

# Queen City Wheels

September 1, 2001

Volume 3, Number 5

## From The President "QCW Picnic"

By  
Bob Rich

I hope you were able to see Lance win his third Tour in such a dominating fashion. When Lance was interviewed, he stated that he would take some time to unwind and then begin his training for next year's tour. It's almost time to start planning for next year. Earlier this season, I posted some training rides geared at improving sprinting, hill climbing, etc. In the fall, I will post some rides geared at base training to include fixed gear workouts. Look for these rides in future newsletters.

I would like to extend a personal invitation to all QCW members as our club is hosting a picnic/ride. We will also invite non-

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## I Think Hell Just Froze Over

By  
Toby Costello

I was doing my usual warm-up for the Tuesday Night Time Trial with Peter Wimberg when I thought I saw a mirage.

It was a line of trucks grinding up Brower Rd. Yes, they are finally repaving that rough miserable road that I have been doing time trails on for the last 11 years. It was getting so bad that I spent most of my time dodging pot holes instead of concentrating on the task at hand. The bad news is that the road is suppose to be closed for the next 30 days. I guess that is a small price to pay to have a nice smooth road surface back. I will check on the progress they are making each week and have Chip put it on the pelo line and have Curt put it on the QCW web page. The road maintenance department is shooting for Labor Day but it could take longer. If anyone would like me to call them when the road is finished please send me a e-mail at [tobycstl@fuse.net](mailto:tobycstl@fuse.net) or join the QCW e-mail forum (see July Newsletter). We have been getting 20 plus riders this year and I expect everyone to come out and try the new road. SEE



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<a href="http://www.qcw.org">http://www.qcw.org</a>	

YOU ON TUESDAY! (Not Sure Which One Yet)

**QCW**  
**For up to the minute information on Rides, Races and Club Events call : 682-9292**

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# From The President

By  
Bob Rich

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members from all the clubs that supported the spring series. Mark your calendar for Sunday, September 23, 2001 at Caesar Creek State Park Flat Fork Ridge Pavilion. (Next year, QCW will be hosting a stage race from this same location that will include a time trial, road race, circuit race and criterium.)

The ride will be unsupported but maps and road markings will be provided. There are locations along the route to purchase food/water. Distances are 35/65/100 miles.

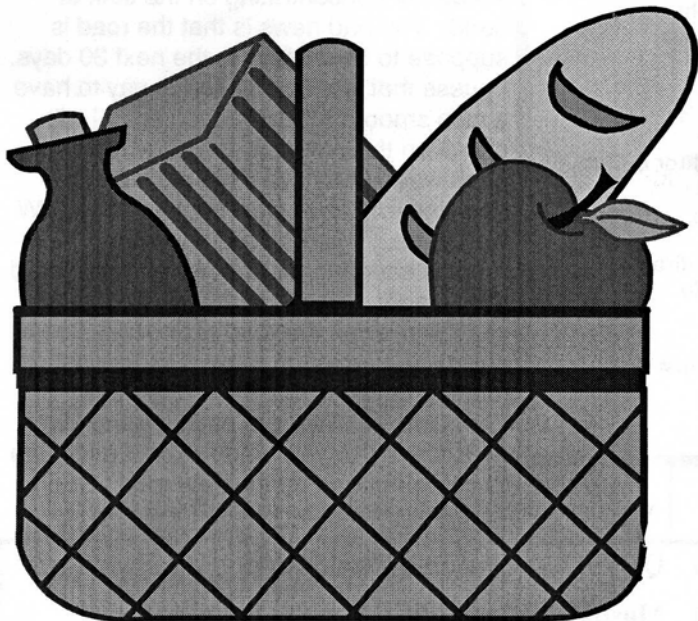
The dinner will be catered and will include a barbecue pulled pork/chicken dinner with baked beans, coleslaw, potato salad, snacks and soft drinks. Alcohol is not permitted due to U.S. Army Corps of Engineers rules.

The picnic/ride will be free to all current QCW members. There will be a cost of \$10.00 for picnic/ride for non-members. PLEASE CONFIRM YOUR ATTENDANCE BY SEPTEMBER 15th by email bob.terri@fuse.net or pelo line at 682-9292.

