

Queen City Wheelmen

Cincinnati, Ohio

AUGUST 17, 1981

This mid-season issue of the QUEEN CITY WHEELMEN is brought to you by the folks at Sweat, Inc. The company has generously underwritten the cost of postage and its employees have assembled, folded, stapled and mailed this month's issue in return for advertising. Advertising is available to anyone (rates available upon request); classifieds are free to members. Just send your ad copy, classifieds, or other notices you would like published to Queen City Wheelmen, 5070 Western Hills Avenue, Cincinnati, OH 45238, or call it in on the HOT LINE: 244-7164. We reach approximately 100 cyclists.

The club is lamenting the fact that we have no race results to publish; no interesting training ride results on any individuals; no club news on anyone. We are, therefore, accepting applications for the position of Mid-Western Racing Correspondent. This individual should possess strong qualities necessary to maintain a viable, informative, personable column about QCW riders, their efforts when racing or training, and a desire to see the newsletter continue to publish training rides, race results, etc. The position comes self-equipped with an excellent secretarial staff and self-addressed, stamped envelopes to mail in any material on a "timely" basis when on the road. No previous experience necessary, only a desire.

We wish to congratulate our good friends who have landed limited sponsorships from Huff and the Dayton Cycle Club. Because the funds of the QCW club are limited and the never-ending existence of the lack of interest in developing other resources, it has been motioned that an A TEAM be formed and excess funds be funnelled from dues to this team's efforts in representing the club. Please let us hear from you if you think this motion has merit.

Another issue has been raised to run a 25-mile time trial on Route 8 from Bromley, Kentucky, west. Mark Vincent has graciously offered a Saturday or Sunday to provide you with expert timing and organized starts; any volunteers interested in helping with this event? Call us: 244-7164. We will do it if the support warrants it.

As always, all new members or interested parties are cordially invited to participate in the on-going Tuesday Time Trials. For directions or further information, you may call 244-7164. These Time Trials are for your benefit. There is no drafting allowed and times are not re-adjusted for flying starts. Those of you who are unaware of these rules, please start abiding by them (you know who you are). The parking situation is one which requires your cooperation due to the overwhelming number of riders this season. Please be aware of others and all passing traffic and the citizens of North Bend. Maybe we will still be welcome next season.

We would like to thank Mark Vincent, over and over again, for his excellent efforts and accuracy of recording the number of riders he starts. Any bystanders might offer assistance. Would someone like to be a holder when not riding, Don Lerner? Enjoy the times published. These times reflect the best time this season for you, exclusive of the August 18 time. One of our long, lost friends took the time to share his observations:

Both David Lerner and Murray Monroe have speeded up considerably this year. / Watson Nordquist is faster than Don Lerner. / Ellen's edged out Lisa (bet that's the grudge match of the century./

Dan Mocsny's really fast, apparently. / 20:50 WOW!

TOSRV - For your application this year, send a self-addressed, stamped, business size envelope to: TOSRV, PO Box 23111, Columbus, OH 43223. Due to cost of postage, the club is leaving it up to you this year.

MEMBER CLUB

UNITED STATES CYCLING FEDERATION, INC.

There is a recall on Viscount Bikes by Yamaha International Corporation, Buena Park, Calif. Due to potential breaking of the cast aluminum front forks, the recall covers only models GPM, PRC and PRT and were sold between September, 1974, and October, 1977. Owners of the bikes who have not been contacted should call Yamaha at its toll-free number: 1-800-854-3155. Owners needing to verify model names may call CPSC's (Consumer Product Safety Comm.) toll-free number: 1-800-638-8326.

We understand congratulations are in order for John Montag: 3rd place (bronze medal) in the 25 mile Time Trial Veteran Men. Wining time was 1:01:30; second place: 1:01:45; John's time: 1:02:00. In the 50-Mile Vets Road Race John placed 4th.

David Lerner flatted during the Intermediate Road Race and the wheel van didn't stop for him. And Paul Liebenrood took 16th in the 25-Mile Men's Time Trial with a 1:21. The winning time was around 56:something.

