

LIONHEARTS

2012





ABOUT CYCLOCROSS

Cyclocross is the fastest growing discipline of bicycle racing in America. Combining segments of pavement, dirt, grass, and sand, and featuring obstacles such as barriers, stairs, and steep hills that force the racers to dismount, run, and re-mount their bikes, cyclocross courses twist, turn, and double-back to create exciting and dramatic racing action. Cowbells, horns, drumlines, and enthusiastic fans make cyclocross uniquely spectator friendly. For lack of a better analogy, it is steeplechase on bikes.

The race venues are typically family-friendly and festive with music, food, drinks, and loads of camaraderie among racers and spectators. Imagine a typical NFL Sunday football game starting out in the morning with pee-wee games, followed by high-school, college, then the main event in the afternoon. All the while the pros, amateurs, and spectators mingle together, signing autographs and sharing experiences and techniques. That is the nature of cyclocross.

Ask any of our kids and they will tell you; Cyclocross is the greatest sport in the world!





ABOUT LIONHEARTS JUNIOR RACING

Lionhearts are a junior racing team of the Queen City Wheels Bicycle Racing Club. Founded by QCW Youth Director Doug Dobrozsi in 2005, the last 3 years have seen the Lionhearts explode into one of the largest and most active junior cycling teams in the United States. The original 14 members competed 172 times in their inaugural season, culminating with a bronze medal at the Cyclocross National Championships in Bend, Oregon. In 2010 the team grew to 25 members, and brought home 5 Gold Medals at the State Championships. For 2011, 45 racers aged 9 to 18 competed as Lionhearts, including 12 girls.

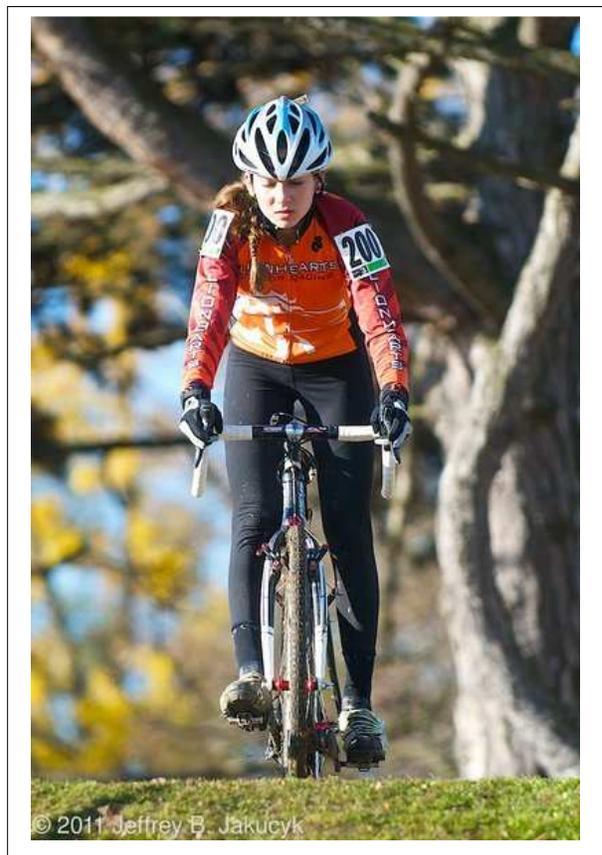
VISION

Lionhearts is a close encounter with the sport of bicycle racing for young men and women that results in life-long love for the sport, great skill, and growth in virtuous habits that are noticed and appreciated by parents, siblings, and others.

PRINCIPALS

Lionhearts is at the service of parents, helping them in their vocation of developing strong, confident, and virtuous young men and women.

- **Skills:** Education and training in bicycle racing is best in class at this age level.
- **Virtues:** Values-in-action training is an explicit part of everything that we do.
- **Respect:** They're Kids! Training activities are always developmentally appropriate, and emphasize the fun to be had on the bike.
- **Challenge:** With the right support, kids can achieve more than adults might imagine.
- **Competition:** LIONHEARTS RACE !!





WHERE LIONHEARTS RACE

Lionhearts race primarily in the Ohio Valley Cyclocross Series, a regional series of 10 races within 100 miles of Cincinnati. In addition, the Lionhearts are one of 3 primary promoters of the Cincinnati International Cyclocross Festival. Many will travel to Louisville for the nationwide US Gran Prix of Cyclocross, and about 1/3rd of the kids will compete at the USA Cycling Cyclocross National Championships.

