

Queen City Wheelmen

Cincinnati, Ohio

SEPT 1983

HUMAN POWERED VEHICLE CHAMPIONSHIPS

You have read about them in cycling and engineering publications for several years now. The world is ready--well at least the Midwest is ready to take these ideas seriously. Starting September 29 Indianapolis will host the HPVC. The locus for the various events will be the Major Taylor Velodrome, Indianapolis Motor Speedway, and Eagle Creek Park.

For further information you may contact Indianapolis Dept. of Parks and Recreation or the IHPV Assn. Box 2068 Seal Beach CA 90740

CONGRATULATIONS!! Mark and Nancy Vincent are the proud parents of a new (March 30, 1983) baby girl, weighing in at 10 pounds 4 ounces, 21 inches long. We hope the family will join us for one of the few remaining time trials, even if he doesn't have cigars to pass out. We'll settle for the brownie scraps, Mark. We miss you!!

TULLIO CAMPAGNOLO 1901-1983

When Campagnolo died in Italy on Feb. 1, he left behind nearly 200 patents and a multi-faceted company whose products reached more than 100 countries. His first invention, the quick-release hub, was patented in 1930 and his first derailleur was introduced in 1933. His company expanded quickly to meet demand for products such as pedals, hubs, bottom brackets, chainwheel sets, fork tips, seat posts, headsets, brakes, as well as the derailleurs and quick-release units. It set up an assembly and finishing plant in Cougny, France in 1948. Other fields were then explored by Campagnolo and in 1961 he opened his first factory in Bologna to produce magnesium alloy wheels for autos and motorcycles. The same plant also produced special products for NASA. It was the first company in Europe to experiment with low-pressure melting and to apply this technology to the melting of magnesium alloys. Known today as Brevetti Internazionali Campagnolo, S.p.A., the factory in Vicenza, Italy covers 270,000 square feet and employs 700 people.

ANNUAL AWARDS BANQUET/PICNIC

It is going to happen this year? Should the club roll out the old beer barrel to celebrate another successful season of Time Trials? What's new for 1984 season? We've had some offers to do a 25-mile road race series once a month--we have lots of input from a few members. Let us know what you would like to see happen. QCW, 5070 Western Hills, 45238.

WHAT DO R. DISTLERATH, OHIO BICYCLE FEDERATION AND USCF HAVE IN COMMON? Read on:

Distlerath is soliciting support for his proposal for an OBF-USCF integration by merging Ohio USCF clubs with the Ohio Bicycle Federation. Benefits to be derived from such a merger would be stronger administration, more choice of district reps, and fewer snafu's. The only negative aspect that Distlerath anticipates is reactivation of the \$.25 surcharge on race entry fees.

The club has not taken a position on this matter. Administrative support for local clubs has been extremely weak---but improving. We suggest you deal with Mr. Distlerath directly if you want to find out exactly what he intends and how his proposal will effect you. Richard Distlerath is not listed in your club directory. He is affiliated with the Racerheads, a USCF member club serving a limited number of local riders. His address is 7557 Whitehall Cr. in Westchester, OH 45069.

TIME TRIALING (Part II)

By Watson Nordquist

Prior to the race start, find out the method of starting and that order of identification relative to starting order. Some officials start the clock as the first rider takes off. In that case, the first rider off should be assigned the number "0" and the next "1", etc. Other officials start the clock running one minute ahead of the first rider's start; if so, the first rider off is assigned the number "1", etc. In either case, the rider's start position number can then be directly deducted from the finish time to give the individual true elapsed time. But not all officials operate quite this way.

MEMBER CLUB
UNITED STATES CYCLING FEDERATION, INC.

This is important to the rider in knowing how many and what riders he must try to pass and also in knowing how to interpret the time called out by the turn-around official if this is planned.

Find out if the turn-around official is going to call out the actual time from when the clock starts running, in which case you will have to deduct your number in order to get your running time at the half-way mark. Or will the turn-around official wait until you've made the turn, he reads your number, deducts it from his watch reading and calls out your actual half-way time?

The other point is that in a large scale time trial event, with separate prize lists for various classes and categories, officials have three choices. Find out which they will use. One method is to start and finish each class or a couple of classes before starting the next. This means starting the clock again and is exceedingly confusing unless they differentiate between classes by color of the number, but use numbers each time they represent true starting order. Another method is to run all riders in sequence and with corresponding rider numbers according to performance, in which case a fast junior rider may be following a slow senior rider. (You may wish to determine where the numbers of your closest true competitors, those starting ahead of you and those behind you.) The third method is to run the riders in over-all sequence but by each class in turn--intermediate, veterans, women, etc. You should then know there is a continuing sequence of numbers, whether a block of numbers was preassigned to each class, and if so will there be a time lapse between starting the different classes equal to unused numbers? And, in this case, you will want to know the first and last numbers that represent your class.