The Time Trial of the Season: Tuesday, September 1st. You are cordially invited to place your bets at Campus Cyclery. "DAN THE MAN" Humpert will be making a rare, very rare, appearance at the 10.2 mile course. The bet from Kent Frazier is a 10-minute headstart for Humpert; the bet from Dan Brant is a 5-minute headstart for Humpert. Both challengers will attempt to pass DAN THE MAN at some point during the course despite the headstarts. Champaigne at the finish line, Dan Humpert.

The annual Queen City Wheelmen's Awards Banquet is coming into view. This year some of the members would like to give a beer bash/picnic; some would like to just forget it; some would like to have a pool party after a training ride. We need all kinds of input: emcee/art work/ideas/help/let us hear what you would like to volunteer to handle.

Just a tip of the Club's bicycle hat to Watson Nordquist. That's all. We would like to do a feature issue on the man. Someday, Watson, when it's convenient, give us a call and let us interview you. You are truly great.

And to Craig Williams, new member to this club, we see you everywhere, bicycling with all kinds of people. Hello.

If you have news, share it. Mail it in: 5070 Western Hills Avenue, Cincinnati, Ohio 45238. Call it in: 244-7164.

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	BEST TIME	
NAME	TO DATE	
Greweling	37:53	
S. Rowe	35:09	
E. Feibes	34:51	
M. Leonard	34:33	
N. Brockman	34:28	
D. Dawson	33:59	
J. Haneberg	33:46	
Don Lerner	33:40	
C. Snell	33:37	
R. Addison	33:21	
D. Wert	33:20	
W. Nordquist	33:07	
J. Calder	33:03	
N. Arnold	32:47	
N. Wygant	31:47	
J. Schmidt	31:36	
V. Quatromani	31:26	
M. Watanabe	31:01	
B. Burrell	30:58	
M. Albrink	30:45	
A. Pooler	30:35	
M. Gable	30:02	
L. Gatch	29:58	
E. Anderson	29:57	
G. Luken	29:50	
M. Minium	29:48	
C. Williams	29:16	
J. Peter	29:36	
J. Davenport	29:35	
L. Baehler	29:26	
Ellen Lady	29:16	
E. Vincent	29:04	
J. Dollman	29:01	
N. Ziegler	29:00	
D. Roberts	29:00	
J. Mears	28:56	
P. Buckley	28:54	
M. Limke	28:37	
J. Paas	28:36	
G. Kaiser	28:33	

1	2	
	BEST TIME	
NAME	TO DATE	
1 M. Rowe	28:27	
2 D. Moore	28:23	
3 N. Dawson	28:18	
4 R. Folz	28:15	
5 R. Williams	28:12	
6 T. Burke	28:00	
7 J. Mattheis	27:58	
8 B. Amole	27:57	
9 M. Disque	27:56	
10 D. Burrell	27:53	
11 P. Callard	27:51	
12 T. Montag	27:47	
13 D. Neyer	27:44	
14 F. Mause	27:43	
15 R. Auge	27:43	
16 R. Brulhide	27:43	
17 J. Holzman	27:37	
18 C. Osburn	27:25	
19 J. Obermeyer	27:15	
20 M. Meyers	27:00	
21 Lerner/Dawson	26:52	
22 E. Howe	26:51	
23 J. Barton	26:49	
24 J. Spicker	26:37	
25 R. Makstaller	26:31	
26 J. Wartenburg	26:29	
27 R. Dawson	26:20	
28 G. Denies	26:10	
29 G. Hanfbauer	26:04	
30 T. Griffiths	25:49	
31 J. Gatch	25:48	
32 B. Anderson	25:42	
33 M. Monroe	25:40	
34 S. White	25:30	
35 B. Jones	25:28	
36 T. Weber	25:23	
37 D. Gecks	25:17	
38 D. Lerner	25:15	
39 D. Mocsny	25:03	
40 M. Staples	24:29	

1	2	3
	BEST TIME	
NAME	TO DATE	
1 K. Frazier	24:16	
2 Frazier/Baehler	23:50	
3 J. Montag	23:25	
4 Catch/Anderson	23:15	
5 P. Liebenrood	23:12	
6 Liebenrood/Frazier	20:50	
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WORKOUT FROM SWEAT™ INC.

