

## QCW Mountain Bike Race Returns November 20th Good Weather is Forecast

**When:** November 20, 1993  
**Where:** Camp Charles Hook, Franklin, OH  
Take I-75 North to West SR 123 toward Carlisle... Follow the signs.  
**Info:** Contact Jeff Vaught @ 961-6412 -or- pick up a flyer at your local bike shop

**11:15 Celebrity Race**  
Jeer on your favorite sponsors, QCW dignitaries, and Cinti. Elite racers in this two mile spectacle.

**Noon Expert/Sport/Women Cross Country**  
The main event features the regions top riders on a four mile course around the perimeter of the camp. The terrain varies somewhat with twisted sinultrack, wide pastazones, and plenty of ground clutter... A real Hammerfest.

**2:00 pm Master/Vets/Beginner/Junior Cross Country**  
More of the sane... the suspenshun is killing me!

**4:00 pm Spaghetti and Awards**  
Enjoy the award salivration with a plate of pasta and Kroger brand sauce.

-Jeff Vaught

## Cincinnati Stage Race Features Spirited Racing Event Blessed by Great Weather

QCW hosted it's first USCF stage race over Labor Day weekend. Blessed by spectacular weather, this new event drew 88 racers for two days and three stages of fun racing. Club riders were prominent, with many high stage and GC placings in all categories. The race categories were set up in the ABC format, with A being Senior Men 3,4, B featuring Senior Men 5, Women, and 40+ Men, and Citizens filling the C group. The race was formatted so that you didn't have to ride all three stages. Riders were welcome to come out and race only once, or even twice, as their schedule permitted. The low key, low entry fee, no prize approach made this event basically a training race. The relaxed atmosphere was a hit with all, as we sought to maximize the fun level.

Saturday morning started out with a 1.0 km hill climb time trial in Miami Whitewater Forest. The citizens were first on the course, and shamed the licensed racers by posting the fastest times of the day. Mike Foote of Indiana

University posted a 1:43 (21.6 mph), 16 seconds faster than QCW's Bruce Murch, who posted the second fastest time at 1:59. This time was tied by the Cat 5 winner, Mark Alsip of the Bluegrass Wheelmen. Second place in this category went to QCW's Adam Krause at 2:12. Adam's time would have placed him third in the Senior 3-4 group. Tom Friesz secured QCW's first win with 2:08 in the A group. Only 2.18 seconds separated third from tenth place in this group, providing an indication of the depth of the field.

The second stage featured a fast, 5.5 mile circuit. The A group completed their 38+ miles in 1:20:11, an average speed of nearly 29 mph! This speed provided some problems to the race officials, as this group rapidly caught and passed the other race fields. Significant QCW placings include Tom Friesz (6th) and Kurt Etter (7th) in the A race, Roy Cullum (2nd), Adam Krause (4th), and Wendy Griffen (7th) in the front group of the B race, and Don Cenatiempo (4th),

(Continued on page 4)

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**Time trial and Cinti Stage Race results on page 3!**

**Mike White wins Bronze in RAAM! Details on page 3.**

## Volunteer of the Month

Hey! Who's that guy doing wheelies in the Wright Brother's Truck? As if anyone who's been to more than one Cyclebration doesn't know. When he isn't picking up or delivering staging materials at the Hill Climb or in Eden Park or out in Blue Ash, he's knocking on potential sponsors' doors or organizing training races, club rides and fund-raisers, or giving bicycle training presentations to kids or promoting the sport of cycling. In short, our volunteer of the month, Roy Roberts, has done it all.

Roy has been active in QCW since 1987. Although he is seldom seen on his bright red Paramount these days due to his full schedule of family, work, and volunteer activities, he has a cycling history that anyone would be proud of. While attending Eastern Kentucky University from 1973-77, Roy was on the EKV collegiate cycling team. Not only did he qualify for the USCF Nationals in 1973, 1974, and 1975, he was named as the Kentucky Collegiate Cycling Champion in 1973. From 1974 to 1976, Roy rode for the Motobecane Amateur Cycling Team in Louisville, Kentucky.

