

# Queen City Wheelmen

## Cincinnati, Ohio

5070 Western Hills Avenue  
Cincinnati, OH 45238  
Telephone: 513-244-7164

May 25, 1982

Issue #2

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### AUGUST 29 RACE DATE SET

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Kent Frazier and Greg Hanfbauer have announced plans for a road race in conjunction with Miller Lite, as sponsor. Tentative approval has been given for a 1.8 mile course around Eden Park. The race will feature a Pro Am event and a prize list of \$4,000! Frazier has been working not only with a public relations firm, but also with a local radio station to promote the event. And with his racing experience and professional abilities, look forward to a very well-organized, top-quality, successfully promoted race.

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### TIME TRIALS - 6:30 PM

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Our time trialing is happening again this year every Tuesday evening at 6:30 PM sharp. From most directions, the best access is from US50; the North Bend exit is marked and the course begins at the Wm. Henry Harrison Memorial on Brower Road. Please park in the legal, gravel area completely off the side of the road. When warming up, use your head also and abide by the rules of the road; there is local traffic which needs to be shown the courtesy you would like to be shown--don't be an obstruction--stay off to the side of the road and let the locals pass! Queen City Wheelmen have used this course for the last few years because of its lack of heavy traffic volumes, relatively challenging topography, semi-good conditions of the road, and the absolute quiet necessary for concentration. We would really hate to be banned by the police because of your lack of responsibility.

For those of you new to time trialing, all riders must ride by themselves, without any drafting, and race against the clock. Time-trial riding is valuable for several reasons: First, the direct physical benefits of regularly engaging in steady-state aerobic exertion for 20 minutes to an hour or more are in themselves considerable. Interval training develops explosive jumping ability and strong recovery. Long, easy rides develop endurance and general fitness. Time trialing develops the ability to ride fast and steadily. It allows the rider to stay at the aerobic level without either slacking off or going too hard and blowing up. This helps prevent getting blown off the back when the pack is moving fast, is of great value on a long solo break, or a help getting back on when a long solo chase becomes necessary.

Second, by regularly riding a measured distance and keeping records of times, the rider in training gets a chance to evaluate personal progress.

Third, a time-trial workout packs a lot of training into a relatively short time; and fourth, a time trial is an occasion for learning things about yourself. Training is often a matter of teaching your mind things about what your body can do and what it can stand to do. On a time trial, there is little to think about, little to do except turn those pedals, and this is where you learn concentration and self-discipline. You have to ride a time trial as if it mattered. There may not be any recognition, but how intensely you ride may affect how you do in future events where a lot is at stake.

(over)

## MEMBER CLUB

# UNITED STATES CYCLING FEDERATION, INC.

For maximum benefit, try to avoid doing time trials on consecutive days by alternating time trials, intervals, distance rides and so forth. This will give the body time to recover and prepare itself for the next repetition. For the well-rounded cyclist, you may want to do the time trialing frequently, but you should consider some interval workouts, distance rides and weight training.

The intervals have proved of great value in time trialing. Short intervals of riding at or near your absolute maximum speed will make it easier to ride for longer periods at a strong level which is still below your maximum. Since interval training helps extend your maximum speed, it must inevitably extend your capabilities at the steady-state aerobic level. Motorpacing is even more useful in training. It gets you used to going real fast and pushing big gears. While those training for general racing may choose to stay in low or medium gears, those who do quite well in time trials almost inevitably have to learn to push big gears.

In your training, learn to keep down in the hooks in a full streamline position. You must work at staying in this position for the 10 miles without having to straighten up or shift around, ruining your profile and breaking pace. Give some attention to learning to ride in an absolutely straight line. Valuable seconds and fractions of a second can be saved by riding without unnecessary deviation from the course.

Time trialing for training or training for time trialing--don't neglect it.

MEMBERSHIP APPLICATION - DUNNING NOTICE

Attached, for your convenience and immediate attention, is a membership application. If you haven't already done so, take the time necessary to fill it out and mail it in. Anyone not returning a completed application form will be lifted from the club's mailing list.

