

Queen City Wheels

March 1, 2002

Volume 4, Number 1

From The President

"CHANGES COMING TO QCW IN 2002"

By
Bob Rich

Since a volunteer has not stepped up to take over the pelo line, it will be discontinued in March. In order to get current information out to the members and the riding community, we will institute the *Rider Forum*, which will be set up by our webmaster, Curt Austin. This will replace the current "Rides" listed on our home page. To access, go to www.qcw.org and click on *Rider Forum*. If you wish to lead a ride or find information on current rides, use the *Rider Forum*. It is my hope that additional rides, especially on the Westside, will develop.

(Continued on page 2)

The Season Has Started

By
Toby Costello

The racing season has already started with another hard race put on by Scott Denny. Called the Schababele Road Race,



I heard they had around 120 riders turn out.

The results will be

posted in the next newsletter along with some of the other spring races. Don't forget that we can use volunteers for the QCW Morrow Race, March 10th.

After attending the last few officers meeting I can see QCW is making great strides under the leadership of Bob Rich & Doug Dobrozsi. We now have in place a great e-mail system to notify members what is happening up to the minute and Bob is now getting with Curt Austin to add a rider forum to the web page. Evan Sayre, Larry Haubner and Tom Cross are starting a Junior team which will bring much needed talent and new blood to cycling. Evan Sayre is also starting a QCW racing team for the second year running. Chip Elison told me he is going to try and put on three separate Time Trial this year. They will be held on the east side of town.

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SEE YOU AT MORROW!!!

QCW
For up to the minute information on Rides, Races and Club Events
WWW.QCW.ORG
CLICK ON RIDER FORUM

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From The President

By
Bob Rich

Complete information on the Ohio Spring Race Series is included in this issue. QCW Spring Series race is scheduled for March 10, 2002 in Morrow. Check in is 11:00 AM at Capricorn's. Races start at 12:00 PM. Larry Hubner will serve as the race director and will be assisted by the QCW Junior/Senior development squad. A report on the QCW Junior/Senior team will be included in this newsletter.

I have been checking with several businesses to see if we can use their facilities once per week for a short race series. I will have an answer by the middle of March.

Daylight savings time is almost here. Check the *Rider Forum* to either join or lead a ride.

For those of you involved in ultra racing, three races will be offered in our area this year: May 4, 2002 Calvin's Challenge, a 12 hour drafting event, will be held in Springfield, Ohio, May 25, 2002 the Mad Dog 200 mile challenge, will be held in Louisville, Kentucky and in July, the annual R.A.I.N., a 162-mile ride across Indiana, will take place. If you need further information on ultra riding go to their web site www.ultracycling.com. Anyone interested in longer weekend rides contact me at bob.terri@fuse.net.

Safe Riding

Junior/Senior Bicycle Racing Development Program

By
Larry Haubner

Queen City Wheels is sponsoring a bicycle racing development team for men and woman ages 14 – 23 who are interested in participating in training and competing with experienced racing cyclists.

Participants in this program can expect to learn bicycle racing training techniques, bicycle safety, and basic bicycle maintenance. There will be biweekly team training with fitness tests to monitor training fitness progress. Members of this program can become eligible for race entry fee and race travel fee reimbursements.

There is no experience necessary for this program. We welcome anyone enthusiastic about learning more about the sport of bicycle racing.

Below are the participants who have already enrolled in this development program for the 2002 racing season.

NAME	AGE	SCHOOL
Evan Thomas Arnold	16	Walnut Hills HS
Patrick Fleckenstein	17	Sycamore HS
Molly Dwyer	18	Sycamore HS
Luke St. Clair	19	University of Illinois
Aaron Thomas-Arnold	23	UC

For more information, please contact Larry Haubner at 513-755-3394 or Evan Sayre at Wright Brothers Cyclery @ 489-2222.

Wright Brothers
Cyclery & Fitness





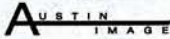
2002 PRESS RELEASE

FOR IMMEDIATE RELEASE:

CONTACT:

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Wright Brothers Outdoor
11033-B Montgomery Road
Cincinnati, OH 45249
513-489-2222
evan@designfoundry.com

2002 Sponsors



QUEEN CITY WHEELS/WRIGHT BROTHERS OUTDOOR TEAM 2002

Cincinnati, OH - January 23, 2002 - Queen City Wheels and Wright Brothers Outdoor are pleased to announce the continuation of their partnership for 2002. The purpose of Queen City Wheels is a grassroots effort to gain ridership and exposure for bicycle racing in the Greater Cincinnati and Southwest Ohio area. To this end, with Wright Brothers Outdoor, a select team is again racing in 2002. Many veteran racers return with a complement of new faces. The team will be sporting Cannondale's USA frame and fork as well as Giro Pneumo helmets, Vredestein Tires, Defeet socks and fueled by PowerGel.

