

East Fork Ridge Mountain Bike Trail Now Open

Queen City Wheels' mountain bikers, with previously few places to ride, will welcome the addition of a new off-road bicycle trail at East Fork Lake State Park. The park is located about 25 miles east of downtown Cincinnati, and is accessible from either State Route 32 or State Route 125. The entrance to the trail is in the South Access parking area, near the park office.

The first phase of the East Fork Ridge Mountain Bike Trail was officially opened on Saturday, October 14, 1995. The gloomy weather did not discourage the many off-road cyclists who attended the trail dedication. Since its opening the trail has seen frequent usage, even on week-days.

The first section of the trail is an approximately two and one-quarter mile loop, and is specifically designed to introduce novice off-road riders to mountain biking. Beginners will find many sections that will permit them to practice and perfect off-road cycling techniques in a safe and protected environment. More advanced riders will appreciate the trail as a

training tool to hone their riding skills. The next phase of the trail will consist of mostly single track trail to appeal to more experienced riders. Park officials expect the second section of trail to be ready for public use in the Spring of 1996.

The construction of the trail was a result of the collaborative efforts of the East Fork Lake State Park Manager, Charles Clark, and Queen City Wheels. Financial support for the project was provided in part by Queen City Wheels, as well as several area bike shops, including Wright Brothers Cyclery, a QCW sponsor. Construction was completed with essentially an all-volunteer effort of the members of Queen City Wheels and the Kentucky Mountain Bike Association, under the direction of QCW members Bill Urban and Denny Hotchkiss. Trail maintenance will be an on-going project of Queen City Wheels, so volunteers are always welcome. If you have any questions about the trail, or want to become a trail volunteer, call the PELO line at 677-PELO and leave your name and number.



Annual Banquet on Jan 27th

The Queen City Wheels annual meeting and banquet will take place on Saturday evening, January 27, 1996, at 6:30 PM, at the All Saints Church in Pleasant Ridge. The church is located at the corner of Grand Vista Ave. and Parkman Place. Grand Vista Ave. is located off Montgomery Road, just north of the Pleasant Ridge branch of the Hamilton County Public Library. Go east on Montgomery from Ridge Rd. or west from Kenwood. Turn north on Grand Vista. There is plenty of on street parking.

The banquet will feature a guest speaker, although final arrangements have not yet been confirmed for this year's speaker. The meeting will consist of a review of the past year's activities, as well as the election of new officers.

If you are interested in being an officer or a member of the executive board, please leave a message on the PELO line (677-PELO). Following the banquet, the significant accomplishments of our members will be recognized, and the ever-popular annual awards will be presented.

The banquet is free to all members (and family, for family memberships) whose dues are current (see page 4 for annual renewal form). However, in order to get an accurate head count for planning purposes, you must make reservations. Leave your name, phone number, and the number of people that will be attending on the PELO line (677-PELO) no later than January 24th. See you there!

Contents

East Fork Trail	1
Annual Banquet	1
Calendar	2
Rides/Events	2
District News	3
Dues Renewal	4
Team Clothing	5
MTB Race Report	6
Classifieds	6

1996 Membership Renewal Enclosed. Return yours today!

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

President's Column

The 1995 season certainly had it's ups and downs. On the up side, the Club's Spring Training Series returned with some good turnouts when the weather cooperated. Our weekly time trial series continued through it's 22nd year. Our mountain bike race, held on one of the best courses around, was a great event in spite of threatening weather (although the best man didn't always win, *ed note: see related story p6*). We opened the first loop of our mountain bike trail at East Fork Lake State Park after waiting two years for approval. We had close to 100 USCF licensed riders, making QCW the largest club in the state. Paul Eddleston worked hard to introduce a coaching program to assist local racers of all levels. The PELO line was a popular way of finding out about rides and races. Local racers dominated the Covington Criterium, which was changed to a category 3-4 race. On the down side, Cyclebration had to be downsized due to a lack of volunteers and burnout by key personnel who have worked the event year after year. General participation in races was down, reflecting the national trend. We plan to continue in 1996 all of the events held this year. Look for more club level races and a local championship series.

