



Queen City Wheels

March 1, 2001

Volume 3, Number 2

From Our New President....

By Bob Rich

I would like to thank the members of QCW for their vote of confidence in selecting me as their new President. On behalf of all past and present members, we wish to thank former Pres. Jim Flaherty, VP. Chip Elison, and Sec. Charley Gehling for their years of service to QCW. I will rely heavily on their experience and guidance. I look forward to working with VP. Doug Dobrozsi, Sec. Evan Sayer, and Treasurer Dave Carr. I would like to thank everyone who came to the annual banquet which was well attended. A special thanks to Jim Flaherty, Chip Elison, Dan Roketenetz, and Curt Austin (whose video presentation was fantastic) for their efforts in organizing the banquet.

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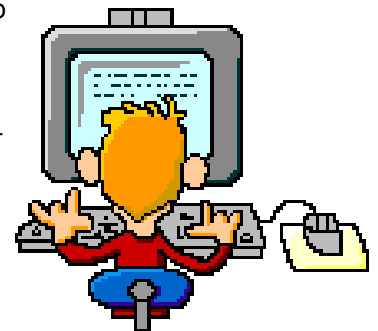
QCW Pelo Line

For up to the minute information on Rides, Races and Club Events call : 682-9292

From The Editor

Here we are in a New Year and our club has a new President (Bob Rich), Vice President (Doug Dobrozsi) and Secretary (Evan Sayer). Hopefully with the new infusion of blood the club

will come out of its hibernation. QCW is putting on the first race of the Spring Series, March 4th in Morrow. If any member can help, please come out. We need people to be corner marshals, help with registration and work the finish line. Registration will be near Capricorn who has new owners. We are also looking for members who would like to race for Wright Brothers / QCW. See article on page 5. **WE also need to know how many members would be interested in Skinsuits, Arm Warmers, Gloves and Long Sleeve Jerseys. They will all have the QCW / Wright Brothers Logo. Leave a message on the Pelo Line or e-mail Chip at Chipe@iglou.com** Hope everyone has a great year of cycling. Next newsletter will be May.



Bob Rich	President
Doug Dobrozsi	Vice President
Dave Carr	Treasurer
Evan Sayer	Secretary

At-Large Directors:
 Chip Elison
 Jim Flaherty
 Charlie Wright
 Dan Roketenetz
 Jim Obert
 Kurt Etter
 Scott Lyle

Web Page Editor & Club Photographer:
 Curt Austin

Newsletter Editor:
 Toby Costello

Web Site: www.qcw.org

Time Trial issue!!!!!!

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From Our New President....

By Bob Rich

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We are fast approaching the first race of the spring series (QCW Morrow Race on March 3). Let's hope that spring comes early and we have a great turn out. I have several priorities for the 2001 season.

1. Return of training rides for road and mountain bikes. These rides will start in April and will be listed in detail in the newsletter. An overview of the rides will include sprint training, hill rides, time trialing, bike handling, and race tactics. There will be optional endurance rides for those not racing or looking for recovery.
2. Recruit new members, juniors, triathlon and biathlon athletes to participate in the Cleves TT series and to join us on weekly rides to improve their bike handling and conditioning. Speaking of the time trial, the importance to complete at least one cannot be understated. The British are known for being the leaders when it comes to the TT. Instead of using a VO2 max test, they have their athletes ride a 10 mile TT. The average heart rate is listed and all of their energy zones are based on that figure. As the season progresses, they do another TT test and use that information to reevaluate their heart rate data. With your avg. heart rate from a 10 mile TT, you can predict your times for a 25, 50, and 100 mile event. The majority of riders are overstrained due to the use of irrelevant data. There are four energy zones listed by the British coaches. The majority of training, especially in groups, is done in zones 1 and 2. A small amount is done in level 4 and all of level 3 is done alone. The key to this program is the 10 mile TT. This research goes back 30 years. Chris Boardman was a product of this training and we know he can time trial. All rides based on your heart rate have a purpose and result in a training effect. If you simply ride hard all the time, your season will not progress past a certain point year after year. I will devote the next article to these energy zones and training protocol.
3. The organization of a QCW Stage Race to include: TT/RR/CRIT.

If you have any suggestions or would like to share your expertise by leading any of the training rides or contributing articles of interest to the newsletter, please contact me at rwrich@prodigy.net. Let this be the year that you choose to become an ACTIVE member of your club!

Safe Riding.



News from the first USA Cycling Youth Coaching Clinic Conference

By Doug Dobrozsi

From Doug Dobrozsi, Vice President and Director of Youth Programs

I attended USA Cycling's Youth Bicycle Racing Conference at the Olympic Training Center in Colorado Springs February 1-3. Hey, I know I've got a lot to learn and this seemed like a great place to do a lot in a short time. It was a 3 day, 14 hour-a-day marathon sitting session, and I came back with quite a stack of USA Cycling-produced info. and also hopefully (if I passed the test) an expert coaching license. Here are some of the high points.

