

QCW Expands It's Racing Efforts!

Formation of Racing Team Designed to Benefit All QCW Members

On Monday, February 7th, QCW hosted it's first monthly race team meeting. The race team represents a refocusing of the Club's efforts in promoting the racing success of it's members. The goals of the team include the following: to provide access to a qualified cycling coach, to promote training rides at levels to suit all club members, to increase cooperation in races, to facilitate ride sharing to out-of-town races, and to increase QCW membership by encouraging new racers.

QCW's new coach is Paul Eddleston, an experienced ex-cat 1 (elite) racer who has been racing in our area for the last few years. Paul holds a coaching license from the British Cycling Association. At each meeting Paul will give a talk designed to improve your racing. In addition, he will also author a column in each issue of *QCW News* (see page 5 for Paul's first article). Saturday mornings will feature a coaching ride led by Paul leaving from Riverfront Stadium. This ride will be for coaching on technique, and not on fitness.

Riders of all abilities are invited: no one will be dropped, but we will break into multiple groups when necessary.

The availability of training rides is critical to racing success. Few riders can ever hope to reach their potential by riding alone. Riding with a group will make you faster. Plus, it's always more fun to ride with friends! Currently there are two weekend rides, but, once daylight savings time starts, look for rides to be available every day.

Racing effectively as a team requires not only the desire to help teammates, but the knowledge to provide effective help. The best way to achieve this is to ride together under a coaches' direction. Team tactics will grow naturally as our coaching and training programs expand.

Finally, sharing a ride to races makes it not only cheaper on gas money, but improves your racing by spreading the driving demands, and can be a lot of fun. By meeting and training with other QCW members, you can have both more fun and more success in your racing career.

Annual Banquet and Meeting A Fun Night

The Club's annual meeting and banquet, held on the evening of January 8th, drew 44 members (about 20% of the Club) to All Saints Church in Pleasant Ridge. The busy evening included the Club's annual meeting and election of officers for 1994, as well as the awarding of the Club's 1993 honors. Following the formal portion, QCW members Mike and Deborah White gave a video presentation of Mike's astounding third place finish in the 1993 Race Across America. This was followed by Roger Macomber's slide presentation of his cycling trip through the French Alps, highlighted by spectacular views and ascents of many of the Tour's most popular climbs.

The QCW Time Trial Awards have always been one of the most popular banquet events. This year was no exception, as nine plaques were awarded honoring 1993's best. Winners were:

- Most Competitive (16 times) **Eugene Spiegel**
- Most Improved Woman **Miryam Kadhodayan**
- Most Improved Man **Mark Johnson**

Best Times:

Junior 14-15	Tim Beckman	26:33
Junior 16-17	Eric Knight	23:37
Master 45+	Roger Macomber	24:30
Master 35+	Jim Flaherty	22:58
Women	Stacy Kisker	27:03
Men	Paul Liebenrood	22:16

In addition, **USCF Racing Awards**, for excellence in racing results by QCW members, were awarded to **Tom Friesz**, **Grant Wearne**, and **Mark Strecker**.

The Club's final and highest honor, the *Tim Gehling Award*, honoring volunteer service to QCW, was awarded to **Roxanne and Rob Westendorf**, for their work including Cyclebration registration, Labor Day race promotion, and newsletter production.

Election of officers seems to take less time each year. For 1994 the officers are: President: Jim Flaherty; Vice-President: Chip Ellison; Treasurer: Dave Carr; Secretary: Charly Gehling. At-large officers include: Jim Clingman, Kurt Etter, Scott Lyle, Roy Roberts, Dan Rokenetetz, Rob and Roxanne Westendorf, and Charly Wright. (See related story, page 2, col. 1).

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Rush! QCW jersey order form enclosed. Place your order immediately. Orders must be placed in the next three days!

