



Club Name: Queen City Wheels (QCW)

<https://www.facebook.com/Queen-City-Wheels-254684545646/>

<http://qcw.org/>

Club ID Number: 153

Division II: 70 Licensed Members, 300 Total Members

OVERVIEW

Celebrating four decades of promoting competitive cycling, Queen City Wheels (QCW) is the oldest racing team in Cincinnati, Ohio area. QCW has over 300 members and over 80 active racers in Time Trial, Road, Cross, Mountain Bike and Triathlons. QCW has made its mark by promoting one of the longest continuous running weekly time trial series in the country as well as; one of the only Omnium races in the Midwest, and the highest payout race in the Midwest with the Hollywood Casino Da\$h for Ca\$h Criterium.

Our members enjoy some of the best rider benefits in the country, including up to \$600 in entry fee reimbursement, free racing kits, deeply discounted helmets and bicycles, and provides performance and nutrition coaching for the development of its team members. We have promoted bicycling in juniors through free helmet distribution to over 1,000 kids in Greater Cincinnati and Lawrenceburg, Indiana. QCW is the only cycling team in the state of Ohio to work with the Ohio Chapter, of The American Academy of Pediatrics to pass Bicycle Helmet Legislation for children. This is a recognition from our efforts to provide 1,000 helmets, free of charge through "National Night Out," Lawrenceburg City Fair and the Cincinnati Holiday Bike Giveaway.

COMPETITIVE RACE PROMOTION

Ohio Spring Race Series (OSRS) Omnium ace 5/16 and 5/17/2015:

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As the final race for the Ohio Spring Road Race Series (OSRS), one of the few Omniums in the Midwest and one of the few multi-event races, QCW staged a morning time trial, followed by an afternoon road race. The race was held near the tomb of the 9th United States President William Henry Harrison, the shortest serving President in our nation's history. QCW worked



closely with towns of Cleves and North Bend, Ohio, Whitewater Fire Department and the Hamilton County Sheriff department, to coordinate a smooth and logistically sound time trial and road race on the same day. The Time Trial was a rolling 3.8 mile course with an uphill finish and consisted of over 190 riders. With all it's challenges and facets, the

race proved to live up to the traditional standard of fantastic QCW events



The Road Race staged afterwards had a challenging climb, tricky decent and a rolling course for each lap. The distances for the road race ranged from 75 miles for Cat 1/2/3 to 21.5 miles for juniors. Each rider was tested as they had to start and finish each stage and the OSRS championship was on

the line. Boasting one of the highest turnouts of 160 riders for the Spring Series all riders were able to match their skills with some of the best talent and test their form.

The Omnium ended on Sunday with a challenging race using the Germantown Road Race Course as the final stage. The weather was terrific and many QCW members sacrificed their own race ambitions to volunteer as lead vehicles, medical personnel, set up, tear down and course marshals. A clean and safe course, along with fantastic race leadership, trumpeted making this a well-received race event.



Ault Park Criterium Series (6 Week Challenge) 5/27/15-7/1/15:

The Huntington Bank Ault Park Race Series is in its 31st year of continual operation on Wednesday evenings, and saw over 800 participants during the six week period. The series provides 16k (juniors and women), 20k and 40k events in one of Cincinnati's most beautiful parks. The event draws an incredible number of spectators and the course design allows spectators to see a lot of the action up close.

