



THE NEWSLETTER OF THE BLUEGRASS CYCLING CLUB

# OUTSPOKEN

Volume 30 -- November-December 2001 -- Number 6

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## **Club Notes**

1. BCC BANQUET DATE: NOV 18 - SUNDAY 5:45 - 9:00 PM.  
Reservations by Nov. 14. (More info inside.)
2. BCC's improved Racing Sponsorship Plan approved!
3. For those who missed the Red River Rally... it was invigorating, sunny and wonderful. Really! :)
4. We will not have a club meeting in December.
5. Don't forget about using the BCC listserve as a place to hook up for winter rides.
6. Listserve membership grows to 78!
7. Look for more BCC group hikes in January and February.
8. A new membership directory is being developed to make staying in touch easier throughout the winter. Look for it in December!
9. Please vote in the BCC election for the 2002 officers.
10. Bill Daniels is still collecting photos from your biking trips/rides of this year. Send them to him. Call 859 271-6001. They may get in the banquet collage.

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## **Winter Rides**

*Woodson Smith*

Get out that cold weather gear and get ready for some winter rides. Sure, the official riding season ends at Halloween, but weather permitting we'll keep going on an ad hoc basis on weekends right up until the beginning of the 2002 season next March. As in the past, we'll get the word out late in the week if the weather looks promising for the upcoming weekend. (No, you won't get credit for club mileage, just the gratification that comes from smiling bravely in the face of a 20-MPH, 25-degree headwind. Yeehah!)

Want to stay in the loop for these impromptu rides? Be sure you're signed up for the BCC listserv -- if you're not, just go to the BCC web site and follow the instructions there.

A fun option on dark winter weeknights is mountain biking at Capitol View Park in Frankfort. Strap those lights on your mountain bike and see the trails from a different perspective. In the past, Monday and Wednesday nights have been informal mountain bike nights at Capitol View, but you can probably find folks riding there just about any night when the trails aren't too mucky.

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## **Banquet 2001**

*Bill Daniels*

Do you like to eat? Do you like to socialize with your riding buddies? Do you like to laugh? If you do, then you should plan on going to the Annual BCC Banquet. It's a guaranteed good time. (Please RSVP by Nov. 14. Cost will be \$15 per person.)

This year's banquet will be held Sunday evening, November 18, 2001. Once again, we will hold the banquet at the Hilton behind Lexington Green Mall. (At 245 Lexington Green Circle, Lexington, KY, to be exact.) A social "hour" will be held starting at 5:45 pm. Dinner will be buffet-style and will be served around 6:30 pm. The buffet will offer two meat choices (chicken marsala and sliced beef w/ mushrooms and gravy). Vegetables, breads, salads and desserts will be available for your choosing. For those who want a beverage with a little "punch", Chukkers Lounge, which is just down the hall, will be offering their services for you to bring your drink(s) back to our party room.

We'll have the social "45," then get down to the business of eating; followed by a brief club meeting and the announcement of the election results. All this will lead up to the Presentation of Awards hosted by Tim Terry! The awards may run the gamut from the "Most Club Miles" award to the "Best (or is that "Best") Smelling Rider".

To help us with the food planning, please make your reservations with Bill Daniels either by phone (859 271-6001) or by e-mail (wedaniels1@prodigy.net), by Wednesday, November 14th. Your mailed check will be the conformation of your reservation. Cost per person will be \$15 (same as last year). Send a check, made out to the club, to The Banquet, 3751 Appian Way #11, Lexington, KY 40517-5929. (This is my home address -- I will then send the checks to Clarissa for deposit.)

Come relaxed. This is a casual time to impress your friends with your fine street clothes if you so choose. But some of you may have to show some leg, calves or (?) before we'll be able to recognize you and allow you to enter. ID, of course, is optional.

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## **Place Your Vote**

*Bill Daniels*

This November will be like many other Novembers. We'll have cold temperatures with a scattering of warmer days throughout. And I think it would be safe to say that most of us will try to sneak in a ride on the good days - filling our lungs with that crisp, autumn air. November also brings us the opportunity to witness democracy and the possible changing of the guards for the BCC's commandos. What I'm eluding to here is, the annual election of club officers. It has been known that at times, it has been difficult to get people to volunteer for such positions within the club. But here it is, November, and many of the people who currently hold office or chair a committee position, are willing to have their names put back into the "pool" of names for the 2002 officer term. Yes, there will be a few changes for sure, but several of your commandos have agreed to run again. And I want to it make clear, they are running FOR and not FROM, the office. Having people willing to offer their time and dedication for another year, if so elected, is commendable.