Queen City Wheels/Wright Brothers Outdoor

Roster:

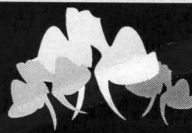
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Queen City Wheels web site is <http://www.qcw.org>

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ohio valley racing SPRING SERIES

times & distances

General Classification will pay \$250 for 3-4 race. Points will be assigned TO each race based on the following table. Overall payout is also shown.

Category:	Daily Prizes:	Start:	Fee:	Distance:
Men 1/2/3	\$195/6 places	12.00 pm	\$17	50-65 miles
Men 3/4	\$60+prizes/5 places	12.05 pm	\$17	40-55 miles
Men 4/5	Prizes/3 places	12.07 pm	\$10	25-35 miles
Women 1/2/3/4	Ribbons/3 places	12.10 pm	\$10	25-35 miles
Juniors	Ribbons/3 places	12.10 pm	\$5	20 miles

prize list

Place	M 3-4 Points	M 3-4 GC Payout	M 1-2-3 Daily Prize	M 3-4 Daily Prize	M 4-5 Daily Prize
1	125	\$60.00	\$45.00	\$25.00	Prize
2	105	\$50.00	\$40.00	\$20.00	Prize
3	95	\$40.00	\$35.00	\$15.00	Prize
4	90	\$32.00	\$30.00	Prize	
5	85	\$26.00	\$25.00	Prize	
6	80	\$22.00	\$20.00		
7	75	\$20.00	-		
8	70	-	-		
9	65	-			
10	60	-			
11	55	-			
12	50	-			
13	45	-			
14	40	-			
15	35	-			
16	30	-			
17	25	-			
18	20	-			
19	15	-			
20	10	-			

rules

- Promoter reserves the right to lengthen, shorten, modify, cancel or combine races and/or prize list if insufficient entries or bad weather. If less than 5 in a category, race will be combined, less than 10 in a category pays one place only. Full payout of the M1-2-3 races requires 20 entries.
- Registration begins at 11:00 AM and closes fifteen minute before race. No pre-registration is necessary.
- All USCF rules apply. You must present a valid license to enter a USCF race. One day licenses may be purchased for \$5 at registration.
- GC points gained in one race category may not be combined with points gained in another race category. IE M1-2-3 point can not be combined with M3-4 points.



March 3 Mentor, KY Ice Cream Boyz

From Cincinnati take I-275 south to KY 9 (AA Hwy) exit 77 and head towards Wilder. Continue on KY 9 18 miles to Ivor Rd. Turn left then turn into Marathon travel station. Registration in parking lot.

March 10 Morrow, OH Queen City Wheels

From Cincinnati take I-71 north to Route 132 exit 32. Take Rt. 132 south 6 miles to Rt. 22/3. Turn right and proceed across bridge (less than 1 mile) and turn right on Front St. Registration at Capricorn's Snack Shop.

March 24 Mt Carmel, IN Cycle Sport

From Cincinnati take I-74 west to Brookville exit 169. Turn right on US 52 and continue 1.4 miles to Johnson Fork. Turn left and travel 9 miles to Mt. Carmel School. Registration in parking lot.

April 7 Waddy, KY Bluegrass Cycle Club

From Louisville take I-64 east to Waddy Road exit 43. Go south (right) towards Waddy about 1 mile and turn left onto King's Hwy. Travel 2-miles to Waddy-Ruritan firestation. Registration at the station.

April 14 Reily, OH Kids-On-Bikes Program

From Cincinnati take I-275 west to Colerain Ave. (US 27) exit 36. Go north on US 27 through Millville. After US 27 turns left at the light in Millville proceed less than 1 mile to Peoria-Millville Road. Turn left and continue to Reily. Left on Main (turns into Springfield) 0.5 mi. to Indian Creek Metropark. Registration at park pavilion.

April 21 Hidden Valley Lake, IN Revolution Spinning & Fitness

From Cincinnati take I-275 West to Lawrenceburg exit 16. At end of ramp turn left on to US 50 and head east. Turn left onto Stateline before crossing under highway. Go approx. 1 mile and turn left on Alpine. Meet at tavern at top of hill near dam.



