



THE NEWSLETTER OF THE BLUEGRASS CYCLING CLUB

OUTSPOKEN

Volume 31 -- September-October 2002 -- Number 5

Contents

Club Notes

What Irks! by Bill Daniels

Club team shines in MS 150 by Byron Bell

Sigoglin Hill fall ride and cookout by Byron Bell

The Rally has a coördinator! by Bill Daniels

Ride Leaders!

Red River Rally 2002 by David Earle

For Sale

It takes two to tandem, baby!!! by Alan Mullins

Bluegrass State Games medalists by Woodson Smith

Tax update by President & Treasurer

Officer applications by Bill Daniels

New and renewing members by Herb Goff

Greenbrier River Trail by David Earle

BCC gets spooky! by Bill Daniels

Old Kentucky Home Tour by Bill Daniels

If You Move...

Copy Due Dates

Racing Info

Check your label!



Outspoken - September-October 2002

[<< PREVIOUS](#) [CONTENTS](#) [NEXT >>](#)

Club Notes

- 1) David Earle has volunteered to lead the Red River Rally, but he needs a couple of volunteers. See articles.
- 2) Plan to dress for all types of weather at the Red River Rally Oct. 13. Only \$5.00! Preregistration form **INSIDE!**
- 3) Halloween Ride: Versailles, 2 PM, Oct. 27. Dress up for the contest!
- 4) Our annual club banquet is planned for November 17. Look for details in the next newsletter!
- 5) Next general CLUB MEETING: Nov. 7, 7 PM. Officer candidate announcement, ballots; banquet award suggestions taken; accepting this year's biking photos for annual collage; general business.
- 6) Thanks to all who attended the BCC Picnic! It was a HOT one for sure, but we stayed "dry" at Adena Park while Lexington had a major downpour.
- 7) BCC club clothing is still available at great prices to club members! Shorts, jerseys and skinsuits are available, but not in all sizes. Contact Bill Daniels, wedaniels1@prodigy.net or 859 271-6001.

[<< PREVIOUS](#) [CONTENTS](#) [NEXT >>](#)



Outspoken - September-October 2002

[<< PREVIOUS](#) [CONTENTS](#) [NEXT >>](#)

What Irks!

Bill Daniels

"What irks?" Isn't that supposed to be "What up?"

Somethin's buggin' me, man. Can I speak the truth here? This IS the "Outspoken" right? I just want to say that there are some things about some riders that when riding in a group, like on a club ride, that well... ya know...that just bug the crap out of me. Some things just irk me, man! What can I say? And these things probably irk you, too (or at least I hope they do)! So let me just talk about a few of them here, okay? I'm not trying to be high-and-mighty and all that, because believe me, I have been caught doing a few of the things that actually irk me. And you have got to believe me as well when I tell you that I have been told, in various words I might add, that I shouldn't have done what I did or do. This is not to chastise those whose actions IRK ME, but to help them, as well as the rest of us, become better group riders.

Okay. For starters, when riding in a group, the law in Kentucky states that riding two abreast is legal. But riding three, four, and maybe five or more abreast on a public, open road is totally illegal and totally insane! Especially on blind hilltops and turns on country roads where you can't see oncoming traffic. And even on the flats, it's very difficult for following riders (and car drivers) to see what's ahead and around such a wide group. Granted yes, riding this way may be necessary in some instances and at certain times in a ride, but riding this way, consistently and repetitively, is totally unacceptable! A passing or an oncoming car, as well as your fellow cyclist, may kill those who are involved in this kind of riding-for being such a roadblock and a road hazard. So please, wake up and follow the two-abreast rule. Why? Because I think you may just want to be able to wake up and smell the roses for yet another day. And remember, your riding style affects the entire group, not just yourself.

This brings another style of riding to mind. When a car is "back," move over to the right! Do it for your own and the group's safety, if not out of common courtesy. You never know how close a passing car will come to your left side. So stop talking or daydreaming for a bit and move from the center of the road and over to the right! Everyone would be much happier if you did. So keep your ears tuned for cars and listen to your compatriots when they yell, "Car back!"

