

QUEEN CITY WHEELMEN - Member USCF Club

January - 1985



so what's new?

- * Not much has come from the USCF since they sent us a renewal notice for '85. We did get word that there would not be a sectional meeting this year. It seems that the way the race schedule was coordinated last year everyone figured they were better off to schedule hit or miss. This means, I guess that there will not be a tentative schedule for publication. If you are licensed or hot to race then you'll need to watch Velo news. We will publish whatever we get if there is enough lead time.
- * The CCC is also hanging in there with a winter riding schedule that looks pretty awesome. I bet there isn't a single weekend without a cycling outing all year. Anyway their dues is \$7. If you like their program it is a deal; you may include the whole family. And to top it off, they publish a fat newsletter on a regular schedule.

USCF RULE CHANGES

DUES INCREASED For riders the license fee is now \$28 instead of \$25. Justification offered was the lack of an increase since 1980, and the success (cost) of the international program, as well as, anticipated insurance problems for 1985. Club dues has increased from \$50 to \$65.

HELMETS Riders must wear a helmet in US competition; however the USCF will not determine what an acceptable helmet is.

CLOTHING Shorts may have color panels, socks need not be worn. Sponsor advertising may only appear on Jerseys or warmups.

ADVERTISING Simply stated, if a rider hussles up some advertising money, the USCF wants a 10% cut. The rule permits the USCF to revoke amateur status of anyone who is not in compliance. Sounds like a "protection scheme" of sorts.

CHAMPIONSHIPS It is a stroke of genius. In Olympic or Pan Am years the USCF will now try to use the nats to select the National Team.

- * Things look pretty much the same for TOSRV, too this year. Remember last year the weather was super, so there will be an even greater race for space. If you do not want to wait for the 3d class bulk mailing then send a business sized SASE to TOSRV Communications PO Box 23111, Columbus, OH 43223. For QCW riders wanting to do the 400+ logistics will be simplified this year. Watch for an announcement.

faces in the crowd...

Perhaps you noticed the brief write up given local cyclist, Paul Liebenrood in Sports Illustrated. He set a new amateur American record at the Major Taylor Veldrome this past summer.

grantsmanship...

- * It looks like federal money is coming pretty cheap if you know how to get it. It seems the only way cycling can benefit from federal largesse is for mass transit support. Both the Bay Area Rapid Transit Authority and Cal Trans are promoting the Hon folding bicycles and making special accommodations for them. Cal Trans bought \$50,000 worth to rent or resell to commuters at bargain rates to try a *bike and ride* concept. BART opened a storefront to sell Hon bikes at retail to commuters.
- * We also learned that the US Olympic Committee made \$75 million on the '84 Olympics. \$50 million is going to be placed in a special Olympic foundation, the remaining \$25 million will be distributed equally among the 38 sports governing bodies in the US. Even divided by 38, that's quite a windfall for the USCF. The USOC promises to use the foundation for developmental grants.

USCF PRESIDENT

A new president of the USCF has come and gone. Rob Lea, a 42 year old Psychotherapist from Queen Anne, Maryland was elected on Oct 12 and resigned Dec 19 over the blood doping controversy in the Olympics. It seems the coaching staff was overly aggressive in promoting the questionable technique, which the USCF condoned. Four of the US cycling medalists had received transfusions of donor blood shortly before their events. Lea's replacement, Ed Burke says, "Nobody said we wear white gloves."

ohio bicycle federation...

The Ohio Bicycle Federation (OBF) is one tool that we have to improve the Ohio Cycling Environment. They cannot change the weather, but they can lobby for uniform traffic laws, and a modicum of accommodations like bottle control and diagonal sewer grates and maybe a little respect. They have scheduled the Ohio Bicycle Rally for August 2,3,4 at Wittenberg University in Springfield, Ohio. The Ohio bicycle coordinator is ED HONTON who is very active in the Columbus AYH. The Southwestern Region rep is DULIE HERMAN, director of the Miami Valley regional Bicycle Council in Dayton. Don Burrell also sits on the OBF and has done an excellent job in keeping us posted.

the cold feet syndrome.