Another interesting aspect is that in a large-scale TT, not all classes necessarily ride the same distance. Is there a possibility that through inexperienced race management someone in a lower-age bracket will be making a turn-around at the 5-mile mark just as you reach that point?

In well managed TT's, all of the above mentioned points are covered partially by the entry blank, by posting information near the start-finish line or registration point, but mostly in a riders' meeting after sign in is completed and starting orders have been established. The officials signing in riders and assigning numbers have a right to refuse taking time to answer all such questions for every rider on an individual basis. Be alert for the call to such a meeting and be there.

In club TT's, and some sanctioned events where a large field is not expected, a 25-miler and a 10 miler are frequently run simultaneously, with the 10-miler taking off after the last 25-miler. This is a good system, assuming your last 10-miler can make his turn-around before the first 25-miler gets to that point on his return trip. In some club events, riders are not given numbers to carry on their backs but are told to call out their number in crossing the finish line. If many riders are participating in an open race, the time lapse between starting riders may be cut to 30 seconds. If a small number is competing, in a club event for example, the time lapse may be varied, as in a handicap event, so that all riders will finish theoretically within a short time frame. This does pose problems for officials, however, and is seldom used.

PRE-TIME TRIAL PREPARATION

Depending upon the time available, sign in and find out the approximate time you have before starting order and numbers are assigned. Pump up the tires on the wheels you intend to use and if necessary complete the assembly of your bicycle. Depending upon the scale of the event, do this no more than one hour before scheduled time of race start. Check out relative alignment of brake pads and rims; make certain your shifters are working properly and that limiting screws are adjusted correctly for the gear cluster you have chosen; lube if required. Take a brief spin to double-check the shifting ease. At this time find a bathroom and use it. You may not have another chance.

Make certain you have any thirst-quencher, etc. you will need. Except on very hot days, the young well-conditioned expert time trialist learns to ride a hard fast 25-mile TT without recourse to any fuel except what he's stored in his body. This is an asset in that total concentration can be devoted to actual riding. Beginning or older cyclists may need refreshment even for a 10-miler but shouldn't fill a water bottle if only a few mouthfuls will suffice. Other good thirst-quenchers carried in a jersey pocket are a slice or two of lemon, a few dried apricots, or stemless grapes.