QCW Information Line: 677-PELO

1994 QCW Board

The Board of Directors for QCW was elected at the annual banquet in January (see story, page 1). The workings of the board have always been somewhat mysterious to most of the membership. Although any member has always been welcome at any meeting, the meeting dates have not been widely publicized. In an effort to increase member participation in the Club workings, all meeting dates will now be listed both in *QCW News* and announced on the PELO line. You are invited to attend whenever you are able. However, you must usually check the PELO line within two days before a meeting, as time and location are variable, and even a date may need to be changed at the last minute. We hope to see you at a future meeting!

Member input is vital to the workings of the Board. If you have questions, comments, suggestions, or wish to volunteer your help, please feel free to call any board member. All officer phone numbers will be listed in all future issues of *QCW News*. Any of these people would be happy to bring your input before the entire board. *Note: Please limit your phone calls to between 9:00 AM and 9:00 PM.*

1994 QCW Board of Directors:

President:	Jim Flaherty	489-0833
Vice-President:	Chip Ellison	831-4381
Secretary:	Charly Gehling	793-0800
Treasurer:	Dave Carr	677-2911

At-Large Directors:

Jim Clingman	533-9854
Kurt Etter	459-1588
Scott Lyle	731-9675
Roy Roberts	781-2884
Dan Roketenetz	684-6000
Rob Westendorf	661-2536
Roxanne Westendorf	661-2536
Charly Wright	489-2222

Updates on QCW Races

The dates for Cyclebration '94 have been moved back one week, to August 5-7. This change was made at the request of USPRO, to improve our fit in the professional calendar. This places Cyclebration one week after the Norwest Cup in Minneapolis, and one week before the NutraSweet USPRO Criterium Championships in Chicago. Our position as the only race in the country on that weekend with USPRO points, and relatively close proximity to these other large pro events, should provide for our largest ever professional field. To showcase the pros, the Eden Park Circuit Race times will be shuffled to move the Pro-Elite race to the early evening. This change will greatly increase the race's exposure to the Cincinnati-area market.

The Cincinnati Stage Race, planned for Labor Day weekend, will once again be a QCW function. John Luginbill has agreed to become the promoter, with last year's promoter, Rob Westendorf, as an assistant. The 1993 event was a great success in only it's first year, and the 1994 edition promises to be even better!

July 12 Southeastway Park Training Crit, Indianapolis, Joe Ake 317/781-8646
July 14 Richmond TT Series #3, Richmond, KY Gary Gomulinski 606/277-0859
July 13 Ault Park Finale, Cincinnati, Oakley Cycles 731-9111
July 17 Tour of Brookside, Indianapolis Tim Konrad 317/578-8793
July 17 Bud Light Crit, Ft. Wayne, IN Doug Melchi 219/358-0129
July 19 Southeastway Park Training Crit, Indianapolis Joe Ake 317/781-8646
July 21 Indianapolis TT Series #4, Todd Sullivan 317/576-0156

Calendar

Races (OH, KY, IN, WV)

