

QCW Annual Banquet is January 8th

The annual QCW Meeting and Banquet will be held Saturday, January 8th. The meeting will be held at All Saints Episcopal Church (in Pleasant Ridge, same as last year), starting at 7:00 PM. All members are strongly encouraged to attend. Our annual lasagna dinner is always a hit, and everyone enjoys the chance to trade war stories from the past season, and share dreams for the coming campaign. Bring your pictures as well as your stories!

The main focus of the evening will be the annual meeting. The agenda includes the election of new officers for the 1994 year. Nominations for officers were not firm at press time. If you are interested in running or nominating someone for a board seat please call Jim Flaherty at 489-0833 before December 19th. Additional topics include a review of our financial status (including Cyclebration results), plans for the upcoming year, and, our most popular item (other than dinner), the 1993 QCW Awards. Roger Macomber will

give a presentation about his cycling pilgrimage to France, including many famous Tour climbs. Mike White will speak about his third place finish in this year's RAAM. The floor is always open to any comments or questions, so this is your chance to be heard on club plans and policies. A mountain bike (Coutesy of Wright Brothers Cyclery) will be raffled off (tickets available only at the meeting). As always, feel free to bring your used equipment for sale (if you're in the market, bring money).

The QCW Annual Meeting and Banquet is free for all QCW members. Guests are welcome for a \$5 dinner charge. All Saints Episcopal Church is in Pleasant Ridge, at the corner of Parkman Place and Grand Vista. From Montgomery Road approximately 1/4-1/3 mile northeast of Ridge Road turn north (Left if coming from Ridge Rd., right if coming from Kenwood) on Parkman Place. The church is on the left one block from Montgomery Rd. Please park on the street.

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QCW Mountain Bike Race

A Success In It's Second Year

QCW's second annual mountain bike race at Camp Hook, on November 20th, was once again a rousing success for all. This year's race drew 105 participants to the Middletown course for a day of racing and pasta. Thanks to the sponsors, the 105 participants, and especially all of the volunteers who helped to make the Second QCW Mountain Bike Race a success!

Among the event's highlights:

- Observed Trials Pro Toby Tetzl "cleaned" five trials sections enroute to defeating Junior National Champion Shaun Miller
- Five year old Chris Groene displayed his racing prowess in the Kid's race, while QCW veteran, ten year old Stuart Shroff, took top honors.

- Will Goeghegan (Team Chiquita) defeated a contumacious Cammon Rooney and a persistent Andy Bracke to repeat as champion in the Pro/Expert race and record his 18th victory this year.

- Former triathlete Paula Maresh (Bikesource) claimed the women's top spot in her first year of mountain biking.

- Beginner Jenn Dial, not content with two laps, rode an extra lap, ranking her fourth among all women, but second to QCW's Patty Moran in the beginner category.

- Mike Peters and Ray Humphreys (14 and 12 respectively) turned the tables on the older junior riders to finish in the top three.

- Jeff Vaught

Thanks to Our 1993 Sponsors:

Wright Brothers Cylery and Fitness

Kroger State Avenue Division

PowerBar

EastSide Weekend

WEBN

SportsShot Sports Beverage

Letters

Dear Members of Queen City Wheels:

I wanted to write and express my gratitude for making it possible for me to attend the Dayton Police Bike Patrol School. I have been on the Cincinnati Police bike patrol for three months now, and I am amazed at how much I still need to learn. At this seminar, I not only learned skills that I can apply to law enforcement, but I gained confidence in myself, my bike, and I learned to do things I did not know were possible. This course was very beneficial to me and I am very thankful that because of your generosity, I was able to attend.

Sincerely,

Patrol Officer David Simpson

District Four, Cincinnati Police Department

Wright Brothers Assumes Cyclebration Sports Marketing Duties

Wright Brothers, Inc., will be the official sports marketing agent for Cyclebration '94. Under this new agreement with QCW, Wright Brothers will be responsible for seeking and securing sponsors, and for all functions related to sponsor commitments, hospitality. This includes media relations and coordination before, during, and after the event. QCW will remain the managing organization of the race, including all aspects of production of the actual race. This new agreement frees up the time of the QCW race directors and staff to focus on the critical mechanics of actually putting the race on, and removes the tremendous burden associated with fund raising. Cyclebration has grown so big that it strained the volunteer capacity of QCW past the limit this year. This new agreement allows the Club to continue to "grow the race" without putting such a great burden on our volunteer workers. Wright Brothers, Inc., and QCW have agreed to a financial arrangement beneficial to both organizations that removes most of the financial risk that the Club has always assumed when promoting Cyclebration.

Long Sleeve Team Jerseys Available

The QCW team jackets mentioned in the last newsletter will not be available. Instead, long sleeve team jerseys are being ordered. If you would like one of these high quality jerseys, you must preorder no later than January 8th. Orders must be prepaid at \$35 per jersey. Send a check made payable to QCW to Jim Flaherty, 12135 Coyote Ct., Cincinnati, OH 45241. You can also order a jersey at the annual banquet on January 8th.

Calendar

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 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. Please call the ride coordinator listed for details or possible changes. Changes and new rides may be detailed on the QCW PELO line before listed here.