Did I just mention, "center of the road?" Isn't that where they often have that yellow line? Those yellow lines are not to be crossed, people! No matter how fast you're going down or up a hill or even on the flats, that yellow line is not to be crossed when tooling down the road. They're painted on the road for everyone's safety, man! Think of your own as well as the group's safety! If you had to make a quick "get-back-over-the-yellow-line" maneuver after crossing that center line, how would it affect the group you're riding with? It would probably cause havoc, not to mention people's eyes would bug! (This "no-crossie-the-centerline" rule also applies when there is not an actual yellow line to cross. As you know, all roads have a center that should not be crossed.) So just keep this in mind when you're tempted to cross that real or imaginary centerline-stay on your side, dude! (and you can tell the oncoming cars the same thing!)

Ever been up in front leading the pack? It's great to be riding up front with the pack right behind you, now isn't it? That feeling of "you're the leader." It's great! So when you're up front leading and feeling great, set a good example for those following. Don't take your hands off your handlebars to reach for the sky or to catch butterflies. I've seen it done and it scares the ba-gee-bees out of me, especially when I don't know the rider very well. Because when they sit up and reach/grab/whatever, they usually slow down and (gasp) start to coast. My thought is, what would happen to the group if that person suddenly swerved, or made some other erratic move. Those in back might think something bad's about to happen (like a little road pizza!) if people started to brake suddenly. When you're in a group, you like people to be predictable. The group likes you to be predictable and consistent. So be predictable and consistent when you're leading the way.

Talking about predictability and consistency when you're in the lead, please, please, please, keep a steady pace. We in the back do not like this slow-then-fast-then-slow-to-an-almost-crawl-on-a-hill business. If you want to lead but have trouble on hills at the pace-of-the-

moment, well then, train on getting better, move out of the way or drop back-thank you! And another thing... what's more bothersome than riding behind a "pedal-coast-pedal" rider? Pedal, pedal, pedal my man (or woman). It actually uses less energy! (unless you're drafting, but then if you were drafting, you wouldn't be leading now would you?) (Am I ranting and raving or what?? Sorry. Some of this I am passing on from what I've heard about group riding.)

Okay, here is something different. When you're in a car, and the light is red, what do ya do? You stop and wait for the green, right? Well, then do the same when you're on a bike! Especially when you're riding in traffic and where "you" (meaning the group, the peloton) are much more visible to the automobile population. It doesn't bode well with drivers when they see bike riders run red lights. I even hate it! When I'm in my truck and see a cyclist go through on a red, well you know what? It irks me! I mean really, do ya want to have respect on the road when you're in traffic or not? Do it for the greater cause, man! Always stop for red lights when you're in traffic. Take a lane if you need to, but follow the basic rules of the road!

So, to briefly recap my mini safety lecture:

- 1) Follow the two-abreast rule.
- 2) Move far to the right before cars pass.
- 3) Don't cross the centerline of a road.
- 4) Be predictable and consistent-especially when you're leading the peloton.
- 5) Stop for red lights.

And as a bonus to my lecture...practice safe riding. Wear a helmet. Ride smart. Enjoy yourselves!

[<< PREVIOUS](#) [CONTENTS](#) [NEXT >>](#)



Outspoken - September-October 2002

[<< PREVIOUS](#) [CONTENTS](#) [NEXT >>](#)

Club team shines in MS 150

Byron Bell

The results are in for the annual MS150 "Bike To The Bluegrass" event, which was held the weekend of June 8-9th. The BCC put a total of ten riders on the backroads between Louisville and Lexington on this hot weekend. Everyone reported that they had a good time while raising a huge amount of money for the National Multiple Sclerosis Society. The club pitched in by sponsoring the official four-person BCC team and making a generous "Mile Sponsor" pledge. Our thanks to the club officers for the help!

