

# Queen City Wheels

February 1, ~~1998~~ 1999

Volume 2, Number 2

## Elite Nationals Update

The first Steering Committee meeting for the 1999 Elite Nationals was held on January 19. Betsy Neyer introduced this year's race producer, Jay Downie. He is also the promoter for Tall Stacks here in Cincinnati. The biggest part of the meeting was going around the room and having everyone introduce themselves and where they fit into the cycling community. John Gatch went over the race courses which are tentative at this time. If the new time trial course comes off, it will be a huge improvement over last year. As soon as the location of the courses have been finalized I will post them in the newsletter. The meeting ended with everyone signing up for a committee they wanted to work with.

### One big note!

The next meeting for the National will be held on Tuesday, February 16, at 7:00 PM. It was previously scheduled for Monday, February 15. The meeting will be held in the Loveland Safety Center, 126 S. Lebanon.

## QCW

**For up to the minute information on Rides, Races and Club Events call : 677-PELO (7356)**

## From The Editor

Well my first disaster hit last Thursday night when I pressed the "on/off" button on the front of my computer. Nothing happened. For some unforeseen reason my motherboard decided to die. Well another one is on order and I have been going into work early so I can get the newsletter out, hopefully not too late.

I hope all the letters and articles I have been receiving keep on coming. I think we have been getting some real good articles from our members

If you didn't get to attend the banquet you missed some really good food and a great slide show put on by Curt Austin. Awards were also given out and below is a listing.

### Al Senft:

**Best time Senior Men Time Trial 22:00**

### Peter Wimberg :

**Best time Master Men Time Trial 23:17**

### Sheila Senft:

**Best time Senior Women Time Trial 26:20**

### Jim Flaherty:

**The Tim Gehling Memorial Award**

Look in the back of the newsletter for the results of the 1998 Time Trials.

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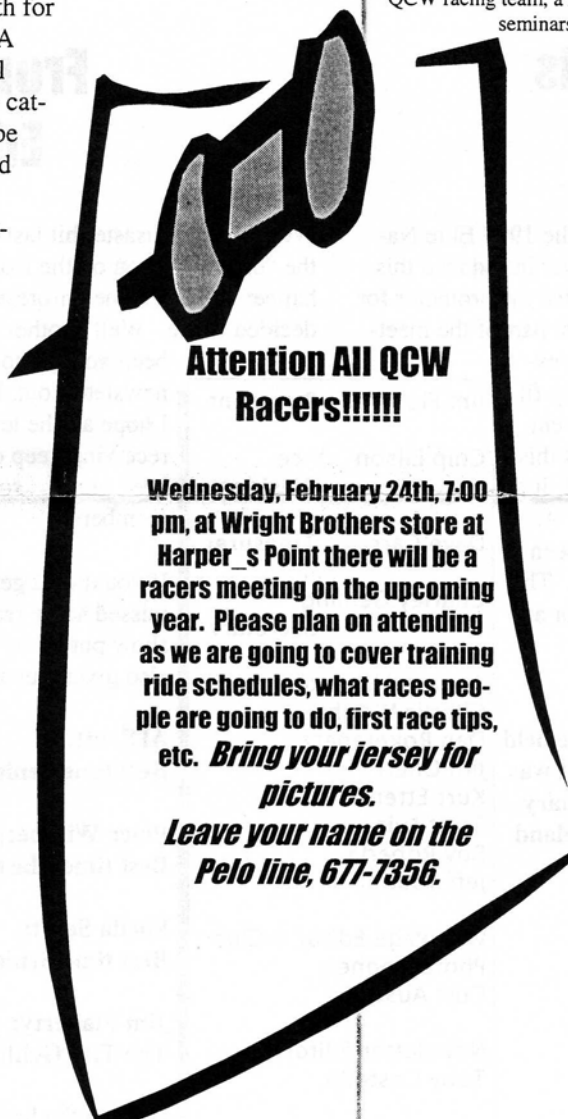
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# Ohio Valley Spring Series