Those who are leaving are doing so because, according to the constitution, an officer can only hold the same position for two consecutive years. The constitution also mentions that any member of current standing can run for office. Write-ins are accepted and everyone is encouraged to vote. The Committee Chairs are usually chosen by the elected officers or given to those who show interest and who are committed to doing the job.

There will be three ways to vote this year. Members in current standing can either 1) Send in the "BCC Election 2002" ballot form included in this "OutSpoken", 2) Send an email to the address listed below or 3) Vote in person at the Annual BCC Banquet on November 18, 2001. The office and names on the ballot are as follows, for President (Bill Daniels), Vice-President (Doug Wagner), Treasurer

(Clarissa Spawn), and Secretary (vacant).

Remember: Please vote by one of the three ways: Email: (must be received by Nov. 17, 2001) [bccvote@prodigy.net](mailto:bccvote@prodigy.net)

Mail: (must be received by Nov. 17, 2001) BCC Vote P.O. Box 1397  
Lexington, KY 40588-1397

In person: (before dinner on the evening of the banquet - Sunday, November 18, 2001) Hilton Suites 245 Lexington Green Circle  
Lexington, KY Rm. A-C

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## **Success For The BCC Racing Team!**

*Danny Peake*

While a number of BCC members have had individual successes in racing this year, we were yet to have a successful team effort in a road race -- that is, until the Joe B's/Scheller's road race on September 16 at Masterson Station Park in Lexington. After a disappointing team finish the day before at the Cat. 5 criterium at Corporate Center, we were determined to get a concerted team effort going at the Cat. 5 road race. We strategized before the race, and here are the play by play results:

Our team was Woodson Smith, Danny Peake, Rich Cloyd, Steve Pierce, and Gary Rogers. Our plan was to keep attacking in small groups and let the remaining team members control the main group if and when we got a man off the front. After a laid-back first lap, I initiated the first attack; Woodson went with me, but the peloton quickly caught us. Rich and Steve made the next unsuccessful attack.

In the meantime other riders were attacking but were reeled in by BCC racing team members (generally by Woodson with some help from myself). Next Gary and another racer made an effective attack and opened a decent gap, but the other guy either refused, or was unable, to do his share of the work with Gary, so they were brought back into the main field after less than half a lap.

Soon after reeling in a breakaway, Woodson made the next attack; I went with him, but once again we could not get clear of the pack. I was merging back into the peline when Steve made an awesome move from the left, nearly blowing me over as he accelerated on a breakaway move, followed by just one other rider. Seeing that his teammate was making a successful move, Rich sat up in the front of the pack, slowing everyone down to give Steve a chance to get away. Woodson and I soon joined Rich up at the front and created a three-

man blockade to prevent anyone else from chasing down Steve and the other rider. Gary soon came up front to take a turn playing guard as well. So we all took turns up front controlling the race, blocking other riders and generally causing havoc to other riders who wanted to make a breakaway. At times we were able to slow the pace down to a crawling 15 mph!

Meanwhile Steve was gaining more ground as he and the other racer began to work together to get away from the main field. It turns out that the other racer was Gregg Moore, a BCC member (although not on the racing team) from the London area! Gregg conceded that Steve was the stronger rider that day and made an agreement that if Steve would not drop him he would work with him and not contest for the final win. Honorably, Steve agreed with this and in Lance-like fashion allowed Gregg to win the prime (an intermittent sprint) -- very classy (hats off to both of those guys). Steve and Gregg crossed the finish line side by side, first and second.

Two minutes later the main field came around the final corner and the field sprint began. Rich led out Woodson who managed to take fourth place overall. I somehow squeezed into sixth place overall, just barely slipping out of fifth at the line. It was a glorious day for the BCC racing team; and we were all quite exhilarated to have participated with the team. Final results: Steve Pierce 1st; Gregg Moore 2nd (BCC member, albeit not on the racing team); Woodson Smith 4th; Danny Peake 6th; Rich Cloyd and Gary Rogers -- to be determined.

