

## QCW to Host Century on April 25

For the first time in the Club's history, QCW will host a century ride on Sunday, April 25. Based out of Big Bone Lick State Park in Northern Kentucky, this ride will feature loops of 31, 62, and 100 miles through the scenic countryside of rural Boone County. Cosponsored by Natorp Garden Centers, Sportshot, and Kroger, this is an Earth Day event. The first 500 registrants will receive a free seedling and coupon book (worth up to \$50) from Natorps'. In addition, the first 250 persons will receive a free QCW water bottle. All riders receive lunch and refreshments, courtesy of Kroger and Sportshot. The fee for the ride is \$12 for QCW members. A brochure describing the ride in detail is enclosed in this newsletter.

This new event is intended as a fundraiser for QCW Junior programs. According to Dan Roketenetz, Ride Director, it is difficult to predict the turnout for a first time event. Attendance is highly dependent on the weather of the day, but conservative estimates of 200-300 should produce a net profit in the range of \$2000. However, to achieve this level of success a number of volunteers are needed. Manpower is required for registration, lunch and refreshment areas, clean-up, and other functions. Even those who plan to ride can provide some much needed help. If you are willing to volunteer for this important fund raising event, please call Dan Roketenetz at 684-6000 (days and 24 hr. voice mail).

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\* Rob W. →

### Time Trials Start May 6!

For the 20th year, the Queen City Wheels Tuesday night time trials begin on May 6th. Once again, we return to the popular Cleves to North Bend route on the west side of town for our weekly 10.2 miles against the clock. Sign in begins at 6:00, and the first rider is off at 6:30 sharp. In 1992 over a hundred riders took advantage of the Club's most popular event. However, despite these numbers and the ever-increasing pace of technical innovation, only one record was broken in 1992. Jim Flaherty posted a 21:44 (which was also the fastest time of the year) to break his own Master Men 35+ mark. With the USCF time trial nationals being held in nearby Columbus this year, a number of marks may fall as serious riders prepare for this prestigious event.

With Nationals so close, the Club would like to participate in the 100km Team Time Trial event for men, and the 50km event for women.. If there is enough interest and commitment, more than one team may go. Interested parties should contact Jim Flaherty at 793-2891, and plan on regular team rides at the Tuesday event.

*(Directions: Parking is at the William Henry Harrison Memorial, on Brower Rd., in North Bend. Take US50 west of downtown to Miami Ave. Turn left on Brower Rd., parking is 250 yards on the left (at the finish). The start and sign-in is at the intersection of Mt. Nebo and River Rds. in Cleves. From the parking lot, either ride the course backward (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.)*

### Bicycling Magazine Weekend Cycling College Comes to Town

Bicycling Magazine and the U.S. Cycling Federation held one of its 29-city Weekend Cycling Colleges in Xenia, OH, on March 6-7. The 2-day session was hosted by four USCF coaches and three local cycling experts who presented their best approaches to plan, train for, and achieve high-performance cycling. The morning classroom session covered topics such as proper bike fit, nutrition, sports physiology, stretching, and training. The highlight of the classroom lectures focused on how to design a personalized training schedule based on one's goals and time constraints. They stressed the importance of training with a heart rate monitor in order to maximize the benefit from each workout and to reduce the risk of overtraining. A training diary was also presented as a must for those serious about improving their cycling. In the afternoon the 25 participants were divided into four groups to enhance our bike handling skills. We practiced double pacelining and echeloning, time trial starting and turn-arounds, sprinting, and knowing when to turn or steer through corners.

