



THE NEWSLETTER OF THE BLUEGRASS CYCLING CLUB

OUTSPOKEN

Volume 31 -- January-February 2002 -- Number 1

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Club Notes

1. Style tip from www.bicycling.com Dec. 2, 2001: "Riding without a helmet doesn't make you look like a pro-it makes you look like an idiot. Unless you're a pro."
2. Thanks from the President to all those who volunteered their time during 2001. Thank you!
3. Check out your 2001 club miles on-line at www.bgcycling.org under the heading "Mileage 2001."
4. BCC has a new shipment of club jerseys and shorts. Lexingtonians contact Bill Daniels; in Frankfort, contact Woodson Smith.
5. Call/e-mail your BCC riding buddies! A pull-out club directory is included in this newsletter!
6. Looking for the listserv on our club's homepage? You'll find instructions on how to log on under the heading "Mailing List."
7. Happy New Year from the BCC!
8. Horsey Hundred is only five months away!

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The Banquet!

Bill Daniels

"First of all, let me start out by saying...." Yeah, I know. You all went for the food, prizes, and awards, and not to hear me talk. So, in case you missed any of the presentations, here's a partial listing:

* Mileage King: Dave Scott. The Stat-man himself won (...hmmm) with a very respectable 2,695 club miles. Way to go for participating in so many club rides. Herb Goff edged out Bena Halecky for second place in mileage (with 1,941 and 1,934 miles, respectively).

* Ride Leader Award: Bill Daniels with seven. Nice job, Mr. Prez!

* Female Rookie of the Year: Joyce Fogleman. Male Rookie: Brad Jones.

* Most Improved Member: New-Mary Beth MacBeth; Veteran-David Earle

* Time Trial Awards: Woodson Smith, 20-mile (male) and most aerodynamic; Melanie Bailey, 20-mile (female); Marilynn Hartman, 10-mile (female); Gary Rogers, 10-mile (male) and most consistent; Alex Meade/Clarissa Spawn (tandem).

* Happy-to-Ride-Sweep Award: Matt MacBeth.

* Least Club Miles (in attendance): Cheryl Wyatt with 20.

* Geek Award: Joyce Fogleman for her reflectors.

* Worst-Map Award: a tie between Troy Martin and Dave Scott.

- * Crash-Victim Award: Doug Wagner.
- * Shoots-Big-Bull-in-Bike-Stores Award: Alex Meade.
- * Chase-Down Award: Stan Betsworth (who got chased down by a chicken).
- * Longest Extended Ride Award: Jim Hilke.
- * Best-Bike-to-Make-Fun-of Award: Danny Peake's red Viner (rhymes with "wiener").
- * Best Road Stops: Steve Royse's oases.
- * "I brake for everything" Award: Jennifer Redmon, for riding nearly half the Hope Ride with locked brakes.

Special thanks:

- * Woodson Smith for his active two-year role as club secretary.
- * Nancy Moore for her three-year dedication as newsletter editor.
- * Dave Elbon for his Horsey Hundred map-making and routing expertise.
- * Julie Harris for her outstanding touring dictatorship, I mean, directorship.
- * Pedal Power Bike Shop for their involvement with the club.

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Thanks, Julie!

Alan Mullins

Thanks, Julie, for all your work as BCC touring director! Everyone appreciates your effort the last two years to make sure we had plenty of rides available.

When I first e-mailed Bill and Julie about my interest in the touring director's duties, I had hardly pressed the "send" button until return messages from both Bill and Julie acknowledged my inquiry! (Hmm? That was fast.) A few days later, I saw Bill and asked how many had volunteered for the job. Bill cautiously responded, "Including you-eh...one."

Now, maybe I should have read something into that remark; but here I am, your new touring director!

I think everyone will agree that the reason we joined a cycling club is to cycle. Where we differ is in what motivates us to ride, as well as where, when, and how we ride. BCC depends on a varied menu of rides to meet our members' needs. Whether you hammer a 60-mile ride at 20 m.p.h. or cruise along at 12 m.p.h. for 15 miles, it's all about enjoying the ride.

We had a great selection of rides last year, but we want to continue to improve. To do so, we need two things. First, ride leaders! This shouldn't be a problem, as Julie said she had so many volunteers she considered selecting by lottery. That is true. Right? Anyway, please contact me if you're interested in leading a ride. (If you haven't done a club ride because we haven't offered one that you like, the one sure way to make sure we do is for you to lead it! Don't be shy. We'll help!)

Secondly, we need your feedback on the kinds of rides you want. There's a short survey in this newsletter. I'd really appreciate your taking a few minutes to fill it out. (If you already filled it out at the banquet, thanks.) I will compile the responses and publish the results in the next Outspoken. [The survey is available as a [PDF file](#) suitable for printing.]

