

# Queen City Wheels

August 1, 2002

Volume 4, Number 3

## From The President

**"RIDE SMART- RIDE SAFE"**

By  
**Bob Rich**

I don't like to be the bearer of bad news but QCW Treasurer Dave Carr had a crash involving a truck. Dave received some facial fractures that required surgery. We all wish him a speedy recovery. Dave is in excellent physical condition and I expect him to be back on the road quickly. The driver of the truck was issued a traffic citation.

I would like to discuss a topic that always comes up during the dog days of August.... burnout. If you are experiencing sore legs, its time to make changes in your program. Spend the next two weeks reestablishing

*(Continued on page 2)*

Bob Rich President  
 Doug Dobrozsi Vice President  
 Dave Carr Treasurer  
 Evan Sayre Secretary  
 At-Large Directors:  
 Chip Elison  
 Jim Flaherty  
 Charlie Wright  
 Dan Roketenetz  
 Jim Obert  
 Kurt Etter  
 Scott Lyle

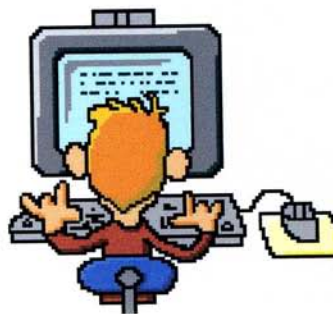
Web Page Editor & Club  
 Photographer:  
 Curt Austin

Newsletter Editor:  
 Toby Costello

Web Site:  
<http://www.qcw.org>

## FROM THE EDITOR

By  
**Toby Costello**



The racing season is well under way and another Ault Park is in the history book. Tom Cross took some points in the "A" race and I took a couple in the "B" race for the QCW/Wright

Brothers Outdoors racing team. During the third race I had the unfortunate incident of being in the right place at the wrong time. Going down the hill on lap 15 my front wheel was taken out when my team mate was pushed off his line. At least I came out of it with only road rash and a few broken front spokes.

Peter Wimberg and I have been going up to the Blue Streak TT held at Wright Patterson Airforce Base. I have taken first place in the last two time trials in my age group and Peter had the best time overall. The only one that beat him was a HPV (human power vehicle). I got some really good comments on the Team Uniform from other racers. Wright Brothers usually has a good selection of QCW Jerseys and shorts.

Grant Wearne has been tearing up the QCW

*(Continued on page 2)*

**QCW**  
**For up to the minute information on Rides, Races and Club Events**  
**WWW.QCW.ORG**  
**CLICK ON RIDER FORUM**

From the President	1	Host Families Needed For Tour De Loveland	3
From the Editor	1	GODZULLA.COM	4
From the President	2	Hot Time At Nationals in Bakersfield	5
Hot Time At Nationals in Bakersfield	2	Tri-State Regional Road Race	6

## From The President

By  
Bob Rich

your base miles by working in aerobic zones 1 and 2 and focusing on spinning technique. After those reestablishing your base, add interval, time trial, hill repeats to your schedule or add a weekend race. The QCW PUR is coming up along with the Loveland Criterium. I was off my bike for three weeks having crewed for RAAM. After two weeks of training I competed this past weekend at the QuadZilla in the Finger Lakes area of New York. This is a 400 mile race with over 25,000 feet of climbing. The hills go on forever and are extremely steep. There were 38 starters from 17 states and Canada. I had one of my best races ever placing fourth overall. I believe that this was due to my time off the bike and fresh legs.

Be safe and have a great season.

Bob Rich



## FROM THE EDITOR

*(Continued from page 1)*

TT course down at Cleves. He is just seconds away from breaking into the 23's. Not bad for someone in his 50's.

That's about all I have for this issue. Remember that you can e-mail me any info that you would like to put into the newsletter. Love to get race results about the local area.

## Hot Time At Nationals in Bakersfield

By  
Peter Wimberg

When you think of a trip to California, you would most likely think of going to one of the great cities or small towns along the coast or maybe one of the well known national parks. Does Bakersfield ever come to mind? Probably not, but that is where Masters Nationals was held so off we went.

Bakersfield is located about 110 miles north of Los Angeles at the southern end of the San Joaquin Valley. The city is surrounded by 2000'-4000' mountains that are devoid of any type of green plant material while the heavily irrigated valley, running some 300 miles north past Sacramento, is filled with acre after acre of orange and apple trees, figs, asparagus, pistachios, olives, and every other fruit and vegetable known to man. Activities touted by the Bakersfield Chamber include Sequoia National Park, even at three hours away a very worthwhile side trip that we took, and the Buck Owens Crystal Palace where we were fortunate to get to see Buck play his one hour set with the Buckaroos. Other than being afraid that one of his songs would be stuck in my head for the entire time trial, he was really entertaining. All in all, that's pretty much all there was to do in Bakersfield.

