



TIPS FROM FOH FOH THE BOH

Dear FF: I am average height and weight, what size frame should i use?  
 FF: Average.

Dear FF: When riding distances over 15 miles, my feet turn green and I vomit. Sometimes my vision goes bad and I crash into "things". If this continues, I may quit riding. Any advice?  
 FF: Grin and bear it.

Dear FF: The left side spokes on my rear wheel keep breaking. I use a 4 cross lacing. What should I do?  
 FF: Find out what the problem is and fix it.

Dear FF: My Physics teacher me to research the de-acceleration prpper-ties fo straight gauge spokes vs butted spokes.  
 FF: Good luck.

Each and every month Foh Foh wil give as complete and detailed information as he can.

PEOPLE WE OWE

The Queen City Wheelmen really owe quite a few people after last season. We owe these people because they were so responsiable for making last season the fantastically sucessful season it was. We owe them all our thanks.

To Mr. and Mrs. Phil Kennedy for the use of their home during the entire season for the monthly meetings.

To Bill Laphorn for the printing of this newsletter (?), and so many more. Also for the help he gave during the Cincinnati Criterium, and Blue Ash.

To Bill Gallagher for doing all he could to help make this club what it is and the work he has uone on the Blue Ash Race and The Criterium, also for the printing of our stationarry.

To Gene and Carol Cornwell for the work they did on the Criterium, and Gene kept the books for us last season with not much time to devote to it and handeling probably the most money this club has ever had, (wonder where he got those 3 new bikes?), and especially to Carol for the good looking chicks she got to "help" at the Criterium.

To Watson Nordquist and the other officers for their unmatched work.

To Dan Humpert for making the Cincinnati Criterium "the best".

To Steve Lansky, responsiable for most of the insane ideas in my head, and my "creativity" on paper.

The Queen City Wheelmen appreciates it all and we thank you all so very much.

CLUB OFFICERS

The club officers were elected (railroaded?) at the last meeting. We now have 2 Vice-Presidents, or something like that. Please don't confuse these officers with the COMMITTEE FOR FLABBY CYCLISTS, (CFFC)

President & Editor	1st Vice-President	2nd Vice-President	Treasurer
Jon Spicker	Watson Nordquist	Sam Francis	Bill Froschauer
2145 Beechcroft	3544 Edgeview	5963 ClevesWarsaw	3414 Oakview
Phone: 922-7354	Phone: 631-7780	Phone: 941-0520	Phone: 321-1915

Secretary Bob Atkins 1600 Thompson Heights Phone: 542-3539 Cincinti. O.

REMEMBER THESE OFFICERS ARE BUT ONLY 5 (FIVE) PEOPLE AND NEED YOUR HELP!!! THE CLUB NEEDS YOUR HELP!!!!!!!!!!!!!!!!!!!!

FROM YOUR PRESIDENT

As President of our club I will try to do as little as possible; that is if I don't get help from anyone else. I must admit that the amount of Club activity this year seems very good, I am pleasantly surprised. The Club will need help throughout the year, but most of all right now before the Cincinnati Criterium.

I do want to make this club the best "WE" can. The better this club the easier racing will be for everyone in the club. Come to the meeting this Monday (more about that later), and find out what you can do to make the club work for you, help us with this Criterium.

your prez

jon spicker

p. s. Once you get used to being crazy it's normal as hell.

LETTERS TO THE EDITOR & THE Q&W

Dear Sir: Please excuse no so good English. W on day eye sea paper in street gutter. It is QCW newsletter. I pick pu to sea what is QCW. Finally, Eye understand it be bikecycle racing . It stir up old memories of old times in old country. I weep. eh? Again Eye want to bike. Eye go to bike store with "Campy Parts Stocked" sign outside. Jolly fat man in yellow tea-shirt say—"Hi there, what can Eye do to you?" Eye lose all interest and go home.

