

## Cyclebration Draws Strong Pro Field All Other Categories Drop In Attendance

Cyclebration '94 returned to Greater Cincinnati over the weekend of August 4-7 as a smashing success! Highlighted by a strong Pro field, a total of 967 entries tested themselves over four very different courses. Thursday night opened in Covington with new races in a new venue. The **Sports Shot Covington Cup** Greater Cincinnati Mountain Bike Police Invitational Race (what a mouthful!) started us off. A total of 23 mountain bike police officers representing 11 departments gave it their all on an obstacle course designed to test their speed, bike handling skill, and foot speed. In the end, Officer Richard Webster of the Covington Police Department proved that home field advantage is real, claiming the 3 foot tall trophy for the coming year. In recognition of this victory, **Sports Shot** donated \$500 to Officer Webster's charity of choice. The pro's and elite/expert amateurs took the road next for 32 miles on a highly technical course. Taking advantage of the wet roads, Eddy Gragus of Team Redlands jumped early. In a remarkable display, he stayed away for 38 laps to win by nearly a full minute.

Friday night brought the return of Cyclebration's most unique event, the **Sports Shot to the Top Hill Climb**. Once again the streets of Mt. Adams were lined three deep to watch what '93 Cyclebration winner Dirk Pohlman described as "The most painful thing I do in racing anywhere in the U.S.!" Dirk broke the course record, only to find himself

no higher than fifth! Pro rider Jim Fryer (Nutra Fig) shattered the course record by five seconds to lead the Pro/Elite/Expert charge. Significant results posted by QCW riders include victories by Colin Vogt (Intermediate) and Scott Denny (Master 30+). John Cole finished 2nd in the 30+ group, while in the 50+ Roger Macomber and Fred Mause finished 2nd and 3rd, respectively.

On Saturday we returned to one of the most feared courses in America for the **Provident Bank Mayor's Cup**, in Eden Park. Featuring a significant bonus for King of the Mountain (KOM) points, the pro field produced an extremely exciting race. With KOM points on each lap, nearly every time up the hill the racers treated the spectators to an aggressive sprint for the KOM line. Coors Light provided the greatest horsepower to a four man break that dominated the race, with John Lieswyn winning not only the race, but the KOM title as well. According to Scott/BiKyle's Graeme Miller, "It may be 30 miles, but it felt like 150", comparing this race to the Corestates USPRO championship. In other categories QCW riders again showed our colors proudly, including 3rd by both Colin Vogt (Intermediate) and Dave Carr (50+), and 4th from Grant Wearne (40+).

The Blue Ash Dash topped off the weekend on Sunday. The Pro field overall title was still in the air as the field came around the final corner in one very fast group. Jerzy Wozniak of Chisholm Racing utilized a strong team leadout

*(Continued on page 2)*

## "Season Finale" Club Race on October 2

### "Just for Fun" Event Features Road Race and Group Ride

To celebrate the end of another racing season QCW will host a club race and ride on Sunday, October 2nd. This "just for fun" event will start and finish in Burlington, KY, and will follow the same Northern Kentucky route that we have used many times in the past. Starting from the intersection of Routes 18 and 237, two groups will ride the 43 mile loop. The first pack will be a race, the second will be a "touring" group. Maps will be provided, but there will not be any course marshals. All roads are open to traffic, and you must obey all

traffic regulations. A sag vehicle will follow the second group. The route includes two major climbs. A 42x21 or smaller gear is recommended. This event is open to QCW members only. All riders must wear an approved helmet. Afterwards, all are invited to join together for lunch at a mutually agreeable location.

*The race starts at 10:00 AM. Meet at the Huntington Bank/Boone Woods Park parking lot, located on KY Rt. 18, near Burlington. From I-75 take exit #181 (KY18/Florence/Burlington). The bank is 3.5 miles west on the right. From I-275 take exit #7 (KY237). Go south 3.5 miles to KY18, turn right. The bank is just ahead on the right.*

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## Upcoming Events:

Retro Night	Sep 27
Club Race	Oct 2
MTB Race	Nov 19

**QCW Information  
New Rides, Races,  
and Events Updated  
Continuously!  
Line: 677-PELO**

(Continued from page 1)

to just edge Radisa Cubric (Guiltless Gourmet) and Graeme Miller at the line. Combined with points from every race, the 50 points gained from winning lifted Wozniak into the overall title, ahead of Miller in second and Cubric in third, with Coors Light's Andy Bishop in fourth. QCW racers again fared well: Doug Moody and Rob Westendorf claimed victory in the tandems, in the 50+ Dave Carr took second with Roger Macomber in third, Scott Denny took second in the 30+, then took fifth in the Sport race. Paul Rosenstein took fourth in the Jr. 13-14, while in the Intermediates third went to John Chinkes, fourth to Chris Stufft, and seventh to Colin Vogt. As the only intermediate racer to place all three days, Colin Vogt was a runaway winner for the intermediate overall title.