< register online :: www.ohiovalleyracing.org >

chris anderson design :: canderson@cinternet.net :: 859-341-4063

DOGS – WITH BEST FRIENDS LIKE THESE, WHO NEEDS ENEMIES?

By Steven M. Magas, Attorney At Law

Dogs are said to be "Man's Best Friend..."

I'll grant you all that much

It's just hard for me to call him "Pal"

While he has my calf for lunch...

Dogs. I love 'em. If you ride much you WILL encounter dogs. Usually, you see them on the most beautiful cycling roads... quiet country roads... peaceful... tree lined... places where dogs run free and folks think bicycle operators should EXPECT encounters with growling, snapping canines!

If you are injured as the result of a dog, regardless of HOW you got hurt, you've got a good legal claim in Ohio.

Ohio has one of the very best "dog laws" around.

Typically, the standard of care for recovering damages due to someone else's misbehavior is "negligence." If someone is negligent, or careless, and you are hurt, you must pay prove that the other person was "negligent." If you are successful, the "price" of negligent behavior includes paying medical bills, lost wages, other out-of-pocket expenses and also compensating the victim for pain, suffering, anxiety and the inability to perform usual tasks as a result of the injury.

For dogs, the bar is set very low. If the dog comes OFF the owner's property and causes injury to a cyclist, the cyclist wins. Period. There is no issue of "negligence" on the part of the owner. It doesn't matter if the dog's owner had the best collar and leash, the strongest, highest fence and an electric collar. If the dogs causes the crash, the owner loses. This very rare concept in the law is known as "Absolute Liability" and the only issue left for discussion is "How much is necessary to fully compensate the victim?"

Many people think the dog must "attack" or "bite" in order to win such a case. This is not true at all. Many dogs cause crashes simply because the dog wants to play. They chase you. They get in front of you. They run around you as you ride. You brake or hit the dog. You fall. Then the dog comes over to lick your broken hand. The dog has "caused" the crash and you win.

If the dog has a history of ferocity, has attacked before or has otherwise shown vicious tendencies, then the cyclist can do more than be "compensated" for his/her losses. In that scenario, the cyclist can win "punitive" damages.

"Punitive" damages are damages designed to do one thing – PUNISH the wrongdoer. You see, "punishment" is not a concept that is included in most personal injury claims. A negligent motorist has to pay money to an injured victim not because we want to punish the motorist, but because the victim is entitled to "compensation" to be made whole again. That's why these are called "compensatory" damages. "Punitive" damages only arise if there is evidence of a total disregard for the rights of the victim. Courts have held that allowing known vicious dogs to run free can lead to punitive damages.

One nice thing about dogs is that their behavior is covered under a typical homeowner's insurance policy. If the dog runs out toward you and you have a wreck, ALL of your damages can be paid by a homeowner's policy.

The insurance adjustor may try a few things. For example, the adjustor may say, "There's no leash law out here in the country." You tell him/her that it doesn't matter. Ohio law controls the entire state. The adjustor may tell you that

your own negligent riding played a role in the crash – you were speeding, you weren't watching where you were going, you weren't as far to the right as practicable. You can simply laugh at this argument and say the magic words.. "Absolute liability." These arguments are NOT defenses to a claim based on absolute liability. If the dog came off the property and caused you to crash... you win!

Any time you suffer serious injuries, from a dog, car, truck, or anything else, you should consult competent counsel for assistance.

These issues get tricky in a hurry. Also, unless you are familiar with the value of personal injury cases, you may sell yourself thousands of dollars short in a settlement OR you may hold out for a lot of money on what is, in reality, not a big case.

For dogs, have a plan in place BEFORE you ride. Carry a special water bottle, a noise-maker.. Be prepared - know what you'll do BEFORE you see the dog. The odds are ONE OUT OF ONE that you will encounter a dog at some point in your riding career!

HAVE FUN & GOOD RIDING!

STEVEN M. MAGAS

AVID CYCLIST & ATTORNEY AT LAW

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BIKE/CAR CRASHES

DOG ATTACKS

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**"FIGHTING FOR THE RIGHTS OF
CYCLISTS..."**

FREE CONSULTATION

Schababele Classic Road Race

BY CURT TOLSON

Here is what happened from the best I could tell in the 1, 2 race. I'm guessing 30-40 starters.

Riders from our training group dominated the action in Both the 1, 2 race and the 3 race.

