



THE NEWSLETTER OF THE BLUEGRASS CYCLING CLUB

OUTSPOKEN

Volume 31 -- March-April 2002 -- Number 2

Contents

Club Notes

Volunteer for the Horsey Hundred by Bill Daniels

Welcome to the Horsey Hundred by Bill Daniels

BCC Brevet Series by Johnny Bertrand

Archive Rides by Steve Royse

A User Confesses by Bill Daniels

Monday Night Lexington Rides by Julie Harris

Ask Uncle Tutu by Uncle Tutu

Honking Etiquette by Stan Betsworth

Horsey Hundred: The Inside Track by Bill Daniels

Weekday Ride Starting Points by Bill Daniels

Bike Routes by Bill Daniels

New and Renewing Club Members by Herb Goff

If You Move...

Copy Due Dates

Racing Info



Outspoken - March-April 2002

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

Club Notes

1. Looking for 75-80 good people to help with the Horsey Hundred! See the [article at the right](#) for details!
2. The budget has been approved!
3. CLUB RIDES START MARCH 2ND!!
4. Have a favorite route? Contact Alan Mullins, and he'll give you a day to ride it! You can phone him at (502) 695-2534, or e-mail him at alanmull@bellsouth.net
5. The hilly time trial route has been tested! More details to come!
6. The next general club meeting will be after the Horsey! Then it's picnic time!
7. The club officers have an "open door" policy. If you want something discussed or looked into, give us a call and we will talk about it in our officer meetings.
8. Don't forget! Articles for the newsletter are always welcome!

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



Outspoken - March-April 2002

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

Volunteer for the Horsey Hundred

Bill Daniels

Uncle Sam may say, "I want YOU," but the BCC says, "WE NEED YOU." The Horsey Hundred is approaching, and we will need 70-80 volunteers to make this event a success. Please send in the [HH volunteer form](#) to save me a lot of the initial calling. This form will give me an idea where to start and whom I have to work with in assigning responsibilities and time slots. I will work with you the best I can in finding a place where you can help and have fun at the same time.

So please, review the [HH volunteer form](#) included in this issue for areas where we will need your help. Check it over and sign up to become a valuable member of the HH team.

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



Outspoken - March-April 2002

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

Welcome to the Horsey Hundred

Bill Daniels

If you are unfamiliar with the club's Horsey Hundred, let me introduce you to the BCC's main riding event. The Horsey Hundred, affectionately known as "The Horsey," is put on by the BCC to introduce people to the Bluegrass. And for those who already live in the area, it's a chance to meet other cyclists from the surrounding states.

The club has been putting on the annual Horsey Hundred for local and regional cyclists since 1973. The Horsey was chosen for the site of the nationally held GEAR event in 1985 and 1992. In most recent years, the Horsey has been held at Georgetown College during Memorial Day weekend, providing a good way to spend the weekend with family, friends, and new acquaintances. What better way to wrap up National Bike Month! The same holds this year, as the BCC puts on the event May 24-26, with early check-in starting on the 24th. Several routes of various lengths (30-100 miles) are offered with maps and cue sheets included in the check-in packet. It's always a good time-rain or shine. So if you haven't ridden a Horsey, do it this May!

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



Outspoken - March-April 2002

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

BCC Brevet Series

Johnny Bertrand

If you're planning for a go at Paris-Brest-Paris in 2003 or another 1200 km event in 2002, don't fret about extended travel to get to qualifying events. The BCC Brevet Series will meet your needs in your own back yard.

Any U.S. rider who has never done PBP should try to do two years of qualifying brevets or their equivalent to qualify for PBP 2003.

A full brevet series in 2003 is required for all PBP participants.

The BCC Brevet Series will be a full series in 2002 and 2003, i.e., a series of 200, 300, 400, and 600 km events. I'll be altering the routes slightly from those used in the past.

The full 600 KM route will be Lexington-Anneville-Lexington-Falmouth-Lexington. For the shorter distances, you'll slowly work your way out to Anneville in spurts via Goffs Corner, Vaughns Mill, and McKee.

The 300 and above will require a trip up Cob Hill on the return leg. This means a triple is mandatory for any but the most foolish or those who just like to walk in their bike shoes.

For 2002 the BCC events are scheduled as follows: 200, March 30; 300, April 27; 400, June 1; and 600, June 22.

For more details, a registration form, etc., please check the BCC web site's [brevets page](#).



Outspoken - March-April 2002

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

Archive Rides

Steve Royse

Johnny Bertrand, Jerry Crouch, Steve Royse, Gay Williams and Steve Wyatt have been planning remote rides for BCC. These rides have selected from the archives/memories of experienced club members; routes chosen for their scenic beauty, remoteness (yet access to stores) and overall cycling enjoyability. The terrain will be variable (as Central Kentucky terrain is), 60 to 90 miles.

The first ride will be in Garrard and Lincoln counties on April 6. We plan rides in Mercer, Fleming, Casey, Marion, Madison, Rockcastle, and other counties, as well as an overnight to Buckhorn State Park in Perry County (OK-not Central Kentucky) and back September 14-15 (100 miles each day) which will likely be a joint ride with the Mad Dogs of the Louisville Cycling Club. We have reserved two cottages there for overnight. Plan on it!

