



THE NEWSLETTER OF THE BLUEGRASS CYCLING CLUB

OUTSPOKEN

Volume 30 -- July-August 2001 -- Number 4

Contents

Club Notes

Cyclists Reign at the Horsey Hundred by Bill Daniels

VP vs. Pavement by Bill Daniels

Prez vs. Pavement by Nancy Moore

Bluegrass State Games by Fred Steinbrecher

Racing Workouts Moving by Fred Steinbrecher

Charitable Century Cycle by Dave Turner

Future Rail-Trail Ride by Dixie Moore

Ask Uncle Tutu by Anonymous

BCC Ride Stats by Dave Scott

Visitor's View of the Horsey Hundred by Mark Johnson

New and Renewing Members by Woodson Smith

Racing Info

Copy Due Dates

Check Your Label!



Outspoken - July-August 2001

[<< PREV](#) [TOC](#) [NEXT >>](#)

Club Notes

1. BCC Picnic July 1, at Adena Park -- a map is provided on our website. The ride to Leesburg starts at 4:00 - approximately 33 miles. Shorter route available. Dinner starts at 6 p.m. Please bring a dish to share, as dogs, brats, burgers, and soda will be provided.

2. No meetings until September! Ride like a mad-man or a crazy-woman! The officers will still be communicating (hopefully), so if there is anything you'd like to bring to our attention, you know how to reach us. Some things, of course, will be dealt with, discussed, or solved out on the road. Come September, we'll be ready to go at it for the rest of the year.

3. Our own Fred Steinbrecher is the Commissioner for the Bluegrass State Games' cycling event on July 29. Race or help out -- you have a choice! Registration deadline is a June 29th postmark BUT day of registrations will be accepted.

4. Remember...Practice Safe Riding. Ride Protected. Wear a Helmet.

[<< PREV](#) [TOC](#) [NEXT >>](#)



Outspoken - July-August 2001

[<< PREV](#) [TOC](#) [NEXT >>](#)

Cyclists Reign at the Horsey Hundred

Bill Daniels

They came. They rode. They laughed, grunted, sweated, rejoiced, ate, and CONCURRED. Then they left...taking with them new memories of a dry Horsey Hundred in a partially wet county.

The cyclists took to the roads as the horses took to the surrounding pastures during Memorial Day Weekend for Horsey Hundred 2001. The weather was a little cool in the mornings, but overall, Mother Nature was on our side this year. And ooh that beautiful sunshine sure helped our day-of-event registration rise to 127, pushing our total registered to 937. As an added extra, we actually had a new record for the one-day horse count during the Horsey -- totaling 538. All this was just what the planning committee had ordered. A jolly good show, I must say.

Speaking of the planning committee, I'm sure they are glad that their hard work was shined upon and was well appreciated by the riders themselves. We received several good comments and suggestions. One rider wrote, "Thank you for a perfect weekend tour. It was my first Horsey and it was a first class weekend. To everyone that made it possible -- Huge Thanks!" And we, Maggie, thank you and all the other cyclists for coming to ride in our event which celebrates the Bluegrass.

We added a masseuse this year and he was certainly kept busy on Saturday, as were the other vendors throughout the weekend. The addition of the 76-mile route was well received and made us rethink the quantity of supplies required for rest stops on that route. And from listening to the suggestions, we will add Keeneland back into at least one of the routes for next year. After all, it is the Horsey.

As president, I would like to thank all 76 of the volunteers who worked and participated in the Horsey this year. I hope several of you came back to Georgetown for the dinner and ice cream social, which was something you all certainly deserved. Several, if not all of you, put in extra time and effort into helping put on this event over the weekend. It's amazing what it takes and you all helped tremendously. Your willingness and energy is always an inspiration and speaks well for the Bluegrass Cycling Club. Following is a list of those whose hard work made the Horsey Hundred possible, and I'm sorry if I've left anyone out:

Acklen, Jennifer; Adanick, Aubin; Bailey, Melanie; Bertrand, Johnny; Betsworth, Stan; Blues, Tom; Botts, Sheila; Byrd, Penny; Centers, Adrian; Cockerham, Lynn; Cramer, Carol; Crouch, Jerry; Daniels, Bill; Davidson, Mark; Dugar, Ty; Dunn, George; Elbon, Dave; Fessler, John; Fortune, Bill; Gibbons, Judith; Halecky, Bena; Harris, Julie; Hartman, Marilyn; Hellmann, Tom; Hilke, Jim; Hill, Bonita; Hill, Theodore; Hudson, Karen; Jordan, Dan; Kalbfleisch, John; Kern, Royden; Kraal, Jan; Layne, Lewis and a buddy; Lovan, Keith; Mallory, Bill; McDonald, Anne; McGuffey, Jeff; McGuffey, Wanda; Medley, Mark; Meek, Barron; Montrose, Mike; Moore, Dixie; Moore, Nancy; Mullins, Lee & daughter; Myers, Bud; Nance, Tommy; Peake, Danny; Peake, Rachel; Perkins, Charlie; Pierce, Steve; Riddle, Bill; Royse, Steve and family; Sanborn, Bill; Schmitt, Mia; Scott, Dave; Sexton, Paige; Simpson, John; Simpson, Linda; Smith, Mary; Smith, Woodson; Spawn, Clarissa; Staton, Mike; Steinbrecher, Fred; Stewart, Bill; Terry, Tim; Trone, Dale; Troyer, Steve; Wagner, Doug; Walz, Jennifer; Wiesman, Chris; Williams, Gay; Wyatt, Steve.

