

## **The QCW Mountain Bike Race Returns!** **Third Annual Event is November 19th**

For the third time QCW will return to Gardner Lodge in Middletown's Camp Hook for our annual race in the dirt. This end of the year event has proven immensely popular, drawing 105 riders in 1993 despite cold and wet conditions. If the weather cooperates, we expect to smash that attendance figure in 1994!

Registration runs from 10:00 AM to noon at Gardner Lodge. The observed trials event opens the competition at 10:00. If you've never watched a trials event, you won't believe what these guys can do on a bike! In 1993 pro rider Toby Tetzl "cleaned" all five sections to edge Junior National Champion Shaun Miller. At 11:00 the Kid's Race begins, featuring our youngest members. In '93 QCW veteran, 10 year old Stuart Schroff grabbed the top spot, while five year old Chris Groene grabbed the hearts of the crowd!

The main event, the cross country races for Sport/Expert and Women, starts at high noon. The race categories have been shuffled a bit this year, eliminating the Pro category. This should

open the race up to favor more of QCW's stronger mountain bike racers. At 2:00 the final race of the day begins, featuring the Master, Veteran, Beginner, and Junior events. However, the end of this race is not the end of the day! A spaghetti dinner for all participants follows, during which all of the award winners will be honored.

The registration fee for the QCW Mountain Bike Race is \$15, however, women and juniors race for free! Registration is day-of-race only (no preregistration). If you have any questions or need more information, please call QCW's PELO line (677-PELO) and leave a message.

*The QCW Mountain Bike Race is held at Camp Hook, near Middletown, Ohio. From I-75 take exit 38, State Route 73. Go west on 73 into Franklin, where 73 meets route 123. Take 123 north through Carlyle. Turn left on Chamberlain at the flying saucers. (Yes, it does say flying saucers!) Turn left on Morningstar. Camp Hook is ahead on the right. Registration is at Gardner Lodge.*

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### **Upcoming Events:**

<b>MTB Race</b>	<b>Nov 19</b>
<b>Annual Meeting</b>	<b>Nov 26</b>
<b>Riders Clinic</b>	
(tentative)	<b>Dec 9</b>

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## **Annual Meeting and Banquet is November 26** **Come to Discuss Future Plans and** **Celebrate Past Heroics!**

The QCW annual meeting and banquet will be held on Saturday, November 26th. We will once again return to All Saints Episcopal Church in Pleasant Ridge for our annual shindig! All members are strongly encouraged to attend. Our annual lasagna dinner is always a hit, and everyone enjoys the chance to trade stories from the past season, and share dreams for the next campaign. Bring your pictures as well as your stories! In addition, feel free to bring your used items for sale at our swap table.

The main focus of the evening is the annual meeting. The agenda includes election of officers for 1995. (Nominations for officers are not yet firm. If you are interested in running or nominating someone, please call Jim Flaherty at 489-0833 before Nov. 20th.) Additional topics include a review of our financial status (including reimbursements for 1994), future

plans, and the QCW Awards. Some significant changes are being considered for QCW's future. If you don't attend, you will miss your chance to comment on the proposed changes. In addition, a guest speaker is planned, although arrangements were not final at presstime.

*The QCW Annual Meeting and Banquet is free for all QCW members. Guests are welcome for a \$5 dinner charge. All Saints Episcopal Church is in Pleasant Ridge, at the corner of Parkman Place and Grand Vista. From Montgomery Rd. approximately 1/4-1/3 mile northeast of Ridge Rd. turn north (left if coming from Ridge Rd., right if coming from Kenwood) on Parkman Place. The church is on the left one block from Montgomery Rd. There is plenty of street parking available.*

**QCW Information**  
**New Rides, Races,**  
**and Events Updated**  
**Continuously!**  
**Line: 677-PELO**

## Retro Night Gets Chilly Reception From Mother Nature

The last time trial night of the season proved to be a cold one, as the temperature at the start was in the mid-fifties and dropping. The cold snap undoubtedly chilled the enthusiasm of many potential riders, dropping the turnout to under ten. However, despite the conditions that also included a swirling breeze, two riders, Roger Macomber and Bob Schoettinger, managed to post their best times of the season.

