



THE NEWSLETTER OF THE BLUEGRASS CYCLING CLUB

# OUTSPOKEN

Volume 30 -- March-April 2001 -- Number 2

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## Contents

[Club Notes](#)

[Copy Due Dates](#)

[Ch..Ch..Ch..Changes...](#) by Julie Harris

[A Little Something About Rides](#) by Julie Harris

[January Meeting in Review](#) by Bill Daniels

[Bikes and Ice](#) by Bill Daniels

[HH Has a Jockey!](#) by Bill Daniels

[BCC Trainer Video](#) by Bill Daniels

[Cycling Florida's West Coast](#) by Alex Meade

[The Starting Line](#)

[New BCC Mentor Program](#) by Woodson Smith

[Sell That Old Stuff!](#)

[Frankfort Meeting](#)

[Moving?](#)

[Meeting Dates](#)

[Racing Info](#)

[New and Renewing Members](#) by Woodson Smith

[Tree Ride](#) by Dave Leonard

[Club Member Profiled!](#) by Nancy Moore

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## **Outspoken - March-April 2001**

---

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

### **Club Notes**

1. Budget Approval - If any club member would like to review the budget before the March 5th meeting, contact Bill Daniels, wedaniels1@prodigy.net, 859 271-6001.
2. Volunteer for the Horsey Hundred! Sign-up forms are in this issue!
3. BCC Riding Season starts Saturday, March 3rd!
4. Lead a club ride! Julie Harris is taking names! 859 272-2882.
5. Needed: Corner marshals for the bike race in Waddy, KY, April 7. Contact Gary Rogers, grcycles@mindspring.com.
6. Exercise different muscles! BCC Trash Pick-up Day, Sunday, April 22, 1:00, at Spears. Everyone is encouraged to participate in this rewarding event!
7. Keep your eyes open for more Bike Transportation Planning meetings listed in your local paper.

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

---



## ***Outspoken - March-April 2001***

---

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

### **Copy Due Dates**

May-June Issue - Wed, April 4th. Submit copy to: Nancy Moore,  
nancy753@aol.com, 753 Sulphur Lick Road, Frankfort, KY 40601,  
502 223-5164.

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

---



## **Outspoken - March-April 2001**

---

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

### **Ch..Ch..Ch..Changes...**

*Julie Harris*

It is riding season again! Due to several requests and much discussion, the bike club will be using these updated ride classifications shown below. Please note the following changes for the new millennium:

**Class A:** Suitable for all riders. Ride at a slow pace (10+ mph). Ride leaders will provide maps and assist with minor repairs.

**Class B:** Suitable for all but beginning riders. Class B will be divided into two groups:

**B-1:** Reasonable pace, based on the group at hand (13+mph).

**B-2:** Faster pace and/or longer; suitable for the stronger rider (16+mph). Ride leaders will provide maps and assist with minor repairs.

**Class C:** A hard ride; suitable for the strong, experienced rider. Each rider must be responsible for riding on his/her own if necessary and able to make their own repairs.

**Class X:** (no changes)

We will be changing the Lexington weeknight rides as follows:

**Tuesdays:** Rides begin in April at 6:00 pm at the Police Shooting Range. Rides are generally 20-30 miles long.

**Wednesdays:** Rides begin in April at 6:00 pm at Russell Cave Elementary School. These rides are 20-40 miles long.

Thursdays: Rides begin in April at 6:00 pm at Hartland Shopping Center. These rides are faster paced with mileage over 30 miles.

Later in the season we will provide information on a Monday night ride which will have an assigned leader for the month to help all new people in the club.

Once again, I must thank all of you for helping to make last year's riding season a success. Let's have fun and ride!!!

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

---



## **Outspoken - March-April 2001**

---

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

### **A Little Something About Rides**

*Julie Harris*

All BCC rides are classified by experience and pace. Distances are noted in the "Ride Schedule" section of each newsletter, alongside the description of the ride. Please be considerate of others in selecting appropriate rides for your level of experience. But at the same time, please don't be afraid to try something new; that is what we are here for! Just be aware of the expectations of the other riders. Feel free to contact the ride leader if you have any questions about a particular ride. As club members, it is up to you to evaluate the new "Ch...Ch...Ch...Changes" during this riding season. Contact Julie Harris with your comments and/or suggestions for next year, at [marta@lex.infi.net](mailto:marta@lex.infi.net).