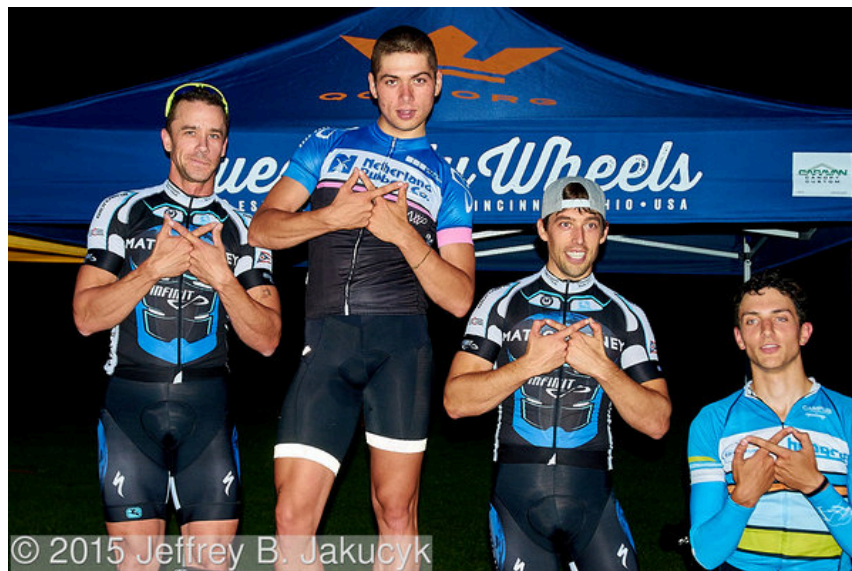



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QCW makes this a true community event, with DJs and food trucks each night, and occasionally live music. This also serves as a fundraiser for Pelotonia, the largest fundraising bicycle ride event in the United States. QCW raised over \$15,000 for Pelotonia in 2015 through its riders.



This is the only point's race not run on a track in the Midwest. The series, with gradual turns and challenging hill, is a great benefit for entry level racers. The closed course racing is very competitive, with great community support and continues to grow each year.

Hollywood Casino Da\$h for Ca\$h:

Creating the inaugural Hollywood Casino Da\$h for Ca\$h Criterium in Lawrenceburg, Indiana was a significant undertaking for QCW. The race gathered over \$13,000 in sponsorship and awarded almost \$15,000 in Premiums and Prize Distributions. It had the highest payouts in the Midwest not only for Pro 1,2,3, both men and women, but all other racing categories often paying 8-10 deep. As this was our first event of this magnitude, it became a street party for the entire community, with live music, food tents and community gatherings. The race held on a Friday night in the downtown area of Lawrenceburg, Indiana on a well lit and superfast course. Many of the racers reported never touching their brakes and averages of 29 MPH for the entire race.



This race was in conflict with another race and created potential problems within the Ohio Cycling Association and many untrue rumors circulated. The reality was a terrific event that was run in a very professional manner and had a great turnout despite challenging weather, specifically, the pro race attracted top teams, including many from the USA Crit Series. QCW managed to bring many new sponsors to cycling and created an opportunity to position the 2016 race even bigger. In an era where the number of races, sponsors and payouts are declining, QCW started a community race that has the potential to become one of the premier events in the USA.



<http://www.hollywoodcrit.com/>

Cleves Time Trial Challenge (22 Unique events) 5/5 through 9/30/2015:

Celebrating our 42nd consecutive year as one of the longest running Time Trial Series in the United States, the 22-week series is held on a challenging 10.2 mile course with rolling hills and an uphill finish. Cleves saw over 120 unique riders log over 400 rides. Once again, this series attracts new participants each year. Awards are given to age divided categories starting at 8 years old to 75 plus. QCW tracks results weekly, and has a complete history on its website since the race's inception, allowing riders to have a recorded history of their personal record. The event serves as a great introductory without the pressures of pack racing. We have found that many first timers have gone on to race in USA Cycling sanctioned events after getting their feet wet in the Cleves Time Trial Series. The Cleves Time Trial Series is currently the subject matter of a documentary movie (in production) on this incredible event.