The official BCC team, consisting of captain John Skillman, Jeff Mullins, Susan Long and David Bishop, turned in \$2,765 - not bad for a bunch of rookies! They wore the club colors and completed the 75 mile ride early enough on Saturday to spend most of the afternoon wondering when the truck with their gear was going to show up in Frankfort. Oddly enough, nothing bizarre happened to Jeff on the ride, which was really unusual and a new experience for us all.

Three other BCC members who are alumni of many past 150's formed a second team, the "Chino Hills Re-Cyclers," namely myself and Tom and Bonnie Walters. We were joined by rookies Jessica Mayes and Darryl Tattrie, and three other non-club members. Stan Betsworth rode with a group representing the Manchester Center. Adding up all the donations for everyone associated with the club showed a total contribution of a whopping \$8,255, a truly outstanding effort by everyone! Rookie of the Year Darryl even managed to squeeze dollars out of Governor Patton and his daughter Nikki.

As usual I was the last one out of the parking lot at the start Saturday morning, after shepherding all the rookies along and getting around to the sunscreen. After about 35 miles I discovered that it's a good idea to get your tires properly inflated BEFORE you start riding, it's a lot

easier that way. Stan explained to some riders a little later that you should NOT put sunscreen on your forehead, as it make the sweat that gets in your eyes burn much more, but you should remember to put in on the tops of your legs. He was also quite proud of the paper towel and first aid tape sunburn shields he helped fashion for one poor soul's seriously sunburned legs later in the day.

This year's ride had about 180 participants from seven states, including riders who came from California and Colorado, not to mention the highly entertaining Iowa Hawkeyes. Over \$95,000 was raised for the charity during the event, and NMSS clients on hand along the route and at the finish line BBQ Sunday at Spindletop made it clear that the effort was appreciated.

There were a few black clouds - the very inappropriate, off-color comedian at the group dinner, and the loud music outside the hotel kept Tom up until midnight - but all in all it was a well run event that everyone seemed to enjoy. Hopefully we can get a few more of you club members interested in coming along next year so we can make an even better showing - I've got my sights set on a \$10,000 year next time. Wouldn't that be something to write about!

My sincere thanks to everyone who rode this year, and especially to those who made financial contributions. I'm grateful that the club helped sponsor this event by fielding a team, and that everyone did such an outstanding job helping out this charity.

[<< PREVIOUS](#) [CONTENTS](#) [NEXT >>](#)



Outspoken - September-October 2002

[<< PREVIOUS](#) [CONTENTS](#) [NEXT >>](#)

Sigoglin Hill fall ride and cookout

Byron Bell

On October 19, everyone is invited to come join Byron Bell and Jessica Mayes for the Sigoglin Hill Fall Ride and Cookout. This is our first year in the club, we haven't met everyone yet, and we were very disappointed that we couldn't make it to the official picnic in June. Sounds like the thing to do is hold a welcome wagon party!

First there will be scenic fall rides at the A/B1/B2 level, starting at 1pm from the Silas Baptist Church. To find the church, take Russell Cave Road north past Hwy 460, and turn left at the stop sign (Silas Road)-the church is 1 mile ahead on the right. After returning from your ride (or even if you're a slacker and just want to show up later), everyone is invited to head around the corner to our place on Collins Road and stop by for a cookout and social. The grill will be smokin', and we will be looking for lots of hands to help crank the ice cream maker. We may even carve some pumpkins and warm up some spiced apple cider.

Please plan on turning out and making our official introduction to the club a success. If you do plan to come for the cookout, we ask for an RSVP by Thurs. Oct. 17 so we can get adequately stocked up. We are looking forward to meeting lots more club members, and hope you will take the time to stop by and visit!

Questions or RSVP to Byron Bell (232-4538 wk), Jessica Mayes (232-6070 wk), home 987-3563, or e-mail to bvbell@lexmark.com

[<< PREVIOUS](#) [CONTENTS](#) [NEXT >>](#)



Outspoken - September-October 2002

[<< PREVIOUS](#) [CONTENTS](#) [NEXT >>](#)

The Rally has a coördinator!

