

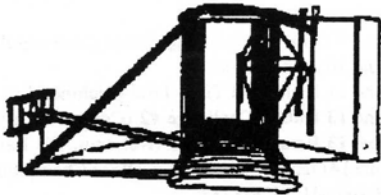
Queen City Wheels

May 1992 Newsletter

Vol. 1 No. 2

QCW Announces 1992 Sponsors

Queen City Wheels is pleased to announce it's lineup of sponsors for the 1992 racing season. Leading the list is returning sponsor **Wright Brothers Cyclery**. Back now for their third year, the commitment of Charlie Wright to all levels of club support and operation is of tremendous value to the Club. Wright Brothers Cyclery features locations in Montgomery, at Kemper and Montgomery Rds., in Covington, at 417 Madison Ave., and Florence, in the Circuit City Mall, on Mall Rd. Through Wright Brothers Cyclery we are pleased to have the support of **Diamond Back**, supplying bicycles to our Category II team. We are also pleased to welcome three new sponsors for this year, **Sportshot** sports beverage, **WEBN 102.7 FM**, and **Kroger Brands**, State Avenue Grocery Products Division. The support of all of our sponsors is an important contribution to the success of the Queen City Wheels.



Wright Brothers
Cyclery & Fitness

DIAMOND BACK



WEBN



Jim Flaherty Wins QCW Spring Series!

QCW's President Jim Flaherty turned consistent performances into an overall win in the 1992 QCW Spring Training Series. Jim placed in four out of the six races, including winning the April 12th Big Bone Lick road race. Cat 2 team member Tim Miller placed third overall, despite missing two races while attending out of town races. His Cat 2 teammate, Rick Hoeting, placed fourth, also missing two races. In the B category QCW racer Kerry Flickner took top honors, with Tom Friesz in third and Eric Knight in fourth. Rob Harper took second in the C races, with Brian Kippenbrock earning fourth. *Complete QCW rider results are listed on page 3.*

Ault Park Races Begin May 27

The extremely popular Ault Park Points Series begins it's 8th year of racing Wednesday night, May 27. The first race starts at 7:00 PM, and sends the racers off for 20 km of spirited points racing. The "A" race begins at 8:00, with 40 km of what normally proves to be aggressive, tactical racing. Promoted by
(continued on page 4)

From The Board

Two sets of National Championships are being held relatively close to us this year. Senior Nationals are in Altoona, PA., June 11 -21. Junior Nationals are in Indianapolis, July 27 - August 9. QCW is interested in sending at least one, and preferably two teams to Altoona for the team time trial (one team might be all Masters). An event of this magnitude requires proper preparation, so we anticipate that a lot of group training will be required. For maximum effectiveness, this training must begin now. If you are interested in being part of a National Championships team, please call Jim Flaherty (221-6196), who will act as coordinator for our effort. In the individual time trial, you must post a time of 57:00 or better for a 40 km TT. You must provide a verification form to the USCF with your entry. Be sure to take this form (see May issue of Cycling USA) with you to any 40 km event you attend, as it must be signed by two attending officials.

Juniors have a variety of eligibility standards for road, criterium, and time trial, depending on age. All are achievable by many club members. All road events are the week following Cyclebration, and offer the best chance you may ever get to race at this level. Competition against the best will make you better in a hurry. You have all our support in any race you enter!

Letters:

*Fred Steinbrecher (851-5420) and Brady Brown (829-6815) are putting together weeknight training rides leaving from the Fairfield area (Mack and Resor) at 5:15-5:30. Distance is between 25 and 40 miles, depending on the day. Please call either one with your interest or comments.

*Fred Steinbrecher and Rob Westendorf (661-2536) are looking for a criterium course for a training series. The requirements are 0.5 to 1 mile, minimum 18 ft. wide (two lanes) at the narrowest point, all private property (e.g. business complex or school site) or entirely contained within a park, with a minimum of intersections. Comprehensive insurance will be provided to the landowner. Please contact Fred or Rob with your ideas, including a contact name with the owner, if possible.

Submitting to the Queen Cit Wheels Newsletter:

All correspondence concerning the QCW Newsletter should be mailed to 2724 Moring Ridge Dr., Cincinnati, OH 45211-8204. Letters and ride proposals may be in any format. Items intended as articles must be typewritten or, preferably, submitted on disk (5.25" or 3.5"). Any IBM-compatible word processor is acceptable. Include a copy of the file name with a cover letter. Enclose a self-addressed, stamped envelope for return of your disk.

