



THE RACER'S NEWS



PUBLISHED MONTHLY BY THE QUEEN CITY WHEELMEN

Volume 4

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Surprise!!! No, I didn't die, I wasn't even sick. The reason you ask then for this late newsletter? Well there were some things I was waiting to find out about. I still haven't found them out yet, but I just couldn't sleep anymore knowing that you were all waiting for your latest edition of the "racers news".

Folks I think it was worth the wait. I hope this will be the best newsletter to date, although that isn't saying much. I hope you enjoy reading it as much as I enjoyed writing it. Although I doubt you will.

JON SPICKER

Since I'm the only person (more or less) involved in writing this newsletter I decided you might as well read about me, yours truly, Jon (without an h) Spicker, the editor you've all come to know and love, (well almost all of you, hmmm J.D.) Dynamite! This is fun, love it! I don't want to bore you all with my racing stories though, because most of them sound like Eddy Merckx stories with the same ending.

Now that I've got you all wondering what the heck I'm talking about, I'll try to explain it as complicatedly as possible. I've decided to do something with my summer, besides race since in my last race I (just a minute while i check "the list".) "thought I was having a heart attack."

What ever the excuse I will hopefully be leaving town for a few weeks, sometime around the end of this month or next month. So if you don't get a newsletter (now don't cry yet) for a while, or the one you do get is 99% better it's because I'm not in town to write it.

JULY & AUGUST MEETINGS

The July and August meetings were held at the home of Phil Kennedy, two man club time trials, treasures reports and the results of the annual ABL of A meeting were the main topics.

The next meeting will be held at Phil Kennedy's on Monday ~~September 1st,~~ ^{September 8th,} at 8 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 1/4 mile down the road on the left.



NEWS FROM: FOH FOH THE BOH

"On the concrete ribbon to nowhere across the truckroads known as America"
"my load is ridiculous when i take my front bottle out the front wheel lifts off the ground"

TIPS FROM THE FROZEN NORTH

Yes folks Steve lansky is still alive. (however unfortunate that is for the rest of us Queen City Wheelmen) I think if Steve were back in Cincinnati he would not suggest trying to ride up the Lincoln Pass in the Vermont mts. "...2424 feet and we started at the bottom. It is a ten mile climb the last five increasingly steeper. The funny thing was that it turned to gravel. Near the top just as it was getting steeper it turned back to pavement. Picture yourself going up the steepest hill you've ever seen and you look up and it is getting steeper. As I was rounding a bend I decided to try to ride a bit. Well I would stomp on one pedal and then swerve to the side and get speed going across the hill then stomp again and try to straighten out. My front kept lifting. I kept thinking that my back wheel was about collapse. I walked."



WOMEN

How about that, the Queencity Wheelmen do have a couple women riders. Ruth Day has been coming down to the time trials on wednesdays, and Nora Naffin has made a few appearances herself.

A NEW TYPER

Well folks I'm sure you all have noticed the improved newsletter. Ok for those of you that haven't i will tell you what it is. I (let us note hear that in this newsletter when I say I I am referring to myself the & editor of this paper jnsicker) have purchased a typewriter, an electric to be more accurate, to be even more accurate an IBM Executive, While it is not brand new I think it will do for this newsletter. If I want to take a lot of room up to fill up a page such as this I can put it on expand. You undoubtedly also noticed, but again for those that didn't I will tell you. See each letter is spaced individually with the same space inbetween each letter iiiiiii mmmmmmmmm.

BEE ZEE SPRINGFIELD BIKES

CINCYCOPY

11582 Springfield Pike phone 771-1355 261 W. Mc Millan St. phone 621-0440

BISHOP'S BICYCLES

CYCLE WORLD OF CINCINNATI

Milford 313 Main St. phone 831-2521
 Silverton 671 Montgomery rd phone 891-4328

7224 Colerain Ave. phone 521-5262

DUBOIS BOOKSTORE

EUR INTERNATIONAL

321-Calhounn phone 281-4120

P. O. Box 45 Dayton Oh. phone 274-9681

HI-E ENGINEERING, INC.

