



THE NEWSLETTER OF THE BLUEGRASS CYCLING CLUB

OUTSPOKEN

Volume 32 -- January-February 2003 -- Number 1

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Madame President speaks out

Clarissa Spawn

Hi folks! For those of you that don't know it yet, I am the new club president. How did this happen?! One minute I was gleefully looking forward to the end of my term as treasurer. The next minute I was offering to take the job of president if Bill couldn't find a replacement AND if he would agree to take the Horsey Hundred.

Well, that's not quite true, I was offering up Alex. Anyway, my Lutheran upbringing got the better of me, Bill volunteered to run the Horsey Hundred (yeah, I got that in print!) and here I am, an officer for another two years.

Or maybe that's just horse doody. Maybe deep in my heart I relish the power and prestige associated with this position! As they were ripping the club check book from my hands, I grasped at whatever I could find that would ensure another two years in power. Don't forget, that's "Madame President." Okay, the confession's been made, let's get down to business. These are the things that I would like the club to focus on for the next two years.

Advocacy

Before I jumped at the chance to be president, I had hoped that with my time freed up from the treasurer position I could serve the club by finding ways in which BCC could be advocates for cycling in the Bluegrass area. This is something that's been discussed at many of the monthly meetings, but no one has been able to commit the time to it.

A strong organized presence is important when it comes time for government to commit money to bike lanes and paths. If local residents recognize the contributions we make to the community, we

can hope they will treat us better on the road. Apparently BCC did more of this in the past, and many of us hope to revive it. I hope some of you have ideas of ways we can get more involved in our community in a cycling-related way and will be willing to put in the work required to make it happen. Let me know.

More volunteers

One of the major contributions that I believe Bill made to this club was the identification of a wide variety of tasks that need to be accomplished in order to have the kind of club we all want. And he worked his butt off getting these things done. Frankly I am not willing to donate the amount of time to this position as Bill was. Obviously not many people are, or finding a replacement president wouldn't have been so difficult.

Without more volunteers it won't be possible to maintain the level of club activities that we all currently enjoy. It's embarrassing to ask the same people for help over and over again.

In order to encourage more people to volunteer I am hoping that we can: break some of our activities into smaller tasks, requiring less time commitments from everyone (including officers); increase the number of officers (for example, add officers responsible for advocacy or volunteers); and provide incentives for volunteering (such as club mileage credit for volunteer hours).

Better attendance at club meetings

For the last two years we have discussed, at club meetings, the low attendance. Well, I'm as guilty as anyone for not attending-hey, I joined the club to ride, not sit around and talk. Now that I'm president, and I suspect attending club meetings is one of my responsibilities, I want to make it worth my time to be there. I want to make it worth your time too.

Morgan and I have been discussing suggestions made by club members as to ways to motivate more members to attend meetings. Suggestions include: reduce meetings to one every two months; meet at a restaurant; keep club business down to 15-30 minutes; have guest speakers; and have a swap meet. Please post more ideas to the listserv or send one of us an e-mail.

That's it for now. Happy trails.

-- Clarissa

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Bluegrass Cycling Club

OFFICERS

President	Clarissa Spawn	tandemcs@kih.net
Vice President	Morgan McIlwain	(859) 223-4073 mmcilwain@m2adesign.com
Secretary	Herb Goff	(502) 223-1474 hgoffs@aol.com
Treasurer	Dorothy Kern	(859) 264-7437 dkern@parker.com

COMMITTEES

Touring	Alan Mullins	(502) 695-2534 alanmull@bellsouth.net
Racing	Fred Steinbrecher	(502) 695-4468 fsteinb@mis.net
Horsey Hundred	Doug Wagner Bill Daniels	horsey@bgcycling.org
Time Trials	Dan Morris	sbrldam@aol.com
Red River Rally	David Earle	
Statistician	Jason Kazee	jasonfkazee@hotmail.com
Newsletter	Woodson Smith	(502) 418-4787 jwsmith@plangraphics.com

The Bluegrass Cycling Club is affiliated with the League of American Bicyclists, the United States Cycling Federation, the Rails to Trails Conservancy, the National Off-Road Bicycle Association, the Adventure Cycling Association, the International Mountain Bicycling Association and the Randonneurs Mondiaux.