SWEAT... is a very personal thing. It reflects what's most important in my life, and the lives of my customers. In Sweat, I provide the tools for fitness: things and information to enhance your exercise, diet, grooming, and rest. I hope you have as much fun using my products as I do finding and describing them.

THE SWEAT GUARANTEE: Unless you're happy with it, send it back! We'll refund your full purchase price. Please try to be specific about why you did not like something, though. It helps us to improve.

Bill Murbach
Chief Sweat



CHIEF
SWEAT

- 00-043 Assorted Bike Hats (1 size) \$4.50
- 00-010 Exclusive Sweat T-Shirt \$7.00
- 00-011 Sweat Sweatshirt \$14.00
Adult sizes S, M, L, XL

Flash!

First time ever for sale to non-elite running public!

With PO₂ Aerobic Exerciser you can train at 7500 ft. altitude in your own backyard.

Used by elite runners in Oregon and other lowlands. Cuts out part of oxygen in air, mimicking exactly the effect of high altitude training. Bring the mountains to your favorite run. You either get more training in the same amount of time (beat your friends!) or less time on the road and less pavement pounding for the same training effect.



Comes complete with optional chiller for warm weather workouts and ten refills (each good for 2½ - 3 hours).

- PO₂ Aerobic Exerciser with Chiller
- 00-049 \$270.00
- Refills \$2.50 each 10 for \$22.00

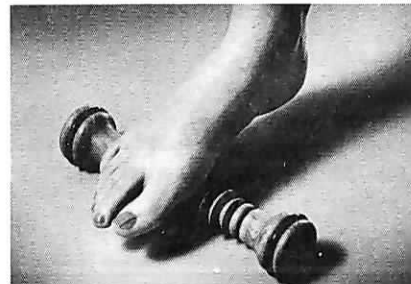
TELEPHONE ORDERS

Please call with Master Charge or Visa. Mention the Workout and we'll knock \$1.00 off your order of \$15.00 or more. Better than a WATS service in Omaha. Call: 513-321-9726.

FOOTSIE ROLLER IS AUTO-EROTICISM FOR YOUR FEET.

Yep. Your loved one is conked out after your joint Sunday run, but you're still awake. Sit up and run your feet over the Footsie Roller for a soothe that starts at the toes and works up. Do it alone or together. I love mine.

- 00-024 \$10.00 3 for \$27.00



FLEX WEDGE: Stretching is an uphill battle.

The more uncomfortable standing on a Flex Wedge looks to you, the more likely you are to need it. It's a sure way to gently, slowly stretch your Achilles tendons, which could help prevent injury. The twelve-page booklet gives several stretching plans. By the way, it's adjustable, so you don't start out as high as the photo shows.

- 00-025 \$20.00 3 for \$56.00



BRUNO D'ESTE 'WEAR

A calculated amount of vanity is a good thing. You ought to enjoy the experience of looking as fit as you are once you get there. It's added incentive to stay that way. I've tried most of the brands of underwear that factor vanity into the product equation and I prefer this line. I handle all the models: terse (bikini), brief, and the stretched limosine longies.



TERSE



BRIEF

All provide 100% Egyptian double mercerized long-fiber cotton, excellent fit, not overly stretchy waistbands, and quality to last long enough to justify the price. Colors available: solid navy, light blue, white; business-like stripes in tan on navy, brown on tan, tan on brown. Please state first and second color choice.

- 00-044 Terse \$9.50 3 for \$26.00
- 00-045 Brief \$9.50 3 for \$26.00
- 00-046 Stretched Limo \$13.00 3 for \$35.00

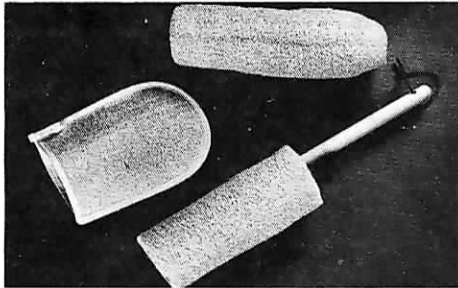


STRETCHED LIMO

SWEAT™ GOES TO THE SHOWERS!