2015 OVERVIEW

Queen City Wheels hosted 33 unique events in 2015 ranging from; Criterium Races, Road Races, Time Trials, Criterium Training Series and Omnium. Celebrating over 40 years of tradition, the Club has never been a more vibrant contributor to the racing community that it is currently. QCW's history of quality events year after year has become a staple to the racing community in the region and the largest organizer of events by a Cycling Club in the Midwest. Our commitment to competitive racing dates back before many of the current participants were born. In respect to our club's mission and vision,

events are designed with broad appeal by catering to: Juniors, Women, Senior and Master Categories with an age spectrum of 10 to 80 years old in our events. In addition to fielding a highly competitive race team, QCW believes that its mission is to be a spearhead in growing the sport of cycling, regardless of discipline and providing high quality, safe events at a reasonable cost. The racing community in Cincinnati and Dayton has experienced a decline over the years, but QCW has had continual membership growth and hosted more events. This is driven by the leadership role that QCW has provided both in the racing and creating race events. From the club perspective, our commitment to provide true competitive and safe racing to nontraditional Junior age divisions is the most rewarding.

We followed this tradition for both the parents and juniors by creating events that include Road Races and Time Trials with essentially the same courses as the Senior Categories. We feel it is the best way to continually grow the sport and provide quality and well prepared competitors for many years of future competition.

More importantly is our contribution to the growth in cycling and bicycle safety. Through our **Free Helmet** efforts, we have provided over 1,000 free bicycle helmets to children in 2 communities (Cincinnati, Ohio and Lawrenceburg, Indiana) over the last 3 years. Additionally, through our efforts we have contributed almost \$16,000 to The James Cancer Center through our contributions to Pelotonia. QCW is a team that creates great events and fields one of the top cycling teams, but also is very conscious to giving back to our community and promoting children to engage in bike riding, the first step towards racing.

Queen City Wheels Racing Team Results 2015:

QCW Racers participated in 498 USAC events and our Mountain Bike Team has participated in over 75 mountain bike events in 2015. QCW Racers had 45 top 3 finishes, 87 top 5 finishes and 162 Top 10 finishes in USA Cycling events and an additional 34 Top 3 finishes in Mountain Bike

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Events. We've also had multiple event top finishes in Ironman triathlons and Olympic distance triathlons.

Queen City Wheels serves Men, Women and Masters Racers with our team. There are several highlights in our results and we quantify the remaining results knowing that we have not accounted for all our members. The 2015 Cross Season currently underway has many more CQW participants and the final event starts for 2015 won't be complete until January 1, 2016.

OUR TEAMS



UBS Masters Team:

In 2015 QCW/UBS racing was formed to create a Masters specific team. The team posted outstanding results and podiumed or Top 5'd in every race it participated. Including several 1-2 podiums. All numbers reported from the QCW/UBS Masters team reflect January 1, 2015-October 31, 2015. The team is comprised of 15 members ranging racing ages from 40 to 55+. As of these dates the senior team raced a total of 85 events which were USA Cycling sanctioned races (each person

racing in an event qualifies as one race). The club accounted for 14 podiums, and 22 Top 5 finishes. Our results included 2 Gold Medal finishes in the Ohio Senior Games, 4 Silver medals in the National Senior Olympics, and podium finishes in the Ohio State Championships. They had 3 riders Cat up from Cat 4 to Cat 3.

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Women's Team



Our small (14 members) but mighty women's team had multiple podiums including the Ohio Spring Race Series and podiums in several other races, along with top 10 in the U23 women's national time trial and road race. QCW has one of the top women in the Midwest, Karla Starr, who has raced many national level races.

While not USAC events, our women also compete in Triathlon series around the Midwest with

numerous top finishes.

Queen City Wheels General Team



Our Open Team consists of 35 members from Cat 5 through Cat 3, and racing in ages from 18-70. We are now building a strong development process to bring more riders into the QCW fold. Our general team also consists of 14 members who are mountain bike specific

racing. Our team consists of some of the top mountain bikers in the Midwest. All numbers reported from the team reflect January 1, 2015-October 31, 2015. As of these dates the senior team raced a total of 420 events of which approximately 300 were USA Cycling sanctioned races (each person racing in an event qualifies as one race). The team accounted for 60 podium finishes in all disciplines and over 100 top 5 placing throughout the year an astonishing top 5 rate of 21%. Our results included Gold Medal finishes in the Ohio Senior Games, Silver medals in the National Senior Olympics, and had podium finishes in the Ohio State Championships as well.

