



# THE RACER'S NEWS



PUBLISHED MONTHLY BY THE QUEEN CITY WHEELMEN

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## CINCINNATI CRITERIUM

The Cincinnati criterium was again a fantastic success, many say it's the best we've ever done. If you didn't go to the race you missed what will probably be one of the best run, and incredibly well organized races of the year. Everything was covered extremely well, from ambulance service, to amateur radio communications throughout the entire course.

Cincinnati riders fared well again, with many new faces, the most outstanding performance was turned in by National Time Trial Champion Bill Gallagher, taking third place, in senior I & II after losing his chain. Also Bob Atkins, riding his first ABL race placed 5th in juniors, actually it was just his new bike. Del Williamson finished 11th in the Senior III & IV category. Dell will probably stay in town this year, and do more racing than he did last summer. Dell will be somebody to watch in III & IV. Mike Limke, riding his first ABL race, finished 14th in the Senior III & IV. Gene Cornwell didn't think running the races all day would be enough of a handicap for himself so he also decided to start a lap late, but he still finished 14th in the Senior I & II.

## MEETINGS

The April meeting was held at the home of Phill Kennedy, the race was the main topic, and afterwards Bill Gallagher showed a half hour video tape of the race.

The next meeting will be held at Phill Kennedy's on Monday May 3<sup>rd</sup> at 8:00 pm. Phil lives at 1516 Hollywood Ave. three blocks north of North Bend off Hamilton Ave. Turn right onto Hollywood, and his home is about one quarter of a mile down the road on the left.

## LAST SEASON

Before last years accomplishments get too burried in this years, let's recall a few of them. Undoubtedly the club's most noteworthy rider is Bill Gallagher. Bill, as most of you know by now, is the National Time Trial Champion. He won the "All American Time Trial National Final", with a time of 55:51. His time was better than that of the current national record holder Jack Janelle, but unfortunatly isn't official because the ~~xxx~~ course was not certified. None the less though it is still something to be proud of.

The day after winning the time trial there was another race in the area, (Basilone Memorial Tour of Raritan New Jersey), so Bill thought he'd give it a try, and try he did leaving the pack a few hundred yards behind at the finish.

For the year Bill finished 8th in the Midwest Sectional BAR. Recognition is also in order for Phil Kennedy III, for his second place finish in state track competition, ~~xxxxxxxx~~ qualifying him for the Nationals.

## ROLLER RACE RESULTS

Wheelmen again did some good riding on the rollers this winter. One of the most noteable performances was that of Carol Cornwell, whom the first time on the rollers rode a 124:03. This time was good enough to take 3rd place class B at the Southland Mall Roller Races Feb. 16th, held in ~~xxx~~ Detroit.

~~xx~~  
On Jan 19th at the Franklin Park Mall Roller Races in Toledo Gene Cornwell turned a 112:11, good enough to take first place class B. Bill Gallagher rode a 118:46 in ~~xxxxxx~~ winning the class C event, On Feb. 25th at French Field House O.S.U. Columbus Ohio, Phil Kennedy took 2nd place class B, Bill took 1st place class C.

PLEASEHELPPLEASEHELPPLEASEHELPPLEASEHELPPLEASEHELPPLEASEHELPPLEASEHELPPPL  
YOURNEWSLETTER YOURNEWSLETTER YOURNEWSLETTER YOURNEWSLETTER RACER'S NEWS

HEY! alfalfa, straw, grass, etc... I sure could use some help in putttt tttting articles together for this news+letter. I'm just as busy as you but I manage to put something together, Just a few stories on races, or anything. Please!!! Steve Lansky is busier then I am, and he managed to help some. Thanks Steve. If you~~xx~~ have anything you'd like to see in this newsletter just call me. Jon Spicker 922-7354. I'm in the Yellow Pages under Newsletters.

## IMPORTANT ABLA RULE CHANGES

In all Abl-sanctioned road races the maximum permissiable gear for Juniors (15 through 17) will be 93.6 inches.

All riders entering the Senior Class for the first time without any performance record will be placed in the newly-enacted Category IV.

HEADING EAST

Steve Lansky will be racing somewhere on the east coast up in the New England area come 1976. Why? Because Steve has been accepted to ~~X~~ Harvard University Cambridge, Massachusetts, and will be attending there next fall. He has proven himself on the academic front as well as in cycling. Congratulations, Ski.

