

Spring Training Races Return!

One of QCW's most popular promotions, Spring Training Races, is back again for '96! Featuring races on four consecutive Sundays in March, these QCW races will lead into additional races promoted by some of the other cycling teams of Greater Cincinnati. This cooperative format follows on the heels of 1995's successful nine race series. Cooperating clubs include the Northern Kentucky Flyers (Team Suburban Chevrolet), Cincinnati Velo Club (Team Alevé), and Team Pedro's/Going Mobile. At press time some of the details had not yet been finalized, so we can't yet list the specifics for the April races.

All four of QCW's races will be held in the same area, though each will feature a different course. The Warren County area around Morrow has welcomed us back for the second year. This area features many roads very popular with riders. The race courses will feature all types of terrain, from flat and fast to rolling hills. In addition, March is often windy, and the many open spaces will provide us with

opportunities for all types of echelons. Categories will be of the A/B/C format. Racer categories 1, 2, and 3 must ride category A, 4 and 5 must ride B, and Citizen (unlicensed) racers must enter C. The race courses will feature loops of 7 to 20 miles. The total race distances will be: Category A: 40-60 miles; Category B: 30-40 miles; Category C: 20-30 miles. All races begin at 11:00 AM. The A and B categories feature a prize list for overall series placing. For the A's there is \$150 for the first five places, while the B's will receive \$50 for the first three places. The entry fee is \$13 per race for A and B, and \$14 for C.

Promoting races takes a cooperative effort from a lot of people. We need your help to put these events on safely and smoothly. Registration personnel, course marshals, and follow vehicle drivers are just a few of the jobs that require volunteer workers. Although you should be racing, if not, please be a race volunteer. If you are racing, and have a spouse

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Annual Banquet Draws Big Crowd

Over sixty souls turned out on a cold Saturday evening for QCW's Annual Meeting and Banquet, held on January 27th. Once again everybody polished up their best stories to remember 1995, as well as built up enthusiasm for the coming season. Mass quantities of food and drink disappeared, though for a change we didn't run out of everything! Chip Ellison took care of the supplies, and I guess he carted off the remains (at least I know there was a keg in his car at the next morning's mountain bike ride!). Once again lasagna was the menu of the night. Chip held an informal vote on the PELO line prior to the banquet about beer choice, and the overwhelming winner was "full bodied, none of that light stuff!" Many people were therefore introduced to Cincy's newest microbrewery, Barrelhouse, through their excellent Red Legg Lager. There were no complaints.

The annual meeting featured election of officers for the coming year. All of the incumbent directors were reelected unopposed. (Note: the Board is looking for some new ideas and

energy. If you're interested in helping determine the future of QCW, please call any Board member with your interest.) Club goals for the coming year were discussed, including a Spring Training Series, time trials, trail construction, revival of Cyclebration, and mountain bike races, among others.

The banquet highlight is always the presentation of club awards for the past year. Time trials awards for fastest time in their category were given to: Roger Macomber (Master men 50+), Brad Davis (Junior men), Elaine Todaro

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489-2222

QCW Board meetings are open to all members. Meetings are generally held on the second or third Monday of the month, but the schedule is seasonal. Call the PELO line (677-7356) to confirm meeting dates and locations.

Prologue

At this time of the year it seems appropriate to remind all of our members that QCW is a volunteer organization. All of the tasks associated with the club are performed by volunteers. And there are a great many jobs associated with running the largest racing club in the district. At the same time, our dues are the lowest of any major club in the Midwest. There are clubs that require up to \$75 a year, plus mandatory work periods at club events. We are proud that all jobs associated with QCW are freely performed by volunteers!

One of the drawbacks of our all-volunteer approach is the need to remind you that we need your help to run the many events that makes QCW one of the most active racing clubs in the country. (Now I know how PBS feels.) There are many different tasks associated with QCW. Some of these involve a considerable time investment, while others require less than an hour. However, we have a job suitable for virtually every interest and level of commitment. We need you to offer your time to help us keep things moving. Every event the club runs could use additional help. Some events have been run perilously understaffed, others may have one person who desperately needs a break. Your offer of time will be greatly appreciated.

Some of the biggest jobs in the club need some help. The current Board of Directors has remained unchanged, now heading into it's third year. The Board is looking for some new blood to provide some fresh enthusiasm and new ideas. Cyclebration can only return with a commitment very soon from several people willing to undertake a committee chair position. If you even think you might be willing to help, please attend a Board meeting to get a better idea of the skills and commitment necessary.

