

# Queen City Wheels

April, 1992 Newsletter

Vol. 1 No. 1

## Time Trials Begin May 5th

Queen City Wheels is pleased to announce that it's 19th year of weekly time trials will begin on Tuesday evening, May 5, 1992. This weekly event returns again to the popular Cleves to North Bend route, following Brower Rd. through Shawnee Lookout County Park. This rolling, 10.2 mile course passes through some beautiful countryside on well-surfaced, lightly traveled roads. The road is U-shaped, with no turns. In addition to trying to beat their personal best times, riders are always looking to beat the course records. Two records were broken in 1991, led by Paul Liebenrood's time of 21:38 for Senior Men. Sign-in begins at 6:00 PM, and all riders must check in before 6:20. At this time the starting order will be announced, with the first rider setting out at 6:30. Please be prompt - late arrivals cannot normally be accommodated. All riders time will be announced within five minutes of the finish of the last rider. If you are not riding for time, we always need a couple of volunteer workers.

### Current Course Records:

Senior Men	21:38	27.9mph	Paul Liebenrood	1991
Senior Women	25:03	24.4	Bonnie Breeze	1991
Junior Men	23:23	26.2	Rick Hoeting	1990
Master Men 35+	22:00	27.8	Jim Flaherty	1990
Master Men 40+	24:15	25.2	Ed Theuring	1990
Master Women 30+	26:19	23.2	Lois Ellison	1990

(Note: The Junior Women record is currently unknown. If you have any information, please write in.)

Directions: Parking is at the William Henry Harrison Memorial, on Brower Rd. in North Bend. Take US50 (west of Cincinnati) to Miami Ave. Turn left on Brower Rd., parking is 250 yards on the left. The start is at the intersection of Mt. Nebo Rd. and River Rd., in Cleves. From the parking lot either ride the course backwards (10.2 miles), or return to Miami Ave. and turn left. At the second stop sign turn left on Mt. Nebo. Cross US50, and turn right at the first stop sign (River Rd.). Sign-in is in front of Pieczonka's Trophy Shop.

## May 2nd Is Bicycle Day in Cincinnati

Cincinnati City Council, spearheaded by the efforts of Councilman Tyrone Yates, has declared Saturday, May 2nd as Bicycle Day in Cincinnati. The purpose of this special day is to heighten awareness of cycling in the city, and expand access of cyclists to city roads. Hopefully, this is the beginning of a trend to more and safer routes. A highlight of the day is a gathering of cyclists at City Hall at noon. All QCW members are urged to attend, *on your bike* (wear your QCW jersey), this important rally. A strong turnout is crucial to the future of safe riding in Cincinnati.

## Spring Training Races are Underway!

The 1992 Spring Training Races, which began March 8th with the Circuit de New Haven, are now nearly complete. A total of six races were featured in a variety of venues. Attendance has been strong, helped along by generally good weather. For the final race on April 26th we could still use your help as a course marshall. We can't put these races on without your support. For more information on racing or volunteering, call Roy Roberts at 581-1476. QCW rider placings will be featured in the next issue.

# From The Board

Jim Flaherty QCW President

This is the first issue of the expanded QCW Newsletter. Rob and Roxanne have volunteered to edit the new publication, which will be loaded with local racing news.

This is a year of several firsts for QCW. Cyclebration '92 will include the first running of the Eden Park Circuit Race, on Saturday, August 1. We have been working with Councilman Tyrone Yates and other Cincinnati officials to make the race a success. Friday will again feature the Mt. Adams Hillclimb and we will conclude with Sunday's Blue Ash Dash.

QCW is fielding a Category II team this year. Rick Hoeting started off last year as a Cat IV, and quickly ascended to II status. He will be joined by QCW newcomer Tim Miller. Charlie Wright is again supporting us by seeing to it Tim and Rick have new bikes to ride.

The USCF National Championships and Olympic Trials are being held this year in Altoona, PA. We plan on fielding one or two Team Time Trial teams. The TTT take place June 14, two days after the individual time trial. Any licensed rider can compete in the TTT, while a sub-57:00 is required to compete in the individual.

With all this activity I want to emphasize the need to get members involved in the club, and to express thanks to those who already contribute. The Spring Training Series exists because of the work of Fred Steinbrecher, Roy Roberts, and Scott Denny. Cyclebration would not take place without the work of Dan Roketenetz, Roy Roberts, Charlie Wright, Charley Gehling, Brad and Lynn Heinbach, and Chip Ellison. Time Trials would not go off every week without Jim Obert, and Rob and Roxanne Westendorf. Others like John and JoAnn Luginbill, Dave Carr, Ivan Forsythe (who prints the newsletter) and Nancy Theuring help out in any way they can. The club thanks all of you and hopes we can add to the list.