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

---



## ***Outspoken - March-April 2001***

---

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

### **January Meeting in Review**

*Bill Daniels*

Oh my gosh. Oh my gosh. Oh my gosh! Business, budget, Horsey Hundred, food and noise do not mix well.

Though be it that our first meeting of the new millennium was rather noisy, good things happened. People suggested good ideas on starting new programs or projects within the club; on developing some incentives for club members; and on where they would like to see some additional funding directed. Following dinner, we signed up some people who were willing to help with, or even chair some of this year's Horsey Hundred committees. We need those ideas and volunteers, so keep it coming!

I do apologize to those who were not able to present their ideas/suggestions to the group as a whole. But hopefully, we have contacted those who got my attention, but were not able to express their suggestions to me personally that evening.

Communication (now don't laugh because of what you just read about not being able to hear or talk over the noise) is important. And I do believe there was progress in developing a better understanding between some of the club's various committees.

Some of us talked about money and the budget itself, which at times, can be a tricky subject. We need to be open to the wants and needs of individuals in the club and to the other committees. There should be justification, support and some type of presentation/proposal made to the club officers for things to happen; which in turn should allow other members in the club to get behind those ideas and support them in a way where we can get things rolling.

Some of the topics that were raised:

1. Develop a mentoring program for new or returning riders. (See article)
2. Modify club ride classifications. (See the new ride descriptions.)
3. BCC's racing club exposure and racing sponsorships.
4. A trainer workout video showing roads in the Bluegrass. (See article)
5. Club clothing incentives.
6. Modify Lexington's weeknight rides to have assigned leaders.

Have other ideas? Let an officer know!

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

---



## ***Outspoken - March-April 2001***

---

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

### **Bikes and Ice**

*Bill Daniels*

I guess cyclists are not interested in sports that involve ice! Out of our 230 plus membership, eight of us, plus three non-members, ended up going to the Thoroughblades game February 9. This number is about the normal turnout for a regular club meeting, so I guess I shouldn't be too surprised, but.... I was still hoping for a bigger group. Initially, I only had a few responses from the newsletter article and e-mail, so I called people and got a few more to go. We all had a good time actually, even though most of us knew practically nothing about hockey. And yes, I know we are a "biking" club, I just thought we might try something different during the winter months.

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

---



## **Outspoken - March-April 2001**

---

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

### **HH Has a Jockey!**

*Bill Daniels*

Prior to the first club meeting of the year, there had been some encouraging words directed towards a certain fellow rider to take the reigns of the Horsey Hundred. But of course, he may look at it as if a posse had formed, surrounded him, then asked the tough question in front of his peers, without giving him much room to maneuver.

But he thought about it, and sure enough, he said he'd saddle-up and steer the animal. Our man (or jockey) is Doug Wagner. He'll be heading up the Horsey with a good crew to back him up. Let's support him and the event with our help and combined efforts.

For those not familiar with the Horsey Hundred, it is the main riding event that our club puts on every year. This is what keeps the club going financially. It is held during the Memorial Day weekend and people come in from the surrounding states to ride two days in the Bluegrass on various ride options. All rides start and end at Georgetown College, in Georgetown, Kentucky, and is limited to 1,000 riders.

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

---



## ***Outspoken - March-April 2001***

---

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

### **BCC Trainer Video**

*Bill Daniels*

Ever felt like you're going somewhere, but not really sure where? Or maybe just going down "another" road? Or have you ever felt like you're staying put even though the unfamiliar scenery is changing before your eyes? Or worse yet, listened to someone screaming at you, when they can't hear you scream back? If you have, you might be one of those people who work out on trainers during winter months or rainy days.

Here's a thought on how to relieve some of those problems. Develop a trainer workout video showing the roads of the Bluegrass! There has been talk of doing this. You would be able to train on the roads and hills that gave you problems during the summer, while giving you the confidence for the coming year. It could be displayed during the club's biking events as a promotional piece, a souvenir or even sold in local stores!