ERLANGER CYCLERY

1247 School Lane, Nashville, Ten 37217

3706 Dixie Highway Ky. phone 331-4114

JOEY'S DEL

KETTERING BIKE SHOP INC.

315 W. Mc Millan phone 241-1594

3120 Wilmington Pk. Dayton phone 293-3293-31

LA ROSA'S

LAUREL 5 & 10

2717 Vine St. phone 861-7838

243 W. Mc Millan phone 241-3969
 1713 Vine St. phone 721-3680

THE ORIENTAL RUG GALLERY

MONTGOMERY CYCLERY

347 Calhoun phone 221-6115

9449. Montgomery Rd. phone 793-3855
 6403 Madison Rd. phone 271-3617
 5000 Glenway Ave. phone 471-1560
 241 W. Mc Millan phone 721-6628

PAPA DINO'S PIZZA

THOMSON-MACCONNELL
CADILLAC

349 Callhoun phone 221-2424

2820 Gilbert Ave. phone 221-5600

TUETING'S HARDWARE

SCHMIDT BICYCLE & SUPPLY

203 W. Mc Millan phone 621-5362

1219 Sycamor Ave. phone 241-3525

VILLAGE BICYCLE SHOP

VALLEY CYCLERY

583 Loveland-Madeira Rd. phone 683-4966

FAIRFIELD CYCLERY
 7207 Vine St. phone 821-0387
 4860 Dixie Hwy. Fairfield phone 863-7586

BILL G. AND PHIL K. AT NATLS.

Both Phil and Bill have had quite a few and possibly more than there share, I know some people would think so, this was also the case at the Nationals. Phil Kennedy road the tracks quite well until a bad crash in a wild sprint took a lot of the fun out of the riding.

Bill Gallagher started the 100 plus field at the road championships, after having placed 3rd in the time trial event two days before. A day that saw Wayne Stetina nip John Allis by less than one tenth of a second, to take the 25 mile national time trial title. Bill developed a cold the night before the roads, and despite the fact that quite a few breakaway attempts had failed, Bill went out on one of his w own. Bill took Nine other riders with him, but it soon broke down to just bill and John Allis and Tom Officer. The break lasted for about 40 miles. Tom officer was the first to quit working and slowing down. Bill as mentioned before was suffering from a cold and soon he began to fatigue. The pack soon caught them, the pace was more than bill and about 90 other riders could take, and he then dropped out. That "cold" taht Bill started with developed into the "flu" which laid him low for awhile.



WHERE HAVE ALL OUR RIDERS? GONE?

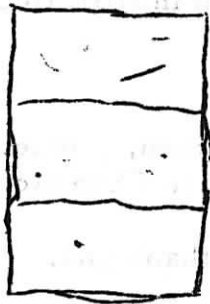
Who cares? Bye.

Let's start with JACK CHRISTENSEN: Jack has left Cincinnati to pursue his career in electronics at Texas Instruments in Texas, although he doesn't believe in using calculator! STEVE LANSKY: My favorite turkey and best meatball is spending his summer Touring in the New England and Canada area. At the end of the summer he won't be coming back home but rather riding on to Cambridge Mass. where he will be attending Harvard University. GENE CORNWELL: Old cornball hasn't been able to get back on the bike since a tragic incident last summer, he got married. No reflection upon you Carol, besides I now hear he is playing bass guitar in a band? WATSON NORDQUIST: Old Watson is just that, old. But he probably wouldn't feel so old if he didn't try to do so many things in one day, and usually these busy days don't involve any cycling. SAM FRANCIS: Fast Sam is busy setting up a respectable bike shop fast. BILL LAPHORN: Bill is so busy printing stupid newsletters like this and trying to promote bicycling in this fair(?) city i'm surprised he has time to pump up his tires. BOB ATKINS: Remember bob? Queen city's big surprise at the Cincinnati Criterium, it seems so they say that he has found dome chick, bought a car, and sold one of his bikes. DELL WILLIAMSON: Dell is busy working on his front end (no not that front end) going to school, and working. JON SPICKER: Well since I'm writing this I think I'll make this good. I'm busy righting newsletters or working when I should be byeing a dictionary. How about if I blame it on love, but I can't do that anymore so I'll blame it on fate. AL ZAFFIRO: Al has been out of Cincinnati all year. seems he's turning into one of those college Bums in Oxford Ohio at big old Miami, DANNY BIEHL: Danny left with Steve Lansky to ride up to Michigan for orientation and then came back to town. I think though he may have left town to find his brand of cigarette. DON SCHILLING: Don was one of our clubs best riders, and he also helped out a lot with the race last year. This year though finds don

