



THE NEWSLETTER OF THE BLUEGRASS CYCLING CLUB

OUTSPOKEN

Volume 30 -- May-June 2001 -- Number 3

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Club Notes

1. We NEED people to Captain/Co-Captain the TIME TRIALS. Volunteer!
2. Are the club rides too fast? How about leading a ride at your own pace! Call Julie at 859.272.2882. We have maps.
3. Volunteer to help with the Horsey Hundred if you haven't already! Call Bill at 859.271.6001.
4. Take pictures of your BCC and other 2001 bike events/trips, then mail them to the Pres. They just might get into the year-end banquet's photo collage.
5. May is National Bike Month. LAB is promoting Bike to Work Week from May 13-19th. Bike-to-Work Day is Friday, May 18th. Let's do it!
6. Remember...the club will foot the bill for post-ride refreshments at weekend rides (within reason of course). Just..."Show me the receipt!"
7. Anyone up for Lexington Legend's baseball game? Contact a BCC officer.

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Monday Night Beginner Rides

Julie Harris

Starting in May, the BCC will offer Monday night rides for beginners or people who prefer a slow, short ride in both Lexington and Frankfort. The rides will be from 10-20 miles at a slow pace with maps and assistance from the leader.

In May, Sharon Brown will lead the Lexington rides-starting at the Police Firing Range at 6:00 pm. In June, Julie Harris will lead the Lexington rides -- starting at the Pine Grove store (corner of Todds Road and Combs Ferry Road) at 6:00 pm.

In Frankfort, Alan Mullins will lead the rides for May and June (and April 23rd and 30th) at 6:00 pm from the same starting place each month as the Tuesday night rides. If you've hesitated to ride because of the fast pace at some of the rides, or you are just starting out in cycling, these Monday night rides are for you.

See the weeknight ride schedule for contact information, and please call if you have any questions. We hope to see you out there!

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First Club Ride of 2001

Bill Daniels

First club ride of the year...whew! I'm worn out...

Great turn-out, people! And it looked like some of you were serious about those club miles! I tell ya... I was catching flak because I was "cheating" some people out of a few expected and countable miles! And this is the first club ride of the year! Okay, okay...the two longer routes were like 2 miles short each, of what I had marked on the map. Well excuuuuse me!! But just think...all you original 28 of 2001, now have a jump on the rest of the club (even with those "negative" 2 miles).

And then dig this! I was accused of baiting the new riders with the post-ride food! Like I was hoping they'd think that ALL that food was the normal post-ride feast! Well...yeah...and you got a problem with that? (I think you all are on to me, like me hammerin' for a county sign. In other words, you're way ahead of me!) And to all of rest of ya, get out there and join in on a club ride! The season is here to have a great time! So get on that bike and ride!

Hey, I'd really like to thank all those who came out to the first ride of 2001. A group like that, really makes it all the more worth while. And that is what it's all about!

I would also like to thank Stan Betsworth, Alex Meade, Nancy Moore, and Woodson Smith for planning and leading the Winter Rides.

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New and Renewing Members

Woodson Smith

The Bluegrass Cycling is very happy to welcome the following new members: David Munday of Florence; John Riehl and Harry Ryan of Frankfort; Roetta Farthing, Stephen and Anne Graham, Nancy and Rich Hansen, Mark Hanson, Ron Rogers, Paul Wells, and Steve Troyer of Lexington; Rick Knowles of Louisville; Patrick Torre of Nicholasville; and Harald and Regina Portig of Versailles. Welcome aboard!

We also express our gratitude to the following members for sending in their renewals: Warren Groves of Charlottesville, Va.; William Laphorn of Cincinnati; Tom and Leslee Hellmann and Tommy Nance of Frankfort; Jeff and Wanda McGuffey of Lexington; Jim Hilke of Paris; and Charlie Gregg and Kathleen Weill of Wilmore.

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Club Racing in Waddy

Gary Rogers

Spring has sprung and several members of the club have been racing. Unfortunately, when it's not raining, it's cold. When it's not cold, the wind is at gale force. The best race of the year was our own Waddy race held on April 7 in Shelby county. Seventy five racers showed up to brave the wind, hills, and loads of trash being hauled to the county dump.

We had several club members show up to help with registration, corners, and other odd duties. Our own Tommy Nance won the field sprint in the Cat 3/4 race and finished 3rd overall. Myself, I attempted to do the race with no warmup whatsoever due to working at registration till race time and managed to be 10th in the Cat 4/5 race, well off the front group. Fat boys can't climb! Other club members raced but didn't place.

