



Queen City Wheels

November 1, 1998

Volume 1, Number 1

The Nationals are coming "Again"

In a press release from the Cycle Cincinnati-Loveland, Inc. it was announced the Greater Cincinnati area has been named a **Center for Cycling Excellence** by the United States Cycling Federation. This designation is an acknowledgment of the strong recreational and competitive cycling community already in existence in Cincinnati and the efforts of Cycle Cincinnati-Loveland, Inc. to help this strong cycling culture to grow. Plans are being made for the Greater Cincinnati area to host national cycling events for the next 5-7 years. The USCF also announced they are currently in the process of negotiating to bring an Olympic Trial for the 2000 Sydney Games here.

Each month I will try and keep you up-to-date on what is happening with the national events that will be coming up next year. I was on the Steering Committee last year and will also be a member this year.

In late June or early July of 1999, our city will host the Elite National Road Racing Men, Women, and Juniors. The week before

New Editor Take Over

Hi I'm Toby Costello and I'm going to be the new editor for QCW. I can't say that I am a great writer or even a good racer but I definitely try. I thought about this a really long time before I volunteered. I saw what a great job Rob Westendorf did and it will really be hard to fill his shoes. But I know that people like him have helped me out a lot when I first joined the club and I think its time I try to give something back. I guess you will hear me talk a lot about giving back to the club because for all the years I have been in the club it is still those same few people that keep making it what it is. So many people call the Pelo Line each week and expect Chip to have it up to date, they expected Rob to have the news letter out on time every month, they expect Jim Flaherty to find the sponsors for our club and come up with a new jersey design each year. Jim Obert has been running the Tuesday night series time trial for more years than I've been in the club. And also what about the great races that the club officials come up with each year. Before this year is up they are



This is the New "Queen City Wheels" Newsletter!

I hope you like the new look of our newsletter. If there is anything you would like to see different leave a message on the Pelo Line.

I will try and put out a new issue each month as long as I get some articles and suggestions. I think the club suffered a lot this year because we didn't have a way to get news out to members that don't have access to a computer. We have a great Web site. Check it out if you haven't already at

(<http://www.qcw.org>).

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The Nationals are coming



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this event, there will be the Junior Track Nationals in Indianapolis. The junior's will be broken down into 10-12, 13-14, 15-16, and 17-18 year old age categories.

Club representatives will continue to attend meetings about the events in the New Loveland Safety Building with Loveland Mayor Lee Skierkiewicz, President of Cincinnati 2012, Nick Vehr, and Executive Director of the Greater Cincinnati Sports and Events Commission, Don Schumacher who will keep us up-to-date. One big thing they will ask again from our cycling community is for VOLUNTEERS. They will again need between 350 and 500 volunteers. This is a chance to help bring cycling to the forefront in the Greater Cincinnati area. The notoriety of these national events could help our club attract new sponsors and promote more cycling events. This can only be a win



win situation for every cyclist in our area. So please if you can, consider giving a little of your time. If you can't attend any of the meetings, I will try and let you know when Volunteers are needed and who to contact. Any participation as a Volunteer or as a spectator, will surely help make the Nationals a big success and ensure that the City of Cincinnati retains a reputation for excellence in cycling.

This will also be a great time to try and get more Juniors involved in our sport. The more kids you get interested in cycling the more parents you get involved and pretty soon your little snowball turns into an avalanche. Our sport can't exist without the influx of new people. In the next issue I will get into some steps the club might take to start a Juniors program.

New Editor Takes Over

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already holding meetings with the other clubs in our area to plan out the races for next year. All most people do is show up at the events and expect them to run smoothly. Don't you think its time that you try and do something for our club?

On a different note, I would like to thank all the people involved in producing our new team jersey.

It is without a doubt the best jersey I've seen come along in awhile. Next year there is talk that we will have a matching skinsuit and helmet to go along with the jersey. Also check out the vest that is available. It's great for when the weather gets cooler and still allows you to show your team colors. I know the

price is a little higher but since we will be using the same jersey for a few years it will be a lot cheaper in the long run. I always had a problem with having to buy a new jersey each year. I think that more people will recognize our club at races and on the road by using the same jersey. How many times have you been at a race and you see about three different QCW jersey designs. It makes it really hard to pick out your teammates not to mention it adds to a lack of unity. While we're on the subject of the new jersey, I heard that Bob Rich while racing at Killington got confused by some spectators as a US Postal rider. Nice team to get confused with. For those of you who don't know Bob just ride around the Loveland area for awhile and you will eventually get spanked by this yellow Santana Tandem powered by Bob and his wife, Terri.