Saturday and Sunday 8:30 Mountain bike ride, Mason/Loveland area, Dan Roketenetz 684-6000 (2,3,4)

Saturday mornings, coaching ride, Paul Eddleston 761-9206

Events

Jan 8 QCW Annual Banquet 6:30, All Saints Church, Pleasant Ridge

Volunteer of the Month

If you've been involved with any QCW activity in recent memory you know our volunteer of the month. Fred Steinbrecher always has a "cause", and, luckily for cyclists bicycle racing is usually high on his list. As unpredictable as Fred is (rap music?), or thing you can be sure of is that he is always ready to ride and ride fast. Fred is an excellent racer (1990 30-34 District Road Champion) who is a favorite in any event he enters due to his ferocious sprinting ability (although Tim Gehling referred to him as the "World's Worst Time Trialist"). Fred has directed numerous Spring Training Series races, as well as being an originator of the series. He helped with every Cyclebration in memory and, as USCF official, has helped races run more smoothly by questioning the old ways while suggesting new ways. Several years ago Fred quit his job at GE and returned to school to pursue a engineering degree. Although we are very happy Fred has a new job, we are greatly disappointed that his new job is in Frankfort Kentucky. Fred and his wife Sue will be moving to Frankfort and we at QCW will miss him both personally and officially. Although QCW will suffer, we can expect to see his involvement in Kentucky races real soon. We wish you success in your new venture, and remember, Cincinnati is a short drive away.

- Jim Flaherty

Free Coaching Available to Cincinnati Racers

Paul Eddleston is offering a free coaching program to interested riders of all levels. Paul has been racing for 15 years, and is a USCF cat 1 racer. He is originally from England, and is a British Cycling Federation Certified Coach. Paul has raced extensively in the U.S. as well as in Holland, Belgium, and France. He would like to meet with interested riders on Saturday mornings. For more information call Paul at 761-9206.

Fund Raiser for East Fork Trail Development a Big Success

Custom designed T-shirts to commemorate the second annual QCW mountain bike race at Camp Hook on November 20, 1993, were sold on race day. All proceeds from the sale of the shirts will be donated to East Fork State Park as a gesture of QCW's commitment to the trails project and to help offset costs. The cost of producing the shirts was underwritten by the generosity of several area bike shops and suppliers.

The shirts are 100% heavyweight cotton and depict a colorful caricature of a mountain biker taking flight off the side of a hill, entitled "Full Air", with our contributing sponsor's logos on the back. There are a few left, all XL, and only cost \$10. Support the trail project by purchasing one soon. Call Dan Roketenetz at 684-6000 to have it sent to you.

Show your support by thanking our sponsors the next time you're in their shop. QCW extends our sincere gratitude to the following:

Bishop's Bicycles
Campus Cyclery
Jim's Bicycle Shop
Oakley Cycles
Wright Brother's Cyclery
T-9 Lubricants

Tactics and Training

Into the Gym

- Rob Westendorf

Over the winter many riders head to the gym for weight lifting work through the dark months. This is an excellent cross-training routine that benefits not only your cycling, but also your general well-being. I am not qualified to tell you what exercises to do or how to do them, but I do have a couple of pieces of advice. The first is to carefully evaluate your goals. Exactly what do you expect to gain from all this time spent lifting? Simply saying "To become a faster rider," is not good enough. How do you plan to aid your racing? For most of us, power is the main thing we can gain in the gym. Increased power aids almost all aspects of racing, but is most noticeable in climbing, sprinting, and time trialing. In addition to improving your riding, it's a good idea to work on total body conditioning. Spend some time working on muscle groups that cycling neglects (particularly the abdomen). As long as you don't overdo it, and add a lot of muscle mass to your upper body, this conditioning will help your cycling by making it easier to spend time in the saddle.

More than anything else I could suggest, the best thing you can do in the gym is to get a coach. A professional trainer can dramatically increase the effectiveness of your workout time. You don't need to be supervised every time out. Just use a trainer to establish a program, and to school you on the proper form. This will take from two to four sessions, typically at \$15-\$20 per session. (Note: Make sure you get a *professional* trainer. He/she should have a degree in exercise physiology or the like. Don't settle for less. A good gym will have at least one degreed trainer. My gym has four.) Before the first session talk to the trainer about your goals. Emphasize leg power and overall conditioning. At your first session the trainer will have a routine already written down for you. This must include a stretching set, preferably both before and after lifting. As you go through the routine listen carefully to comments about your form. Form is critical to maximizing your gains. As an example, I have a long background in rock climbing, a sport that requires lots of gym work to reach elite levels safely. I lifted for years before getting a trainer, and I thought I knew what I was doing. The trainer had me drop many of the machines I was doing, including some of the most popular ones in the gym. He added a few new ones that I had never used before. On others he pointed out major form flaws that limited any gains. An example of this is leg curls. For years I thought I had maxed out on weight, since I hadn't increased weight for such a long time. My trainer pointed out that as I lifted the weight I was allowing my hips to rise up off the bench. This shifted the load to different muscles, and totally changed the effect. Once I started using the correct form, with my hips down, I had to drop the weight by more than half. My hamstrings were much weaker than I thought. However, now that I changed to better form, gains came rapidly, and my weight soon surpassed what I previously could only handle the wrong way. The same scenario was played out on more than half of the exercises.