Today, Roy resides in Ft. Thomas, Kentucky, with his wife Mary Jo (a terrific volunteer in her own right) and their three children. Roy is employed at Kroger State Ave. Grocery Division as an area supervisor in the canned foods department (where he invented the poor man's jacuzzi - eat two cans of Kroger beans, sit in a warm tub!!).

Roy's efforts on behalf of QCW are, like his sense of humor, not unnoticed but not always acknowledged. Thanks Roy!

- Dan Roketenetz

## Calendar

### Races (OH, KY, IN, WV)

Oct 10 DINO Series MTB, Nashville IN, Crossroads Comm. 812/336-1214  
Oct 16-17 Southeastern Championship MTB, Owenton, KY 502/484-2998  
Oct 17 IN Dist 15 Cyclocross, Starlight, IN Curtis Tolson 502/426-1530  
Oct 24 DINO Series MTB, Evansville, IN, Crossroads Comm. 812/336-1214  
Oct 31 Tricks and Treats MTB, Lafayette, IN, Brent Mullen 317/423-4695  
Nov 6-7 DINO Series MTB, Paoli Peaks, IN, Crossroads Comm. 812/336-1214  
Nov 20 Queen City Wheels Race MTB, Middletown, OH Jeff Vaught 921-6412

### Rides

*Editor's Note:* Previous issues included all known racer-oriented rides in the Greater Cincinnati area, including those run by other clubs. Due to several complaints about rider behavior on some of these rides, only QCW-sponsored rides will be listed in the future. Beginning with the next issue, all rides must have a contact name to continue to be listed. This person is not necessarily required to be there every week, but will be listed to answer questions and give directions over the phone to interested riders. If one of the rides listed is yours, you *must* call the editor (481-4606) to give your name and number and continue the listing.

*Rides are ranked on a scale of 1 to 5, according to the typical speed and group. A "1" is an easy, teaching ride, "2" is basic paceline, "3" is moderate to fast paceline, "4" means many will be dropped, and "5" is an all-out ride harder than many races. For rides of "3" or higher you should not expect the group to wait for you if you get dropped. Rides with two or more numbers listed are typically large groups that break up as the speed picks up. All rides are led on a volunteer basis. Due to the vagaries of personal schedules, weather, etc., we cannot provide a guarantee that any given ride will always take place as scheduled here. Each ride has its own list of "regulars". You are encouraged to stay in touch with each other regarding scheduling and routes. Changes and new rides may be detailed on the QCW RIDE line before listed here. (Continued next column)*

Direct all correspondence to: QCW Newsletter, 2724 Morning Ridge Dr., Cincinnati, OH, 45211-8204. The Editor is Robert Westendorf, who can be reached at 513-481-4606 from 7:00 AM to 4:00 PM weekdays.

## Bikes for Tykes

Many children, especially those residing in the inner-city, do not have the opportunity to be exposed to the many aspects of bicycling, such as racing, mountain biking, and touring. Additionally, they miss out on the many safety factors involved in the sport. For the most part, these kids are only familiar with bicycling as it relates to getting from point "A" to point "B", and that is even confined, more often than not, to their immediate street or neighborhood.

As avid bicyclists, we should concern ourselves with promoting our sport among our less fortunate youth, those who may be handicapped in some way, those who are restricted by their environment, and those whose families simply cannot afford to purchase a bicycle. More importantly, through this kind of concern and involvement we can assure that our youth are aware of and practice, to the extent we are able to control it, bicycling safety.

Among the things we can do are: have bicycle outings at the Loveland and Miami Whitewater Bike Trails, hold safety clinics in Eden Park or in targeted neighborhoods, establish a bicycle ambassador group to promote cycling, serve as individual mentors to youth, donate funds to purchase helmets, take kids to bike races, and finally, create a program through which we can provide bicycles to deserving youth.