**We will also have a swap meet so bring along any cycling items that you would like to sell or trade!**

There are hiking trails, mountain biking trails, and a beach near by. Plan on attending and having a great time!

Hope to see you there!



# Important News

By  
Toby Costello

At the last QCW Leadership meeting Jim Flaherty came up with a great idea. Years ago the newsletter included a calendar with important dates that pertained to cycling. Just remove it from the newsletter and post it on the refrigerator or anyplace else that is convenient. This is a great way to plan your month. But for this to work I need everyone who knows of a race or event in the area to send me a e-mail with the event name, date and where it is being held. It would only take a minute to send and could really help everyone know what is happening in the area. I'm always looking for new ways to make the newsletter better. I'm open to all suggestions.

Also included in the newsletter is a order form for QCW merchandise. All the clothing will have the team logo and colors. This is the first time in over five years that a skinsuit has been offered. They are great for doing a time trial or crit. You would be amazed how much they help in cutting through the air. Make sure to get your orders in early.

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## Race Results From Brad Davis

April 7: BMC downtown criterium, Austin Tx. (at the Ride For The Roses) Cat 4 race; 85 people, finished 29<sup>th</sup>

Ault Park: 4th overall in 20K

The next several races are in a series called the IRS Indiana Race Series):

- ◆ April 22: Ceraland Crit. in Columbus IN - cat 4 race finished 5<sup>th</sup>
- ◆ May 5: Eagle Creek Crit. Indianapolis - cat 4 race - finished 5<sup>th</sup>
- ◆ May 6: Bob Jordan Memorial Classic, Indy - cat 4 race - finished 10th
- ◆ June 2: Rosedale Crit, Rosedale, In. - cat 4 – finished 2nd winning field sprint
- ◆ June 23: Eagle Creek Fast Crit, Indy - cat 4 - finished 1<sup>st</sup>
- ◆ June 24: Indy State Fairgrounds Crit - cat 4 - finished 3<sup>rd</sup>

Overall in this series, I am in 2<sup>nd</sup> with about 4 races to go.

Bulldog Crit. finished 6th.

August 5: Tour of Brookside - cat 4 race – finished 4<sup>th</sup>



# Queen City Wheels Hosts Autumn Picnic/Ride

**WHERE:** Caesar Creek State Park Flat Fork Ridge Pavilion

**WHEN:** Sunday, September 23, 2001 (Rain or shine)

**TIME:** Check in at 8:30 am for 100 & 65 mile routes & 10:00 am for the 35 mile route.

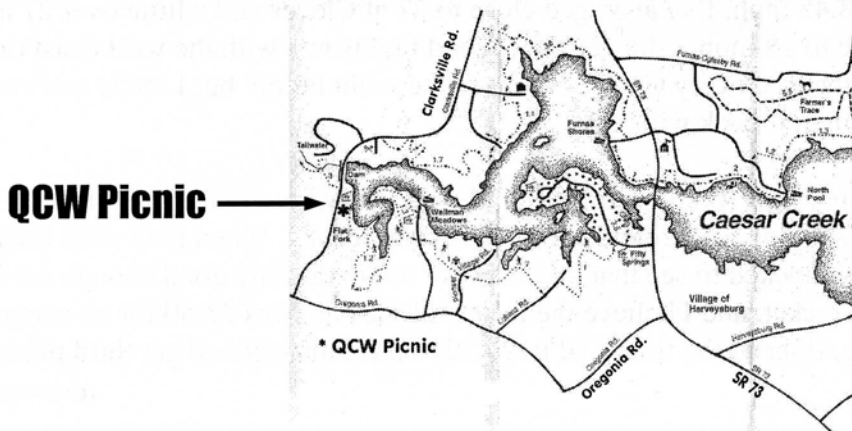
**DINNER:** Served from 1 pm – 3 pm to include Barbecue pulled pork/chicken, baked beans, potato salad, and cole slaw. Soft drinks and snacks will be provided.

**COST:** Ride/Dinner non-members- \$10.00  
QCW members - NO CHARGE

**CONFIRMATION:** Must confirm attendance by September 15<sup>th</sup>. Call 682-9292 or email [bob.terri@fuse.net](mailto:bob.terri@fuse.net)

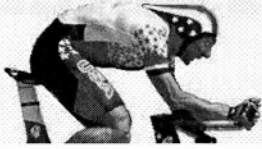
**RIDE:** Start/finish at Flat Fork Ridge Pavilion. Que sheets will be provided and roads will be marked. There are no organized rest stops, however the map will indicate locations to buy water and food.

