



THE NEWSLETTER OF THE BLUEGRASS CYCLING CLUB

# OUTSPOKEN

Volume 30 -- January-February 2001 -- Number 1

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### **Meeting Dates**

#### **January Meeting**

Wednesday, January 10, 6:30 p.m., at El Chico, 3010 Lakecrest Circle, in Beaumont Center, just off Harrodsburg Road on the southwest side of New Circle Road. Review of the club budget, planning of HH committees and volunteers, and other club business. Everyone please try to attend this important meeting.

#### **February Meeting**

Friday, February 9, 7:30 p.m., see the Thoroughblades play at Rupp Arena! Contact Bill Daniels to attend.

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### **Copy Due Dates**

#### **Mar.-Apr. Issue**

Wednesday, February 7, 2001

#### **May.-Jun. Issue**

Wednesday, April 4, 2001.

Submit copy to Nancy Moore, 753 Sulphur Lick Road, Frankfort, KY 40601, 502 223-5164 or [nancy753@aol.com](mailto:nancy753@aol.com).

To lead a ride please contact Julie Harris at 859 272-2882 or [marta@lex.infi.net](mailto:marta@lex.infi.net).

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### **A Dry, Social Horsey Hundred**

*Dave Scott*

Rain, rain, finally went away. It must be true about the third time being a charm because at long last I had a dry day to ride the Horsey Hundred course and what a day it was. It started a little bit cool; however, it quickly warmed up under cloudless sunny skies. The group left promptly at 9:06 ready for a nice friendly "social" ride. It is amazing how many people laugh every time I use that phrase. The group consisted of most of the usual suspects. We even had a gentleman from the Louisville club ride with us. Noticeably absent were Dr. Karen Hudson, Marylynn Hartman, Sheila Botts, and Mike Montross (more on them later). Despite my proclamation for a "social" ride the tension felt between the top two "mileage king" contestants, Bill Daniels and Woodson Smith, was so thick you could cut it with a knife. Pantani and Armstrong got nothin' on these two. :)

The group left at a nice leisurely "social" pace until around mile 8 when Bena realized that Charlie Perkins and Roger Ward had graced us with their presence, at least for the first 20 miles (apparently they knew a shortcut), and decided she wanted to ride up front with them. The conversation must have been something else because soon we were "socially" moving along at 22 mph! Just perfect for a 105-mile ride. Granted, the tailwind did help, but I could have sworn that Bena was blushing.

Soon we hit the rolling hills of northwest Scott county and the pace slowed to reasonable 18.5 mph. Just slow enough for me to take the UPHILL sprint to the Owen county line. It is amazing how easy those lines are when nobody else knows where they are located. 220 pounds AND the polka dot jersey!

Monterey: the first store on the day's route. A little off the course, but we had regrouped before riding off the route to the store. "How far

off is the store?" many would ask. About a quarter mile or so was my answer. I found out later from odometer man, Woodson, that it is exactly 1.3 miles to the store and what a lovely store it was. Complete with everything from second hand smoke to broken glass in the parking lot. Just ask Bill.

After the store and Bill's tire changing clinic, we entered the "flat" portion of the ride. It was here the "social" side of this ride reared its ugly head. Nice acceleration Tom H. The group got kind of strung out on the gentle slopes toward and away from Peak's Mill.

Switzer: The rumblings from the pack begin. At the fire station in the "downtown" area, Tim T. produces his copy of the route map and emphatically asks for the shortest way back to his car. Several other voices of discontent were also heard. The rider from Louisville tells me that my idea and his idea of "rollers" are NOT the same. Exit several of the riders back to G-town via Stamping Ground. It was here that Bena notices Mark Davidson's absence. "Where was he last seen?" "Somewhere between here and the store," was someone's final answer. Bill, Bena, and I (being the model ride leader that I am) go back to look for Mark. He is only a couple of minutes behind. VERY IMPRESSIVE for someone with only 500 miles this season. Mark promptly announces that he was not very fond of Bill D. at the moment because Bill had said "come with us and cut it short at Midway." Bill had further indicated that Midway was at "about" mile 50. For the record, Midway is NOT midway! In fact I cannot remember any club ride where that place has been midway. What a stupid name for a town, but I digress. Mile 62 and finally the sign for Midway. Apparently Mark had been playing possum because he just about snuck up on Bena for that sign. Sly devil.