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



Outspoken - March-April 2002

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

A User Confesses

Bill Daniels

Okay...I did it. I confess. I did what Joyce and I were talking about two days before. I hit "Reply" to the club's listserv when I meant to answer to that one person only. I should be ashamed of myself and my actions. I am totally sorry for cluttering up people's e-mails with erroneous stuff that just doesn't pertain to them. I must apologize. I shall amend my ways.

(Okay. How was that, counselor? Was I sincere enough? I feel better now. And I'll keep my finger crossed so that I don't do it again.)

Rule #1 for listserv usage: Check the "To" address BEFORE replying personally to a general listserv e-mail. Then CHANGE IT from bgcycling-list to that specific person's e-address.

Rule #2: If you want people to personally answer your question in a general listserv e-mail to you specifically, include YOUR OWN e-mail address in the message.

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



Outspoken - March-April 2002

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

Monday Night Lexington Rides

Julie Harris

Due to the overwhelming success of last year's Monday night A rides, we will be continuing them this year. Starting in May, the club will offer A rides with a leader every Monday.

Each month, the leader and the location of the rides will change. If you would like to lead for a month or if you have any questions regarding these rides, please contact Julie Harris: (859) 272-2882 or e-mail marta@lex.infi.net

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



Outspoken - March-April 2002

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

Ask Uncle Tutu

Uncle Tutu

Uncle Tutu answers all your questions (okay, some of your questions) about bicycling and about life. Send your questions to Uncle Tutu c/o the newsletter editor.

Uncle Tutu, if I feel the bonk coming on, and I'm with a group, and I'm at the very back barely holding on, what should I do? Is it best to push myself a little harder to keep up, or should I save my energy and just hope the ride slows down eventually? And should I admit to anyone this is happening to me?

Admit it? NEVER. Better to die with honor than to admit a weakness. But seriously, folks, if you are on the verge of bonking, you've already blown it. The key to bonk-control is prevention, and prevention means getting those carbs down the hatch sooner rather than later. If you don't eat, you WILL bonk.

So if you can stomach it, put an energy beverage in one of your water bottles and sip it every 15 minutes. Or eat some HammerGel, GU, or similar substance every half hour. If it's a really long ride or race, stick half a pizza, a couple of corn dogs, or a big handful of potato wedges in your jersey pocket. And don't forget the Zebra Cakes!

Uncle Tutu, my feet go to sleep when I bike more than 30 miles. What can I do to stop it?

Ah, well, for feet, a bicycle ride is one of the most boring things imaginable. They're velcro'ed into those silly bicycle shoes, with nothing to do but spin round and round and round while your other body parts get to do fun things like shift gears and make friendly gestures at passing motorists.

That's why experienced riders entertain their feet to keep them from getting sleepy. Cut a hole in the toe of each shoe so your toes can peek out at the passing scenery. Try singing to them, or telling them jokes (just don't get too advanced-feet are on the simple side, but "knock-knock" jokes usually keep them chuckling).

Uncle Tutu, I've been wondering about winter training. Should I be like Lance and work on building my climbing skills and overall strength and practice on simulated race courses or actual race courses? Or should I just take it easy on the flats, eat bratwurst, pastries and drink Guinness like my other hero, Jan Ullrich?

That depends on your racing goals for the year. Are you planning to win the Tour de France this year, or are you just aiming for a podium spot in Paris? That's the big decision-once you've made your mind up about that, then your training plan should be pretty obvious. And why are you asking me, anyway-aren't you and Chris Carmichael talking these days?

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



Outspoken - March-April 2002

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

Honking Etiquette

Stan Betsworth

Was riding on the shoulder of US 60 the other day. A car in the right lane coming up behind me honked. Since I was five feet over from the edge of the road, surely they were not afraid that I would swerve into their path. So...was it a driver expressing a negative attitude towards bicyclists? Was it someone who recognized me and was saying "Hi?" Or maybe they were just saying "go for it." Anyway, it got me thinking...Is there such a thing as honking etiquette?

Personally, if I am driving past a cyclist that I want to acknowledge, I wait until I am past, then give two quick beeps. But who can say how that is interpreted by the rider? So I ask: Is there a standard that I just don't know about? How about sharing your opinion in the next newsletter? Thanks!

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



Outspoken - March-April 2002

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

Horsey Hundred: The Inside Track

Bill Daniels

Doug Wagner has taken the horse by the hair and is heading up another Horsey!

Bill Daniels is drawing up the Volunteer Schedule. Dave Elbon has taken control of the routing and mapping. Woodson Smith is heading up a crew to mark those routes. Ann and Jason Kazee have produced the flier information. Dave Scott is warming up his fingers to do the data entry. Aubin Adanick has designed yet another HH-shirt sensation. Dixie Moore is developing a descriptive route guide. And Steve Troyer is ready to start planning our menu.

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



Outspoken - March-April 2002

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

Weekday Ride Starting Points

Bill Daniels

Any changes/suggestions on where to start the weekday club rides?
We want to hear about them!

