

## Spring Races Are Underway! 1995 Racing Season Has Arrived!

QCW has jumped full speed into the 1995 racing season, with nine big events! Promoted in conjunction with other Greater Cincinnati clubs (Xavier University, Cincinnati Velo Club, and Team Suburban Chevrolet), this new series offers local racers their best chance ever to get the season off to a fast start. Our first weekend of racing was blessed with great weather for February, 50°+ and sunny. Saturday's road race drew nearly 60 hearty souls anxious to make cabin fever a thing of the past. Sunday's criterium drew 35 bodies to the ever-popular Cincinnati Financial course in Fairfield. At presstime the third race, the **South Lebanon Circuit Race** was next up on March 5th. March 12 will feature the **Maineville Circuit Race**. This new course is a 20 mile loop on gently rolling terrain, starting at 11:00 AM. "A" racers will ride 3 laps, "B" racers do 2 laps, and 1 lap for "C" racers. (A/B/C categories explained below.)

We return to Cincinnati Financial on March 19 for the **Campus Cyclery Criterium**. "C" racers start at 11:00 AM for 15 miles, "B" starts at 11:45 AM for 22 miles, and "A" begins at 12:45 PM for 30 miles. March 26 brings the **River Road Race**. Starting from Kellogg Park, which is just east of Coney Island on River Road (US50 east of Cincinnati), this course features an "out and back" format. "A" racers go 50 miles with two major climbs, "B's" get 35 miles with one climb, and "C's" get 27 flat miles. All races start at 10:00 AM. The **Butler County Road Race** on April 2 uses a 12 mile loop with one climb and many rollers. All races start at 10:00 AM, with distances of 60, 36, and 24 miles for A, B, and C, respectively. From I-275 northwest of Cincinnati take exit #38 (US27, Colerain Ave.). Go north on US27 about 7 miles to the Ross exit (OH 128). Turn left (SW), about 1 mile into Ross. Turn right on OH 126. Continue west on 126 5-6 miles to right on Chapel. Turn left into the Morgan Ross Athletic Assoc. baseball fields. April 9th brings the **Warren County Circuit Race**. This 7 mile loop features big rollers, with distances of 63, 42, and 21 miles, starting at 10:00 AM. From I-71 take exit #32, OH 350. Follow 350 southeast 9 miles to right (south) on OH 132

about 1.5 miles to Butlersville Elementary School. Our final event is the **Suburban Chevrolet/Tyson Road Race** on April 23rd. This 22 mile loop features 3 big climbs in the Northern Kentucky hills. Starting at 10:00 AM the racers are off for 66, 44, and 22 miles. From I-75/I-71 in Kentucky take exit #175, KY 338. Follow 338 southwest about 8 miles to Big Bone State Park.

These races use the A/B/C type of categories. Category A is for senior men of categories 1, 2, and 3. Category B is for categories 3, 4, and 5. However, these are merely voluntary guidelines. Licensed riders of any category can choose either race, depending on your training plan. Category C is for unlicensed, citizen riders only. Citizens may not race in category A or B. If you don't have your 1995 license yet, you will be required to enter category C.

This nine race series features prizes for overall placings. Each rider's best five places will count toward series honors. The top five places in categories A and B will split \$125 and \$75 respectively. For racers looking to upgrade, individual races of this type are generally *not* counted toward upgrade points, but series placing *is* counted.

Volunteers are needed to work at all races. If you don't plan to race on a specific day, please plan to help out. Each race typically needs from four to eight workers (in addition to officials). If you know ahead of time that you can help, please leave a message on the PELO line (677-7356) as soon as practical. However, even if you don't know ahead of time if you'll be available, please feel free to show up unannounced to help.

### Tips on Riding in Training Races

There are a lot of people who ride training races without ever improving their fitness or learning much about racing. The key word is TRAINING. There is little glory in these races, and even less cash. There is nothing worse than finishing a training race coasting along in the middle of the pack. Use the opportunity to become a better racer. Be aggressive, and get

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

## Cyclebration Volunteers Needed

Planning for Cyclebration '95 is well underway, and we need your help. There are a number of important positions currently open. Some of these need to be filled fairly soon, including some committee heads. In addition, a CPA or accountant is needed. None of the positions requires an extreme amount of time. We can fit you with a job that matches your interest and skills, as well as the amount of time that you're willing to contribute. For more information on the positions available and the time required, contact QCW President Jim Flaherty at 489-0833.