The overall attendance of racers was down about 8% from 1993, reflecting a nationwide trend of declining numbers at all races. Still, we were well above the national average of about a 25% drop in race attendance. Despite the drop, Cyclebration '94 was a financial success. It is too early to know the final numbers, but first indications put us ahead of last year's profitable figures. Our success is due in large part to the dedicated service of our many volunteers, and especially the work of our small group of "hard core" workers. Thanks to everybody who helped make Cyclebration '94 a success! (More QCW placings in Cyclebration '94 are listed in **Results**, page 3.)

Special Thanks to Cyclebration '94 Major Sponsors:

**Coors Light  
Sports Shot**

**Provident Bank**

**Kroger's Just Fruit Spreads**



All QCW Board meetings are open to all members. Meetings are generally held on the second or third Monday of each month, but the schedule is highly variable. Call the PELO line to confirm meeting dates and times. You can call any Board member with your comments or questions at any time.

**1994 QCW Board of Directors:**

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Vice-President: Chip Ellison 831-4381  
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Charly Wright 489-2222

# Calendar

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

- Sep 17-18 Canaan Series #3 MTB, Davis, WV John Leyton 304/296-4142
- Sep 22-25 A to Z Classic, Athens, Zanesville, OH Bruce Mitchell 614/594-8219
- Sep 25 Fall Foilage MTB, Slatyfork, WV John Leyton 304-296-4142
- Sep 25 Velo-Z MTB, Zanesville, OH Tom Hayes 614/674-4297
- Sep 27-28 Pines Challenge MTB, Valparaiso, IN 616/453-4245
- Oct 15-16 SE MTB Championships, Carrollton, KY, Richard Matthews 502/484-2998
- Oct 16 Babcock Fall Challenge MTB, Fayetteville, WV John Leyton 304/296-4142
- Oct 23 Velo-Z MTB, Zanesville, OH Tom Hayes 614/674-4297
- Nov 19 QCW Mountain Bike Race 677-PELO
- Nov 20 Velo-Z MTB, Zanesville, OH Tom Hayes 614/674-4297

**The QCW Mountain Bike Race returns on November 19th! Look for details in the next issue of QCW News.**

## "Retro Night" Coming to Time Trials on September 27th

The last weekly time trial of the season on September 27th will feature our first ever "Retro Night". Run just a fun addition to help celebrate our final time trial night, Retro Night will feature bonus seconds to be awarded for the lack of high tech equipment on you and your bike. Rather than awarding speed, the winner will be the rider who earns the most bonus time. Seconds will be awarded according to the list below.

Even if you don't have enough low tech equipment to gain much time, come on out anyway. Let's make this last time trial a night of celebration, and go for a record attendance. This year's typical attendance is 15-20, with a high around 30. The record is believed to be 64, so we need a lot of you to come out if we are to approach this mark. Even if you haven't time trialed all year, we want to see you. It'll be a fun time for all!

### Retro Night Time Bonus Awards:

Wool jersey or shorts	30 seconds each
Wool QCW jersey	60 seconds
Pre-1991 QCW jersey	10 seconds
Pre-1988 QCW jersey	20 seconds
Non-aero brake cables	15 seconds
Toe clips	15 seconds
All leather cycling shoes	15 seconds
Cycling shoes with wood soles	30 seconds
Centerpull brakes	15 seconds
27" wheels	30 seconds
6 speed freewheels	10 seconds
5 speed freewheels	20 seconds
Non-index shifting	10 seconds

(Index shifters in friction mode do not qualify.)

Use of any of the following will disqualify you from retro competition: Disk wheels or wheel covers, wheels with fewer than 28 spokes, carbon-fiber *anything*, titanium frames, eight speed wheels, brake lever shifters, cyclecomputers (Note: you do not have to remove a computer *mount* from your bike, just the computer itself), heart rate monitors, and, especially, aero bars. As always, a modern approved helmet is required. (Sorry, but on some things we just can't return to the past.)

*If you plan to compete in the retro category, please arrive at the start line no later than 6:00 for bike judging. All riders must check in no later than 6:15 to ride. The first racer will start no later than 6:30. If we get the attendance we hope for, we cannot start late or accomodate late riders due to the early sunset.*

## Sunday Ride Program to Start Oct 9th

Tired of riding the same roads all the time? Feeling some of that "end of the season burn-out"? One of the best cures available is to try out a new location. Get out and ride some new roads with your fellow club members. There are a great many excellent ride locations in the Greater Cincinnati area, but most of us never leave our immediate area. Now QCW is providing you with the perfect opportunity to check out other parts of town, with our new Sunday Ride Program. Starting on October 9th, we will depart from a different location to experience the roads that your fellow members are always bragging about. For example, meeting points already planned include Loveland, Milford, Ross, and Harrison in Ohio, and Hebron in Northern Kentucky. Other locations will be added once the program is underway. In fact, we invite you to nominate your favorite route, and to host the club some Sunday.