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The New Look QCW News

This edition represents the start of my fifth year as editor of the *QCW News*. With this issue you'll notice a number of obvious design changes, along with a number of less visible changes. I've updated the look in anticipation of extra copies being distributed at bike shops around town. QCW is not particularly well known outside of the racing community, but we have a lot to offer other riders. Distributing extra copies is one of the best things we can do to increase the club's exposure, and increase membership. An additional change that will happen soon is a change from first class to bulk rate mailing. Newsletter postage is the largest expense the club has, and this can be reduced by 80% or more by changing to bulk mailing. This means that the average time it takes the post office to deliver your copy will increase from two to about seven days. While we are not happy with this increased delay, we are currently taking other steps to reduce the amount of time it takes to produce the *QCW News*. Hopefully we will be producing a more timely product in the future. I continue to need your submissions to fill out our pages. A list of editorial deadlines and issue themes is on the last page of this edition. I look forward to hearing from you!

-Rob Westendorf

Many smaller jobs are no less important. These include race and time trial marshals, trail workers, even stamp lickers. Please give strong consideration to determining how you can help QCW continue to offer the most comprehensive racing program possible. Thanks in advance for your help!

One of QCW's most important assets is the PELO line (677-7356). Always feel free to call to offer your time, with new ideas, or just to find out what's happening!

QCW News

Published six times per year by:

Queen City Wheels, Inc.
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Loveland, OH 45140

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Submissions of articles of interest are always welcome. Send submissions to:
QCW News, 2724 Morning Ridge Dr,
Cincinnati, OH 45211-8206

QCW

The Queen City Wheels, Inc., is a member club of USA Cycling.

Its goals are to:

- PROMOTE sanctioned bicycle racing throughout the Greater Cincinnati area
- ADVOCATE cycling awareness with local governments
- PROVIDE members with coaching and camaraderie

Club Information: 677-PELO

QCW Home Page:

<http://www.iac.net/~curta/qcw/qcw.html>

The Worst Hill In Town

One of the favorite arguments among Greater Cincinnati riders is the identity of the "Worst Hill In Town". This unofficial designation has been awarded to a number of different climbs by various people. Part of the reason for the disagreement is that everyone has a different view of what makes a climb tough. It's not just grade, nor is it just length, though these are the two prime factors. Additional factors include road surface, exposure (shade on hot days), turns, or even road debris (e.g. graveled corners). Throw it all in the mix, and there are lots of title contenders. Add in the factor of neighborhood pride in the "local" hill, and you seldom find agreement between any two riders.

Is it important to award a title to any particular hill? Probably not, but it is important to know some of the contenders. Unfortunately, in our area very few "killer hills" are located in places that makes them easy to include in race courses. Though local races may include significant climbs, these aren't truly "killers". However, if you race outside of Greater Cincinnati (especially in eastern Ohio or Pennsylvania) many races include some monsters. If you don't have any experience on hills of this magnitude, it's easy to be intimidated or overconfident. It's even easier to end up off the back. On the other hand, those who have experience on extreme climbs have a great advantage in knowing what to expect from their body on the ascent. Climbs of this class are not very good for hill training, so it's not necessary or even desirable to include them more than occasionally. But if you plan to race on hilly routes, the experience gained can be of great value.

So, what is the area's "worst" climb? Some of the candidates include: in Northern Kentucky: KY Rte. 20 out of Petersburg, Point Pleasant or Amsterdam, both ascending from KY Rte. 8 near the Anderson Ferry, and Montague St., in Devou Park. Inside Cincinnati city limits, the city officially designates White St., ascending from Queen City Avenue to Harrison Avenue, as the steepest in town. In the west, candidates include Anderson Ferry, up from River Rd., Lockwood Hill Rd., off Blue Rock Rd. (Note: this climb *has* been included in past QCW training races), Sprindale Rd. up from Harrison, and Mt. Hope Rd. in Miami Whitewater Forest. Eastern hills include Mt. Carmel Rd., up from Round Bottom, and State Route 350 in and out of Ft. Ancient.

