

Queen City Wheels

Fall 1992 Newsletter

Vol. 1 No. 4

Cyclebration '92 A Huge Success!

Over the weekend of July 30-August 1, Queen City Wheels once again promoted Cyclebration, now one the premiere racing weekends in the United States. Featuring two new courses, the weekend was an incredible success, drawing 800 racers from around the country. As in the past, all proceeds benefit the American Cancer Society. Although this year's financial numbers are not yet in, last year \$5000 was raised for the society. This is quite an achievement for an all-volunteer effort working for many months with a total budget well over \$20,000.

The weekend kicked off at noon on Fountain Square on Friday, with a city proclamation as Cincinnati's "Official Cycling Weekend." The lunch time crowd was treated to a series of roller races featuring many of the pro and top amateur riders. In the end, however, QCW's own Rick Hoeting demonstrated the greatest desire, winning this initial publicity event. The professional racer attendance was greatly enhanced this year by the addition of USPRO points for the first time. The

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Eric Knight Makes Splash at Junior Nationals!

-John Luginbill

An outstanding achievement in his first year of racing, Eric Knight captured 5th place in the Junior National Championship 15-16 Road Race. On August 5th, this 48 kilometer race was held in Brown County State Park, Nashville, Indiana. The Pan Am Games and Master's Nationals have used this same course in the past.

A significant feature of this course is a steep hill, with a 15+ % grade in the last 300 meters, which was climbed six times. Eric started in the middle of the 120 racer field. On the second climb Eric powered into the field of 30 remaining riders. Each climb he moved up, and on the 5th he led the pack. For the finish they sprinted at the top of the hill - Eric said he had nothing left to pick up the pace. Later Eric stated that, "I went into this race with no expectations."

Queen City Wheels was represented at Junior Nationals by Eric, Nate Rand, and Adam Luginbill. They participated in the road races and the team time trial, in which they placed 9th.

QCW Loses Watson Nordquist, Club Founder

The *Queen City Wheels* recently lost one of it's parents. **Watson Nordquist**, "The Father of QCW", died of heart failure on Monday, August 17th. Watson was 74. One of the founders of QCW, Watson was active in the club continuously for over twenty years.

Originally from Hartford, CT, Watson began racing at the age of 20, in 1938. In 1941 and 1942 he won the Connecticut State Championships for the time trial. This was at a time when results were determined by averaging speeds for three different time trials of 12.5, 25, and 50 miles. In 1943 he moved to Detroit, and became active with the Eastside Wheelmen for years. Into the late '40s, Watson was nationally known both as a racer and as a free-lance writer. He sat on the National Board and Governing Body of Bicycle Racing, and was secretary of the New England Federation of Bicycle Clubs.

Watson came to Cincinnati in 1966 as a technical writer with Cincinnati Milacron, from which he retired in 1982. In 1968 he was a guiding force in the founding of the Queen City Wheels. Watson suffered a major heart attack in 1970, from which he battled back to ride again within two years. Probably

the most prolific attendee of QCW's weekly time trials, Watson became a tradition as "the first rider out". In 1989 He earned a bronze medal in the Senior Olympics.

Watson has long been a major influence on racers and racing in Cincinnati. His impact on bicycling in Cincinnati cannot be overstated. We will all miss his guidance and tireless enthusiasm.

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USCF To Hold Coaches Clinic in Cincinnati in November

On the weekend of November 21-22 the USCF Development Department will hold an entry level coaches clinic in Cincinnati. This program is designed to teach the basic coaching skills necessary to become licensed USCF Apprentice Coaches. Anyone interested in motivating and coaching beginning bicycle racers is welcome to register for the clinics. Master riders are sought for their experience and knowledge. The requirements are simple: An interest in coaching, an interest in cycling, and a current First Aid and CPR Certificate. The cost is \$50, and includes a coaching manual and Cat IV coaching license. The license will be issued on return of a take home test with a passing grade, and a copy of your First Aid and CPR certificates. To apply, send a letter containing your sports background and goals that you have in cycling, and a check for \$50, to: USCF Development Department Coaches Clinics, 1750 E. Boulder, Colorado Springs, CO 80909. Include your address and phone number, and indicate that you desire the Cincinnati clinic on Nov. 21-22. For more information you can contact the USCF's Regional Coaching Coordinator, Ken Kessler, 1211 Birk Ave., Ann Arbor, MI., 48103, (313) 963-2126.