There are several different ways of how to do this video. This would depend on what resources we have to put into it, what the expectations are for the end product, as well as those of the end-user. The end-user being you, the rider in training. Questions I would ask are; would it be a touring video or a "bike-cam" shot of a hard ride? Would it be choreographed into sprints, chase downs, waiting up or maybe dodging a dog or two? Would it have a planned training session, with warm up, hammer-time, and a cool down period? How much splicing would be required? And who would do it, let alone star in it?

Talk among yourselves and let a club officer know what you think of the idea! There has been some research done on what it would take to make a video of this nature. So think about it and let us know!



## ***Outspoken - March-April 2001***

---

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

### **Cycling Florida's West Coast**

*Alex Meade*

To the uninitiated, Florida's West Coast, or Sun Coast as the locals fondly call it, looks like cycling Hell. It's hot, of course, and except for a few months in winter, it's really hot and really humid. There's no shade anywhere. The roads are flat and arrow-straight save for the occasional little bump of a bridge which crosses a canal - another straight line. Not surprisingly, one doesn't see many bicycles. The occasional human powered vehicle seemed to be the three-wheeler of retirement communities and of golf courses.

So why would I even try to cycle in Florida? Coercion, actually. Turns out I have a father-in-law who lives in this Paradise called Port Charlotte (don't be fooled, it ain't no port, although there is a shallow bay), and in order to convince me that I should travel down there once a year in the dead of winter, Clarissa decided that we should take the tandem. This way there'd be something I could at least tolerate during a week of otherwise moving at the speed of an 86-year-old, watching football games, and overeating.

The first time we tried this, we realized there was only one way out of the subdivision which wouldn't result in instant death on a very narrow, busy, and high speed road traveled mostly by pickup trucks and impatient retirees (like, what the heck is your rush ??) Once we found the "main road," it was fifteen miles in a straight, level line to the next real town. Pretty nice, actually, since we only saw a few cars, and we could stop and watch the armadillos snuffling through the scrub beside the road, or check out an occasional 'gator in the green slime of an abandoned stagnant canal. As far as cycling goes, it was like riding a trainer. One gear, never stand, go fifteen miles, turn around, shift down one notch to account for the wind, grind back. OK, it's still better than watching football games.

Clarissa being ever resourceful and wanting me to go back to Florida in my lifetime, managed to find out that there was a bike club in the area. Two, in fact. When we went this year just after Christmas, we hooked up with one of the clubs, the Coastal Cruisers, for a ride. It was cold for Florida - highs in the 50s, so the turnout was small - several recumbents piloted by retirees, plus a group of people like us down there visiting elderly relatives and needing to escape for a while. Off we went for a nice tour of the Myakka river. Our leader provided a narration of the history and culture as we went down through "Old Florida" ranches and fruit groves that were off the beaten track and well worth seeing.

These retirees know how to ride! One woman who spends summers in Ohio, turned over 7,000 miles on that ride, down from 12,000 the year before. Almost all of them ride over 6,000 a year. I feel good if I can get in 4,000 a year, including commuting to work! Another guy, who is 84, still rides 8,000 per year, half in Canada and half in Florida. He races, too, regularly beating the "young pups" in their 60s. These people are truly an inspiration!

The next day turned out to be a bust. It was 33 degrees that morning, and only the woman from Ohio showed for the club ride. But since we'd been there the day before, I guess she figured we were OK, and she told us about a ride about an hour's drive up the road, outside Sarasota, apparently sponsored by another club.

Off we went, out into the middle of nowhere, to just an address. It was a house, and when we got there, there were about 200 cyclists milling around. Lots of recumbents, a few tandems, a couple of homebuilts, and riders of all ages. Apparently this was an annual, informal New Year's Eve Day ride. Somebody handed out maps and off we went. A couple of young racer-jock types bolted for the front, so naturally we had to go too. A few miles later the group of 200 had strung out quite a bit, but we were close to the front of a pack of about 50, heading up highway 41 at 24 mph. We took our pull in rotation, but kept it short, since these guys were clearly a lot stronger than we were. We were just behind the leader when he turned right. We followed, and everybody else went straight. By the time we got turned around, the entire pack was gone, and we discovered that there was a pretty stiff headwind to boot! Arggggh! Try as we might, the best we could do was 18-19 into the wind, and the pack quickly disappeared. The motorcycle escort did his best to motorpace us back to the pack, but we just couldn't do it. The leader was smarter - he

literally grabbed hold of the motorcycle and I think managed to catch back on to the pack. I guess he did, since we never saw him again either. I don't know if these guys are any good on the hills, but they definitely know how to handle flats and the wind - we didn't stand a chance.