Midway: Lovely store. Found Karen, Sheila, Mike, and Marylynn waiting there for us. They had ridden in from Lexington and were going to ride with us now. After losing riders in Switzer, the group could use the fresh legs. Someone, I am not sure whom, but whose initials are Bena Halecky, said that she would not feel cheated if we were to cut the route short. Mark echoed those thoughts as did Doug. I, being the ever accommodating ride leader, said "OK, we will cut it short;" however, I forgot we had the two testosterone laced mileage king candidates and the equally energetic Alex and Clarissa Meade-operated tandem with us. They said that they would declare the entire day a waste of time if they did not do the entire course, so off those three (or four depending on how you look at it) went. As for me, I

went short (told you it was going to be "social").

From Midway to G-town we had a truly enjoyable ride except for the 30+ mph sprint for the Fayette line on Ironworks Pike. I also found out that the four riders who met us at Midway had an excellent ride from Lexington. In fact, so enjoyable was their ride that they saw fit to tell Bena and me how nice it was that we were not there. That comment touched our hearts and warmed our souls. :) The same four also rode back to Lexington from G-town and encountered a very brisk headwind. One of them commented that they wished Dave S. was there. It is so nice to be needed.

In conclusion, although it turned into a "social" ride of attrition, all apparently had fun. The weather was awesome. Mark Davidson rode an extremely gutsy ride and it was great to see him out again with the group. Bill and Woodson, the battle rages on. Good luck to you both.

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### **A Refreshing 2000 Election**

*Bill Daniels*

Tired of all the election talk? Well hopefully, by the time this article is printed, we will finally know who really is the president of the United States. (Relax, you will not see the names of the U.S. presidential candidates in this brief Outspoken electoral news release.) But bear with me, there is another election I'd like to talk about; it's the one that was held for the Bluegrass Cycling Club Officers 2001, during the Year-End (Election) Banquet. All candidates who were running for the top four offices were clearly shown on a VERY simple and straight-forward ballot, which was made available to all those attending the banquet. The voters were asked to CIRCLE their choices (no chad litter or partially punched holes in this club!) and to place them in the tightly secured shoebox, with the winners to be announced at the end of the evening. Three of the positions (President, Secretary, Treasurer) went unchallenged. We did, however, have two candidates run for BCC Vice-President. They were Doug Wagner and George Dunn. I would like to thank them both for participating by putting their name and reputation on the (ballot) line and out to the voters for a vote. I'd also like to thank the other candidates for accepting so readily. It was good to have an expedient (one-count only) election, as compared to what has been going on nationally.

The following is a list of those who have agreed to set aside time to be your club officers in the year 2001:

President - Bill Daniels

Vice-President - Doug Wagner

Secretary - Woodson Smith

Treasurer - Clarissa Spawn

And thanks to those how have accepted club positions as coördinators:

Touring - Julie Harris

Racing - Fred Steinbrecher

Time Trials - Ryan Waldon

Red River Rally - Bena Halecky

Statistician - Dave Scott

Newsletter - Nancy Moore

Your participation and dedication is greatly appreciated. And to the officers and committee heads who are no longer (Steve Wyatt, Gay Williams, Bill Fortune, Tim Terry), thank you for contributing all the time and effort you put in over the year(s). So, with the election of the BCC officers being finalized, I'd like to speak on behalf of those listed above, in saying that we're all looking forward to serving the club in the coming year.

And on a lighter note... I personally would like to thank my mother, my third grade teacher Mrs. Cunningham, my high school gym instructor for making me run that extra lap or two, and of course my dog Rip, for all their support, encouragement and most of all, their votes! I couldn't have made it without you! :)

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### **President of the BCC Has Spoken**

*Bill Daniels*

As I sit here in front of my computer, I wonder, "how do I start and what do I say?" (Ha ha ha ha ha! Sorry, I just had to say that and get it out of my system! We love ya Big-D! And I'm glad we all have a sense of humor!)

The Banquet - We had a great time at the Bluegrass Cycling Club 2000 banquet and the officer duties were passed from the outgoing to the incoming officers without any court orders, I'm glad to say. Many of the officers/coördinators actually retained their positions from last year (see related "2000 Election" article). One officer was "promoted," while others decided to rejoin the BCC "officer's club" to give it another go, while still others joined this elite group for the first time. Welcome all and "Officers 2001 Rule!" But the election of officers was just a small part of our yearly banquet. You will find a list of the awards presented at the banquet elsewhere in this newsletter. So check it out!