1982 USCF applications for racing licenses are available by sending a self-addressed stamped envelope to QCW, 5070 Western Hills Avenue, Cincinnati, OH 45238.

# Queen City Wheelmen

## Membership Application

Name _____	Occupation or School _____
Address _____	Birthdate _____ Today's Date _____
City _____ State _____ Zip _____	Phone: Home _____ Business _____

Individual Membership— \$4.00

Family Membership— \$8.00

### WAIVER

In submitting this application for membership in the Queen City Wheelmen, I do hereby for myself, my heirs, executors and administrators, waive, release and forever discharge any and all rights and claims, for or to be, for which I may have or which may hereafter accrue to me against the Queen City Wheelmen, and/or any other parties connected with events sponsored by them, individually or collectively, from all responsibilities for any injury to persons during such events.

Signature \_\_\_\_\_  
(Signature of parent or guardian if under 18)

Please send completed application with check to: **Queen City Wheelmen, 5070 Western Hills Ave., Cinti. OH. 45238**

TIME TRIAL RESULTS

April 27

[Start 6:33/sunny & cool with head  
wind on back half]

1.	Watson Nordquist	38:24
2.	Bob Davis	31:06
3.	Joel Davenport	32:00
4.	Dave Roberts	31:58
5.	Bill Hartman	30:56
6.	Ron Makstaller	27:38
7.	Don Bartholomew	31:12
8.	Craig Williams	29:59
9.	Greg Coors	29:35
10.	Jon Spicker	28:54
11.	Greg Hanfbauer	27:15
12.	Tom Griffiths	28:11
13.	Dan Mocsny	26:19
14.	Frederick Mause	28:44
15.	Brulhide/Anderson (Tandem)	25:07
16.	Paul Liebenrood	23:27

May 11

[Start 6:40/sunny, hot and a little wind]

1.	Joel Davenport	31:06
2.	Dave Roberts	30:11
3.	Bob Davis	30:30
4.	Mark Wladecki	26:59
5.	Bill Hartman	30:27
6.	Tom Cash	29:26
7.	Tom Vale	31:51
8.	Nils Dawson	28:43
9.	Jon Spicker	28:13
10.	Craig Williams	28:28
11.	Frederick Mause	27:58
12.	Bill Ropp	28:25
13.	Jeff Paas	28:29
14.	Rob Dawson	25:55
15.	Bill Anderson	27:31
16.	Scott Kopp	26:35
17.	Joe Fritz	28:00
18.	Gary Kayser	26:58
19.	Dan Mocsny	24:56
20.	Max Meyers	27:32
21.	Tim Weber	25:04
22.	Greg Hanfbauer	25:35
23.	Ron Makstaller	25:22
24.	Matt Wind	25:32.5
25.	Rick Janke	26:45
26.	Jeff Schuster	25:06
27.	Murray Monroe	24:18

May 4

[Start 6:30/sunny, warm, and little, if  
any, wind]

1.	Bob Davis	30:09
2.	Bill Hartman	29:33
3.	John Peter	30:15
4.	Gary Kayser	27:14
5.	Craig Williams	28:49
6.	Greg Coor	27:21
7.	Terry Montag	26:52
8.	Wes Adams	25:16
9.	Scott Kopp	27:36
10.	Yuri Sameri	28:53
11.	Tom Griffiths	26:14
12.	Tom Cash	29:43
13.	Ron Makstaller	25:34
14.	Greg Hanfbauer	25:33
15.	Matt Wind	25:04
16.	Jeff Paas	28:22
17.	Bill Ropp	28:35
18.	Paul Liebenrood	23:12
19.	Dave Fehm	27:22

May 18

[Start 6:37/cloudy, hot, no wind]