An informal poll of the racers indicated that this was the best organized race with the best race course they have done in a really long time. Thanks to all who helped or came out to race. If you weren't there you missed a good one.

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Helmets are Not an Accessory

AAA Home and Away Magazine

Bicycles are one of the most popular means to get from one place to another. According to the National Highway Traffic Safety Administration, nearly 1,000 people a year die from injuries caused from bike crashes and 550,000 people are treated in emergency rooms. Head injuries account for 62% of bicycle related deaths. Bike helmets should be worn because 85% of all head or brain injuries could have been avoided if helmets were worn. There are many hazards in sharing the road with motor vehicles; therefore bicyclists need to establish a serious attitude to riding their bikes and observing safety tips. No matter what your age, wear a bike helmet every time you ride and make sure it is worn correctly. It should sit on top of your head in a level position and not rock forward, back, or side to side.

If you have been in a crash and your helmet is hit don't use it again. Small cracks can weaken the shell and the foam may be crushed. Make sure the helmet is certified to meet or exceed the safety standards developed by the U.S. Consumer Products Safety Commission.

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BCC Racing News

Fred Steinbrecher

BCC Racers are just about through with the Spring Series. Thanks to all the people who have come out and raced in mostly cold and windy conditions. Many people, myself included, have been stranded either off the back of groups or between groups due to some very wicked cross winds. For those who have ventured out on these courses, you know what I am talking about.

We just had a very successful race at Waddy in Shelby county on April 7. Thanks to all those people who came out to lend a hand, and especially to Gary Rogers, who secured the Ruritan Club building and grounds for our use. The racers I spoke with were very happy with the course and all aspects of the race. We had some great weather, but winds as usual did wreak havoc with a few riders. The bonus was the tail wind that helped a few people conquer the hill on 395. Our most successful rider of the day was Tommy Nance who placed third in the Senior 3/4 Race. Our rookie award goes out to Rachel Peake, who has been the only Womens participant from BCC this year. Rachel toughed it out at the Elizabeth course and also at Waddy.

For those who are looking forward to racing this season, there will be quite a few more events in Kentucky and Southern Indiana. There will be numerous mountain bike races, also road and cyclocross races. I hear over and over from people who want local racing. Now that racing is being served up locally, please come out and support those who make it happen.

Mountain bike racers should note the Bluegrass Cup races in Frankfort. Great course and fun to ride. Road racers reserve the following dates on your calendar now: May 19th, for the Tour de Vinci, in New Albany, In, July 29th, for the Bluegrass State Games,

and August 12th for another BCC Criterium in Lexington. Again, as always, check www.truesport.com for the latest racing schedules and announcements.

Finally, don't forget, interval training every Tuesday night at 6:30 p. m. April and May are a mix of long and short intervals on the Beaumont Circle. June through the end of August will feature intervals and short races on the Corporate Center Circle. With enough interest, I would like to start cyclocross training on all the Tuesday nights in September. I invite everyone to come out and train with us.

For more information about any type of racing, contact me, Fred Steinbrecher, BCC Racing Coordinator, fsteinb@mis.net

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Ask Uncle Tutu

Anonymous

Uncle Tutu answers your questions about cycling.

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Club Picnic!

Bill Daniels

Sunday, July 1, Adena Park on Mt. Horeb Road -- north of Lexington and just outside of Ironworks Pike. 4:00 p.m. -- rides start from the park, 6:00 p.m. -- chow time!

Everyone is welcome, so please plan on going! Anyone up for a game of croquet? And by the way, who has the jam? Bring a food dish (or something edible) to share with the rest of us. The dogs, brats and burgers will be provided, along with the soft drinks and ice. Please drop me a line so we can have a rough head-count. Call Bill Daniels, 859.271.6001 or wedaniels1@prodigy.net

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Good Discussions

Bill Daniels

The March club meeting had some lively discussion and was pretty productive. The main purpose of the meeting was to get the BCC 2001 Budget approved -- which it was, after a question and answer period and a final adjustment of one figure. The budgeted amount to cover the membership fees for our national affiliations was increased from \$200.00 to \$350.00. The overall approval was motioned by Jerry Crouch and seconded by Nancy Moore.