Other Matters - The stage has been set for another wonderful, challenging, and hopefully exciting year in the BCC. We will have had an officers meeting on Dec. 6th, to go over the budget, discuss what is to be tackled first and how to improve on what the club already does. A few ideas have been presented in past newsletters and we'll start looking at those suggestions first - such as the Route Booklet, Horsey Hundred improvements, ride schedules, and rides with new destinations. We are in the process of looking for a new Horsey Hundred "jockey" if you will, with Bill Fortune being their mentor/trainer of sorts. Bill will be busy with other things this coming year, but has willingly offered his guidance to the new chairperson of this event. And from personal experience, he is a good person to work with. So, if there is anyone out there who is interested in learning about, or being the head-chairperson of the Horsey

Hundred, please give me a call or shoot me an e-mail (wedaniels1@prodigy.net) and we'll talk.

I would like to keep up with the area's plans concerning bike transportation. Whether it be on a road or a trail. We have people in the club who are closer to these subjects than I am, and I'm hoping those people will help the rest of us stay informed. I'd also like to stay abreast of the Racing Team's accomplishments and endeavors. And one more thing, just who is this "Uncle Tutu"??

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### **Banquet-Awards Ceremony**

*Bill Daniels*

Since Tim Terry, who really enjoys being "Master of Ceremonies," was away on a soccer trip, I got the pleasure of being his stand-in for the night; a tough act to follow let me tell ya - and thanks for that bit of beer trivia Tim! Yes Tim, I actually used it and you were right! It warmed up the crowd and put them in a good mood! And I think they were really happy that I didn't have any more tid bits! But thankfully, no one went "beer-zerk" over it or anything. There was food of course, and there was plenty of it for everyone to eat. What did you all think of that pork! I myself, thought the chicken teriyaki was excellent! And the ice-cream (which Steve Royce started having the bartender run to the kitchen for) was a nice side addition to the desserts; thanks for the idea man! We'll be sure to get that same bartender for next year! Another perk at this year's banquet was the free pair of BCC socks, with an updated design, for all those who were in attendance. You can thank Woodson Smith for heading up that project. Socks are still on sale for ONLY \$7.50/pair! They are the DeFeet brand - so stock up before he runs out! (You won't be able to tell it, but some nice thing were actually given out that evening, besides the socks, I mean)

The Top Award Winners:

Rookies of the Year received a sippy-cup and toe-booties

Male - Mike Montrose

Female - Marilynn Hartman

Rain Maker - Bill Fortune/Days of Horsey Hundred

Weirdest Newsletter Article - Dave Elbon/wet sock and the water bottle

Bloody Paw Award - Johnny Bertrand/rescuing the HH dog

Most Excited Rider - Steve Wyatt/just ask him!

Fashion Award - Jim Hilke/oldest jersey collection

King of the "Hills" - Steve Royce/but he forgot these two!

Memory Lapse - Tom Hellman/what flat tire?

What Next? - Julie Harris/crash, falls, SAG locks keys in truck!

Entertainer of the Year - Melanie Bailey/your ladle lady

Litter-bugger - Stan Betsworth/for leaving tire irons all over the county

Ride Leader Leader - Dave Scott/planned 7 rides

Lost Leader - George Dunn/"We have another situation here!"

Club Ride Queen - Melanie Bailey/59 ....this year? You don't look it.

Shortest 50 Miles - Gay Williams/34, at the most

Trail Blazers - Fred Steinbrecher/Tommy Nance

From the Lost-n-Found Bag:

Dropped Chain - belonged to David Earl

An Old (Light) Timer - that's Jerry Crouch

Seen Standing the Most - Johnna & Ryan Waldon/they work on their feet

Most Improved - Doug Wagner/worked up to the front group

Least Number of Club Miles - Ryan Waldon/18

Most Number of Club Miles - N/A

The top 25 mileage winners were given Mileage Certificates.

Okay, okay, okay...you twist my arm. I'll tell you who won the Mileage Award....like in the next newsletter! Ahhhhhh!