LOOFA ON A STICK PUTS A FINE POLISH ON YOU . . .

LOOFA is a cucumber-like vegetable. Peel and seed 'em and you've got the perfect body scrubber. Shakes off dead skin, improves circulation and cheers you up. Stick model is good for showering alone, the pad is for your gym bag, and the straight ten inches is good for parties.



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| 00-031 | LOOFA-ON-A-STICK | \$3.50 |
| 00-032 | LOOFA 10" | \$2.00 |
| 00-033 | LOOFA MIT | \$3.00 |

MUSCLOR EMBROCATION WARMS YOU UP . . .

Oh, this stuff is delightful! This muscle cream is imported from France, where it's made with very organic, health-foody things like essence of pear, rapeseed oil, and red chili peppers. I got some years ago on a two-day bicycle tour cum-race from an old ex-wrestler. He said he'd used warming creams to loosen his muscles before and after wrestling matches for twenty years without success. But this was it. And it is. It's really three products: Grade 1 is a relaxant for after a workout - very soothing; Grade 2 is hotter and is for before the workout; Grade 3 is hotter still and is for before a cold morning workout or before a race and for sore



spots. You really need all three, including Grade 3.

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| 00-037 | MUSCLOR 1 | \$6.50 each | 3 for \$16.50 |
| 00-038 | MUSCLOR 2 | \$7.00 each | 3 for \$18.00 |
| 00-039 | MUSCLOR 3 | \$5.00 each | 3 for \$12.50 |



AUTUMN HARP COMFREY SALVE SMOOTHES YOU OUT

Kevin Harper grows and harvests the comfrey in Vermont and makes up this potion that's good to put on cuts, scrapes, bruises, rashes and what ails you on your exterior surfaces. It smells like Vermont, too.

- Trial Size (reusable) \$1.00
00-040 2oz. \$6.00 each 3 for \$15.00

NATURE'S GATE HERBAL HAIR CONDITIONER



I've been using this product for seven years since it was introduced. It's amazing. The Weinstein brothers, who invented it, really don't understand why it's so successful, except they think the heavy myrrh content may be really sexy. I got tired of harrassing health food store managers to handle it, so I started buying cases of it. Now it's your turn. Once you try it, I'm confident you'll be hooked. The 8oz. size is right for your gym bag, but the 16oz. is right for home shower use. Great companion to the shampoo.

- 8oz. Bottle - Nature's Gate Herbal Hair Conditioner
\$3.60 each 3 for \$9.75
16oz. Bottle - Nature's Gate Herbal Hair Conditioner
\$5.50 each 3 for \$15.50

NATURE'S GATE HERBAL SHAMPOO

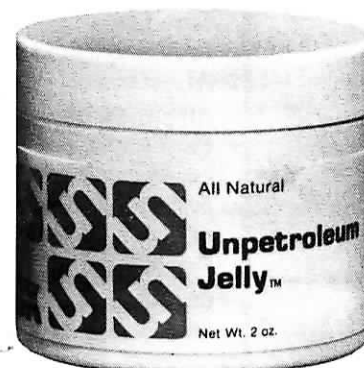
The best shampoo made by the Nature's Gate folks.

- 8oz. Bottle - Nature's Gate Herbal Shampoo
\$2.50 each 3 for \$7.00
Combination Plate - Shampoo and Conditioner
\$6.00 for 8 oz. of each 3 for \$16.00

SWEATSOAP

After an intense aesthetically pleasing workout, you're in the shower and feeling golden. You reach for a bar of soap and notice a few "imperfections" like hair and things in it. You wonder where the bar has been in the last fifteen minutes. Yuck! Why ruin such perfect moments? Sweatsoap comes in easy-to-use and economical 16oz. bottles. Produces a creamy lather that washes squeaky clean, but doesn't leave you squeaky dry.