Mail or fax surveys to:

Alan Mullins
1238 Equestrian Way
Frankfort, KY 40601
Phone: (502) 695-2534
Fax: (502) 695-4912
alanmull@bellsouth.net

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Get Together! (Meetings)

Bill Daniels

Jan. 10, 2002. Thursday, 7-9 P.M. We'll hear about, and discuss, how Lexington's Greenway Master Plan relates to bicycling. Lexington's Beaumont Branch Library, 3080 Fieldstone Way (Beaumont Center, off Harrodsburg Rd.).

Jan. 12, 2002. Saturday, 10 A.M. HORSEY HUNDRED MEETING! Help plan our pride and joy! Short ride afterward if weather permits. Lexington's Beaumont Branch Library.

Feb. 3, 2002. Thursday, 7 P.M. Club business, like the budget. Tates Creek Branch Library, 3628 Walden Dr., Lexington.

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Your BCC Racing Team Needs YOU

Woodson Smith

You may have observed (I hope) new interest and energy in BCC racing. Danny Peake's article in the last issue summed up the race last September where we finally made teamwork pay off, in the form of a win by Steve Pierce. (And be sure to read Rachael Peake's first-person account of the 2001 racing season in this issue.)

Of course, dominating a Cat. 5 race won't put us on the podium in Paris this July, but it's a start. We proved that we could work as a team, and now we need to build on that success in 2002.

The club has also revamped its racing sponsorship policy. The revised policy increases the incentive to get out there and race for the club. (The policy was printed in the November-December *Outspoken* and is also on-line at <http://www.bgcycling.org/racing/Policy2002.htm> .)

And with the most recent order of BCC clothing, everybody who doesn't already have a club jersey can get one for a very good price.

In short, now is a great time to get involved in BCC racing. All you hammer-heads out there-ladies and gentle-men come out and see how fast you really are. Never raced before? Welcome to on-the-job training. Everybody has different strengths, but whether you're a climber, a time-trialer, a sprinter, or some combination thereof, the team needs you. I can't promise that you'll win a race, but I can promise that we will work together to make the most of everyone's abilities.

For more information about BCC racing, go to www.bgcycling.org/racing, or contact the racing chair, Fred Steinbrecher.



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Ask Uncle Tutu

Uncle Tutu

Uncle Tutu answers the really really big questions about bicycling and about life. Send your question (please!) to Uncle Tutu c/o the newsletter editor.

Uncle Tutu, I am looking to buy a new bike, but there are so many different frame materials I don't know where to start.

With a plethora of materials on the market, frame selection's a big decision. Years ago, of course, your choices were a) bronze or b) cast iron-and we all thought cast iron was more efficient, but didn't have the road feel of good bronze.

Nowadays, though, there are all kinds of options. So let's take a look:

Steel. Pros: Legendary road feel. New, lighter alloys. Cons: Rusts like a science experiment. New alloys last roughly five days before total rust-through.

Aluminum: Pros: Light; doesn't rust. Cons: Hitting a bump larger than, say, two microns feels like a pile driver slamming directly into your lower anatomy.

Titanium: Pros: Doesn't rust. Light. Soaks up bumps. Cons: Requires second mortgage.

Carbon: Pros: Lance wins the Tour on carbon. Cons: Carbon's deadened ride makes you feel like you're riding a piece of red oak. Plus carbon burns. One spark and it's bye-bye bike, hello wienie-roast.

Pretty dismal, eh? So, here's my suggestion: Get a WalMart bike. Sure, they're heftier than other bikes, but the frames are durable, and if you swap the crummy components for something better (e.g., DuraAce or Record) you'll have the best of both worlds-a sub-40-pound bike with smooth, crisp shifting that'll draw admiring glances wherever you go.

Uncle Tutu, what could spinning classes possibly do for me this winter?

Spinning classes put you in touch with the whole process by which the textiles we wear are created from their raw materials. Whether you're spinning cotton into cotton thread, flax into linen, wool into yarn, or plastic into CoolMax, you're participating in an activity that goes way back to the dawn of time. And winter is the best time to take these spinning classes, because you have a lot of time on your hands until you can get back on your bike.

Uncle Tutu, will drinking two beers the night before a race hurt my performance; and what about four or five beers?

If you have the two, and your competition has the four or five, your chances of winning are going to be substantially improved. Better yet, introduce your competition to martinis.

Uncle Tutu, I've been training for cyclocross racing and I can't decide if I should just modify my mountain bike, or take the plunge and buy a real cyclocross bike. What should I do?

Did Lance win at Alpe d'Huez by hesitating, mulling over his options, and then writing to an advice columnist? No, sir, he did not. He took one thoughtful look back and then went for it. You should do the same. Buy the cross bike. Now.