That's it for my little editorial on the club. Just wanted to give you some of my thoughts on how we might make our club better. I would really appreciate any comments or suggestions on what we might do. So let's get out there on the road and tell other riders about our club so we can recruit new members and for all the members already out there let's get more involved. It doesn't take much time and it will help keep our club alive and viable. See you on the road!!!!!!!

Time to renew your club dues. Attached in the news letter is an application. Renew soon so you don't miss a single issue of our newsletter.

Cyclo-cross is Here!

By Chip Elison

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From the south (Cincinnati): I-71 North to exit #32: State Route 123. Turn right on State Route 123 and take the first left onto State Route 350. Take SR 350. Take SR 350 approximately 15 miles east to Cowan Lake State Park. Follow the signs to the beach area.

From the north (Columbus): I-71 South to exit #50: State Route 68. Turn left/head south on SR 68 (towards Wilmington). Continue on SR 68 through Wilmington. Approximately 6 miles south of Wilmington turn right (west) on SR 350 to Cowan Lake State Park. Follow the signs to the beach area.

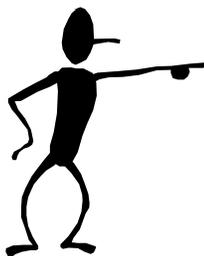
From the west (Dayton): take either State Route 73 (Springboro) or State Route 68 (Xenia) to Wilmington. Go south on SR 68 approximately 6 miles to SR 350. West on SR 350 to Cowan Lake State Park. Follow signs to the beach area.

Letter from our President

By Jim Flaherty

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right through the spring. Wright Brothers Cyclery has sold out of the popular QCW jerseys so we ordered long sleeve jerseys and more vests. They should be in the shop by mid-November. is limited. We will hold the traditional QCW banquet again this winter. The date is January 23rd and it will be at the All Saints Episcopal Church in Pleasant Ridge. If you would like to be an officer in the club or on the board of directors, leave your name on the PELO line. Likewise if you have an idea for an article, let us know.



Coaches Corner

By Toby Costello
USCF Sport Coach

This is the time of the year when it is easy to be a coach. The summer season has come to a close and it leaves the cyclist time to reflect on past performances and possible future considerations for the next year. Even the Energizer Bunny needs to recharge his battery! To keep pushing all year long will only lead to mediocrity. Reflecting on your weaknesses in past performances can also help you to prioritize where your training emphasis should be this coming season. Perhaps the long term endurance wasn't there, or your muscular strength did not match your heart's desires. Now is the time to start planning your off season program to move you to that next level we all work to attain.

I have read numerous books on training and all seem to point in the same direction for this time of year. This should be when rides are easy so you can build back your endurance base. This means rides in zone 1 and 2 and try to stay seated during the climbs to help build your power in the leg muscles. It would also be a great time to introduce weight training into your schedule. Begin the off season weight training period by utilizing light loads and accentuate the negative by moving the weight slower during this phase of each repetition. An example involving the squat movement for leg strength development would have you moving down on a four second count and coming up on a two second count. By slowing the speed you can emphasize the work during this phase. As the body becomes accustomed to the stresses of weight lifting additional weight can be added with equal time spent in both lowering and contracting phase. I think women would be especially helped with weight training in the off season, since their muscle mass is not as great as men.

Joe Friel's book "The Cyclist's Training Bible" is an excellent book to get you started in the right direction. He covers all phases of training and when to begin each one. Even a bad training plan is better than none at all.

I would appreciate any club member interested in training to submit articles to me for publishing in the newsletter.



**Return
Address
Goes
Here**

**Mailing
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Here**



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

For Sale:

Campagnolo wheel set built with heat treated Omega "V" clinchers, 36 hole rims. Nova Record hubs.

They have approximately 1,000 miles and look brand new. Asking \$160.00.

Call Fred Mause (513) 681-5930