Just as a note, in 2003, the Horsey Hundred will celebrate its 25th anniversary. Start thinking!

[<< PREV](#) [TOC](#) [NEXT >>](#)



Outspoken - July-August 2001

[<< PREV](#) [TOC](#) [NEXT >>](#)

VP vs. Pavement

Bill Daniels

As several of you know, Doug Wagner, BCC's vice-president and Horsey Hundred Jockey, had a cycling mishap the day after the Horsey. Midway into a relaxing ride, he ended up making an abrupt stop which tossed him over the handlebars of his bike. Doug is a big guy and he came down hard -- cracking his collarbone and four ribs, fracturing his pelvis, and breaking his helmet in 2 locations. Doug is on the mend, I'm glad to say, but who knows what his condition might have been had he not been wearing his helmet.

So remember...

Practice Safe Riding.

Ride Protected.

Wear a Helmet.

[<< PREV](#) [TOC](#) [NEXT >>](#)



Outspoken - July-August 2001

[<< PREV](#) [TOC](#) [NEXT >>](#)

Prez vs. Pavement

Nancy Moore

About one-third of the way into my century to Carrollton on June 9th, there was a pile-up in the pack and several riders went down. Club President Bill Daniels was among them, requiring 8 stitches in his hand. Jim Woods was also hurt badly enough to need a ride back. David Earle got bandaged up and rode back to his car. Many thanks to Stan Betsworth for having bandages, Bill Stewart and everyone else who helped out, and especially John Netherton for coming to get them. After the accident several cell phones were produced to call for help, but I didn't have phone numbers of who to call. This incident made me realize how little prepared I was. I want to encourage everyone to have bandages, phone numbers, calling card number, insurance information, and ID with them at all times. Go put them in your seat bag now, they don't weigh much! I'm just glad there were no real serious injuries, and wish a speedy recovery to Bill and Jim.

[<< PREV](#) [TOC](#) [NEXT >>](#)



Outspoken - July-August 2001

[<< PREV](#) [TOC](#) [NEXT >>](#)

Bluegrass State Games

Fred Steinbrecher

The Bluegrass State Games Cycling events will once again be held at Centre College in Danville. This will be on Sunday, July 29. I was successful in getting fees reduced this year. There are no late entry penalties. Fees for licensed racers will be \$15.00, all others buying a one-day license will be \$20.00. All racers get a BGSF T-shirt with their entry fee. For more info and start times, etc. go to www.bgsg.org

[<< PREV](#) [TOC](#) [NEXT >>](#)



Outspoken - July-August 2001

[<< PREV](#) [TOC](#) [NEXT >>](#)

Racing Workouts Moving

Fred Steinbrecher

The racing team workouts will be moved from Corporate Center out to a road loop. We like Corporate Center, but with increased traffic it has become too dangerous.

Parking will be at Masterson Station Park. It's a short ride out to the loop which consists of three roads with three right hand turns, Yarnallton, Bethel, and Falcon Wood Way. The ride will still begin at 6:30 p.m. every Tuesday.

Anyone interested in training is welcome to come out. E-mail me for more details fsteinb@mis.net

[<< PREV](#) [TOC](#) [NEXT >>](#)



Outspoken - July-August 2001

[<< PREV](#) [TOC](#) [NEXT >>](#)

Charitable Century Cycle

Dave Turner

As a fellow cyclist and BCC member you understand what it means to train and participate in a century ride. This year I have chosen to put my cycling habit to use for a worthy cause. I plan on participating in a century ride to help raise funds for leukemia research as part of the Leukemia & Lymphoma Society's Team in Training program. My goal is to raise \$3,400 to help find a cure for leukemia and related cancers as I train my way toward the October 21st ride in Las Vegas. And that's where you can help.