So which of these hills is the worst, or is it some other hill? It's your chance to decide! Between now and the next issue of *QCW News* (deadline March 25th) send in your nominees. I'll take your favorites (or is that *least* favorites), divide them up by region, remove the obvious non-contenders, and put out a ballot. Then it's time for you to get out and work. Ride as many of the candidates as you can, especially in your region. I'll give you all summer, and reprint the ballot in August. The winners will be listed in the October issue, and Paul Eddleston will use the information gathered in selecting the courses for his second annual hillclimb series in the fall.

To nominate a climb, let me know anyway you want. You can call me at 661-2536 (day or evening, not after 9:00 PM), write me at 2724 Morning Ridge Dr., Cinti. OH 45211-8206, or leave a message on the PELO line (677-7356). (Sorry, I'm not yet on-line, but I promise to be soon.) Based on the climbs

Racing Nib

Welcome to QCW's racing column! I will attempt in the calendar of races to list as many events as possible, but remember there is always a more complete listing in *VeloNews* or *DirtRag*. I will also keep the PELO line up-to-date with upcoming races, info on who's going where, and any carpooling stuff. Feel free to leave me any race-related questions or comments on the PELO line. Another thing I would like to do in this column is give you some info on how QCW racers are doing, let you know which races seem to be the best, and a little bit of commentary on racing in general. So, with that in mind let me spout-off a bit about spring TRAINING races... They will be here in just a couple of weeks - if you have not yet ordered your USCF or NORBA license yet, stop reading this and do it RIGHT NOW! OK, got that done... Now, the key to spring training races is just that - they are training races. It drives me crazy when racers say they are not coming out to one of the spring races because they are not in shape yet - HELLO - they are training races - that's what you do to get in shape, you train - remember? There are plenty of spring races to do in Ohio, Kentucky, and Indiana (see calendar listing). Most of them are very low key, laid out on low-traffic road courses, and categorized so that you can pick a distance that is "safe" for you. Investing in racing now will pay off big for you in June, July, and August - don't worry about mid-season burnout, that will not happen if you treat these early season races the way they should be, as training. OK, I guess you've got the message... race early and race often.

As I said I would like to hear feedback on your racing season. Feel free to leave me any info on the PELO line or drop me a line (normal: Wilmington College, 3 Triangle Park Drive, Cinti., OH 45246, or extra fast: chipe@wilmington.edu). I will try to keep everyone up on the latest nib.

Niblets: Congrats to Steph B. on her new little girl... Bonnie B. is getting ready to head out west for her spring training - watch for her name in the results column in *VeloNews* and check out her new "do" in the *VeloNews* article on American Classic... O.B. is reportedly moving to Colorado Springs to start his training for Ault Park... If you get really thirsty (or cold) going thru Camp Dennison, stop by and see Charly G. - I hear her new place is really nice... Someone said they actually saw Rob & Rox, Scott D., Markie-Mark, & Colin on mountain bikes - look out... I hear them bikers are hanging out at Hap's on Tuesday nights - 8-ish - Guinness is good for you...

-Chip Ellison

already mentioned, any serious candidate will probably have to be at least half a mile in length, and probably at least 9% grade. By way of comparison, the Mt. Adams Hillclimb race course is less than 0.4 miles, and averages right at 9%. Ballot regions anticipated include Northern Kentucky, Cincinnati city limits, east, west, and north.

-Rob Westendorf

(Obviously this article relates to *road* climbs. Dan Roketenetz is interested in *off-road* climbs. Let Dan know of your nominees there!)

Annual Banquet

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(Women), and Jim Flaherty (Senior men). QCW Racing Awards, for excellence in racing results in sanctioned races, were awarded to Colin Vogt and Chip Ellison. Chip told us about Colin's strong performance at the Tour de Toona, which is a huge multiday stage race. In a particularly difficult road stage Colin stayed with, and then drove the winning break. This masters group included former professional and national champion riders. Colin finished a strong second, losing the victory only because, according to Chip, his sprint tactics need some work. Chip Ellison raced in nearly fifty races in 1995, nearly always placing in the money. This was capped by his victory in the Midwest Masters Regional Championship, held in Crane, IN. (Note: in this race the Masters field made up nearly 15 minutes on the Pro/1/2 field in front of them, and caught and passed them inside of 40 miles!) Special awards for significant contributions to QCW were given to Charly Gehling and John Luginbill. Charly and John were a critical component of our spring series, and officiated every race for free, sometimes in awful conditions.