(Reprinted from 1984)

Keeping the cyclist's feet warm is quite a challenge during the cooler months. Rewarming cold feet is often just as problematical after prolonged exposure. The response of the extremities to cold was recently reported in THE PHYSICIAN AND SPORTS MEDICINE. The conclusion of this article is as follows: Torso protection is as important as extremity protection for long exposures.

It seems that when the foot is sufficiently chilled the overall blood flow to it is reduced. In addition all the superficial blood flow is directed to the deep veins. Unlike the hands which maintain superficial bloodflow the feet cannot be effectively rewarmed externally. This suggests that once a rider becomes cold, his feet will remain cold, until the entire body is rewarmed and blood flow to the foot restored.

If you accept this analysis you'll omit the third pair of socks on your next 35 or below ride. It will make more sense to add clothing or windbreaking material to your torso than to your feet. (In the words of the author, "Distribute thermal insulation to reduce heat losses in a manner complementary to physiological heat conservation mechanisms"). And putting your feet on the hearth when you return won't do as much good as sitting on it.



- * A Mary Cappy trust has been established, Mary as you know passed away last year. She was the first administrator of the USCF (voluntary for many years) The purpose of the trust will be young rider development. That's what the USCF should do with some of its \$\$\$\$. Anyway, Mary Cappy was great - if you want to contribute send it to the USCF, 1750 E. Boulder St., Colorado Springs, CO 80909.

fly your bike...

It seems that there is more than one way to fly your bike to a remote destination. A group of engineering students at MIT designed and flew a pedal-powered plane at a record 21 mph. The British Royal Aeronautical Society awarded them \$24,000 for their trouble.

The aluminum and mylar plane took 6200 hours and \$7300 to build.

'84 Time Trials...

We broke all records for participation by members and nonmembers this year. Look for the detailed results elsewhere in the newsletter. These are the same results that you picked up at the club picnic if you waded to the shelter at Shawnee Lookout last fall. And no, we never got around to computerizing the results so there is no sophisticated analysis by age and sex. We do not have complete info on all the members anyway. What you see (or saw) is all you'll get. We have included the certificates, though for members who were unable to pick them up.

In case you didn't know, Frederick Mause took the responsibility for recruiting the timers for the '84 series. This meant some arm twisting, training, and equipment transportation. He wound up as timer or assistant timer many evenings himself. THANKS FRED!

No one is begging for the job in '85. Too bad. We had hoped to coordinate the purchase of some more sophisticated equipment with the new chairman. We are looking for a portable timer that will produce a printed tape. Our flinch price is \$175. Please--- if you have seen such a product; or if you want to look for one, call Greg 244-7164. If you want to run the time trial series this coming season we'll make it as easy for you as we can.

QCW RECRUITING VOLUNTEERS...



HELP WANTED!!!

The position of club president (and vice pres, treas, sec'y for that matter) is open. If you are interested in taking the club forward out of the doldrums please say so. Just let me offer this advice: If you are a serious cyclist consider first your training schedule and your other commitments. Done properly, club administration will take some of this time away from you. If you do want the job the following issues need immediate attention:

'85 time Trials, Election of real officers, Sources of revenue, whether we'll promote a race or not, merger with CCC or other club etc. The opportunity awaits for a conscientious, competent administrator. If my experience is any indication, anything you commit to will receive tremendous support from current and past members, as well as the whole cycling community. This isn't hype, I have seen it happen time and time again. There are many of us in the Cincinnati area that feel that we have benefitted greatly from cycling -- we are all anxious to put something back into it. Call me, Greg Hanfbauer, club treasurer at 244-7164 and I'll find the gavel, dust it off, and pass it to you.