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Clays Mill update

Clarissa Spawn

I'm sure you've heard by now that the City Council voted to accept the three lanes plus bike lanes plan and proceed into the planning phase of widening Clays Mill Road. Between club members and local cycling advocates, we presented a strong presence at the meeting. Pam Miller alternated speakers pro and con, and we definitely outnumbered those against the proposal to widen Clays Mill to three auto lanes and two bike lanes.

The amazing thing was that the debate would come down to whether or not there should be bike lanes. Instead of complaining about the evils of the development driving the widening, or the devil that decided to make Clays Mill one of the roads extending beyond New Circle, the focus came down to the selfish cyclists wanting that extra asphalt. Unfortunately, the decision over whether or not bike lanes should exist was the only one left open to debate.

We must continue to make our presence known by continuing to attend council meetings and planning meetings, communicate with the great people in our city working on green spaces and trails, and communicate with other club members when relevant public forums come up. Hopefully if we continue to push, bike lanes will one day be above debate.

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Fundraiser for juvenile diabetes

Clarissa Spawn

The Juvenile Diabetes Research Foundation is planning a fundraising 100-mile bike ride through Monterey, Calif., in May 2003. I was contacted by Lisa Hines, the local special-events coordinator. She hopes that local club members will consider this event. Over the last two years we sponsored members who participated in the local MS "Bike to the Bluegrass" event, the Leukemia & Lymphoma Society ride in Florida, and the Push America-Journey of Hope ride. This event will probably qualify for some level of club sponsorship, besides being a worthwhile ride in a great location.

So, if you think you might be interested, please contact Lisa Hines at lhines@jdrf.org or by telephone at (502) 485-9397 or toll-free 1-866-485-9397. There is also a web site, ride.jdrf.org.

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New Year's Day Ride!!!

Alan Mullins

What better way to start the New Year, but on a bike!! A brisk ride will also help clear any toxins from your body that were induced on New Year's Eve! As always, it will begin in Frankfort at the Paul Sawyer Gallery on US 60. Start time will be 1:00pm.

Two or three mileage options will be available based on weather. So come on out. No matter how far you ride, you can say you did a ride on New Years Day!!!

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Winter survival

Laurie Brandt Hauptman

Riding a bike in the wintertime can be exhilarating and a great way to enjoy the unique beauty of winter, or it can be a miserable experience that causes you to quickly abandon your bike and take up skiing. If you've never experienced riding a mountain bike on a quiet snow-packed road, you've missed something incredible.

Here are some suggestions for making your cold weather riding an enjoyable and repeatable experience. Sometimes it takes a lot of trial and error to learn how to be prepared for winter sports. If you're comfortable you'll do the activity, but if you're cold it's not much fun. So proper clothing is the key to winter fun. The most important clothing suggestion is to dress in layers. High tech fabrics have come a long way towards protecting us from the elements. Basically choose a thin synthetic fabric that wicks moisture as the first layer. Don't use cotton underwear, t-shirts or flannel as a first layer. Next use a thicker layer for insulation, such as a fleece vest or long sleeve top. Top off the above with an outer layer that is wind and waterproof as well as breathable.

Another great thing about layers is that you can regulate your body temperature easily by taking off or putting on a layer. They also compact nicely so you can carry additional layers without increasing much weight or bulk and you can wear the same clothing for other winter sports. Don't forget insulated gloves, ear warmers, and wool socks.

Drink plenty of fluids before, during and after outdoor activities. Force yourself to drink every 15 minutes while exercising. Winter air is cold and dry, thus having a dehydrating effect. A dehydrated body doesn't exercise very well, and is more susceptible to hypothermia. Carry an insulated water bottle or use a bladder system with an

insulated delivery tube.

Following the above suggestions will keep you comfortable, fit and add another memorable dimension to your cycling experiences.