- 00-030 \$4.00 each bottle 3 for \$10.50



UNPETROLEUM JELLY

This stays longer on the skin as an anti-chafing and anti-chapping device than regular petroleum jelly. Also, it ought to be good as a skin softner based on its ingredients: lanolin, olive oil, beeswax and teaberry oil (for scent); and nothing else.

- 00-041
2oz. \$3.50
4oz. \$5.00

SWEAT™

Mail to: **Box 567, 3219 Close Court, Cincinnati, Ohio 45201**

My Name _____

My Address _____

My City _____

My State _____

My Zip _____

My Telephone # () _____

Code #	Qty.	Color	Item (Include size)	Price/Item	Total Price

Check Enclosed Charge to: Master Charge Visa

Acct. No. _____

Exp. Date _____ Signature _____

Total Price Of Items

★ Shipping

Ohio residents add 5.5% tax

TOTAL

★ SHIPPING

Under \$5.00 - \$.50 Over \$10.00 - \$2.00
 \$5.00 to \$10.00 - \$1.50 Over \$20.00 - \$2.50

TELEPHONE ORDERS

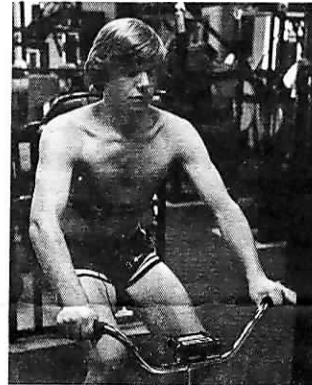
Please call with Master Charge or Visa. Mention the **Workout** and we'll knock \$1.00 off your order of \$15.00 or more. Better than a WATS service in Omaha. Call: **513-321-9726.**



TUNTURI ERGOMETER W

We haven't got our pictures yet, but we have it. It's a health spa grade exercise bicycle. Built in Finland by quality fanatics. Perfect for rainy days, injured runners and people who are too serene to bike on the road. Shipped freight collect, which will run you \$20 - \$25. Please order before August 15. I hear there's a price increase coming.

00-048 \$330.00



VELTEC 2000H PACER

This gadget is more fun to watch while riding an exercise cycle than Johnny Carson. It tells you your RPM's at the crank, MPH, elapsed time, (and here's where it gets really tricky . . .) average MPH over the course of the ride, (and for the final) . . . your heart rate in beats per minute.

00-047 \$300.00



STANDARD GRADE TERRY ROBE

This is a decent 83% cotton terrycloth robe. It's serviceable, but not so costly that you'd hate yourself if you lost it at the club.

Colors: Royal blue, light blue, light brown, dark brown and rust.

See photo

00-034 \$25.00 each

TOWELS:

We sell towels for drying off, not for looking color-coordinated in bathrooms. That's why they're looped terry on both sides and not velour. By the way, don't use fabric softener often on your towels. The silicone in them builds up in towels and reduces their ability to absorb moisture.

STANDARD GRADE: These are the plain white towels from the last decent hotel you stayed in.

Now you don't have to steal them anymore! 87% cotton with 13% polyester (in the base weave that doesn't touch the skin) to wear like iron. They're a decent size 22" x 44".

00-029 \$35.00 / dozen

OUTRAGEOUS GRADE TERRY TOWELS: These are for people who use two regular towels (or want to); they're 40" x 60". They are made of 100% cotton that weighs 11½ oz. per yard, which is heavy. Makes drying yourself a spiritual experience. These are seconds, but that won't interfere with drying ability or towel life.

Colors: Royal blue, dark blue, rust and yellow. Please give second color choice.

See photo

00-028 6 for \$80.00 12 for \$140.00

SWEAT BAG

Corporate ego rides again! Cal Gladstone is a veteran racquetball national champion. He uses our sweatbands, so we sell his bags. Voluminous (10" x 24"), and ruggedly built out of satin finish nylon. Has a "wet pocket" for things that get totally soaked. Medium blue color with white screening. As always, one word says it all.