Ellen Lady
995 Paradrome Street
Cincinnati OH 45202
721-3716 562-2568

Gary L. Lane
5070 Western Hills Ave.
Cincinnati OH 45238
244-7164

William J. Laphorn
6330 Stover Avenue
Cincinnati OH 45237
531-6339

Mike Limke
3222 Blue Acres
Cincinnati OH 45239
521-8073

Greg Luken
2471 South Road
Cincinnati OH 45238
941-0378

Jeff Lysld
11730 Laurelview Drive
Montgomery OH 45242
489-3248

Ron Makstaller
2929 Pensacola Drive
Cincinnati OH 45239
825-2357

Mr. & Mrs. Mark Vincent
5672 River Road
Cincinnati OH 45233
941-6728 721-3323

Frederick Mause
478 North Bend Road
Cincinnati OH 45224
761-0445

Chas. R. Miele
393 Oregon Street
Cincinnati OH 45202
721-3704 576-2400

William Mirbach
510 King Street
Alexandria VA 22314

Daniel Mocsny
730 Riddle Road #405N
Cincinnati OH 45220
559-1105 475-4607

Jonathon Montag
3663 Stettinius
Cincinnati OH 45208

Terry Montag
1422 Maple Avenue
Cincinnati OH 45215
948-1996

Scott Nichols
645 Tyler
Milford, OH 45150
831-5830 793-1981

Watson Nordquist
3544 Edgeview Drive
Cincinnati OH 45213
631-7786

Jim Obert
9816 Greenriver Drive
Cincinnati OH 45231
851-5134 489-1800

Doug Olberding
9950 Sherwood Drive
Cincinnati OH 45231
522-2269

Chris Osburn
6790 Michael Drive
Cincinnati OH 45243
891-4618

John Peter
9821 Knollbrook Terrace
Cincinnati OH 45242
793-5850 576-2664

Jack Peters
1414 Dixie Highway #390
Ft. Wright KY 41011
261-2553 341-3307

Victor Roth
6462 Loiswood Drive
Cincinnati OH 45224
521-0046 721-6794

Thomas Sheppard
2028 Madison Road
Cincinnati OH 45208
871-9155 651-8373

Jeffery Slutz
3159 Niles Street
Cincinnati OH 45208
321-4553 632-6260

John C. Snowden
11508 Gravenhurst Drive
Cincinnati OH 45231
851-5271 367-4628

Jonathan Spicker
1724 Madison Rd 3d Fl
Cincinnati OH 45206
861-3518 579-3147

Edward J. Theuring
8505 Camargo Road
Cincinnati OH 45243
793-8050

Bill Thomas
509 Missouri Avenue
Cincinnati OH 45226
871-3368 351-7010

Michael Verbrugge
2807 Orland Avenue
Cincinnati OH 45211
662-4809

Timothy Weber
3300 Glenmore Ave.
Cincinnati OH 45211

Craig Williams
3068 West Tower Avenue
Cincinnati OH 45238
922-3449 872-4455

Roger Williams
6974 Bridgetown Road
Cincinnati OH 45211
574-1478

Dell Williamson
4509 Camberwell Road
Cincinnati OH 45209
871-6093

Glenn Wolf
7765 Stillwell Road
Cincinnati OH 45237
761-4110

1983 Membership Roster

Wes Adams 4 Stanley Lane Cincinnati OH 45226 871-0044	Mike Albrinck 941 Lakeshore Cincinnati OH 45231 521-1226 761-6425	Don Bartholomew 11730 Enyart Road Loveland OH 45140
Jim Barton 422 S. Miami Ave. Cleveland OH 45002 941-2256 821-2500	Roger Barton 4247 Webster Cincinnati OH 45236 793-4324 721-1900	Robert Bruelheide 3223 Riggs Avenue Erlanger KY 41018 727-2567 771-4776
Don /Brian Burrell 49911 Bonaventure Court Cincinnati OH 45238 922-3867 621-7060	George Catt Family 9901 Hickory Bluff Court Cincinnati OH 45242 791-7417 352-7850	Richard E. Cocks 7355 DeMar Road Cincinnati OH 45243 561-5789 763-4734
Joseph M. Dagnese 1110 Delta Ave. #2 Cincinnati OH 45208 321-9611 562-3411	William Damen 5932 Euclid Road Cincinnati OH 45236 984-2911	Joel Davenport 1225 Regent Avenue Cincinnati OH 45237 242-1708 771-2000
M. E. Davis 111 E. 69th Street Cincinnati OH 45216 761-7060 948-8000	Ontrai Davis 1121 Fenmore Cincinnati OH 45237 242-3471	Robert M. Davis 2519 Sarvis Court Cincinnati OH 45214 661-4677
Glenn W. DeNies 324 Boal Cincinnati OH 45210 579-8063	Mike Disque 5954 Lester Road Cincinnati OH 45213 731-4092	Richard Distlerath 7557 Whitehall Circle WestChester OH 45069 777-9518
Joe Dollman 8367 Cottonwood Cincinnati OH 45231 522-3696 243-5269	Ron Dreffer 3522 Mooney Avenue Cincinnati OH 45208 871-7284 872-4156	Dwight Elliott 4831 Stoneybrook Road Cincinnati OH 45244 528-6522 251-3366
James Englert 3405 Clifton Avenue #7 Cincinnati OH 45220 961-4325	Robert W. Eubanks, Jr. 3215 Brookwood Drive Edgewood, KY 41017 341-4807	Kent Frazier 39 Graham Cincinnati OH 45219
Joe/Claudi Fritz 841 Aberdeen Road Park Hills KY 41011 261-6268	Bill Froschauer 3011 Alpine Terrace Cincinnati OH 45208 321-1915 872-2031	David Gecks 352 Shiloh Avenue Cincinnati OH 45220 861-6107 352-3313
Tom Griffiths 599 Howell Avenue Cincinnati OH 45220 281-6890	Gene Hancock 4020 Lake Point Court Villa Hill KY 41016 331-7929 781-3800	Greg Hanfbauer 5070 Western Hills Ave. Cincinnati OH 45238 244-7164 352-4078
William Hartman 2003 Beechcroft Court Cincinnati OH 45238 922-8917 763-3367	Steve Hull 5049 Coad Drive Cincinnati OH 45237 242-1029	Micah Kaufman 1126 Lois Drive Cincinnati OH 45237 242-3725