The time trial was held 26 miles south of the city on a road so flat that during my practice rides I could see what looked like other riders approaching only to discover it was a pole or shrub on the side of the road that I could see from what seemed was a mile or two away. The smell of vegetables made me feel like I was riding in the produce department at Krogers. The best part of this location was that the large semi-trucks that haul tomatoes would spill hundreds of them on the road. They were great fun to drive through with the rental car. I even went over the yellow line to hit a big untouched group of super big ones. The onions weren't quite as exciting but we ran them over also.

The day of the race began as a typical summer day in Bakersfield with temperature in the 90's for my 8:53 start time and heading towards a high of 110 degrees. I'm always surprised, and perversly amused, that the

*(Continued on page 5)*

## HOST FAMILIES NEEDED FOR TOUR DE LOVELAND

By Doug Dobrozi

The "Tour de Loveland is coming Sunday August 11th. I am on the steering committee and have agreed to find local people to host out of town riders who are coming to race. Who better to make a bike racer feel welcome than another cyclist ?? Do you live within about 10 miles of Loveland and are willing to let a rider or two stay at your house overnight? I am making a list of willing hosts to whom I can send riders when request start to come in the week before the race. Please call or email me if you are interested. 403-1951, ddobrozi@cinci.rr.com.

### TOUR DE LOVELAND SCHEDULE

Sunday August 11th criterium racing returns to downtown Loveland after a year hiatus. All racing categories are being offered and many have generous purses. An application has been filed to designate the race a Lance Armstrong Junior Olympic series race. There is a completely separate women's. A food and wine fest, music by Robin Lacy and de Zydeco, and fireworks cap off the night. Event info can be found at [www.lovelandchamber.org](http://www.lovelandchamber.org). Here's the approximate schedule.

2:00 Citizen mens and juniors 15/16 race  
2:45 Regional men and juniors 17/18 , \$1000 purse  
3:30 Regional women race (\$500 purse)  
4:15 Corporate Challenge  
4:45 Guns and Hoses Police / Fire Rescue teams race  
5:15 Juniors 10-12 and 13/14  
5:30 Kids 4-12 street sprints  
6:00 Pro 1/2 (10,000 purse)

Hope to see the red/white/blue of Wright Bros. / QCW and the yellow of QCW Kids on Bikes on the course and the podium.

The QCW PUR TOUR is Coming.

Plans are in place for a circuit race Saturday August 24th. This is a QCW event, being sponsored by several P&G brands including Pur water filters, Macrobid, Iams, and Thermacare air-activated heat wraps, as well as PowerBar. The course is a 1.65 mile non-technical loop on the grounds of the P&G Health Care Research Center in Mason, OH. We are billing it as the premier Lance Armstrong Junior Olympic race series event in the midwest. There is a separate women's race with a 450 purse. All senior categories are being offered as well. Check out the race flyer at [www.qcw.org](http://www.qcw.org).

8:30 Sr./espoir women  
10:30 Juniors 10-12, 13-14.  
12:00 Juniors 15/16 and 17/18  
1:30 Senior men 4/5 and masters 40+  
3:00 Senior men 1/2/3 and espoirs

We need volunteers for the day (marshalls, registration, etc). CAN YOU HELP? Call me: 403-1951.

KIDS ON BIKES 2002 is underway. we have 20 enthusiastic riders signed up this year. Want to learn more about what we do? Come on out to one of our practice sessions every Wednesday night from 6:30 to 8 until first week September. See some exciting racing. We work out on a 200 meter grass oval in Kiwanis Park, on Wall Street in Loveland. Bring your bike - see if you can break 20 seconds on our track.

CYCLOCROSS SEASON PLANNING IS JUST GETTING STARTED - Do you want to help with putting on a QCW cyclocross race? Maybe be a race director? I can help with getting approval for a venue. This will be the biggest and best CX season in a while, with a UCI-sanctioned event in Columbus bringing some big guns to the area in November. Who wants to help QCW put on a good race? Give me a call 403-1951.