SOME USEFUL (AND NOT SO USEFUL) NEWS

- * **TENACIOUS OIL** We are not sure why but Phil Wood has duplicated the green coloring from his famous grease to a light weight multi purpose lubricant. It comes with a frame mount fitting, just like your bottle cage, with a precision metering spout. A four ounce bottle costs ?????.
- * **GET PUMPED** SKS of Germany is selling a forty buck pump with a settable pressure gauge, 230lb. capacity, 4 foot hose, and 2 fold down foot pegs. They are also pushing some spiffy looking frame fits. Look for them in your bike gimmick catalog.
- * **WISH BOOK** This one is free from Specialized. Contact Specialized at 15130 Concord Circle, Morgan Hill CA 95037 phone (408)297-6026 for your free 48 page component catalog.
- * **SURPRISE PRODUCTS** Campy rims, Vittoria clinchers, Gipiemme freewheels, chains and spokes, and Cinelli style cleats reintroduced. Keep your eye out for a Benotto version of Bike Ribbon called "Paris-Roubaix". And don't miss the new back support saddle from Cinelli; or their zebra pattern toe clips; or the Lycra-Buffalo leather gloves.
- * **CONSTANT-LIGHT** Esge Marby (I think that's French) has a new generator add-on that keeps your lights burning when you are stopped and recharges itself when you get rolling again. Looks great for those commuting rides or Spring evening training sessions. It mounts unobtrusively on the rear seat stays or handlebar stem. Note that Soubitz won't be outdone. They have an integrated system that they are selling called Steady-lite. It uses the same principal but doesn't recharge the 3-AA batteries.
- * **VR SPORT LIGHTS** MVR Inc is marketing stick-on lights for the backs of your shoes "because serious bikers deserve to be recognized". Well, it is innovative, but we do not know yet how seriously the product will be taken. They cost \$11.95 and are available from the manufacturer, MVR Inc., 42 Weston St. Waltham, MA 02154. If anyone road tests this product please let us know what you think.
- * **EASY-RIDERS** Raleigh has put the mountain bike design into a line of "adult" bikes (translate to geriatric) with Tush Cush saddle, fat tires, cushion grips, and Boggie Bar.

news continued...

- > STATE OF THE ART WIND TRAINER No, they still have not made stationary riding any fun; but Houdaille is marketing its road machine for \$180 bucks. It has a blower contraption similar to the Schwinn Aerodyne and mounts in the rear dropouts. It accommodates the installed derailleur.
- > REPAIR STAND The PRO-1 that Pete Disalvo has been selling for several years has now been modified to be used with bikes with cable guides under the bottom bracket. A trick foot pedal releases the bike clamp. Plastic coatings are used liberally to protect the bike's finish.
- > WHEELS Mavic produced the rims for the disk wheels used by the US cycling team in the Olympics. Disk wheels are not yet in distribution, but Mavic is making 4 models for tubulars: CX18 for track, 6L330 for most racing, GEL for road racing, and the GP4 for amateur racing on all road surfaces.
- > FOLD-UPS Alex Moulton wants \$1000 for his sophisticated multi-tubular space frame bike with Reynolds 531. It can be equipped with an aerodynamic wind screen and fabric skins which convert otherwise wasted space into room for "luggage". This rig only weighs 24 lbs. but comes with adjustable damping front suspension, and rubber mount rear suspension, and a 7 speed derailleur.
- > HELMETS Skidlid has finally closed the gap in the center of their brain bucket. They also have new colors with more reflectivity. They claim the liner in their new helmet gives 25% more protection; and they improved the sweat band. (the no-sweat model is scheduled for introduction in August).
- > SPENCO Yes, there is a new, improved model saddle pad available. It has approx. half the weight of the standard Bio-soft model at the same price. Spenco claims that you can sit on an egg and pedal without breaking it. Did you by any chance see this demonstrated on the Johnny Carson Show?
- > STURMEY ARCHER of the 3-speed era now has a line of alloy hub brakes for front or rear wheels, including a model for multiple freewheels.
- > ANOTHER BIKE COMPUTER This one, the Hamilton Eagle from Mentor has 8 functions and displays 4 at a time. The 8 functions are: 24 hr stop watch, gear ratio in inches, cadence, avr. speed, odo, trip, speed, time of day. It lists for \$90 bucks and weighs 4.25 oz. And no it isn't solar, it needs two duracell batteries for 1000 hrs of operation.
- > INFLATE-RITE This tricky little gizmo from AC International is designed to keep your tire pressure within 3 oz. of a preset level. It will let air out if you overinflate or if tire pressure climbs as the day gets warmer. It fits either Schrader or Presta valves and you have 6 preset tire pressures to chose from. Unfortunately, it doesn't compensate for pressure loss which seems to be my only problem.
- > ALENAX is serious about their Transbar lever action bicycles. This year 5 models will be available. The claimed advantages of Transbar:
 1. Shorter arc using the maximum power range.
 2. Same muscle use and motion as in jogging.
 3. Equivalent of 29 speeds.
 4. Fewer parts; easier maintenance.
- > CAMPAGNOLO has pulled out all the stops on super trick componentry. Their new Gruppo is called simply "Record" but exceeds in quality, performance and price even the now ubiquitous Super Record series. Just call it Campy Aero at a price 20% higher than Super Record. The track version shares the same bottom bracket, pedals, and headset as the the road version. However the track hubs are of a special design. The brakeset is truly a radical departure for Campy. *Would Tullio roll over in his grave?*
- > TIME TRIAL BIKE Gianni Motta is manufacturing in Italy an Olymic-inspired time trial bike with aluminum disk wheels (28" rear, 26" front). The 24lb contraption has an aero frame and costs \$2500.
- > CANNONDALE is real happy with the over-sized tube aluminum frame bikes. This year they are making available a sports touring model with a Shimano gruppo for about 500 bucks.
- > SEDIS This outfit now makes a shop grade chain tool for their Sedisport chains. Its neither very portable nor cheap but it does a heluva job removing and replacing pins with a lever action.
- > CLEMENT has clinchers too. They were bought out by Pirelli. The new owner has expanded the 2001 series to include a wired on model, the 2001/T. It is designed to be interchangeable with the 2001 tubular on special mixte rims.