So, the rest of the 50 mile ride we were alone to enjoy the orange groves. Pretty pleasant, actually. The 50 mile ride soon became 65 miles as we managed to discover a new route. By the time we got back to the house just about all the riders were there, including BCC's own Doug Wagner, who was also escaping from a visit to his father! Talk about surprised! There was a roaring bonfire going, lots of burgers and chicken, plus a couple kegs of beer. Pretty nice for an informal free ride!

So maybe riding on the Florida west coast isn't so bad after all - like many things in life, it all depends on who you know. I'll have to say that the clubs there go out of their way to welcome newcomers, and we'll probably take the bike again next year.

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

---



## **Outspoken - March-April 2001**

---

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

### **The Starting Line**

Interested in racing? Whether you're a pro, cat this or that, or a novice, you should check out the BCC Team. They have regular work outs, go to regional races and series, as well as sponsoring BCC crits and races. They're also thinking of doing a cyclocross race and maybe even a mountain bike race! And it doesn't matter whether you're a guy or a girl! You can use the team as a base to hook up with other like-minded BCC riders. You can be a die-hard, go for the glory type or someone who is interested in some serious in-club competition who wants to improve their riding skills and physical fitness. And if there aren't enough people on the team at your level or of your own sex, let the racing committee know. You're probably not the only one asking! They are your central contact, so bug 'em. The April 7 race in Waddy is coming up fast!

There are even some perks if you're totally serious. Perks you say? Yeah...like getting a discounted BCC team jersey, reimbursements (\$ \$), and maybe sponsorships\* (more \$\$) (\*based on further discussions). You like those "\$\$" don't ya? Well all this "\$\$" doesn't come free. There are qualifications (aren't there always...), like racing under the BCC in five races, and either working a race, helping with the Horsey Hundred, or leading a ride. So talk to our three main guys, Fred Steinbrecher, Gary Rogers, and Ken Trainor. They'll fill you in and hopefully sign you up. [fstebn@mis.net](mailto:fstebn@mis.net) or [grcycles@mindspring.com](mailto:grcycles@mindspring.com) or [ktrainor@email.com](mailto:ktrainor@email.com)

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

---



## ***Outspoken - March-April 2001***

---

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

### **New BCC Mentor Program**

*Woodson Smith*

In an effort to improve the experience of new members when they join the BCC, we're establishing a "mentor" program.

The mentor program will give a new member a contact person and a "riding buddy" who can explain to the new member how the rides and the club work. A mentor will be a volunteer who will contact the new member, welcome him or her, explain the basics of club rides, and then offer to meet the new member at the next ride. At the ride, the mentor will make sure the new member is properly introduced, and then either ride with him or her or see that he or she gets off with an appropriate group of riders.

If you'd like to volunteer to be a mentor, let Woodson Smith know by e-mail, [jwsmith@plangraphics.com](mailto:jwsmith@plangraphics.com), or telephone 502 227-0783.

(P.S.: Ride leaders: Take a minute at the start of your ride and see if there are any new members or guests who wish to introduce themselves.)

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

---



## ***Outspoken - March-April 2001***

---

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

### **Sell That Old Stuff!**

If you have old bikes or gear you don't use any more, advertise it free in the club newsletter! It could be just what another club member is looking for. Send ads to: [nancy753@aol.com](mailto:nancy753@aol.com) or mail to Nancy Moore at 753 Sulphur Lick Road, Frankfort, KY 40601.

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

---



## ***Outspoken - March-April 2001***

---

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

### **Frankfort Meeting**

The organizational meeting for the Frankfort Chapter will be Tuesday, March 27, 6:00 p.m. at the Paul Sawyer Library in downtown Frankfort. We'll be in the 2nd floor meeting room, behind the Children's Library. Bring your ideas for ride start locations, plus we'll be picking our months to lead the Tuesday night rides. This is our only meeting so be sure to attend and bring up any ideas to improve our Frankfort rides.