Your contribution will support the Society's programs, including patient aid, medical research, education and community service. These programs help individuals like my honored patient, MacKenzie Burus. MacKenzie is like most 7 year old girls. She enjoys playing with Barbie's, cheerleading, gymnastics and watching Rugrats. However, in June of 1997, she was diagnosed with acute lymphocytic leukemia (ALL). Did you know that leukemia is the leading disease killer of children and that the survival rate for ALL was only 4% in 1960? Today, thanks to research, the survival rate has improved to more than 80% and ALL is considered a potentially curable disease. As for MacKenzie, I am happy to say that she is doing great and had her last treatment in September of 1999.

Please help make a difference for MacKenzie and others fighting blood-borne cancers. All donations and support will be greatly appreciated. If you choose to support me in this cause, your tax deductible check should be made payable to the Leukemia & Lymphoma Society and sent to the address listed below. If you have any questions or comments, please feel free to contact me.

David Turner, 3366 Spangler Drive, Lexington, KY 40517, 859-273-9985, turnerd2@squared.com



Outspoken - July-August 2001

[<< PREV](#) [TOC](#) [NEXT >>](#)

Future Rail-Trail Ride

Dixie Moore

July 14, Saturday, 9:00 a.m. Lexington to Mt. Sterling. The first ever bike ride that includes a portion of the Lexington-Big Sandy Rail Trail.

The scheduled road ride on July 14th is from Lexington to Mt. Sterling and back. The ride will parallel the route of the Lexington-Big Sandy Rail Trail. This will be first ever public event that will actually be held on part of the Rail Trail and perhaps it will become an annual event with each year having more and more of the railtrail as part of the route. Round trip is approximately 65-70 miles. The route is not the most direct but does avoid some high traffic areas on Colby and KY 15. If the rail trail was completed the ride would be 17 miles shorter with the round trip distance being 53.2 miles or 26.6 miles one way. Those wanting a shorter ride can turn around in Winchester and head back for a ride of about 35 miles.

The ride will begin at the western end of the proposed Brighton East Rail Trail. It is located at the interdiction between Deer Haven Lane and Walnut Grove Lane east of I-75. These two streets were renamed after the interdiction was constructed and replaced Chilesburg Road between Winchester Road and Todds Road. The interdiction is the engineering term used to describe the splitting of Deer Haven Lane and Walnut Grove to prohibit flow through traffic.

The greenspace at the interdiction is owned by the Lexington-Fayette County Government and will become a park and mark the first segment of the Brighton East Rail Trail. The Lexington-Fayette County Urban Government is in the process of purchasing additional right of way for the trail and expects to start construction later this year. The trail under construction is two miles long and will stretch from the interdiction, pass under I-75, through the Timber Creek

subdivision, and end at Bryant Road near Hamburg Place and Man o' War Boulevard.

[<< PREV](#) [TOC](#) [NEXT >>](#)



Outspoken - July-August 2001

[<< PREV](#) [TOC](#) [NEXT >>](#)

Ask Uncle Tutu

Anonymous

Dear Uncle Tutu: What's the deal with the Tour de France? I heard that Pantani and Cipollini weren't invited to the race. How can that be?

--Flabbergasted on Flat Creek

Dear Flabbergasted: Face it, future generations will look back with awe at this, our golden age of cycling, the era when Division II French teams ruled, and everybody else just had to watch it all on TV like the rest of us. Let's just say that the Tour's new slogan is, "We put the FRANCE back in the Tour de France."

Accordingly, Uncle Tutu offers the TOP 10 NEW RULES FOR THE 2001 TOUR DE FRANCE:

10. Nobody starts the prologue until they pass a pop quiz on the subjunctive of irregular French verbs.
9. Only French stage winners will receive the big stuffed lion.
8. Spectators are permitted to whack non-French riders with stale baguettes.
7. Make joke about "How many Jalaberts does it take to change a light bulb," go to jail.
6. Contents of water bottles? Red wine with Power Bars, white wine with Clif Bars.
5. There are two rest days. "Rest," in this context, means watching

hours of old Jerry Lewis movies on Telefrance 1.

4. All French riders get a 15-minute head start on Bastille Day.
3. On the Alpe d'Huez all non-French riders are required to ride fixed gear single speeds.
2. Lance Armstrong must ride the time trials while carrying his baby in one of those little trailers that attach to the seat post.
1. On the last stage, if you're NOT French, you have to do two extra laps around the Champs-Elysees.

Adressez toutes vos questions à votre Oncle Tutu, chez la rédactrice d'Outspoken.

[<< PREV](#) [TOC](#) [NEXT >>](#)



Outspoken - July-August 2001

[<< PREV](#) [TOC](#) [NEXT >>](#)

BCC Ride Stats

Dave Scott

	Miles	Rides
Dave Scott	811	21
Bena Halecky	669	14
Herb Goff	610	21
Marrea Matthews	530	13
Melanie Bailey	504	17
Mayilynn Hartman	458	12
Stan Betsworth	447	13
Bill Daniels	422	12
Michael Montross	422	10
Tom Hellmann	389	9
Doug Wagner	383	11

[<< PREV](#) [TOC](#) [NEXT >>](#)



Outspoken - July-August 2001

[<< PREV](#) [TOC](#) [NEXT >>](#)

Visitor's View of the Horsey Hundred

Mark Johnson

The toughest part of the ride was the 605 mile drive! It takes a while to recover from sitting that much.