JUST WHAT EVERY ATHLETE ALWAYS WANTED

This list is intended to simplify the major ~~XX~~ problems of selection of the proper alibi to suit the occasion. While some athletes are so bad they don't need an alibi, most at some time or another will be in need of some explanation to account for some performances and this handy check list may prove to be of some value. Feel free to write in your own original ideas.

- |   |  |
|---|--|
| <input type="checkbox"/> ate too much                     | <input type="checkbox"/> worried about my girl               |
| <input type="checkbox"/> weak from lack of nourishment    | <input type="checkbox"/> worried about money                 |
| <input type="checkbox"/> not enough time to warm up       | <input type="checkbox"/> worried about studies               |
| <input type="checkbox"/> too much training                | <input type="checkbox"/> girlfriend unfriendly               |
| <del>XXXXXXXXXXXXXXXXXXXX</del>                           | <input type="checkbox"/> girlfriend too friendly             |
| <input type="checkbox"/> not enough training              | <input type="checkbox"/> I can't ride against him            |
| <input type="checkbox"/> warmed up too much               | <input type="checkbox"/> I'm a mudder and it's too dry       |
| <input type="checkbox"/> Too much sleep                   | <input type="checkbox"/> can't ride in the rain              |
| <input type="checkbox"/> not enough sleep                 | <input type="checkbox"/> The pace car was too close          |
| <input type="checkbox"/> need wheat germ oil              | <input type="checkbox"/> poor starter                        |
| <input type="checkbox"/> need yogurt                      | <input type="checkbox"/> poor finish judges                  |
| <input type="checkbox"/> need a doughnut                  | <input type="checkbox"/> road too gravelly                   |
| <input type="checkbox"/> need vitamin C                   | <input type="checkbox"/> road not gravelly enough            |
| <input type="checkbox"/> not enough training of weights   | <input type="checkbox"/> poor track or course                |
| <input type="checkbox"/> Too much training of weights     | <input type="checkbox"/> Too warm                            |
| <input type="checkbox"/> building up slowly for next year | <input type="checkbox"/> Too cold                            |
| <input type="checkbox"/> Don't want to prove too soon     | <input type="checkbox"/> tendinitis                          |
| <input type="checkbox"/> car too crowded, couldn't relax  | <input type="checkbox"/> tennis elbow                        |
| <input type="checkbox"/> car too crowded, got leg cramp   | <input type="checkbox"/> sore knee                           |
| <input type="checkbox"/> car too quiet                    | <input type="checkbox"/> sore back                           |
| <input type="checkbox"/> my polar pals didn't come yet    | <input type="checkbox"/> headache                            |
| <input type="checkbox"/> started sprint too soon          | <input type="checkbox"/> thought I was having a heart attack |
| <input type="checkbox"/> started sprint too late          | <input type="checkbox"/> I don't have Detto Pietro's         |
| <input type="checkbox"/> broke left toe clip              | <input type="checkbox"/> forgot my shoes                     |
| <input type="checkbox"/> tires overinflated               | <input type="checkbox"/> chicken                             |
| <input type="checkbox"/> tires underinflated              | <input type="checkbox"/> cold feet                           |
| <input type="checkbox"/> I didn't think                   | <input type="checkbox"/> don't like organized athletics      |
| <input type="checkbox"/> I thought too much               | <input type="checkbox"/> I don't have a Campy seat post      |
| <input type="checkbox"/> I was cut off                    | <del>XX</del>  |
| <input type="checkbox"/> I cut him off and thought I was  | <input type="checkbox"/> bike too dirty                      |
| <input type="checkbox"/> disqualified                     | <input type="checkbox"/> bike too clean                      |
| <input type="checkbox"/> I didn't feel like riding        | <input type="checkbox"/> snow blinded                        |
| <input type="checkbox"/> my handelbar tape was dirty      | <input type="checkbox"/>                                     |
| <input type="checkbox"/> my quick release was pointed     | <input type="checkbox"/>                                     |
| <input type="checkbox"/> the wrong way                    | <input type="checkbox"/>                                     |
| <input type="checkbox"/> I don't like the class I have    | <input type="checkbox"/>                                     |
| <input type="checkbox"/> to ride                          | <input type="checkbox"/>                                     |

Encouragement is in order ~~of~~ for Bill Gallagher. Bill suffered a separation of the shoulder two weeks ago down at Land Between the Lakes, when his chain came off his front chainring and he went over the bars. Bill says he won't be able to get back on the bike for another four or five weeks.