## District Representatives

Over the last month nearly a dozen members have called me seeking the phone number or address of their district representative. Therefore, I've decided to list them here. (Note: I don't mind the phone calls at all. Feel free to call for any reason, just don't call after 9:00 PM, please. Thanks, Rob Westendorf) District representatives are responsible for all license upgrades. There seems to be a widely-held misconception that QCW officers are responsible for upgrades of QCW members. If you are upgrading from category 5 to 4 based on experience, it may help to have a letter of recommendation from a higher category racer (someone who is also an official is even better). However, it does not matter if this person is a QCW officer or not.

### Ohio/West Virginia Representative

**Tym Tyler**, c/o Team Columbus  
6124 Freeman Rd.  
Westerville, OH 43081  
614/890-4145

### Indiana/Kentucky Representative

**Nestor Evancevich**  
419 Linden Ave.  
Wilmette, IL 60091  
708/251-6021

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.

### 1995 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:

Kurt Etter	459-1588
Scott Lyle	731-9675
Jim Obert	683-7295
Roy Roberts	781-2884
Dan Rocketnetz	684-6000
Jeff Vaught	921-6412
Charly Wright	489-2222

*QCW is an all-volunteer organization. Please contribute a portion of your time to help promote racing in Cincinnati!*

## Calendar

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

Mar 5 South Lebanon CR QCW 677-PELO  
Mar 11 Long Run RR, Louisville Dave Spittle 502/458-2094  
Mar 12 Maineville CR QCW 677-PELO  
Mar 12 Fisherville RR, Fisherville, KY Dave Spittle 502/458-2094  
Mar 12 Het Ashley Grand Prix, Columbus, OH Team Columbus 614/890-4145  
Mar 18 St. John's Starlight RR, Floyd Knobs, IN Bob Peters 812/948-2453  
Mar 19 Campus Cylery Criterium, Cincinnati QCW 677-PELO  
Mar 19 Highlander RR, Floyd Knobs, IN Bob Peters 812/948-2453  
Mar 19 Het Ostrander Grand Prix, Columbus, OH Team Columbus 614/890-4145  
Mar 26 River Road Race QCW 677-PELO  
Mar 26 Omloop von Snortin Ridge, Lancaster, OH Team Columbus 614/890-4145  
Apr 1-2 Mudfest IV Carrollton, KY Richard Matthews 502/484-2998  
Apr 1-2 L'Sprit RRs, Sligo, KY Dave Spittle 502/458-2094  
Apr 2 Butler County RR, Ross OH QCW 677-PELO  
Apr 2 Omloop von Sugar Grove, Sugar Grove, OH Team Columbus 614/890-4145  
Apr 8 St. John's Starlight RR, Floyd Knobs, IN Bob Peters 812/948-2453  
Apr 8 Circuits de Apple Valley, Apple Valley, OH Team Columbus 614/890-4145  
Apr 9 Warren County RR QCW 677-PELO  
Apr 9 Babcock Spring Challenge MTB, Babcock State Park, WV 304/574-2453  
Apr 9 Highlander RR, Floyd Knobs, IN Bob Peters 812/948-2453  
Apr 9 Purdue Univ. Criterium, West Lafayette, IN Matt Bluer 317/746-5241  
Apr 16 Circuits de Cantwell Cliffs, Lancaster, OH Team Columbus 614/890-4145  
Apr 19 Indianapolis TT Series #1, Indianapolis, IN Todd Sullivan 317/576-0156  
Apr 23 Beander's MTB Rampage, Elkins, WV 304/636-9670  
Apr 23 Tour de S-E Ohio, Wilkesville, OH Team Columbus 614/890-4145  
Apr 30 Suburban Chevrolet Road Race Alex Perkins 283-2222, 331-0925  
May 2 Southeastway Park Crit Series, Indianapolis, IN Chuck Moll, 317/894-2340  
May 5 Eagle Creek MTB, Columbus, OH 614/890-4145  
May 7 Challenge at Mountwood MTB, Waverly, WV Edward Bohren 304/679-3611  
May 7 USA Criterium, Fishers, IN Tim Konrad 317/578-8793  
May 28 OH/WV District Crit, Dayton  
Jun 4 KY/IN District TT, Greenfield, IN Joe Ake 317/894-5272  
Jun 10 OH/WV District RR, Akron OH  
Jun 17 KY/IN District RR, LaGrange, KY Albert Linder 502/228-8047  
Jun 18 KY/IN District Crit, Clarksville, IN Alice Stevenson 812/288-4302