Specific ride locations will be announced on the QCW information Line (677-PELO) no later than Thursday. Rides start at 10:00 AM, and typically take 2 to 2.5 hours. Maps will be available. If you wish to host a ride, leave a message on the PELO line. You must have a start area with safe, legal parking, and you must provide a map of the route. If you don't have a map, call anyway—we may be able to help make one. (Note: All rides are subject to cancellation due to weather conditions. Temperatures below 40° F or any precipitation will cancel the ride.)

## Rides

All QCW rides are limited to QCW members only. New riders are always welcome, but must become members before riding. (Ride leaders will have membership forms.) Helmets are mandatory. If you are leading a ride that is not currently listed here, please call the PELO line (677-7356) and leave a message with the details. Thanks!

*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 the flats, "2" is basic paceline, 16–20 mph, "3" is moderate to fast paceline, 18–25 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 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 Rokenetz 684-6000 (2,3,4)

Saturday 9:30 Riverfront Stadium (east side ticket office), coaching ride, Paul Eddleston 761-9206 (1–2)

Sunday Sunday rides vary in location and time. Check the club information line (677-PELO) on Saturday for Sunday rides.

Tuesday 6:30 QCW Time Trials Cleves/North Bend 677-PELO Ends 9/27

Thursday 6:00 Wright Brothers Cyclery, Kemper & Montgomery, Kurt Etter 459-1588 (3–4)

Thursday 6:00 Western Atlas parking lot, SR237 at I-275 (N.Ky. near airport), Keith Logsdon 331-8980 or 344-9085 (2–3) May change to Wednesday, please call ahead!

Thursday 6:00 Loveland at the bike trail, Doug Pendery or Tom Cross 791-9292 daytime (4)

## Events

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, Kurt Etter 459-1588

First Wednesday of each month: Bicycle/Pedestrian Advisory Committee (BIKE/PAC) meeting, 7:00, Centennial Plaza, 805 Central Ave.