ABOUT THE NEWSLETTER



the cost is on you,
so read this...

From time to time we receive comments regarding the publication frequency of the QCW newsletter, which used to be called "THE RACERS NEWS". There are several reasons for the lack of a monthly mailing. The two biggest are 1) the lack of contributors; and 2) cost.

We need to print what you want to read. During race season we expect that you would like to know about upcoming races and the results of those that you missed. The non-racers want time trial results and news of the racers' accomplishments. And everyone we suppose wants to read a few tips and techniques, and general information. A letter to the Editor never goes unpublished. So, perhaps YOU would like to report or submit something....ANYTHING. Do it.

Cost is another matter. The materials and supplies used in publishing a newsletter are furnished by the Editor. (No big deal). Postage and reproduction costs are eye-poppers, though. Unless the editor can snooker a deal on xerography, it costs us 80¢ to get a 6 page issue to your door. Even a grade schooler can divide the four bucks dues by eighty cents and wind up with five. So buckaroos, that means that we are limited to a maximum of five issues per year if we do not spend anything on anything else. When postage goes up in February that will knock us down even further.

To state the forgoing discussion in more succinct terms: Unless more \$'s flow into the treasury, do not run to your mailbox on the first of the month expecting to find a club newsletter. It may come once per quarter - if there is something worth 80¢ to say.

1985 DUES DUE NOW!!!

QUEEN CITY WHEELMEN

Membership Application

Renewal New Address

Male Female USCF Rider

Name _____

Age _____ Today's Date _____

Address _____

Phone: Home _____ Business _____

City _____ State _____ Zip _____

List on Member Roster Y/N? _____

Individual Membership—\$5.00

Family Membership—\$8.00

List Members at same Address:

WAVIER

In submitting this application for membership in the Queen City Wheelmen, I understand that bicycle riding can be dangerous. 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 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.

Signature _____

(Signature of parent or guardian if under 18)

Please send completed application with check to: **Queen City Wheelmen, 5070 Western Hills Avenue, Cincinnati, Ohio 45238.**

**MEMBER CLUB
UNITED STATES CYCLING FEDERATION, INC.**