

# Queen City Wheels

## February, 1993 Newsletter

Vol. 2 No. 1

### **QCW Banquet Celebrates 1992, Kicks Off 1993!**

On January 30th QCW held its Annual Meeting and Awards Banquet, at All Saints Episcopal Church in Pleasant Ridge. Sixty people were present, partly to conduct a little Club business, but mostly to have a chance to get together and socialize during the winter months. Everyone swapped tales of the preceding season and plans for the next while enjoying a fine lasagna dinner. One of the highlights was the chance to view a video of QCW's first mountain bike race last November.

A number of awards were handed out, led by the winners of the fastest times in the QCW time trials. Best time of the year, 21:44 (28.2 mph), went to Club President **Jim Flaherty**. Additional awards went to: Senior Men: **Rick Hoeting** (22:32); Senior Women: **Barbara Andrews** (26:11); Master 35+: **Paul Arner** (22:40); Junior Men: **Adam Luginbill** (23:52); Master 45+: **Roger Macomber** (24:37); Most Improved Man: **Tom Hawley** (28:46 to 26:17); and Most Improved Woman: **Gayle Goldsmith** (29:01 to 27:43). Competition Awards, for highest attendance, went to **Eugene Spiegel** (24:38) and **Cynthia Coleman** (29:31). (Additional time trial results can be found on page 3.) USCF Racing Awards, for significant performances by licensed racers, went to **Eric Knight**, honoring his performance at Junior Nationals, and to **John Cole** for his victory in QCW's Eden Park Circuit Race.

Four additional plaques were awarded to thank our major sponsors for Cyclebration. These went to **Campbell Sales Co. (V8)**, **Sports Shot Beverage**, **Wright Brothers Cyclery**, and the **City of Blue Ash**. Additional awards of thanks for critical work contributing to the success of Cyclebration were given to **WEBN - 102.7 FM**, **Betty Lane**, and **Brad Heinbach**. Finally, a special "Little King" award (a case of Little Kings) was awarded to Club President **Jim Flaherty** for all of his efforts in managing this "kingdom".

Club business conducted included a Treasurer's report from **Dave Carr**, showing a \$206.59 gain for the year. This was significantly boosted by the profit gained at the QCW Mountain Bike Race, run by **Jeff Vaught**. Officers were elected for the 1993 campaign. These are: President: **Jim Flaherty**, Vice President: **Fred Steinbrecher**, Secretary: **Charly Gehling**, and Treasurer: **Dave Carr**. A seven member Executive Committee was named, including: **Jim Clingman**, **Lois Ellison**, **Jim Obert**, **Roy Roberts**, **Dan Roketenetz**, **Rob Westendorf**, and **Charlie Wright**. If you have comments or concerns about the Club, please feel free to contact any of these people with your input.

### **Bike-to-Work Day is May 13th in Cincinnati**

The **Cincinnati Bicycle/Pedestrian Advisory Committee (Bike/PAC)**, a new citizen's advisory committee for the City of Cincinnati, has designated May 13th as Bike-to-Work Day. The entire week of May 10th is National Bike-to-Work month. During the week a booth will be set up on Fountain Square, and all bike commuters are asked to stop by before going into the office. A variety of festivities are being planned for noon on the 13th on the Square to publicize the effort to expand bicycling opportunities in Cincinnati.

**Bike/PAC** is comprised of individual cyclists, including commuters, racers, and recreational riders, dedicated to advising the City on cycling-related matters. Chaired by QCW's **Gayle Goldsmith**, the committee was formed as part of the City's response to public meetings about the **Intermodal Surface Transportation Efficiency Act of 1991 (ISE-T)**. This Act directs municipalities to increase efforts to reduce traffic levels to improve air quality, among other reasons. Bikes are the cleanest, cheapest, and may be the easiest means of meeting the requirements of the Act. The committee is in the early stages of advising the City on redesign and reconstruction of roads and bridges to improve safety and usability for bikes. The City strongly supports **Bike/PAC**, and even provided a full-time bicycling coordinator, **Mr. Jim Coppock** of the City's Department of Traffic Engineering, for a two month trial. **Bike/PAC** is currently working to make this position permanent, though funds are not yet available.