In addition to the personal attention from the USCF coaches, Bicycling Magazine provided in-depth literature on all topics covered during the college, with tips from professional racers and Bicycling Editors, along with a 1993 Mile-  
*(Continued on page 4)*

**9 new Club rides all around town are now starting! Details on Page 3.**

**You can now compete in any district's championship events. USCF News, page 3.**

## New Format for QCW News

This issue introduces a new format for this newsletter. The biggest change is the front page, starting with the name. We've changed the formal-looking "Queen City Wheels Newsletter" to the simpler "QCW News". Changes in column widths and type sizes are designed to provide an easier to read document. Even some fonts have been changed to produce a more professional product. All of this has been incorporated into a style guide to ensure a consistent appearance between issues. (Note: any publishing professionals who would like to see a copy of the style guide can contact me at the address at the bottom of the page. I would appreciate your critique.) The style guide should allow any editor/publisher to easily duplicate the "look and feel" of the QCW News. Finally, a hardware upgrade now permits the inclusion of pictures as well as the line art we've had in the past. You are invited to submit pictures for inclusion with articles. Prints only can be accepted, no larger than 3" x 5", black and white preferred (color accepted). These changes should produce an easier to read, eye-catching, more professional journal.

## Banquet Awards

Last issue featured a page 1 story about the QCW banquet. Unfortunately, when listing the awards the Club's highest honor was inadvertently left out. The *Tim Gehling Award*, honoring dedicated service to the Club above and beyond the call of duty, was presented to **Chip Ellison**. Chip richly deserves this award for his many years of service to the Club in a long list of activities.

## Survey Results

The last issue of the QCW News included a survey concerning present and potential club activities. These results are currently being used by the Board in deciding where to focus future efforts. A total of 29 responses were received. This is about a 12% response, a little below the typical return expected for surveys of this type. The averages of the responses were (1=not at all important, 2=not very important, 3=somewhat important, 4=important, 5=very important): Cyclebration: 4.58; Club training rides: 4.46; Newsletter: 4.38; Spring training races: 4.35; Summer training races: 4.19; Tuesday night time trials: 4.00; Teammates in races: 3.73; Racing skill clinics: 3.50; RIDE line: 3.50; Race fee reimbursement: 2.88; Mountain bike trail maintenance: 2.73; Mountain bike team: 2.58. Write-in additions included promoting a mountain bike race, the Club banquet, coaches, and Junior development programs. Note that the above numbers can be misleading, as many categories had bimodal response characteristics. This is especially true of the mountain bike categories, where there was a clear split between road and mountain riders. All of the results will be used, along with the volunteer lists, to determine not just those activities most important to Club members, but also those events where we will have enough help to stage a safe, successful event. Thanks to all who responded to our survey!

Direct all correspondence to: QCW Newsletter, 2724 Morning Ridge Dr., Cincinnati, OH, 45211-8204. The Editor is Robert Westendorf, who can be reached at 513-481-4606 from 7:00 AM to 4:00 PM weekdays.