1.	Watson Nordquist	35:25
2.	Tom Vale	30:26
3.	Norm Thomson	30:02
4.	Bob Davis	29:28
5.	John Gilman	25:07
6.	Mark Metz	27:52
7.	Eric Vincent	28:12
8.	Tom Cash	28:56
9.	Roger Williams	27:20
10.	Dave Roberts	28:46
11.	Bill Ropp	27:37
12.	Jon Spicker	26:27
13.	Robin Bruelheide	25:59
14.	Dave Fehm	27:14
15.	Greg Coor	27:12
16.	Tom Burroughs	26:39
17.	Neil Evans	25:39
18.	Greg Hanfbauer	25:15
19.	Tom Griffiths	25:44
20.	Matt Wind	25:13
21.	Dan Mocsny	24:43
22.	Mike Albrinck	28:35

TIMER'S NOTE: In three weeks, we have had 39 riders riding for a total of 62 times. The fastest time is Paul Liebenrood at 23:12. The average time, if taking all 39 riders is to date 27.7 minutes.

(over)

1982 Membership Roster, as of May 25, 1982

Don Bartholomew  
11730 Enyart Road  
Loveland, OH 45140

Bob Becker  
3617 Aikenside Ave.  
Cincinnati, OH 45213

Thom Burroughs  
3421 Brookline Ave.  
Cincinnati, OH 45220

Gregg Coor  
2319 Stratford Ave.  
Cincinnati, OH 45219

Joel Davenport  
1225 Regent Ave.  
Cincinnati, OH 45237

Robert Davis  
2519 Sarvis Court  
Cincinnati, OH 45214

Nils Dawson  
2910 Vista Court  
Villa Hills, KY 41011

Glenn W. DeNies  
322 E. 14th Street  
Cincinnati, OH 45210

Mike Disque  
5954 Lester Road  
Cincinnati, OH 45213

Joe Cullen  
424 Brookfield Dr.  
Fairfield, OH 45014

Kent Frazier, Campus Cycle  
241 W. McMillan  
Cincinnati, OH 45219

Bill Froschauer  
3011 Alpine Terrace  
Cincinnati, OH 45208

Tom Griffiths  
599 Howell Avenue  
Cincinnati, OH 45220

Greg Hanfbauer  
5070 Western Hills  
Cincinnati, OH 45238

William Hartman  
2003 Beechcroft Court  
Cincinnati, OH 45238

Ellen Lady  
995 Paradrome Street  
Cincinnati, OH 45202

William Laphorn  
6330 Stover Avenue  
Cincinnati, OH 45237

Daniel Norris  
4756 N. Edgewood  
Cincinnati, OH 45232

Chris Osburn  
6790 Michael Drive  
Cincinnati, OH 45243

Alfred Pooler  
30 Guido Street  
Cincinnati, OH 45202

John Peter  
9821 Knollbrook Terrace  
Cincinnati, OH 45242

David Roberts  
2431 Ingleside  
Cincinnati, OH 45206

Bill Ropp  
429 Riddle Road  
Cincinnati, OH 45220

Philip Smith  
266 Dudley Road  
Blanchester, OH 45107

Jon Spicker  
1724 Madison Ave., 3rd Floor  
Cincinnati, OH 45208

Marty Staples  
980 Pineknot  
Cincinnati, OH 45238

Mark & Nancy Vincent  
5672 River Road  
Cincinnati, OH 45233

Craig Williams  
3068 West Tower Avenue  
Cincinnati, OH 45208

Roger Williams  
6974 Bridgetown Road  
Mack, OH 45211

TRAINING RIDES

On Saturdays there is a training ride which leaves from Campus Cyclery in Clifton. Give the shop a call to check on scheduling and times.

Frederick Mause also does a training ride on Saturdays leaving from Hyde Park Square at noon. If you need to call, you can reach him at 221-5350.

WHAT IS AYH?

American Youth Hostels Inc. promotes outdoor and indoor education and recreation for people of all ages through inexpensive and comfortable overnight accommodations in hostels. Hostelng means traveling "under your own steam": on bicycles, on foot, in canoes, on skis, ect. AYH is a non-profit, non sectarian, non political organization supported by memberships, program fees, and voluntary contributions which are tax deductible. AYH is affiliated with the International Youth Hostel Federations, and together they offer over 5000 hostels in the 50 member countries.

