



Queen City Wheels

January 1, 2001

Volume 3, Number 1

FOR THE NEW YEAR....

By Chip Elison

I hope that everyone had a happy holiday season and that we are all ready to start a new year in our riding and in our lives. QCW is ready to start the New Year with some changes that are planned to revitalize the club and help us all realize our cycling goals for 2001. The biggest news items include:

- Automatic rollover of your 2000 membership into the New Year: If you were a QCW member in 2000 you will not have to re-join in '01. A '01 membership card will be available to you at the annual banquet on January 27, 2001. If you cannot attend the banquet we will mail the card out to you.
- QCW membership card: this card

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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

I hope everyone had a Happy Holiday and has a fun, safe New Year. The club will be holding a banquet this year and we will be going back to All Saints Episcopal Church in Pleasant

Ridge, at the corner of Parkman Place and Grand Vista. The banquet will be held on Saturday, January 27.

The banquet is free to all club members and anyone wishing to join the club are also welcome. Membership applications will be available. Curt Austin will have a slide show of local events. This would be a great time to order some photographs of yourself. What better time than on a cold Saturday night to enjoy some good food, beer and great company to talk about the coming year.

Directions:

From Montgomery Rd. approximately 1/4 mile northeast of Ridge Rd. turn north (left if coming from Ridge Rd., right if coming from Kenwood) on Parkman Place. The church is on the left one block from Montgomery Rd. There is plenty of street parking available.



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- will allow you to receive a discount on purchases at Wright Brothers Outdoors, discounts on specific race entry fees and other benefits to be announced later.
- Aggressively soliciting a new group of club officers: if you know any one who is interested please let us know.
- Continued support of local racing (see attached article on the spring series)
- Opportunities to help promote youth cycling in the Cincinnati area (see Doug's article on the Kid's On Bikes Program).
- Sponsorship for a grassroots racing team focused on the entry level racer (junior, women, men, masters)

We realize that while QCW was able to successfully promote a race in the Spring Series and a CX race in '00 as well as continuing our weekly time trial series the rest of the year left something to be desired, we don't want that to happen in '01. QCW is a club for you, to help you active your cycling goals, whether in racing, coaching, promoting or working a race or just having a bunch of folks to meet and ride with.

Here's to a New Year! Thanks for sticking with us.



Wright Brothers Cyclery Is No More

By Evan Sayre, Retail Manger at Wright
Brothers Outdoor

Wright Brothers Cyclery has changed names, it's now Wright Brothers Outdoor. What's the deal you might ask? Well, we had an opportunity to expand into a new space and we thought biking is cool but what about some of the other foot powered sports like running or hiking or walking? Then we looked around Cincinnati and saw that there wasn't a hub for all these sports. Hence the birth of Wright Brothers Outdoor.

So, needless to say there are going to be big changes. We are not only expanding into new disciplines but are expanding the cycling as well. We are adding Louis Garneau and Hind cycling clothing, Garneau helmets, and many new accessories. We have also expanded the service department for a quicker turn around time on repairs.

Running is a big change. We are adding names like Sacony and Brooks shoes and Hind clothing. Also, we are adding Merrell and Tecnica hiking boots and trail running shoes. We have also added a large selection of outdoor and corporate casual clothing from Jack Wolfskin, Jagged Edge and coming soon Gramicci.

Over the next couple of months there is going to be construction at the store but, it's business as usual. Bring in your bike now for it annual complete overhaul. Don't forget about the QCW discount 10% off every thing but bikes (and I might have some news about that soon). Will you are there sign up for our eNews and get a free water bottle or you can do that on our web site at <http://www.WrightBros.com> .

Evan Sayre
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QCW CO- SPONSORS KIDS ON BIKES INTRODUCTORY RACING PROGRAM IN SUMMER 2000: HELP NEEDED FOR THE 2001 SEASON

By Doug Dobrozsi

Season Summary

Kids on bikes is an introductory bicycle racing program for kids ages 8-14. It uses a grass oval track to learn and refine basic bicycle racing skills. I brought this program back from a conference I attended last February at the Olympic Training Center in Colorado Springs, cosponsored by USA Cycling and The Minnesota Youth Cycling League. The program was written by USA Cycling staff, and has a detailed plan for each session, including objectives, instruction drills and skills, and racing.

The Loveland Recreation Board enthusiastically supported this effort and provided the space, a very nice un-used few acres of grass across the river from the bike trail. Seth Plaut, the program director at the Northeast YMCA (soon to be building a facility in Loveland) administered the program, handling signup, liability waiver, collection of fees, etc. Jim "Aldo" Ross, a richly experienced veteran racer drove from Middletown to serve as head coach, with lots of other help from Rick Klug, Jim Scholefield, Chip Ellison, Matt Berman, and a few others. Chip provided some nice schweg for the kids and coaches from time to time and may have created a few PowerBar junkies.



Through a 12 week season from mid June to early September, 19 area kids learned to race elbow to elbow, to bump, sprint, mass start, and to win and lose in scratch races, time trials, handicap races, elimination races, and even a few team pursuits. They learned cyclocross technique. They got to learn about real track racing from Ken Nowakowski at the Major Taylor Velodrome in Indianapolis. All of the kids rode the velodrome, and the older kids got to do it on track bikes. Ken commented that in groups of this age it is usual that maybe 1 or 2 in 10 kids could successfully ride the banking on their first try, and he was surprised to see a group of kids this young all able to do so well. Fourteen riders showed up for Tour de Loveland, we had 14 racers in the 3 kids races and brought home 12 of the 18 medals awarded, and not a bit of road rash.