Calendar

Races:

- May 16 REVCO Crit (Cleveland) Maria Tayek (216)781-2400
- May 16 Ashland University Classic (Ashland, OH) (419)289-8330 or 2391
- May 16 HUMOR/2 12 HR Challenge (Crane, IN) Bye Wynne (812)333-3047
- May 16 Break-Away TT Series (Kokomo, IN) Larry Barnhart (317)452-7100
- May 16 Tour De Bluegrass RR (Georgetown, KY) Paul Versnik (606)233-7438
- May 16,17 Black Swamp Masters SR (Lima, OH) Gene Garland (419)339-2191
- May 16,17 Anderson Classic (Anderson IN) Becky Wallace (317)641-8246
- May 17 Lowellville Challenge RR (Lowellville, OH) Ted Schmidt (216)533-3811
- May 17 Here's Mud in Your Eye #3 MTB (Newark OH) (614)792-2453
- May 17 Yellow Banks MTB (Dale, IN) Robert Sullivan (812)473-2453
- May 19 Criterium Training Series (Indianapolis) Charles Moll (317)353-1320
- May 20 Indianapolis TT Series (Indianapolis) Todd Sullivan (317)576-0156
- May 22-24 Miami Valley Stage Race (Dayton) Doug Barker 1-436-9045
- May 24,25 NE Ohio MTB Series (N. Lawrence, OH) Thomas Clay (216)854-6691
- May 25 The Great Race RR (Elkhart, IN) Kurt Folkmier (219)522-1939
- May 27 Ault Park #1 Andrew Callahan 731-9111 (see article page 1)
- May 27 Zipp Express TT Series (Sellersburg, IN) Bob Peters (812)948-2453
- May 31 OH/WV District TT* (Napoleon, OH) Dan Moore (419)526-3787
- May 31 Break-Away TT Series (Kokomo, IN) Larry Barnhart (317)452-7100
- June 2 Criterium Training Series (Indianapolis) Charles Moll (317)353-1320
- June 3 Ault Park #2
- June 5,6 OH/WV District Track* (Indianapolis) Dan Moore (419)526-3787
- June 6 Sugar Grove Road Race (Sugar Grove OH) Team Columbus (614)267-1458
- June 7 Velodrama IX Crit (IN/KY District Criterium Champs.*, Indianapolis) Juli Strattman (317)635-5277
- June 9 Criterium Training Series (Indianapolis) Charles Moll (317)353-1320
- June 10 Ault Park #3
- June 11 Richmond Time Trial (Richmond, KY) Gary Gomulinski (606)233-7438
- June 13 Dublin Challenge #2 (Columbus) Team Columbus (614)267-1458
- June 13 Break-Away TT (Kokomo, IN) Larry Barnhart (317)962-8350
- June 14 OH/WV District Road Race Championships* (Hocking Hills State Park) Dan Moore (419)526-3787
- June 14 KY/IN District Road Race Championships* (Louisville, KY) Craig Holmes (502)367-0000
- June 14 Velo Z MTB (Zanesville, OH) Dan German (614)452-3100
- June 16 Criterium Training Series (Indianapolis) Charles Moll (317)353-1320
- June 17 Ault Park #4
- June 17 Indianapolis TT Series Todd Sullivan (317)576-0156
- June 20 Huntington Crit (Huntington WV) Jeff Joy (304)522-2453
- June 21 Charleston Crit (Charleston WV)
- June 21 IN/KY District TT* (Greenfield, IN) Charles Moll (317)353-1320
- June 23 Coschocton-Roscoe Village Criterium/Hill Climb (Coschocton, OH) Team Columbus (614)267-1458
- June 23 Criterium Training Series (Indianapolis) Charles Moll (317)353-1320
- June 24 Ault Park #5
- June 24 Zipp Express TT Series (Sellersburg, IN) Bob Peters (812)948-2453
- June 27 Bluegrass Criterium (Lexington, KY) Bob Marsh (606)223-4727
- June 28 Break-Away TT Series (Kokomo, IN) Larry Barnhart (317)452-7100
- June 30 Criterium Training Series (Indianapolis) Charles Moll (317)353-1320
- July 31-August 2 Cyclebration '92

*Due to a 1992 USCF rule change, riders may compete in district championship events in any district, but are not eligible for medals outside their home district. However, times posted in time trials are valid as Nationals qualifiers.