time	rider	23:27	23:12	24:12	23:21	23:21	22:57	23:22	24:10
*22:57	Paul Liebenrood	26:40	23:23	23:22	23:40	23:48	24:27		
23:22	John Montag	24:06							
24:06	Murray Wilmerding	26:19	24:56	24:43	24:19	25:07	24:11	24:42	24:23
24:11	Dan Moscany	24:18	24:57	25:02					24:37
24:18	Murray Monroe	25:07	24:29	24:54	24:36				24:42
24:29	John Gilmer	25:16	26:51	25:23	24:34				24:13
24:34	Wes Adams	24:40							24:30
24:40	John Wartenberg	26:59	25:33	25:00	24:43				
24:43	Mark Waldecki	25:55	25:08	24:45	25:28	25:30			
24:45	Bill Mirbach	24:48							
24:48	Chris Koenig	27:15	25:33	25:35	25:15	25:13	25:03	24:51	25:01
24:51	Greg Hanfbauer	25:16	24:54						25:23
24:54	Mike Woodhouse	25:04	25:32	25:13	24:57	25:56			24:58
24:57	Matt Wind	25:04	25:59	25:21	25:25	25:41	25:55	25:45	27:42
25:04	Tim Weber	25:06							26:46
25:06	Jeff Schuster	27:38	25:34	25:22	25:16	25:19	25:33	25:47	
25:16	Ron Makstaller	28:11	26:14	25:44	25:57	25:33	26:30	25:55	26:24
25:17	Tom Griffiths	25:31							25:17
25:31	Dave Mulica	25:59	26:05	26:22	25:53	25:57	25:37	25:45	25:55
25:37	Robin Bruelheide	25:39	25:41						26:02
25:39	Neil Evans	28:31	28:01	27:28	27:09	26:49	27:46	26:37	26:46
25:40	Jim Obert	25:45	27:17	27:54					26:41
25:45	Kent Frazier	25:49	26:19						26:39
25:49	Dave Gecks	25:55							26:54
25:55	Robbie Dawson	28:54	28:13	26:27	26:30	27:08	26:47	26:31	26:13
25:56	Jon Spicker	29:35	27:21	27:12	27:09	27:19	27:30	27:40	27:06
26:07	Greg Corr	26:07							26:45
26:07	Rick Dearworth	26:27	26:45	26:18	26:14				26:17
26:14	Pete Seibert	27:18	26:48	26:42	26:39	28:24	27:58	26:15	26:53
26:15	Chris Osburn	27:26	26:50	26:16	26:55	27:12			26:21
26:16	Dell Williamson	28:35	28:25	27:37	27:12	27:21	26:31	26:39	26:24
26:24	Bill Ropp	26:25							26:59
26:25	Ken Naber	26:30							26:48
26:30	Ron Naber	27:22	26:55	26:32					27:03
26:32	Jim Barton	28:11	27:58	27:04	26:33	26:52			26:50
26:33	Barry Bergman	26:52	26:51	26:36	26:41	26:34			27:05
26:34	Terry Montag	28:44	27:58	26:48	27:35	27:20	26:37	27:03	27:09
26:37	Frederick Mause	26:39							28:59
26:39	Tom Burroughs	28:00	27:01	26:49	27:17	27:29	26:57	26:43	
26:43	Joe Frittz	27:36	26:35						
26:35	Scott Kopp	28:22	28:29	27:05	27:26	26:43	27:28	27:12	
26:43	Jeff Paas								
26:45	Rick Janke								

*Course Record

best

time rider	27:08	26:58
26:58 Dave Ely	27:14	26:58
27:01 Gary Kayser	27:20	27:01
27:17 Roger Williams	27:51	27:17
27:19 George Catt	27:22	27:19
27:20 Dave Fehm	27:20	27:20
27:23 Joe Albrinck	29:56	29:09
27:24 Mike Berbrugge	28:24	28:26
27:28 Don Burrel	28:31	28:36
27:30 Sean Williams	27:37	27:38
27:30 David Lerner	27:38	27:39
27:30 Mark Metz	27:52	27:30
27:31 Bill Anderson	27:31	27:45
27:31 Ed Theuring	28:09	28:21
27:32 Max Meyers	27:21	27:38
27:35 Don Bartholomew	27:58	27:31
27:35 Eric Vincent	27:32	27:45
27:44 Fred Gilliam	21:12	29:29
27:45 Mike Albrinck	27:48	27:42
27:45 Dave Roberts	28:30	27:40
27:48 Tom Cash	28:12	29:13
27:52 Nils Dawson	28:12	29:13
27:54 Bob Davis	28:41	28:03
27:54 Larry Wilbers	28:35	27:44
27:56 Glenn Wolf	28:35	27:45
27:57 Pete Buckley	28:46	28:46
27:59 John Kummer	29:43	29:26
28:01 Tom Sheppard	28:43	27:52
28:03 Craig Williams	31:06	30:09
28:07 Ollie Berthelmer	28:23	28:43
28:08 Dave Berger	29:05	27:56
28:15 John Reckelhoff	27:57	27:57
28:40 Julia Mattheis	29:47	27:59
28:53 Yuri Sameri	29:02	30:14
28:57 Bill Hartman	30:11	30:11
29:06 Bob Brandner	29:08	28:32
29:16 Ben Bishop	28:49	28:28
29:19 Jeffery Slutz	29:22	28:07
29:23 Kurt Storch	28:08	28:08
29:25 Tom Vale	28:15	28:15
29:26 Maggie Watanabe	28:42	28:40
29:29 Chris Griffin	28:53	28:53
29:29 Dan Jeffre	30:56	29:33
29:38 Jeff Zaeske	30:27	29:21
	29:16	29:16
	29:54	28:57
	29:05	29:05
	30:10	29:25
	29:26	29:26
	29:29	29:29
	29:29	29:29
	29:38	29:38
	28:30	28:02
	28:47	30:21
	28:12	28:29
	28:07	29:27
	28:07	28:12
	28:02	27:54
	28:24	28:24
	28:59	28:59
	28:48	28:48
	28:45	27:54
	27:54	27:54