Palo De Rosa

Dear Ed: I ride a bike, I like to go fast, and I want to be an athlete. I like Eddy Mercxk and he is my hero, I want an'all Campy bike" and I never have seen one. I'm righting because I have some questions. 1. Are those straps and things racers use on their pedals dangerous? 2. What does Abla stand for? 3. What is the USCF?

please send information to: Publicity Director  
American Bicycle League of Amatures

MEETINGS

It was decided at the last meeting that meetings would be held on the first Monday fo the month again this year. Hopefully you will get a newsletter before each meeting. The meetings will have two parts . The first part will be an "executive" meeting. This will be from 7 to 8 o'clock. The purpose of this is so we can accomplish things without all the bull that goes on among the uninterested people sitting around. You are welcome to come to this first part if you are intersted in club affairs. We encourage you to come, but only if you'te intersted. We will get things straightened out and then present them to ~~the~~ the club at 8 o'clock. If ylu want to vote on issues please be to the meeting by 8' o'clock sharp!!!

The next meeting will be Monday, Feb. 9th. It will be held at the home of Phil Kennedy in North College Hill, at 1516 Hollywood Ave. This is 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.

XX

ROLLER RACE RESULTS

Well a few Cincinnati riders couldn't stay off the bikes this winter and rode the rollers, hear are the fatal results.

Ft. Wayne, Indiana Jan. 10  
Bill Gallagher 4th class A

Findly Ohio, Jan. 31  
Bill Gallagher 6th class A  
Phil Kennedy 3rd class B

Columbus, Ohio Feb. 1  
Bill Gallagher 2nd class B  
Jon Spicker 4th class C

Bill Gallagher took third overall in the entire series.

BEST TRAINING RIDES THIS SIDE OF THE OSARKS

It's getting awfully close to that time of the year again . Time for those most insanely-fast training rides. This will be the usual killer training rides ~~thesx~~ QCW have on sundays at the beginging of the season. They will be held for the first month at least at 11 o'clock because of the low tempatures during the wea hours of the morning in the winter. They'll start at Van Lunens at N. rth Bend and West Fork.

JOIN THE QUEEN CITY WHEELMEN JOIN THE QUEEN CITY WHEELMEN  
get in on the ground floor  
JOIN THE QUEEN CITY WHEELMEN JOIN THE QUEEN CITY WHEELMEN

YOU ARE WHAT YOU ARN'T

Many cyclists are unaware that one way to improve their cycling is to cut down on their own personal weight. Taking weight off of a cycle is difficult. Examination strictly by percentage bears out my point. Take a twenty lb. bicycle and drop it's weight by 1 % then take a cyclist, say of 140 lbs, and drop her weight by 1%. Look at the difference, and in terms of structural integrity the difference is the same, they are both beautiful.

How do you remove weight from a lightweight person? Dale Stetina weighs around 140 lbs, and is over six feet tall, and he does not even use personal weight saving devices. What are personal weight saving devices? To begin with, hair. Hair is very dense material. ~~What~~ It is possible to save up to 4 lbs (longhairs) without hurting your hairstyle at all. Cut it all off and order an ultra-lightweight hairpiece from cyclelight Wheelgoods. They are made of a nylon fiber that is hollow.

Have you heard of birds with hollow bones? Hollow teeth? There are several methous here, though the expensive way is likely the better. Drilling teeth. Any good dentist can be shown a recent article from Dentists World, a magazine for drillers, on lightening teeth. The Feb. issue has already hit the offices with this great development. Most of the drilling is done behind the ~~simile~~ smile spaces, so that while lightening your simile, you can still look just like George Moint. Other possibilites include a truly holy smile which looks "classy", but can whistle at high speeds, and doesn't keep the bugs out very well. Campagnolo has been contacted by dental distrubtors for experimental ergal and duraluminum bridgework. It has possibilites.

On bones. Bones can be lightened with a pill containing termites. This is dangerous, as the antidote, which kills the termites must be taken at precisely the correct time. The consequences of bad timing, however though expensive, may in the near future be quite worth the cost.

A final suggestion is to lighten the head by reading the Racer's news. Reading this magazine daily si known to cause brain deterioration, and in a fathead person a brain may weigh up to 8 lbs. (very fat) Ounces a day can be removed, a line at a time. Try it!

TENTATIVE USCF RACE SCHEDULE

May 29-Jun 5	Junior Worlds Trials
Jun 10- ?	Olympic Road Selection
Jun 15-Jun 19	Olympic Track Selection
Jul 3-Jul 8	Junior World Championships
Jun 10-Jul 11	District Championships (States) (tentative)
Jul 18-Jul26	Olympics
Aug 7-Aug 15	National Championships (road-Louisville, Ky.; track Northbrook, Ill.)
Aug 28-Sep5	Women's World Championships

CRASH CORNER

For Sale: Schwinn Paramount Road Racing 10-speed. Never spilled. Well maintained. Your choice of orange or chrome. Both are 25" frames. frames. If intersted call Scott Sommer 731-7793

For Sale: A bicycle or two. Gitane Pro. All Campy, with Phil Wood BB. 24" frame, Professional paint job. Gitane 25" frame, good equipment. 200 bucks. Andy Radin 281-0878.