The Tri-State Council of AYH has regular board meetings the first Wednesday of each month. Interested members are invited to attend. Two membership meetings are held each year, in March and September. Meetings and activities are announced in the newsletter which comes out as needed. Call Bill Katz for deadline times.

Membership in AYH includes an International Youth Hostel Pass, the American Handbook, a subscription to the Tri-State Hosteler and the National AYH Knapsack, participation in all AYH activities, and use of council owned equipment. See right. Memberships expire on December 31 except when purchased October through December, which expire December 31 of the next year.

President . . . . . Bill Katz . . 242-7120  
 Vice President. . . Phil Koenig . 861-8259  
 Activities. . . . .  
 Membership. . . . . Jane Pickford 961-1294

Send Newsletter Info to: Bill Katz  
 1018 Cheyenne Drive  
 Cincinnati, Ohio 45216

MEMBERSHIP

Enclosed is a check or money order, payable to American Youth Hostels, inc. for membership and supplies as indicated:

- \_\_\_ \$7 Junior, under 18
  - \_\_\_ \$7 Senior Citizen, over 60      Good
  - \_\_\_ \$14 Senior, over 18              Around
  - \_\_\_ \$35 3-year Senior                The
  - \_\_\_ \$140 Life                            World
  - \_\_\_ \$21 Family
- Valid in USA  
 \_\_\_ \$35 Organization      & Canada only.

Foreign visitor passes are also available.

- \_\_\_ \$2 Tri-State Hosteler, Free With Membership
- \_\_\_ 1/2 tax deductible contribution of \$\_\_\_\_\_

TRI-STATE AYH MEMBERSHIP AND INTEREST FORM

Name \_\_\_\_\_ Birthdate \_\_\_\_\_ Phone ( ) \_\_\_\_\_

Address, Mailing \_\_\_\_\_ City & State \_\_\_\_\_ Zip \_\_\_\_\_

Address, Permanent \_\_\_\_\_ City & State \_\_\_\_\_ Zip \_\_\_\_\_

Please omit my Name Address Phone number from the roster. Please call for activities. \_\_\_\_\_

Please mark the activities in which you are interested: B-Beginner, I-Intermediate, E for Experienced, L-Desire to Lead.

- \_\_\_ Backpacking                      \_\_\_ Foreign Travel
- \_\_\_ Canoeing/Kayaking              \_\_\_ Hiking
- \_\_\_ Caving                            \_\_\_ Horseback Riding
- \_\_\_ Conservation &                  \_\_\_ Rock Climbing
- Nature Study                    \_\_\_ Skiing/Winter sports
- \_\_\_ Cycling                            \_\_\_ Others \_\_\_\_\_
- \_\_\_ Family Camping

COUNCIL-OWNED EQUIPMENT FOR RENT

<u>Backpacking</u>	<u>Weekend</u>	<u>Week</u>	<u>Deposit</u>
tent	\$4	\$6	\$6
backpack	\$3	\$4	\$4
stove	\$1	\$2	\$2
cookset	\$1	\$2	\$2
package (above included)	\$6	\$10	\$10

Bicycling

rear panniers	\$2	\$4	\$4
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Canoeing

vests (Stearns)	\$1	\$3	\$3
(Std)	.50	\$1	\$1
package (includes canoe, paddles, vests, carrier.	\$5 per day		\$10
	per person		

Caving

helmets, lights	\$1	\$2	\$2
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Rental Policy

1. Equipment may only be rented by AYH members. Exceptions only to other non profit groups or by permission.
2. AYH activities have priority in use.
3. All equipment must be returned within 48 hours after the end of the rental period in order to receive deposit.
4. For more info contact Jerry Bonecutter 541-1972

