2.

- The best of the worse.
- The worst of the best.
- In a category of my own.
- All of the above.

(correct answer is D.)

And then there has been a question to my impartiality as timer at the weekly TT event. Let me make this perfectly clear.

FACT 3. My bribery policy has not changed one bit. See me after the race. Some racers are easily recognized by the bike they ride. In my case you never know what I will show up on and how I will get to the race and with what vehicle. This has nothing to do with the fact I have a few extra bicycles. You can only ride the ones that are working.

FACT 4. I fixed it myself.

In closing there is no other racing club I would ever want to join and this has nothing to do with the FACT 5. No other team would have me.

I hope this clears the air about my relationship with Queen City Wheels.

*Sincerely yours,
Eugene Spiegel, master racer, age 56, Cat 4*

Jim Rollo

- I have been a member of QCW for the past 3 years
- My first race (I am not a crit racer) was the Calvins challenge 12 hour TT.
- My favorite race was one that I did not ride in but Working as a start staff member for the Tour De Georgia gave me an inside view of workings of a major stage race.



(that's Jim holding some guy called Lance's bike).

- My favorite bike is my Kestrel Talon SL
- As for the goal for the Club I would like to see further Junior development and building a higher profile in the community for the club and the sport of cycling.



KIDS ON BIKES NEWS

The QCW Kids on Bikes summer league enters its 6th year this summer. The objective of KOB is to teach kids the basic skills necessary to race, and give them opportunities to try it out. The program is designed for kids roughly ages 8-14, younger riders with good strength and basic riding skills could participate. So far this year there are teams in Montgomery and Loveland, with teams forming on the West side of town and in Lebanon as strong possibilities. CycleDots Racing Team have taken

over coaching responsibilities for the Loveland team, while QCW coaches Montgomery and operates the league. The season runs June 13th to August 8th. Kids will learn a lot about racing on a 167 meter grass oval track. In addition they will get a chance to be coached and ride on the Major Taylor Velodrome in Indianapolis and a local BMX track. Details and sign up information are available at the Kids on Bikes link at www.qcw.org.

CINCINNATI BICYCLING COMPANY NEEDS YOUR HELP



A note from Patrick Walters

As an active Cincinnati rider, Cambiatta (formerly SaccoSport) is asking for your help in filling a newly created position. We are asking for your help because the ideal candidate would have a passion for cycling as well as the professional skills necessary for the job. I have included a brief description of the position below for your review. If you or anyone you know is interested please respond to Patrick Walters at 513 871 9200 or pwalters@cambiatta.com. You may also forward this to anyone you know that maybe able to help.

To learn more about Cambiatta's product please visit www.cambiatta.com

Thank you in advance for your help.

Regards,

Patrick M. Walters, Founder & CEO

pwalters@cambiatta.com, 1026 Delta Avenue, Suite A, Cincinnati, OH 45208, +1.513.871.9206, Fax: +1.513.871.9204 www.cambiatta.com

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Cambiatta, a bicycling-industry product company, is hiring a full-time, hands-on marketing communications coordinator with 3 to 5 years experience in the field. The position requires a proven ability to develop a marketing strategy, create and execute a marketing plan, and manage complete campaigns and programs. Specific required skills include:

- copywriting
- media relations
- ad campaign management
- direct marketing program management
- ability to interface with a marketing firm and other service providers

This get-it-done person must possess lots of enthusiasm and a passion for cycling would be a bonus.

Cambiatta is a one-year-old startup located in the heart of Mt. Lookout. Cambiatta launched its first product in 2004 with great success. This innovative product has a unique position in the marketplace and has been successful in securing the sales distribution and celebrity endorsements necessary to make 2005 an outstanding year.

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OHIO VALLEY CYCLOCROSS CHAMPIONSHIP: 2004 REPORT AND 2005 SCHEDULE



Local race promoters collaborated in 2004 to present a series of 11 races within a roughly 100 mile radius of Cincinnati. The series was a huge success by all measures, with almost 300 racers earning series points. Here are results for QCW racing team members (hopefully I did not miss anyone?)

Final Standings of QCW Racers

- Allen Morris - 1st Place of 7 - Juniors 15-18
- Joe Meister - 2nd Place of 7 - Juniors 15-18
- Jarrett Frauhiger - 3rd Place of 11 - Juniors 10-14
- Samuel Dobrozsi - 4th Place of 11 - Juniors 10-14
- Ambrose Dobrozsi - 5th Place of 11 - Juniors 10-14
- Dave Nissen - 7th Place of 41 - Masters 35+
- Chip Ellison - 2nd Place of 17 - Masters 45+
- Doug Dobrozsi - 5th Place of 17 - Masters 45+
- Scott (a.k.a. Sparky) Lyle - 9th Place of 70 - B Men
- Adam Fuson - 16th Place of 70 - B Men
- Brian Nieport - 11th Place of 65 - A Men

The series race dates for 2005 have already been set, and include a weekend with 2 internationally sanctioned events (UCI races) on October 8th and 9th. Scored categories include: Beginner Men, Beginner Women, Juniors 10-14, Juniors 15-18, B Men, A Men, A Women, Master Men 35+ and 45+.