Wanted: People to help the QCW with the Cincinnati Criterium.

I'LL EAT TO THAT

So you're going to be a bike racer. You've spent a lot of money on good shoes, shorts, tools, tyres, and of course your bicycle. The bicycle is important, but the most important part is the engine, (you dummy). Even with the finest machine you cannot expect to compete without a high level health. Good health comes from good nutrition, not just from a lot of exercise.

Eating potatoe chips, fun butgers, and highly refined and sugary foods will not give you good health, remember "if you've got your health you've got everything", well almost everything. Probably many of you think you've gotten along fine eating "junk" foods. Think how much better your health would be if you didn't. It is more than coincidence that the best riders have carefully selected diets.

A common mistake in eating hapits is in breakfast. Many people skip breakfast entirly. Without adequet sugar in your blood (not from do-nouts) you will be sluggish through the day. You have no energy in youer system when you wake up, so it's imperative to have a nutritional breakfast, it "gets you going". As according to Abraham Maslow's "hierarchy of needs", you must first satisfy your physiological needs, food, water, before you can adequately satisfy any of your other needs, (such as winning racts). Remember the well known saying—"Eat breakfast like a king, lunch like a prince, and dinner like a pauper.

QUIZ (true or false)

1. The Queency Whelmen is my favorite club.
2. Jon Spicker will be a fine president.
3. Getting drunk before a race is important because when you crash it won't hurt as much.
4. I am getting bored reading this newsletter. (i'm getting bored righting it!)
5. Getting drunk after a race is important because when you crashed it hurt.
6. I will sue this newsletter for murder, it s jokes are killing me.

Answers: If you answered true to any false questions, or false to any true questions, you missed them.

WEEK DAY TRAINING RIDES

People that are intersted in riding their bikes during these coldnomrideable weekdays are now encouraged to do so. If you live on the west side of the ctiy and are intersted in riding around 4 o'clock, you sho8ld call Bill Gallagher (871-3284). If your from the east side (haha) you can call Brian Jones (871-7094), or Bill Froschauer (321-1915), they will be riding afound (in circles) 4 o'clock. ANOTHER IDEA FROM CFEC.

HELP WITH NEWSLEPTTERS

Come on all you young boys, all you men. Your editor needs your help again. He's got himself in a terriable jam. He sure could yous a hand. I would like to thank tose people responsiable for submitting stories and information this month, and not to mantion names or anything but thanks Brad and Eky.

The QCW as most of you know put on a roller show from ~~xxx~~ Jan 25 to Feb 1, down at convention center along with the Bob Hart Spprt Show. I think this was a big sucess, i think this helped the club quite a bit, and i would like to thank all of those involved with riding and putting on the show, especially Glenn Wolf. Bill Gallagher spent a Sunday down there riding for 5 hours and rode over 130 miles.

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The Queen City Wheelmen is a United States Cycling Federation (USCF) member club. The USCF is the body which governs all amateur racing within the U. S. and qualifies riders for the Olympics, the World Cham+ pionships, and other international competition. Membership in the QCW is open to anyone whose purpose coincide with those of the club-to actively promote and/or participate in the sport of bicycle racing. Not only are those wishing to actively race encouraged to join, but there is a great need as well for others intersted in promoting the sport in such facets as helping run a race and generating publicity.

Why join the Queen City Wheelmen? We believe that a club devoted exclusively to racing is a great benifit to anyone enjoying the sport, for you'll find yourself in the midst of others with the same interests as ;you. Competition within a racing group will help your own speed improve.

From the beginig of may until September, midweek club races are held each each week. On Sundays, members travel to various cities to participate inUSCF races. Other activities include training rides and tours.

THE ARTICLES APPEARING IN THIS NEWSLETTER DO NOT NECESSAIRLY AGREE, DISAGREE, OR MAK ANY SENSE AT ALL.

COME TO THE MEETING MONDAY FEBRUARY 9. BYE!