## Calendar

### Races (OH, KY, IN, WV)

Apr 17 Hanging Rock MTB Series, Columbus, Gonzo Events 614/457-8  
Apr 17 Race at the Lake Crit, Munroe Falls, OH, Phil Whitworth 216/61  
Apr 18 Apple Valley RR, Mt. Veron, OH, Team Columbus 614/890-41-  
Apr 18 Babcock State Park MTB, Fayetteville, WV 304/574-2453  
Apr 21 Indianapolis TT Series, Todd Sullivan 317/576-0156  
Apr 24 Tour de Hall RR, Mooresville, IN, Dan Daly 317/831-6729  
Apr 24 Race at the Lake Crit, Munroe Falls, OH Phil Whitworth 216/63  
Apr 25 Mooresville Bike Classic, Mooresville, IN, Dan Daly 317/831-6  
Apr 25 Swiss Hills RR, Woodsfield, OH, Alan Marcossan 614/472-1911  
Apr 25 White Oak Challenge MTB, Watters Smith St. Pk. WV, 304/622  
Apr 28 Zipp Express TT, Sellersburg, IN Bob Peters 812/948-2453  
May 1 Delaware GP, Delaware, OH, Team Columbus 614/890-4145  
May 2 Spring Fling MTB, Elk River Touring Ctr, WV, 304/572-3771  
May 5 Southeastway Park Criterium Training Series, Indianapolis,  
Chuck Moll 317/894-2340  
May 9 Yellow Banks MTB, Dale, IN, 812/473-2453  
May 11 Southeastway Park Criterium series (see 5/5)  
May 15 Tour de Bluegrass, Georgetown, KY, Paul Versnik 606/254-96  
May 15 Hanging Rock MTB Series, Columbus, Gonzo Events 614/457-  
May 15 Eagle Creek Crit, Indianapolis, Dan Daly, 317/831-6729  
May 15 Revco Criterium, Cleveland, Linda Beveridge 216/487-1402  
May 15,16 Canaan Series MTB, Davis, WV 304/259-5286  
May 16 Rough Rider Relay MTB, Dayton, IN, Brent Mullen 317/423-4  
May 18 Southeastway Park Criterium Series (see 5/5)  
May 19 Indianapolis TT Series, Todd Sullivan 317/576-0156  
May 20 Richmond TT Series, Richmond, KY, Bob Marsh 606/885-462  
May 22 Crane RR, Crane, IN, Dan Daly 317/831-6729  
May 23 OH/WV District Time Trial, Napoleon, OH, Tym Tyler 614/81  
May 23 Anderson Classic, Anderson, IN, Dan Murphy 317/642-4241  
May 23 Fat Tire Boogie MTB, Owenton, KY 502/484-2998  
May 25 Southeastway Park Crit Series (see 5/5)  
May 26 Ault Park Series begins  
May 26 Zip Express TT, Sellersburg, IN, Bob Peters 812/948-2453  
May 29-31 Miami Valley Stage Race, Dayton, Doug Barker 1-436-904  
May 31 The Great Race, Goshen, IN, Kurt Folkmier 219/522-1939  
June 4-6 Specialized Cactus Cup MTB, Mansfield, OH 408/779-6229 e  
June 5 Strawberry Festival TT, Troy, OH 513/339-7714  
June 5-6 KY/IN District RR, Crit, Louisville, Clarksville,  
Craig Holmes 812/288-4414  
June 5,6 24 Hours of Canaan MTB, Davis, WV 304/259-5606  
June 7-13 WV Fat Tire Festival, Elk River Touring Ctr, WV 304/572-  
June 11-13 Jeep NORBA Ntl. Championship, Bloomington, IN  
June 11 Senior Women Road Nationals, Athens, OH  
June 12 Senior Men Road Nationals, Hocking Hills, OH  
June 13 Putnam County RR, Mount Meridian, IN, Dan Daly 317/831-  
June 15 National TT, Dublin, OH  
June 17 National TTT, Dublin, OH  
June 17 Richmond TT Series, Richmond, KY, (see 5/20)  
June 18 Windchimes Class Crit, Dublin, OH, Tym Tyler 614/890-414.  
June 19-20 National Crit Championships, Dublin, OH  
June 21 Subaru-GOBA Crit, Westerville, OH, Tym Tyler 614/890-414  
June 22-26 USCF Senior Track Championships, Indianapolis  
June 27 Tour of Brookside Crit, Indianapolis, Travis Massey 317/888-  
June 27 Summer Festival Crit, Michigan City, IN, Ted Everly 219/32-  
June 27 Bunnors Ridge Challenge MTB, Fairmont, WV 304/291-2270  
June 29 Southeastway Park Criterium Series (see 5/5)  
June 30 Zipp Express TT, Sellersburg, IN, Bob Peters 812/948-2453

Note: Club Rides are listed in this issue on page 3, col. 2.

### Events

Apr 25 QCW Century (see page 1 article)  
May 4 QCW Time Trials begin  
May 20 Bike-to-Work Day (see February issue)  
June 19-August 28 Bicycles in Art, exhibit, Maritain Art Institute,  
Loveland, OH, 683-1152

Note: The deadline for submissions for the next issue of QCW News is April 29th. If you plan to write an article, please contact the Editor no later than April 19th with your title.

## Tactics and Training!

### Blocking *-Rob Westendorf*

One of the most visible, and controversial, of team tactics is blocking. Blocking refers to any of a number of techniques designed to slow a pack to enable a breakaway to stay free. Blocking occurs far more often than most riders ever realize. (*Note: blocking occurs in every Ault Park race!*) By recognizing what is occurring, you can greatly improve your chances for success. Also, by participating in blocking tactics, you can increase your team's success rate.