MOVE OVER CAMPY

Ok folks! This is your own fault! Because of the shortage of material from other members of the club, I feel forced to put in the following what-ever???? Submitted by none other than Steven Pea Lansky. I had nothing to do with this, except the reproduction. Thanks Steve. I think?

Brown paper bag
(innocent looking)



inside brown bag
coffe can
(also innocent looking)



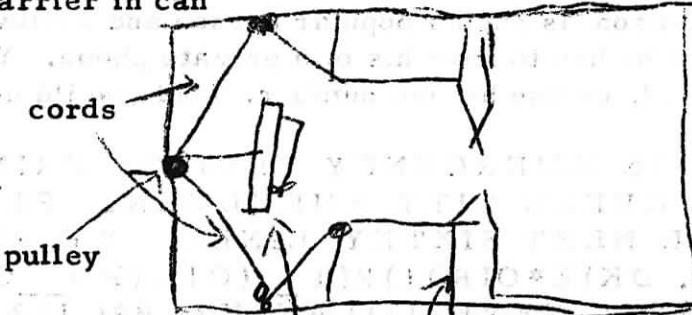
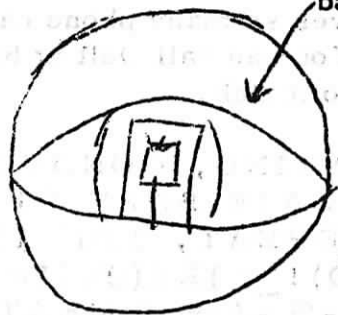
use a moutain grown can. "It's the best kind":

NOW FOR THE GOOD PART

~~NOW FOR THE GOOD PART~~
inside of coffe can - blow-up-

mouse trap-(innocent enough)
barrier in can

CUT OPEN VIEW

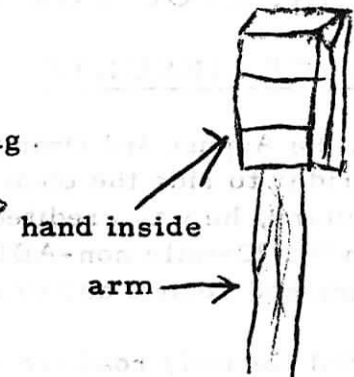


open end

inside barrier are two crescent shaped blades which release razor sharp--

How does it work?

This item is laid on it's side in the road with the open end facing towards approaching cyclist. The unknowing cyclist is goated into trying to pick up the bag. The attempt is made & the cyclist reaches into The bag (to make a fancy catch) And his finger is caught by the mouse trap. He then screams and, withdrawing his hand, releasing the catches and thus leaves bag, can, and hand in the roadway..... Disgusting!!!



ABLA ANNUAL MEETING

Although he's riding this year in open ABL races for the sponsored Kettering Wheelmen, Bill Gallagher represented QCW at the recent Annual National Meeting. These are a few of the results. Thanks Bill.

1. After many years as the Amateur Bicycle League of America, the sports national governing body has changed it's name ("we've changed our name") to The United States Cycling Federation, Inc.
2. There will be a \$5 increase in member-club annual dues.
3. Club voting strength will now more equalley reflect strength in ABL licensed members.
4. No person can hold more than one license in one year.
5. There will now be a Junior Women class.
6. National Cyclo-cros Championships will be held for Senior men, Women, Junior
7. Former pros. who are veterans will now be able to compete in Championship events for veterans.
8. White socks will still be manditory in road races.....thank god.
9. Helmets will still be manditory in road time trials.
10. A rider falling in the final kilometer of a race may be credited with having finished the race. (very vague)

good-nite folks! sea you tomorrow...