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### **Let's Talk Horsey!**

*Bill Daniels*

Let's get together for dinner and talk about the Horsey Hundred, review the BCC budget, and other club matters. The plan is to meet at El Chico, 3010 Lakecrest Circle, Lexington, on January 10, 2001 at 6:30 p.m. That's in the Beaumont Center, just off Harrodsburg Road, on the southwest side of New Circle Road.

This is an important meeting, as we will be asking for Horsey Hundred 2001 Committee volunteers, as well as taking names of anyone interested in helping out otherwise. So please mark this date on your calendar and start thinking about which area of the HH you might like to help out with. See ya there!

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### **Bikers and the T-blades**

*Bill Daniels*

Let's have our February, 9th, "meeting" at Rupp Arena! That's the second Friday of February. The Thoroughblades will take on the New York Rangers' affiliated team, the Hartford Wolf Pack, at 7:30 p.m. If we have a group of 15 or more, we will get a \$2.00 discount on the adult ticket price. Tickets are \$12.50 (\$16.00 if we want center ice seating), with children (age 2-12) tickets costing \$7.50 in all sections. And here's the good part, it's "Cheap Date Night!" Hotdogs are only a BUCK! You can't beat that!

Please let Bill Daniels know by January 24, if you're interested! I'd like to buy the tickets two weeks in advance. So let me know and we'll all have a good time!

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### **Ride Leader Awards**

*Julie Harris*

The following people were recognized at the awards banquet for leading rides. Each received a goodie bag.

1- Dave Scott led 7 rides this year.

2- Nancy Moore, Bill Daniels, and Woodson Smith each led 6 rides this year.

3- Bill fortune led 5 rides this year.

Those leading 3 or more rides:

Dave Elbon

George Dunn

Steve and Cheryl Wyatt

Special thanks to all who led a ride this year. It was a great year because everyone chipped in to lead rides!!!

We had great rides of all different levels!!! Let's make next year even better.

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### **Moving?**

Newsletters aren't forwarded, so if you are moving send a change of address to the club PO box or e-mail Woodson Smith at [jwsmith@plangraphics.com](mailto:jwsmith@plangraphics.com).

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### **BCC Ride Stats**

*Tim Terry*

#### **Mileage Leaders**

Woodson Smith	2,300
Bill Daniels	2,253
Dave Scott	1,780
Doug Wagner	1,671
Melanie Bailey	1,618
Stan Betsworth	1,598
Jim Hilke	1,042
Bena Halecky	1,171
Nancy Moore	1,161
David Earle	1,160

#### **Number of Rides**

Melanie Bailey	59
Woodson Smith	56
Stan Betsworth	51
Bill Daniels	50
Doug Wagner	41
Dave Scott	39
David Earle	38
Bena Halecky	27
Nancy Moore	26
Tim Terry	25

Thanks to everyone that volunteered as ride captains the past three years and for sending in your ride sheets in a timely manner. I look forward to seeing everyone on the road.

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### **Cold Weather Cycling - Warmth from Head to Toe?**

*Fred Steinbrecher*

With the onset of the recent cold weather, winter cycling is back again. Of course you can always hop on the wind trainer and watch Tour videos, but being out on the road or trails will provide a little variety and prepare you for spring rides and races. Over the years I have gathered a decent collection of winter cycling clothing and have experimented with all types of different layers and combinations. The following are just a few of my observations.

For headwear, I like balaclava type hats, which cover the face and neck. I use a mid-weight fleece hat, but heavier weights are available. For the colder rides I now layer a windstopper fleece earband over my hat. This adds an extra layer on my forehead, which keeps me from getting that dreaded ice cream headache! If the combination gets too warm, it is easy to remove the earband and stuff it in a pocket. To prevent headaches from head compression, test the helmet/hat combinations indoors and adjust buckles and remove helmet pads as needed. You can always put the pads back in and readjust the buckles in the spring.

For the torso, I wear a winter cycling jacket with a windproof front and fleece lining. This really is strictly for 40 degrees and below. Under the jacket I usually wear a polypropylene undershirt and polypro jersey. I have a couple of different weights of jerseys for warmer and colder days. A critical feature on any long sleeve jersey should be a decent zipper, longer being better. For portions of a ride with the wind, or on a climb, you may want to partially unzip your jacket and zip down your jersey to get some airflow over your chest and back. Now, when turning into a headwind, you can zip back up to reduce the draft. This will help you to stay drier and much more comfortable. For temperatures in the 30's, I am now layering a Versatech vest over my jacket to protect my chest from the wind.