**Bike/PAC** meets on the first Tuesday of the month at 7:00 in City Hall room 226. All interested parties are encouraged to attend. A downtown subcommittee has noon meetings for those working downtown. To become a member of **Bike/PAC**, or to get more information, please contact **Gayle Goldsmith** at 721-0060 (daytime). **Bike/PAC** maintains a mailing list, and is currently circulating a petition to make the bike coordinator position permanent. Your help now can pay off significantly in the future.

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## 1993 Member Survey

Included as an insert in this newsletter is a three-part questionnaire directed at all QCW members. Please take a minute and fill out your responses, and send this form in soon. The results of this survey will be used by the Board to determine the Club's direction for the coming year.

The first part of the survey concerns Club priorities. Listed are a number of present Club functions and potential new activities. Please rank the importance each of these holds for you. If a function that you desire is not listed, please write it in. There is additional space for further comments. If this is not enough room, or if you desire to remain anonymous, please submit a separate sheet to the same address.

The second part of the survey concerns volunteering. All of the functions promoted by the Club are performed by volunteers. To maintain our current level of activity requires us to expand our pool of volunteer labor. Please consider carefully the importance of Club activities to you, and indicate your interest in volunteering for the Club. By filling in this form you are not committing yourself to anything. We will use these responses to build a list of potential workers that we can call for future events.

The final portion concerns training rides. One of the goals of this Club has always been to aid new riders to gain racing skills and fitness. In past years there have been many rides featuring veteran racers willing to teach the novice. However, recently the teaching aspect has fallen off, and most of the current regularly-scheduled rides are not suited to novices. We are asking all racers to lead an occasional training ride. Even if you can only lead once a month or so, please indicate so. We will develop a list of rides, and a coordinator and a pool of potential leaders for each. Hopefully, we can staff several rides around the city to aid all members in learning new skills and reaching a competitive level of fitness.

## Editorial

### *QCW Newsletter Starts it's 2nd Year!*

This issue marks the beginning of our second year of publication of this newsletter. Despite a few problems, I'm quite pleased with our Volume 1 product. However, to continue to produce this newsletter at the same frequency, your help is needed. In the first year, other than Jim Flaherty's President's column, only one article was submitted from you. For 1993 I have started my own business, so my free office time has dropped to zero. While I intend to continue to do the production and editorial work, I need your help to fill the spaces. Specifically, I need articles about races, racers, club activities, etc., a mountain bike editor, and a person (or persons) to collect results for me. Your contributions are vital to the continued timely appearance of this newsletter. To make things easier, you will always be able to find my phone number and address on this page. I look forward to hearing from you!

-Rob Westendorf, Editor

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)

Feb 20 Long Run RR, Louisville, Craig Holmes 502-367-000  
Feb 21 Fisherville RR, Fisherville, KY, Craig Holmes 502-367-0000  
Feb 27 St. John's Starlight RR, Floyd Knobs, IN, Bob Peters 812-948-2453  
Feb 28 Highlander RR, Floyd Knobs, IN, Bob Peters, 812-948-2453  
Mar 6,7 Beckerville School Races, Lexington, Gary Gomulinski 606-278-1053  
Mar 13 St. John's Starlight RR (same as 2/27)  
Mar 13 St. Patty's Day Classic, Dublin, OH, Team Columbus 614-890-4145  
Mar 14 Highlander RR (same as 2/28)  
Mar 20,21 L'Sprit RR, Sligo, KY  
Mar 21 Tour de Sugar Grove, Sugar Grove, OH, Team Columbus 614-890-4145  
Mar 27,28 Forkland Knobs RR, Gravel Switch, KY, Billy Anderson 606-230-7747  
Mar 28 Circuit de Snortin' Ridge, Revenge, OH, Team Columbus 614-890-4145  
Apr 3,4 MudFest '93 MTB, Owenton, KY 502-484-2998  
Apr 4 Old Man Cave Classic, Hocking Hills, OH, Team Columbus 614-890-4145  
Apr 11 Tour de Cantwell Cliffs, Hocking Hills, OH, Team Columbus 614-890-4145  
Apr 11 Too Yer Cookies MTB, Lafayette, IN, Brent Mullen 317-423-4695  
Apr 15 Richmond TT Series, Richmond, KY, Bob Marsh 606-885-4620  
Apr 18 Apple Valley RR, Mt. Veron, OH, Team Columbus 614-890-4145  
Apr 21 Indianapolis TT Series, Todd Sullivan 317-576-0156  
Apr 24 Tour de Hall RR, Mooresville, IN, Dan Daly 317-831-6729  
Apr 25 Mooresville Bike Classic (see 4/24)  
May 1 Delaware GP, Delaware, OH, Team Columbus 614-890-4145  
May 5 Southeastway Park Criterium Training Series, Indianapolis, Chuck Moll 317-894-2340  
May 8 Eagle Creek Criterium, Indianapolis, Dan Daly 317-831-6729  
May 11 Southeastway Park Criterium series (see 5/5)  
May 15 Tour de Bluegrass, Georgetown, KY, Paul Versnik 606-254-9622  
May 16 Rough Rider Relay MTB, Dayton, IN, Brent Mullen 317-423-4695  
May 18 Southeastway Park Criterium Series (see 5/5)  
May 19 Indianapolis TT Series, Todd Sullivan 317-576-0156  
May 20 Richmond TT Series (see 4/15)  
May 23 OH/WV District Time Trial, Napoleon, OH, Tym Tyler 614-890-4145  
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 29-31 Miami Valley Stage Race, Dayton, Doug Barker 1-436-9045  
May 29 Crane RR, Crane, IN, Dan Daly 317-831-6729  
May 31 The Great Race, Goshen, IN, Kurt Folkmier 219-522-1939  
June 4-6 Specialized Cactus Cup MTB, Mansfield, OH 408-779-6229 ext. 310  
June 11-19 USCF Senior National Championships, Columbus  
June 22-26 USCF Senior Track Championships, Indianapolis  
July 30-August 1 Cyclebration '93  
August 21 OH/WV District Road Race, Tym Tyler 614-890-4145