Bill Daniels

I am pleased to announce that David Earle has stepped up to the line to chair the Red River Rally 2002. Thank you, David. I know you will enjoy planning the event. I believe this is one of David's favorite routes here in Kentucky, Earlier this year, he led a weekend ride following the same route as the Red River Rally takes this October.

The RRR is being held once again on the second Sunday in October - that's October 13. If you want to pre-register, a form can be found in this newsletter or printed off from our website, just look under the [Red River Rally](#) heading. If you have questions about the event please contact David Earle at dearle@iwebworks.com, 859 268-0761 or check the club's site www.bgcycling.org/rrr/. If you would like to volunteer, please contact David. He will need 3 or 4 people to help, so email/call him soon.

See the ride schedule for more information.

[<< PREVIOUS](#) [CONTENTS](#) [NEXT >>](#)



Outspoken - September-October 2002

[<< PREVIOUS](#) [CONTENTS](#) [NEXT >>](#)

Ride Leaders!

Ride Leaders! Weeknight leaders! Remember to turn in the Ride Sign-up sheets that you might be holding onto to Dave Scott. Call 859 224-8967 or e-mail dave_scott@georgetowncollege.edu for address.

[<< PREVIOUS](#) [CONTENTS](#) [NEXT >>](#)



Outspoken - September-October 2002

[<< PREVIOUS](#) [CONTENTS](#) [NEXT >>](#)

Red River Rally 2002

David Earle

Join us for the 31st annual celebration of the fall season in the Red River Gorge! We invite you to ride the valley of the Red River, climb the old logging road up to Nada Tunnel, ride past wonders of Nature such as Raven Rock, Chimney Top, Tower Rock then you'll test yourself with the short but challenging climb up to the rest stop at Sky Bridge. After a rest, ride through the Red River Gorge Geological Area to Pine Ridge and Rogers. Finish the 38-mile moderately hilly loop back to Natural Bridge State Resort Park by continuing on to Zachariah and Torrent Falls, or take the hilly 65-mile loop over Big Andy Ridge to Beattyville and then north to Natural Bridge.

The weather has played havoc with cyclists over the past 3 or 4 Red River Rallies with freezing cold or big green and yellow blobs on the weather radar screens. The law of averages is on our side for 2002, so we hope to see you on this ride. I remember some RRRs with exceptionally beautiful fall weather, and that's what we plan on having this year!

This year we are going to do the snacks/food a little differently than in the past. Since few folks are really hungry after 17 miles of riding at Sky Bridge, we will have only water and maybe a few snacks there...but strongly suggest that all riders take a breather after that climb. We will instead have burgers and hot dogs (from the Horsey Hundred no doubt!) at a cookout at the Sky Lift Picnic Shelter from 1:00 p.m. until the last riders get in from the 65-mile loop. Non-riding family members can join us for the cookout for a small additional fee.

This year's RRR will be on Sunday, October 13, 2002, starting at 10:00 a.m. You can pre-register for \$5.00 (postmarked by Sept. 28) using the form below, or register on the day of the ride for \$7.00.

Registration begins at 8:30 a.m. at Shelter #2 at the Sky Lift Parking Lot in Natural Bridge State Resort Park at Slade, Kentucky. To get to Natural Bridge, from Lexington take I-64 east to the Mountain Parkway. Follow the parkway 33 miles to the Slade exit, proceed two miles south to Natural Bridge via KY 11. For further information, check the BCC website at www.bgcycling.org and link to "Red River Rally;" or contact David Earle at 859 268-0791 (dearle@iwebworks.com) or Bill Daniels at 859 271-6001 (wedaniels1@prodigy.net). We will soon be calling for a few volunteers to help with this ride!