- Mar 12 St. John's Starlight RR, Floyd Knobs, IN Bob Peters 812 948
- Mar 13 Highlander RR, Floyd Knobs, IN Bob Peters 812 948-2453
- Mar 19-20 Xavier University Collegiate, Cincinnati, Scott Denny
- Mar 19 St. John's Starlight RR 2, Floyd Knobs, IN Bob Peters 812 94
- Mar 20 Highlander RR 2, Floyd Knobs, IN Bob Peters 812 948-2453
- Mar 20 Circuit de Snortin Ridge, Hocking Hills, OH Team Columbus
- Mar 26-27 Miami Univ. Collegiate, Oxford
- Mar 26 Long Run RR, Louisville, Albert Linder 502-228-8047
- Mar 27 Fisherville RR, Louisville Albert Linder 502 228-8047
- Mar 27 Tour de Cantwell Cliffs, Hocking Hills, OH Team Columbus
- Apr 2 Race at the Lakes Circuit
- Apr 2-3 MudFest IV, Bike Butler, Carrollton, KY 502-484-2998
- Apr 3 Apple Valley RR, Mt. Veron, OH Team Columbus 614-890-4
- Apr 9-10 L'Sprit RRs, Sligo, KY Craig Holmes 502/367-0000
- Apr 9 Race at the Lakes Circuit
- Apr 10 Tour de Alum Creek Valley RR, Team Columbus 614-890-4
- Apr 10 Purdue Criterium, West Lafayette, IN Brad Folley 317/743-5
- Apr 16 Race at the Lakes Circuit
- Apr 17 Tour de Fairfield Cty., Lancaster OH, Team Columbus 614/8
- Apr 21 Indianapolis TT Series #1, Todd Sullivan 317/576-0156
- Apr 23 Sugar Creek Races Crawfordsville, IN Kurt Kelsing 317/362
- Apr 23 Race at the Lakes Circuit
- Apr 24 Tour of SE Ohio RR, Wilkesville, OH, Team Columbus 614
- Apr 27 Sellersburg TT Series #1, Sellersburg, IN Bob Peters 812-94
- Apr 30 Delaware Cty Classic RR, Delaware, OH, Team Columbus 6
- May 1 Fishers Criterium, Fishers, IN Tim Konrad 317/578-8793
- May 3 Southeastway Park Training Crit, Indianapolis, Joe Ake 317
- May 6 Downtown Criterium, Columbus, OH, Team Columbus 614/
- May 7 SeaWorld Sport Fest Circuit, Aurora, OH
- May 8 Race for Smiles Crit, Columbus, OH, Team Columbus 614/8
- May 8 Tuscarawas Valley TT, New Cumbertown, OH
- May 8 Valley Time TT
- May 10 Southeastway Park Training Crit, Indianapolis, Joe Ake 31
- May 12 Richmond TT Sereies #1, Richmond, KY Gary Gomulinski
- May 14 Revco Classic crit, Cleveland
- May 15 Lowellville Challenge RR, Lowellville, OH
- May 17 Southeastway Park Training Crit, Indianapolis, Joe Ake 31
- May 19 Indianapolis TT Series #2, Todd Sullivan 317/576-0156
- May 21 Tour de Bluegrass, Georgetown, KY Diane Hart 606/266-9
- May 21 Marietta Downtown Criterium, Marietta, OH
- May 21 Team Akron Stage Race, Akron, OH, Team Akron
- May 21 Team Canton RR, Canton, OH, Team Canton
- May 22 Anderson Bicycle Classic, Anderson, IN Daniel Murphy 31
- May 22 Holzer Clinic Criterium, Gallipolis, OH
- May 22 The Great Toledo Bicycle Race
- May 24 Southeastway Park Training Crit, Indianapolis Joe Ake 317
- May 25 Ault Park #1, Cincinnati, Oakley Cycles 731-9111
- May 28-30 Dayton Criteriums, Dayton, OH
- May 28 The WAYNE MTB, Nelsonville, OH
- May 31 Southeastway Park Training Crit, Indianapolis Joe Ake 317
- June 1 Ault Park #2, Cincinnati, Oakley Cycles 731-9111
- June 5 KY/IN District TT Champs., Greenfield, IN David Wagner
- June 7 Southeastway Park Training Crit, Indianapolis Joe Ake 317
- June 8 Ault Park #3, Cincinnati, Oakley Cycles 731-9111
- June 9 Richmond TT Series #2, Richmond, KY Gary Gomulinski 6
- June 11 Clifton Arts Fest Crit, Clifton, OH
- June 12 KY/IN District Crit Champs., Clarksville, IN Alice Stevens
- June 14 Southeastway Park Training Crit, Indianapolis Joe Ake 317
- June 15 Ault Park #4, Cincinnati, Oakley Cycles 731-9111
- June 16 Indianapolis TT Series #3, Todd Sullivan 317/576-0156
- June 17 Dublin AfterWork Crit, Dublin, OH Team Columbus 614
- June 18 Dublin Intl. Team Crit. Champs, Dublin, OH Team Colum
- June 18 Charleston Downtown Crit, Charleston, WV
- June 19 Charleston RR, Charleston, WV
- June 19 Mansfield Crit, Mansfield, OH
- June 21 Southeastway Park Training Crit, Indianapolis Joe Ake 317
- June 22 Ault Park #5, Cincinnati, Oakley Cycles 731-9111
- June 28 Southeastway Park Training Crit, Indianapolis Joe Ake 31
- June 29 Ault Park #6, Cincinnati, Oakley Cycles 731-9111
- June 29 Sellersburg TT Series #3, Sellersburg, IN Bob Peters 812
- July 6 Ault Park #7, Cincinnati, Oakley Cycles 731-9111