00-027 \$25.00 each 3 for \$67.00

Box 567
3219 Close Court
Cincinnati, Ohio 45201
513/321-9728

**BULK RATE
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CINCINNATI, OHIO**

ADDRESS CORRECTION REQUESTED

GATHERING WINDS FOOD PRODUCTS



These guys are really on the leading edge of the food business. They make it simple. These products have no added salt or sugar, and, of course, no preservatives. Everything they make tastes great, too.

Apple Sauce: Just apples. It's the best-tasting non-sweetened applesauce I've tried. Packed 12 23½ oz. jars.
00-052 \$23.50

Tomato Sauce: Perfect for your next carbo-loading hoedown because it contains no oil at all -- just good, clean tomato paste, water, a little garlic, onion and spices. Goes down smooth. Packed in 12 32-oz. bottles.
00-050 \$31.00

Sampler: Try one bottle of each. Get to know these products. I'm sure you'll be a regular. I am. 00-054 \$5.00

Table Sauce: They'd call it catsup, except it's made with some honey instead of sugar. More flavorful than Heinz to me. Packed 24 12-oz. bottles.
00-051 \$38.00

Apple Butter: The sweetest food made without sugar I know of. Packed 12 18-oz. jars.
00-053 \$28.00

THE PARALYZER: Protects Your Fitness



The Paralyzer is hopelessly popular with runners. Its advantage is its power; properly aimed, within its 8 foot range, it will quell any size person or dog for maybe 20 minutes without permanent harm. However, this can impart a false sense of security. Remember it's very difficult to get the Paralyzer out, aimed, and fired under stress.

Also, there are laws prohibiting the carrying or owning of the Paralyzer in some states (New York, New Jersey, and Wisconsin among others). Please check local laws before ordering.

00-008 Runners Model: Includes clip for belt or pocket. \$8.00 each, 3 for \$21.00

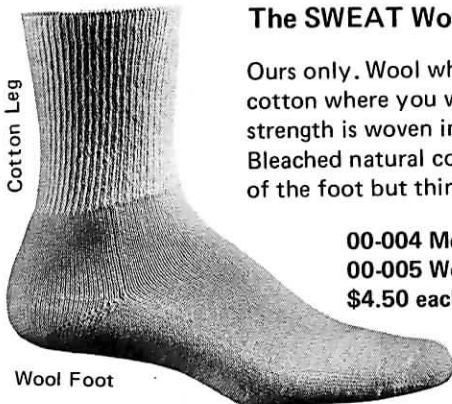
00-014 Baton: For your glove box. Weighs 5oz., 6½" tall; about 70 shots within 18 foot range. \$10.00 each, 3 for \$28.00

THIS AFFORDABLE SKINFOLD CALIPER GIVES YOU A HANDLE ON YOUR FAT

The Sweat Skinfold Caliper is a precision medical instrument now in use by thousands of doctors. It measures the thickness of a fold of skin and its underlying layer of fat. Using the 24-page illustrated book that is included, you can determine your % of bodyfat and monitor changes in fat and muscle tissue due to training and diet.

The Sweat Skinfold Caliper is as accurate (± 1mm) as other calipers costing over \$200. It's made of high-impact plastic instead of metal, which permits the greatly lower price. Order one today and get a handle on your fat.

00-013 \$24.95 each 3 for \$62.50



Cotton Leg

Wool Foot

The SWEAT Wool-Cott Sock and Footie

Ours only. Wool where you need it for absorbency around your foot; cotton where you want it for comfort on your ankle and leg. Nylon for strength is woven into the outer surfaces where it doesn't touch your foot. Bleached natural color, no dyes are used. Heavily padded on the bottom of the foot but thin across the arch so it won't bunch up.

00-004 Men's Sock (10-13)
00-005 Women's Sock (9-11)
\$4.50 each 4 pairs for \$17.00

00-006 Men's Footie (10-13)
00-007 Women's Footie (9-11)
\$4.00 each 4 pairs for \$15.00

Exclusive Modell

SPECIAL GUARANTEE:
Try one pair. If unsatisfied, return the other three for full refund of purchase price for four.

Cotton Cuff



Wool Foot