The 2005 schedule is as follows:

<u>DATE</u>	<u>LOCATION</u>
Sept 18	John Bryan Park Cross, Yellow Springs, OH
Oct 2	Granville Cross Columbus, OH
Oct 8	Louisville 2Wheel Sports (UCI C2) Louisville, KY
Oct 9	Bio-Wheels/United Dairy Farmers (UCI C2) at Harbin Park Cincinnati, OH
Oct 16	Reser Bicycle Newport Cross Newport, KY (QCW event)
Oct 23	Lexington Cross Lexington, KY
Oct 30	Brookside Cross Cup (IN USCF State Cyclo-Cross Championship) Indianapolis, IN
Nov 6	Arrowhead Farm Cross Cincinnati, OH
Nov 13	Iroquois Park Cross (KY USCF State Cyclo-Cross Championship) Louisville, KY
Nov 20	Cycledots Cross (OH USCF State Cyclo-Cross Championship) Cincinnati, OH
Nov 27	Indy Cyclo-Cross (Final series race, double points!) Indianapolis, IN

RESER BICYCLE OUTFITTER CLUB SPECIALS



To help satisfy your equipment needs at the beginning of the 2005 racing season, Reser Bicycle Outfitters is offering all 2004 QCW members 10% off of everything in the store, including bicycles, through the end of Feb. For those members who have volunteered at least one club event in 2004 the discount is a substantial 25%. Special deals on Colnagos are also on offer, stop in and talk to Jason. Located in the historic district of Newport, 735 Monmouth Street; 859.261.6187; www.reserbicycle.com; Mon-Fri 11-6, Sat 9-5

2005 CLUB DUES

are now payable. \$15 individual, \$20 family, \$5 juniors. A membership form is attached to the newsletter, or membership can be made online at www.active.com; The Membership year runs March 1 – Feb 28th.

RENEW YOUR RACING LICENSE?

USA Cycling racing licenses all expire on December 31st. Licenses can be renewed online or using the form at www.usacycling.org; you should use Club Name – *Queen City Wheels*; Registered Racing Team Name – *UDF / Reser Bicycle*. Right now USA Cycling shows 11 of us have renewed and 47 have not (as of 1/27).

THE SUNFLOWER REVOLUTION

Benefit Event for The Davis Phinney Foundation for Parkinsons Disease Research

A note from Kathy Krumme

Hi Doug,

I would like to announce the dates for the second annual Sunflower Revolution Gala and Ride to benefit the Davis Phinney Foundation. The Gala/auction will be held at the Cincinnati Hyatt Regency on August 19, 2005 and the 100k ride will be held in Loveland on Sunday, August 21, 2005. On August 20th, there will be a symposium for Parkinson's patients and a Continuing Medical Education event for physicians focusing on Parkinson's Disease. Patients and doctors will have a chance to meet and mingle afterwards. Davis Phinney, Connie Carpenter Phinney, Ben Serotta and many other cycling luminaries will attend. Wayne Stettina, Andy Pruitt, Ron Kiefel and Jo Dee Messina attended our 2004 event. If you would like to attend or volunteer for either the gala or ride, please email Kathy Krumme at kkrumme@davisphinneyfoundation.

We were able to donate \$100,000.00 to the Davis Phinney/Donald Krumme Gift Fund at the University of Cincinnati's Neuroscience Institute's Center for Parkinson's Disease and Movement Disorders and University Hospital with the proceeds from the 2004 event.

We hope you will join us; it's a lot of fun and a great cause!

Thanks, Kathy

YEAR ROUND CENTURY CHALLENGE

A note from John Hughes

Hi Doug

I have a favor to ask. The UltraMarathon Cycling Association is a non-profit international club with over 1200 members in 20 countries. We are introducing a new program: The Year-Rounder

Century Challenge – to encourage cyclists to ride a century every month. (We realize that weather may be a factor, so we allow makeup rides for two months and are working out the details to allow indoor centuries.)

We're putting a lot of energy into publicizing this right now, since the program starts in January. I'd appreciate it if you could send out info to your club's e-mail list. Below is the program description - please feel free to edit as necessary.

Many thanks!