The Wright Times

VOL II

A Publication of Wright Brothers Cyclery & Fitness

FEB. 1994

Starting February 14

We're Centralizing Our Northern Kentucky Operations

Roadies Take Notice

Serotta's Colorado Ti...pushed to the high-tech, light-weight electronic shift limit. On Display at Wright Brothers N.Ky. Central

Wright Brothers' Northern Kentucky operations have been centralized in the booming community's industrial and retailing heartland.

On February 14, the Covington cyclery merged with the modern Mall Road location at Circuit City Mall. For area cycling enthusiasts, the result is a contemporary bike shop geared to rapid turnaround on special parts/accessory orders and repair service as well as hyper-competitive pricing on market-leading bicycle, fitness and component brands.

Celebrating With Savings

Charlie Wright and his retail staff are celebrating the business consolidation with bargains on every item in stock, during an extended Consolidation Sale celebration.

The prices are right, and, with the race and spring riding season just around the corner, the savings are a wonderful way to beat the winter blahs and grab a bargain bike or piece of top-drawer fitness equipment.

Celebrating With Friends

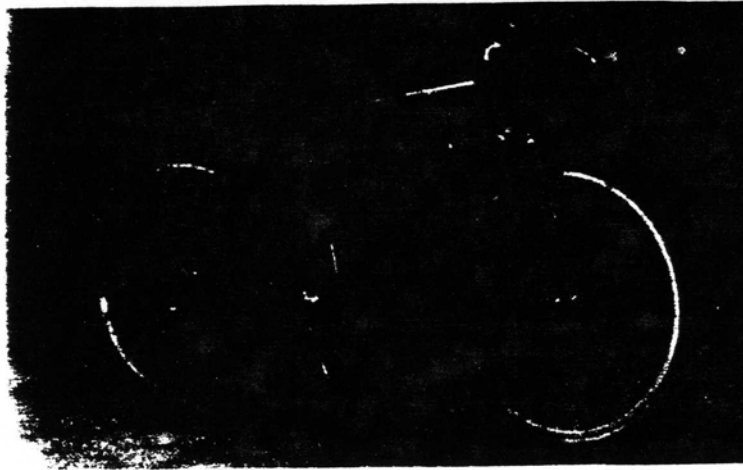
Though the shop will be a bit different with its larger inventory, you will find the same friendly faces and genuine concern for your cycling needs at Wright Brothers Northern Kentucky Central.

Wright Brothers Cyclery & Fitness

"Expect The Best."

At Harper's Point
Kemper & Montgomery Road
Montgomery, Ohio 45242
513-489-2222

At Florence
8129 Mall Road
Florence, Kentucky 41042
606-283-2222



Diamond Back's Axis TT XT: Refining the Mountain Bike Breed

Looking for a new mountain bike with the right breeding? Look no further! It's the new Diamond Back Axis TT XT, and it's all yours at Wright Brothers.

Axis has the breeding of a Blue grass thoroughbred as cloned by those mad DBR metallurgists. They shape, oversize and weld Sandvik 3/2.5 Titanium tubing in a frame with precision geometry that allows Axis to track like an arrow in the rough stuff and still look like metal sculpture. But the DBR Axis frame is hardly the whole story. Axis is a world class race bike that sports a list

of custom componentry that's a *What's-What* of bike Hi-Tech.:

- Shimano XT drive train
- Marzocchi XC500 forks
- Syncros Ti bottom bracket
- Hugi compact hubs & Bontrager BCX-1 wheels.
- Critical racing brakes & Ti skewers.