Course 10.5 mile per x lap 5 laps. 1 long stair step climb w/2 pitches at the beginning each about .2 mile long with a short flat 100m between them. then a false flat of about .25mi and the a steady climb of about .8mi to the finish. Right after the finish there was a steep descent of about .5 followed by the back breaker. about 600m of 18% back up to the ridgetop. This whole section was 1.5 lanes wide. Then there was several mile of long run loop type rollers that eventually went back down to the flood plain. about 2 mile of flat back to the base of the hill.

On the 1st lap O'Brien Forbes rolled off of the front. Bobrow and I both started to roll up to him but I saw a line behind me and Bobrow was clear so I sat up. They were joined by a Joe B rider from Lex and 2 Bio wheels guys. They quickly opened up a gap and had about 40 sec when we hit the flat.

> We liked this group and the only real resistance came from the Go Mart rider Ryan Oconner. I knew Bob would win from this group and the 2 Biowheel guys were dropped fairly quickly. The next 2 laps were pretty un eventful and the gap grew to about 4 min. Attrition had the main field down to about 15 riders. W/ 2 to go we decided to mix it up a little to try to get JT or Flower up the road in a 2nd group. I attacked to try to make Erik Knight and Ryan Oconner chase so they would be vulnerable to attack on the next climb when we would get the bell. Well it back-fired and I ended up off the front w/Eric and I knew he would drop me on the climb as I had been cramping for over a lap already. I sat on and didn't assist him. Sure enough he dropped me on the hill and I wanted to get over the back breaker before the remaining group caught me so I could help chase and undo some of the damage. The field caught me about 50 m from the top and I was fully cramped. Eric had just crested the top and JT countered. I knew b the fact that Eric had only taken 20 sec out of me and how strong JT was that JT would manhandle him for 4th. JT crossed the gap in about 1k and the two of them quickly gained time. I struggled onto the back of the group and recovered.

> Bobrow rode in solo followed by the Joe B kid and O'Brien was 3rd. Jt was 4th and Eric Knight 5th. I thought Flower would be good to take the field sprint so I rode tempo on the flat to prevent a cheap attack before the hill. I was dropped but I could see that Dude was still looking good on the back of the group where he hid all day. He lit it up and took 6th place followed by Flower. I'm not sure of the order after that but I was probably around 14th or so. All in all a good first day out. Slow Jim and Steve Spanbauer were also in there.

See you next weekend

Self Massage: On the road to recovery

By Josh Simonds

Cycling and massage are natural partners. We all envy blissful bicycle riders draped across massage tables at cycling events. A spontaneous smile on their faces as we watch the caring touch of a therapist at work. Massage therapists are an important member of every serious bicycle racing team and a frequent part of many multi-day bicycling events.

Self massage is a practical approach we can use when it is not possible to get a session with your local therapist or have someone else to massage you. Massage is affordable and available to anyone who has determined that it will be a part of his or her training regime and lifestyle. Local rates for massage in the metropolitan Washington, DC area typically range from \$40 to \$65 per hour. Most therapists will negotiate a better rate for repeat clients. With increasing frequency insurance providers allow physicians to prescribe "soft tissue manipulation" for their patients, allowing their patients to visit a massage therapist on a regular basis. If you are fortunate to have a massage school in your area it is common for students to work at a reduced rate or for free. Caveat Emptor! You get what you pay for!

Self Massage

It can be hard to schedule an appointment for massage and even harder to find a really good massage therapist. Rejoice! Self massage is easy to learn and a practical way to care for yourself when and where you need it. Think of self massage as a valuable recovery tool that is

(Continued on page 5)

(Continued from page 4)

always available to you. Despite a wave of new age morality and frequent affirmations in the press some people are suspicious of massage. They put massage in the same category as retirement land sales in Florida and snake oil. Let's talk about it some more, maybe we can get you out of the closet and on the road to recovery!

How to begin:

When you begin your massage session, remember a few things: You are client centered, yes! you are your own client! Plan on finishing the job you started and do not rush. Be kind to yourself, listen to what those tired muscles are saying. Make a mental note for next time, what worked and how did you feel before massage and after? Location is not important, you can self-massage through clothes, you could be sitting, standing or laying down. The location is not nearly as critical as your resolve and intent to do something effective for your self. The following is a modified routine I teach to non-massage therapists who volunteer to support large athletic events, you can use this routine after any ride or indoor trainer session, it will take about 20 minutes.

Preparation:

Plan on at least 20 uninterrupted minutes for the complete routine. Use an exercise mat or sit on the edge of a chair or couch. Apply massage oil, creme or unscented talcum powder. Have a towel

Warm-up:

The routine begins with a warm-up, I recommend you do not use massage oil for this part of the session since most of the warm-up motions do not involve gliding strokes.