**DIRECTIONS:** From Cincinnati take I-71 north to SR 73 and exit left. Approximately 1-2 miles turn left onto Oregonia Rd. and then right onto Clarksville Rd. Do NOT go past the dam. Turn right into Flat Fork Ridge Pavilion. Signs will be posted.



# Masters Nationals Go West to Spokane

By  
Peter Wimberg



The 2001 Masters Nationals Road Championships were held in Spokane, Washington from July 7-12. Great weather, enthusiastic attendance and a superb location made for a memorable event.

The criterium was held in downtown Spokane on Saturday and Sunday. The eight ninety degree turns kept the pack close in most races. We did hear that in the 50 lap men's 45-49 division Kent Bostick went out alone after 30 laps and stayed away to finish first. People timing his laps say that he was averaging over 29 mph.

The road races took place north of town on a course called The Seven Hills. With each lap at about 26 miles and with over 2800 feet of climbing, the riders from the west were right at home. Spokane sits near the Idaho border and from Mt. Spokane at 5880 ft you can see the Selkirk Mountains stretching east to the Rockies of Montana. These foothills provided a great course for the road race.

The time trial took place in Cheney about 15 miles west of downtown Spokane. The course was very flat with some very subtle rises here and there. The day was hot with temperatures in the low 80's and humidity of only 17%. At 30k it was a short but very fast course. The first rider went off at 9:00 sharp with others following at thirty second intervals. The last rider was scheduled to go off at 1:15 but a one hour construction delay at 11:00 delayed the last half of the 500 plus riders. A bridge at the 2 mile mark was being renovated and apparently a crane had to be moved. Its hard to believe that a national cycling event can't have a road totally closed but at least no cars were on the course other than race officials.

Overall, the events were well run. At the time trial no one could park within a mile of the starting gate, so synchronized clocks were posted at parking lots and street corners where riders congregated. All official times for the various age brackets were posted within one hour of the last rider in that bracket. For anyone that went to Linton last year you know that that is great improvement over the 3-4 hours we waited to see the results.

As the first rider off in the 35-39 men's bracket due to being the only cat 4 present, I have to say that I was excited to ride. I don't know if was the low humidity, riding at 2500 ft or just being inspired by the setting, but I rode the fastest time of my life for any time trial of any length. I finished the 18.4 miles in 38:49 for an average speed of 28.45 mph. I've averaged close to 27 at Cleves and a little over 27 at Wright Patterson but never close to 28 mph. I did get a few good nights rest with the west coast time difference and had a great meal at the Rock City Grill in Spokane the night before but I really can't explain it. Whatever it was, I hope I brought it back with me.

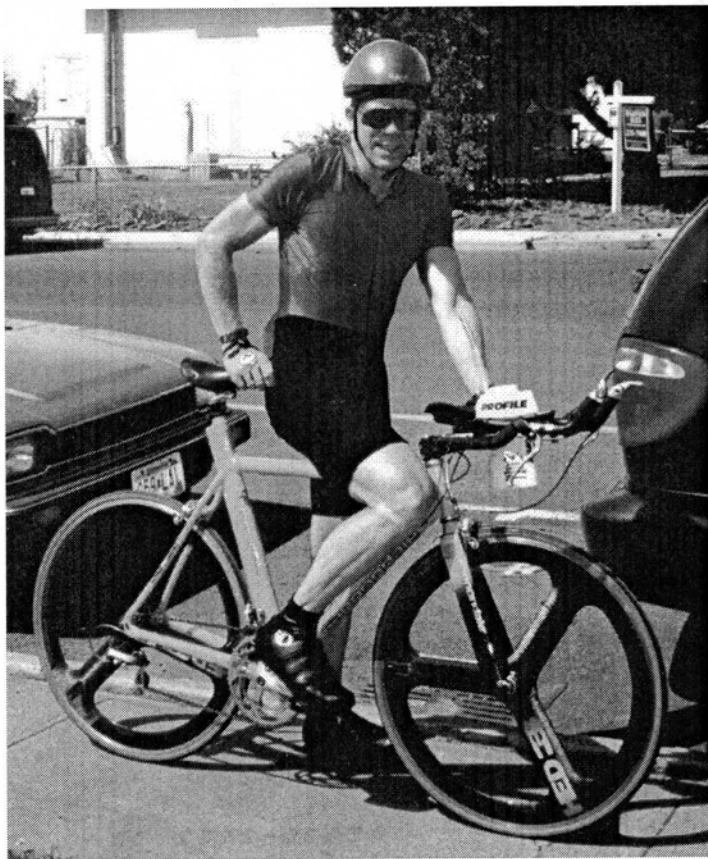
When I finished and saw my time, I was pretty sure that I did well in my bracket so I convinced my wife and 9 year old daughter that we should stick around and see the final results. When they were finally posted about an hour later, I was shocked to see that 28 miles per hour was only good enough for 25th place. The winning time in my bracket, and I believe the fastest of the day, was 33:50 for an average speed of 32.50 mph. Steve Hegg, rider of the time trial in 96 Olympics, managed to get third place. I