Arguably the hottest MB on the trails, Axis TT made a shambles of NORBA competition last year. With David Wiens in the DBR saddle it could be another run for the roses in '94. It has all the breeding it takes to win.

The Wright Brothers mountain bike racing team will ride the slick new Axis TT XT for '94. By March 1, you can see and test ride this great new mountain bike at both Wright Brothers Cyclery and Fitness Centers.

Consolidation Sale Extra

ATTENTION MAIL ORDER SHOPPERS

Competitive Price Guarantee

Forget the hassle and wait you face when you try to *bargain shop* the popular bicycle product catalogs. Remember, their advertised prices do not include the Handling & Shipping charges they add on.

Come In...Bring Your Catalog...Show Us Their Best Deal

We'll Meet Their *Total Deal Price!*

Typically, You'll Get Our Deal Right On The Spot

...No Waiting...No Mail Damage...No Returns When It Doesn't Fit!!!

Selected
Saddles

50%
O F F

All
Saddle
Bags
&
Panniers

30%
O F F

All
Gloves

25%
O F F

Schwinn Fitness Equipment

<u>Model</u>	<u>Former Price</u>	<u>Consolidation Special Price</u>	<u>Delivery</u>
AirDyne	\$549.95	\$519.95	\$10.00
XR10 Skier	299.95	249.95	No Delivery
PT 101 Exercise Bike	259.95	219.95	10.00
PT 201 Exercise Bike	299.95	269.95	10.00
HT 310 Stepper	699.95	599.95	10.00
PT 301 Stepper	299.95	249.95	10.00
PT 401 Treadmill	1,499.95	1,199.95	20.00
SP 300F Stepper	499.95	369.95	10.00
DX 900 Exercise Bike	299.95	249.95	10.00

Consolidation Bike Sale

	<u>Was</u>	<u>NOW</u>	
Mountain Bikes	Outlook '94	\$219.95	\$199.95
	Univega Rover T2.3	249.95	199.95
	Univega Rover T2.5	309.95	249.95
	Univega Rover T2.7	369.95	299.95
	Univega Alpina Uno	409.95	329.95
	Univega Alpina S6.3	639.95	549.95
	Univega Alpina Sport	509.95	449.95
	Diamond Back Response Elite	999.95	749.95
Road Bikes	Schwinn Callente	189.95	159.95
	Diamond Back Master TG	659.95	549.95
	Diamond Back Expert TG	539.95	439.95
	Schwinn Aluminum 754	749.95	499.95
Cross Bikes	Schwinn CrissCross '92	329.95	279.95
	Schwinn CrissCross '93	349.95	299.95
	Diamond Back Cross Campus	349.95	299.95
	Diamond Back Cross Country	249.95	209.95
Kids Bikes	Zephyr	129.95	99.95
	Schwinn Aerostar	169.95	129.95
	Schwinn L' il Chick	129.95	99.95
	Diamond Back Viper	189.95	159.95
	Diamond Back Riptile	229.95	199.95
	Diamond Back Tailwhip	299.95	229.95

Changes in USCF Rules for '94

The USCF has made a number of changes for the coming season. Some are changes in rules, while others are changes in policies. Many will affect you for the coming season. Some of the changes include:

Categories for road races have been changed from a numerical system (1-5) to a nomenclature system identical to that used for NORBA licenses. The new category names will be:

- Category 1: Elite
- Category 2: Expert
- Category 3: Sport
- Category 4: Intermediate
- Category 5: Beginner

Insurance charges have been raised to \$2 per day for licensed riders, and \$5 per day for citizens. Expect to see all race fees increased accordingly.

You must have your license with you at registration to enter a race. There are no exceptions that will get you into a race if you don't have your license. Even if an official knows you, they cannot let you in. (Suspended riders have been sneaking into races.)

