

## E RACER'S NEWS



#### PUBLISHED MONTHLY BY THE QUEEN CITY WHEELMEN

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at mouther will be held at lail kennedy's on sinday daly Sta, bt

#### STATES

The state track and road championships were held june 28 & 29 respectivley. The track competion saw Cincinnaties highest placing rider Phil Kennedy take 3rd overall. Phil Had very poor luck with tires unfortuently, 4 flats. He had a blow out in his first event; the blow out caused him to wreck and he hit the pavement quite hard. The accident was bad enough to keep him out of the road competion the next day. In placing third though he did qualify for the national rtack races; at Northbrook July 30 -- August 2. Phil Should be realing alright by then, and we will look foward to his riding the tracks. Bill Gallagher also gave the tracks a try, but reall saved himself for the roads.

The road races saw a few more Queen City Wheelmen. Jim Grove rode the junior race, hoping to ride it with Phil Kennedy, but as said before Phil didn't ride the roads. It was suprisingly not a typical junior race, for some juniors were working. Jim didn't place, but at least he rode unlike somettan ortso other QCW juniors I know. John Chamberlian won the junior road and track races, Mike Albero was 2nd in the road and 4th in the tracks, and Steve Applegate was third in the road and 2nd in the tracks.

Mark Limke rode the senior race. Although he didn't finish he was one of the last seniors to be dropped from the 6 man breakaway. He did viv 

Bill Gallagher was Cincinnatis high spot of the day. Bill finished 4th in the senior race. The race broke up after two laps and Bill was of course in the breakaway. It was a vety classy field with the likes of Bill Shook and the Kingsberrys! Bill and Dorg Anderson did their best to drop riders, and get slackers Bill shook and Al Kingsberry to do

some work. The finishing pack was made up of Doug Anderson, Bill Shook Al Kingsburry, Bill Gallagher, and Whris Lewis, that is also how they finished. 4th place qualivied Bill for the nationals, he is in the process of "comming Back" after seperating his shoulder early in the season. Also because Bill is the current time trial national champion he is qualifed for the national time trial championships July 23-24.

Little of Land

#### JUNE MEETING

The June meeting was held at the home of Phil Kennedy, club time trials States, and election of ABL officers were the main topic.

The next meeting will be held at Phil Kennedy's on Monday July 7th, at 8:pm. Phil Lives at 1617 Hollywood ave, three blocks north of North Bend off Hamilton ave. Turn right onto Hollywood and his home is about a mile down the road on the left, right next to Robert Redfords home.

NEW MEMBER

Another curious bikie has joined the qcw ranks, his name you ask? what's his name? I ask. You ask? ?????? His name is.....John Montag, what's in a mame you ask, you did ask? I don't know but check the name of the street he lives on. Oh help me please&

John Montag

3652 STETINUS Ave. 45208

321-6803

Halmady take 3rd averall, tall and sary pair luck site time secully, a filter on and a time out in mis first evolt; to

CLUBS FINANCIAL STANDING

As reported before the Cincinnati Criterium was a big sucess both riging wise and finacially for the club. With just about all the loose ends tied up, Gene Cornwell (treasurer) in his financial report has shown that the club is financially sound. If you are intersted in more details give Gene a call.

# RESULTS de la completa del completa de la completa del completa de la completa del la completa de la completa del la completa de la completa

Hey the QCW actually has an active member. Yes folks Phil Kennedy is still racing despite quite a few setbacks. Phil placed 4th at the tour of Rpookside Park in Indianapolis. The average and a second of the same

Phil also rode in the tour of Warren County but unfortuently to the poor officating and course markings phil got the shaft, so to say.

It seams Phil was riding at the front of the pack during the second road race, when he was just minding his wxx own business leading the pack; all of a sudden people said turn, but the pace car went straight. Yes you guessed it the pace car led Phil and about six other riders off the course. Well the pace car turned around to follow the pack around the course, this of course left Phil and the others quite a ways of the back of the pack. Well Phil was the only one whom chose to chase the pack down, and he did just that, (right Mr. K)?) but it also killed him (right Phil ?), and he was soon dropped.

It wouldn't all seam so bad if it had happened to a lesser rider, but y you see Phil was in second place going into that stage, agout six second seconds down on first place, after having won the first road stage and taking second in the criterium. It is rather pathetic that a big Olympic Development race such as this could be run so poorly. It seams the pace car at the very least could have pulled Phil up to the pack. Congradulations DCC & for such a well organized (?) race.

ANOTHER QCW IS DOING JUST INCREDING
WELL CONSIDERING HE IS NOW A CONFIRMED MEATBALL TOURIST RIDING
IN NEW ENGLAND; IS STEVE
LANSKY.

STEVE RODE IN THE TOUR OF
TURKEY-VILL, TAKING IST 2-0 + 3RD
OTHER RIDERS WERE STEVE AND
MANNYMAN AND
MAN

Wanted: Ads for the Racer's News. Members can advertise free. This is your Newsletter, use it maber your dog isn't paper trained, put it in the bottem of your bird cage, fill up your waste can.

Wanted: Anyine seriously intersted in being treasurer for the QCw. Gene Cornwell will continue to take care of the clubs financial busness if nobody else wants to, but Gene has gotten very bust recently, if your interested give Gene a call.

#### AMNOTE FROM THE EDITOR

la! The following article is justra few paragraphs from the book and watson Nerdquist is in the process of writing, (The Complete Book of Bicycling). The article is about cycling shoes and toe clips and what to do with them after you get them. That is provided you can get your foot out of your mouth.