The series will include 6 road races and 6 criterium. A flyer will be sent out to all racers in the region. If you do not receive one please call the Pelo line and Chip Elison will send one out to you. QCW will be putting on two races this year, both in Morrow Ohio. They will be held on March 7th and the 21st. The multipass can be purchased before the cost is \$15.00. A start of the first race on February 28th for ALL SIX RACES for \$70.00. A good way to save 20 bucks. All races will start at 12 noon. The category's for the race series will be 1/2/3, 3/4, 5/OPEN, Women and Juniors. This is a great way to help you get in shape for the upcoming year and to see where you stand with the competition. I'm sure that Scott Denny will have a few hills for you to climb and he has the honor of putting on the first race. If you do not plan on riding please come out and volunteer. Help is always needed for registration and corner marshalling. If you would like to help please leave your name and telephone number on the Pelo line. Even if its a last minute thing I'm sure they can still use your help if you show up the day of the event.

*Directions to the Morrow races:  
Take I-71 to exit 32, (approximately 32 miles north of Cincinnati), onto Route 123. Go south 6 miles on Rt. 123 into Morrow, then right on Rt. 22/3. Turn Right at next light and go over Bikeway. Registration is at Capricorn's Snack Shop on the Bike Path.*



## Attention All QCW Racers!!!!!!

**Wednesday, February 24th, 7:00 pm, at Wright Brothers store at Harper\_s Point there will be a racers meeting on the upcoming year. Please plan on attending as we are going to cover training ride schedules, what races people are going to do, first race tips, etc. Bring your jersey for pictures.**

**Leave your name on the Pelo line, 677-7356.**

# Visions for 1999

By John Luginbill

At the Annual Banquet 15 people wrote their heartfelt and spontaneous visions for 1999 in three categories, personal, QCW, and Cincinnati racing community. I am impressed by the response. The most interest is in another stage race like the Midweek Stage Race (4 people), more active women and junior race programs with QCW the catalyst (2), and increased publicity about bike racing (2). Interest in a stage race is encouraging [see Stage Race].

Respondents encouraged QCW to keep up the good work, continue the great newsletter, generate interest in cycling among kids, and to welcome new volunteers. Our members are interested in seeing a QCW racing team, a return to time trials with 60 riders, and brief seminars to familiarize new riders with the rules.

Personal visions include getting back in shape, averaging 100 miles per week, more miles/better skills, and doing more races. One particularly clear vision is "a respectable showing at the Killington Stage Race, cat 1-2." Each individual deserves our support in achieving her or his goals for 1999.

Anyone who would like to see the complete list or to add to it call John Luginbill at 352-5216 (work) or 721-1753.

### Create A Stage Race

Given the ground-swell of interest in a stage race, now is the time to plan one for this summer. We need a committee of 5 to select a venue, set a schedule, and chose how it should be run.

The Midweek Stage Race was planned in less than an hour by a committee of willing souls in Jim Flaherty\_s dining room. There is a memorable history of QCW stage races. Fred Steinbrecher organized one on Labor Day weekend in 19?? which used the Burlington-Camp Ernst-Rabbit Hash-Petersburg-Bullitsville road race course with a picnic afterward. Rob Westendorf continued the Labor Day race with a hill climb TT in Miami-Whitewater Park, Crosby Twp.-New Haven road race, and Cincinnati Financial criterium with over 80 riders. I organized the same venue the year after that, and then we had the Midweek race 2 years ago.

Call the PELO line, 677-7356, and leave your name right now to be on the committee of 5 and continue this tradition.