Tandem Record Falls to QCW's Mike White

On July 10 and 11, Queen City Wheels' Michael White teamed with Ron Dossenbach of Windsor, Ontario, to set a new men's tandem record for 24 hours on a track. The pair traveled 503.18 miles in 24 hours at the Ciociaro Club in Windsor, Canada. This broke the existing mark by 58 miles. White and Dossenbach had earlier in the season paired for record-setting performances at the Michigan National 24 Hour Challenge, and at 12 hour races in Bay City, Michigan, and Bloomington, Indiana. In setting the record, the duo recorded more than 683 laps of the Ciociaro track, a 0.74 mile course with seven turns per lap and no banking. About the track, White stated: "I don't believe it is a fast track. It's pretty technical and must be ridden far outside the measured line for much of each lap, so we went quite a bit farther than we were credited. On top of that, there was little protection from the wind that blew the entire time. We chose Ciociaro because of the hospitality of the Club, the Windsor community, and the Canadian media. There was an enormous amount of television, radio, and newspaper coverage before, during, and after the record attempt and many, many spectators came out. We finished at eight on Sunday morning before a huge crowd as well as several TV cameras."

Calendar

Races: (OH, WV, KY, IN)

Oct 8 Richmond TT Series (Richmond, KY, see Aug 13)
Oct 10 Coors Light DINO Series MTB (Nashville, IN) Shareen Putnam (812)336-1214
Oct 11 Coors Light DINO Series MTB (Indianapolis) see Oct 10
Oct 17,18 SEC Champs MTB (Owenton, KY) (502)484-2998
Oct 31 Coors Light DINO Series MTB (French Lick, IN) see Oct 10
Oct 31 Wayne Ntl Forest MTB (New Straitsville, OH) Team Columbus (614)267-1458
Nov 1 Coors Light DINO Series MTB (Bloomington, IN) see Oct 10
Nov 21 QCW MTB Race (Middletown) Jeff Vaught 921-6412

Letters

To the members of the Queen City Wheels:

When I read recently in The Cincinnati Enquirer that Watson N. Nordquist had died of heart failure at the age of 74 I felt moved to write you of the man I knew as I grew up cycling here in Cincinnati. Leslie Gessel, John Gilmer, Bill Gallagher were active racers in the early seventies, all full of encouragement by example, pushing younger riders like myself, Jon Spicker, Michael Carey, Del Williamson, Daniel Biehl, and Phil Kennedy along the course of active cycle racing. Watson was the one who talked to us, coached us in ways that the more active cyclists couldn't. I remember a balding, short, gray-haired man in glasses, a sort of Corporal O'Reilly in appearance (from the TV series MASH) who had old machines and practical advice. At a criterium in Columbus, Ohio, Watson stood at the edge of the course shouting encouragement to me. "Get the next wheel," he said, "Work together." The idea of working together as a team was hard to realize, though I now believe the Wheels did this on many occasions without deliberate conscious intent. We trained together and raced together with a keen competitive edge and an affection for one another. We also yelled at one another and fought among ourselves, part of keeping that edge.

In the early nineties I encountered Watson again. He had been cycling all along. I had taken up cycle camping, having traversed the Adirondacks and Rockies both. My circle of friends had changed and yet after being out of Cincinnati for seven years, on return, Watson was still challenging young riders and encouraging me to return to winning ways. I had taken up cigarette smoking. Watson gently said, "You will have to make a choice between cigarettes and cycling." Now, having quit smoking, I understand the price I paid.