Free laps in criteriums can be taken for flats, crashes, or being stopped behind a crash, even if you yourself don't crash. Free laps must be taken immediately. You cannot try to chase for even one lap, and then realize that you should have taken your free lap. Once you pass the pit, your free lap chance is gone.

Upgrades for your racing category can be handled only by the district representative. There are now minimum standards for length and field size for a race to be considered in an upgrade. If you place in a race and intend to use the rating points gained for an upgrade, it is in your best interest to record the exact mileage and field size. (Note: this is especially important if a race is outside of your home district.) Include this information in a cover letter when you send your license to the district rep.

If you are trying to upgrade based on experience (Beginner to intermediate requires 10 races, intermediate to sport requires 25), it will help to not only list all of your races (plus any placings), but also to include a letter of recommendation from an official. QCW members that are USCF officials include Charly Gehling (793-0800), John Luginbill (721-1753), and Roxanne Westendorf (661-2536). Other officials in greater Cincinnati include Scott Denny, Chuck Doll (321-3909), and Glenn Wolf (721-6628). The Ohio/West Virginia district representative is Tym Tyler, 6124 Freeman Rd., Westerville, OH 43081, 614/891-4145. The Kentucky/Indiana representative is Nestor Evancevich, 419 Linden Ave., Wilmette, IL 60091, 708/251-6021.

Finally, once again Ohio/West Virginia is not a Free Market District in 1994. However, Kentucky/Indiana is a free market district. This designation, voted on by the member clubs of each district, means that entry fees are restricted in OH/WV by USCF rules, but are limited only by promoter competition in KY/IN. Expect higher fees in most free market districts.

Events

May 2: Time Trials begin, 6:30

First Monday of each month: Racing Team meeting, 7:30 PM. Xavier Univ. O'Connor Sports Ctr., 3800 Victory Pkwy., classroom off 2nd floor lobby

Second Monday of each month: QCW Board Meeting, 7:00. Confirm date and location on PELO line within two days of meeting

First Wednesday of each month: Bicycle/Pedestrian Advisory Committee (BIKE/PAC) meeting, 7:00, Room 226 Cincinnati City Hall

Racing Team Meetings to be Held at XU Sports Facility

The monthly meetings of QCW's new racing team will be held on the campus of Xavier University. This new location almost perfectly centered for QCW's membership. Meeting will be held in a classroom of the O'Connor Sports Center. The O'Connor Center is located on the west side of Victory Parkway, between Ledgewood and Dana avenues. The center has its own parking lot, accessed from Victory Parkway. Meetings will be held in the classroom located immediately off of the second floor of the main lobby. All meetings begin at 7:30 PM, and start with discussions of the racing calendar and training rides. This is a perfect time to match up with your fellow QCW racers to share rides to races, or to put in your suggestions for new rides. The second half of the meeting will feature a talk by coach Paul Eddleston. Paul's presentation at our first meeting proved both highly informative and entertaining. *Note: The April 4th meeting will not be held at the XU location, which will be closed for Easter break. Check the PELO line (677-7356) for the location for this date.*

Time Trial Course Appears Safe

As you may remember, construction on a new bridge located off Miamiview Rd., which is part of QCW's time trial course, began last fall. Construction has proceeded through the winter, but, due to high water, is behind schedule. A completion date has not been estimated. However, according to the County Engineer's Office, a traffic light is not planned for this location. (The bridge will feature bike lanes!) Traffic exiting the bridge will have a stop sign, while traffic on Miamiview will not have to stop. This means that our time trials can continue to function as always. However, there will be increased traffic in this area, so riders must exercise great caution in this area. Keep your head up, and let's have another accident-free year!

Rides

All QCW rides are limited to QCW members only. New rides are always welcome, but must become members before riding. (Ride leaders will have membership forms.) Helmets are mandatory.