Without professional help, I would never have reached the power gains that I now count on. The same is likely true for you. You invest a lot of time and effort into racing, and more than a few bucks as well. Invest a few more in some professional help, and your return will be well worth it.

Results

Tour of Brookside, August 28, Indianapolis: Women: Wendy Griffen 5th;

Hoosierfest Criterium, August 29, Bloomington, IN: Sr 3: Brent Sacksteder 2nd;

Tour de Parks, September 12, Louisville: Sr3: Brent Sacksteder 6th; **Sr 4:** Andy Bracke 2nd; **30-39:** John Cole 5th; **40+:** Grant Wearne 3rd; **Women 1,2,3:** Wendy Griffen 3rd.

September 19 Congratulations to Mary Jo and Eugene Spiegel on their wedding! Eugene, did you wear your "tuxedo skinsuit" at the wedding? Enquiring minds want to know!

Wright Wride Time Trial, October 3, Dayton: Senior Men: Grant Wearne 1st; **Masters:** Roger Macomber 1st, Eugene Spiegel 7th

Please call your results in to the QCW PELOton line (677-PELO) once a month, no later than the end of the month. Please give your name, the race name and date, category, and place. Please speak slowly and clearly, as most messages have been difficult to understand. Thanks!

USCF Increases Insurance Fees

The USCF has increased the insurance surcharge for sanctioned events for 1994. For licensed racers the daily charge increases from \$1 to \$2, for citizen racers the charge moves up from \$2 to \$5. These charges apply to every event run under a USCF permit. In addition, the permit charges to promoters for training races has been more than tripled, from \$15 to \$50. Based on these new charges, you can expect all race entry fees to increase in 1994. Ohio/West Virginia remains a fee-controlled district, so the maximum fee for training races will now be \$13 (\$16 for citizens). Kentucky/Indiana remains a Free Market District, so there is no cap on entry fees.

1994 Dues

Enclosed with this newsletter is a 1994 membership form. Please note that dues have been increased by an average of \$5 for the coming year. However, even with this increase QCW remains the lowest cost racing club within a 200 mile radius. For licensed racers, if you race for a club other than QCW (i.e. a club other than QCW is listed on your license) there is a higher fee. Payment is due no later than January 31st, 1994, or you run the risk of missing newsletter mailings.

QCW Changes Phone Number

The RIDE line is dead, long live the PELOton line! Effective immediately, the Club has changed it's phone message service. The old phone line, which featured a standard answering machine, has been dropped in favor of a new voice mail-type system. The new system more than doubles the length of the outgoing message that can be recorded, and allows more incoming messages to be recorded. Problems have been experienced in the past with too much information for the available message time, and too many incoming messages. This required checking as often as daily. The new system gives us more time for messages, and can be accessed for updates by any club officer from any touch tone phone. In addition, these benefits are combined with a lower price! Can't beat that! Unfortunately, we could not keep the old number. The new number is 677-PELO (7356), the new name is the PELOton line.

QCW To Open Offroad Trails in East Fork State Park

Queen City Wheels, after weeks of discussion, is in the process of concluding a working agreement with officials of East Fork State Park for the development of exclusive use mountain bike trails. East Fork is located about 25 miles east of Cincinnati. The park consists of 11,000 acres that includes a 2100 acre lake. Currently, there are a 12 mile backpacker trail and a 37 mile hiker and equestrian trail in the park.

The section of the park that has been tentatively approved by park officials for the first section of trail is in forest area with many scenic overlooks of the lake. The terrain is rolling with excellent natural contours that should provide for mud-free conditions in most weather. It is anticipated that the first loop, consisting of approximately 5 miles, will open to the public in the Spring of 1994. Additional trails are planned for the future. The final phase of the agreement with the park is to obtain the approval of the Corps of Engineers which owns the park property. Given the support of park officials for this project, no problems are anticipated. A meeting is scheduled for early December.

Volunteers are welcome to join in trail development, which will begin in mid-December. Volunteers will be coordinated through Jim Flaherty or Dan Roketenetz. In order to become an autho-

rized volunteer you must submit a signed volunteer form (see below). ONLY REGISTERED VOLUNTEERS ON SCHEDULED WORK DETAILS WILL BE PERMITTED TO RIDE IN THE PARK. OTHERWISE, RIDERS WILL BE CITED BY PARK RANGERS. By becoming a registered volunteer, you are covered by Ohio workers' compensation should you be injured while on duty. For further information, call the QCW information line at 677-PELO or Dan Roketenetz at 684-6000.

Volunteer Application for East Fork State Park

Name: _____

Date: _____

Signature: _____

Address: _____

Phone No.: _____

Social Security No.: _____

Return to: Dan Roketenetz, 525 Vine Street, Suite 900,
Cincinnati, OH, 45202

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.

Miyata "Team", 53 cm c-t, Dura-Ace/Ultegra components, Specialized sealed hubs, blue \$500 OBO 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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