TWO & THREE MAN TEAMS

23:15 John Gatch & Ed Anderson
 23:30 John Wartenberg, John Montag & Dave Gecks
 24:14 Joe Fritz & Bob Brandner
 24:14 David Lerner & Murray Monroe
 24:14 John Wartenberg & Dan Mocsny
 24:15 Murray Monroe & Robbie Dawson
 24:48 Jim Grove & Mark Limke
 25:02 Terry Montag & Ron Makstaller
 25:06 John Wartenberg & David Lerner
 25:07 Robin Bruelhide & Ed Anderson
 25:21 Murray Monroe, Robbie Dawson & David Lerner
 26:14 Don Silvers & Curt Young
 26:52 David Lerner & Robbie Dawson
 26:55 David Lerner & Max Meyers
 27:18 George Catt & Derek Catt
 27:54 Niles Dawson & Tim Burks
 28:39 Watson Nordquist & Don Silvers
 29:51 Kim Swecker & George Swecker
 30:02 Francisco Cardona & Ruth Day

TANDEMMS

20:50 Paul Liebenrood & Kent Frazier
 22:44 Greg Hanfbauer & Rick Janke
 23:45 Kent Frazier & Lisa Baehler
 23:46 Jon Spicker & Mike Limke
 24:02 Joe Fritz & Claudia Fritz
 24:34 Dave Moore & Claudia Van Wye
 24:51 Jon Spicker & Becky Smith
 25:03 Mark Jones & Tom Jones
 25:08 Jon Spicker & Tim Spicker
 25:14 Greg Hanfbauer & Betty Lane
 25:20 Jon Spicker & Mary Feeman
 26:02 Robin Bruelhide/Tandem
 27:52 Francisco Cardona & Ruth Day

COURSE RECORDS THROUGH 1982

MEN'S SINGLE...22:57--1982 Paul Liebenrood
 WOMEN'S SINGLE...27:58--1981 Julia Mattheis
 MEN'S TANDEM...20:50--1981 Paul Liebenrood & Kent Frazier
 MIXED TANDEM...23:45--1980 Kent Frazier & Lisa Baehler
 TWO MAN'S.....23:15--1981 John Gatch & Ed Anderson
 THREE MAN'S....23:30--1979 John Montag, John Wartenberg & Dave Gecks

TOP FIVE IN ATTENDANCE (Practice makes perfect?)

	1975	1976	1977	1978	1979	1980	1981	1982
Watson Nordquist	17	9	16	10	11	7	13	16
Jon Spicker	5	14	8	7	16	13	19	11
Greg Hanfbauer	3	12	12	1	9	12	11	17
John Montag	14	14	14	8	8	6	8	6
Dave Gecks	0	8	14	8	9	4	10	2

no. of RIDERS no. of TIMES

1975	28	139
1976	67	300
1977	60	229
1978	34	108
1979	28	119
1980	81	340
1981	117	521
1982	113	469