- A. The meeting was kicked off with a talk from Steve Johnson, C.O.O. of USA Cycling - who presented the new Mission of the organization "to achieve sustained success in international cycling competition and grow competitive cycling in America". Seems to me the underlined second part may be a good strategy for achieving the first part of the mission, and I'm glad to hear it because it should mean that there will be more support at the grass roots and junior levels.
- B. There are some really incredible youth / juniors programs out there. For example:



Team Grimace - 5 year old mountain biking program in Maine with 6 chapters, 75 kids, started by Beau Lambert (www.teamgrimace.com). The advice from Beau: "the most important thing to consider is that you are actively shaping the future. Be a good role model. Even if you don't have the time to run a full program you can still take a kid out for a ride. It will change the way you look at your bike". Beau was on the edge of his seat at the conference because one of his team members was in Europe racing in the junior world cyclocross championships.

NECSA - The New England Cycling Support Association. A well run association of clubs covering an area from CT to ME, which exists to support junior (10-18 and espoir (19-23) road racers. NECSA runs skills clinics in the spring to get kids started, then gives them a road test to see if they're ready to enter races. They link interested kids up with teams / coaches, give them training programs. NECSA holds training camps, and also team selection camps in which they choose riders for an association "A" team for big national competitions. One of those riders became junior national champion (Sarah Uhl) right here in Loveland a few years ago. Riders wear an association (NECSA) jersey which uses the collar to identify their specific team. NECSA might be a great model for a

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regional junior support program in our area.

Team RAD - Seattle area juniors cyclocross team. Boy are these guys motivated. THE Team RAD VISION - "We have a vision. In this vision is a podium, and this podium is somewhere in a European country. Europe: A continent where bicycle racers are heroes. Heroes, not because they have gold chains and shoe contracts; but heroes because they can put forth a superhuman effort on a bicycle day in, and day out. On this podium is an American. His arms are hoisted to the sky. The smell of flowers and champagne fill the air....He knows that he would never be there without the support of many along the way who believed in him and showed him the way. Supporters who believed there is a future for our Heroes!"

Team RAD provides coaching, encouragement, lots of race support. They do a ton of fund raising and shameless sponsorship hunting and the kids are actively involved. Riders must earn their racing support from this pool of sponsorship by working, at community events, public service, trail maintenance, etc. The coaches believe this approach teaches the riders the value of sponsorship and promotes a great image for the team. I was really impressed with the commitment of Jim Brown, one of the principal leaders.

There were other programs represented which were equally as impressive. All of these programs existed because of the resolve and hard work of adults (most of who were still actively racing) who were committed to supporting youth racing.

C. Other stuff - The conference offered tons of information on training / conditioning / physiology / weight training, sport psychology, sponsorship, team / club organization, insurance etc. I have a pile of information which I'd be happy to share with anyone who wants to see it, including books titled "USA Cycling Fundamentals of Cycling"; "2001 USA Cycling Training Manual, Mountain Biking"; "USA Cycling Expert Coach Manual" and "Sport Coach Manual".

For me this conference was just an incredibly rich (though grueling) experience. Seeing these other great programs, and seeing the commitment of USA Cycling, I get the feeling we are seeing the start of a groundswell of grass roots juniors cycling. And to confirm my "feeling" - upon returning to Cincinnati I learned that there is a group of 10 or 12 cross country runners and swimmers from Wyoming High School who want to start a road racing team. Jim Sholefield, a local racer who attended the conference with me, is working with these kids to try and get them started. Jim and I have just started to discuss the structure of a local / regional organization to support interested young riders like this. It seemed to us that QCW, as a large regional club might be a good base under which to form such an organization. It could be a case of "If we build it they will come ?!"

Anybody want to take a kid out for a ride?

Doug

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WRIGHT BROTHERS / QCW SPONSORSHIP PROPOSAL 2001 SEASON

BY CHIP ELISON

All QCW members w/ a valid membership card will:

- *receive 10% off on any purchase at Wright Brothers (excluding bikes and labor)*
 - *purchase Wright Brothers / QCW team clothing at Wright Brothers*
 - *have the opportunity to special order:*
- *Cannondale bicycles at 10% below MSRP. Orders will be placed twice during the season (3/1/01 and 6/1/01) and must be paid in advance*
- *DeFeet socks at 50% below MSRP. Orders need to be placed by 2/15/01, order form attached.*

Orders may be emailed or faxed to:
Chipe@iglou.com or 561-9485 (fax)
- *Powergel at \$20 per box of 24. Flavors: vanilla, chocolate, lemon-lime, tropical fruit, strawberry-banana, and tangerine. Orders will be placed twice (2/15/01 & 6/1/01).*

Email or fax them to:
Chipe@iglou.com or 561-9485 (fax)

Racing team members* will receive all of these benefits plus:

- One free Wright Brothers / QCW jersey and pair of shorts
- Special "PRO" pricing on all Wright Brothers purchases (including bikes)
- Free Powerbar product throughout the season
- Race fee reimbursement program (TBD)

* Club members interested in being a member of the race team should send a letter of application stating your goals for the season and a brief cycling resume to chipe@iglou.com or fax to 561-9485 by 2/20/01.

In return for Wright Brother's support of QCW club members agree to support Wright Brothers through referrals, product recommendations, and event support.

Race team members will also be required to represent the club and sponsors at races and to help with the promotion of QCW / Wright Brothers sponsored rides and events.



Queen City Wheels
185 Albright Drive
Loveland, Ohio 45140

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Volume 3, Issue 2

**Mailing
Address
Goes
Here**



Classified Adds

Spinergy Rev-X carbon fiber wheel set. Shimano 8/9
speed compatible. Tubular \$400.00
E-mail toby.costello@ae.ge.com
243-2617