Sep 17 Ohio Rail-Trail Meeting and Outing, Loveland 614/224-8707

## Results

*When you call in results, please include your category!*

July 23-24: **Paducah Stage Race**, Paducah, KY: Sport: **Chip Ellison** 14th RR, 5th TT, 12th Crit, 13th GC; Intermediate: **Colin Vogt** 2nd RR, 4th TT, 3rd GC; Citizen: **David Kegley** 3rd RR, 2nd crit, 2nd GC; Master 40-49: **Grant Wearne** 12th GC; July 30: **Bluegrass State Games** Lexington, KY: Master 35+: **Fred Steinbrecher** 1st, **Keith Logsdon** 5th; Citizen 36-45: **David Kegley** 3rd; Junior Women: **Elizabeth Roberts** 1st; July 30: **OH/WV District RR**: Master 35-39: **John Cole** 1st, **Chip Ellison** 2nd; July 31: **OH/WV District Crit**: Master 45-49: **Eugene Spiegel** 2nd; Master 50-54: **Roger Macomber** 3rd; Jul 31: **Mud, Sweat, and Gears MTB**, Carrollton, KY, Master XC: **Chip Ellison** 4th; Aug. 5: **Mt. Adams Hill Climb**: Master 30+: **Scott Denny** 1st, **John Cole** 2nd; Master 40+: **Eugene Spiegel** 4th; Master 50+: **Roger Macomber** 2nd, **Fred Mause** 3rd; Juniors: **Tim Beckman** 5th; Intermediate: **Colin Vogt** 1st; Aug. 6: **Eden Park Circuit Race**: Women Intermediate: **Kristin Cuilwik** 4th; Intermediate: **Colin Vogt** 3rd, **Eric Simon** 10th; Master 40+: **Grant Wearne** 4th; Master 50+: **Dave Carr** 3rd; Juniors: **Brad Davis** 9th; Aug 7th: **Blue Ash Dash**: Women 30+: **Roxanne Westendorf** 5th; Sport: **Scott Denny** 5th; Intermediate: **Chris Stuft** 4th, **Colin Vogt** 7th; Master 50+: **Dave Carr** 2nd, **Roger Macomber** 3rd; Master 30+: **Scott Denny** 2nd; Junior 13-14: **Paul Rosenstein** 4th; Junior 15-18: **Brad Davis** 10th; Tandem: **Doug Moody and Rob Westendorf** 1st; Cyclebration Overall: Intermediate: **Colin Vogt** 1st; Aug 13-14: **Intl Police Olympics**, Birmingham, AL: **Bob Rich** circuit race 3rd, 4th criterium, 4th kilo; Chicago Sun-Times Sports Grand Prix, Chicago, IL: Intermediate: **Colin Vogt** 10th; Aug 20: **OH/WV District Time Trial**, OH: Master 40-44: **Jim Flaherty** 1st (Also fastest time for all categories); Master 50+: **Roger Macomber** 1st; Master 45-49: **Eugene Spiegel** 2nd; Aug 21: **Big South Fork MTB**, Sport: **Jeff Vaught** 11th; Sep 3-4: **Cincinnati Stage Race**: TT Hill Climb: 35+: **Chip Ellison** 1st, **Scott Denny** 3rd, **Donald Elliott** 4th, **Jim Flaherty** 5th; 45+: **Grant Wearne** 1st, **Dave Carr** 3rd, **Eugene Spiegel** 4th, **William Osterhold** 5th; Intermediate: **Colin Vogt** 1st, **David Stover** 4th, **Jeff Vaught** 5th; Sport: **Todd Daniels** 5th; Road Race: 35+: **Jim Flaherty** 1st, **Pete McCann** 3rd, **Toby Costello** 4th, **Donald Elloit** 5th; 45+: **John Montag** 1st, **Grant Wearne** 2nd, **William Osterhold** 3rd, **Dave Carr** 5th; Sport: **Todd Daniels** 2nd; Intermediate: **Colin Vogt** 1st, **Jeff Flury** 4th; Junior: **Brad Davis** 3rd; Citizen: **Ed Krause** 1st; Criterium: 35+: **Jim Flaherty** 1st; 45+: **John Montag** 1st, **Grant Wearne** 2nd, **Dave Carr** 3rd; Intermediate: **Colin Vogt** 1st, **Jeff Flury** 5th; Sport: **Todd Daniels** 5th; Citizen: **Ed Krause** 3rd; Overall: 35+: **Jim Flaherty** 1st, **Pete McCann** 3rd; 45+: **John Montag** 1st, **Grant Wearne** 2nd, **Dave Carr** 3rd; Intermediate: **Colin Vogt** 1st, **David Stover** 3rd; Junior: **Brad Davis** 1st; Beginner: **Mike Otting** 2nd; Citizen: **Ed Krause** 2nd; Sep 4,5: **Pioneer Days Stage Race**, Winchester, KY: Master 35+: **Chip Ellison** 2nd prologue, 10th RR, 5th crit., 6th GC.

Please call your results in to the QCW PELOton line (677-PELO) within one week 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!

**Look carefully. The results above include 21 wins!**

# Coaches' Corner

## The Off-Season

-Paul Eddleston

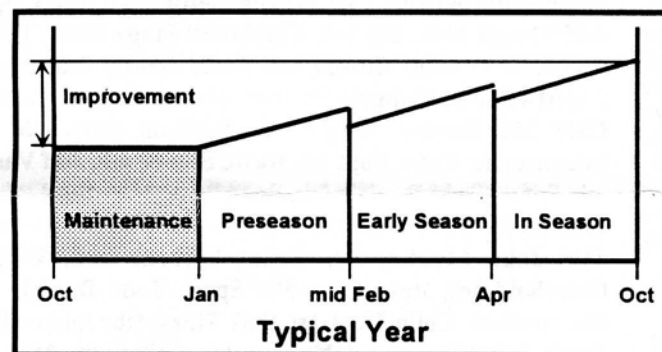
### Don't Blow It

The season is drawing to a close, and we are all beginning to look forward to a well earned rest and then to the ensuing holiday period before the start of next season. Well, the beginning of next season is almost upon us; that is, if you want to go into next season as a better cyclist than last year. A goal I hope we all share!

The training year begins at the end of the racing season, after a short rest. This allows us to avoid losing the valuable fitness we spent all year acquiring. After all, we are usually at our best at this time of the year; what a shame to let it all go to waste. Think of it as the **maintenance phase**, as we try to maintain our fitness during this period. If we consider that one week taken off the bike requires about three weeks of training to get back, we realize why plenty of riders don't progress very much.

During this phase it is important to get a mental break from competition, and, to a lesser extent, cycling. However, activities should be chosen that stress the cardiovascular system in a similar way to cycling so that little fitness is lost. Running, swimming, cross country skiing, etc., all provide the correct degree of intensity to maintain a fitness level during this phase while offering a change of sport. Aim to work in zones 1, 2, and 3 in these alternative activities and zone 6 (sprints) on the bike.

The off-season phase extends from your last race to January 1st. This usually means from the beginning of October in Cincinnati, but you may have already finished. Begin this period by taking a complete break from cycling for one to two weeks, but no longer. It's been a long, hard season, and this will give you a good mental break and make you look forward to the beginning of training again.