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don't know if these riders from Colorado, Arizona, Utah and California benefit from training at altitude or they are just really strong but I was darned impressed. Last years first place rider, Brian Lehmkke, got fourth place and last years fourth place rider got 15th this year. I did hit 32 miles at one point during the ride but I wasn't even close to averaging that time.

Well, needless to say we did not stay for the presentation of the medals and jersey. We started the vacation portion of our trip and headed to Mt. Rainier, Seattle and Olympic National Park. Even with the strong competition, I would gladly go west to race again. We can only hope that when the Masters Nationals come east again that the event is as well run as it was in Spokane, and that the western riders stay home to avoid our dreaded humidity.



## **MARK YOUR CALENDARS, CYCLOCROSS IS COMING**

**By Doug Dobrozsi**

Planning for a local cyclocross season is underway. It looks like we'll have at least 8 races locally. Dates set so far are October 14th, 21st, 28th, November 4th, 11th and 18th, with a few more dates to be added. There will be a few new venues in addition to the old standbys. Plans are also being worked for a few training events.

Start getting those cross bikes ready and practicing those dismounts. Stay tuned to the QCW web site for details.

### "KIDS ON BIKES" SEASON UNDERWAY

The QCW / YMCA youth cycling program is underway. Two teams totaling 18 budding racers are having huge fun and learning the skills to "move to the next level". The teams are practicing 6:30-8 Wed. nights at the Loveland VFW, and Thursdays at Countryside YMCA in Lebanon. They will be competing for a season team award at the following events:

Sat. August 18th, 9:30-11:30, League omnium meet, Loveland Kiwanis Park

Sat. August 25th, 9:30-11:30, League omnium meet, Countryside YMCA.

Wed. September 5th, 7:00, Cyclocross race, Loveland Kiwanis Park

Sat., September 15th, Major Taylor Velodrome, Indianapolis.

The Countryside team has openings for a few more riders (ages 8-14) if anyone is interested. Information at 513-403-1951.

### VOTE

USA Cycling ballots are in the recently mailed USAC magazine. There is an opening for Central Section trustee and a vote on a major initiative related to USAC structure. Ballots must be postmarked by September 15th.



Queen City Wheels  
185 Albright Drive  
Loveland, Ohio 45140

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## Classified Adds

### For Sale

Cannondale XS800 56cm Cyclocross Bike: Headshock, all Shimano 105 9 spd w/ coda brakes, USE suspension seatpost & Control Tech rigid post - \$700.00

Mavic Ksyrium wheelset, ridden once, \$550.00

K2 MOD 5 frameset size medium (55 cm top tube / 52 cm seat tube) compact frame design, carbon fiber seat stays, carbon fork, Cane Creek aheadset, Forgie 3T stem. New, never built - \$700.00

Serotta TG frameset size 58L (58 cm top tube / 58 cm seat tube) w/ CODA carbon Slice fork and stem. Lots of miles... '95 QCW team issue frame (purple / green fade), great winter bike, build up as a fixed gear... \$150.00

Contact Chip at 561-9485 or [chipe@iglou.com](mailto:chipe@iglou.com)