Watson was a genuine man, and a life-long cyclist. My regrets extend to his living relatives and I mourn the loss of the Queen City Wheels' all-time cyclist.

Steven Paul Lansky
Cincinnati, Ohio



Tactics and Training!

Group Training Ride Etiquette

Rob Westendorf

Group training rides are one of the staples of any racer's program. They are especially important for less experienced riders to gain critical experience working in hard pacelines. Most groups include a range of abilities that can often be fairly broad. This inevitably leads to some riders barely hanging on, or getting dropped. For groups of this type, there are some "rules of the road" that should be clear to all to avoid any hard feelings.

Any ride needs to establish one ground rule before you start: are you going to wait for dropped riders or not? On rides where you don't wait, it is every rider's individual responsibility to know where the route goes. If you don't know the road, it is often possible to get a map from one of the regulars, but you must make arrangements beforehand. At the very least, know how to get home. Most Sunday rides fall into this category.

The responsibilities incurred in a "wait-up" ride are more numerous. (This includes most weeknight rides.) First, for the dropped rider, everyone else is waiting for you. It is your responsibility to continue working hard until you have regained contact. Do not rest, do not try to recover until you are back with the group. They're waiting for you, so don't keep them waiting any longer than necessary. If they look back and see that you're not working, the group may well decide not to wait again.

On the other hand, if you've promised to wait, then **WAIT!** Don't "soft pedal" at 21 mph - crawl at 12-15 mph. Give people a chance to catch you as quickly as possible. Once you've regrouped, stay slow for a while to let the new folks rest. You've been resting while you waited, and they've been chasing. They stand a far greater chance of avoiding getting dropped again if you give them a few minutes to recover.

The most common spot for splits to occur is on hills. Before you start up, make it clear where you will wait. Some prefer to wait right at the top. My personal preference is to continue to go hard over the top for another mile or so. I think this is an important part of the climb. Under these circumstances it is important to make the arrangement clear before the group splits. As you've heard so often, communication is a key.

One last comment applies especially to bigger groups: Don't run lights or stop signs! If you're at the front, stop for yellow lights. Otherwise, the back of the group must either run a red light or risk getting dropped. Sure, maybe you can make the light, but it's damned inconsiderate to put others into such an awkward position. The majority of riders are guilty of this, especially older riders who should know better. If someone in front of you runs a light, let them go! Don't risk your safety because some other fool chooses to ignore the law. They'll either have to wait farther up the road anyway, or they'll ride alone. Which, come to think of it, isn't a bad idea for people who want to play games with your safety.

Results

July 1 Ault Park #6: 40K: Rick Hoeting 1st, Chris Durand 2nd, Tim Miller 4th; **20K:** Tom Friesz 3rd, Jim Ray 5th;
July 8th Ault Park #7: 40K: Adam Luginbill 2nd, Chris Durand 4th, Rick Hoeting 5th; **20K:** Ken Schlacter 5th
July 12: OH/WV District Criterium: Jr 15-16: Eric Knight 1st
Ault Park Overall: 40K: Tim Miller 1st, Rick Hoeting 2nd; **20k:** Eric Knight 1st; **July 18 Nelsonville OH MTB: Sport Men Cross Country:** Don Karle 17th, **Uphill Challenge:** Don Karle 6th **July 23 Campus Trophy 2 Man Time Trial: Masters:** Paul Arner, Jim Flaherty 1st; Eugene Spiegel 3rd **July 26 Mining Counties Road Race (Woodfield, OH): Masters:** John Cole 3rd;
Cyclebration '92:
July 29 Mt. Adams Hill Climb: Juniors: Eric Knight 2nd; **Sr 3:** Mark Strecker 2nd
July 30 Eden Park Circuit Race: Masters: John Cole 1st; **Juniors:** Eric Knight 1st; **Sr 4:** Tom Friesz 2nd; **Sr 3:** Mark Strecker 9th
August 1: Blue Ash Dash: Women 4: Gayle Goldsmith 2nd; **Sr 5:** Larry Steinberg 3rd
August 4: Junior National Championships Team Time Trial: Eric Knight, Adam Luginbill, Nate Rand, Andy Trey (70km in 1:50:14, 38.1 kph), **August 9 Nashua Criterium, (Nashua, NH): Sr 3:** Chris Durand 1st