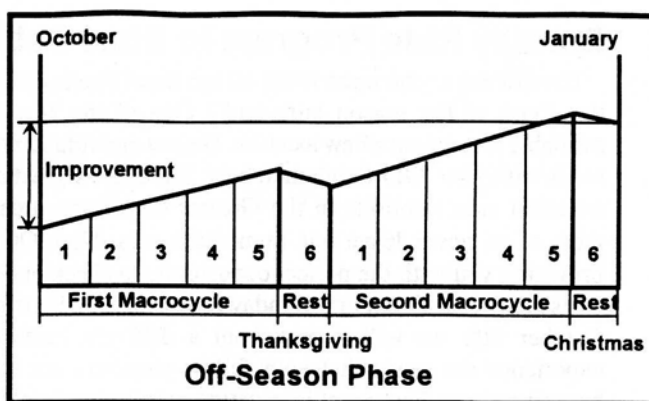


### Macrocycles

The period is split into two macrocycles, each ending in a rest or easy week. The first one ends just before Thanksgiving, so you don't have to worry about fitting in training around family activities. The second one ends before Christmas, so it would seem that the holidays have been designed to accommodate cycling. As always, we aim to improve slightly during each macrocycle before taking a short break.

### Microcycles

Each macrocycle is split into shorter periods known as microcycles. There are two per week. The first microcycle begins on Monday, which is a rest day. Tuesday is the day for doing sprints. Sprints are performed year round because they are a highly complex exercise that takes so much neurological



skill to perform properly that we cannot afford to neglect them, even during this phase of the year. Because of the skill factor, there is really no other way to do them other than on the bike. We do less than the rest of the year, but try to build up the number you do as the macrocycles progresses.

### Winter Clothing

You may not be accustomed to riding in the cold, particularly sprinting. Basically, you can safely ride if there is no ice on the road, so you probably don't want to go out if it is much below freezing. When you do go out it is important to wear adequate clothing. The most important thing is to keep your head warm at all times, not just while riding. Therefore, always wear a warm hat. Don't think that your helmet will be sufficient. Helmet manufacturers spend thousands of dollars researching better ways of increasing the ventilation of their helmets to keep your head cool, so make sure you wear a hat under it. Hands need gloves, or, better still, mittens, and your feet will benefit from overshoes. Wear many layers of clothing instead of one thermonuclear device, so you can remove some if you get too hot. Make sure your tights come up high enough on your back and that your tops are long enough to cover the small of your back.

Wednesday is usually our day for working on our aerobic power, i.e. zones 2 and 3. The off-season is no exception, however, we don't have to do it on the bike. Choose between running, swimming, cross country skiing, aerobics, or roller riding, etc. Just make sure that you increase the quantity as you progress. Be very careful with these new activities. As a cyclist you are a somewhat fragile creature and prone to injury if you dive into a new activity too aggressively. Don't play football.

We still have to ride our bikes this time of year, so we do it on Thursdays. We need to work in zone 1, our endurance capacity. This needs two to three hours of stimulation on the bike but if the weather is too cold, ride on the rollers instead. I don't know many people who can ride that long on rollers without turning into a vegetable, but some more zone 2 training wouldn't hurt instead.

On Friday, take a rest. Do any activity you want, or watch a cycling video to keep up your enthusiasm. Saturday and Sunday comprise the second of the week's microcycles. On Saturday, combine Tuesday's and Wednesday's workouts with a few hours for lunch in between. On Sunday, take part in a group ride for between three and five hours. Choose one that maintains a good pace and is a little competitive from time to time without being crazy. You want to be slightly pressured

(Continued on page 5)

# The Wright Times

VOL II

A Publication of Wright Brothers Cyclery & Fitness

SEPT. 94

## Cycling Captured Center Stage in Our Community Thanks to Queen City Wheels & Cincinnati Cycling Club

In the pre-dawn hours of Sunday, August 7, at Sawyer Commons, along the riverfront, over 2,500 area cyclists began a 20-mile ride through the deserted streets of Cincinnati and Covington. It was the famed Morning Glory Ride.

In suburban Blue Ash a few hours later, over 300 top pro and area amateur cycle racers would sprint away for the "Blue Ash Dash." The race would cap off Greater Cincinnati's annual CYCLEBRATION, a four-day celebration of cycling competition that made our town the capital of cycle sports..

It is the energy and dedication of our community's two premier cycling clubs -- The Cincinnati Cycling Club for

### Races & Events

- Sept. 18 Logansport, IN DINO SERIES Mtn. Bike
- Oct. 15 & 16 Ski Butler Mountain Bike Racing S. Eastern Championship

*Morning Glory* and Queen City Wheels for CYCLEBRATION -- that is responsible for focusing the cycling spotlight on the Queen City Riders throughout the community owe both Clubs a debt of gratitude.