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## **Springfield Ride**

*Mark Medley*

11:15 Saturday Sept. 29th Versailles Ky. - Oh no!! I'm supposed to have left work already to lead my first BCC ride! I jump in my car and motor on down to Springfield to pick up my "stuff" for the ride and picnic afterwards. I arrive at Idle Hour Park at 12:30 - Oh good! A few gung-ho riders have arrived already, and are unpacking their bikes. The weather is a brisk 68 degrees, but nice and sunny. More riders are showing up now, and I am happy with the turnout - fifteen in all. Just goes to show you how dedicated to the sport some in our club are. We take off from the park, and cruise down the backroads of rural Washington County. The first 8 miles are hilly - lots of ups and downs. As we cross an old iron bridge, we enter the flat section of the ride. We continue on for six miles, and stop to take a rest break at Valley Hill Store. Homemade cookies and hot cider on the stove await us inside. We browse through interesting items in the store, and some members take the "tour" of the premises with Rosemary Bailey, the owner. After refreshing ourselves with the cider and cookies, we're on our way again, winding through the backside of Lincoln Homestead State Park. Shortly, we arrive back at Idle Hour Park, and see smoke rising from the grill where our hamburgers are cookin'. We all "chow down" on the many delicious dishes that everyone has brought, then spread out blankets, lay in the sun, and relax.

Footnote - one homeless kitten found a home while we were there!!

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## **BCC Ride Stats**

*Dave Scott*

	Miles	Rides
Dave Scott	2396	54
Bena Halecky	1759	39
Herb Goff	1631	47
Marilynn Hartman	1589	35
David Earle	1394	43
James Woods	1364	37
David Farmer	1272	38
Stan Betsworth	1266	41
Jim Hilke	1205	22
Michael Montross	1193	27
Melanie Bailey	1156	39

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## **Racing Perks (To pique your interest)**

*Bill Daniels*

The Bluegrass Cycling Club wants to pique the interest of a larger group of members when it comes to the sport of bicycle racing. The club would like to increase the number of interested members, even though the club has had several members racing this year. It was extremely good to see that several BCC members were involved with the locally sponsored road race and criterium events, which took place in Lexington during mid-September. These events were put on by Commonwealth Eye Surgery/Pedal Power, Scheller's Cycling & Fitness, Joe Bologna's Cycling Team, and UK's cycling team. You can check out their race standings at <http://www.bgcycling.org/racing/>

The BCC would like to encourage more of its members to try bicycle racing in the up and coming year. The club officers and racing committee chairs have decided that one way to do this would be to assist its members with the cumulative entry fees. We examined the existing sponsorship program, made improvements and then made a commitment to publicize the sponsorship program to the general membership throughout the entire year. We want everyone to be aware of what the club has to offer. During September's club meeting, the people who were involved finalized a plan which will go into effect January 1, 2002. The approved plan reflected some changes from what was printed in the previous *Outspoken*. This new plan will run throughout the year of 2002, so as to include all types and seasons of bicycle racing.

The "improved plan," as we like to call it, contains two tiers of sponsorship. The first is that if a racer enters 5-9 racing events, he/she is entitled to a maximum of \$125.00. The second tier starts at 10 racing events. Once a racer reaches this level, the maximum sponsorship increases to \$250.00. This new maximum level is \$50

more than the current plan. It should be made clear that this sponsorship is for ALL members who are interested in ALL types of bicycle racing; either as a group or as an individual. And for those who do not know, the BCC does not have a formally organized team at the present time. But it would like to develop a club team if the interest is really there.

Listed below are the general specifications to be fulfilled, by the racing individual, before the perks of the "BCC's Racing Sponsorship Plan 2002" are distributed.

To Receive BCC racing sponsorship, an individual must:

1. Be a current BCC member.
2. Race under the BCC name.
3. Have indicated that they are racing for the BCC on their racing license.
4. Race while wearing the BCC jersey.
5. Race in 5-9 competitive bicycle races, of any kind/ combination, to qualify for the First Tier of Sponsorship.
6. Race in 10 or more competitive bicycle races, of any kind/ combination, to qualify for the Second Tier of Sponsorship.
7. Volunteer in at least two (2) of the following BCC events or activities: Horsey Hundred, Red River Rally, BCC sponsored racing event, time trials and/ or lead a club ride(s). Being a current BCC officer or Committee Chair will count as "one" volunteer activity.