QCW's highest award, the Tim Gehling Award, is presented to the individual who most exemplifies the selfless dedication and enthusiasm for cycling exhibited by QCW's late President Tim Gehling. This year's honoree is Bill Urban. Bill has contributed countless hours to the completion of the mountain bike trail at East Fork Lake State Park. This involves not just physical labor, but also all of the organization and red tape cutting and politicking needed to get the trail done. If you

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Training Races

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or sibling or some other generous soul that you can bring, please ask them. The jobs do not require any esoteric skills - we just need lots of warm bodies! If you know ahead of time that you can be a volunteer or provide one, please leave a message on the PELO line. We will try to call you back before race day, but, if we don't please don't assume this means we don't need you! Messages sometimes get lost, and race directors often get real busy approaching race day, so we may slip and not call you back.

To reach Morrow take I-71 to exit #28, South Lebanon. Go south on Rte. 48 for 3 miles. Turn left on Rte. 22/3, and go 5.5 miles into Morrow. Turn left on Front Street. There is plenty of on-street parking. Registration is at the Capricorn Shop, on Front Street. Registration opens at 10:00 AM and closes just prior to the race start. See ya' there!

haven't been to the trail yet, check it out! It is the most professional job you're ever going to find! Thanks Bill!

Paul Eddleston has spent many hours in his coaching role helping riders improve. In recognition, his regulars took up a collection, and together with a contribution from QCW, built Paul a new set of wheels. (Paul has been making do with one set of tubular wheels for quite some time.) Eugene Spiegel presented the wheels to Paul, along with a few comments. Paul retaliated by awarding Eugene a jersey as the most consistent rider in Paul's fall hillclimb series.

Congratulations to all of the award winners! Good luck to you in the coming season, and best wishes for '96!

Beat Those Winter Blahs!!

Hey Bunkie, tired of just sitting around watchin' the tube, drinkin' brewskis and munchin' on nachos? Bored to tears riding your trainer or rollers all by yourself? Then pick up the phone and call 677-PELO and find out where the weekend mountain bike rides are happening. Unless the weather is absolutely awful, there is usually a ride on Saturday mornings, and almost always on Sunday mornings. Riders meet at a designated location (usually a McDonalds), and where the ride takes place is based on the whim of the majority. The rides are a great way to get a workout and, even if a ride isn't so great, it will be entertaining.



If you are in for some real thrills, you should try one of the Tuesday or Thursday night rides, leaving at 6:30 PM from the Loveland Trail parking lot. Off-road riding at night is an experience you won't soon forget. The rides are fast and fun. You'll need good lights to see where you're going, of course. And, a tail light is a help to the rider behind you not only to follow, but to avoid running up your butt (insert your own lewd thought here, if you wish). These rides are hit or miss, depending on the weather. But as long as the trails are not total slop or ice covered, you'll usually find some other daredevil to ride with. So, get some cruising in on your mountain bike instead of those channels.

-Dan Roketenetz

Calendar

Races (OH, KY, IN, WV)

OFF-ROAD

Mar 24, May 5, Jun 9 Falling Rock, Columbus, Team Columbus 614/890-4145
Apr 13-14 Mudfest IV, Carrollton, KY 502/484-2998
Apr 20 Eagle Creek, Columbus, Team Columbus 614/890-4145
Jun 8-9 Fat Tire Boogie, Carrollton, KY 502/484-2998
Jun 9, 23, Jul 21, Aug 18, Sep 8 Paint Creek SP, Chillicothe, OH Shannon or Jennifer Kurek 614/487-1916
Jun 13-14 Mud, Sweat, and Gears, Carrollton, KY 504/484-2998
Jul 6 Hueston Woods SP, Oxford, OH Shannon or Jennifer Kurek 614/487-1916
Jul 13 East Fork SP, Cincinnati Shannon or Jennifer Kurek 614/487-1916
July 27 Atwood SP, Shannon or Jennifer Kurek 614/497-1916
Aug 10 Caesar Creek SP, Waynesville, OH Shannon or Jennifer Kurek 614/487-1916