### Rides

*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 numbers listed are typically large groups that break up as the speed picks up.*

Sundays 10:00 Hyde Park Square 40 miles flat (3,4)

### Events

March 6,7 Bicycling Magazine Weekend Cycling College, Cincinnati, USCF 719-578-4581  
March 13 Officials Clinic, Indianapolis, Bonnie Cutter 317-923-4128  
May 4 QCW Time Trials begin  
May 20 Bike-to-Work Day (see page 1 article)

# Tactics and Training!

## Breathing Technique -Rob Westendorf

Its' as natural as can be; you do it every day of your life; there's no need to practice - breathing comes naturally. Don't you believe it! Every single one of us can improve the efficiency of our breathing. In an aerobic sport like cycling, any increase in oxygen intake can provide an important edge. However, I'll bet that not one out of ten racers has ever consciously worked to improve breathing technique. Unfortunately, lung capacity is genetically determined. There is absolutely nothing you can do to increase your lung capacity. However, you can improve the efficiency of what you have.

In a normal breath only a small fraction of your lung capacity is actually being used. If you breathe deeply, you use a greater portion. The key is learning to breathe as deeply as you can. This is most effectively accomplished by using a technique known as "belly breathing." To fill with air, your lungs must expand. The rib cage, being made of bone, is essentially rigid. In normal, light, breathing there is sufficient room in the chest cavity to accommodate the expansion of the lungs. However, in deep breathing there is not enough room. You can find this room at the bottom of the chest, below the rib cage. If the diaphragm moves down, there is an increase in room for the lungs. To move the diaphragm down, you must move the belly out. This may sound obvious, but most people do not breathe this way. The "natural" technique followed by most involves "sucking it up" - they pull in their belly as they breathe in. This clearly counterproductive method becomes even harder to overcome as the breathing rate goes up.

To change your breathing method you must consciously think about how you move your diaphragm. Practice while riding alone or on a trainer at a moderate pace. Start with exhaling technique: while exhaling, visualize your diaphragm moving in and up into your chest cavity. Exhale firmly and smoothly. Then relax your diaphragm and let your lungs expand. Work on keeping a smooth rhythm. If you have a heart rate monitor, you'll know that you're being effective as your heart rate drops at a constant work load. Practice until it becomes an unconscious motion. (This took me several months.) Only once you've gotten exhaling down should you start to think about inhaling. Concentrate on moving your diaphragm down and out while inhaling. When done properly, you'll look as if you have a beer belly while doing this. Combining the two motions is tough, but the rewards will be evident on your heart monitor. (When I first started learning this technique, I often found myself slipping into my old ways when riding hard. While time trialing, I found that my heart rate would drop nearly 10 beats-per-minute once I started breathing properly again. That much of a change translates into over 1 mph faster for me.)