John Hughes

Managing Director,

UltraMarathon Cycling Assoc., Inc

Larry Schwartz Year-Rounder Century Challenge

Club centuries are the highlight of many endurance riders' seasons: the fun of a day on the bike with friends and the challenge of riding 100 miles. And, at least for the day, an unrestricted diet!

The Year Rounder is for century riders looking for a new challenge: consistent performance throughout the year! Can you ride a century (or longer) every month of the year? You can maintain your fitness and have more fun cycling.

The Year-Rounder is a division of the UMCA Mileage Challenge. All you need to do is sign up for the Mileage Challenge, and submit your centuries - we'll do the rest. Centuries can be either Organized centuries or Personal rides that you design yourself (explained below).

Mileage Challenge participants receive:

- an e-book Century Tips on training, nutrition, equipment and technique;
- an e-newsletter, sharing tips and stats;
- a bi-monthly Year Rounder column by Crista Borrás and Chuck Wood, who ride centuries every weekend;
- a section at www.ultracycling.com devoted to the best century stories sent in by riders;
- a rider with at least 1,000 miles in the Mileage Challenge gets a discount on TitanFlex frames and on Accelerade and EnduroxR4;

If you reach the goal, we'll award you a Year-Rounder medal.

Although the goal is a century a month, it might be too snowy or icy some months; so we'll allow two make-up rides as well as indoor centuries. For example, if you get snowed out in January, just do two centuries in February.

For routing reasons some centuries are just under 100 miles. In the Mileage Challenge a Century is a ride of 90 - 149 miles.

Join the UMCA, add 10 bucks for the Year-Rounder, put on your wool jersey, head out the door, and we'll do the rest.

You don't have to ride alone - UMCA members lead HUB rides in many parts of the country. These are low-key rides - no t-shirts, no catered rest stops - just friends out for a day on the bike.

The Year-Rounder honors Larry Schwartz, who won the UMCA Mileage Challenge in 2001, was second in 2002, and was leading in 2003 when he was struck and killed by a school bus. For a profile of Schwartz go to:

Rules Summary:

An "Organized" century is a ride with: a name, designated start/finish location and starting time(s), route plan, organizer, and advance publication of the ride or ride series in club newsletters, etc.

A "Personal" century is a personally designed ride. For credit, you must complete at least 90 miles in a 12-hour period including off the bike time (and maintain an 8.33 mph average after that). Personal centuries provide century-length riding opportunities for riders in seasons or locales where Organized centuries are sparse.

Any Mileage Challenge ride counts in the Year Rounder: brevets, double centuries and ultra events.

We like to keep the holidays free for time with the family, so the Mileage Challenge and Year Rounder will end on December 21, 2005.

To learn more, to sign up, to Join UMCA, to learn more about Larry Schwartz, and for complete rules and ride documentation form, check out www.ultracycling.com

The Year-Rounder is a program of the UltraMarathon Cycling Association, Inc.
www.ultracycling.com
umcahq@aol.com
PO Box 18028
Boulder, CO 80308-1028
(303) 545-9566
fax (303) 545-9619

FIRST NIGHT RIDE OF A NEW WINTER

first night ride of a new winter
 layer upon layer of knitted wool
 (on top of yet another layer)
 three tiers of wool? it's one of those nights

pellegrino orange seeking warmth,
 snuggling against italian blue
 gloves nestled one inside another
 like a fuzzy knit matryoshka doll

no cozy warmth for the bike
 smoked chrome displays a fresh fog
 bare metal so cold, your tongue would stick
 components creak in the sudden chill

first few turns, find the pedals
 with overgrown blue fuzzy shoes
 arms and legs have limited motion
 too many sleeves, wool stuck to wool

padded like a fat autumn bear
 ready for hibernation
 no air penetrates to the skin
 no way to judge the speed

ears covered, sounds muffled
 helmet filled with windless silence
 a slightly lanolin scent
 inside this space ship of wool

stop for a quick adjustment
 gloves off, hands on icy metal parts
 cold as an arctic chihuahua
 in space, no one hears you shiver

rolling again, out toward the edge of town
 where the glowing gray clouds turn black
 without city lights to illuminate them
 dark and deep space

a reassuring white oval of light
 around the front wheel
 flashing red tail light
 like an interstellar pulse jet

a tiny island of light
 among the frozen blackness
 cows watch silently from black-green fields

turning brown grass over and over again

coasting beneath the trees and powerlines
 beneath the owls
 beneath the first gentle snow
 atoms of ice against my face

and all the time - silence
 no tire noise on asphalt
 no chain noise through the cogs
 no shift noise from derailleurs

shifting by feel instead of by sound
 finding these old components again
 learning to sense without touching
 through too many gloves

the familiar tug
 of momentum against my body
 when applying the brakes
 keeps me from locking the wheels

a hill, a shift
 a slight knock as the chain finds the gear
 like assembling a jigsaw puzzle
 in boxing gloves

spokes sparkling in the oval of yellowish light
 hub logo turning over and over
 rim so smooth and round
 hypnotic motion in the quiet night

these parts are all older
 than most of the racers I know
 these bearings were made
 by men now retired, or departed

quiet and dark, time is ideal
 to reflect on this bike, these parts
 this night, this ride
 a beautiful bike unseen in the night

ragged gray sky aglow over the city
 lights again on by side of the road
 sound is visible as the traffic increases
 time to take this spaceship home