ROAD

Mar 3 Watkins GP RR, Watkins, OH, Team Columbus 614/890-4145
Mar 9, 16, 24, 30 Franklin Spring Challenge RR, Columbus, OH Shannon or Jennifer Kurek 614/487-1916
Mar 10, 17, 24, 31 QCW Spring Training RR, Morrow, OH 513/677-PELO
Mar 10 Ashley GP RR, Ashley, OH, Team Columbus 614/890-4145
Mar 17 Ashville GP RR, Ashville, OH, Team Columbus 614/890-4145
Mar 23 Omloop von Ostrander, Ostrander, OH, Team Columbus 614/890-4145
Mar 31 Circuits de Richland County RR, Malabar Farms, OH, Team Columbus 614/890-4145
Apr 6 Zanesville Classic RR, Zanesfield, OH, Team Columbus 614/890-4145
Apr 13 Race At The Lake Criterium, Monroe Falls, OH 216/633-8539
Apr 14 Circuit de Cantwell Cliff, Cantwell Cliffs Team Columbus 614/890-4145
Apr 21 Ohio Spring Classic RR, Sugar Grove, Team Columbus 614/890-4145
Apr 27 Race At The Lake Criterium, Monroe Falls, OH 216/633-8539
Apr 28 Delaware Co. Bank Classic RR, Delaware, OH Team Columbus 614/890-4145
May 18 Ohio State RR Championships, Snortin' Ridge Team Columbus 614/890-4145
May 19 Tour of SE Ohio RR, Wilkesville, Team Columbus 614/890-4145
June 2 Tour of Fairfield County, Lancaster, OH Team Columbus 614/890-4145

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 pacerline, 16-20 mph, "3" is moderate to fast pacerline, 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.
Sundays 10:00 DeVou Park Overlook, 2-3 hr ride Paul Eddleston 531-9232
Saturday and Sunday 8:30 Mountain bike ride, Kings Island McDonalds, Dan Rokenetetz 684-6000 (2,3,4)
Tuesday and Thursday 6:00 Mountain bike ride, Loveland at the bike trail, lights required, Doug Penderly or Tom Cross 791-9292 daytime (4)
Tuesdays 6:00 Riverfront Stadium sprint training group

Events

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

New District Rep for KY/IN

Phil Stephens is the new USCF district representative for the Kentucky/Indiana district. Phil replaces Nestor Evancevich, who left the USCF to form the American Bicycle Racing (ABR) organization, a competitor to the USCF (see *QCW News*, Winter 1995). Phil is the long-time manager of the Major Taylor Velodrome, in Indianapolis. He can be reached at 317/722-0424.

Stretching

-Paul Eddleston

What is Stretching?

I think most cyclists will be aware of the concept of stretching, but in case some aren't, here is a brief definition:

Stretching is the act of moving a joint or joints through it's full range of motion to increase the mobility of that joint. This elongates the muscles and tendons of the affected joints, and results in a greater range of motion about that joint.

Why Stretch?

Many top class athletes go through their entire careers without ever employing stretching routines in their training programs. On the other hand, there are many lowly athletes who utilize stretching routines frequently, yet remain at a low level. The point here is that stretching won't make you a super fast cyclist. What it will do is help you to become a better rider than you might otherwise be. A regular stretching program will increase the range of motion at specific joints. Cycling is a sport that fixes the upper body in a predetermined position for many hours at a time, so joints in this region tend to lose their flexibility. This is not a major problem until the rider is unfortunate enough to be involved in an accident resulting in a tumbling motion from the bicycle. In this kind of crash some joints may be stressed beyond their normal range of movement, and injury in that area may well be the result. However, if there is ample range of motion in these joints, injury may well be avoided at this point and the consequences of the accident minimized.

Another area of cycling where having a good range of motion is important is in the pursuit of the optimum riding position. Modern thinking has pushed the rider to extremes in terms of saddle height, set-back, and handlebar location in order to improve aerodynamics. Unfortunately, some, if not the majority of riders, find difficulty in attaining this ideal through lack of flexibility. The problem lies in the hamstrings at the back of the thighs and, to a lesser extent, in the lower back area. Unfortunately, the cycling action tends to shorten the muscles of the hamstring, as the knee is rarely fully extended. The same thing applies to the muscles of the lower back, and the result is that many cyclists find it difficult to adopt their ideal position, which requires them to lean forward, rotating the pelvis in order to attain what is generally considered a flatback position. Another problem related to position is the muscles own defense mechanism. As a contracting (shortening) muscle nears the end of it's range of movement it sends out a signal via the nerves to tell the opposing muscle to contract in order to slow down the movement. It's not unlike putting on the brakes. This braking mechanism is counterproductive to cycling, as it slows you down. We need to make the "braking point" beyond the normal range of motion experienced during cycling so as not to trigger the defense mechanism.