HOT LINE

Dell Williamson is such a popular person and recieves so many phone calls he has decided he has to have his own private phone. You can call Dell at his own no. 861-9567, or use his old number. Told you i'd do it Dell.

THIS IS AN EMERGENCY TEST OF PRINTING, CONDUCTED BY THE QUEEN CITY WHEELMEN. PLEASE BARE WITH US. FOR THE NEXT SIXTEY LINES. WE REPEAT, THIS IS ONLY A TEST. DK)E*OIRO ()R(T __ (OIW(PD__O)!_W)ER(QW)IPD) (DP!O"R#)ISSTEVE#)\$)LANSKY@** (IS2-8 -A@* @MEATBALL. *\$()T"AI (AID(ID("OJULIE#¢\$)*%* DADONE\$)@*PA"(*\$R)_! *@(*_E)T_SOOOOOOOOOZIN¢ @* #*(*)*RICKTERD\$*%*P(\$*_ IF THIS HAD BEEN AN ACTUAL EMERGENCY YOU WOULD HAVE BEEN TOLD WHAT CLUB TO JOIN, AND WHOSE NEWS-LETTER TO READ. WE'RE SORRY TO HAVE TROUBLED YOU. THANKYOU FOR YOUR PATIENCE.

RACE RESULTS

At he August 3rd Orange Road Race, veteren Watson Nordquist was the only Cincy arider to ride the open ABL 60-mile road race. Although lapped by about 14 riders, he was credited with having finished— while 2/3 of the riders D.N.F. In the 12-mile non-ABL race, QCW riders John Montag and Mike Albrinck finished second and third.

Phil Kennedy road the WEst Carliton race, Jim Grove road at Miamisburg, and Bill Gallagher road in the Red Zinger Clasic.

TIME TRIAL RESULTS

In the words of a rather popular rock musician "Don't shoot me I'm only the Newsletter editor" (or something like that). So eye left the time trial results out of the last newsletter (I don't know why everybody says they weren't there they were in my copy). Well those incredible times are in this issue.

Name	6-4-75	6-11-75	6-18-75	6-25-75	7-2-75
Watson Nordquist	33:36.91	31:49.30	31:27.50	31:49.00	30:10.90
Ruth Day	42:01.98	39:36.50	39:18.30	38:04.00	37:00.90
Bill Gallagher	25:30.08	25:19.00		24:16.00	24:32.50
John Montag	29:04.26	27:57.61	27:17.40	27:35.00	27:17.50
Greg Hanfbauer	30:02.07	28:35.36			28:10.10
Francisco Cardona	25:45.13	25:20.00	25:10.00	25:13.00	
Jim Grove	27:36.96		26:17.50	26:44.00	26:04.90
Mark Limke	26:32.78		26:21.50	25:47.00	28:26.10
Bob Atkins	25:20.60				
Dave Bixler		37:37.80		29:31.00	28:35.10
Bill Froscheur		28:05.32		27:04.00	27:55.00
Mike Limke				26:37.00	26:57.00
Phil Kennedy III				25:18.00	25:18.00
Mike Albrinck					27:54.70
Nora Naffin					41:44.70
Bill Laphorn	timer	timer			
Jon Spicker	timer	timer	timer	timer	timer

Name	7-9-75	7-16-75	7-23-75	7-30-75	8-6-75
Watson Nordquist	29:44.00	29:36.95		30:41.00	30:52.00
Jon Spicker	28:26	28:03.23	28:29.79	timer	timer
Ruth Day	38:05.00	34:28.51	36:27.95	dnf	
Mike Albrinck	26:26.00		25:46.72		27:06.00
Bill Froscheur	26:26.00				26:40.00
John Montag	28:05.00	26:23.63	27:48.94	27:00.00	27:48.00
Bill Gallagher	23:18.00				23:49.00
Dave Bixler	28:36.97	28:18.49			
Danny Biehl	25:34.57				
Dell Williamison	28-10-28				
Al Stewart	26:37.40				27:32.00
*J Grove & M. Limke			24:48.94	25:02.00	
Don Silvers					29:49.00