The BCC wants to inform members that the maximum tier levels are put into place to cover only entry and racing license fees for bicycle racing events. Sponsorship will be handled on a reimbursement basis, where costs are reimbursed at the end of the year with proof of entries. See "Proof of Race Entry."

Proof of Race Entry: Any one of the following will be accepted as valid proof of entry of a race:

1. Copy of cancelled check.
2. Receipt or copy of payment, entry form or day of license form.
3. Rider's number with race name on tag.
4. Published place standing for that race.
5. A medal, trophy, prize check, etc.

Even though the above qualifications may seem like a lot of restrictions, they should be fairly easy to accomplish. We hope this will not discourage those who are interested in racing from taking advantage of this improved incentive plan. The BCC would like to encourage the fitness and racing skills of its interested members.

Please take note: If you are interested in racing, even if it is remotely so, and you think you might want to take advantage of the incentives described here, please, let the BCC president know of your intentions - the earlier in the year the better. This knowledge will help the BCC budget directors set budget allocations for 2002. Thank you in advance for your cooperation. President - Bill Daniels 859 271-6001 or [wedaniels1@prodigy.net](mailto:wedaniels1@prodigy.net)

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## **New and Renewing Members**

*Woodson Smith*

We've got a lot of new members! From Frankfort: Louis Pierce and Brian Pelletier. From Lexington: Roman Anderlich, Justin and BriAnne Campbell, Will Holmes, Steve Matherly, Morgan McIlwain, David and Leslee Moore, Michael Murphy, Karlynn Norris, Michael Pride-Wells and Bryant Wells, Jennifer Redmond, Ken Roemer; John Schoen, John Skillman, Dave Stalion, Charles P. Wisdom, Jr., Billy and Helga Yates, Amy Zeigler, and Jenny Zeigler. From Richmond: Katie Grandfield. From Versailles: Richard Austin and Michael Wood. And from Winchester: Bill and Bridget Newell. Welcome to the club, folks.

BCC is glad to have the following membership renewals: From Butler: Mia Schmitt. From Frankfort: Rick Hogan. From Lexington: Kristi Branham, Sharon and Devin Brown, David Earle, Bill Hall, Marilyn Hartman and Sheila Botts, Karen Hudson, Alex Meade and Clarissa Spawn, Gary Rogers, Bill Sanborn, Larry Wheeler, and Tim Wilson and Sarah Emmons. From Stanton: Esther Rule. From Versailles: Harold Staton. Thanks!

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## **WANTED**

Shelving for the storage shelter. Free-standing. If anyone has large garage-type shelving that they are willing to donate to the cause, call Bill Daniels at 859 271-6001. Or if anyone is handy at building something very basic, call Bill to talk about what's needed.

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### **If You Move...**

Be sure to let the club secretary know your new address so you'll get your newsletter, the are not forwarded by the post office. Send a change of address card to the club address: BCC, PO Box 1397, Lexington, KY 40588-1397.

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## **Copy Due Dates**

Jan.-Feb. Issue - Wed., December 5th.

Mar.-Apr. Issue - Wed., February 6th.

Submit copy to Woodson Smith, 224 W. 4th St., Frankfort, KY 40601 or e-mail [jwsmith@plangraphics.com](mailto:jwsmith@plangraphics.com).

To lead a ride please contact Alan Mullins at 502 695-2534, e-mail [alanmull@bellsouth.net](mailto:alanmull@bellsouth.net)

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## **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.

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## **Canadian Rockies Bike Tour**

*David Earle*

In early August, I rode a cycling tour in the Canadian Rockies. The route is known as the "Golden Triangle", named for the town of Golden, British Columbia and the general layout of the route. It was a very well-serviced and -guided tour by Canadian Trails Bicycle Tours.

The tour started and ended in Banff, Alberta. We had 5 days of riding, and 1 day in the middle for rest, hiking, or rafting. The route was 260 miles (including my usual missed turns). The road surfaces were good, and we were usually riding on the wide paved shoulders of 2-lane highways. I'd say for about 80% of the tour we were on the main highways through those mountains, but traffic was generally moderate - there just aren't many roads to choose from up there.