Coaches, Clinic and Seminars Hosted:

While actual riding is important, having access to coaching is another component that QCW provides. QCW Team Member Pete Wimberg, is the USAC Level 1 Coach (#62378) the only one in the Greater Cincinnati Area. Coach O'Brien Forbes is a QCW member as well and provides coaching services around the world. There is an active blog containing 100+ posts regarding training topics.

Both provide specific benefits to coach individual riders. Both Coaches provides their services to QCW riders at a club discount. Coach Wimberg provides QCW with 3-4 open clinics at the beginning and during each season to provide training plans, nutrition counseling and guidance and continued access to world class coaching and development to its members.



The club hosted multiple clinics including coaching clinics on Time Trialing, conditioning and nutrition. These clinics are heavily supported by QCW for its members. Peter has numerous clinics for our team and cycling community and offers a Sunday morning conditioning class for the cycling community. In addition, Peter is one of the top Time Trialist in the USA having finished first or second in the National Senior Games for many years. QCW does a spring training and fall training

trip that is partially funded by the team. These trips have been to the Smokey Mountains National Park and Georgia.

<http://www.wimbergfitnesscoaching.com/>

In addition O'Brien Forbes is a member of the QCW team, full time coach and former USA cycling champion with the privilege to wear the stars and stripes. He is recognized as one of the top coaches through Training Peaks and has a worldwide client base. He has numerous clinics and serves as the Team Director for the Master's Team.

<http://coachob.com/>

CLUB ACTIVITIES

The club hosts a yearly banquet that attracts between 125 and 150 attendees. The banquet is the club's opportunity to recognize accomplishments of the club and its members over the last year, and recognizes its active Board of Directors and volunteers who work the events that we sponsor and create a successes.



The club team director plans weekly team rides during the spring and shoulder seasons. There are several group rides that the team participates in with other teams for training purposes. Our team has supported several \$100k fund raising rides including Ride Cincinnati (Breast Cancer), Sunflower Revolution (Parkinson's Disease) and Pelotonia to increase team visibility and give back to the community. As a part of these rides we provide announcing services and on the road support. Last year QCW members changed 14 tires during these rides at no charge to the participants. QCW has Google Groups, Twitter feed, Facebook page and is currently redesigning its website.

Founded in 1972, Queen City Wheels is Cincinnati's first and largest racing club. We are affiliated with USA Cycling, the governing body for amateur, professional and Olympic cycling in the United States. We hope to help all our members reach their competitive cycling goals. Our youth programs help teenagers and children find the joy in racing a bicycle while our racing teams help support the developing rider and seasoned veteran alike.

Club Activities Benefiting the Community:

Cleves Time Trial allowed QCW to make donations to the villages of Cleves and North Bend. The 22 week Tuesday series, beginning in May and ending in September, is one of the most enduring cycling challenges in the country.

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The Huntington Bank Ault Park Criterium Series offers racing to women and juniors and has different categories and distances for men. The six week Wednesday series, beginning at the end of May and continuing through June, is a significant draw within the community to bring Cincinnatians to one of the crown jewel parks in the community with Music, Food Trucks and a great setting. In this sense, we bring the community together to see great nightly racing.



In cooperation with Cincinnati Children's Hospital, City of Cincinnati Police Department, United Dairy Farmers and Montgomery Cyclery, QCW developed an entire bicycle safety program and distribution of free bicycle helmets to children in cooperation with the "National Night Out" and the Lawrenceburg City Fair program. The program also emphasized bicycle safety and education.

Over 20 QCW members participated and distributed over 300 helmets that evening, and now we have provided over 1,000 free helmets to children as well as, 150 free ice cream certificates to the Cincinnati Police Department for distribution to children, as a reward for wearing a helmet.