Watson Nordquist and yours truly are tied for personal appearances at the time trials. I missed the first on May 14th, and Watson missed July 23rd. The person with the best attendance record wins \$ 2,000.00 . In the event of a tie nobody gets anything.

bicyclewheelsbicycleswheelsbicyclewheelsbicyclewheelsbicyclewheelsbicyclewheelsby

HELP !!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!.....

This is my monthly plea for help in putting together this newsletter. I wish to thank Watson Nordquist for helping in getting some information together for these articles. Also I'd like to thank Stevie for his thing. If nothing else I would really like something to write about. Also I think this months race results stink, how about some RESULTS.

WHY TIME TRIAL ?

For fun, recreation, sport or out of boredom, In a time trial you still have the feeling of competition without the risk involved in road racing, if you know what I mean. If you don't know what I mean try riding in an open ABL road Race.

In a time trial, riders start one minute apart, with the fastest riders starting last. They cannot take any shelter from the wind (drafting) either behind another rider or a vehicle, unless it's momentary because of traffic conditions.

It's his or her first year in this or he starts relatively out of shape, an improvement of 10-15 minn. over 10 miles or up to 20 minn. over 25 miles is not uncommon. See Watson's sepeate commentary on the "how To" of time trialing. While he's slowed up with old age and was never an expert at it, his early years in racing were spent in New England when time trialing was very popular. Out of about 100 competing in New England's "Best All Rounder" time trials over varrious distances, Watson ranked 16th in 1938 (i remember that) with an average speed of 19mph over distances of 25, 50, and 100 miles; and 15th in 1939 with an average speed of 21mph over distances of 12, 25, and 50 miles. In later years of Open Massed-Start racing, he was twice Connecticut State Road Champion. and

QUOTES FROM HOLLYWOOD

Hear are some quotes from a recent Queen City Wheelmen meeting.. "I've got all next year", "I can't ride 25 miles."

BLUE ASH RACES

Sponsored by the Blue Ash Lions Club, a non-profitable civic organization(whose prime charities are the preservation of goodsight and help to the partially or totally blind), a full schedule of events is planned for Sunday, September 14. Attached to the News is an entry blank...for you, no matter what racing experience you have or don't have. Please note one side of the sheet is for non-abl riders; the other side is for ABL-licensed riders. If you don't know what the ABL is then you are ~~xx~~ undoubtedly a non-abl rider,

OK! I'll tell you what a non-abl rider is. He or she is a novice or sub-amateur someone who does not race regularly or train rigoursly, (gee that sounds like a lot of abl riders I know, but they arn't suppose to be like that), You might be a tourist who just enjoys riding for the fun of it. Or you might be just an occasional rider... perhaps just around the block or in the nearest park, well this race is for everyone.

NATIONAL UNPRESTIGIOUS EVENT

U.S.A.
BIKECYCLE
CLASSIC

APPROVED BY THE AMATEUR BUSH LEAGUE OF AMERICA

THE THIRTEENTH AND ONE HALF ANNUAL TOUR OF DOGFART
GRAND INTERNATIONAL TOUR OF EAST VIRGINIA
FROG HOPP DAY... FEB. 30, 1975 B.C.

Even

Events: Vetern's women: 8 miles (half a lap). This is a combined race with women starting 1 minute or 3 laps ahead of the veterened women.

Interned Mediats: Four country blocks or 3 thousand laps which ever doesn't happen.

Jurrors: One mad downhill descent with no working brakes, just elbows and pumps. The first survivor will be considered for first place.

Senators III & IV: Twenty left turns and 3 right turns, too climbs and fourteen treacherous descents. The first cat. II rider across the line that hasn't been knocked down or up by a cat. IV rider is given first place Honners?