### 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 person 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 Jan 14-Apr 1 10:00 Riverfront Stadium, 2-3 hr ride Paul Eddleston 531-9232  
Saturday and Sunday 8:30 Mountain bike ride, Mason/Loveland area, Dan Rocketnetz 684-6000 (2,3,4)

Sunday Jan 8-Apr 2 10:00 Hyde Park Square 3-5 hr ride Paul Eddleston 531-9232  
Tuesday Jan 3-Mar 28 5:30-7:00 PM Riverfront Stadium Paul Eddleston 531-9232  
Tuesday and Thursday 6:00 Mountain bike ride, lights required, Loveland at the bike trail, Doug Penderoy or Tom Cross 791-9292 daytime (4)

### Results

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

Please call your results in to the QCW PELO 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!

### Events

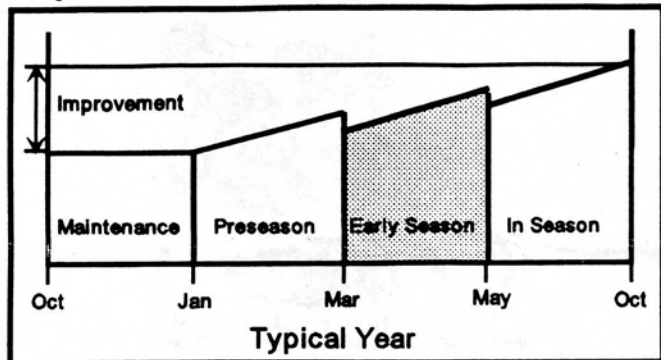
First Wednesday of each month: Bicycle/Pedestrian Advisory Committee (BIKE/PAC) meeting, 7:00, Centennial Plaza, 805 Central Ave.  
May 2 QCW Time Trials begin 6:30 PM

# Coaches Corner

## Early Season Training

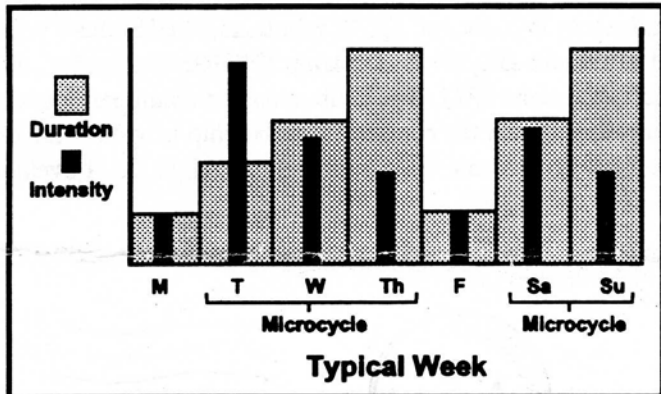
-Paul Eddleston

Once the **preseason** phase is completed we move into the **early season** phase. This usually extends to about the time when the important races begin, which is usually around the beginning of May in this area. Again the work is performed in zones 1, 2, 3, and 6, but towards the end of the phase you reintroduce the body to speed work in zone 4. Training is now more structured and planned.



## Typical Week

As with the rest of the periods discussed in previous articles, the typical week is broken down into cycles. These are called **microcycles** and are typically two or three days in length. During each microcycle you train at an intensity and duration above those of last week, then rest for a day. It is important to train the higher intensity zones at the beginning of each cycle so as to be fresh for the next day of lesser intensity. If you tried to do sprints on a Thursday after a week of hard anaerobic and endurance work you probably wouldn't be able to produce your maximum effort and you would not be training at your best.



Therefore a typical week during any phase of the year would start out with Monday as a rest day. This is usually the day after a race or long group ride, and it is necessary to recover before you try to improve some more. A Monday rest day can be a day off the bike all together, as it is good to teach the body how not to ride sometimes.

Tuesday marks the beginning of the week's two microcycles. As you want to train the more intense zones first you do a sprint workout on Tuesday.