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2001 Mileage

The Top 20 in Club Miles:

1.	Dave Scott	2,695 miles
2.	Herb Goff	1,941
3.	Bena Halecky	1,934
4.	David Earle	1,884
5.	Stan Betsworth	1,680
6.	Marilynn Hartman	1,617
7.	James Woods	1,478
8.	David Farmer	1,331
9.	Brad Jones	1,310
10.	Dan Jordan	1,299
11.	Jim Hilke	1,297
12.	Melanie Bailey	1,290
13.	Michael Montross	1,222
14.	Woodson Smith	1,219
15.	Bill Daniels	1,173
16.	Danny Peake	1,150
17.	Rachael Peake	1,139
18.	Tim Terry	1,135
19.	Tom Hellmann	1,125
20.	Alan Mullins	1,106

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BCC Women's Racing-A First-Year Account

Rachael Peake

Dateline: December 2, 2001

When I was first asked to write an article about women's bike racing, I thought, "Why, what do I have to tell other women other than-hey, you wanna do this race coming up, if you do it you are GUARANTEED to come in a place other than LAST, as long as I am there-what do I possibly have to write about other than my whiney stories-and who wants to hear those?"

Well, today I finally have something to write about.

My negative thoughts stemmed from the frustration of consistently finishing last this entire year (which, gladly, is almost over)-until today's cross race, when I actually had a third place finish (out of four women). Before I recount the events that led to what to seems to me an incredible achievement, here is what has happened in my racing career this past year (and stop reading here if you aren't ready for a little whining-but this story has a good ending).

First race: Elizabeth, Indiana; March; temperature about 35°F; winds about 30; race length, 39 miles; car, seven miles from the finish line; field of six women, all Cat. 2,3,4, definitely not beginner material; course, Hilly Hundred worthy. With my mere seven months of road riding experience, this race gave me a really good "baseline" idea of what was ahead of me for the year. I got dropped 12 miles into it and never saw the back of another woman's jersey until the next BCC ride.

Second race: Waddy, Kentucky, April. The weather was a little warmer; race course was shorter and less hilly. The three other

women looked just as strong, fit and scary as at the last race. One woman realized early on that I was not going to be much competition for her. She claimed a stomachache and slowed down and chatted at me, looking over occasionally at me for a grunt, nod, or other sign that I was still breathing. She actually gave me a few tips about sprinting, and we practiced a few sprints (after I told her I didn't know anything about sprinting for the finish) and then she went on to give me a real lesson at the finish line. Enough said.

Third race: Individual time trials, Richmond Kentucky. These were a great way to gauge my supposed "improvement" over the summer months. I was racing against myself with no worries about other women around me. Unfortunately my times didn't improve. (By the way, I have the inside scoop on a new time-trial course near Frankfort. Even if BCC doesn't have official time trials there this year, I know I can use this course anytime as another weekly or biweekly measure of improvement during training. It is technical, extremely hilly, exciting, and exactly 10 miles long. (At this point in editing, my bike-geek husband Danny, who is also a beginner racer, says I am starting to sound like him. He says I can't write that about him, either).

Cyclocross race: October, Edwardsville, Indiana. I started out strong and was even leading at one point for about eight or nine minutes, but I wore out by the fourth lap. Of a field of five riders, I finished fourth, and even though that was technically not last place, I still say it was since the fifth place rider got lapped and dropped out. I was not disappointed, as we all finished seconds apart.

Cyclocross Race: Today, December 2, 2001, Buckner, Ky. I made the mistake of finding out the stories on all the riders before the race began, and then went to the start with a sinking feeling, knowing that I would probably not beat any of these women. Two were healthy-looking LBC riders, and one was on Lindsay Wilson's Racing Team and is going to the National Collegiate Championships in two weeks. "Well," I told myself, "just consider this a good workout." But as it turned out, my three crashes and slow mounts and dismounts still put me ahead of one of the LBC girls and a mere 20 seconds behind Lindsay Wilson. (Fred Steinbrecher, our BCC Race Coordinator later calculated that if I had properly mounted my bike, gaining two seconds on each barrier, I would have solidly landed second place by a full eight seconds.)

Somewhere in here I have to say that I have only been riding a road bike for one year and three months. So I am new at racing and sort of jumped in with pretty high hopes. I hope I have done something to spark some enthusiasm for all the BCC women reading this. Your racing experience next year will probably and hopefully be completely different from mine, and I would truly love to have some other BCC women to race with. I would have told you yesterday that you should come and probably would not get last place, but today I will just say to come on-you never know!