**Bikes for Tykes** is a concept that will ultimately provide these bicycles to young people, based on certain criteria to be established by those involved. The project was originally conceived when I noticed a little boy riding down a steep hill on a bike much too small for him. His legs were flailing away, trying to keep the pedals going; he had no helmet, but he was obviously having a great time. As the boy got closer it was quite apparent that something was physically wrong with him. He looked very old, had a tracheotomy, and was very tiny (he was ten years old).

My first thought was that the child should at least have a larger bike and a helmet, and I decided to purchase them for him. The next thought I had was to create an organization that would give bikes to kids whose families cannot afford them. Dwayne, the little boy, will get his new bike, and begin what we hope will be the start of a greater effort to provide bikes to other kids in Cincinnati and Hamilton County: **Bikes for Tykes**.

This is a request to the Queen City Wheels and it's members to consider further development and support of this concept.

-James Clingman

### Rides (Continued from previous column)

Sunday 8:30 Loveland at bike trail parking lot, (4-5) (Becomes a mountain bike ride beginning November 7th.) Fred Steinbrecher 851-5420  
Sunday 5:00 Wright Brothers Cyclery, Harpers Point, rolling (2)  
Tuesday 6:30 Loveland at bike trail parking lot, (4,5)  
Thursday 6:00 Wright Brothers Cyclery, Harper's Point, rolling (3)  
Thursday 6:30 Loveland at bike trail parking lot, (4,5)  
Saturday 8:30 Loveland at bike trail parking lot, (4-5) (Becomes a mountain bike ride beginning November 6th.)  
Saturday 10:00 Montgomery Cyclery, West Chester, 40 miles (3)

### Events

Oct 29 Halloween Costume Party, Plantation Hall, Harrison, proceeds benefit American Leukemia Society, Ohio Chapter. For details call James Wynn 282-7934  
Oct 31 Daylight Savings Time ends.  
Jan 8 QCW Annual Banquet 6:30, All Saints Church, Pleasant Ridge, details to be announced.

# QCW's Michael White Takes Bronze in Race Across AMerica Ultramarathon Rider Finishes Third in 10 Days 15 Hours

The twelfth annual Race Across AMerica ended Tuesday, August 10 with Cincinnati Sports Psychologist and QCW member Michael White, 45, finishing third. The 2930 mile race began on July 30 in Los Angeles with an international field that included riders from Europe, Australia, and the Philippines. The race was won by Australian Gary Tatrai. The 1992 winner Rob Kish from Port Orange, Florida, was second.

Although White holds four world records in ultramarathon cycling, this was his best finish in four starts in the Race Across AMerica. He finished eighth in 1990, but on two other occasions he was hospitalized with severe dehydration while racing across the deserts of California and Arizona. This background led White to a very conservative strategy for the first half of this year's race.

"My previous disasters in the desert taught me that I had no choice but to start slow this year," said White. "I got so far behind during the first two days that it was discouraging, but at least I stayed healthy and out of the hospital." The come-from-behind tactics worked well enough to put White in third place shortly after the halfway mark in Slapout, Oklahoma. At that point, however, the luck of the weather ended any chances for White to move up on the leaders.

"Tatrai and Kish were on the other side of a slow moving frontal system," White explained. "The rest of us were behind the front and fought strong headwinds, rain and fog for 1600 miles. We had no chance to make up time under those circumstances, and we knew we were racing for third the last half of the race."

"This RAAM was a complete test of my mental training," said Sports Psychologist White. "I would like to have raced with the leaders early on, but experience said I had to follow my own plan if I was to survive. I was able to focus on my own goals and strategy and ride my own race from start to finish," he said. "Winning would have been nice, but it is satisfying to be able to say that this was the best I could do with what I had under the circumstances."