It's time to order club clothing again. Enclosed in this newsletter is an order form. We are offering a special long sleeved 100% wool retro-look jersey this year. The jersey, made by Wild Woolies, will feature QCW's old orange and yellow colors with black QCW embroidered on the front. The team jerseys, skinsuits, and bibs will be similar to last years, although we will be brightening up the colors a bit.

If you have any suggestions or comments concerning the club, call the PELO line or write us a letter and tell us what is on your mind.

*-Jim Flaherty
QCW President*

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.

1995 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:

Kurt Etter	459-1588
Scott Lyle	731-9675
Jim Obert	683-7295
Roy Roberts	781-2884
Dan Roketenetz	684-6000
Jeff Vaught	921-6412
Charly Wright	489-2222

QCW News Editorial Staff

General Editor:	Rob Westendorf	661-2536
Club News Editor:	Jim Flaherty	489-0833
Racing Editor:	Chip Ellison	831-4381
Mtn. Bike Editor:	Dan Roketenetz	684-6000

Changes in Store for QCW News

In 1996 we will be starting our 5th year of publishing the *QCW News*. We've come a long way from that first issue, both in content and form. In our continuing effort to keep this newsletter fresh and informative, you'll begin to notice some changes. Foremost is the addition of three new associate editors. QCW President Jim Flaherty will handle Club news and information. Although I'm tempted to call him the "Bureaucracy Editor", I'll stick with the more mundane "Club News Editor". Chip Ellison is our Racing Editor. His duties include updating of the race calendar, and tabulation of QCW racer results. These tasks dovetail well with Chip's established position as keeper of the PELO line (and producer of the PELO line's world famous, cutting edge soundtrack). Our Mountain Bike Editor is Dan Roketenetz. If it involves dirt, Dan's in charge! Finally, I want to thank Paul "Eggy" Eddleston for his continued contributions to "Coaches' Corner".

We continue to need your submissions to *QCW News*. Feel free to contact any of the above or the general editor, Rob Westendorf, about the newsletter. If you've got an article in mind, let us know. We'll help out in any way we can. Thanks for your support!

Calendar

Races (OH, KY, IN, WV)

OFF-ROAD

Jan 7, 21 Eagle Creek Off Road, Columbus, Team Columbus 614/890-4145
Feb 11, Mar 30 Falling Rock Off Road, Columbus, Team Columbus 614/890-4145
Apr 13-14 Mudfest IV, Carrollton, KY 502/484-2998
Apr 20 Eagle Creek Off Road, Columbus, Team Columbus 614/890-4145

ROAD

Feb 25 Ohio Spring Classic RR, Kilbourne, Team Columbus 614/890-4145
Mar 3 Ohio Spring Classic RR, Watkins, Team Columbus 614/890-4145
Mar 10 Ohio Spring Classic RR, Ashley, Team Columbus 614/890-4145
Mar 17 Ohio Spring Classic RR, Ashville, Team Columbus 614/890-4145
Mar 24 Ohio Spring Classic RR, Ostrander, Team Columbus 614/890-4145
Mar 31 Ohio Spring Classic RR, Malabar Farms, Team Columbus 614/890-4145
Apr 6 Ohio Spring Classic RR, Snortin Ridge, Team Columbus 614/890-4145
Apr 13 Race At The Lake Criterium, Monroe Falls, OH 216/633-8539
Apr 21 Ohio Spring Classic RR, Sugar Grove, Team Columbus 614/890-4145
Apr 27 Race At The Lake Criterium, Monroe Falls, OH 216/633-8539
Apr 28 Delaware Co. Bank Classic RR, Delaware, OH Team Columbus 614/890-4145

Rides

All QCW rides are limited to QCW members only. New riders are always welcome, but n become members before riding. (Ride leaders will have membership forms.) Helmets mandatory. If you are leading a ride that is not currently listed here, please call the PELO (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 be paceline, 16-20 mph, "3" is moderate to fast paceline, 18-25 mph, "4" means many be dropped, 22-30 mph, and "5" is an all-out ride harder than many races. For ride "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. All rides are led on a volunteer basis. Due to the vagaries of personal schedules, weati etc., we cannot provide a guarantee that any given ride will always take place as sched. here. Please call the ride coordinator listed for details or possible changes. Changes in new rides may be detailed on the QCW PELO line before listed here.