[<< PREVIOUS](#) [CONTENTS](#) [NEXT >>](#)



Outspoken - September-October 2002

[<< PREVIOUS](#) [CONTENTS](#) [NEXT >>](#)

For Sale

FOR SALE: Trek 1220 road bike. 58 cm. Aluminum frame, RSX triple components. Excellent condition. \$350. Call Alan Mullins 502 695-2534, alanmull@bellsouth.net.

FOR SALE: 56 cm Trek 470 Fast Track, RSX components, new Mavic CXP21 wheels & IRC Paperlite Plus tires. 7 speed, Cro-Moly frame. \$225. Contact Stan 502 695-4747 or stebnats@msn.com.

[<< PREVIOUS](#) [CONTENTS](#) [NEXT >>](#)



Outspoken - September-October 2002

[<< PREVIOUS](#) [CONTENTS](#) [NEXT >>](#)

It takes two to tandem, baby!!!

Alan Mullins

Jack and Pat Deacon have been getting together a list of tandem cyclists in the Lexington area. The list is growing surprising long, with upwards of 20 teams and growing. If you ride a tandem and haven't given your name to Jack, you can e-mail him at j.a.deacon@att.net Jack will be sending a revised list to everyone who's responded, shortly.

The short-term goals are to make everyone aware of each other and subsequently, getting together for rides and social activities. Therefore, Jack and Pat are graciously hosting a ride and a picnic afterwards on Sept. 14. It should be a great time for everyone to meet and have a good time. Please RSVP to Jack and Pat if you plan to attend. See the ride schedule for more details.

Jeanna and I had hoped to lead an October ride to Shakertown for an overnight stay, but October seems to be a busy time and rooms were not available. Therefore, we'll lead a ride from Frankfort through Versailles, with a stop in Midway for Sunday brunch at the Bistro La Belle. Please RSVP so that we can make reservations at the restaurant. Details may be found on the ride schedule.

Long-term ideas include more formally organizing the group and offering more rides and rallies. But, the winter will allow more time for that. Let's just enjoy the fall rides for now!

[<< PREVIOUS](#) [CONTENTS](#) [NEXT >>](#)



Outspoken - September-October 2002

[<< PREVIOUS](#) [CONTENTS](#) [NEXT >>](#)

Bluegrass State Games medalists

Woodson Smith

BCC members who won medals at the Bluegrass State Games criterium in Danville on July 28 were:

Citizens men, 30-39: Mark Alsip, bronze

Citizens men, 50+: Harry Ryan, silver

USCF women: Marilynn Hartman, gold; Amy Prince, silver; Dorothy Kern, bronze

USCF senior men cat. 3, 4, 5, 35+: Woodson Smith, silver; Harry Wicks, bronze

USCF senior men cat. 1, 2, 3: Royden Kern, gold; Bill Hall, silver.

[<< PREVIOUS](#) [CONTENTS](#) [NEXT >>](#)



Outspoken - September-October 2002

[<< PREVIOUS](#) [CONTENTS](#) [NEXT >>](#)

Tax update

President & Treasurer

In the last newsletter we mentioned that the club had received a letter from the IRS stating that we may owe penalties for not reporting our earning/expenditures and that we (the BCC) had hired a tax accountant to look into this situation. The BCC has furnished our accountant with the necessary figures and legal documents as requested so far. The BCC is waiting for a reply and has been told that this is a very busy time with quarterlies for other, larger corporations.

We will continue to update you when we know more on what the BCC will have to do to put this situation to bed.

[<< PREVIOUS](#) [CONTENTS](#) [NEXT >>](#)



Outspoken - September-October 2002

[<< PREVIOUS](#) [CONTENTS](#) [NEXT >>](#)

Officer applications

Bill Daniels

Who wants to be an officer? Who wants to help direct the club in its time of growth? Those are the basic questions of the Nominating Committee.

I know several club members have been wondering how has the campaign for next year's officers been going so far. Well, let me tell you. The Application Office for our 2003 BCC Officer Campaign has not been very busy as of yet. The phones have been rather quiet lately and it hasn't had too many other type of inquiries concerning the "officership" of the BCC.