The Horsey Hundred was an awesome ride certainly having a character exceeding my expectations. On the first part of the 103 mile loop we often found ourselves on VERY narrow twisting hilly roads through the woods. Our granny gear got a work out three or four times. These roads were quite spectacular and very much like a double wide bike path, no kidding aside. I am sure two vehicles meeting each other would find it a challenge to get by one another and heaven forbid you drive an SUV!

Negotiating some of the narrow descents was a bit more than interesting with turns that tightened up suddenly at 48 mph and a T intersection showing up unexpectedly at the bottom of a couple of hills.

The folks at the sags were super, the lunch stop with hot dogs (not exactly health food) was a nice touch and very welcome.

The horse farm areas on the latter part of the century were quite spectacular making one marvel at the expense of maintaining the fences, double fences, grass, and trimming around all the fence posts. There must be some money in horses. Having never been to Kentucky before, we saw barns and fences all painted black which blend in rather nicely with the trees, grass, and fences without any startling color contrasts.

The rain held off until the last 7 miles of the ride and having a good tailwind we wound it up to 30-32 mph for about three miles in a futile

attempt to stay ahead of the storm cloud that had already been pursuing us for 20 miles. Hey we tried...

We opted for the short 29 mile Sunday ride that revisited the lunch stop of the day before which permitted hitting the road and getting home that evening.

Suggestions? Hmmm... They would include marking the course before the turn as sometimes we found ourselves right on top of a turn without any warning making it necessary to really jam the brakes. This was not a problem for us as such but if we had others drafting and in the interest of safety we would have found it necessary to shoot on by and make a U-turn. Marking SLOW on the road where there were surprise T intersections or strange turns would have been nice. There was one turn marked as slow but it was not a high speed approach and visibility was good. The arrows appeared to be 3 or 4 inches in size which are a bit tough to see if your speed happens to be up on tail wind or downhill stretches.

Everyone should put this on their "must do" list and check it out. I will likely be back for more!

Mark and Sue Johnson, Precision Tandems, Shawnee, KS

[<< PREV](#) [TOC](#) [NEXT >>](#)



Outspoken - July-August 2001

[<< PREV](#) [TOC](#) [NEXT >>](#)

New and Renewing Members

Woodson Smith

The Bluegrass Cycling Club welcomes the following new members: Delmar Barker of Greenup; William Douglas Burton, Rich Cloyd, James M. Drake, Lee and Molly Elmore, Jeremy L.C. Jones, Claudia A. Marin, Michael McClellan, Mark Medley, Janet Rocanova, Robert E. Snapp, R. Grant Stephens, Kenny Stoltz, Christoph Uhlenbruch, and Melissa Zabecki of Lexington.

Thanks also to the following members for their renewals: Gary Rosys of Banner; Gene Brown, Bonnie Clements, Alan Mullins, Monty Schoolfield, and Fred Steinbrecher of Frankfort; Susan Bradley-Cox, Bob Grossman, Jim McKenzie, Matt Schuler, Carolyn Thessen, Tom Walters of Lexington; Danny and Libby Barnes, of Nicholasville, and Rich Jenks of Winchester.

[<< PREV](#) [TOC](#) [NEXT >>](#)



Outspoken - July-August 2001

[<< PREV](#) [TOC](#) [NEXT >>](#)

Racing Info

Check out area racing at www.ohiovalleyracing.org or www.truesport.com

[<< PREV](#) [TOC](#) [NEXT >>](#)



Outspoken - July-August 2001

[<< PREV](#) [TOC](#) [NEXT >>](#)

Copy Due Dates

Sept.-Oct. Issue-Wed., August 1st.

Nov.-Dec. Issue-Wed., October 3rd.

Submit copy to Nancy Moore, 753 Sulphur Lick Road, Frankfort, KY 40601, 502-223-5164, or Nancy753@aol.com

To lead a ride please contact Julie Harris at 859-272-2882, e-mail marta@lex.infi.net

[<< PREV](#) [TOC](#) [NEXT >>](#)



Outspoken - July-August 2001

[<< PREV](#) [TOC](#) [NEXT >>](#)

Check Your Label!

Look at your mailing label **RIGHT NOW** and see if your membership is about to expire. If so, renew it now with the form at the end of the ride schedule, or from the form on the web site.

[<< PREV](#) [TOC](#) [NEXT >>](#)