The "Retro" competition drew "three plus one" competitors. That is, three showed up at the appointed time, and one was a week early. Eugene Spiegel was out of town for the week, but he really wanted to "retro", so we judged him a week early. Alas for poor Eugene, he only finished third. Don Burrell crushed the competition with his Schwinn cruiser bike, complete with 26" balloon tires, fenders, bell, and mechanical speedometer. Don's winning bonus time of 2:35 was limited only by the prior imagination of those who made up the bonus list. Many aspects of Don's bike were not on our bonus list, or his total could have been much greater. Don's comment that "I've been planning to bring this bike out here this year anyway, this just gave me the perfect opportunity.", caught the intended spirit of Retro Night right on the head. Fred Mause claimed second at 1:45 with his fixed gear bike. The remarkable thing is, this was Freddie's standard time trial machine that he uses throughout the year! Eugene followed in third at 1:40 with his classic Gios road bike. Jeff Vaught brought up the rear at 1:15 with his unmodified mountain bike! Jeff came out mainly to try his mountain bike on the course ("It's lighter than my road bike!"), but, since he had no disqualifying components, we judged him into fourth.

Retro Night drew many favorable comments before and during the competition. Based on this response, you can count on Retro Night being repeated at least once next year. In addition, look for additional special nights at time trials. Certainly the two man nights will be repeated, perhaps with some new parameters. If you have an idea about a special theme for a time trial night, please let us know! Either call any board member directly or leave a message on the PELO line. We look forward to hearing from you!

All QCW Board meetings are open to all members. Meetings are generally held on the second or third Monday of each month, but the schedule is highly variable. Call the PELO line to confirm meeting dates and times. You can call any Board member with your comments or questions at any time.

### 1994 QCW Board of Directors:

President:	Jim Flaherty	489-0833
Vice-President:	Chip Ellison	831-4381
Secretary:	Charly Gehling	793-0800
Treasurer:	Dave Carr	677-2911

### At-Large Directors:

Jim Clingman	533-9854
Kurt Etter	459-1588
Scott Lyle	731-9675
Roy Roberts	781-2884
Dan Rokenetetz	684-6000
Roxanne Westendorf	661-2536
Charly Wright	489-2222

## Calendar

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

Nov 19 QCW Mountain Bike Race 677-PELO

Nov 20 Velo-Z MTB, Zanesville, OH Tom Hayes 614/674-4297

### Rides

All QCW rides are limited to QCW members only. New riders are always welcome, but must become members before riding. (Ride leaders will have membership forms.) Helmets are mandatory. If you are leading a ride that is not currently listed here, please call the PELO line (677-7356) and leave a message with the details. Thanks!

*Rides are ranked on a scale of 1 to 5, according to the typical speed and group composition. A "1" is an easy, teaching ride, average speed 14-16 mph on the flats. "2" is basic paceline, 16-20 mph. "3" is moderate to fast paceline, 18-25 mph. "4" means many will be dropped, 22-30 mph, 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. Please call the ride coordinator listed for details or possible changes. Changes and new rides may be detailed on the QCWPELO line before listed here.*

Saturday and Sunday 8:30 Mountain bike ride, Mason/Loveland area, Dan Rokenetetz 684-6000 (2,3,4)

Sunday Sunday rides vary in location and time. Check the club information line (677-PELO) on Saturday for Sunday rides.

Tuesday and Thursday 6:00 Mountain bike ride, lights required, Loveland at the bike trail, Doug Pendery or Tom Cross 791-9292 daytime (4)

### Events

Saturday November 26 QCW Annual Meeting and Banquet

Saturday December 9 Rider's Clinic 677-PELO (date is tentative)

First Wednesday of each month: Bicycle/Pedestrian Advisory Committee (BIKE/PAC) meeting, 7:00, Centennial Plaza, 805 Central Ave.