*278 2,125 *no. of different riders

MILES PER HOUR FOR 10.2 MILE COURSE

SECONDS	0	10	20	30	40	50
MINUTES	MILES PER HOUR					
23	26.6	26.4	26.2	26.0	25.9	25.7
24	25.5	25.3	25.2	25.0	24.9	24.7
25	24.5	24.4	24.2	24.0	23.9	23.7
26	23.6	23.4	23.3	23.1	23.0	22.9
27	22.7	22.6	22.4	22.3	22.2	22.0
28	21.9	21.8	21.6	21.5	21.4	21.3
29	21.	21.0	20.9	20.8	20.7	20.6
30	20.4	20.3	20.2	20.1	20.0	19.9
31	19.8	19.7	19.6	19.5	19.4	19.3
32	19.2	19.1	19.0	18.9	18.8	18.7

time	best rider	29:43	31:24	30:47	30:40	29:53	31:07
29:43	Duane Reynolds	29:43	31:24	30:47	30:40	29:53	31:07
29:53	Brian Burrell	32:41					
29:57	Ellen Lady	32:34	29:57				
30:02	Norm Thomson	30:02					
30:08	Dianne Rappaport	30:08					
30:13	Joan Spire	30:13					
30:15	John Peter	30:15					
30:28	Rick Anderson	31:17	30:33	30:28			
30:55	Joel Davenport	32:00	31:06	31:14	32:18	30:55	
31:02	Greg Gross	31:02					
31:03	Lisa Baehler	31:03					
31:03	Dan Brant	31:03					
31:21	Doug Levine	31:21					
31:42	Mike Minium	31:42					
31:44	Al Pooler	31:44					
31:55	Mark Vincent	32:38	31:55				
32:43	Diane Albrinck	32:55	32:43				
33:08	Watson Nordquist	38:24	35:25	35:04	35:32	36:24	35:24
33:39	Bill Slutz	33:39					
33:41	Dwane Schobert	33:41	34:00				
33:50	Craig Richardson	33:50					
36:50	Jim Richardson	36:50					
37:14	Marilou Vettters	37:14					
45:06	Ellen Obert	45:06					

WOMEN'S INDIVIDUAL BEST TIMES

28:40	Julia Mattheis
29:26	Maggie Watanabe
29:57	Ellen Lady
30:08	Dianne Rappaport
31:03	Lisa Baehler
32:43	Dianne Albrinck
37:14	Marilou Vettters
45:06	Ellen Obert

TEAM TIME TRIALS

24:14	Dan Moscany & John Wartenberg
24:15	Murray Monroe & Robbie Dawson
25:02	Terry Montag & Ron Makstaller
25:07	Robin Bruelhide & Ed Anderson
27:18	George Catt & Derek Catt
29:51	Kim Swecker & George Swecker