**Wright Brothers  
Cyclery & Fitness**  
*"Expect The Best."*

### Breaking New Ground

For Cincinnati CYCLEBRATION, the August 4 through 7 event reached into Northern Kentucky for an exciting new kickoff. The narrow, partially cobblestone streets of Covington's historic *Mainstrasse* district proved an exciting venue for a pro criterium race that excited crowds that braved rain and threatening skies. The traditional Mt. Adams Hillclimb and Eden Park races qualify CYCLEBRATION as one of the nation's finest stage race events and does Queen City Wheels and its organization proud.

At Wright Brothers, we are proud to be actively involved as sponsors and promoters of both key August cycling events.

## Key To Cycling Performance

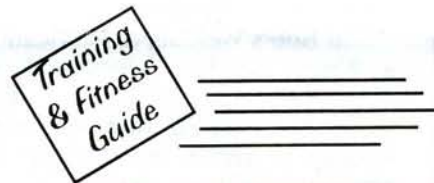
# Gaining the Lean Advantage

For riders intent on improving their cycling performance, managing nutrition is as important as managing fitness training.

Ron Loos, personal trainer at The Center for Better Health & Weight Management, tells his cyclist clients to combine a simple scientific approach to nutrition with their fitness regimen to improve lean mass and cut fat.

His program is simple and is based on three basic principles:

- **Avoid Fat-Producing Foods**  
*stay away from simple sugars in fruits and fruit juices and dairy products. Sugars & dairy products store in the body as fat.*



### EDITOR'S NOTE

The coming winter months will provide most cyclists a period of non-competition. An ideal time to work on building a competitive edge for the coming season.

Lean muscle mass is an advantage to the casual cyclist or competitor. We advise consulting a trainer or nutritional specialist to tailor the best nutrition/fitness program for you.

- **Each Meal Should Have...**

- **lean protein...** white chicken, fish, turkey, eggwhites.
- **1 or 2 starchy carbohydrates...** potatoes, brown rice oatmeal, oatbran, yams, sweet potatoes, corn peas, lima beans, kidney beans and all legumes unrefined cereals.
- **1 or 2 fibrous carbohydrates..** broccoli, cauliflower, spinach, green beans and any leafy green vegetable.

- **Eat 3 - 5 Meals A Day**

*spreading meals 2 - 3 hours apart maintain hormone balance which burns fats and stimulates muscle growth and enhances digestion as the body processes smaller amounts of food better than it processes large meals.*

**(See Page Two)**



Fall Is Mountain Bike Season & Dealin' is Easy!

30% Off Winter Wear  
 • Descente & Bellwether Jackets  
 (Selected Styles & Colors)

20% Off Diamond Back  
 • Parkway Hybrid Trainer

50% Off Profile Bar Ends

Go Safe With Helmets &  
 Light Systems & Rain Gear

## Key To Improved Performance: Gaining The Lean Advantage

(From Page One)

Controlling portion size in each of the protein and carbohydrate elements of the nutritional program is essential to its effectiveness.

**For Proteins...**the guide for proper portion is based on the formula of one gram of protein for every one kilogram of body weight. Example: a 175-pound person weighs some 80 Kg and should consume 80 grams of protein per day.

**For Carbohydrates...**the guide for proper portion control is based on a formula of 3 to 5 grams of carbohydrate for each pound of body weight. Thus, a 200 pound person X 3 grams of carbohydrate per day, should consume some 600 grams of carbohydrate, divided between the starchy and fibrous forms.

*As part of a planned exercise program, adjust your intake of carbohydrates from 3 to 4 to 5 times body weight until your energy needs are met. Before, during and after exercise, remember carbohydrates are the most important part of the nutritional needs of the cyclist.*

**Meal Preparation...**the object of the exercise is to reduce fats from your diet. Thus cook without fats. Baking, boiling, microwaving or grilling is recommended for meats. Veggies are best lightly steamed to retain full levels of nutrients.

### Training & Fitness Tip

*Cook large quantities of each food you plan to eat to ensure availability of the right food choices. Example:*

- whole box of pasta
- half-dozen chicken breasts



### AN INCIDENT INTERNATIONALE

*A good friend of Wright Brothers shares proof of the international nature of cycling & good samaritanism..*

"...the pre-holiday traffic was hectic. The guys on the side of busy Dixie Highway in Ft. Mitchell, Ky. obviously had bike trouble,

"...the guys turned out to be three cyclists from Romania trekking to Colorado. One of their small bike trailers had broken. It was only a few hours until the long Labor Day weekend would begin.