Let's deal first with countering blocking maneuvers. The key is first to realize that blocking is occurring. The vast majority of lower category racers never recognize that tactics are being employed against them. You must keep your head up and your brain active. When attacks occur, pay attention to the teams involved. If a break forms, you *must* know which teams are represented. If riders from these teams start appearing at the front of the chase, watch out! If one or more of these riders is right at the front, be alert for any slackening of the pace. If this occurs, your first response is to yell. I guarantee that "*He's blocking! Go around him!*" will produce a response. The rider on the wheel of the blocker will nearly always immediately go around the blocker. He didn't realize what was happening. Everyone else will now be aware of the situation, and the chances of the block working will be considerably lessened. Be prepared to take part in the effort to break the block. If left to only one or two riders to do the work, they'll get discouraged and the blocker will get his way. Lead by example, and take a hard pull at the front. This will encourage others to pull, and the break can be brought back with the least effort from you. Remember: the key to breaking a block is to recognize that it is occurring, and make sure everyone else around you knows it too!

If you want to block, first know one thing: blocking is harder than pulling. You spend a lot of time at the front. For this reason it is essential that those in the break must later acknowledge the efforts of your teammates. If you win prize money, and don't share it, don't ever expect help again. Even if you don't win anything, express your appreciation both in words and later actions supporting those riders who supported you.

The goal of blocking is to slow down the chase. The easiest way to accomplish this is by stealth. If no one realizes what you are doing, it can be easy. This means that your block cannot be obvious. Don't try to slow the group to a crawl. All you need to do is bring the pace down to the same or slightly slower than the breakaway. There are a number of techniques for achieving this. Probably the most common is to lead through corners. It's very hard to pass in a corner, so few even try (except in the *last* corner). Stop pedaling well before the turn, and let your speed fall. (Don't slam on your brakes! This can cause a crash behind you as the bunch piles up, and, according to USCF rules, you are responsible *by willful action*. If caught, you'll not only be suspended, but you are liable for any damage to every bike in the crash.) As you exit the turn don't hammer back to speed. Make someone else bring the pace back up. Then get right back on the front, and do it again in the next corner.

In a paceline there are several methods to slow the pace. The

*(continued on page 4)*

## Results

Please call all results in to the QCW RIDE line, 791-RIDE, no later than the 5th of each month. Please slowly and clearly state your name, the race name and date, category, and place.

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## USCF News

One of the USCF rules that quietly changed last year with little attention concerns district championships. All such races are now open to riders from all districts, although an out-of-district rider is not eligible to receive any medals. (Then again, those of you who have won medals know that you very seldom actually get them anyway!) This offers riders a chance to compete in races that are both great experience and a lot of fun. In addition, district fees are capped at \$10 (\$15 with a late fee). Last year the OH/WV and KY/IN districts held their races on the same day, but this year they are separated by more than two months. This offers you an excellent opportunity to do both. (In fact, the KY/IN races are much closer to Cincinnati than OH/WV.) Particularly nice for Juniors and Masters, districts offer a complete list of age categories. While some field sizes are small, this means that out-of-district riders are warmly welcomed. My wife and I both raced in Kentucky last year, and the other racers were happy to have us (especially since we weren't a threat for their medals).

*The KY/IN road race is June 5th in Louisville, the criterium is June 6th in Clarksville, IN (just north of Louisville). The OH/WV road race is August 20th in Bremen, OH. A district criterium has not been announced.*

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## Rides

Many of the rides listed here are new. These have been started from the responses to the last issue's questionnaire. Most of these rides are being conducted on a trial basis. If the attendance is poor, the ride will probably not survive more than a month. If you are planning to attend some of these rides, it is in your best interest to do so sooner rather than later. This will help ensure that the ride continues throughout the season. If you are willing to lead a new ride, please call the RIDE line (793-RIDE) and leave your name, phone, and the ride details.