22:57 Paul Liebenrood	26:51 Ed Howe	29:06 Bob Brandner	33:01 Jamie Sarakstanis
23:11 Bill Gallagher	:55 Joe Obermeyer	:10 Walt Smith	:09 Kay Jansak
:22 John Montag	:58 Dave Ely	:12 Alexi Rubenstein	:13 Tom Graham
24:06 Murray Wilmerding	:58 Gary Kayser	:16 Ben Bishop	:20 David Wert
:11 Dan Mocsany	:58 Dean Rebar	:16 Maggie Watanabe	:21 Roy Addison
:12 Dave Bonell	27:01 Mike Hollman	:17 Larry Lake	:22 Tom Schmieg
:15 Kent Frazier	:01 Gary Meyer	:19 Jeffery Slutz	:31 Julie Evans
:18 Murray Monroe	:01 Roger Williams	:20 Brad Rhode	:33 Nancy Brockman
:29 John Gilmer	:03 Cliff Hodgkin	:20 Doug Wert	:37 Carol Snell
:29 Marty Staples	:04 Dave Fehm	:21 Don Bartholomew	:39 Bill Slutz
:34 Wes Adams	:12 Tom Pierce	:21 Jerry Bosse	:41 Dwane Schobert
:34 Brian Jones	:12 Leo Wiegman	:22 Dan Brant	:46 Jim Maneberg
:35 John Wartenberg	:14 Greg Luken	:23 Kurt Storch	:50 Craig Richardson
:43 Mark Waldecki	:14 Tony Numan	:24 Ed Anderson	:59 Ruth Day
:45 Bill Mirbach	:17 George Catt	:25 Tom Vale	34:21 Rita Hawks
:48 Chris Koenig	:18 Rick Norris	:26 Lisa Baehler	:33 Mike Leonard
:50 David Lerner	:20 Joe Albrinck	:29 Chris Griffin	:38 Robert Greweling
:50 Calvin Trampleasure	:23 Mike Berbrugge	:29 Dan Jeffre	:51 Elizabeth Feibes
:50 Steve White	:24 Don Burrell	:34 Tom Carrol	:59 John Streitel
:51 Greg Hanfbauer	:25 Chris Osburn	:34 John Reckelhoff	35:09 Shelia Rowe
:52 Phil Kennedy	:26 Will Rodgers	:35 Greg Adams	:13 Judy Johnson
:54 Mike Woodhouse	:27 John Peters	:35 Joel Davenport	:16 Jim Volpe
:57 Matt Wind	:27 John Pobanz	:36 Watson Nordquist	:18 Dan Liebenrood
:59 Dave Gecks	:28 Sean Williams	:36 Steve Schriever	36:40 Don Brater
25:04 Tim Weber	:29 John Holzman	:38 Stan Morton	:50 Jim Richardson
:05 Kent Wright	:30 Mark Metz	:38 Jeff Zaeske	:58 Juan Gil
:06 Mike Limke	:31 Bill Anderson	:41 Mike Minium	37:14 Marilou Veters
:06 Jeff Schuster	:31 Ed Theuring	:43 Mark Miorelli	:23 Meredith Rowe
:07 Bob Atkins	:32 Nils Dawson	:43 Duane Reynolds	:36 Claudia Van Wye
:10 Francisco Cardona	:34 Brett Amole	:46 Dan Norris	38:23 Beth Wiengoff
:16 Ron Makstaller	:35 Don Bartholomew	:48 Pete Luken	:41 William Hafertepen
:17 Tom Griffiths	:35 Dave Burleigh	:48 Al Pooler	40:09 Richard Laphorn
:30 Dwight Elliot	:36 Dave Neyer	:48 Andy Scheur	41:44 Nora Naffin
:31 Dave Mulica	:43 Roger Auge	:49 Becky Smith	43:01 Shelley Mathewson
:32 Glenn Denies	:43 Don Silvers	:52 Ron Janke	45:06 Ellen Obert
:34 Dan Beihl	:44 Fred Gilliam	:53 Brian Burrell	46:21 Carol Cornwell
:37 Robin Bruelheide	:44 Bill Laphorn	:53 Paul Wertheimer	
:39 Neil Evans	:45 Dave Roberts	:58 Lew Gatch	<u>WOMEN</u> (also listed above)
:40 Jim Obert	:48 Tom Cash	30:02 Mark Gable	27:58 Julia Mattheis
:25 Robbie Dawson	:49 Bob Becker	30:02 Norm Thomson	28:15 Roxanne Williamson
:42 Billy Anderson	:51 Paul Callard	:03 Devere Bert	:27 Melanie Rowe
:44 Mark Limke	:54 Bob Davis	:08 Dianne Rappaport	:47 Ellen Lady
:45 Tom Cash	:54 Larry Wilbers	:09 Bob Steele	29:00 Nancy Ziegler
:46 Mike Albrinck	:55 Joe Dollman	:13 Joe Prewitt	:02 Mary Feeman
:47 Bill Rounds	:56 Mike Disque	:13 Chris Reinstatler	:16 Maggie Watanabe
:48 John Gatch	:57 Pete Buckley	:13 Joan Spire	:26 Lisa Baehler
:52 Dave Moore	*:58 Julia Mattheis	:28 Rick Anderson	:49 Becky Smith
:56 Jon Spicker	:59 John Kummer	:29 Don Gray	30:08 Dianne Rappaport
:58 Morris May	28:00 Tim Burks	:47 Nancy Wygant	:13 Joan Spire
26:01 Glenn Wolf	:01 Tom Sheppart	:36 Joe Morris	:32 Nancy Wygant
:04 Jim Grove	:03 Dave Bixler	:47 Tim Sattler	:49 Kathy Burleigh
:04 Mark Jones	:03 Craig Williams	:49 Kathy Burleigh	31:58 Duffie Westheimer
:05 Dan Snyder	:05 Rick Steubing	31:02 Greg Gross	32:05 Cindy Lou Shirley
:07 Greg Corr	:04 Rusty Wayne	306 Paul Kuper	:06 Cari Coler
:07 Rick Dearworth	:07 Ollie Berthelmer	:11 Kevin Ryder	:43 Diane Albrinck
:08 Tom Burroughs	:08 Dave Berger	:11 Hale Stewart	:47 Nancy Arnold
:08 Larry Parker	:10 Gene Feeman	:20 Tim O'Kaine	33:09 Kay Jansak
:14 Pete Seibert	:12 Paul Culbertson	:21 Doug Levine	:31 Julie Evans
:15 Robert Janke	:15 Randy Folz	:26 Vince Quatromani	:33 Nancy Brockman
:15 Chris Osburn	:15 John Reckelhoff	:27 Phil Prior	:37 Carol Snell
:16 Dell Williamson	:15 Roxanne Williamson	:38 Brian Burrell	:59 Ruth Day
:24 Bill Ropp	:19 Howard Muntz	:39 David Dawson	34:21 Rita Hawks
:25 Ken Naber	:23 Rob Kidder	:52 Bob Mansfield	:51 Elizabeth Feibes
:26 Don Ernst	:27 Melanie Rowe	:55 Mike Pierce	35:09 Shelia Rowe
:26 Bill Froschauer	:33 Greg Kaiser	:55 Mark Vincent	:13 Judy Johnson
:29 Max Meyers	:38 Tom Devine	:58 Duffie Westheimer	37:14 Marilou Veters
:29 Jay Sprinkel	:38 Jack Schmidt	32:05 Cindy Lou Shirley	:36 Claudia Van Wye
:30 Ron Naber	:42 Tom Totroff	:06 Carrie Coler	38:23 Beth Wiengoff
:32 Jim Barton	:43 Paul Jansak	:13 Larry Murphy	41:44 Nora Naffin
:32 Al Zaffiro	:47 Joe Culbertson	:15 Dan Stattler	43:01 Shelley Mathewson
:33 Barry Bergman	:47 Ellen Lady	:17 Dan Humpert	45:06 Ellen Obert
:34 Terry Montag	:51 Tom Jones	:16 Joe Cox	46:21 Carol Cornwell
:35 Scott Kopp	:53 Yuri Samer	:25 Sam Francis	
:37 Frederick Mause	:54 Pete Buckley	:29 Doug Wender	
:37 Al Stewart	:56 John Mears	:35 J.D. Calder	
:43 Gene Cornwell	:57 Bill Hartman	:38 Don Lerner	
:43 Joe Fritz	:59 Barry Martin	:40 Robert Ard	
:43 Jeff Paas	29:00 Nancy Ziegler	:40 John Semes	
:44 Scott Streebie	:02 Mary Feeman	:43 Diane Albrinck	
:45 Rick Janke	:04 Eric Vincent	:45 Gregg Bennett	
51 Don Hartke	:05 Jim Rudech	:47 Nancy Arnold	