# GODZULLA.COM

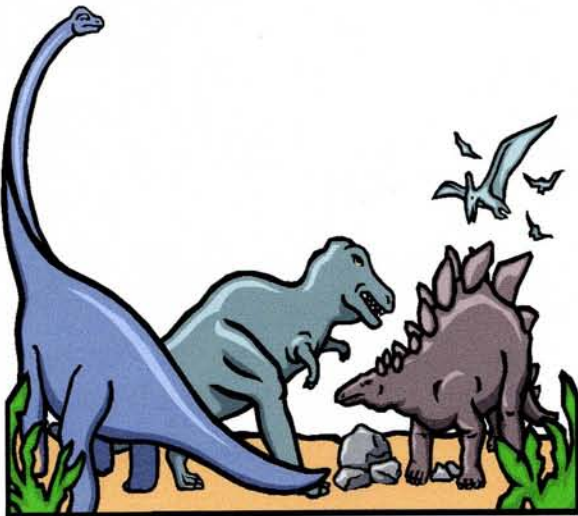
BY SCOTT DENNY

## GODZULLA FINISH 2002

Place	Name	City/State	Category	Age	Sex	Hours/Min.
1st	Tom Sicking	Cin, Oh	Racer	30-39	M	6:12
1st	Eric Knight	Cin, Oh	Racer	20-29	M	6:12
3rd	O'Brien Forbes	Cin, Oh	Racer	30-39	M	6:14
4th	Gary Gorrell	Cin, Oh	Tourist	40-49	M	6:20
5th	Eric Humbert	Cin, Oh	Racer	30-39	M	6:24
6th	Bob Schoettinger	Ft. Thomas, Ky	Racer	30-39	M	6:27
7th	Greg Sowinski	Lima, Oh	Racer	30-39	M	6:29
8th	Dave Schulian	Lima, Oh	Racer	40-49	M	6:29
9th	R. Bowersack/ N. Arner	St. Marys, Oh	Tandem	40-49	M/F	6:32
10th	Brad Rolf	Ft. Thomas, Ky	Racer	20-29	M	6:32
11th	Tim Gottfried	Cin, Oh	Clydesdale	30-39	M	6:36
12th	Larry Pesynr	Westerville, Oh	Racer	30-39	M	6:56
13th	Andrew Cover	Cin, Oh	Racer	30-39	M	6:59
14th	Everett Wessner	Hamilton, Oh	Racer	40-49	M	7:03
15th	Vince Clune	Minster, Oh	Clysdale	30-39	M	7:13
16th	Mary Downing	Loveland, Oh	Racer	30-39	F	7:13
17th	Harry Wicks	Butler, Ky	Racer	40-49	M	7:15
18th	Ric Strasser	Cin, Oh	Racer	40-49	M	7:17
19th	Dave Kornblum	Hamilton, Oh	Racer	30-39	M	7:22
20th	Jay Miller	Loveland, Oh	Racer	40-49	M	7:23
21st	Dell Williamson	Cin, Oh	Racer	40-49	M	7:26
22nd	Lisa Antolino	Columbus, Oh	Tourist/UC	40-49	F	7:28
23rd	Scott Nichols	Cin, Oh	Racer	40-49	M	7:48
24th	Pete McCann	Cin, Oh	Racer	40-49	M	7:55
25th	Ghost Rider NO #	Who Are You?			M	7:56
26th	James Sproule	Cin, Oh	Mountain	30-39	M	7:59
27th	Joanne Nugent	Cin, Oh	Tri-Athlete	40-49	F	8:08
28th	Karen Jeffroy	Cin, Oh	Tri-Athlete	20-29	F	8:08
29th	Janet Christiansen	Poway, Ca	Tourist	40-49	F	8:17
30th	Andrew Allwein	Cin, Oh	Racer	30-39	M	8:53
31st	Dan Pugh	Hammersville, Oh	Racer	19-29	M	9:27
32nd	Jim Kroeger	Cin, Oh	Tourist	60-69	M	9:41
33rd	Mannie Gibson	Cin, Oh	Racer	19-29	M	9:50

## GODZULLA CASUALTIES

Name	Godzulla Excuse
GLEN SCHOENING	Planned turn-around
ED HILL	Sick
MICHAEL PEARN	DNS
RICHARD BRILLI	DNS
JOHN KOEHLER	DNS
JAMES VONDERAHE	Cut course/too hard
HEATHER VOGUS	Cut course/too hard
DALE EADS	Planned turn-around
JOE FUNG	?
SCOTT STANFORD	Planned turn-around
JED RUMORA	Bottom bracket froze



# Hot Time At Nationals in Bakersfield

By  
Peter Wimberg

*(Continued from page 2)*

youngest riders get to go off earliest in the day. Making the 70 year old men ride in the real heat of the day sends quite a message to those stalwarts. I guess the race officials figure they're going to be slow anyway, so let 'em ride in the heat.

The course was 34.5 kilometers or about 21.4383 miles over a road that was last paved during the gold rush of the mid 1800's. The race officials had placed traffic cones in some of the bigger potholes, folding barriers by the areas where the side of the road was falling away and nothing in the one mile long area where some farm implement left large clods of dirt on the road only to be flattened by the many semi's passing through and then finally baked hard by the sun. The asphalt over the entire course had large tire width cracks where the heat was causing massive expansion of the road bed. My aero bars only made that horrible screeching noise they make when they are jarred into movement two or three times, so that's not too bad. Throw in a nice hot crosswind, and you have a challenging course.