*Aldo Ross
 Middletown, Oh*

2005 BICYCLE CLINICS, RACES AND TOURS IN THE OHIO VALLEY.

The following list was assembled by Bruce Skillings of Team Dayton, for publishing in the Dayton Daily News. This is the best list I know of upcoming area events. I've edited it a little based on rumors I've heard. Some events may be cancelled so always get the latest info.

Feb. 19: 4th Annual Schabobele Road Race, California, KY
www.truesport.com

March 6: OVR Road Race, Reily, Ohio
www.ohiovalleyracing.org

March 12: Croton Classic, Croton, Ohio USCF Licensed races and non-licensed races www.teamcolumbus.org

March 13: OVR Road Race, Morrow, Ohio
www.ohiovalleyracing.org

March 19: Tour of Granville, Granville, Ohio
www.teamcolumbus.org

March 20: OVR Road Race Hueston Woods State Park, College Corner, Ohio www.ohiovalleyracing.org

March 26: Mid Ohio Sports Car Course, Lexington, Ohio
www.teamcolumbus.org

April 2: 12th Annual Sugar Grove Grand Prix, Sugar Grove, Ohio www.teamcolumbus.org USCF licence races and non-licensed races

April 3: Biowheels Road Race, St. Leon, IN
www.ohiovalleyracing.org

April 5, 12, 19, 26 (Tuesdays): Team Dayton Bicycle Racing Clinic, Ohio Renaissance Park, State Route 73 east of Caesar's Creek Lake and Harveysburg, Ohio
www.teamdaytoncycling.com

April 6 (First Wednesday of each month): Blue Streak Time Trial, WPAFB Area C 5:00 p.m.

www.daytoncyclingclub.org no racing license required

April 9: Tour of Granville Township, Granville, Ohio
www.teamcolumbus.org

April 9: OVR Road Race, Lynchburg, Ohio
www.ohiovalleyracing.org

April 10: OVR Lexington Road Race, Lexington, Ky
www.ohiovalleyracing.org

April TBA Sugar Maple Festival Time Trial, Bellbrook, Ohio (937) 848-8466

April 17: OVR Savage Hill Road Race, Deer Creek State Park, Mt. Sterling, Ohio www.ohiovalleyracing.org or www.savagehillcycling.com

April 24: QCW Circuit Race, Ryle High School, Union, Ky
www.ohiovalleyracing.org or www.qcw.org

April 30: Calvin's Challenge, Shawnee High School, Springfield, Ohio

www.daytoncyclingclub.org or (937) 854-1885

May 1: 14th Annual Wilkesville Road Race, Wilkesville, Ohio
www.teamcolumbus.org

Ma 1: Chili Century, Goshen OH. Cincinnati Cycle Club.
www.cincinnati-cycleclub.org

May 3, 10, 17, 24, 31: (Tuesdays) Team Dayton Criterium Training Series, Ohio Renaissance Park, Harveysburg, Ohio 6:00 p.m. www.teamdaytoncycling.com or (513) 761-0449

May 3 through Sept. 27 (Tuesdays) QCW Time Trial Series
www.qcw.org

May 4: Blue Streak Time Trial, WPAFB
www.daytoncyclingclub.org 5:00p.m.

May 14: Huntington Grand Prix, Huntington, WV
www.teamcolumbus.org

May 15: Huffman Spring Classic Bike Tour, Golden Gate Park, Brookville, Ohio www.daytoncyclingclub.org or (937) 833-5680

May 25: Ault Park Racing Series, Cincinnati, Ohio
www.qcw.org

May 28: Dasani Double Metric Century Ride
www.teamcolumbus.org

To Be Announced: Team Dayton Time Trial Races
www.teamdaytoncycling.com or
TTracedirector@teamdaytoncycling.com

June 1: Blue Streak Time Trial, WPAFB 5:00 p.m.
www.daytoncyclingclub.org or chuck@ohiobike.org

June 1, 8, 15, 22, 29 (Wednesdays): Ault Park Series, Cincinnati, Ohio www.qcw.org

June 4: Covered Bridge Tour, Westbrook Elementary School, Brookville, Ohio

www.geocities.com/bikewalder/tour/cbtour.html or
www.daytoncyclingclub.org or (937) 376-5449