Rides are ranked on a scale of 1 to 5, according to the typical speed and group composition. A "1" is an easy, teaching ride, average speed 14-16 mph on flats. "2" is basic paceline, 16-20 mph. "3" is moderate to fast paceline, 20-25 mph. "4" means many will be dropped, 22-30 mph, 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 schedule, 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 Rokenetz 684-6000 (2,3,4)

Saturday 10:55 Riverfront Stadium (east side ticket office), coaching ride, Paul Eddleston 761-9206 (1-2)

Sunday 10:55 Wright Brothers Cyclery, Kemper & Montgomery, Kurt Fitter 459-1588 (3)

Starting April 6 (Daylight Savings Time):

Wednesday 6:00 Procter and Gamble Miami Valley Labs, East Miami River Rd. at Old Colerain Ave. Route and distance varies, Rob Westendorf 661-2536 (2,4)

Coaches' Corner

Starting this month the *QCW News* will feature a regular column from our new coach, Paul Eddleston. Paul is an ex-cat 1 (elite) racer with a coaching license from the British Cycling Association.

HOW HARD IS HARD?

When you went on your last training ride, how hard did you go?. Did you go 20 mph, or did you do a time trial effort?. Did you ride at 60% of maximum effort, or did you ride with a heart rate of 170?. Maybe you went hard enough to make you legs hurt. As you can see, there are lots of ways to describe how hard we go when we ride our bikes.

So what methods should we use to describe how hard we go? All of them are useful, but, the best ones are those that imply that there are different kinds of efforts that produce different feelings and results, as this is what actually happens inside our bodies.

As we increase the intensity of our effort by increasing our speed or by riding up a hill, our body's energy-producing methods change to ones more suited to the kind of effort we are making. So instead of measuring intensity on a scale of 1 to 100 we actually use a scale of 1 to 6, which represents separate phases called **Zones**.

These zones are divided up according to what energy source is used and in what manner. **Zone 1** is an *endurance* or *low intensity effort*. Because it burns fat for fuel this kind of effort can go on indefinitely, as we have loads of fat stored around our bodies. Our heart rate would be between 65 and 87 percent of it's maximum, which is the minimum for getting any kind of benefit from a ride. Because we are using oxygen to burn the fat we say that the system is aerobic, which simply means "with oxygen". It is like riding in the bunch in a road race, and feels fairly comfortable.

Zone 2 is called an *intense aerobic effort*. We are still using oxygen and fat, but now we have to burn a little glycogen as well. Our heart rate is between 80 and 90 percent of it's maximum. It is a similar effort to a long time trial, say over 25 miles. Theoretically we could carry on till we run out of glycogen and then we would have to run on fat. This is known as the bonk. By now we are starting to breathe hard. We find it hard to talk, but at least our legs aren't hurting.

Zone 3 is the upper limit of zone 2. It is known as the *anaerobic threshold*. Anaerobic simply means "without oxygen", and it is called a threshold because we are on edge of not having enough oxygen available. As we can't burn fat quick enough we only use glycogen. Our heart rate would be between 90 and 100 percent of maximum. We could carry on at this pace for between four and thirty minutes before we became fatigued, so it is similar to doing a short time trial. We will probably feel a little uncomfortable, but our legs won't be burning much.

Zone 4 is what happens when we make a hard effort to climb a short hill or close a gap. It is called a *long anaerobic interval* because some of the glycogen reactions take place without oxygen. This produces **lactic acid** in our muscles, which causes the burning sensation in our legs that we are all familiar with. We can keep this up for about two to four minutes before the burning is too much and we have to ease off. Our heart rate would be close to maximum by the end of this effort. After this

(Continued on page 5)

City of Cincinnati Bicycle

Enhancement Project

The City of Cincinnati was awarded \$640,000 to improve bicycling conditions on the streets of Cincinnati. The project includes money for:

1. Ten miles of restriping of existing streets with bike lanes and wider curb lanes.
2. Seven miles of signed bike route. This may overlap the bike lane segments.
3. Fifty miles of storm sewer inlet grate replacement and repairs to existing inlets.
4. Fifty bike racks and ten bike lockers, to be placed in the sidewalks and at City facilities like swimming pools, parks, schools, and libraries.