The purpose of this program is an attempt to reduce the number of head and associated injuries to children riding bicycles. Children's Hospital of Cincinnati was one of our partners and our leadership role was recognized. QCW has now been invited by the Ohio Chapter of The American Academy of Pediatrics, as previously mentioned, to work on Bicycle Helmet Legislation. QCW received an invitation from the Ohio Chapter, American Academy of Pediatrics to participate in the bike helmet campaign for 2015. QCW and its sponsors have distributed over 1000 helmets and will be participating in the Cincinnati Holiday Bike giveaway as well.



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Current Membership Composition:

The following list is all of those who are club members. QCW has over 300 members and 70 USAC licensed riders listing QCW as their team. We have over 70 members who are riding for other teams. Our women members are over 60 strong with 13 USAC members. In addition to USAC events, our team members participate and compete in triathlons, Senior Olympic Games and many other road, mountain bike and time trials series. Our members can join as individuals or families, and our membership continues to grow on a year by year basis.

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Club Officials



QCW has two active officials within the club, these individuals work our Huntington Bank Ault Park Series as a part of their volunteer duties with QCW.

David Nissen - #165977
nissendave@yahoo.com

Road Regional C
Track Regional C

Tracy Segar - #197625
tmsegar@yahoo.com

Road Regional C
Track Regional C



Rider Development:

Our series of local time trials, crits and road races offer the opportunity for beginning riders to experience the world of cycling. We have many seasoned veterans in the club who are willing and able to instruct the new riders in the skills needed to safely compete in all disciplines. Given the size of the club, we are able to attract a wide range of riders without some of the exclusivity seen in some of the smaller teams where participation is dependent upon past results. QCW offers a unique opportunity to start at the most basic entry level and then advance to the highest levels possible. At the same time, QCW is able to attract high quality riders in both men and women's disciplines as you can see from our results. We provide many items that support the development of a rider.

Junior Development:

Previously, the QCW LionHearts program development was unprecedented with over 50 young riders. This group split off in 2013. We are now entering our first full season focusing on young riders to engage them in the sport of cycling through our helmet program, kid's race free and numerous events that have junior categories. We are anxious to see the results over the coming years. We anticipate that we will once again grow tremendous opportunity for young racers.

The growth of the LionHearts program is a testament of our capability. By spinning this to an independent club, we were able to provide more access to sponsorship funding for this great program. QCW is considering sponsoring other junior teams as well, to have a greater impact on cycling development. Our coaches are active in University of Cincinnati Cycling and Upper Arlington High School teams.

Club Mission Statement:

QCW's mission is to promote racing for new to experienced riders through events, clinics, group rides and training. Our club is welcome to all from Cat 5 to Cat 1 racers. We give back to the community which we serve and strive to increase the number of participants in the sport of cycling.

What is Special About Our Club?

QCW, a 501(c)3 organization, is the oldest and largest club in Southwest Ohio, Southeast Indiana and Northern Kentucky. This is our 42nd year of promoting racing in the area. We have members who started as juniors in the 1970's who are still active in the club. We continue to



recruit new members to the club and the racing team. Current club membership is over 300 while the team has over 110 licensed riders.

For those racing for Team QCW, we offer numerous benefits including race fee reimbursement, free kits and replacements, and helmet and bike programs at deeply discounted terms. All team members compete at no charge. No other club in the Midwest offers these benefits to its team members.

QCW sponsors more races in the area than any other club or team, and our races have been on the local calendars for decades. The Cleves Time Trial Series will be celebrating its 43rd anniversary this year. The Ault Park series started in 1980 under a local shop's direction, but we started managing it about 8 years ago, and it has grown each year.

We have given back to the community through our helmet distribution and have been recognized as a leader in bicycle safety.

QCW has been a leader in the cycling community for over four decades. Our role in local cycling is well respected by competing clubs, USA Cycling Officials, local communities and our members. Being selected as ***Club of the Year*** would be a great honor to our members and our forefathers who started this great club and set the foundation for who and what we have become. Our numerous volunteers serve to make a positive impression on cycling in Ohio each and every season for our racers who create a very competitive team. At QCW, we believe we have only begun to positively impact cycling for many more generations.

We are hopeful that we receive the recognition for ***USA Cycling Club of the Year***.