Keep your breathing rate under control while doing hard efforts, especially hills. Don't pant, and don't breathe rapidly. Although your perceived exertion may seem easier when panting, anything over 30 breaths-per-minute is inefficient. Especially over the top of a hill, refocus your attention from

# Results

## 1992 Time Trial Results

106 different people competed in the QCW Time Trial during 1992!

**Best Time:** Jim Flaherty 21:44, **Senior Men:** 1. Rick Hoeting 22:32; 2. Bill Brigger 22:55; 3. Tom Lebuhn 22:59, **Senior Women:** 1. Barbara Andrews 26:11; 2. Lois Ellison 27:04; 3. Nancy Thomas 27:11, **Junior Men:** 1. Adam Luginbill 23:52; 2. Eric Knight 24:38; 3. Nathan Rand 24:57; **35-45 Men:** 1. Jim Flaherty 21:44, 2. Paul Arner 22:40; **45+ Men:** 1. Roger Macomber 24:37; 2. Eugene Spiegel 24:38, **Most Improved, Men:** 1. Tom Hawley 28:46 to 26:17, **Most Improved, Women:** 1. Gayle Goldsmith 29:01 to 27:43, **Competition Award:** Eugene Spiegel 24:38, **Competition Award:** Cynthia Coleman 29:31

## 1993 Jerseys

The Club is in the process of ordering new jerseys for the coming year. To obtain a jersey, you must order and prepay now. The price is not yet firm, since the final amount will depend on how many we order. Jerseys are estimated to be \$45, and skinsuits are estimated at \$75, and bib shorts are \$38. Please order now by sending your desire (jersey, skinsuit, quantity, size, S,M,L,XL) along with the appropriate amount to: Jim Flaherty, 9259 Deercross 2A, Cincinnati, OH, 45236. (Please make checks payable to *Queen City Wheels*.) Any difference in price from the estimate will be collected (or refunded) when you pick your jersey up. Delivery is expected around the end of March.

## New District Rep for OH/WV

The Ohio/West Virginia USCF district has a new district representative. His name is Tym Tyler, and he can be reached at 124 Freeman Rd., Westerville, OH 43081 (614-890-4145). The district rep handles all license changes, such as upgrades or club changes. (Note: new for '93, an address change does not require a new license unless you change districts.)



your legs to your lungs. Concentrate on breathing deep and regular. Your recovery will be much faster, and you'll find that you can drop people who stayed with you on the hill, or you can bridge up to any breakaway.

## German Team Looking For Hosts

Sport for Understanding (SFU), an international exchange organization based in Washington, D.C., is looking for hosts for a German cycling team. This co-ed team, consisting of 15 riders and 2 coaches, is planning on being in the U.S.A. from March 31st through April 21st. SFU is looking for host families sufficient to house the entire group for this period, which includes the Easter holiday. If you are interested in this multi-cultural exchange, please contact Ann E. Wallace, Acting Program Manager, at the Washington office of SFU, 3501 Newark Street, N.W., Washington, D.C. 20016-3199 (202-966-6800).

## New Rules in 1993

Contrary to what was listed in the most recent issue of *Cycling USA* (the USCF's official newsletter), Ohio/West Virginia is **NOT** a free market district for 1993. Entry fees are restricted to the amounts listed in the USCF rulebook. In other changes, category 5 riders cannot win any prizes with any cash value whatsoever. This includes primes as well as finish placings. For juniors, blocked gears are acceptable as a means of meeting gear limits in all races except National Championships. There are some new upgrade criteria, including, for the first time, some mandatory *downgrade* criteria. These are listed in *Cycling USA*. One point on which there seems to be confusion is which races qualify for upgrade points. Points can be earned in any mass start race (time trials do not count) in which a minimum of 10 people of your category or higher, comprising at least 50% of the field, compete. In practice, most district reps do not count any race that includes categories below yours.

**Classifieds:** All ads are accepted for free insertion from QCW members. Please keep your text brief. If space in a particular issue is tight ads may be edited or bumped to the next issue. Submit ads in writing only to QCW Newsletter, 2724 Morning Ridge Dr., Cincinnati, OH 45211-8204.

HED disk wheel, tubular rim, with freewheel and tire. \$150 OBO Rob or Roxanne Westendorf, 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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