SUPPLIES FOR SALE

Contact Jane Pickford

Europe & Med Hdbk Vol 1 . . . . .	\$5.00
Africa, Asia, Aust Vol 2 . . . . .	\$5.00
Canadian Handbook . . . . .	\$2.50
American Bike Atlas . . . . .	\$6.00
Lets Go Europe . . . . .	\$6.50
Youth Hostellers Guide to Europe	\$6.00
Ohio Bikers Map . . . . .	\$3.00
Europe by Eurail . . . . .	\$5.00
Sleep Sack . . . . .	\$9.00
Fanny Bumper . . . . .	\$3.50
AYH Patch . . . . .	\$1.00
AYH Sticker . . . . .	\$.50
AYH T Shirt, Give Size . . . . .	\$5.50
<u>Free with Membership:</u>	
American Handbook . . . . .	\$2.50
Pass Wallet . . . . .	\$.50

Present Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Since the program of Tri-State depends on the help of the volunteer efforts of it's members, I would like to help with the following:

- \_\_\_ Art work                            \_\_\_ Publicity
- \_\_\_ Newsletter                        \_\_\_ Typing
- \_\_\_ Hostel Dev.                        \_\_\_ Telephoning
- \_\_\_ Leadership Dev.                    \_\_\_ Trip Preparation
- \_\_\_ Membership                        \_\_\_ Supplies and
- \_\_\_ Photography                        \_\_\_ Rental care

Please send completed form to: Jane Pickford, 2939 Fairfield, Cincinnati, Ohio 45206



28:15	Craig Williams	29:16	28:28	28:44	28:15
20	Greg Luken	29:50	28:20		
23	Dave Moore	28:23			
27	Melanie Rowe	29:08	30:05	29:28	28:27
33	Greg Kaiser	31:00	28:55	28:33	
36	Jeff Paas	28:43	29:07	28:36	
37	Mike Limke	28:37			
38	Tom Devine	28:38	28:41		
54	Pete Buckley	30:03	28:54	30:37	
56	John Mears	30:58	30:25	29:29	28:56
29:00	Dave Roberts	31:47	30:32	29:26	29:37
00	Nancy Ziegler	29:00			29:46
04	Eric Vincent	30:52	29:26	30:18	29:24
12	Alexei Rubenstein	30:46	29:12	29:04	29:25
16	Ellen Lady	30:18	29:23	29:16	29:33
20	Doug Wert	29:20	30:17		
21	Don Bartholomew	29:44	29:21	30:17	
22	Dan Brant	29:22			
26	Lisa Baehler	31:37	31:11	31:10	30:10
34	John Reckelhoff	29:43	29:34		29:55
35	Joel Davenport	30:51	31:31	30:08	29:35
36	John Peter	29:36	30:05	29:59	29:38
41	Mike Minium	30:54	30:41	30:28	29:35
46	Dan Norris	29:46		31:34	31:05
53	Bill Hartman	30:43	30:25	30:11	31:26
53	Paul Wertheimer	29:53	29:57	29:53	29:26
57	Ed Anderson	32:37	33:41	32:29	30:47
58	Lew Gatch	36:29	33:41	31:25	30:34
30:02	Mark Gable	30:02	33:09		29:58
29	Yuri Samer	30:29			
32	Nancy Wygant	31:47	32:44	30:59	30:32
35	Al Pooler	31:20	30:35	31:06	30:42
36	Joe Morris	30:45	30:36		30:39
45	Mike Albrinck	30:45			31:46
58	Brian Burrell	31:04	30:58		
31:01	Maggie Watanabe	31:01			
06	Paul Kuper	31:06			
11	Hale Stewart	31:11			
11	Kliff Hodgkin	31:14			
20	Tim O'Kaine	31:20			
26	Vince Quatromani	31:26			
36	Jack Schmidt	31:36	31:38		
39	David Dawson	38:26	41:42	36:04	33:59
32:06	Cari Coler	32:06			34:06
17	Dan Humpert	32:17			34:06
35	J.D. Calder	33:03	33:03	32:35	33:57
40	John Semes	32:40			31:39
47	Nancy Arnold	32:50	35:31	32:47	

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