### Results

*When you call in results, please include your category!*

Sep 18: **Wright Wride Century Rally**, Dayton, OH: **Chip Ellison, Jim Flaherty, Jeff Flury, Grant Wearne**, 97 miles in 4:11 (23.2 mph), all 1st in their respective age categories. **Saturday Morning Training Series**, 1st Race: **Roy Cullum** 1st, **Carolyn Wilkes** 2nd, **Matt Darpel** 3rd, **Rob Westendorf** 4th; 2nd Race: **Colin Vogt** 1st, **Jeff Vaught** 2nd, **Roy Cullum** 3rd; 3rd Race: **Scott Denny** 1st, **Colin Vogt** 2nd. **Chip Ellison** 4th; 4th Race: **Bob Schoettinger** 1st, **Scott Denny** 2nd, **Grant Wearne** 4th; 5th Race: **Scott Denny** 2nd, **Bob Schoettinger** 2nd (tie), **Grant Wearne** 4th; Overall: **Scott Denny** 1st, **Colin Vogt** 2nd, **Roy Cullum** 3rd, **Bob Schoettinger** 4th; Oct 9: **DINO Series MTB**, Selden, IN: Sport: **Jeff Vaught** 8th; Oct 15: **SE MTB Championships**, Carrollton, KY: Vet/Mas: **Chip Ellison** 6th; Beg. 27+: **Jim Brown** 6th; Women Beg.: **Lois Ellison** 4th

*Congratulations to Colin Vogt for his recent upgrade to cat. 3!* Please call your results in to the QCW PELOton line (677-PELO) within one week after each race. Please give your name, the race name and date, category, and place. Please speak slowly and clearly, as many messages have been difficult to understand. Thanks!

## It's As Easy as 1,2,3...4,5!

One of the decisions made at this year's USCF House of Delegates meeting was to return to the old system of category numbers, not names. The new names were never popular, and didn't survive the first challenge. For those of you not familiar with the number system, Elite is now category 1, Expert is cat. 2, Sport is cat. 3, Intermediate is cat 4, and Beginner is cat. 5.

## EDITORIALS

### Coaching Rides and Meetings

In a tremendous boost to QCW's programs, this year saw licensed coach Paul Eddleston offer his services to Cincinnati cycling. Paul's program has featured weekly rides and monthly meetings, as well as his column in this newsletter. Unfortunately, the number of racers taking advantage of this opportunity has been disappointing. After a strong start, attendance at monthly meetings has dropped to less than five. Saturday training rides were boosted by the inclusion of a training race, but attendance was still disappointing. In particular, more than half of the Saturday racers do not race for QCW. The attendance at the new Sunday ride program was so poor that the program has already been canceled. I've been checking around to determine the reasons for the poor showing. For some, schedule conflicts are a fully understandable problem. However, for many riders there is a belief that you know all that you need to know, and coaching has no benefits for you. This is particularly true among masters. I find this attitude disturbing, considering that so few of you ever place in any race.

In my own case, I have been racing off and on for over 18 years. I may not be the strongest rider, but, unlike 99% of you, I have won races. In my "fanatic period" I read everything I could lay my hands on, and constantly quizzed more experienced racers on every topic. However, this year, as a meeting and ride regular, I've learned more than all my previous years combined. I *thought* that I was training systematically, but now I find my training to be much more effective. I've learned not just what or how to do something, but, more importantly, why. Listening to Paul's talks I've learned details that I never even had a hint of before. Plus, I've found Paul to be an excellent speaker. The few of us who heard his presentation on the body's energy systems will never forget that talk. Paul has offered an invaluable resource that too many are ignoring. If you are serious about improving, I strongly urge you to make time in your schedule to attend both meetings and rides as often as possible.