"...at Bob's Welding & Fabricating, a Wright Brothers industrial gas customer in Elsmere, Dan Goderweis delayed start of an early holiday to repair the damage. He graciously said "no charge."

A small banner from the cyclists' hometown, Brasov, Romania, now hangs on the wall at Bob's Welding, a symbol of thanks and international good will.

The principles of the nutritional program are simple:

- Avoid Fat-Producing foods
- Each Meal Should Be.. . . . lean protein

*1 or 2 starchy carbohydrates*

*1 or 2 fibrous carbohydrates*

- Cook without fat & prepare sufficient quantities to ensure right food choices
- Control portions according to established formulae:

#### PROTEIN

1 Gram per Kg Body Weight  
 CARBOHYDRATE

3 - 5 Grams per Pound Weight  
*Adjust grams to meet energy needs*

### Nutrition for Training

Before cycling/training, the 175 pound person should eat a meal of 15 grams protein and about 105 grams of carbohydrates (2 baked potatoes and a portion of mixed vegetables). If cycling or training continues for more than 1 hour, a dextrose energy supplement is suggested.

### Monitoring for Results

Combining a controlled fat diet with the efficiency of heart-monitored training can be doubly effective. Fat-burning formula:

$$220 - (\text{Age}) \times 60 - 80\%$$

Training in the 60-80% max heart rate range enhances fat loss.

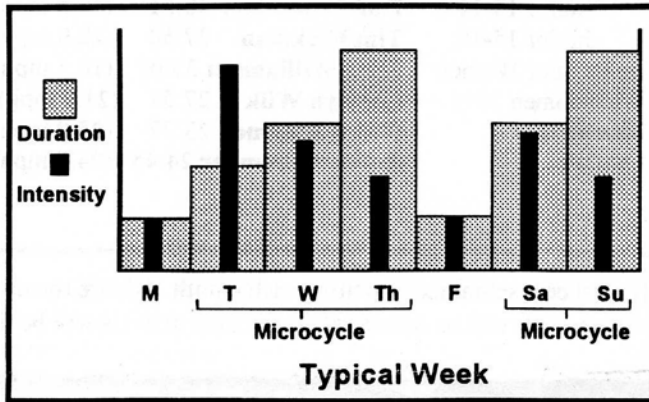
## Wright Brothers Cyclery & Fitness

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

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

(Continued from page 4)

during this ride while staying mostly in zone 1. Keep an eye on you pulse during these rides. If it consistently goes below 120 you would be better off staying at home and watching a Tour de France video; you'll learn more.



You may have noticed that so far we have not mentioned weight training. Really, there is no place for weights in a road or criterium rider's training program. Everything you can do with weights, you can do more efficiently on the bike, as you are also teaching your body to pedal. The nearest activity we do to weight training is sprinting, as it is a high strength activity. However, being the highly neurological skill activity that it is, sprinting can not be duplicated with weight training unless you were to develop a special piece of apparatus designed to mimic the motion of the legs during cycling. In fact, this has been done; it's called a bike.

If you follow this program throughout the off-season, you will be able to start training proper in January at a level more or less the same as the one that you ended the last year. Then you spend the next few months improving on that, instead of trying to get all your lost fitness back.

### QCW Notes:

- Tired of getting out of shape every winter, then struggling to regain a competitive fitness level in the spring? Winter miles are much easier and more fun when riding with a group. QCW's new Sunday Ride Program is your ticket to maintaining your form during the off-season. See page 2 for details.
- The QCW Mountain Bike Race is returning on November 19th! Look for details in the next issue of QCW News.
- Not ready to quit racing for the year? QCW's Saturday coaching ride starts with a training race every week at least through October. Each race is held on the plaza of Riverfront Stadium, starting at 9:30 AM. Riders of all abilities are welcomed! For those who drive down, you can park free on the stadium plaza, in the northeast corner. Take the auto bridge from Hammond St. off of either 3rd or Sycamore streets. See you there!

## PADUCAH, KENTUCKY SUMMER FESTIVAL BICYCLE STAGE RACE

Eleven QCW racers and their family and friends trekked to far western Kentucky on July 23rd and 24th for this well organized stage race—Chip Ellison, Kurt Etter, David Kegley, Mike LaBarge, Keith Logsdon, Bob Rich, Fred Steinbrecher, Mark Strecker, Jeff Vaught, Colin Vogt, and Grant Wearne. The race consisted of a road race and time trial at the Land Between The Lakes recreation area on Saturday and a criterium in downtown Paducah on Sunday.

The road course, and eleven mile loop, was well paved and "professionally" marshaled by local club members and TVA employees. The course, with only one challenging hill per lap, was fast and fun. Colin Vogt (Senior Men 4/5) placed a strong second and David Kegley third in the Citizen 40+ race.