**We Need Your Input!** In future issues of this newsletter, this section will be dedicated to your letters. Please feel free to submit letters on any topic, including praise, criticism, questions, etc., that concern racing, training, or club operations. Where required, I will find the appropriate person to answer questions or reply to complaints. Additionally, this section will be used as a gathering point for putting together training rides. If you are interested in leading or riding with a group, your proposal will be featured here. Please include details such as meeting place, day of the week, time, terrain, and distance. Include your name and phone number. If you are interested in someone's proposal please call and let them know of your interest. Hopefully we can establish some regularly scheduled rides that become self-supporting. One of the greatest benefits that any club can offer is the chance to regularly ride with fellow members. With a little effort we should be able to list twenty different rides each week covering seven days and blanketing the city. If you already have an established ride please write in and it will be listed in the column above. Send all letters to: QCW Newsletter, 2724 Morning Ridge Dr., Cincinnati, OH 45211-8204. (No phone calls please.)

# Calendar

## Races:

April 18 Apple Valley RR, (Columbus area) Tym Tyler (614) 267-1458  
April 18, 19 Midwest Collegiate Champs., (Oxford)  
April 25 Campus Trophy 2 man TT (Cleves) Glenn Wolf 721-6628  
April 26 QCW Training Race **Frankenstein**  
April 26 Swiss Hills RR, (Woodsfield) Alan Marcossou (614)472-1910  
April 26 Intercollegiate Challenge MTB (Carrollton, KY) (502)484-2998  
April 26 Here's Mud in Your Eye #2, MTB (Newark, OH) (614)792-2453  
May 2 Dublin Crit, (Columbus) Tym Tyler (614) 267-1458  
May 3 Clean Air Crit (Indianapolis) Jeff Stephens (800) 677-LUNG  
May 9,10 DiDi Mau MTB, (Athens) (614)698-4007 or 2005  
May 14 Richmond Time Trial (Richmond, KY)  
May 16 REVCO Crit (Cleveland) Maria Tayek (216)781-2400  
May 16 Ashland University Classic (Ashland OH) (419) 289-8330 or 2391  
May 16,17 Anderson Classic (Anderson IN) Becky Wallace (317)641-8246  
May 16,17 Lima Masters Weekend (Lima)  
May 16,17 Anderson Classic (Indiana) (317)641-8246  
May 17 Here's Mud in Your Eye #3, MTB (Newark, OH) (614)792-2453  
May 22-24 Miami Valley SR, (Dayton) Doug Barker 1-436-9045  
May 27 Ault Park Series begins  
May 31 District TT (Toledo area)  
June 5,6 District Track (Indianapolis)  
June 7 Velodrama IX Crit (Indianapolis) (317)635-5277  
June 11 Richmond Time Trial (Richmond, KY)  
June 13 Dublin Challenge #2 (Columbus) Tym Tyler (614) 267-1458  
June 13 Here's Mud in Your Eye #4, MTB (Newark, OH) (614)792-2453  
June 14 District RR (Location not fixed yet.)  
June 20 Huntington Crit. Jeff Joy (304)522-2453  
June 21 Charleston Crit  
July 31-August 2 Cyclebration'92

## Rides:

Saturdays 10:00 Van Leunens, North Bend at West Fork, 40 mi. rolling  
Sundays 10:00 Hyde Park Square, 55 mi. flat  
Sundays 10:00 UDF Newtown  
Tuesdays 5:00 Campus Cyclery to time trials (starts May 5)  
Tuesdays 6:30 QCW Time Trials, Cleves/North Bend  
Thursdays 6:00 Campus Cyclery, 45 mi. with 2 climbs (starts May 7)

## Events:

May 2 Bicycle Day in Cincinnati, City Hall 12:00  
May 5 QCW Time Trials begin  
May 9,10 TOSRV



# ***Tactics and Training!***

## **Training Races by Rob Westendorf**

At this time of year we start what are in many ways the most important races of the year. There's no prize money and no cheering crowd, but your effort level in these early races has a dramatic effect on your ability to earn some of that money in later races. It is very important that you start these races with some clear goals in mind. Far too many riders race so passively that they gain little benefit from the ride. You've often heard it said that the best training is racing. That's only true if you really race. I know all the excuses (yes, to my shame I've used some myself) - I don't have enough miles, I've been sick, I have to save myself to have enough endurance to finish, yak yak yak. I can't count the number of fresh riders that I've seen in the parking lot after a race. If you really plan to race effectively this year, these races should be among the hardest rides of your life. You should finish more tired than any training ride you've been on this year. Otherwise you might as well save your entry fee and train on your own.