The locations for these facilities are not all pinned down. Please write down your ideas and mail them to Tommie Birdsall, City Planning Department, Room 228 City Hall, 801 Plum St., Cincinnati, OH 45202. Design detail has already begun, so send in your ideas now.

Results

Your results are very important to the Club. It is an important part of sponsor relations for us to keep our sponsors informed not just when someone wins a race, but anytime anyone competes. Therefore, *anytime you race*, please call your results in to the PELO line. Even if you don't place or even finish, we want to know that you competed. This includes not only USCF and NORBA races, but all bicycle events, including centuries and tours, and triathlons and duathlons. Call as soon as possible after each race. Don't wait until the next race or until the end of the month - experience has shown that if you put the call off, you'll never make it! If you raced with other QCW members, give us their names also. If this means that we get some repeated names, we won't mind. It ensures that we'll miss fewer people. If you know your finishing place, let us know. If you didn't place or don't know your place, just give us your name and the name of the race. Only placings will be listed in *QCW News*, so we won't embarrass you by printing your off days. However, we will report to our sponsors that, for instance, *fifteen QCW racers competed at the Tour de Oxygen Debt, including four top ten placings with Joe Peloton winning the citizen race!* (Note: There are two exceptions to calling in race results. If you race for a different club, or for a collegiate team, and are wearing a team jersey other than QCW, please do not list these results.)

Please call your results in to the QCW PELOton line (677-PELO) after each race. Please give your name, the race name and date, category, and place. Please speak slowly and clearly, as many messages have been difficult to understand. Thanks!

1994 USCF License

Due to an administrative error at the USCF's offices, QCW did not receive it's club renewal forms until quite late. If you renewed your USCF racing license before they received our renewal, the USCF will have marked your license as unattached. To correct this you must contact the district representative to update your license. The Ohio/West Virginia representative is Tym Tyler, 6124 Freeman Rd., Westerville, OH, 43081, 614/891-4145. Although there are no unattached fees this year, it is important to QCW's status with the USCF that you have your license reflect your affiliation.

How Hard Is Hard? (Continued from page 5)

kind of effort we still have to supply lots of oxygen to neutralize the lactic acid.

If we go a little bit harder than the zone 4 effort we do a *pure anaerobic interval*, which is **zone 5**. There won't be nearly enough oxygen to combine with the glycogen so lots of lactic acid will be produced, which will stop all progress after about 25 seconds to 2 minutes. Our heart rate will be up to maximum. It is similar to doing a kilometer ride on the track, or closing a small gap in a crit.

Zone 6 is a *pure sprint*. When we do a flat-out sprint we use a special fuel called creatine phosphate, which burns very quickly. Because creatine phosphate does not produce lactic acid when it burns, during a true sprint our legs don't actually hurt. You can even hold your breath if you want, as creatine phosphate burns without oxygen. Unfortunately, this supply of super fuel only lasts about 10 to 25 seconds, after which we revert to a pure anaerobic interval (zone 5) with all its dire consequences.

These points are summarized in the table below:

	NAME	RACE TYPE	SYMPTOMS	SPEED	DURATION	% H.R.	FUEL
ZONE 1	low intensity (endurance)	road race- bunch	easy, very comfortable	15-20	indefinitely	65-80	aerobic fat
ZONE 2	intense aerobic	long time trial	comfortable, can't talk, no pain	20-25	+30min	80-90	aerobic fat & glycogen
ZONE 3	anaerobic threshold	short time trial	max breathing, little pain	23-27	4-30min	90-100	aerobic glycogen
ZONE 4	long anaerobic interval	gap closing pursuit	burning at end	25-30	2-4min	near maximum	aerobic & anaerobic glycogen
ZONE 5	pure anaerobic interval	kilo, jump	burns legs	27-33	45s-2min	maximum	anaerobic glycogen
ZONE 6	pure sprint	sprint, initial jump	no pain	30+	10-25secs	maximum	creatine phosphate

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