Masochist I & II: 400 miles (2,000 laps)

Time: Undoubtedly 5 minutes before you get there.

Location: In the beautiful state of poverty USA, Fartvil county

Coarse: Yes this application is very course. It involves three daring curves and one viscous hill. Pavement consist of beautiful cobbelstones, turning to nice gravel, and then changing into gorgeous white sands. Heavy duty wheels and riders suggested.

Trophies Too cheap to mention. Let us jsut say this, winner takes all. But second & gets a very nice set of off brand toe clips and a set of campy seatpost bearings. Other fine prizes included a watter bottle brush (adjustable of course) and a fine 18-22 freewheel.

Prizes awarded to the following:

Veterens women event... Any couple of boobs.

Interned Mediats event... First 3 snotnosed brats.

Jurrors event... 5 snobbish pre madonnas.

Senators III & IV event... All crazy enough to ride.

Masochist I & II event... The best 2 wheel suckers.

Equipment: Heads must be worn. Tires must be inflated. Tricycles only. Trikes will be dissenfected before race.

Entry Fee Anyone crazy enough may pay an entry fee. If you register you must
Registration use a false ID,

PAGE NUMBERS

Have you ever been (i doubt it very much), reading the NEWS when you were forced to put it down for won reason or another, only to find that when you come back to it later you can't remember where you left off? Well now you won't have to worry about that anymore because the Racers News not has page numbers.

THE ARTICLES IN THIS NEWSLETTER DON'T NECESSAIRLY MAKE ANY SENSE TO ME OR ANY OTHER MEMBERS OF THE QUEEN CITY WHEELMEN..... #####

This part of your newsletter has been CENSORED because it is about you and the Queen City Wheelmen don't need anymore big heads in the club.

MORE TIME TRIALS

The JamesTown, Ohio Friday Nihht Time Trials staged by Dayton Cycling Club continue to be popular. Over 75 riders have participated with as many as 38 competing on a single night. About half go the full 25 miles, with the others riding the 10 miler. Any person abl or non-abl can participate. The James Town races start at 6:30 pm and will continue through the second Friday of Sept. For more information contact Watson Nordquist. (631-7786).

Among Cincinnatians competing, Bill Gallagher si assured of the fastest senior mens average---twice he had the fastest 1975 time of 56:07 mins. (that's a speed of about 26 1/2 miles per hour. not bad) Bill of course won the 1974 National Championship at this distance, unoffically breaking the US record, and this year took third to Wayne Stetina and John Allias. Othe QCW riders include Al Zaffiro with a fast 1:04.02; Francisco Cardona at 1:04.52, Mike Albrinck at 1:05.02 (that's quite an improvement since early june.), Al Stewart at 1:07.51, John Montag raod the 10 miler in 27:40 and the 25 in 1:08.00. Old Man Nordquist rode 1:11.21, Bill Hansen a rider from Californina that is stranded afterthe nationals in Cincinnati, he ~~re~~ placed 3rd this past Friday with a time of 1:01.26. Ruth Day is steadily improving her time for the 10-miler now down to 35:19. There may have been a couple of other riders once or twice.

HERE'S A HEAD KNOCKER

Watson's always talking about using your head in racing, that it's just as important as strength, stamina, speed, and all that garbage. But our leader recently carried ti all to extreams. In the Great Birmingham (Michigan) Chase on July 20 he took a spill or was spilled. He says "was" Remember his artichel on the Pedal System. He got off to a bad start because of a broken cleat, a 15 lap race of about 30 veterans and women. It was a tight counse with about six corners, and he says he was doing beautiful pulling in rider after rider. All of a sudden, "blank",

being spilled relulting in a slight concussion, plus. He got up and finished the race, with only three "flashes" of memory. He says...question...he doesn't remember getting up, he doesn't remember the rain that started during the race, he doesn't rember asking Mr. Kennedy what race they were going to the next day, the next day was a Monday. He has since recovered totally and feeling fine. In my oppinion though Watson is loosing his memory and he just won't admit he was sleeping during the race.