June 7, 14, 21, 28 (Tuesdays): Team Dayton Criterium Training Series, Ohio Renaissance Park, Harveysburg, Ohio 6:00 p.m. Kids on Bikes Training and 6:45 p.m. USCF Training
www.teamdaytoncycling.com

June 11-12: Summer Solstice Criterium and Road Races
www.ohiovalleyracing.org or glen@schoenung.us

June 11-19 Tour of Ohio www.teamcolumbus.org

June 13-Aug. 18: Monday nights Kids on Bikes Summer League www.qcw.org

June 17-19: Grandview Heights Cycling Classic, Grandview, Ohio jjbaum@tenspeeds.com

June 19: Ohio State Road Race Championships, Wilkesville, Ohio www.teamcolumbus.org

June 23: Tour of Ohio Post Tour Criterium Series, Springfield, Ohio www.teamcolumbus.org

June 24: Tour of Ohio Post Tour Criterium Series, Upper Sandusky, Ohio www.teamcolumbus.org

June 25: Tour of Ohio Post Tour Criterium Series, Columbus, Ohio www.teamcolumbus.org

June 26: Tour of Ohio Post Tour Criterium Series, Chagrin Falls, Ohio www.teamcolumbus.org

June 26: Tour de Burg, Miamisburg, Ohio
jjbaum@tenspeeds.com or www.tenspeeds.com

Date To Be Announced: Ohio USCF Criterium Championships, Columbus, Ohio www.tenspeeds.com or

jjbaum@tenspeeds.com

July 1-3: Newport Cycle Festival, Newport, Ky
www.qcw.org

July 3: Hyde Park Blast Criterium, Cincinnati, Ohio
www.truesport.com

July 5, 12, 19, 26 (Tuesdays): Team Dayton Criterium Training Series, Kids on Bikes Training 6:00 p.m. and USCF Training

6:45 p.m. Ohio Renaissance Park, Harveysburg, Ohio
www.teamdaytoncycling.com or (513) 461-0449

July 6: Blue Streak Time Trial WPAFB Gate C. 5:00 p.m.
www.daytoncyclingclub.org

July 9: Team Dayton/Ohio Renaissance USCF Criterium Races USCF, non-licensed and Kids on Bike Races
www.teamdaytoncycling.com or
racedirector@teamdaytoncycling.com or (513) 734-7993

July 10: Newmark Center Cycling Classic, Miamisburg, Ohio
www.kreitler-bptech.com or (937) 836-2816

July 17: Tour de Loveland, Loveland, Ohio
jjbaum@tenspeeds.com or www.tenspeeds.com

Late July/early Aug. TBA Ohio Senior Olympic Games, Arkon, Ohio (330) 746-2938 or info@ohioseniorolympic.org
www.teamdaytoncycling.com or www.nsga.com or 1(800) 686-7367

July 21: Key Bank Xenia Grand Prix, Xenia, Ohio
www.teamcolumbus.org

July 27: Zionsville Grand Prix, Zionsville, In
www.teamcolumbus.org

July 30: OOC Lancaster Grand Prix, Lancaster, Ohio
www.teamcolumbus.org

August 2: Team Dayton Criterium Training Series, Ohio Renaissance Park, Harveysburg, Ohio 6:00 p.m. Kids on Bikes Training and 6:45p.m. USCF Training
www.teamdaytoncycling.com

August: 3: Blue Streak Time Trial, WPAFB Gate C 5:00 p.m.
www.daytoncyclingclub.org or chuck@ohiobike.org

August 4: Irish Festival Criterium, Dublin, Ohio
www.teamcolumbus.org

August 9: Taste of Artington Criterium, Upper Artington, Ohio
www.teamcolumbus.org

August 11: Ariel Classic, Mount Vernon, Ohio
www.teamcolumbus.org

August 13: Pur Tour, Mason, Ohio USCF and Kids on Bike Races www.qcw.org or (513) 403-1951 dobrozi.dj@pg.com

August 20-21: Old World Tour, Buck Creek State Park, Springfield, Ohio www.daytoncyclingclub.org or (937) 890-4690 mary.lemaster@expco.com

August 24-28: USCF Master Track National Championships, Indianapolis, In www.truesport.com or www.usacycling.org

August 27: Wright Wride Historical Tour, Dayton, Ohio (937) 299-2454 or www.daytoncycling.club.org

Sept. 3-5: Cincinnati Cycling Classic, Cincinnati, Ohio
jjbaum@tenspeeds.com or www.tenspeeds.com

Sept. 7: Blue Streak Time Trial, WPAFB Gate C 5:00 p.m.
www.daytoncyclingclub.org or chuck@ohiobike.org