Other topics:

- 1) Announcements of local and not so local rides that have been received via e-mails were made.
- 2) Suggestions for increasing our community involvement and the need for people to help with the organization of such.
- 3) Talk of revising the BCC membership form and making it easier for interested cyclists to join the club.
- 4) Replace ride schedules sent to the bike shops with complete newsletters and increase the number sent.
- 5) The BCC website's NEW look.
- 6) Discussed setting up a listserve for posting club announcements that would replace the mass e-mails; and some brief details on how it would be maintained.
- 7) Anyone interested in doing hill time trials?

7) The BCC video would be an actual workout video - not a Horsey Hundred spoof. Your input is still encouraged.

8) Jersey and short samples were on hand - and even though the shorts were "super-sized", the samples seemed to satisfy the members in attendance. Thanks for your orders.

9) HH Update -- we will not be using Midway College as a lunch stop (too many weddings that weekend). Instead we will be using a local park in Midway.

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MS 150 -- Bike to the Bluegrass

The Kentucky-Southeast Indiana Chapter of the National Multiple Sclerosis Society will host the MS 150 "Bike to the Bluegrass" the weekend of June 2-3. "Bike to the Bluegrass" is a 150-mile, non-competitive tour of the Bluegrass State, and proceeds raised from this event will support services and research to end the devastating effects of multiple sclerosis.

All cyclists must raise a minimum of \$150 (\$1 per mile). The tour will begin at E.P. "Tom" Sawyer State Park in Louisville. The first day's ride will end at Kentucky State University where overnight accommodations will be provided (hotel accommodations can be made for an additional charge). All participants will enjoy a celebration that evening at the Labrot and Graham Distillery in Versailles. On Sunday, cyclists will complete the second leg of the tour at Spindletop Hall in Lexington where they will be treated to great food, weather, and music at the finish line. Return transportation will be provided.

To register, call the Kentucky-Southeast Indiana Chapter at 800.873.6367, or register online at www.kynmss.org

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Cheap, Home-Made Tools for Replacing Your Headset

Woodson Smith

I've always been a firm believer in the concept of "the right tool for the job" and I've a nice assortment of Park, Wrench Force, and Craftsman products to prove it. However, faced with the prospect of spending about \$200 for the tools to replace a \$35 headset, I opted to make my own. With less than \$15 of materials and a little "sweat equity," I was able to make my own tools and replace the headset with a lot less trouble than I expected.

First, to remove the headset cups (the parts of the headset that are pressed into the head tube), I spent about \$5.00 on a 2-foot length of 3/4" copper pipe. With a cutting wheel on my Dremel tool, I cut four longitudinal 4" slits on one end of the pipe. After flaring the cut slit end of the pipe to about 1 1/2", I had a tool that would slip into the 1" head tube and then expand to seat against the inside of the head cups. A few sharp hammer taps on the end of the pipe popped each of the cups out of the head tube.

To install the new headset cups, I used an 8" long 1/2" carriage bolt, three 2" fender washers, and a 1/2" nut to make a bearing cup press. The bolt went through the head tube. With the cups squeezed between one washer at the head of the bolt, and the other two washers and nut at the other end, carefully tightening the bolt easily pressed the new bearing cups into the head tube. (Important: look closely at the cups as you tighten the bolt to ensure that they stay square to the tube.)

I used a pin punch to knock the old crown race off the steerer tube of the fork (I inverted the fork and rested the top of the steerer on a piece of soft pine to protect it). To press the new crown race onto the fork, I used a length of 1" copper pipe, which just slipped over the steerer and fit squarely onto the crown race. Rapping on the end of

the pipe snugged the new crown race down where it needed to be.

Then I put the bike back together, adjusted the headset, and by golly it works just fine. I would rather have had a nice set of Park tools to do the job, but for a job as infrequent as replacing a headset I just couldn't see forking over the big bucks.

WARNING: If you screw this up, you can trash your new headset and/or your frame! If in doubt, have a bike shop do the work for you. But if you're like me, and just have to do it yourself, well...just be careful!

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Copy Due Dates

July-August Issue -- Wednesday, June 6.

September-October Issue -- Wednesday, August 1.

Submit copy to Nancy Moore, nancy@aol.com , 753 Sulphur Lick Road, Frankfort, KY 40601, 502.223.5164.

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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

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Meeting Dates

No club meeting in May. See you at the Horsey!

June 5, 2001, Tuesday, 7:30-9:00 p.m. Beaumont Branch Library, Lexington. Horsey Hundred in review. Open to other club business and discussions.

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Racing Info

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

Also see the racing workouts in the ride schedule for May and June.

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