(Quads) With your palms facing each other, use your hands and finger tips. Place a hand on either side of your upper thigh and rock your quadriceps (thigh). The motion is similar to brushing dirt off of your palms, if your thighs got in the way! Shake your quads until you feel some heat develop, about one minute. Continue the rocking motion, moving in the direction of your feet until you reach your knee.

(Knees) Begin with a quick rubbing motion on both sides of the joint for about one minute. Now, warm up the area just below the knee cap and extending about 1 inch beyond the tibial tuberosity (the bump one-half inch below the knee cap). Your goal is to gently soften the patellar ligament that covers your knee cap and ends just below the tibial tuberosity. Place both thumbs behind your knee and wrap your fingers around the front of your knee. Using firm pressure and finger tips to massage the entire area. Imagine trying to find a few grains of sand lost in the tissue. Use the skin to slide over muscle and tendon. In the soft areas your touch is deeper, in dense areas use more pressure and linger. The motion is generally up and down, moving slowly along the axis of your long leg bones. Continue about one minute.

(Lower Legs) Begin by placing your lower leg about 75 - 90 degrees to your thigh. You want your calf to "hang" free not taught. Use both hands to rock your calves side to side for about one minute. The motion is similar to the quadriceps warm-up motion.

Stretch:

(Quads) Begin by placing your leg in a position so that there is no tension in your quads. Sitting upright, with your foot on the ground should do the trick. Starting in the middle of your thigh, place one hand on top of your leg and the other under your thigh with your palm facing the upper hand and directly underneath. Using firm pressure, press your hands together as if you were attempting to make your palms touch. Compress your thigh and begin to twist your thigh muscle as far as you can. Hold this for a few seconds and quickly release, letting your thigh "unwind". To perfect the twisting motion, imagine you are using your hands to "wrap" your thigh muscle around the bone. Practice will render better results. Repeat this as many times as you like, at least four times is recommended. Twist thigh muscles either direction, use this technique in both directions to enhance your routine, about three minutes for each leg.

(Lower Legs) Similar to the routine for Quads, place a hand above and below the middle of your calf muscle and twist until maximum resistance is felt. Repeat in each direction, about two minutes for each leg.

Flush:

(Quads) Now is a good time to use massage oil or talc. Begin with light strokes, using your entire hand, palm down. The speed of your hands will have different effects. Slow movement will tend to cause more friction and thus affect deeper tissue. Rapid movement with a light hand pressure will have an energizing effect. Begin by using both hands to trace a line from your knee joint to your hip joint. Divide your leg into four imaginary sections and cover each section at least six times before moving to the next section. When done, repeat the process using more pressure and slower strokes in the opposite direction. About two minutes per leg.

(Lower Legs) Similar to the routine for Quads only you have much less area to cover, divide the lower leg into three imaginary sections, cover each section at least 6 times and repeat in the opposite direction. About a minute per leg.

Optional:

(All Parts) For extra credit! Use thumbs, finger tips and the heel of your hand to trace the edges of your long leg bones. Using deep, slow motion move the pressure point slowly along the entire length of each bone. When you find a sore spot, linger in that area. Apply pressure from different angles.

Not exactly self-massage:

After a ride, lay on your back with your legs extended in the air and feet leaning against a wall. Shake each leg and use your hands to assist the motion. The elevation and movement and weight of your muscles will all work to release tight muscles and promote recovery.

At end of a long hard ride try this in the parking lot. Make sure the coast is clear, pedal up to 5 mph on flat ground and now take both feet out of the pedals and use your legs to propel yourself forward. This is the same motion you use on a swing to "pump" yourself skyward!

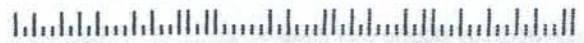
Queen City Wheels
185 Albright Drive
Loveland, Ohio 45140

March 1, 2002

Volume 4, Issue 1



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Classified Adds

For Sale

Merckx SLX 53cm Ferarri Red Frame (very good condition)

Has new 9 Speed Ultegra Triple

Wheels Mavic Open 4 CD rims, Shimano Hubs with DT 14/15 X 32 spokes and alloy nipples

As shown, peddles not included

Paid \$1,000 for frame

Contact:

Toby Costello 481-6683 or
toby.costello@ae.ge.com

Asking \$650.00



**UPDATE:
PELO LINE BACK IN OPERATION. WILL
BE UPDATED TWICE A MONTH. MORE
INFO IN NEXT NEWSLETTER**