So how do you know how you stack up against the rest of the pack before you start? You probably don't - you're going to have to play it as it comes. In the early stages of a race it's OK to take it kind of easy, and get used to riding in a pack again. But during this time you should strive to be in the first half of the pack. Staying in the front truly is easier than the back, and it's skill, not fitness that gets you there. **PRACTICE THAT SKILL!** This is among the most important racing skills that you can have. If you find yourself at the front, don't say uh oh, I need to draft someone else to rest. Go ahead and take a pull. If you're second and the lead rider pulls off, pull through. You wouldn't sit up on a training ride, so don't do it now. As the race progresses judge your condition. If you feel good and everybody else is passive, go ahead and attack. More often than not the pack will not come back to you. A group may go with you. Get it organized and work it - you're now in a breakaway. If a break goes and you're in the pack, chase it. The majority of breaks in these races stay away because no one chases seriously. Ride aggressively all the way to the end. It doesn't matter what place you're in as you approach the finish, you must sprint. Even if you've been dropped and it's just to beat your small group, sprint just as hard for fiftieth as you would for first.

Always remember: the work you put in now will pay off later. Be aggressive, and stay in the front. Don't dog it, pound it.

# ***Results***

In future issues this column will be used to list the results of all club members. The only way we can succeed in listing your results is for you to tell us what you've done. Therefore, whenever you race please call on the RIDE line (791-RIDE) and report in. Leave a message including the name of the race, location, date, category, and any top ten or "in the money" placings. Please call in once a month, immediately after your last race of the month. To ensure timely publication you must call in no later than the fifth of the month following the race(s). It doesn't matter if you are a USCF, Citizen, or Collegiate racer, road, mountain, or track, your results are important to us.

## **QCW's 1992 Reimbursement Policy**

The club provides reimbursement of jersey and race fees for licensed riders. (Note: the reimbursement amount may be limited by the available funds.) To qualify for this program there are a number of requirements:

1. You must hold a USCF racing license listing QCW as your racing team.
2. You must purchase and wear a 1992 QCW jersey in all races.
3. You must work at a minimum of three QCW events as a staff member. These include training races, time trials, and Cyclebration races.
4. You must complete and return a reimbursement form before the deadline date. (Date to be announced, probably in November or December.)
5. You must phone in all results, whether you place or not, to the RIDE line no later than the fifth of the month following the race. Races not called in will not be included in any reimbursement amount.
6. Late fees will not be reimbursed.

## **Time Trial on Saturday, April 25**

The Campus Trophy Time Trial will give all riders their first chance to test themselves on the same Cleves course that QCW uses for its weekly time trials. This USCF-sanctioned event features 2 man events for Senior and 30+ men, and unique age-handicapped solo events for Juniors and Cat 5 and Citizens. Women competing in the men's events will also be aided by time handicaps. For more information contact Glenn Wolf at 721-6628 (daily, 10-5).

## *Submitting Articles to the QCW Newsletter*

The success of this newsletter depends in large part on your participation. We want not just your results, but also your articles, letters, comments, etc. In particular, detailed race reports are highly desired. However, please don't limit your input to just races. Training tips, nutrition, mechanics, even new training routes are examples of possible topics. If you're qualified, write it down! Articles may be of any length up to 500 words. You can submit articles in writing (typed, please. No handwritten articles.) or, preferably, on disk. Any ASCII or IBM-compatible word processor file, 3.5" or 5.25" disk, is acceptable. (Don't forget to mark the file name in full on the disk.) All disks will be returned. Please send in your submissions early. I would love to have three months worth of articles in hand at all times. Send submissions to: QCW Newsletter, 2724 Morning Ridge Dr., Cincinnati, OH 45211-8204. There is one restriction regarding submissions: this newsletter is copyrighted. Do NOT submit articles that have been or will be published elsewhere. By submitting an article you are certifying that it is original and free from any copyright restrictions.

**Classifieds:** All ads must be 25 words or less, and must be resubmitted in writing each month. Ads are run on a first come basis as space allows. If insufficient space is available for all ads 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 791-RIDE.

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