THE COMPLETE BOOK OF BICYCLING
Section A
Copyright 1975, W. N. Nordquist

Ride aifewatimes, using the new shoes and toe clips and straps. During these sessions, which should be over varying terrain, concentrate of finding and keeping your foot in the right position on the pedal: the right position, both foward-and-back and angularly. After a few rides

The serrations or edge of the back plate on the pedal cage should have left an impression on the sole of the shoe. With crayon or chalk draw a straight line through the major line of impression from side-to-side of the sole. The groove in the cleattwill have to be aligned with this impression line.

If you've been riding without clests, their presence will alter your leg reach, and you may have to elevate the saddle slightly.

The best toe clips are usually of lightweitht spring steel that is chrome plated. In general, you can't tell anythingabout the quality by just looking at them. If you race and find you have toe clips that have become rusted, throw them away and get new ones. The toe clip should be bolted to the front plate of the pedal cage at a height that will permit the forward thrust of the toe clip to work with the pedal itself in distribution of pedalling force.

For racing cyclists, the toe clip should be just long enough to help in "finding" the slot when starting off in a race. You jam the foot forward into the stirrup and back off salightly and you're in place. It should also be short enough to assist when "toeing down" when out of the the saddle during a hard sprint or in climbing a steep hill. However, it cannot be so short as to pressure the toes when "cruising" in a long race.

Although the equipment has been standardized consideravly, a strap appears occasionally that looks good but is too thick or tooo wide to thread through the pedal stlots. If it's a tight fit, that's good, but any necessity to cut down the strap to fit the slots will weaken it.

Some straps when new are too stiff and hard-surfaced, preventing a good bite of the buckle teeth. In such a case the strap needs some working: curling it up, first in one direction and then the other, over and over or drawing it around a screw driver, or kneading it in some fashion. However, you want it to be stiff enough to stand up somewhat so that when in the saddle you can easily reach down, find it and tighten it up. To facilitate this further, you may want to wrap the strap end with with tape. It doesn't look so neat but may save a critical fraction of a second in a race. Some straps will be too long for most riders. Cut off any excess length, leaving enough though to get your full hand around the strap at its maximum slackness.

When the strap ages and becomes too limp to easily find, or if it start starts to crack or wear, throw it away -- the pair of them, since you want to keep everything equalized on both lides of the bike.

Make certain shoe laces are not so long that they could possibly get caught in the chain.

Proper shoe and foot careis important. Especially if racing without socks, be sure to use baby-quality talcum powder lightly in your shoe. Wet shoes tend to harden and shrink. Do not try to dry your shoes too quickly, over a radiator or in front of a register or in the hot summer sun. Especially after riding in a downpour, the shoe should be filled with shredded newspaper to soak up the moisture and help retain the shoe shoe shape. Change the paper a few times during the drying.

#### TIME TRIALS, FRIDAY NIGHTS

The Dayton Cycling Club (DCC) is putting on a Friday night time trial series in James Town Ohio. You can ride a 10 or a 25 mile time trial, it's your choice. The 10 miler is free the 25 will cost \$\pilon1.25\$, if you start riding the seties too late there is a possibality that the DCC will refund your money, because you won't be in contention for prizes.

ABL and non ABL riders can ride without any trouble from the ABL. Bill Gallagher of Cincinnati has consitantly had the fastest time, around 55 min. Last week though Bill didn't ride and there was a very strong nead wind and most times were 2 to 4 minutes slower than usual: Francisco Cardona a QCW rider road the second fastest time that night. The time trials are started at 7:0 clock sharp. They start at the school just off Rt. 72 ½ mile north of Rt. 35. For more info call Watson Nordquist.

EYE DON'T BELIVE IT!!!

SOMEONE ACTUALLY TOOK THE

TIME TO RIGHT SOMETHING FOR

THIS NEWSLETTER. THANKS

WATSON.

COME ON NOW HON ABOUT

SOME HELP YOU DON'T EAVEN

HAVE TO WRITE ANYTHING JUST

GIVE ME AN IDEA OF WHAT TO

WRITE ON. ANYBODY PLEASE

YOU TOO SOOZIN R. "

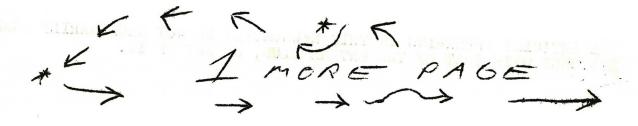
#### NATIONALS

The dates for the U.S. National Road and Track Championships are as follows.

Time Trials: July 23-24, Kennelsville Wisconsin Road Races: July 26-27 Milwaukee Wisconsin

Track Races: July 30-August 2, Northbrook Illnois

Cincinnati will have riders in all three events, the best of luck to ya



#### CLUB TIME TRIALS

At the June meetint it was decided to continue the time trials , until we get sick of them or until we decide to terminate them for some other club function. The time trials are held every Wednesday at 6:30 at the William Henery Harrison State Memerorial in Cleves 0. 4 directions call Jon Spicker (922-7354)

### oin. There week though mill of a minutes slower than usual; ABL ANNUAL MEETING

The Abl annual meeting will be held the 25th of July, the day before the road championships in the same area of Milwaukee. The club could use a representtive up there to vote on the many issues. Applody interested in doing this should contact Watson Nordquist. Thank You.

THE ARTICLES APPEARING IN THIS NEWSLETTER DO NOT NECESSARILY AGREE OR DISAGREE WITH THAT OF THE ENTIRE CLUB, OR ANY OF IT.