*In addition to his RAAM placing, Mike White has broken four UltraMarathon Cycling Association World Records in the past year. These include the 200 mile track record (8 hours 31 minutes 30 seconds), 12 hour track record (270.621 miles), and the 12 and 24 hour tandem track records (270.21 and 503.18 miles, respectively, set together with Canadian Ron Dossenbach).*

## Team Jackets

The Club is ordering team jackets for the fall and winter. These are bright red nylon shells printed with QCW and our sponsors. These are high quality jackets made by Louis Garneau that normally retail around \$60. They available to club members for \$35. Prepaid orders only will be accepted - no extras will be orders. Send a check along with your size (unisex S,M,L,XL) and phone number and address to: Jim Flaherty, 12135 Coyote Ct., Cincinnati, OH 45241. Hurry! Orders must be received by November 1st.

## QCW Sponsors Cincinnati Police

The Queen City Wheels recently became an official sponsor of the City of Cincinnati's new Mountain Bike Patrol. This new pilot project aims to study and optimize the use of bikes to supplement traditional means of patrol. QCW's donation enabled Specialist Timothy Tanner to attend a week-long certification course run by the Dayton Police Department (Dayton's Bike Patrol program has been running successfully for several years). Specialist Tanner joins Officer Andrew Hayden as the city's *certified* bike patrol officers. Under current plans, the city should be able to certify it's own officers next summer (one year's patrol experience is required from the instructor).

Queen City Wheels is pleased to join the Cincinnati Cycle Club (Cincinnati's touring club) as patrons of this program. The Police Department is especially happy to be supported by an independent group such as ours, and we are pleased to be able to contribute. This program is only one of many springing up in local law enforcement agencies. We now need to warn all of these new mounted officers to get into good shape - current plans call for a mountain bike police race in next year's Blue Ash Dash!

## Results

### QCW Time Trial Results (Final)

30+ and fastest overall: Paul Liebenrood 22:16

SR 2: Rick Hoeting 23:04

SR 3: Jim Flaherty 22:57

SR 4 & 40+: Grant Wearne 23:22

JR 15-18: Eric Knight 23:37

JR 14 & Under: Tim Beckman 27:18 (on his first try!)

45+: Roger Macomber 24:30

50+: Fred Mause 30:31

MTB: Dan Libby 25:11

WM Overall & 30+: Stacy Kisker 27:03

**Sep 4-5: Cincinnati Stage Race. Category A (Senior Men 3-4): Stage 1:** Tom Friesz 1st, Chip Ellison 4th, Grant Wearne 6th, Kurt Etter 10th, Scott Denny 15th, Jeff Vaught 17th, Jim Flaherty 20th. **Stage 2:** Tom Friesz 6th, Kurt Etter 7th. **Stage 3:** Chip Ellison 2nd, Tom Friesz 5th, Kurt Etter 7th, Todd Daniles 10th. **Final GC:** Chip Ellison 2nd, Tom Friesz 4th, Kurt Etter 8th, Grant Wearne 9th, Todd Daniels 15th, Scott Denny 18th. **Category B (Senior Men 5 + 40+): Stage 1:** Adam Krause 2nd, David Mayne 4th, Kurt Smith 7th, Don Leitz 8th, William Lorenz 9th, Roy Cullum 10th, Jeff Flury 11th, Chuck Ketterer 13th, Jay McKillop 16th, Patty Moran 17th (Top Woman), Keith Logsdon 20th. **Stage 2:** Roy Cullum 2nd, Adam Krause 4th, Wendy Griffen 7th (Top Woman), Chuck Ketterer 9th, Jeff Flury 10th. **Stage 3:** Roy Cullum 5th, Jeff Flury 6th, Adam Krause 10th. **Final GC:** Adam Krause 2nd, Roy Cullum 4th, Jeff Flury 6th, Kurt Smith 11th. **Category C (Citizens): Stage 1:** Bruce Murch 2nd, Don Cenatiempo 7th, Tim Beckman 8th, Matt Darpel 9th. **Stage 2:** Don Cenatiempo 4th, Matt Darpel 7th, Tim Beckman 10th. **Stage 3:** Tim Beckman 6th, Matt Darpel 8th. **Final GC:** Tim Beckman 5th (also top Junior), Matt Darpel 6th.