### Race Day Social Ride

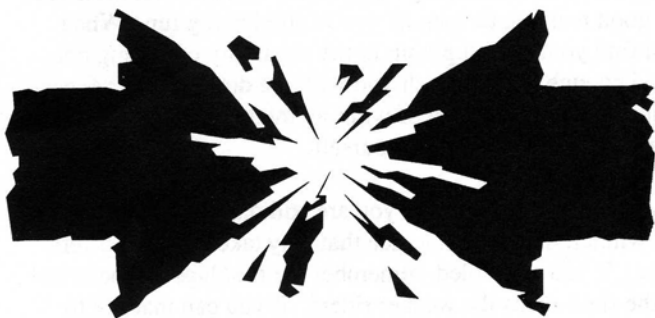
On the day of QCW spring races, Sunday March 7 and 21, come for the fun ride even if you do not want to race. Pace will include all. Ride leaves at 9:30 A.M. Meet in Morrow on Main St. in front of Capricorn\_s. Ride the road race loops and welcome spring in good company.

# Counterpoint

By  
Jonathan Spicker

In response to Scott Denny's complaint that there aren't enough hilly races available I would argue there are if you look for them. Some of the hilly events I can think of that took place in 1998 were the Ohio District Road Race, Tour of Cantwells Cliff, Bluegrass Road Race, Crane Road Race in Bloomington, Tour of West Virginia, Scott's Ostrich Farm Road Race, Wendy's International Classic 2<sup>nd</sup> day, and the Brick Criterium in Athens. Some of these races were down right brutal, Athens for example is kind of like putting Paris Robouix somewhere in Mt. Adams. This wheel sucking sprinter personally rode four of these events and I don't whine, not too much I hope, so not ALL of us wheelsuckers should be called "wimps."

As for the hypothesis that hilly races would show us the truly fit riders: I think most would agree that there is another type of event that really shows us the fit riders, in fact it's known as the "Race of Truth," and you can do one of those every Tuesday all summer long. So let's really get to the truth and eliminate ALL road races and just hold time trials, or better yet, let's just do ergometer testing and the guy with the best VO2 max gets the cash!

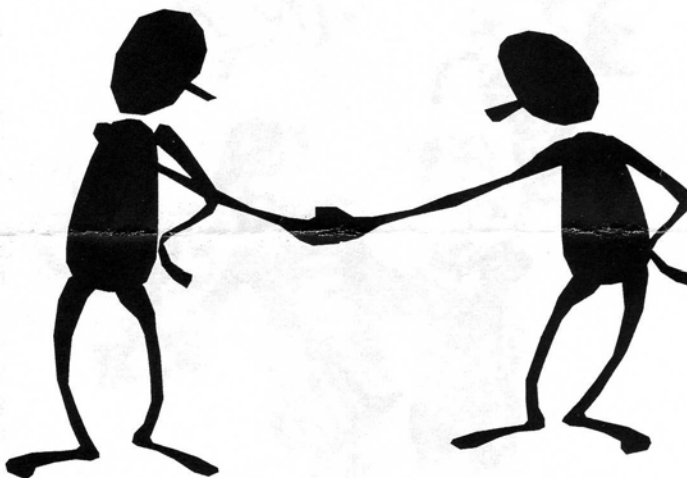


Cmon' Scott, we don't really want to give it all up to those steroid poppin' hammerheads! Do we? Now I have to admit this is a great forum for airing our pet peeves, so allow me: Why do some riders assume everyone is on the same training schedule? I'm referring to those riders who constantly complain about the way others are riding.

If someone won't help pull a breakaway back maybe it's because they don't care about winning the sprint, or maybe they're just barely hanging on and know another pull and they'll be off the back. It doesn't really matter why they don't want to pull, they're training the way they want to, and if you're chasing, you're probably training the way you want to.

Remember, if people are sitting at the back not taking pulls it's because you've set such a viscous pace they probably don't think they can be of any help. By sitting at the back they're doing you a favor by not getting in the way of the rotation up front, so now you can go even faster! But, what if you drop back and purposely leave a gap and then jump to close it? You'll probably drop many of those wheelsuckers, and then you can write in your training diary how YOU dropped all those riders too weak to take pulls. Now that's a training plan you can be proud of!