The route went over 3 mountain passes, and also went through towns such as Radium Hot Springs (we did the springs), Golden, and Lake Louise. We were in 3 Canadian National Parks: Banff, Kootenay, and Yoho. The group camped every night, using gear provided by the tour company.

On this tour there were 2 guides (and only 3 clients - talk about personal service!), with one guide riding with the group, while the other drove the van ahead and prepared lunch at a strategically-located and scenic rest stop, and then went on ahead and set up camp. The food was always excellent and in large quantities. It is necessary to be coddled occasionally...

How often is your bike tour mentioned on national television? One of the riders' fiancée is a prominent actress and she appeared on The Tonight Show with Jay Leno one night while we were on the tour. He

stayed at a motel that night just so he could watch her appearance. She said something like this to Jay Leno, "I'd like to say hello to my boyfriend who's on a bike tour in Canada." We were finally receiving some well-deserved recognition!

Our tour caught the Canadian Rockies summer at its peak - cool evenings and mornings, and then it warmed up as the sun cleared the mountains. Low humidity and no wet days on the bike made it all even more perfect. I heard that on the same tour later in August the group rode through snowfall in the mountain passes.

I enjoyed the area so much that I ended up staying an extra 5 days for more hiking in Yoho, Banff, and Jasper National Parks. It was well worth missing those BCC club miles in 90+ degree heat! If you're interested in something like this for next summer, the tour company can be found at <http://www.canadiantrails.com/>

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## **Mountain Biking**

*Bonnie Clements*

Having just finished my first mountain bike ride at Otter Creek Park, I must say it was an experience everyone should try at least once. A group of cyclists in the Louisville Ski Club does road biking on Sundays, but twice a year they go on the trails. I decided to try it.

Riding the rugged trails, over the rocks, branches, mud, gravel, uneven open fields and narrow paths has made me appreciate the balance, stamina, strength and endurance that is needed for the sport. Now when I see riders pop out of a trail, cross a road and head for more I will realize the determination they have to continue the rugged riding, seeking individual goals they have set out to accomplish.

They say it takes experiencing something to really appreciate it. I definitely agree. So when I ride my road bike next Sunday and I reach down while riding to drink out of my water bottle, I will remember how the week prior that was an impossible feat.

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## **Christmas Party**

*Nancy Moore*

Check the web site or call a club officer after Thanksgiving to get details of Frankfort's annual Christmas Party. Will Melanie host it now that she's retired? Or will everyone have to find their way to Peaks Mill in the dark? Or will some other brave soul volunteer? Stay tuned!

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## **Turn in Those Ride Sheets!**

*Nancy Moore*

Don't forget to send in any ride sheets you might still have ASAP so they can be tallied in time for the banquet. Send them to Dave Scott at 4816 Dresden Way, Lexington, Ky 40514.

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## **New Editor**

*Nancy Moore*

After three years of wrestling with the newsletter software, I am very happy to announce that Woodson Smith is going from his old job as club secretary to newsletter editor. He has done other newsletters with this software so this will be easy for him, if everyone sends him the data by the deadline! This will be my last issue and Woodson will be at the helm for the January-February issue. Many thanks to those who have contributed articles over the past three years. Keep them coming to Woodson, but save all files in PLAIN TEXT first, please, to make his job a little easier. We love reading about club member's cycling vacations, so if you've gone on an exciting bike trip write something up so we can hear all about it. Send your articles to him at [jwsmith@plangraphics.com](mailto:jwsmith@plangraphics.com)