Please call your results in to the QCW RIDE line (791-RIDE) once a month, no later than the end of the month. Please give your name, the race name and date, category, and place. Please speak slowly and clearly, as most messages have been difficult to understand lately. Thanks!



**Stage Race** (Continued from page 1)

Matt Darpel (7th), and 15-year-old Tim Beckman (10th) in front of the C race. Bad breaks took several racers out of the picture, as Scott Denny broke a wheel while off the front of the A group by nearly a minute with only 10 miles to go, and Bruce Murch suffered a dislocated thumb in a bonus sprint in the citizens. Either of these riders had serious shots at a overall victory before their misfortunes.

Sunday featured perfect weather for the finale, the Cincinnati Financial Criterium. The Citizens were first off the line, and saw strong rides by QCW's Tim Beckman (6th) and Matt Darpel (8th). These two racers finished in 5th and 6th overall, respectively. Not bad for the youngest man in the race (Tim, 15) and a first ever race for Matt. The overall winner in the Citizens was Mike Foote of Indiana University, who capitalized on his collegiate racing experience and his time trial victory to hold the field at bay. The B group featured a bit more in tactical racing, as these riders jockeyed more for GC position. Top stage finishes came from Roy Cullum (5th), Jeff Flury (6th), and Adam Krause (10th). Overall victory went to Italo Bastianelli of the Armed Forces Cycling Team, with second falling to QCW's Adam Krause. An unfortunate math error had Adam tied for second at the race site, with the tie breaker going against

him. So Adam's official finish is third, gaining a bronze medal instead of silver. Sorry Adam! The final race featured a spirited charge from the A group. In the final ten laps QCW's Chip Ellison broke away with eventual stage and overall winner David Blackburn of the Tennessee Wheelmen. These two worked strongly to finish 40 seconds up on the pack. This gap vaulted Chip into second overall. Tom Friesz took 5th for the stage, and 4th overall, and Kurt Etter finished 7th on the day and 8th overall.

This race was run as a low cost, low entry fee event. Although our goal was to have fun, we succeeded in making a small profit as a bonus. Much of the credit for the success of this race goes to our volunteers. These include Dan Beckman, Kevin Berger, Joe Fung, and Bob Rosen for help with marshaling and registration. Volunteer officials include Charly Gehling, John Luginbill, and Roxanne Westendorf from QCW. Volunteer officials from other clubs were a tremendous help, and include Chuck Doll (Oakley Cycles) and Glenn Wolf (Campus Cyclery). I especially want to thank Fred Steinbrecher for the tremendous help he provided, without which I couldn't have pulled this race off. Thanks to everyone!

-Rob Westendorf

**Classifieds:** Ad space is free for all QCW members. All ads must be resubmitted in writing each month. Ads are run on a first come basis, as space allows. If insufficient space is available longer ads will be edited and/or the later arrivals will be first on the list for the next issue. Submit ads in writing only to QCW Newsletter, 2724 Morning Ridge Dr., Cincinnati, OH 45211-8204.

Panasonic Team Time Trial, 56 cm, new Ultegra 600 components, rear disc wheel, clip-ons, Avocet computer. Ready to ride. \$750 Dana 513-779-3867

Ciocc SLX, 48 cm, PDM colors, Mostly Campy Super Record components, \$800 obo, Roxanne 661-2536

The *Queen City Wheels Newsletter* is a publication of the Queen City Wheels, Inc. QCW is both a United States Cycling Federation (USCF) member club (#0153) and a National Off-Road Bicycle Association (NORBA) member club, promoting sanctioned bicycle racing in the Greater Cincinnati area since 1972. The Club sponsors a number of events throughout the year, and fields a racing team for racing events throughout the country. Membership is open to anyone with an interest in bicycle racing. For further information contact the Queen City Wheels, 185 Albright Dr., Loveland, OH 45140, or call 791-RIDE.

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