Wednesday is usually the day for working on your anaerobic threshold, zones 2 and 3. In the previous phase you did *unstructured* long intervals by riding hills. In this phase you should do *structured* long intervals. This means riding at or near your anaerobic threshold for between 5 and 10 minutes at

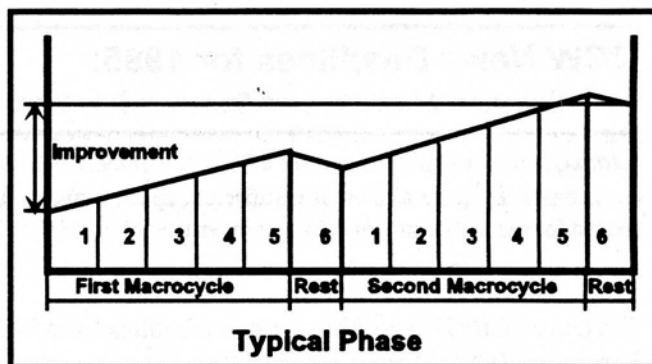
a time, and resting for between 10 and 15 minutes. The duration of the effort and number of efforts should increase as you progress through the phase. You will need to find a fairly flat stretch of road to perform this exercise as you don't want severe changes in gradient to interfere with your efforts.

Thursday should be your day for training your endurance system (zone 1). This requires a ride of between 2 and 7 hours duration depending where you are in your training plan, so it is usually the only thing that is done on this day.

After all that training Friday is a rest day. It should consist of 1 to 2 hours of easy riding to loosen stiff muscles.

Saturday is the beginning of the week's second microcycle, and is basically a combination of Tuesday and Wednesday. Sunday is usually race day or, if not, a day of group riding possibly simulating efforts made in a race. The duration should be the same as Thursday. This returns us to Monday and a well earned rest.

Each weeks training is at a level and duration slightly above the previous week in order to maintain a progression. Then at the end of the macrocycle you should rest to allow your body to recover so that you can train at your best during the next one. The specific training done on any particular day depends on the phase and cycle that you are in.



## Interval Training

During the last few weeks of this early season phase you want to reintroduce your body to anaerobic intervals. This will give you the speed needed to attack during races and stay at the front during the last few laps of a criterium. This requires riding above your anaerobic threshold for 2 minutes and then resting for eight minutes. This is a zone 4 workout. You need to perform between 3 and 6 of these intervals as you progress. They are best carried out on a gradual hill, as it is difficult to push yourself this hard on the flat.

These intervals need to be slotted in-between your sprints and anaerobic threshold training. This means doing them Tuesday evening after sprinting in the morning or at lunch time, or Wednesday morning before the evening's anaerobic threshold training.

You could also do them on a Saturday afternoon instead of your anaerobic threshold training. Alternatively, you could alternate them on a weekly basis, skipping the sprints or anaerobic threshold training. Whatever you decide, remember that it is important to train in all of these areas to some extent.

## Training Races

Any races ridden during this period, and there should be as many as possible, should be considered as training races. This means that the end result is not at all important. What matters



is that you ride yourself into the ground and attempt all the moves you are normally too timid to try during the important events later in the season.

Do not make any special concession in your training to accommodate these races. For example, if you have a training race on Sunday, do not take it easy on Saturday to be in top form for Sunday. Don't compromise your training for a race whose result is not important. Nobody remembers who wins the training races, but, come the summer, they are sure going to know who the rider was that used them as training.

Another trap that you need to watch out for is to make sure that riding a training race on a weekend doesn't result in you getting only a fraction of the duration of training that you would normally expect to do this time of year. Normally on a Sunday, for example, you would expect to ride for 3 to 5 hours, but if you ride a 50 mile training race you are only going to ride for perhaps 2 hours. Thus, racing can be counterproductive.

The way around this is to make sure that you get a little bit extra in over and above the race distance. The traditional way to do this in Europe is to ride home from the race, preferably in a small group. This also gives you opportunities to discuss the details of the race with other riders.

out front and attack! Maybe you'll get caught, and maybe even dropped - so what? Couldn't stay at the front in last year's races? Practice now. Staying at the front is a skill that must be practiced. Use these races now to make yourself a better racer for the summer. Those who wheelsuck now and outsprint you at the finish will be far behind when you are in the breaks in July, and collecting prizes when they're big enough to mean something! Go get 'em!



**QCW News Deadlines for 1995:**

Early Summer: May 1st; Late Summer: July 1st; Fall: September 1st; Winter: November 3rd.

**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.

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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