Is there talk of going back to having two start locations on some days in Lexington? Are people getting tired of the same ol'-same ol'? Does Lexington want to adapt a system similar to Frankfort's or vice versa? Did having all rides start at 6 p.m. help?

Things to think about for a good start location-adequate parking, easy access to good biking roads, variety, restrooms, traffic, etc.

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



Outspoken - March-April 2002

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

Bike Routes

Bill Daniels

Our first club meeting of the year gave members and non-members the chance to learn about Lexington-Fayette County's Greenway/Bikeway plan, presented by Keith Lovan, the Greenway Master Plan's project manager. The discussion focused on how the existing and future bikeways fit into the overall Greenway Plan, and what direction all this would take us. I, for one, was surprised to learn the extent to which the county's road system had been studied and categorized. The roads were marked on a wall-sized road map and were coded by traffic usage, feasibility, and safety, among other things, for future planned bike routes.

In our informal discussions after the presentation, the tourism aspect was brought up again as we were examining the map. It was mentioned that when visitors come to town, they want a place to ride. Well...this plan addresses that. There is an interest to develop actual routes through the city which would ideally be supported with maps and cue sheets. The current focus is to start from the center of downtown. These maps will not only benefit the tourist, but can, and should be used by the local residents themselves. And if the tourism angle can help improve our route charting system, while providing bike avenues for the cyclist, I think that would be a good thing for everyone.

The overall plan supports road enhancements that include, and respect the cyclist. It encourages developers to include bikeways into their master plans; and I think they have an opportunity here to break ground in more ways than one. This plan also helps provide the necessary cohesion among the different government and private entities of urban planning by providing a central, countywide plan.

Having a central focus is very important, so those in the Lexington-

Fayette County do not end up with disjointed routes, scattered throughout the county. The idea is to provide safe, viable routes, for example, to a park on the other side of town. This Greenway/Bikeway Plan will benefit local cyclists by providing safe and pleasurable routes to the surrounding rural areas without having to drive before you can ride.

So...to develop what the plan has to offer, we cyclists need to support the idea and the plan itself. One way to do that (now here's the catch) is to write/call your council representative and Mayor Pam Miller. You still have time to put your imprint on this plan before it goes to the Planning Commission for approval in early spring. There will be public hearings, so keep your eyes and ears open for actual dates.

So I ask you, send a letter or an e-mail, or call your council rep and the Mayor today to show that there is support. Show that it is important to consider and to include the bicycle in our community's development and planning policies. If you do not know who your council representative is, check <http://www.lfucg.com/Council> or call (859) 425-CALL (Lexington's help/info line) to find out. You can contact Mayor Miller at mayor@lfucg.com or (859) 258-3100 (Mayor's office).

Do your part. It's all for the good. It's a win-win situation for the cyclist and the community.

(The ideas expressed above do not necessarily reflect or represent the BCC or any other group mentioned above as a whole. It only represents the impression of one person who attended the meeting; and hopefully, it represents those who did not.)

ADDED INFO (taken from LFUCG's Web site):

The Division of Planning provides the overall growth management framework to guide and shape the community's growth and development. Division staff provides technical services and advice to the Urban County Planning Commission, which in turn advises the Urban County Council. The Division of Planning is involved in efforts to protect green space throughout Fayette county.

Activities include:

- Greenspace Commission
- Paris Pike Committee
- Greenway Coordinating Committee
- Rails To Trails

The Division of Planning provides the overall growth management framework to guide and shape the community's growth and development. Division staff provides technical services and advice to the Urban County Planning Commission, which in turn advises the Urban County Council.

Information about the Division of Planning can be obtained on-line at <http://www.lfucg.com/PlanDiv/>

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



Outspoken - March-April 2002

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

New and Renewing Club Members

Herb Goff

New members Lexington: Chris Grantlin, Marty Smith, Art Hellebusch; Paris: Byron Bell; Versailles: Nick Stanfield.

Renewals Lexington: Sharon Blount, Jan Kraal, Bill Stewart, Wes & Amy Prince, Susan Long, Jerry Crouch, Steve & Cheryl Wyatt, Dan Jordan, Will Warner, Dave Elbon; Florence: Glen Johnson; Corbin: Dan Geiger; Leavenworth, Kansas: Gregg Scircle (31 yrs); Ashland: Doug Riffe; Berea: Robin Reams and Ron Smolka; Cincinnati: Todd Williams; Versailles: Jeff Mullins; Georgetown: Johnny Bertrand; Frankfort: Dana Smith, Herb Goff, Woodson and April Smith.

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



Outspoken - March-April 2002

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

If You Move...

Be sure to let club secretary Herb Goff know your new address so you'll get your newsletter; they are not forwarded by the post office, and if BCC forwards them, it costs us extra postage.

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

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



Outspoken - March-April 2002

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

Copy Due Dates

- May-June Issue: Monday, April 1.
- July-August Issue: Saturday, June 1.

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

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



Outspoken - March-April 2002

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

Racing Info

Check the [racing pages](#) on the BCC web site for up-to-date race information, schedules, and results. Also check out area racing at <http://www.ohiovalleyracing.org/> or <http://www.truesport.com/>

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