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## **Rainy River Rally**

*Nancy Moore*

Another Red River Rally was doomed by the weather. Driving over with Marrea Matthews in the pouring rain, we were convinced it would stop by 10:00 AM. as it has in years past. It did quit at 9:00 AM, but started raining again by 9:30. In spite of this, and with the promise from the weather channel watchers of a "gap" in the big green radar blobs, 23 riders set off in a light sprinkle. It quit on the way to Nada Tunnel, and we emerged on the other side into the sun! The promised "gap" lasted all the way to the Sky Bridge Picnic area where the rest stop was held, and it started raining the second we pulled in. After a quick gulp of Halloween candy, off we went on the rest of the 38 mile route. It sprinkled off and on, mostly on, the rest of the way. I knew the last 5 miles or so were all downhill, so I kept telling myself that I only had to actually pedal for about 33 miles. It was not to be. A vicious headwind was barreling up the valley and I could barely tell I was going down. The very second I got off the bike at the parking lot the sun sprang out in all it's glory, and the rain was done. So were my legs. One brave soul from out of town actually rode the 68 mile route. The autumn trees and the Red River were still gorgeous, and all of you who turned off your alarms and went back to sleep that day missed it. Many thanks to Bena for arranging it all, and the road markings were great!

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## **What's in store for the BCC**

*Bill Daniels*

Good things have been coming out of the club meetings since summer's recess. People have been voicing their ideas with relation to the direction of the club. They are also mentioning what they'd like to see accomplished. Some of their ideas are listed below. Some have been brought up before, so we as a club will have to pitch in if we what to see these suggestions addressed. The descriptions below indicate brief reports on projects in progress and list some ideas and concerns brought up in these meetings.

### BCC Briefings:

- Biking roads of the Bluegrass demo video, to be used as training inspiration, is nearing completion.
- Racing incentive plan approved.
- Club officers are in the process of setting up a meeting with Gainesway Police to talk about bike cops and training.

### Ideas/Concerns:

- Publicize benefits of BCC members.
- Highlight what it takes to get into racing.
- Combine efforts with local businesses to put on local races.
- Develop another simple, annual event.
- Create club publicity and bicycling advocacy committees.

- Attend meetings and report on community's bike/pedestrian planning developments.
- Increase awareness of biking safety within the community.
- Join forces with established organizations/events to promote helmet usage - safety for elementary school aged children - bike awareness programs.
- Increase coordination between ride schedule and cycling events.
- Contribute to the KyMBA (Kentucky Mountain Bike Association).
- Develop a book of bike route maps - starting with rides developed from members.
- Create a "Points of Interest" brochure for a Horsey Hundred route.
- Review the Horsey Hundred for improvements.
- Have Archive Rides - bringing back the old, forgotten favorites.
- Have overnight/ weekend biking trips lead by club members.
- Start group trainer-training secession during winter

If you have interest in helping with one or more of the above topics, at any level, please send a note to Bill Daniels and we'll see what we can do to put your skills, talents, knowledge and/or enthusiasm to work for the club. I mean, what else are you going to do with that pent up energy during the winter months! So give a club officer a call, because we may be calling you!

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## **BALLOT FOR 2002 BCC OFFICERS**

Please vote for one (1) candidate per office. Final election of officers is by simple majority of the votes received before dinner of the Annual Banquet. Officers serve for one (1) year beginning after the results are read during the Banquet. Space for write-ins is provided. Voting can be done one of these ways:

Email: (must be received on/before Nov. 17, 2001) [bccvote@prodigy.net](mailto:bccvote@prodigy.net)

Mail: (must be received on/before Nov. 17, 2001)

BCC Vote P.O. Box 1397 Lexington, KY 40588-1397

In person: (before dinner at the banquet-Sunday, Nov.18, 2001)

Hilton Suites 245 Lexington Green Circle Lexington, KY, Room. A-C

BCC Officer Candidates:

President -

Bill Daniels (incumbent)

Write-in - \_\_\_\_\_

Vice-President -

Doug Wagner (incumbent)

Write-in - \_\_\_\_\_

Treasurer -

Clarissa Spawn (incumbent)

Write-in - \_\_\_\_\_

Secretary -

Herb Goff

Write-in - \_\_\_\_\_

(Main responsibilities: Maintain membership list (FileMaker/Access)  
- Mail club info to prospective members - Confirm club events for  
insurance purposes - Attend most club meetings - Influence club  
policies)

Accepted by the 2001 Officers - New Committee Chairs:

Touring - Alan Mullins, Newsletter Editor - Woodson Smith

Returning Committee Chairs: Racing - Fred Steinbrecher, Time  
Trials - Ryan Waldon and Dan Morris, Statistician - Dave Scott

Undetermined: Horsey Hundred Capitan, Red River Rally  
Coordinator

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