It goes beyond just taking pulls. If somebody keeps taking fliers off the front with no hope of staying away, why do they do it? Why do you care? It's THEIR training schedule. If you think the ride is over after a certain sprint but someone else chooses to keep hammering away. Don't complain about it, They've got their own train...



This is Jonathan Spicker asking "can't we all just get along?"

## QCW Club Jerseys

There are still long sleeved jerseys and vests available at Wright Brothers. The long sleeved jersey has a full length zipper and the vest is nylon in the front and mesh in the back. I can personally attest to their quality of fit and use and they look great, too.

### Rides

Saturday	9am	Road Ride	Meet in parking lot in Loveland at Loveland Bike Trail.
Saturday	12noon	Road Ride	Meet in the Parking lot at the top of Devoue Park.
Saturday	8:30am	Mtn Bike	Meet at King Island McDonalds
Sunday	8:30am	Mtn Bike	Meet at Beechmont Rd. (125) east of 275 at

# The Winning Attitude

By Eugene Spiegel

How was last season? Did you win all your races? Did you win any? Did you even place in the money? Ask around, hardly anybody did as well as they wanted. Your year might have been far better than you thought, even great.

Look at racing realistically---we can't all be winners. The numbers won't allow it. If your event has a field of 50 and it pays five places, 45 riders are out of the money and only one wins. Even if you're in the best form of the season, you could miss the winning break, be spent from an earlier attempt, get boxed in for the sprint or have a mechanical problem and not even get to the finish line.

If that isn't enough, year by year competition drives the level up. Records are broken constantly as overall fitness, training methods and equipment get better and better. To beat last year's winner you must be better than they were. Riders falling off the field today might have been strong enough to place or even win just a few years ago. The very best can't win every race and a good season for the top pros might mean only a handful of wins. Forget podium results, judge yourself by your standards.

Racing is a demanding taskmaster. Why are you doing it? Are you an athlete for the glory of the win, the thrill of competition, the improvement of bike handling skills or for your health and fitness? Maybe you just need to justify spending megabucks on your fancy equipment. Bottom line, these are all good reasons, as long as you're still having fun. When you find yourself caught up in the negativity of feeling not good enough, sure enough you will live down to your expectations. Your definition of winning might be a matter of changing goals. Reassess yourself.

If you finish with the field you are still only seconds behind the winner. Not bad in a race that may take an hour to complete. If you get pulled, remember the first laps can be brutal as the field sheds the weaker riders. If you can manage to hold on through these early intense efforts, the race usually lightens up the demands required to hang on. In a USCF

event, Master, Junior and many Women's fields are mixed with riders on many levels, ages and experiences putting you on an unfair playing field.

We all have room for improvement, at all ages and levels. I have a friend Pete who is one of my training partners. At 46 this season, he is neither a young upstart nor a natural racer. As a father of two, with a full time job, he hasn't time to train as much as he would like. Even so he squeezes in time for thousands of miles annually on tough terrain in all kinds of weather. On a great day he has a tough time hanging on to the Master's field just to get beaten in the sprint finish, but he's a winner because he keeps on trying. I've seen him struggle to stay on my wheel and I've watched him improve to leave me behind. Now he rides with the fast boys, nearly all younger than him. Point is, had he felt he couldn't keep up, he wouldn't have improved as much as he has. When you try your best, you are the best. That is what winning is really about.