This really helps when going into a headwind, and it can be unzipped a bit when riding with a tailwind. If the temperature warms up, the vest is small enough to be stuffed into a jacket or jersey pocket.

For bottoms, some types of wind front tights are a must. I like the Performance tri-flex tights, but there are plenty of other brands with similar features. Bib style tights are great in the colder weather and will really protect your lower chest and stomach areas. The main disadvantage of bibs though, comes when answering nature's call. Does anyone make these with some velcro or quick release shoulder straps? I wear regular shorts under the tights, and in very cold temperatures, will wear polypro long underwear under the tights. A better combination for temperatures in the 30s is to wear mid weight fleece pants over your tights. Maybe not as chic looking or aerodynamic, but worth it for the warmth. I use this combination on the trails and on the road for 30 degrees and below.

The feet are always the hard part. After trying many different shoe covers, I like the Pearl Izumi Typhoon booties for 40 degrees and below. They feature a neoprene outer skin with a fleece inner liner. One of the best features about them is the heavy rubber bottom and toe cap. The toes always seem to be most vulnerable to the cold. You definitely need a solid windproof cover over your shoes for winter cycling. My layers start with fleece socks, cycling shoes, then shoe covers. Tip: to seal up shoe soles, I used silicone sealer to plug extra cleat mounting holes not being used. The silicone can always be picked out in the spring, if you decide you want extra ventilation later. This will also help with waterproofing the soles, should you put your foot down in snow or a puddle. Also, don't be afraid to layer shoe covers, or wear toe covers under your neoprene shoe covers. You will have a little extra weight on your feet but it will be well worth it. I have used the Pearl Izumi wind shoe covers and Bellwethers isofilm booties as initial layers. The Bellwether isofilms have a waterproof breathable layer sandwiched between two layers of lycra and function well by themselves for rides 40 degrees and above. For colder rides, they work great under neoprene booties. As with any shoe covers, pay close attention to the cleat hole cutout in the bottom. Be sure the booties do not interfere with your cleats, or they might cause your feet to come out of your pedals. Trim them with a pair of scissors and test your pedal entry/exit indoors, before taking them out on a ride.

Finally, a few words about the hands. For warmer and colder

temperatures, you may want a few different weights of gloves. I like fingered gloves for shifting and braking control, but some people like the Pearl Izumi rock lobster style. Try some different types and see what works well for you. For the colder weather, I have a pair of Hotfingers gloves. For warmer temperatures, lighter weight gloves will do. Of course, you want something with a decent cuff to prevent a draft on your wrists. The higher cuffs are better, especially if you can stretch them over your jacket cuffs.

I hope this information has been of help to you in deciding how to dress for winter rides. I would be happy to entertain questions and comments. Send e-mail to [fsteinb@mis.net](mailto:fsteinb@mis.net).

(Editors Note: Being cold-natured, the only way I have been able to keep my toes warm is by using the chemical heat packs, sold in hunting and camping depts. The best ones are by Grabber, they make special ones for toes with adhesive to keep them in place. You can seal them in a ziplock after using and get a few rides out of a pair if they don't get wet from perspiration. Nancy)

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### **Racing Info**

If you're interested in racing, be sure you're signed up for the LexRacing e-mail list. Ken Trainor (ktrainor@email.com) is the "listmeister," but you can go online and sign yourself up. All you need to do is go to [www.egroups.com/group/LexRacing](http://www.egroups.com/group/LexRacing) and follow the instructions to become a member.

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### **Tour of Lex**

*Julie Harris*

Saturday, November 4th, was a busy day for a lot of people who braved the cold, wet weather to go to a UK football game or the Breeder's Cup, but four brave riders (Bill Daniels, Jim Hilke, George Dunn, and myself) got together for one of the best rides of the season. We started the ride at the Lexington Touring Center on Vine Street. Working our way to Henry Clay's home, we stopped at a number of artistic horses and found ourselves at the Woodland Skate Park. Whoa, and I thought cycling was a wild, crazy sport!!! Then, we rode and walked around the Henry Clay estate. George was able to give us the history of the architecture and the heating of the home. Next, we got some real exercise by chasing down a biker on an 1859 bicycle... you know, a tall bike with a big front wheel and a tiny rear wheel. George asked questions while Bill snapped pictures...this guy was not about to stop and have to remount this tall vehicle!