Sundays 10:00 DeVou Park Overlook, 2-3 hr ride Paul Eddleston 531-9232
Saturday and Sunday 8:30 Mountain bike ride, Mason/Loveland area, Dan Roketenetz 684-6000 (2,3,4)

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

Events

First Wednesday of each month: Bicycle/Pedestrian Advisory Committee (BIKE/PAC) meeting, 7:00, Centennial Plaza, 805 Central Ave.
Tuesdays QCW Time Trials, check-in at 6:15 PM

District News

The coming year promises to be an interesting one for the administration of racing in the US. A new sanctioning body, American Bicycle Racing (ABR), has arisen to challenge the USCF. ABR is headed by Nestor Evancevich, who was formally the USCF district representative for the "Midwestern Superdistrict" that included Indiana and Kentucky. The primary goal of this new group is to be more responsive to its members, and do more to promote grass roots racing. A great many established events, especially in the Illinois/Wisconsin/Iowa area, have indicated that they will change to this new affiliation. To compete in an ABR-sanctioned event you will need an ABR racing license - a USCF license will not be accepted. (Note that a recent change in USCF rules makes it legal to compete in races not sanctioned by the USCF.) An ABR license will cost \$20 per year (\$8 for 18 and under), and includes both road and off-road in one. For more information about ABR you can contact them directly at 708/256-1677, AmBikeRace@aol.com, or at PO Box 2, Winnetka, IL 60093.

On a local level, Ohio-West Virginia is once again a Free Market District. This designation (which was opposed by all Cincinnati racing clubs -ed.) removes all restrictions on race entry fees. Promoters are allowed to charge any amount that racers will pay. In regions of extensive racing activity, with multiple events to choose from on any given weekend, free market conditions are intended to allow promoters to compete for entrants on a "free market" basis. Unfortunately, in our area we are not blessed with an abundance of races. According to the Tym Tyler, the OH/WV District Representative, the clubs that voted for this designation have agreed to limit themselves to the same fees as if we were not a free market district. There is a convoluted line of reasoning behind this apparent contradiction, but the bottom line is that you can expect higher entry fees in 1996.

A second local news item concerns the OH/WV District Association. Clubs within a district are allowed to form a district association, and to charge a surcharge on all entry fees within the district, to benefit racing. Our district association was imposed on the district by our previous representative in 1992, and has been imposing a \$1 surcharge since then. Many clubs (QCW included) objected, since the clubs were denied the chance to vote on the issue, as required by USCF rules. Many promoters have apparently refused to pay the surcharge. (The monies collected have been used to purchase two video cameras for photo-finish use, and to fund the district championships.) Since the association was imposed without a vote, and is technically therefore not USCF-legal, membership within the association is now optional. Individual promoters will make their own decision about adding the surcharge onto your entry fees. Currently none of the Cincinnati racing clubs, QCW included, support the District Association.

Ed. Note.: The situation with the district association was apparently a major factor in the vote for free market designation. Since the surcharge would not be mandatory USCF rules would not have allowed promoters to add the surcharge above the USCF fee guidelines. Paying the surcharge would have therefore cost promoters a lot of money, and no promoter would pay the surcharge voluntarily. But apparently some clubs felt that they got enough benefit from the district association to justify it's continued existence.

Membership Renewal Enclosed

It's that time again! Annual license renewals are due before the January 13th annual banquet. The membership form is located on the reverse side of this page. Membership in QCW is open to all cycling enthusiasts. If you choose to race for QCW, please list "Queen City Wheels, member club #0153" on your USCF license application. We welcome riders who race for other clubs, many of whom participate in QCW's weekly time trials. However, if you list QCW on your USCF license, *you may not wear any jersey containing sponsor names and/or logos other than QCW's official team jersey* in any race. There are some "outlaw clubs" that have formed whose members list QCW as their racing club, yet seek out separate sponsors and wear different jerseys. They do this because their "club" won't do the work or pay the fees required for USCF Club membership, and they don't want the license to say "Unattached" for their club. "Unattached" riders are required to pay a surcharge on most entry fees, and are not permitted to wear sponsor uniforms in races. QCW has notified at least one such "club" that this behavior is unacceptable. Any such riders in the future will be immediately expelled from QCW, and reported to the USCF. USCF penalties include a 30 day license suspension, and reclassification as "Unattached". An unattached designation received in this manner cannot be changed for the remainder of the racing season.