What are your goals this season? Winning the big race? Moving up to a higher category? Reaching a new personal best on

*(Continued on page 5)*





# The Winning Attitude

By Eugene Spiegel

(Continued from page 4)

the Time Trial course? Climbing that monster hill with you racing wheel cluster? Or just making it to the top? For those still new to the sport, just learning more of the fundamentals and feeling more comfortable in the pack is a worthy goal. I've always said if you don't crash in a race, that's a victory. What you choose doesn't matter, but what is important is setting goals by your standards, not by what you think others expect. Keeping that positive attitude will keep the fun in racing. Maintaining your fitness is a tremendous goal in itself. The richest person in the world would give it all up for your good health. Look at the big picture. According to Bicycle USA, nearly 64 million Americans ride bicycles. The combined membership of the USCF, Norba and USA Triathlon is less than 100,000. This places us in the top 2/10ths of one percent of cyclists. We ride on ultra-lightweight machines, with tires less than an inch wide filled with over 100 psi, cornering mere inches from other riders, at speeds over 25 mph, our hearts beating near maximum. Most bicyclists find this incomprehensible. To the non riding public, it is simply beyond belief. For us, it's the thrill we take on daily, living life to its fullest, as a winner. It's going to be a great season.

Eugene Spiegel is owner of Reliable Bicycles, 515-241-2016, located in downtown Cincinnati at the corner of Court & Vine St. He specializes in fine pre-owned racing, touring, road and mountain bicycles. He is a USCF Master racer with Queen City Wheels, in his 15<sup>th</sup> season, and still hopeful for his first win.

## 1998 Time Trials Results

Name	Best Time	Name	Best Time	Name	Best Time
Al Senft	22:00	Scott Denny	25:50	Joe Rusk	28:28
Tim Cardian	23:02	Mel Baute	26:00	Frederick Mause	28:41
Peter Wimberg	23:03	Dan Doll	26:04	Alison Thomas	28:41
Andy Hague	23:53	James Flaherty	26:05	Bob Tore	29:04
Kevin Harsley	24:02	Eric Greenwald	26:05	Craig Whittaker	29:06
Colin Vogt	24:08	Alex Beascochea	26:11	Scott Noyer	29:07
Jim Ray	24:26	Shawn Hamill	26:16	Susanne Lodico	29:23
Jon Spicker	24:30	Bill Lorenz	26:20	Jim Katenkamp	29:41
Trey Walker	24:34	Shelia Senft	26:20	Steve Bigner	29:45
Kim Burke	24:39	Mark Whalen	26:37	David Weeks	30:06
Toby Costello	24:40	Dane Warner	26:45	Roland Muhlen	30:11
Andrew Cover	24:57	John Schindler	26:47	Christopher Schroeder	30:36
Chip Elison	25:06	Paul Ciccerio	26:58	Steven Finan	30:48
Grant Wearne	25:09	Robert Turner	27:02	Elaine Bishop	32:15
Raymond Nephew	25:13	Robert Westendorf	27:08	Kenneth Finan	32:46
Harry Wicks	25:15	Barbara Walker	27:17	Don Lerner	33:01
Glen Schoenung	25:21	Dale Eads	27:23	Roxanne Westendorf	33:01
Pete McCann	25:37	Shawn Sichak	27:30	Amy Howe	33:55
Eugene Spiegel	25:48	Rob Slater	27:47		
Bob Nelsen	25:49	Martin Dressman	27:50		

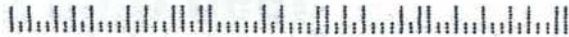
A big thanks to all 59 participants of the 1998 QCW Time Trials. I would also like to thank Jim Obert who runs and has kept track of all the times for many years and to Chip Elison, Jim Flaherty, Fred Mause and my wife Kim Costello for volunteering their time to run the time trials each week. Grant Wearne has the distinction of competing in the most time trails last year with 16.

Queen City Wheels  
185 Albright Drive  
Loveland, Ohio 45140

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## Classified Adds

Any QCW member that has anything they would like to sell, either leave a message on the Pelo line or e-mail me at [t\\_k\\_costello@fuse.net](mailto:t_k_costello@fuse.net)

For Sale:

Campy front & rear Track Axles with fastening nuts.  
New!!!!

Asking \$25.00.

Call Fred Mause (513) 681-5930