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

---



## ***Outspoken - March-April 2001***

---

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

### **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).

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

---



## ***Outspoken - March-April 2001***

---

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

### **Meeting Dates**

March Meeting - Monday, March 5th, 7:00 p.m., at the Beaumont Branch Library, 3080 Fieldstone Way, Lexington, in the Beaumont Center off Harrodsburg Road. Business includes approving the BCC Budget.

April Meeting - Wednesday, April 11th, 7:00 p.m., at the Northside Branch Library, 1737 Russell Cave Road, Lexington. Club business and the Horsey Hundred will be discussed.

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

---



## ***Outspoken - March-April 2001***

---

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

### **Racing Info**

Check out area racing at [www.ohiovalleyracing.org](http://www.ohiovalleyracing.org).

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

---



## **Outspoken - March-April 2001**

---

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

### **New and Renewing Members**

*Woodson Smith*

The BCC welcomes the following new members: John E. Robinson of Danville; and Paul Alauzet, Lisa Aultman-Hall and Doug Hall, Andrew Cooley, David Farmer, John T. Flynn, Keith Lovan, Dan Morris and Suzanne Prichard, Peter Raymond, and William Riddle of Lexington. Welcome to the club!

We're also happy to have renewals by the following faithful members: Maureen Flannery, Peter Reilly, Ronald Smolka, Robin Reams, and John Smolka of Berea; Harry Wicks of Butler; Rick Hogan of Frankfort; Beth and Gary Jenkins (and family) and James Woods of Georgetown; Gregg Scircle of Leavenworth, Kansas; Sharon Blount, Jerry Crouch, Pat and Jack Deacon, Dave Elbon, Rhonda Johnson, Dan Jordan, John Kalbfleisch, Jan Kraal, Marrea Matthews, Dave Scott, Tim Terry, Doug Wagner, Ryan and Johnna Waldon, and Stephen and Cheryl Wyatt of Lexington; Ted and Betsy Moss of Nicholasville; Dave Leonard of Stamping Ground; Stephen Royse and Bea Stringer (and family) of Versailles; and David Thomas of Winchester. Thanks for re-upping, folks!

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

---



## ***Outspoken - March-April 2001***

---

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

### **Tree Ride**

*Dave Leonard*

Every year since 1992 a group of tree-loving cyclists has gotten together to ride an epic tour in the support of tree care research. Our Tours have raised over \$1,000,000 for tree care research. The 2000 tour was the largest yet, with 70 riders raising more than \$300,000.

I have participated in four of the last five Tours. We may ride 75 to 100 miles a day, seven days in a row, and finish with a 40-mile ride on the last day, upon which the surviving cyclists are saluted for our efforts by 2000 arborists from all over the world

Besides the physical challenge of the Tour, the real purpose of the Tour des Trees is to raise money to support urban tree research and raise awareness about trees and their benefits. Each rider must raise a minimum of \$3,000 or \$400 per day that they ride. Although this may seem impossible, it isn't. We have done it many times, with some riders bringing in over \$7,000. Also consider that you get a fully supported tour, including meals and lodging. We see beautiful scenery, and get in the best shape we have been in all year.

This year the Tour runs from August 5-12 and starts in Minneapolis/St. Paul. We will follow the upper Mississippi River valley south to Dubuque, Iowa and then go east and north to Madison, Wisconsin and on into Milwaukee. The scenery is exquisite, the roads excellent, the local folks warm and friendly, and the beer and cheese are superb! If you ride you'll have an opportunity to discover for yourself why this area is considered by many to be the best place in America to ride a bicycle. If you don't ride, consider supporting another rider, possibly me, by contributing toward that \$3,000 total.

If you have any questions about the Tour, contact me at 859 252-

2529 or dave7oaks@aol.com or check out the web site at [www.tourdestrees.org](http://www.tourdestrees.org).

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

---



## **Outspoken - March-April 2001**

---

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

### **Club Member Profiled!**

*Nancy Moore*

The BCC's own Johnny Bertrand was profiled in the February 2001 issue of *American Randonneur*. Johnny was interviewed about his extensive experience in chairing GEAR events, our own HH, and running web sites for the BCC and the Randonneur. He organizes brevets to qualify for Paris-Brest-Paris and has ridden PBP five times. Johnny has a brevet coming up April 28 (see the ride schedule). Congratulations, Johnny, on being recognized for your riding accomplishments and your hard work for both the BCC and the Randonneurs USA.

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

---