Sunday Ride Change

The Sunday morning training ride with coach Paul Eddleston has changed meeting places. All rides now meet at the overlook parking lot in DeVou Park, in Covington. The group has run into too many conflicts with other events when meeting at the stadium. The overlook parking lot is easy to find: entering DeVou Park from Western Ave. (off Rte. 8, just west of I-75), bear right at the first Y-intersection. The parking lot is at the top of the hill. If you have any questions you can call Paul at 531-9232 for further information.

QCW On The Net

The QCW Home Page is now on the Internet. In addition to featuring this newsletter, QCW's new outlet will include updated club and racing news, as well as the complete results from all QCW events. You can find us at:

<http://www.iac.net/~curta/qcw/qcw.html>

Check it out today!

New Off-Road Advocacy Group Forms

A new cycling advocacy group, the Cincinnati Off-Road Alliance (CORA), has been formed. This new groups' primary aim is to work toward the creation of new mountain bike trails in City of Cincinnati parks. More information can be obtained by calling Bio-Wheels at 861-2453.

Legal Help Needed

QCW is a not-for-profit organization, but there is some confusion among the Board members about exactly what rights and responsibilities we have. We are looking for someone with expertise in this area to volunteer some time to review our legal status, and brief the Board on where we stand and what we might want to change. If you are interested in helping us out in this area, please call Jim Flaherty at 489-0833.

Camp Hook Mountain Bike Race

The Queen City Wheels-sponsored mountain bike race took place at Camp Hook Boy Scout Camp on Saturday, November 18, 1995. Despite the gray skies and cold temperatures left over from the late night rains, Race Director Jeff Vaught said the course was fast and in great shape. In all, there were 56 registered racers for this third annual event.

The spectator race of the day was in the Vet/Masters between QCW president, Jim "Catch me if you can" Flaherty, and QCW vice-president, Chip "I hope there's a Bass Ale at the end" Ellison, who were duking it out on the back half of the course on the penultimate lap. According to an unidentified source, Flaherty was going like the wind in the technical section when he broke a brake cable, losing his front brake. The result was that Flaherty wound up in the woods while Ellison took the lead on his brand-spankin'-new Pro-Flex full suspension luxu-bike. Ellison finished less than a minute

ahead. Jim Flaherty was followed into third place by Dave Eifert, an Oxford dentist who has raced as a Vet/Master in every Camp Hook race. Our own Rob Westendorf (editor of the QCW Newsletter) finished a respectable seventh, but reportedly is still feeling the effects of some serious hard-tail log jumping on his soft-tail!

Notable in this race were the efforts of Chrissy Lovitt, who not only won the Beginner Womens' race, but had a finish time to rival that of many of the beginner men. Andy Bracke, who won the Expert category, has not only raced in every Camp Hook race, but has finished in the top three in every one. Jason Reser placed fourth in the Sport category while winning the Juniors.

The days events were followed by a spaghetti dinner and awards provided by Wright Brothers Cyclery, Jim's Bicycle Shop, Bishop's Bicycles, and Bio-Wheels. A special thanks to all the volunteers who helped to make the race a success!

-Dan Roketenetz

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. Submit ads to QCW Newsletter, 2724 Morning Ridge Dr., Cincinnati, OH 45211-8204.

For sale: Mt. Blackburn rear rack \$30, Sachs SC-R80 silver chain \$20 Freddie 681-5930
Yakima roof rack, 48" rails, one SRL bike mount, towers and clips fit most cars without rain gutters, \$65 Rob 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 677-PELO.

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