WATSON'S OPUS

This will be the last issue of the Racer's News to carry drafts of sections of the book, Watson N. is writing. Book sections will be included with copies going to only paid club members, plus a few others. If you join the club you will get the back issues of the newsletter with Watson's articles. The book title won't be as originally stated, there's already one in print with the same title. Watson has raced 12 years as a senior (along time ago), he was on the National Council Of the AYH and president of it's Hartford Conn. chapter, author of it's firs Trip Leaders Manual, on the ABL board of Directors and the Conn. State Rep. Secretary of the League of American Wheelmen, and contributor to it's Manual printed in 1947. He published two issues of the annul Review of Cycling and restarted (in 1945) Bicycling magazine for the ABL of A. It was his self-taught writing about bike riding that launched him into life-long carer as a professional writer and editor.

DISTRICT REP

If you have need to correspond with District Rep. Tim Silberies, he moved back last weekend to his ~~his~~ old home—just vacated by Pete Di Salvo. Tim's new address: 2121 Shroyer Rd. , Kettering, Ohio 45419. Apparently Tim is still chairman of the National Race Officals Certification Committie.

ABOUT THIS NEWSLETTER

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THIS MEANS YOU TURKEY!!!

Stop
Inflation
Now

By joining the Queen City Wheelmen, before our rates go up again.

Please forgive the misspellings but eye ain't got time to correct them!!!

OFFICIAL ENTRY BLANK

Rain or Shine
2 mile course

SOUTHWEST OHIO ANNUAL BICYCLE RACE

Sunday
September 14, 1975

BLUE ASH, OHIO

In submitting this entry form for the Southwest Ohio Annual Bicycle Race to be held in Blue Ash, Ohio September 14, 1975, 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 accrue to me against the City of Blue Ash, the Blue Ash Lions Club, the Community Improvement Corporation of Greater Cincinnati, the sponsor or promoter of this event or any other persons connected with the event, individually or collectively, from all responsibilities and liabilities for any injury to person, including death, or to property during this event.

Name _____ Club _____ Age _____

Address _____ Zip _____ Tele. _____

Male or Female _____ ABL of A member or nonmember _____

Approximate number of times that I have raced competitively _____

My Bicycle is _____
(e.g., 20" coaster brake, 24" 3-speed, 26" 10-speed, etc.)

Signature of applicant or of parent or guardian if applicant is under 18 years of age.

I have checked below the race(s) in which I will participate.

<input type="checkbox"/>	<u>Time</u>	<u>Class</u>	<u>Age Group</u>	<u>Distance</u>	<u>Laps</u>
<input type="checkbox"/>	11:00 AM	Midget Girls	8 - 11	2 miles	1
<input type="checkbox"/>	11:15 AM	Midget Boys	8 - 11	2 miles	1
<input type="checkbox"/>	11:30 AM	Intermediate Girls	12 - 14	4 miles	2
<input type="checkbox"/>	11:50 AM	Intermediate Boys	12 - 14	4 miles	2
<input type="checkbox"/>	12:10 PM	Junior Men	15 - 17	6 miles	3
<input type="checkbox"/>	12:50 PM	Women	15 and over	6 miles	3
<input type="checkbox"/>	1:30 PM	Veteran Men	40 and over	4 miles	2
<input type="checkbox"/>	2:00 PM	Senior Men	18 - 39	8 miles	4
<input type="checkbox"/>	3:00 PM	ABL Senior Men	18 and over	30 miles	15

To the extent possible, racers will be grouped according to type of bicycle, prior racing experience and age. Ribbons will be given for the 1st three places in each race and \$300 in prizes, including a trophy, will be given to winners of the 30-mile race.

ROAD BIKES ONLY,

ALL RACERS MUST WEAR PROTECTIVE HEAD GEAR

ENTRY FEES: \$1.00 for ages 8 - 14
\$2.00 for ages 15 and over

Entry fee must be mailed with entry blank to Blue Ash Lions Club, P. O. Box 42024, Cincinnati, Ohio 45242 by September 1, 1975. MAKE CHECK PAYABLE TO: BLUE ASH LIONS CLUB.