For me this first season's coaching experience ranks among the most gratifying things I have ever done.

Why Do This?

Bicycle racing is the greatest sport in the world. I learned this when I was 37 years old and the father of a 6 and a 3 year old. I have seen that cycling holds many great experiences and racing is only one of them, and certainly a kid can grow up enjoying cycling without ever having raced. I did. But racing is so much fun. Imagine basketball if all you did was shoot free-throw and never played a game, or golf if the whole point was hitting balls at the driving range. These are the analogies to a cycling experience which is just riding around your neighborhood or an afternoon jaunt up the bike trail with your parents.

As a cyclist in love with this sport and a father of young kids, some of my biggest grins in the last few years have come from sharing cycling with kids. Such as....Seeing my 3 yr. old spin at 130 rpm, more smoothly than Merckx on his 12 inch wheeled bike, just 3 weeks after discarding the training wheels, trying to keep up with his big

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brother. Or seeing the same kid at age 6 spinning just as fast and even more smoothly up high on the banking at the velodrome; Or catching the same 6 yr. old last week experimenting with my electric razor on his legs!! Or hearing the question from my 10 year old “what’s that Von Hooydonk guys first name?” or seeing him recover from a painful crash in the middle of a 10 mile ride to finish strongly enough that his mom struggled to keep up. Or hearing from the parents of one of the girls in our program that on the way home from the cyclocross race, trophy in hand, the proclamation was issued that “this is the happiest day of my life”. This same pony-tailed cyclist has started her own wall of fame in her bedroom with her winnings of trophies, medals, certificates and ribbons from her first season.

Kids on Bikes is the start of an effort to make bicycle racing available to kids, to remove barriers to their participation, and to offer excellent programs for fun and skill building.

What did we learn in year one?

Kids are eager to participate; they don’t need to be convinced. Ages 8-10 are most interested. The grass track format is an excellent venue for teaching skills: Kids feel safe in testing out new skills; parents feel safe; equipment is de-emphasized. From the grass kids can move to other formats with confidence in their skills. This introductory program may be creating a need for good local juniors programs.

What’s in the future?

For the introductory program the vision is for a league of teams who compete during a summer season for an overall team award. Each team of 4-8 riders would hold their own training sessions once or twice a week. Then, each team would host one competition through the season; a competition would include several events: Examples of events are – Time trial, sprint races, criterium, scratch, handicap and elimination races on the grass track, slow races (who can take the longest time to cross a finish line about 20 feet from the start without putting a foot down), sprint or slalom relays, etc, etc. In each event individual riders earn points for their team. In addition to the team-sponsored competitions there would be a trip for the whole league to ride and race on the Major Taylor Velodrome in Indianapolis, and at the end of the season a cyclocross race.

If we can get enough teams (at least 3) for the first year then the vision is to try and eventually incorporate a league as a nonprofit organization (proposed name Greater Cincinnati Youth Cycling League a.k.a. GCYCLE).

What’s needed to grow the program?

Other cyclists who are willing to recruit some help and coach their own team. We can provide help with a venue, with the program, how to run practice sessions, and the administration.

Interested in sharing your love for the sport, or know someone who is? I’d love to hear from you. Look for info. about the coming season at the Kids on Bikes link at qew.org.

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SPRING SERIES 2001

BY CHIP ELISON

Another year and another spring race series – only this year without our good friend John Chinkes (yes, John, you will be missed). QCW has been holding races in the spring since the '70's and now the series has expanded with lots of help from Cincinnati area clubs as well as clubs from Louisville and Lexington.

The format of the series will be similar to last year with both daily prizes and a overall series prize. The series will begin on February 25th and conclude on April 29th – 10 races in 8 weeks. QCW will be hosting the race on March 4th in Morrow and helping with the April 29th event which will benefit the Kid's-on-Bikes program. Details on prizes and race categories are being finalized as this goes to press so standby for details or log-on at www.ohiovalleyracing.org.

To help make this some of the best races ever for QCW and the Kids-on-Bikes program, please take time to volunteer at these races. There is help needed with registration, officiating, course marshalling and day of event sponsorship. Any and all help is appreciated and will help the race run smoothly.

TENTATIVE '01 Schedule

2/25	unknown location	Montgomery Cyclery Racing
3/4	Morrow	QCW
3/10	L'Espirt	Louisville Wheelman
3/11	Mt. Carmel, IN	Cyclesport
3/18	unknown location	Rapid Transit
3/25	New Albany, In	Mike Hewitt
4/1	L'Espirit	Louisville Wheelman
4/7	Waddy, KY	BCC
4/8	unknown location	Rapid Transit
4/29	College Corner, OH	Kids-on-Bikes



"You said you wanted a challenging course to race. Well, good luck."

Queen City Wheels
185 Albright Drive
Loveland, Ohio 45140

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Mailing
Address
Goes
Here



Classified Adds

WANTED:

Looking for some new club officials to spark new life into Queen City Wheels. No experience is needed.