Sept. 9: Marion Criterium, Marion, Ohio
www.teamcolumbus.org

Sept. 18: OVCC John Bryan State Park, Yellow Springs, Ohio, Ohio Valley Cyclo-Cross (OVCC) Ohio, Indiana and Kentucky racing series www.kentuckycyclocross.com

Sept. 25: Tipp City Mum Festival Bike Tour, Tipp City, Ohio
www.daytoncyclingclub.org or (937) 667-8951

Sept. 25: Fallen Leaf Road Race, Caesars Creek State Park,
www.ohiovalleyracing.org or glen@@schoenung.us

Oct. 2: OVCC Granville Cross, Granville, Ohio
www.kentuckycyclocross.com

Oct. 8: OVCC Louisville 2 Wheels Sport (UCI C2) Louisville, Ky
www.kentuckycyclocross.com

Oct. 9: OVCC Bio-Wheels(UCI C2) at Harbin Park, Cincinnati, Ohio
www.kentuckycyclocross.com

Oct. 16: OVCC Queen City Wheels Newport, Ky
www.kentuckycyclocross.com

Oct. 23: OVCC Lexington Cross, Lexington, Ky
www.kentuckycyclocross.com

Oct. 30: OVCC Brookside Cross Cup (In Cyclo-Cross Championships) Indianapolis, In www.kentuckycyclocross.com

Nov. 13: OVCC Iroquois Park Cross(Ky Cyclo-cross Championships) Louisville, Ky www.kentuckycyclocross.com

Nov. 20: OVCC Cycledots Cross (Oh Cyclo-cross Championships) Cincinnati, Ohio
www.kentuckycyclocross.com

Nov. 27: OVCC Indy Cyclo-cross (Final series race, double points) Indianapolis, In www.kentuckycyclocross.com

USA CYCLING NATIONAL CHAMPIONSHIPS:

June 21-25: Deer Valley Resort, UT: USCF Junior Criterium, Road and Time Trial National Championships
www.usacycling.org

June 26- July 2: Deer Valley Resort, UT: USCF Master Criterium, Road, and Time Trial National Championships
www.usacycling.org

Sept. 15-18: USA Cycling NORBA National Championships, Mammoth Mountain, CA www.usacycling.org

NSGA NATIONAL SENIOR OLYMPIC GAMES

www.nsga.com Races for 50 and older athletes.

June 7-11: National Senior Olympic Games, Pittsburg, PA

Oct. 27-30: NSGA National Senior Games Championship Festival, Mobile, Al www.nsga.com , gmoore@nsga.com or (225) 766-6800 ext. 14

To be announced:

Ohio Senior Olympic State Games TBA: Arkon, Ohio (330) 746-2938 or info@ohioseniorolympic.org or www.nsga.com 1(800) 686-7367 or joe.rossi@distxiaaooa.org

Ohio Regional Senior Olympic Games Dates:TBA

Hall of Fame Regional Senior Olympic Games Canton, Ohio (330-) 497-2323

Central Ohio Regional Senior Olympic Games, Columbus, Ohio (614) 645-3320 or mntilley@columbus.org

Dayton/Miami Valley Regional Senior Olympic Games Dayton & Springfield, Ohio (937) 333-1705

May 12-17: Indiana Senior Olympics Games www.swirca.org or 1-(800) 253-2188

July 22-31: 2005 World Master Games, Edmonton, Canada
www.2005worldmasters.com or 1-780-822-2005
 These games are for athletes 30 and older.

OHIO VALLEY RACING SPRING SERIES

www.ohiovalleyracing.org

Times & Distances

CATEGORY:	DAILY PRIZES:	START:	FEE:	DISTANCE:
Men 1-2-3	\$195/6 places	12.00 pm	\$20	50-65 miles
Men 3-4	\$100/5 places	12.05 pm	\$20	40-55 miles
Men 4-5	\$60/3 places	12.07 pm	\$17	25-35 miles
Women 1-2-3-4	\$60/3 places	12.10 pm	\$17	25-35 miles
Juniors	Ribbons/3 places	12.10 pm	\$10	20 miles

GC Prize List

PLACE	POINTS	M 1-2-3 GC PAYOUT	M 3-4 GC PAYOUT	M 4-5 GC PAYOUT	W 1-2-3-4 GC PAYOUT
1	120	\$55.00	\$55.00	Merchandise	\$35.00
2	110	\$45.00	\$45.00	Merchandise	\$30.00
3	100	\$35.00	\$35.00	Merchandise	\$25.00
4	90	\$30.00	\$30.00	—	\$15.00
5	80	\$25.00	\$25.00	—	—
6	75	\$20.00	\$20.00	—	—
7	70	—	—	—	—
8	65	—	—	—	—
9	60	—	—	—	—
10	55	—	—	—	—
11	50	—	—	—	—
12	45	—	—	—	—
13	40	—	—	—	—
14	35	—	—	—	—
15	30	—	—	—	—
16+	25	—	—	—	—

Additional places will be awarded for each additional 5 riders above 30.