So this means that the recruiting officers will be flexing their muscles by getting on the horn to make a few calls. The recruiters will be calling from unmarked phones, so as to by-pass Call Block and Caller ID. They are also not affected by the new Kentucky bill that affects solicitations over the phone. The callers are not asking for money. They are just asking for your time and inspiration. So if a recruiter calls, please listen and consider what he/she has to say before making your final decision. But it would be so much nicer if people started to call and inquire about the club's main offices. The general elections will be in November.

[<< PREVIOUS](#) [CONTENTS](#) [NEXT >>](#)



Outspoken - September-October 2002

[<< PREVIOUS](#) [CONTENTS](#) [NEXT >>](#)

New and renewing members

Herb Goff

NEW

Paris
Layton Register

Midway
Sam Conder (Adele, David, & Chase)

Lexington
Tracy Becknell
Fe Myers & Julie Tilley
John Vandenberg
Wayne Thompson
Tom Benton
Greg Elam (and Elizabeth and Gregory II)
Mark Fisher
Wendy Meyer
Joni Kling
Eric Headley
David Hall
George Dunn
Debbie Wakeman
Matt Wheeler
Jared Combs
David Shattuck
Mike Foster

Stamping Ground
Don Sheehan, Amy Sheehan, & Corey Sheehan

Erlanger
Ron Colwell

Frankfort
Bill Blackburn
John Abell (Teresa, Neil, Ben, & David)

Georgetown
David Keown (and Teri, Samantha, and Alicia)
Jason Thatcher
Sherry Grant
Brian Krinock

Versailles
Dave Bishop
Janene Burke
Jill Shuler

RENEWAL

Lexington
Barron Meek
Jennifer & Jeff Acklen
Doc McCormick
Dana Manning
Roger Penrod
Derek Brooks
Carol Cramer
Matt and Mary Beth MacBeth
Sharon and Devin Brown
Joyce Fogleman
Dave Martin
Bill Sanborn & Lynn Cockecham
Christoph Uhlenbruch
Marianne Long
Susan Bradley-Cox

Stamping Ground
Steve Pierce

Bagdad
Morgan Jones

Frankfort
Tom Hellmann
Melanie Bailey
Gene Brown

Georgetown
Mary Smith
Troy Martin

Winchester
Rich Jenks

Charlottesville, Va.
Warren Groves

College Corner, Ohio
Anne McDonald

Greenup, Ky.
Delmar Barker

[<< PREVIOUS](#) [CONTENTS](#) [NEXT >>](#)



Outspoken - September-October 2002

[<< PREVIOUS](#) [CONTENTS](#) [NEXT >>](#)

Greenbrier River Trail

David Earle

On a weekend in mid-July, I met a friend from Pittsburgh and we rode the Greenbrier River Trail in eastern West Virginia. This 77-mile rail-trail runs north-south between Cass and North Caldwell (near Lewisburg). As with most rail-trails, the GRT is almost flat, averaging less than 1 degree downgrade north to south. The trail is 2-track, mostly hard-packed gravel and dirt, and is well-maintained by the West Virginia State Parks. Campsites, drinking water, and toilet facilities are available at several locations along the trail.

In spite of almost constant rain over the two-day trip, we had a blast. Seemed that it started raining just as we got to the trailhead at Cass, and the clouds began clearing only as we neared the end of the trail the next day. The weather just added to the "ordeal." The trail follows the ultra-beautiful Greenbrier River, crosses 34 bridges, and passes through two tunnels. It is routed through the Marlinton and a few other small towns.

Mountain bikes and knobby tires are recommended, but a hybrid would be adequate. It's probably best to take 2 days to ride the trail, so you can enjoy the river and mountains and not get in a big rush to finish. There's convenient bed & breakfast lodging just off the trail near the mid-point.