After that, we traveled down Catalpa Lane to see the yellow foliage of the ginkgo trees lining the street...and to check out Paul and Aubin's old abode! Then it on to Barrow Lane to see George's grandpa's and to whistle Dixie at her backyard! We rode on to Bell Court to see the Carriage House and past my father's childhood home on Forest Avenue. Thoroughbred Park was next. After viewing the horse statues and taking some cool snap shots, we headed to the Herald-Leader horse for a view of some "old Lexington news." Then it was off through the "hood," past the old St. Joseph Hospital and on to 5th and Broadway to view the smallest park in Lexington (my bathroom is bigger!). We also saw the oldest duplex in Lexington on Constitution before heading to Gratz Park.

We rode around the old Public Library to the Morrison Building of Transylvania University. George took us on a tour of the older homes on Elsmere Park, Fayette Park, and Hampton court. Then we looped

around Madison Place to see the oldest home in Lexington on Mill Street, then we pedaled past the Pope House with its Latrobe architectural design and headed back to the Visitor Center. It was such an invigorating ride!!! It was a real blast from the past, present, and the future. I was glad that I didn't "beg out" of the ride due to cold weather, as it turned out to be a beautiful, bright, sunny, 50 degree day! Hey you speed demons, don't be jealous...we averaged less than eight miles an hour!!!

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### **Tour of Colorado**

*Jim Woods*

Every summer when vacation time nears my thoughts seem to venture west. This past year was no exception, so I started the decision making task of hiking trip vs. biking trip, not to mention what state to make it happen in. I had received a brochure for the Bicycle Tour of Colorado for '98 and decided to check it out for 2000. The dates of the ride and my vacation coincided and the price was reasonable so I registered and then began worrying if I could ride over a bunch of 11 and 12 thousand foot passes. The average daily mileage was around 70 miles. With a 7 to 8 a.m. start time I only needed to average 10 mph for seven or eight hours to complete the ride for that day. There was also a sag that left at 4 p.m. to gather up any stragglers. I also had an extra week so I planned to go to Colorado early and acclimate for a few days and do some riding on my own. I first contacted Bicycle Colorado (PO Box 698, Salida, CO 81201) and discovered that CO is a mountain bike state. The paved roads were few and heavily traveled. Oh well, the people putting on the tour must know what they are doing. After arriving in Colorado, and having received a couple of maps with shoulder widths and steepness of grade marked, I was ready to ride. I rode from Salida to Buena Vista and up to the Grand Mesa without much trouble so off to Woodland Park for the tour.

There were 1,200 people participating on the ride. There were people of all ages and all types of bikes: trikes, tandems, recumbents, single speeds & mountain bikes scattered everywhere. The first day was to be 76 miles to Buena Vista over a couple of 9,000 foot passes with rain in the forecast. Trucks carried two 40 lb. bags to the destination for each day but you to carry everything you would need that day. I knew the temperature could drop to freezing with rain at higher elevations so I had to carry several insulating layers plus rain gear. I didn't need all of these things on the first day, but I would later on the

ride. I got hot then cold then hot again, not unlike riding in Kentucky. The tour organizers provided rest stops every 20 miles with all kinds of goodies. Hundreds of riders collected at the stops all grouped at the side of the highway with shiny bikes reflecting sunlight and the bright colors of riding clothes making for a welcome sight.

The first night it rained and rained. My sleeping bag was soaked, but I stayed warm and wasn't bothered as long as I didn't move. The second day we went over Independence Pass at 12,095 feet. This was a 26 mile climb with the last seven miles at a six to seven percent grade in a 40 degree rain. I was pumped for this climb since it was the biggest of the tour. I made it OK with a 39/28 and started the long downhill to Aspen. This downhill was cold on the fingers especially with constant braking on wet pavement. Many riders opted for the sag on the downhill. Aspen was a welcome sight and I hoped my sleeping bag would dry by sunset. This day provided the best scenery of the tour and the next morning several riders made the 13 mile ride to the Maroon Bells which were awesome. From Aspen we rode 41 miles to Glenwood Springs for a layover day. There was a block party and the hot springs to help pass the time. A big part of the next two days riding was on a paved bikeway that paralleled the Colorado River. This was relatively flat until we started up to Tennessee Pass then Freemont Pass, which in the wind was as tough as any climb on the tour. The last day we went over Hoosier Pass, 11,500 feet, and two 9,000 foot passes back to Woodland Park for a 95 mile day.