Rules

- Promoter reserves the right to lengthen, shorten, modify, cancel or combine races and/or prize list if insufficient entries or bad weather. If less than 5 in a category, race will be combined, less than 10 in a category pays one place only. Full payout of the M 1-2-3 races requires 20 entries.
- Registration begins at 11:00 AM and closes fifteen minute before race. No pre-registration is necessary.
- All events scored using timing transponders. A \$35 deposit is required when transponder is issued. Deposit may be cash, check or a valid USCF license.
- All USCF rules apply. You must present a valid license to enter a USCF race. One day licenses may be purchased for \$10 at registration.
- GC points gained in one race category may not be combined with points gained in another race category. (IE. M 1-2-3 points can not be combined with M 3-4 points.)
- Field limits apply to all races depending on course conditions. Official has the right to split, combine or modify any categories to insure a safe event.

TENTATIVE SCHEDULE

March 6th Reily, OH OVR Road Race

From Cincinnati take I-275 west to Colerain Ave. (US 27) exit 36. Go north on US 27 through Millville. After US 27 turns left at the light in Millville proceed less than 1 mile to Peoria-Millville Road. Turn left and continue to Reily. Left on Main (turns into Springfield) 0.5 mi. to Indian Creek Metro park. Registration at park pavilion. A \$2 motor vehicle permit may be required.

>> **Registration in parking lot.**

March 13th Morrow, OH OVR Road Race

From Cincinnati take I-71 north to Route 132 exit 32. Turn right (south) on Rt. 132 and travel 6-miles to Rt.22/3. Turn right on Rt. 22/3 and proceed across bridge (less than 1-mile) and turn right on Front St.

>> **Registration at Park at end of Main St.**

March 20th Hueston Woods SP, College Corner, OH OVR Road Race

From Cincinnati take I-275 west to Colerain Ave. (US-27) exit 36. Travel North (away from I-275 loop) on US-27 through Millville 20-miles to downtown Oxford. Turn North (right) on SR-732 and travel 5-miles to Houston Woods SP.

>> **Registration at Ranger Station.**

April 3rd St Leon, IN Biowheels Road Race

*** NOTE: Daylight Savings Time Starts! ***

From Cincinnati take I-74 West to St Leon exit 164. At end of ramp turn right on to Rt. 1. Travel 2.8-miles and turn left onto St. Peter Rd. Travel 4.3-miles to church parking lot on left.

>> **Registration at St. Peter carry out on the corner.**

>> **Please do not park in this lot.**

April 9th Lynchburg, OH OVR Road Race

From Cincinnati take I-275 East toward Milford. Take US-50 East (Exit 59) and travel 26.6-miles to SR-134. Turn north (left) and travel 3.0-miles to downtown Lynchburg.

>> **Registration on Covered Bridge off Main St (SR-134).**

April 10th Harrison's Tomb, Cleves, OH Darkhorse 20-Mi Time Trial

Take I-74 West to Cleves/Hamilton exit at Miamitown (Exit 7), Turn left on St Rt 128 and travel 5.1-miles to US 50. Turn left and travel 1.5-miles to Mt Nebo. Turn right. TT starts at base of Mt Nebo.

April 17th Deer Creek SP, Mt. Sterling, OH Savage Hill Road Race

From Cincinnati, take I-71 North to State Route 56 East (Mt. Sterling Exit) into Mt. Sterling, then State Route 207 South 5-miles. Turn left onto Yankeetown Pike. Turn right into Deer Creek State Park entrance.

>> **Registration at shelter.**

April 24th Ryle HS, Union, KY QCW Circuit Race

From Cincinnati take I-71/75 South to Florence. Exit onto US-42/US-127 (Exit 180). Turn right at end of ramp. Travel 4.8-miles south on US 42 to Union, KY. Ryle HS is on the right. Note special start times for this event.