~~IN THIS ISSUE~~

~~1982 TIME TRIAL RESULTS AND ANALYSIS.~~

~~Jon Spicker~~ came through and created order out of chaos. His analysis spans several pages. You can't miss it. Thanks Jon!

HPVC COMES TO INDY

Yes human powered funny cars are racing at Indianapolis at the end of this month.

AWARDS PICNIC?

OBF/USCF AFFILIATION?

CONGRATS TO MARK&NANCY. Will last season's timer of the year return to burn up the course.

HOW MANY CALORIES ARE IN YOUR FAVORITE BREW?

HIGH FIBER. If you have no fear of flatulence here's the top 20.

CAMPAGNOLO. More than expensive bicycle parts.

MEMBERSHIP ROSTER. At last, the computer spit one out for us. Just in time to start forming that foul weather training support group.

BOOK EXCERPT. Part II of the Time Trialing Chapter of Watson's book.

BEER CALORIES (Washington Post, 1983)

Calories per 12-ounce serving of beer:

MICHELOB	168
BUDWEISER.	156
MILLER	150
SCHLITZ	148
STROH	148
PABST	140
BUDWEISER (low alcohol)	137
PEARL	136
MICHELOB LIGHT	134
HEIDELBERG	133
STROH LIGHT	115
BUDWEISER LIGHT	108
MILLER LITE.	96
SCHLITZ LIGHT	96
HEIDELBERG LIGHT*	96
PABST EXTRA LIGHT	70
PEARL LITE	68

(*introduced this summer)

TWENTY TOP CHOICES FOR HIGH FIBER

1. Dried beans, peas and other legumes--including baked beans, kidney beans, split peas, dried limas, garbanzos, pinto beans, black beans.
2. Bran cereals.
3. Whole-wheat and other whole-grain cereal products--rye, oats, buckwheat, stone-ground cornmeal; also, beards, pastas, pizzas, pancakes and muffins made with whole-grain flours.
4. nuts (especially almonds), Brazil nuts, peanuts, Walnuts. (Consume these sparingly because of high fat content.
5. coconut (dried or fresh--both are high in fat content).
6. Dried apricots, figs, prunes.
7. Dates, raisins.
8. Fresh or frozen lima beans.
9. Fresh or frozen green peas.
10. Greens (especially spinach), beet greens, kale, colliards, Swiss chard, trunip greens.
11. Sweet corn.
12. Baked potato with skin. Also mashed and boiled, but not fried.
13. Broccoli.
14. Carrots.
15. Green beans.
16. Brussels sprouts.
17. Raspberries, blackberries, cranberries.
18. Bananas.
19. Apples, pears, plums.
20. Strawberries.