If you're interested in more information on this excellent rail-trail, go to www.greenbrierrivertrail.com. Other than the campsites along the trail, lodging near the mid-point is at the Current Bed & Breakfast, for info. go to www.currentbnb.com (304 653-4722)-and yes, they have a hot tub. An excellent dinner is available there for an additional cost. Several outfitters provide shuttle services to the north end of the trail. One shuttle service we talked with was Appalachian Sports in

Marlinton, WV, their website is at www.appsport.com (304 799-4050).

Enjoy the ride!

[<< PREVIOUS](#) [CONTENTS](#) [NEXT >>](#)



Outspoken - September-October 2002

[<< PREVIOUS](#) [CONTENTS](#) [NEXT >>](#)

BCC gets spooky!

Bill Daniels

Get spooky BCC! Or are we all weddie "wheel spokey?" Hmmm.....
Do I hear a "Boooo?"

Now that's the spirit! The Halloween Ride will kick off on Sunday, Oct. 27 at 2 p.m. Wear a costume to scare and terrorize the locals in and around Versailles. Meet at Mickey Deeee's (really?) at the fore mentioned witching hour for one, spooky ride. (Actually there will be two routes, but that's the trick-witch is the real route! Treats will come later for those lucky enough to finish.)

There will be a gruesome, blood-curdling contest to see who has the "best" costume...aaah, ha, ha, ha, haa! And beware you lost, wondering souls, this will be your last chance to grab those titillating yet knurly, grubby, bone-chilling club miles. Dress for the occasion... rain...or moonshine. Eeeehehehe! Check ride schedule if you dare, for more...deadly details.

[<< PREVIOUS](#) [CONTENTS](#) [NEXT >>](#)



Outspoken - September-October 2002

[<< PREVIOUS](#) [CONTENTS](#) [NEXT >>](#)

Old Kentucky Home Tour

Bill Daniels

It's time for the Old Kentucky Home Tour! Sept. 7-8 are the dates, and the Louisville Bicycle Club is once again providing a 55, 70 mile along with the century and a one day 25-mile route. New for this year is a 100-mile time-trial race sanctioned by USA Cycling. Check the LBC's website for more info www.okht.org.

You may have heard this, but this is a great ride with fantastic, if not festive, rest stops. And from personal experience, I can say that the century is a wonderful and challenging route with beautiful ridge-top views and of course they have thrown in "just a few" hills for good measure. You get a little bit of city with a whole lot of country. Then there is the famous cookie rest stop; I never saw so many fresh baked cookies and the variety...wow!

If you have never ridden the OKHT, you are definitely missing out on a wonderful biking weekend. For your overnight stay in Bardstown, you can camp (tent) or stay in one of the several hotel/motels in the Bardstown area. And again, I must say their rest stops have been pretty cool in the past with the different forms of music at each stop. So check it out! And as if you need another reason to go...it's so close you can leave in the morning and get there before the ride starts.

[<< PREVIOUS](#) [CONTENTS](#) [NEXT >>](#)



Outspoken - September-October 2002

[<< PREVIOUS](#) [CONTENTS](#) [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: hgofts@aol.com or send a change of address card to the club address: BCC, P.O. Box 1397, Lexington, KY 40588-1397.

[<< PREVIOUS](#) [CONTENTS](#) [NEXT >>](#)



Outspoken - September-October 2002

[<< PREVIOUS](#) [CONTENTS](#) [NEXT >>](#)

Copy Due Dates

- Nov.-Dec. Issue: Tues., Oct. 1.
- Jan-Feb. Issue: Sun., Dec. 1

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

[<< PREVIOUS](#) [CONTENTS](#) [NEXT >>](#)



Outspoken - September-October 2002

[<< PREVIOUS](#) [CONTENTS](#) [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/>

[<< PREVIOUS](#) [CONTENTS](#) [NEXT >>](#)



Outspoken - September-October 2002

[<< PREVIOUS](#) [CONTENTS](#) [NEXT >>](#)

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 included in this newsletter, or with the form on the Web site.

[<< PREVIOUS](#) [CONTENTS](#) [NEXT >>](#)