>> **Registration in front of school.**





DATE	RACE	LOCATION
Sept 18	#1 John Bryan Park Cross	Yellow Springs, OH
Oct 2	#2 Granville Cross	Columbus, OH
Oct 8	#3 Louisville 2Wheel Sports (UCI C2)	Louisville, KY
Oct 9	#4 Bio-Wheels/United Dairy Farmers (UCI C2) at Harbin Park	Cincinnati, OH
Oct 16	#5 Queen City Wheels/Reser Bicycle Newport Cross	Newport, KY
Oct 23	#6 Lexington Cross	Lexington, KY
Oct 30	#7 Brookside Cross Cup (IN USCF State Cyclo-Cross Championship)	Indianapolis, IN
Nov 6	#8 Arrowhead Farm Cross	Cincinnati, OH
Nov 13	#9 Iroquois Park Cross (KY USCF State Cyclo-Cross Championship)	Louisville, KY
Nov 20	#10 Cycledots Cross (OH USCF State Cyclo-Cross Championship)	Cincinnati, OH
Nov 27	#11 Indy Cyclo-Cross (Final series race, double points!)	Indianapolis, IN

TIME	CATEGORIES	DURATION	PRIZES (\$500 TOTAL PAYOUT PER EVENT)
11:00 am	C Race – 4/5 Beginner Men	(30 min.)	Merchandise/medals
11:01 am	Juniors 10-14	(30 min.)	Merchandise/medals
11:01 am	Juniors 15-18	(30 min.)	Merchandise/medals
11:02 am	B Women – Cat 3/4 – Beg./Sport	(30 min.)	Merchandise/medals
12:00 noon	B Race - Cat. 3/4 – Sport	(45 min.)	Cash Payout
12:01 pm	Masters 35+	(45 min.)	Cash Payout
12:01 pm	Masters 45+	(45 min.)	Cash Payout
1:00 pm	A Race – Cat. 1/2/3 – Expert	(60 min.)	Cash Payout
1:01 pm	A Women – Cat. 1/2/3 – Expert	(45 min.)	Cash Payout

FOR MORE INFORMATION: WWW.KENTUCKYCYCLOCROSS.COM  **TOTAL SERIES CASH PURSE: \$XXXX**

GENERAL INFORMATION

- **THIS IS AN EARLY LISTING OF SERIES RACES!**
More may be added and changes made in the coming weeks. Visit www.kentuckycyclocross.com or www.truesport.com for series updates.
- For message board and Ohio-Valley Cyclo-Cross information, join "ovcross" at www.yahogroups.com.
- USCF Sanctioned Event. NORBA or USCF Licenses are required.
- One-day permits will be available for \$5 on race-day.
- **10:00 am:** Registration opens.
- No Pre-registration required.

SANCTIONED BY:



SPONSORS

General classification will be tracked throughout the series on www.ohiovalleycyclocross.org and the prizes will be awarded for the overall winners at the final race in the series.

REGISTRATION and MEMBERSHIP APPLICATION FORM
Queen City Wheels Bicycle Racing Club, Inc.

Queen City Wheels Inc. is an Ohio not-for-profit corporation which exists to promote the sport of bicycle racing in the greater Cincinnati area. Membership is open to all interested parties. QCW is a United States Cycling Federation Club. Memberships run March 1st – Feb 28th. Memberships after Sept 1st are good for the following year.

COST (checks to QCW) per year Individual: \$15 Junior / Espoir (age 10-22): \$5 Family \$20

Name _____ Age/DOB _____ Gender: M F

Additional Family Members if Family Membership

_____ Age/DOB _____ Gender: M F

_____ Age/DOB _____ Gender: M F

_____ Age/DOB _____ Gender: M F

_____ Age/DOB _____ Gender: M F

Address _____ City _____

State _____ Zip Code _____ Home Phone _____

Email Address _____ Do you use email regularly? Yes ___ No ___

Membership in Other Cycling Organizations or Teams _____

Newsletter Preference QCW publishes a newsletter occasionally.

Do you wish to receive it via ? US mail _____ or via email (PDF) _____

Interests (please check all that apply. Double-check greatest interests

Road Racing ___	MTB Racing ___	Cyclocross ___	Du/Tri-athlon ___	BMX ___
Track Racing ___	Group Rides ___	Touring ___	Youth/development ___	Mechanics ___
Collecting ___	Race Promotion ___	Coaching ___	Training / Fitness ___	Officiating ___

Licenses – If you hold a racing license, please indicate organization (USCF/NORBA/BMX/TRI etc)

Licenseholder Name _____ Organization : _____ Number: _____

Licenseholder Name _____ Organization : _____ Number: _____

Waiver / Release Statement

In submitting this application for membership in the Queen City Wheels, Inc., I understand that bicycle riding is inherently dangerous. I do hereby for myself, my heirs, executors and administrators, release, and forever discharge any and all rights and claims for or to be for which I may have or which hereafter accrue to me against the Queen City Wheels, Inc., including officers, administrators, ride leaders, individual members(s), officials, coaches, and volunteers, and or any other parties connected with events sponsored by Queen City Wheels, Inc., individually or collectively, from all responsibilities for any injury to persons during such events.

 Applicant Signature (or parent/guardain if under 18 members)

 Date