### RACES

Because of the difficulty of mailing race applications, anyone interested in a particular race may call Dan Humpert at Montgomery Cyclery Clifton U.C. Branch at 721-6628, and he will give you the name and address of where to mail the application, use one of the standard entry forms enclosed with this newsletter.

If you want to find out ~~of~~ about some races call Gene Cornwell at 385-8567 and he'll be glad to tell you about them.

### EXCLUSIVE TEST REPORT...ON CAMPAGNOLO!

Tested and written by Steve Lansky

The Campagnolo Racing-European Style Bell.  
The Campy Bell, among the best made is mostly dural aluminum. The bell weighs about eleven ounces and has a high tension coiled steel spring. The quality of the craftsmanship is incomparable among American made bells, with the exception to the best Schwinn model.

The rivets are similar to those found on the popular lightweight Campy nut cracker. The bell lever is designed for one finger action, with leverage that allows even the weakest of pinkys to achieve a resounding "ding". The bell comes in three sizes, to accommodate the different variety stems presently in production. The clamp is unique on the Campy having the hinge action similar to that used on the popular Campy front derailleur. The most significant advantage of the Campy is of course, the quality of the tone. The C sharp "ding" is enough to scare a flag-pole into jumping up and heading for the hills.

It is expected that Dura Ace will be out with a copy of the Campy soon, although the patents have been issued. The price on the Campy is 18.95, with the black ergal super record model costing 28.95. The Dura Ace copies are expected to go for 11.50 and ~~18.50~~ 18.50 respectively. It should be noted though that the Dura Ace black model is just anodized aluminum, not made of ergal. Next issue will feature a road ~~test~~ on the Dura Ace copy, as well as a review of the Campy riding hat.

### NEW MEMBERS

We need all the interested members we can get in the club, so anyone that thinks they know of someone that would like to join the club, just give his or her name to Steve Lansky (751-0392), and he will talk to them about joining the club.

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WHERE TO RIDE

Always wanting to train but can't find those untraveled roads? Well in this issue of the "News" is included a map of Ohio and Indiana west of Cincinnati, it has many small back roads nearly all of which I have ridden on and have yet to be hassled by the coarser members of the human race ~~xx~~ namely those that drive cars. Try some of these roads, with names like Schoenling, Kirchung, Okeana Drewsburg, Paddys Run, Dunwoody, Race Lane rd., and Howard Creek they can't be half bad. Just start at West Fork (lower right hand corner) and ride on out.

RACE RESULTS courtesy of Gene Cornwell

Land between the Lakes Gene Cornwell 11th, Phil Kennedy 3rd, and Bob Atkins 5th.  
Dogwood Criterium Gene Cornwell 5th, Phil Kennedy 2nd, and Bob Atkins 5th  
Carbondale Gene Cornwell 10th, and Bill Gallagher 12th.  
Kentucky Derby of Cycling Phill Kennedy 4th

QUEEN CITY WHEELMEN APPLICATION

The basic membership fee is \$2 per calendar year. This fee is meant to be a stimulus to new riders, but covers only the mailing of the eight newsletters once a month starting March 1. We hope this will encourage not only the novice riders but also non racers and enthusiasts who enjoy organizing and helping out with running the races. For those who are or intend to become active participants in ABLA sanctioned races the club membership is \$4, except for seniors and veterans for which the membership fee is \$5. A family membership is ~~\$8~~ \$8. For further information contact Gene Cornwell 385-8567, or Steve Lansky 751-0392.