TEAM FUNDING

Seed funding is provided by the Queen City Wheels Board of Directors. Lionhearts parents and racers work together to raise more than 75% of the annual \$12,000 budget. The primary method of fundraising is through race promotion, with additional funding

through t-shirt sales and race-day bake sales. All funds raised go toward defraying the cost of team clothing, race entry fees, and travel expenses to the National Championships.

COACHING

Doug Dobrozsi, Director and Coach ddobrozsi@cinci.rr.com
Corey Green, Coach gumboboy69@gmail.com

ACKNOWLEDGEMENTS

Lionhearts Junior Racing thank our sponsors for their ongoing support.

QUEEN CITYWHEELS
MONTGOMERY CYCLERY
UNITED DAIRY FARMERS
BIKEFIX
EADS FENCE COMPANY
KINGS CX WEEKEND
CINCI CYCLING COACH
THE CENTER FOR HUMAN PERFORMANCE
PUR WATER FILTRATION





AMBERLEY GREENS PROPOSAL

This proposal is to use Amberley Greens as an additional location for Lionhearts' formal and informal practices. Currently the two main locations for practice are the old Kingswood Golf Course in Mason, OH and the Otto Armleder Park near Lunken Airport. Both locations are great venues for practice and attract many members of Lionhearts but unfortunately neither location is easily accessible to the majority of Lionhearts that do not live near these locations. Traffic congestion and long drives leave many Lionhearts to find small parks near their house for practice. In some cases, they use their own backyard. Amberley Greens is perfectly located in the middle of Cincinnati and just off of the Ronald Reagan Highway.

WHAT TO EXPECT

- **Formal Practice Attendance:** Expect 10 to 15 kids at the beginning which may grow to 20 over a few weeks once it's known that they can practice at Amberley Greens.
- **Formal Practice Time:** Practice would start anywhere between 4:30 and 6:30 and lasts until sunset.
- **Formal Practice Day:** Formal practice is Friday but may be changed depending on when most kids can attend.
- **Informal Practice:** Lionhearts are required to practice with their parents outside of formal practice. There will be a few Lionhearts and parents on Amberley Greens throughout the week including weekends at any time of the day.
- **Adult Supervision:** Lionhearts cannot practice without an adult present. This is the same for formal and informal practice.
- **Inclement Weather:** Practice is cancelled in severe weather or if the grounds are too wet. Most don't like to practice in these conditions.
- **Grounds Maintenance:** Expect the grounds to develop usage patterns. Practice follows specific routes on the course repeatedly. Grounds are repaired at the end of the season from the Lionhearts' general fund and volunteers.
- **Season End:** Formal practice ends when sunset is too early. A few Lionhearts may continue to use the grounds informally because races continue into January.





FRONT PAGE PICTURE:

Front row, left to right: Jacob Krynock, Thomas Morris, Ryder Thompson, Joseph Weisgerber, Lucas Stierwalt, Noah Brossia, Gianni Allwein, Charlie Wallace, Avery Cox, Meriele Green, Maddie Barter, Chris Prewitt, Lewis Gatch, Gabriel Dobrozsi, Nick Petrov

Middle row, left to right: Max Savage, Dylan Rockwood, Mitchell Hopson, Emma Hayes, Madeleine Green, Chloe Christian, Abigail Savage, Mary Frances Sharpshair, Pilar Grolmes, Chris McKenzie, Bartek Kawalkowski, Enzo Allwein, Anthony Grolmes, Evan Segar

Back row, left to right: Doug Dobrozsi (coach), Jerry Hayes (coach), Samuel Dobrozsi, Michael Gruenwald, Rachel Dobrozsi, Mackenzie Green, Robert Prewitt, Spencer Petrov, Jacob Weisgerber, Eli Woodard, Matthew Grolmes
Off the Back, left to right: Corey Green (coach), Malissa Petrov (coach), Parker Hopson, Alex Christian, Andrew Allwein (mechanic), John Morris

Not pictured: Aiden Burt, Christian Burt, Ian Burt, Sydney Lach, Dawson McCulley, Sarah Mossman, Colin Overton, Andrew Rademacher, Olivia Rademacher, Zachary Ross, Nathan Ross