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New and Renewing Club Members

Woodson Smith

Please welcome the following new members: Frankfort: Emily Dennis; Lexington: Kevin and Vanessa Dalton, Michael and Janette Heitz, Jason and Ann Kazez, and Mike Klein; and Clermont, Fla.: Glenn Olivenbaum.

Thanks to these members for renewing: Barbourville: Rickie Allen; Berea: Peter Reilly and Maureen Flannery; Butler: Harry Wicks; Frankfort: Rachael and Danny Peake; Georgetown: James Woods; Lawrenceburg: David Farmer; Lexington: Paul and Aubin Adanick, Jack and Pat Deacon, Richard Fern, Bena Halecky, Mike Jenkins, Rhonda Johnston, John Kalbfleisch, Lewis Layne and Sharon Reed, Randy Lisk, Keith Lovan, David McBride, Dixie Moore, Tim Terry, Doug Wagner, and Johnna and Ryan Waldon; Nicholasville: Ted Moss; Paris: James Hilke; and Versailles: Pam and Wayne Basconi and Steve Royse and Betreca Stringer.

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BCC Hikes

David Earle

Our BCC hike on November 17 in the Red River Gorge was a big success. Twelve hikers tackled 10 miles of trails, including four big hills to climb. Near the end of the hike, we visited Gray's Arch which is always awesome. Several of us continued the outing with dinner at Miguel's Pizza.

We will try to continue hikes on the second Saturday of each month through March. It's a good way to get acquainted with the folks you're usually speeding along with on the bike in warmer months, and get some exercise while you're at it. Check for e-mail notification on the BCC listserv, with hike information posted a week or two in advance. If not on the list, call David Earle at 859 268-0791, or e-mail him at dearle@iwebworks.com

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Think Green! Think Bike Routes! Think January 10th!

Bill Daniels

Think pleasant thoughts as well!

The year 2002's meeting schedule will start with an informal presentation of an "in-progress" Greenway Plan concerning Lexington-Fayette Urban County's rural bikeways. This open discussion will be directed by BCC member Keith Lovan.

Keith is the project manager for the Greenway Master Plan as well as a municipal engineer with LFUC government. Keith plans to talk about this plan and is particularly interested in hearing about the routes you ride and what can be done to make riding safer and more enjoyable. So bring your ideas and concerns about biking in Fayette County to the meeting. Every member and non-member is invited to attend.

This is an opportunity not only to learn more about the "bike section" of the Greenway Mater Plan, but also to present your ideas to bike-friendly ears. So please try to make it to our January meeting.

Become more informed while getting in touch with your cycling community. Your voice can make a difference.

We will meet on January 10, 2002, Thursday, at 7 P.M., at Lexington's Beaumont Branch Library. Hope to see many of you there.

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The Classifieds

FOR SALE: Yamaha Bike Rack. Fits any size tire. On top of car. Good condition. Make an offer. Contact Jack Lancaster at (502) 227-0154.

FOR SALE: 2 year old 16 inch Ladies blue GT Slipstream Hybrid, 21-speed Grip Shift, quick release tires. Sells new for \$400. Asking \$225. Joyce at (859) 873-6219 (Versailles)

FOR SALE: Homemade bike rack. Carry 4 bikes or other items. Requires rain gutters. \$20. Jerry Crouch, (859) 266-6419.

FOR SALE: New shipment of BCC jerseys and shorts. Contact Bill Daniels, (859) 271-6001, or Woodson Smith, (502) 227-0783.

CANOE FOR SALE: Wide aluminum canoe with two paddles and seats that are float cushions for sale. It is 15 1/2 feet long and does not tip over easily. It is not a brand name. Holds two people, although have had three people in the canoe before. Painted camouflage. Asking \$150. If interested, please contact John Clements at (502) 227-9560, or e-mail John at: JClem5368@msn.com.

WANTED: Anyone know of scenic road routes for biking in Pendleton, Grant, southern Campbell, or adjacent counties? Please contact Mia at (859) 472-5403.

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If You Move...

Be sure to let club secretary Herb Goff know your new address so you'll get your newsletter, the are not forwarded by the post office.

Contact Herb via e-mail at hgoffs@aol.com or send a change of address card to the club address: BCC, PO Box 1397, Lexington, KY 40588-1397.

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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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Copy Due Dates

March-April Issue: Fri., Feb 1.

May-June Issue: Mon., April 1.

Submit copy to Woodson Smith, 224 W. 4th St., Frankfort, KY 40601, (502) 227-0783 or jwsmith@plangraphics.com

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A B+ for Kentucky

Kentucky mountain biking gets a B+ in the annual Mountain Bike Access Report Card from the International Mountain Bicycling Association (IMBA).

Idaho was the only state with an A grade, while mountain-bike meccas Colorado and North Carolina both received Bs. (And Louisiana got a dismal D+.)

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