Rides:

- Saturdays 10:00 Van Leunens, North Bend at West Fork, 40 mi. rolling
- Sundays 9:00 Campus Cyclery 40-65 mi. variable route (usu. with hills)
- Sundays 9:00 Hyde Park Square 50 mi. to Morrow, flat
- Sundays 10:00 UDF Newtown
- Tuesdays 5:00 Campus Cyclery to time trials
- Thursdays 6:00 Campus Cyclery, 40-60 mi. variable route(usu. 2-3 climbs)

Events:

- Tuesdays 6:30 QCW Time Trials, Cleves/North Bend (Please check in at the start line no later than 6:15)



Tactics and Training!

Tactics are for Everybody *By Rob Westendorf*

There are a great many people who race bicycles, but only a comparatively few who consistently produce good results. More often than not, the difference between the haves and have nots is not fitness. Tactical knowledge, and the ability to think clearly no matter how hard you're working, is often the difference. It is my impression that the majority of racers ride without ever using their greatest weapon - their brain. Many racers, particularly in the lower categories, believe that tactics don't apply to them. There seems to be a widespread belief that "tactical riding" only applies to elite racers and teams. Nothing could be further from the truth.

Tactics allow a rider to go beyond his physical ability. Some tactics result in race winning moves, but most tactics are more mundane. They involve things like proper positioning in the pack, and expending energy at the right time. The use of your mental powers can mean the difference between finishing in the pack or being off the back. Progressively applied, tactics will allow you to move up through the pack to where you find yourself in contention at the end of races. I believe that the most important racing skill is to know what's going on in a race. This involves a number of aspects, including things such as knowing how many miles (laps) are left, how many riders are left in the pack, and your true position in it, is anybody off the front, and is anybody else likely to chase them, etc. To know these things you have to pay attention. Keep your head up, and take mental notes.

The upcoming Ault Park races offer a fantastic training ground for tactics. The points format means that eight times during each race you can participate in the tactics of setting up a sprint. Other than the actual sprints, the pace is not real hard. But each race is full of attacks and counterattacks, chases and leadouts, and, of course, sprints. You should set yourself some goals for these races, and apply some of the tactics you read about in every famous racer's book. Especially if you're not considered to be a threat by "the big boys", you'll be surprised at what you can achieve. A victory can be getting your first point, or winning a sprint. Form a mini-team with a friend, and practice team riding. Swap leadouts for each other, or try to breakaway together. Use some aggression, and learn when to apply your energy for maximum benefit.

The friendly nature of Ault Park means that, if you don't understand what's happened, or why someone made such-and-such a move, ask them (you might have to ask after the race). Most riders are flattered to be asked about their tactics, and you'll learn that much faster. If you're watching any race, Ault Park or anyplace else, try to do so with an experienced racer. Ask him about what you see, or what he would be doing in that race. Don't miss any opportunity to learn about the mental game.

Results

QCW Spring Training Series:

March 8 Circuit de New Haven: A:3. Tim Miller; B: 1. Kerry Flickner, 4. Pat Hardewig, 5. Eric Knight, 7. James Brown; C: 1. Dave Carr, 2. Mike Otting, 3. Rob Harper, 4. Brian Kippenbrock, 6. Roger Macomber. **March 15 A.J. Jolly #1:** A:5. Jim Flaherty; B: 1. Kerry Flickner, 3. James Brown, 4. Tom Friesz, 5. Nate Rand; C: 3. Brian Kippenbrock, 5. Rob Harper; **March 29 Tour de Brookville:**