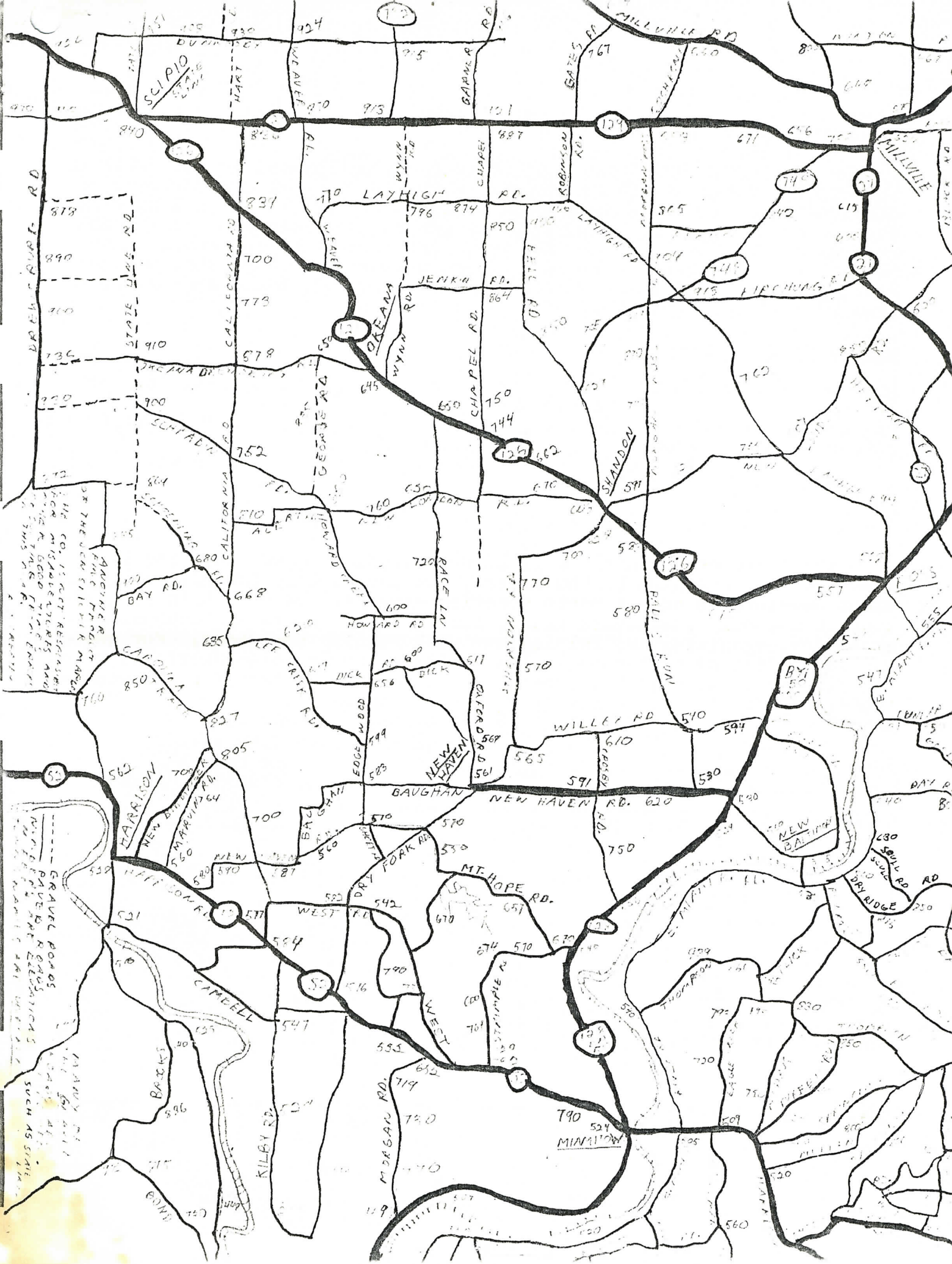
Send applications to: Queen City Wheelmen

NAME \_\_\_\_\_ c/o Gene Cornwell  
ADDRESS \_\_\_\_\_ 10234 Colerain, 45247  
ZIP \_\_\_\_\_  
TELEPHONE \_\_\_\_\_ SCHOOL ATTENDING \_\_\_\_\_

check class: non-ABL (\$2) \_\_\_\_\_ ABL senior or veteran (\$5) \_\_\_\_\_  
family membership (\$8) \_\_\_\_\_ all other ABL classes (\$4) \_\_\_\_\_

In submitting this application for membership in the Queen City Wheelmen, I do hereby for myself, my heirs, executors and administrators, waive, release and forever discharge any and all rights and claims, for or to be, for which I may have or which may hereafter occur to me ~~xx~~ against the Queen City Wheelmen, and/or any other parties connected with events sponsored by them, individually or collectively, from all responsibilities for any injury to persons during such events.

date \_\_\_\_\_ signature of applicant \_\_\_\_\_ signature of parent of guardian  
if under 18



SCIPPIO STATE LINE

OKEANA

NEW HAVEN

MILLVILLE

ANOTHER FINEST PART OF THE STATE IS IN MARCH 1910 CO. IS NOT RESIGNED FOR MISDEMEANORS AND THE GOOD WILL OF THE STATE IS IN MARCH 1910

GRAVEL PADS  
PAVED R. PADS