Although we talk about stretching muscles, if we are looking for increased range of motion in a joint it is actually the tendons, the tissue that connects the muscle to the bones, that elongates over time. The tissue will only stretch when it is fully warmed up, so it is very important to stretch only after exercise or a good warm-up. Improvements in performance may be

(Continued on next page)

gained by stretching before competition, but this should only be done after the initial warm-up.

How To Stretch

As previously discussed, it is very important to warm up before a stretching session. If stretching after training, take a shower and put on some comfortable clothing, but don't take in any large quantities of food before stretching. All of the exercises described below should be performed up to the point of "comfortable tension". They really shouldn't be painful. To get to this point it is crucial that you stretch very slowly. Any ballistic effort will trigger the defense mechanism, and you won't get any benefit from the exercise; in fact, you will probably do more harm than good. Hold each stretch for 15-30 seconds, then relax for a few moments and repeat once more.

In Conclusion

Try to incorporate the exercises below into your daily routine. They won't turn you into a champion overnight, but they will benefit you in the long term. You will be less prone to injuries, able to adopt a better position, and recover more quickly. Remember to stretch slowly to the point of comfortable tension and hold for 15-30 seconds. It shouldn't be painful.



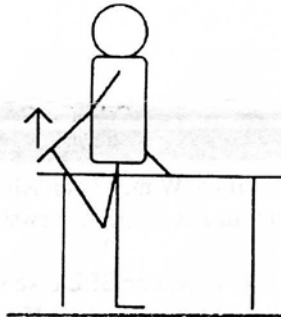
Shoulder Stretch

Do this exercise in both directions by first pulling up and then by pulling down.



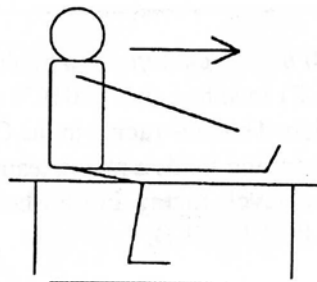
Lower Back Stretch

Pull your knee to your chest.



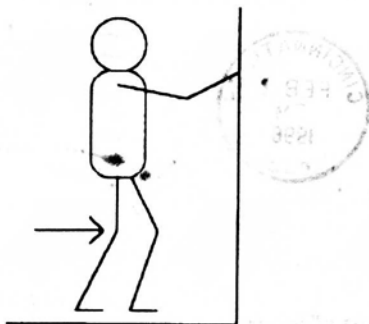
Quadriceps Stretch

Pull upward with your arm. Alternate legs.



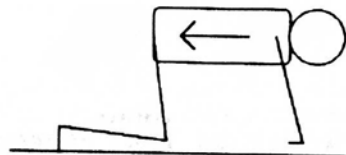
Hamstring Stretch

Keep your back straight and bend forward from the hips.



Calf Stretch

Stretch the rear leg with your weight on the front leg. Bend the rear knee forwards to stretch the calf.



Wrist Stretch

Gently lean back to stretch the wrists and forearms.

Editorial Deadlines

Deadline dates for the 1996 issues of the *QCW News* have already been determined. In addition, for planning purposes the anticipated theme of the issue has also been determined.

These are:

<u>Issue Date</u>	<u>Deadline</u>	<u>Theme</u>
Early Summer	March 25	Time Trials
Summer	May 27	Cyclebration
Late Summer	July 29	Cinti. Championship Series
Fall	September 30	Mountain Bike Race

Advertising Rates

The *QCW News* accepts advertising from anyone with an interest in bicycle racing. Rates for 1996 are:

<u>Size</u>	<u>Single Issue</u>	<u>Annual (6 issues)</u>
1/2 page	\$30	\$150
1/4 page	\$18	\$90
1/8 page	\$10	\$50

Ads can be accepted in camera-ready form, or, for advertisers purchasing a minimum of two issues, free assistance in design and layout of your ad will be provided. Contact the editor for details. The deadlines listed to the left also apply to all advertisements.

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. Submit ads to QCW Newsletter, 2724 Morning Ridge Dr., Cincinnati, OH 45211-8204.

Yakima roof rack, 48" rails, one SRL bike mount, towers and clips fit most cars without rain gutters: \$65, Optional '86 Mazda RX-7 attached: \$5000 Rob 661-2536

18" Stumpjumper Comp, new in '91 - ridden hard but lots of good miles left in it. \$200 Call Chip - 677-7356, 677-1432, 772-7516

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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