The late afternoon time trial was a short five mile out and back course with several rolling hills finishing with a short uphill. Most riders had offered themselves well during the road race, and the hot summer weather took it's toll as we waited for our turns at the time trial. No results were distributed for the time trial—if memory serves me, Colin placed in the top three and was ready to finish the stage race on Sunday in real good position.

The Sunday criterium course was flat with six turns, two long straights, and shade! Our Senior 4/5 riders (Jeff, Mike, Kurt, and Colin) provided us with some positive publicity on Sunday. They started the race strong and seemed ready to work for Colin. Kurt did yeoman's work in this regard as he pulled Colin to the front for an attempted flyer! Maybe too early! Colin got clear by a few seconds for two or three laps, but could not hold on. Colin, in his first year of racing, smartly let the bunch catch him and he remained near the front until the end.

Overall, Colin was the only QCW member to place (3rd). My observations indicated that everyone had fun, and the trip was worth the drive. Being only slightly biased as a resident of Kentucky (and friends with the race promoters), I'm looking forward to next year's race. It's now the longest running race, with a real prize list, and the best promoted race in Kentucky. Only the Spring Training Series and the Bluegrass State Games have been running longer.

-Keith Logsdon

## Second 2 Man TT Draws 3 Teams

QCW's second two man time trial night again drew only three teams. All three teams rode to impressive times when compared to their previous, individual times. The team of Bob Schoettinger and Scott Denny posted the fastest time, at 24:04, followed by Bob Brubaker and Keith Logsdon at 26:35, and Carolyn and Rick Wilk, at 27:03. Handicapped results were determined several ways: net time versus slower of previous solo times, net versus faster solo time, and net versus average of solo times. The Wilk duo posted the best net time as compared to faster of solo times (by the way, Carolyn is faster) at -1:16 and as compared to average, at -.54. The Brubaker/Logsdon duo were fastest as compared to the slower of their solo times, at -1:39. The handicapped times for all teams were (vs. faster, average, slower):

Wilk/Wilk: -.54, -1:16, -1:38;

Schoettinger/Denny: -.33, -.46, -.59; and

Brubaker/Logsdon: +1:02, +.29, and -1:39, respectively.

Thanks to our 1994 sponsors:  
**Sports Shot**  
**Kroger**  
**Wright Brothers Cyclery**  
**Powerbar**  
**Eastside Weekend**

**Current Time Trial Results**  
 Time trial leaders through 9/6:  
 Senior Men (also Master 30+ and 40+):

	<b>Jim Flaherty</b>	21:57	(27.9 mph)
Senior Women:	<b>Stacy Kisker</b>	26:26	(23.2 mph)
Junior 13-14:	<b>Paul Rosenstein</b>	30:51	(19.8 mph)
Junior 15-18:	<b>Tim Beckman</b>	27:50	(22.0 mph)
Junior Women:	<b>Eliza Williamson</b>	33:07	(18.5 mph)
Women 35+:	<b>Carolyn Wilk</b>	27:57	(21.9 mph)
Men 45+:	<b>Grant Wearne</b>	23:37	(25.9 mph)
Men 50+:	<b>Roger Macomber</b>	24:45	(24.7 mph)

**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.

- Diamond Back Response Comp** mountain bike, 16.5", Shimano core XT components. Excellent condition, hardly ridden, \$650 OBO, Rick 941-2220
- Sew-Up Tires Repaired**, most flats fixed (blowouts are not repairable), guaranteed, \$12/tire or trade, Freddie 245-9527
- 1 set **Dura Ace crankarms**, 175 mm, no ring, '92 model, good condition, make offer, Pat 863-0433 .
- Free to the first to call and pick-up: **Convert-A-Porter roof-top bike carrier** with rails and braces for four bikes. Excellent condition. Call 513/984-4671 for directions
- GT RTS-2** fully suspended mountain bike, 18" c-t. CQP cranks, CQP titanium bottom bracket, titanium Onza bars ends, 987 Dia-Compe brakes, original wheels never used, Shimano LX components, never raced, ridden off-road only a few times, excellent condition, must sell. \$625 OBO, Joe 683-7276
- HED Carbon Fiber Rear Disc Wheel**, 700C, thread-on free wheel, clincher rim, sealed cartridge precision bearings, asking \$200, Mike 985-6600 or 271-2960
- Lotus Prestige** 53 cm c-t, mostly Dura Ace, **Miyata Team** 54 cm c-t, mostly 105, **Basso Ascot** 53 cm c-t mostly Dura Ace, **Ciocc SLX PDM** 48 cm c-t mostly Super Record, must sell, looking for reasonable offers, **Focus MB-350** mountain bike 18" c-t mostly Dia Compe, old, \$75, Rob or 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 677-PELO.

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