*Rides are ranked on a scale of 1 to 5, according to the typical speed and group. A "1" is an easy, teaching ride, "2" is basic paceline, "3" is moderate to fast paceline, "4" means many will be dropped, and "5" is an all-out ride harder than many races. For rides of "3" or higher you should not expect the group to wait for you if you get dropped. Rides with two or more numbers listed are typically large groups that break up as the speed picks up. All rides are led on a volunteer basis. Due to the vagaries of personal schedules, weather, etc., we cannot provide a guarantee that any given ride will always take place as scheduled here. Each ride has its own list of "regulars". You are encouraged to stay in touch with each other regarding scheduling and routes.*

- Sunday 10:00 (9:00 starting June 6) Hyde Park Square, 50 miles flat (5)  
Tuesday 5:00 Campus Cyclery Clifton (to time trials) 30 miles with 2 hills  
(usually multiple groups, 2,3, and 4)  
Wednesday 6:00 Procter & Gamble MVL, Old Colerain Ave., route varies (3-4)  
Wednesdays 4/28, 5/5, 5/19 5:45 UDF Erie Ave. 30 miles rolling (2-3)  
Thursday 5:30 Reliable Bicycles, 927 Vine (at Court), 25+ miles rolling  
(route, length, vary with daylight, weather) (2)  
Thursday 6:00 Wright Brothers Cyclery, Harper's Point, rolling (3)  
Thursday 6:00 Campus Cyclery, Clifton, 40+ miles with hills  
(two groups, 2 and 4)  
Saturday 10:00 Van Leunens, West Fork at North Bend, 35 miles mostly  
flat with one short, steep climb (3)  
Saturday 10:00 Montgomery Cyclery, West Chester, 40 miles (3)

**Cycling College** (Continued from page 1)

age Log Book. The coaches were a wealth of knowledge, and provided a great deal of insight on the sport. The weekend was well worth the 75 minute drive to Xenia, and I highly recommend it for anyone who is thinking about racing or wants to sharpen his or her current skills. If you are interested in attending a weekend session in another city, there will be one held in Indianapolis on April 10-11. Call 719/578-4581 for more information.

-Wendy Griffen

**Blocking** (continued from page 3)

simplest is to take your normal turn at the front. Take a long pull, and let your speed drop 2-4 mph during the pull. Don't pull off until someone either yells at you or comes around you. If they haven't yet realized you're blocking, it is in your interest to pull off as soon as they yell so as not to tip them off. If they know that you're blocking, make them come around you. Get back in the line as far forward as you can, and take as many turns at the front

as you can or that the rest will let you. This is where blocking gets really hard - you spend a lot of time on the front. A very powerful technique can be used in crosswinds. Normally the pack will form a sideways echelon pointing into the wind. When you reach the front, drift across the road with the wind. This straightens the echelon, and reduces the shelter available. It will eventually squeeze riders off the back of the line, as they are forced into the curb. In a criterium, if you can lead through a corner take the line right to the downwind curb as quickly as possible. It's very hard to come around you into the wind, so very few will try.

A final word about the ethics of blocking. Do not bump, push, threaten, or swear. If others are making a concerted chase, your benefit to having a rider in the break is that you get a free ride. If you try to block you will greatly anger the chasers. I have seen blockers intentionally crashed for angering a short-tempered chaser. Do what you can safely, and take a free ride on the chase if it comes.

**Classifieds:** Ad space is free for all QCW members. All ads must be resubmitted in writing each month. Ads are run on a first come basis, as space allows. If insufficient space is available longer ads will be edited and/or 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.

Shimano 600 Ultegra crank and BB, 42x53 chainrings, 175 mm crank, 113 mm BB. Under 1000 miles. \$45 Colin 683-2060  
Campagnolo Super Record group, complete with wheels, cables, seat post, etc., and Shimano clipless pedals. Low miles, excellent condition. \$350 Daryl 821-8745

53cm Miyata "Team", mixed Dura Ace and Ultegra components, Look pedals, blue, \$600 OBO Rob 661-2536

48cm Ciocc SLX, mostly Super Record components, Look pedals, PDM colors, \$800 OBO Roxanne 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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