A: 3. Rick Hoeting; B: 2. Kerry Flickner, 4. Eric Knight; C: 7. Ron Harper; **April 5 A.J. Jolly #2:** A: 3. Jim Flaherty, 6. Chip Ellison; B: 1. Kerry Flickner, 4. Eric Knight, 6. James Brown, 7. Tom Jacobs; C: 1. Brian Kippenbrock, 4. Mike Otting, 5. Rob Harper, 7. Roger Macomber; **April 12 Big Bone Lick RR:** A: 1. Jim Flaherty, 2. Rick Hoeting, 3. Tim Miller, 6. Adam Luginbill; B:1. Tom Friesz, 2. Cary Smith; C: 2. J. Fung, 3. Rob Harper, 4. Roger Macomber, 5. Dave Carr, 6. Mike Otting, 7. Jeff Vaught; **April 26 Frankenstein:** A: 6. Jim Flaherty; B: 1. Tom Friesz, 3. Eric Knight, 5. Fred Steinbrecher, 6. Dean Hoffman; C: 1. Rob Harper, 4. Scott Nordgren, 5. J. Fung

Series Overall:

A: 1. Jim Flaherty, QCW, 2. Roch Lockyer, Bloomington, 3. Tim Miller, QCW, 4. Rick Hoeting, QCW, 5. Andy Carpenter, DCC, 6. Scott All, DCC, 7. M. Joy, NYC

B: 1. Kerry Flickner, QCW, 2. Brent Sacksteder, Miami Flyers, 3. Tom Friesz, QCW, 4. Eric Knight, QCW, 5. Sean Farney, Miami Flyers, 6. James Brown, QCW, 7. Cary Smith, QCW

C: 1. John Chinkes, VC, 2. Rob Harper, QCW, 3. Paul Padget, Oxford, 4. Brian Kippenbrock, QCW, 5. Mike Otting, QCW, 6. Dave Carr, QCW, 7. G. Wearce, CCC

April 4: Conkles Holler RR (Columbus) Cat 4 John Cole 2nd

April 24-26: Kalamazoo Stage Race: Cat 1,2: Prologue: Rick Hoeting 7th; TT: Rick Hoeting 11th, Tim Miller 20th; GC: Tim Miller 18th, (Rick flatted out); **Cat 3:** Nathan Rand 28th TT, 37th Crit; **Cat 4:** Adam Luginbill 6th GC

May 2: Indian Eagle Creek Classic (Indianapolis): Cat 2,3: Tim Miller 1st, Rick Hoeting 3rd

May 2: Dublin Criterium (Columbus) Cat 4: Pat Hardewig 1st, Scott Nordgren 17th; **15 and under:** Scott Nordgren 5th

May 3: Clean Air Criterium (Indianapolis): Cat 2,3: Tim Miller 1st; Cat 4: Mark Zavaglia 9th

May 10 Mooresville Criterium: Cat 2,3: Rick Hoeting 4th

Important Note: You must call in your results to the ride line (791-RIDE) no later than the fifth of each month. Please make only one call per month, and please make sure that your message is understandable (that seems to have been a big problem this past month). Report the race name, date, category, and your placing. Do not report entry fees - it is your responsibility to keep track of your fees until the end of the year.

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 to QCW Newsletter, 2724 Morning Ridge Dr., Cincinnati, OH, 45211-8204

Ciocc SLX 48 cm c-t mixed Chorus/Super Record components \$800 OBO, Basso Ascot frame 52.5 c-t incl HS, SP \$600 OBO, 4 wheelsets, 661-2536

Ault Park Series (continued from page 1)

the Oakley Cycling Team, and sponsored by Oakley Cyclery, this local series is the highlight of many rider's seasons. The unique points race format involves a sprint every fifth lap, with the top four places scoring 5,3,2,1 points. Double points are awarded at the middle and final sprints. This creates plenty of opportunities for everyone to achieve some personal successes (see column 1, page 3). The "Master of Ceremonies" is Chuck Doll, who has donated a considerable amount of his own time every year to making these races successful.

An underappreciated facet of the Ault Park Series is that these races also serve as a fundraiser. A tremendous amount of restoration work has been performed on the Pavilion, around which the course circles. All profits from the races are donated to restoration of the Pavilion. Over the years, the race series has been the largest single contributor to this important project, raising over \$6000. This year's goal is to raise an additional \$1000. *The Ault Park Points Series begins May 27th, and continues for eight consecutive Wednesday nights. The 20 km B race begins at 7:00, the 40 km A race begins at 8:00. For further information call Oakley Cyclery, 731-9111.*



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: Queen City Wheels, 185 Albright Dr., Loveland, OH 45140, or call (513)791-RIDE.

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