Why aren't my results listed here? This results column relies on you to report your results. Besides communicating your successes to the rest of the Club, this column is an important tool in the Club's marketing of itself to current and potential sponsors. Thus, your results (and reporting of them) have a direct influence on the financial well-being of the Club. This in turn determines how much money the Club can use to reimburse entry fees. To report results, please leave a message on the Club's RIDE Line (791-RIDE) before the first Monday of each month. Include your name, the race name and date, category, and place. Please speak slowly and clearly, as some excited reporters have been impossible to understand.

Thanks to our Cyclebration '92 Sponsors:

Kroger State Avenue's Just Friut Spreads, Fat Free and Cholesterol Free Dressings, Sports Shot Sports Beverage, V8, WEBN, The Provident Bank, Wright Brothers Cycling and Fitness, Sydney Printing Works, Aero Mailing, Eastside Weelend, The Ink Well-Blue Ash, Staples, A.B. Dick, Valvax, Stronghold Storage, Olsten of Cincinnati, Marx Hot Bagels, Century Mazda, and the Cities of Blue Ash and Cincinnati. Special thanks also to the Mayor of Nlue Ash, Walter Reuszer, and the Safety Director, Bruce Henry, and to the Mayor of Cincinnati, Dwight Tillery, Council member Tyrone Yates, Carol Walker of the Department of Safety, Lt. Cotton of the Park Police, Kristi O'Donnell of the Park Board, and Andrea Schetmann of the Krohn Conservatory.

Cyclebration '92 (continued from page 1)

presence of the pros greatly animated the races, with strong contingents present from four teams.

Friday night's Sport Shot Mt. Adams Hill Climb once again drew an extremely large crowd to watch the riders struggle up the 1 km grade two at a time. Several QCW racers produced excellent rides, most notably Mark Strecker (Cat 3) and Eric Knight (Jrs), both of whom placed second in their category with times that would have been top twenty in the Pro-1,2 race. Joe Parkin of Scott-Bikyle-Flyers took this featured category with a new course record of 1:33.02

Saturday's Kroger State Avenue Circuit Race introduced a new course that has become an instant classic. With over 200 feet of climbing each 1.3 mile lap, this demanding loop was a tremendous hit with both the riders and the spectators. A long, steep, winding climb up Cliff St. behind the Krohn Conservatory drew huge crowds to watch the race pass. Joe Parkin again demonstrated his mastery of the hills, soloing away from a five-man break with two laps to go for the win. QCW racers again impressed, with John Cole (Masters) and Eric Knight (Jrs) providing winning rides, and Tom Friesz (Sr 4) gaining a second place.

The V8 Blue Ash Dash capped off the weekend with a tactical battle for the top spots in the Pro-1,2 overall standings. Many attacks were launched, but strong team riding by the pros kept things together until the pros made their own move with six laps to go. Mark McCormack (IME-Bolla Wines) took the final sprint with a last turn attack, while Joe Parkin held on to fifth to win the weekend's overall title. Gayle Goldsmith produced QCW's best finish of the day, taking second in the category 4 women, while Larry Steinberg took 3rd in the category 5 men.

The amount of work that goes into producing a Cyclebration weekend is enormous, and it takes a tremendous quantity of volunteer labor. All of the volunteers are appreciated, and deserve great praise for their efforts!

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.

Wheelsets: Sante cassette hubs, 32 spoke, one set Sun M19A tubular, 12-19 cassette, \$90, second set Sun M13L clincher, 13-21 cassette, \$70. 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 791-RIDE.

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