*Paul Eddleston will be attending Sunday rides as his schedule allows. Please check the PELO line for details. In addition, Paul is preparing a Saturday classroom clinic featuring a number of guest speakers, including representatives of the USCF. This is tentatively scheduled for December 10th, but details were unavailable as we went to press. Again, check the PELO line for updates and details.*

### Mountain Bikes and the QCW News

In the past couple of months I've received a few notes of criticism over the level of mountain bike coverage in the *QCW News*. Guilty as charged, there hasn't been nearly enough to reflect our member's involvement off-road. I haven't raced off-road, although I plan to start in 1995. (I have ridden off-road since about 1984, but that date also reflects the quality of my equipment.) I'm not qualified to write about off-road racing. However, I write about 95% of this newsletter myself. The number of articles submitted from other members (outside of coach Paul Eddleston's column) totals 4 for 1994. Two of these were Dan Roketenetz' articles about the East Fork Lake mountain bike trail. I'd love to include more off-road articles, but I need you to submit them. They don't need to be long or

*(Continued to the right)*

### East Fork State Park Mountain Bike Trail Update

Finally! After months of negotiations with the U.S. Corps of Engineers, the folks who own East Fork State Park (the State of Ohio leases the park from them), it looks as though we can start trail construction soon. Getting to this point has been a bureaucratic odyssey.

Shortly after we got all of the required approvals from the State of Ohio this past February, the documentation was sent to the Corps for what was believed to be a pro forma review with their approval soon to follow. Not only did it take months for the Corps to review the application, when they did approve it they required that an archeological survey be done before we could use the area. While the statute about the use of federally owned lands put the burden on the Corps to do such surveys, they of course said that they did not have funds available. We were put in the position of either paying a private firm to do the survey or waiting until, and if, the Corps came up with the money.

Well, sometimes good things come to those who are patient. In an unexpected, but certainly welcome, change of position, the Corps has indicated that they will now do the necessary survey this November. Before the survey is done, however, the trail site must be marked and cleared. So, all you folks that have previously indicated your intention to help out on this project will be notified soon. If you haven't signed up to help out, call the QCW PELOton line at 677-PELO and leave your name along with your day and evening phone numbers.

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### Sunday Ride Program Cancelled

The Sunday ride program announced in the last issue of the *QCW News* has been cancelled. Unfortunately, attendance was very poor at the first two rides, despite excellent weather. In addition, we have been unable to generate ride leaders who are willing to commit to being at a start point on time, and allowing their name and phone to be posted on the PELO line. It is hoped that this situation is primarily a reflection of the time of year. It is possible that some Sunday rides may still be held - check the PELO line on Saturdays. Whenever he is able, coach Paul Eddleston will join such rides. However, just because no ride is listed doesn't mean that you shouldn't ride! Don't get lazy on us now. Whenever possible, join a group for a two hour trip. As this month's *Bicycling* magazine points out, the number one way to improve your fitness is to ride with a group!

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### Coaches Corner

*Paul Eddleston is in the process of moving, and was unable to prepare an article for this newsletter. Paul will be back in our next issue (January) to discuss preseason training. For those of you desiring to get in touch with Paul, his new address is 2914 Minot Ave., Cincinnati, OH, 45209, 513/531-9232.*

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fancy, I can polish them up if needed. However, I can't write them. Please consider writing up your off-road experiences for others to share. As a first suggestion, I've been trying for two years to get an article about legal places to ride off-road in Greater Cincinnati. Any takers?



## Final Time Trial Results

Time trial leaders for 1994:

Senior Men (also Master 30+ and 40+):

	<b>Jim Flaherty</b>	21:57	(27.9 mph)
Senior Women:	<b>Stacy Kisker</b>	26:26	(23.2 mph)
Junior 13-14:	<b>Paul Rosenstein</b>	30:51	(19.8 mph)
Junior 15-18:	<b>Tim Beckman</b>	27:50	(22.0 mph)
Junior Women:	<b>Eliza Williamson</b>	33:07	(18.5 mph)
Women 35+:	<b>Carolyn Wilk</b>	27:57	(21.9 mph)
Men 45+:	<b>Grant Wearne</b>	23:37	(25.9 mph)
Men 50+:	<b>Roger Macomber</b>	24:37	(24.9 mph)



**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.

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 677-PELO.

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