The ride was well organized although there was a line for the catered meals and the privies in the mornings. There were some riders that averaged in the mid 20's and some that had to be sagged. The roads were OK but not as smooth as in the Bluegrass. The large number of riders and the presence of three motorcycle police helped keep the motorists tolerant. We had cold mornings, usually in the upper 30s, warming to the 70s and 80s under blue skies after the second day.

Check out the 2001 tour at [www.bicycletourcolo.com](http://www.bicycletourcolo.com).

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## ***Outspoken - January-February 2001***

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### **Club Socks!**

*Woodson Smith*

The coolest, hottest bicycle socks in town are the new custom BCC socks. Made just for us, these socks are DeFeet Air-E-Ators, with the BCC logo knit on the cuff in glorious yellow and purple. Just the thing to wear with your club jersey-or any other jersey, for that matter. The socks are available in S, M, L, & XL. You can buy a pair by sending a check for \$7.50 (made out to the BCC), plus two first-class stamps for postage, to Woodson Smith, 224 W. 4th St., Frankfort, KY 40601.



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### **Nuptials**

Congratulations to Scott Majors and Joan Allen who got married November 11th in Louisville. Scott is a member of both the BCC and LCC and worked very hard to make our joint rides with the Louisville club a success last year. We wish you the very best!

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## ***Outspoken - January-February 2001***

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### **Old Kentucky Home Tour**

*Nancy Moore*

On a hot Saturday on September 9th, Bill Daniels, Marrea Matthews and I went to Louisville to ride the Louisville Cycle Club's premier event, the Old Ky. Home Tour. We met up with Steve Royce at registration, and the four of us plus about 900 other riders headed out from Tom Sawyer Park, and took a surprisingly traffic-free route out of the city towards Bardstown. Tom Hellmann and Scott Majors soon overtook and joined us. The rest stop theme this year was musical, and we hit every single stop, just to see what they had in store for us. There was a band called the Harmonics, which had some fancy-footed cyclists doing some sort of clogging dance, a singer, and the lunch stop was right out of Margaritaville. Bill and Steve split off for the century route about mile 50, and Marrea and I went on for 20 more miles of wildflower watching. Tom Hellmann was long gone, and we lost track of Scott after lunch. Dave Elbon was supposedly there, everybody saw him but me. At the school in Bardstown, we ran into Morgan Jones and Rachel and Danny Peake, all from Frankfort.

Bill, Marrea, and I set up our tents on the school's front lawn. Supper was catered by the Olive Garden and was it ever good (especially the deserts!). Then everyone went to the auditorium to hear Lance Armstrong's coach, Chris Carmichael, give a talk on heart rate monitors. Not being interested in that technical stuff, Marrea and I snuck out to the lobby where the photographer had a picture of everyone on the ride. We hunted down the photos of everybody we knew, and had some good laughs at their expense. After the program we headed downtown to escort Steve and Tom to their motels. Wimps! No soft beds for us tough riders! Steve had a bit of trouble locating his motel, but we lent moral support by waiting at the Baskin Robbins while he tracked it down.

It was too hot to sleep, even without the traffic in front of the school and the church bells bonging out the hour every hour, but morning and a great breakfast from Chris Cakes Pancakes finally arrived. These people throw the pancakes at you, ready or not. Tastes real good, though.



We headed back to Louisville in a light rain that soon quit, but left the roads wet. The home-made cookie stop halfway back is the highlight of the return trip. Tom Hellmann coasted into the cookie stop with a flat tire, a good excuse to stay awhile. When we arrived back at our cars, there is Tim Terry, attending his kid's soccer match at the park. Maybe you can go next year, Tim.

After showering at the school we hit the post-ride pizza party. The food never stopped on this tour! It was a great weekend; the LBC catered to our every need. I encourage everyone to go on this ride next year, it's a fantastic way to ride some new roads and have it all done for you.

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