

QCW RACERS UNITE!

On December 20, 1993, a group of 12 QCW racers got together to discuss the development of a more structured racing team for the 1994 season. The racers in attendance decided: i) QCW racers need to train together as a team, ii) races would be more fun if QCW had several racers at each event, iii) available coaching should be utilized, and iv) we need to get all interested racers involved.

Training

The training season in Cincinnati can be easily divided into five segments or macrocycles. These macrocycles include: i) base season (January-March), ii) early race season (April-May), iii) Ault Park race season (late May-mid July), iv) late race season (late July-September), and v) the maintenance phase (October-December). Currently we are in the base season.

The goal of the base season is to accumulate mileage and begin working on fundamentals. **Organized group rides** from January-March will be held on both Saturdays and Sundays. **Saturday** rides will leave **Riverfront Stadium at 10:55 AM** and be lead by Coach Paul Eddleston (see Coaching below). On **Sunday** a group ride will leave **Wright Brothers**, at **Kemper & Montgomery Roads**, at **11:00 AM**. Rides lengths will depend on the weather and the fitness of the group, but initially will not exceed 2 hours. Rides will be held when it is not raining, and the temperature is at or above 30 degrees F.

Races

In addition to training, as a team we can pick races that we want to enter with fellow teammates. The result would be traveling and racing with friends/teammates, instead of driving two hours by yourself to enter a race where you know no one, and have no idea which wheel to follow in the final sprint. Who knows, maybe as a group we could get decent results by working together (or at least be able to claim we sacrificed ourselves for the team, and that's why we got dropped on the last big hill).

Without a race pending on the horizon we typically have trouble staying motivated to train. Therefore, if we can pick one to two races for the QCW Team to enter per month, we can maintain our racing enthusiasm and have fun at races.

Coaching

Paul Eddleston, Eggy, is enthusiastic about coaching Cincinnati area racers of all skill levels. Paul, as you may have seen in the November-December QCW News, has 15 years of cycling experience and progressed to the CAT I level here in the States. Recently Paul has gone through the USCF coaching program, and is anxious to bring coaching to the Cincinnati area. This is an excellent opportunity to have an experienced coach help us develop as cyclists. Let's take advantage of this unique opportunity while Paul's enthusiasm is sky high!!

Paul will be leading the **Saturday** morning training ride (see above). The rides will focus on riding skills as well as conditioning. If interested, please attend or call **Paul** at **761-9206**. A weekly instructional ride will be planned throughout the year. We look forward to your input for the April-June schedule, which will be discussed at the monthly Team meeting (see below).

Recruiting Racers

The enjoyment of cycling is greatly enhanced when you can train with and compete against others. The saying "the more (racers) the merrier" is very true. This is because the more people on a ride, the faster the group can go, and the less work each person has to do. If we are in a race where more people are entered our chances of finishing with a good placing are better (ie, 10th of 25 beats the heck out of 10th of 14).

Getting a racing team structured in such a way that racers can participate and advance, has traditionally been a big problem for cycling throughout the country. There are at least three reasons for this: i) people wanting to begin racing competitively have trouble finding and establishing contacts with local racers and the racing scene, ii) cycling clubs have difficulty developing their racers, and iii) coaching, good or bad, is hard to find. It is possible that QCW can improve in all three of these areas.

Introducing new racers to the QCW Racing Team is vital for increasing and sustaining the Team's population. In order to provide "wannabe racers" with contact to the QCW Racing Team we must have a systematic training and racing program. The successful recruitment of "wannabe racers" includes: i) regular training rides that all club members, time trialists and bike shops are aware of, ii) making new faces feel welcome on training rides (being sure they know the route in the event they are dropped), and iii) providing for cycling development through on- and off-bike instruction. Remember when you were a "wannabe racer" and you rode your old 30 pound Schwinn up to a group of shaved-legged, 8% body fat CAT II racers and said "can I ride with you guys?" If we are not receptive to new "wannabe racers", they will most likely not come out to ride again the next week, and we will not have any new guys with fresh legs to bring us home through a strong headwind in the future.

Cycling clubs often have trouble developing their racers into a racing team and QCW is no exception. How often have you gone to a race only to see or meet a QCW rider for the first time? The downside is that we have the same jerseys, but we don't even know each others names. Therefore we have virtually no chance of working together in that race. To alleviate this problem we are trying, through this mailing and subsequent newsletter articles, to get all QCW racers to come together to train and race as a team. If you are interested in racing this year with the Team, please fill out the enclosed survey and return it.

A key to establishing a structured team is to provide skilled coaching. Just having six teammates in a race may not help if we don't understand how to capitalize on the Team's collective strength. Coaching can help develop team strategy. We are fortunate this year, because Paul Eddleston has already volunteered to coach. Let's take advantage of a coach and form a united team to increase our enjoyment in bicycle racing.

Monthly Team Meetings

A monthly Team meeting will be held on the **first Monday of each month at 7:30 PM** at different locations throughout the year. The meetings will provide a forum to discuss which upcoming races the Team wants to attend, changes in training ride schedules, and a lecture series to be presented by Coach Eggy. The coaching clinic portion of each meeting will be the main purpose and topics will include skills worked on during rides, race and training strategies, and other training topics that can be discussed best in a classroom environment. The team approach to racing can be greatly enhanced by getting a consistent group of racers to attend the monthly meetings.

The QCW Racing Team will hold its **first monthly meeting on Monday February 7, 1994**, at the Hamilton County, Symmes Township Branch, Library's main meeting room (11850 Enyart Rd (369-6001), 200 feet east of Montgomery Road, one half mile north of Wright Bros. Bike shop) from **7:30-9:00 PM**. The agenda will include deciding which races the Team will enter in March and April, and Coach Eggy will introduce his training regime and philosophy. All interested racers are encouraged to attend!!

Please mail your completed survey to:

Kurt Etter
QCW Racing Team
3933 Spring Mill Way
Maineville, Ohio 45039

Or call 459-1588 (Home) or 782-6909 ext. 243 (Work)

Your suggestions and/or comments are welcome. This is your Team, let's make it happen.



QUEEN CITY WHEELS
RACING TEAM SURVEY



If you are interested in racing with the Queen City Wheels (QCW) Racing Team this year please answer the following questions and return to the address listed at the bottom of the page by February 18, 1994.

What is your USCF age and classification? _____

How many races did you enter last year? _____

How many races do you plan to enter this year? _____

Do you want to be on the QCW Racing Team? _____

Are you committed to training with the QCW Racing Team? _____

If so, number of group rides you could attend a week? _____

Can you attend a Team meeting, with a Coach, on the first Monday of each month? _____

The QCW Racing Team is getting red "Team" helmets, are you interested in buying one? _____

How about Team Shorts? _____ How much are you willing to spend? _____

Group training rides for January-March will start at 10:55 AM on Saturdays at Riverfront Stadium with Coach Paul Eddleston providing instruction. Will you plan to attend? _____

We are planning to go to Superweek in Wisconsin during July, are you interested in going? _____

ANY COMMENTS? _____

NAME: _____

ADDRESS: _____

PHONE: _____

Please mail your completed survey to:

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