For the briefest moment, Karl Golnick of Indian Hill had the fastest time in the 40-44 bracket and I was fourth. We could feel the medals hanging around our shoulders but sadly it was not to be. When we heard Thurlow Rogers come in with a time 4 minutes faster we knew we were in trouble. By the time the last rider in our bracket came in and times were post, and posted within thirty minutes I would like to add, we had fallen to 15th and 18th respectively. Thurlow got third. Karl rode the course in 49:13 (26.11 mph avg.) and I did 49:50 (25.8 avg. mph).

The ever amazing Kent Bostick is now making bed spreads and sheets out of his extra national jerseys (he already has to have curtains). He won the individual time trial, the mixed tandem TT with his wife that same day, the road race and the crit. His TT time would have put him in the top 5 of all the men from all the brackets. Thankfully, I will never be in his bracket but I do have Thurlow Rogers and Steve Hegg to contend with. Hegg, in the 35-39 bracket, actually rode a minute slower than my time so I assume he either had a flat and stopped to fix it, or maybe stopped to have lunch. Last year he beat me by a few minutes so something had to have happened.

Overall, I have to say Spokane in 2001 was a better venue for the race and a nice city to visit but the event in Bakersfield was very well run. The Bakersfield Fire Department had a vehicle with a loud speaker driving the staging area announcing the time of day and riders needed at the starting gate. There were even portable toilets spaced every quarter mile along the warm-up road. Given that the national food supply was growing just off the side of the road, this was a good idea. There was free gatorade and water which, with no stores within a fifteen mile radius, was helpful and appreciated. I'm not sure the guy barbecuing ribs and chicken at the finish line did much business in that heat, but hey, he was trying. Here's hoping this event comes back east in 2003.

## Tri-State Regional Road Race

By  
Glen Schoenung

The Tri-State Regional road race got off to a flying start. The race started under warm sunny skies as one hundred and forty-nine riders lined-up at the start line in this inaugural running of the race. The course featured a 16.7-mile loop with one climb of 200 vertical feet. The Tri-State Regional was designed to be a cycling endurance event and features the longest road race in the Midwest at 96-miles.

*(Continued on page 6)*

Queen City Wheels  
185 Albright Drive  
Loveland, Ohio 45140

August 1, 2002      Volume 4, Issue 3

**Mailing  
Address  
Goes  
Here**

Special thanks to all the volunteers who came out to help at the race. Also thanks to John Luginbill for officiating.

Local riders in the top 10 in their category include:

Jeff McLane	Northern Kentucky Flyers/Montgomery Cyclery	1 <sup>st</sup>	M1-2
Eric Knight	Biowheels/Revolution	2 <sup>nd</sup>	M1-2
Eric Humbert	Ice Cream Boyz/UDF	3 <sup>rd</sup>	M1-2
Al Senft	Northern Kentucky Flyers/Montgomery Cyclery	5 <sup>th</sup>	M1-2
Joel Kelly	Northern Kentucky Flyers/Montgomery Cyclery	6 <sup>th</sup>	M1-2
Chris Durand	Ice Cream Boyz/UDF	4 <sup>th</sup>	M3
Kenneth Conaway	Cavo Fuori/Campus Cyclery	4 <sup>th</sup>	M4
Paul Wright	Northern Kentucky Flyers/Montgomery Cyclery	4 <sup>th</sup>	M1-2
Andy Bracke	Northern Kentucky Flyers/Montgomery Cyclery	2 <sup>nd</sup>	Master 35-39
Dave Seward	Northern Kentucky Flyers/Montgomery Cyclery	3 <sup>rd</sup>	Master 45-49
Karen Jeffery	Biowheels/Revolution	2 <sup>nd</sup>	W1-2-3
Kristin McLane	Northern Kentucky Flyers/Montgomery Cyclery	3 <sup>rd</sup>	W1-2-3
Marybeth Riesenber	Biowheels/Revolution	8 <sup>th</sup>	W4
Ellen D'Amico	Biowheels/Revolution	4 <sup>th</sup>	W4
Alison Thomas	Queen City Wheels/Wright Brothers	10 <sup>th</sup>	W4
Andrew Millard	Cavo Fuori/Campus Cyclery	8 <sup>th</sup>	M3
Eugene Spiegel	Queen City Wheels	6 <sup>th</sup>	Master 50-59
Patrick Jak	Cavo Fuori/Campus Cyclery	3 <sup>rd</sup>	M4

Look for this classic to be bigger next year.