Taken from the Colorado Plateau Mountain Bike Trail Association

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Banquet report, plus farewell thoughts from Mr. Ex-prez

Bill "the Ex-Prez" Daniels

Banquet 2002 went off without a hitch. I saw several people who returned for yet another fun evening as well as many new faces in the crowd-that is good to see. So...now that it is all over with and I have found my brain, which I believe I lost sometime before the night started, I'd like to say a few things that I didn't say during that evening.

The year 2002 was a strange one for me riding-wise, with my "on again, off again, and still off?" riding style. But it seemed like a very good year for the club. We had over 200 people riding in the 113 different leveled club weekend rides provided. This does not even come close to the total number of rides provided, since this number does not take in account all the weekday rides. It also seems as if we had a good number of new types of rides that were made available to our riders. Three types of rides that I'd like to point out here are the Tandem Rides, the Archive Rides and the Two-day Trips. It was good to see the tandem riders in the club come together by not only doubling up on a bike but by hooking up for joint rides. They held their "own" rides where they actually had the nerve to invite the "singles" to tag along! This group will definitely continue on into next year and I'd like to see their numbers grow. So develop more rides together and have a great time! Then there were the Archive rides and leaders! They rode over routes that were resurrected from their personal files of old club rides which they used to do and loved. The leaders of these groups, usually small in number, led excellent rides and took riders off their normal beat. I think some members thought you had to actually be an archive member to do the ride, but they were, and still are, for everyone in the club. So maybe next year, we can give those Archive leaders a bit more company! We also had two-day trips with "sleep-overs"-people riding to a destination,

staying the night, then riding back the following morning. These one-night sleep-overs were something I had not seen in the club prior to this. Well...not as a planned club event, anyway.

The banquet awards segment started off with the recognition of three BCC members for their service and dedication to the club. Johnny Bertrand, though absent, was thanked for his year after year involvement with the brevet series, for his continual help leading rides (with or without maps), for being on past committees, for always helping during the Horsey Hundred and for his advice, insight, and ability to see through bull-crap. He has truly been a lifelong contributing member to the club. Thank you Johnny Bertrand!

Another dedicated club member was acknowledged for his relentless dedication not to the brevets (though he rides several of them) but to the racing division of our club. This person, if you haven't guessed, would be Fred Steinbrecher. Fred puts in a ton of effort not only into our club, whether it be road, mountain, or 'cross racing, but also in the coordination of the Bluegrass State Games racing event. His volunteerism and dedication to the sport is greatly appreciated by the club; by the officers especially. Fred also got a little ribbing about his...well, how should I say...his continual discussion of the "who, how, and what for" of things. (I would like to add that part of his awards was a roll of Roloids, which hopefully will tame his somewhat of a bellyache. We love ya Fred, and thank you for what you do!).

The third member highlighted was Doug Wagner, for his willingness and contribution to the Horsey Hundred. (And Doug, if you want yours, well...come to the first HH 2003 meeting, bud!)

Something that I'd like to mention to those who missed the banquet is that we had two people in the club lead seven weekend rides: Nancy Moore and Steve Royse. That's terrific! We had a five-way tie for those who led five rides! Most, I'm sure, volunteered without being threatened. I think we had several people leading rides who had never led before and those who had not led in years. Once you have led a ride, you realize it's actually sort of fun!

I'd also like to reiterate that it was great to see a women's racing team develop and go the full distance! Way to go, ladies! Also, we saw a

few more recumbent riders come out this year. These bikes seem weird only because we are not used to seeing them, ya think? But the people who ride them swear they provide a comfortable ride, and we as a club should welcome them. I know that after the Halloween ride, it was fun listening to Bud's enthusiasm about his recumbent. I'm sure we'll be seeing him on it, or some other type of bike he's built, in 2003. Fun stuff!

In leaving office, I need to mention and express my true thanks to the officers and committee heads with whom I've worked with in the last two years. You all have made my time as president much more enjoyable and I can truly say, "fun." We'd always get in these discussions of what we'd like to see the club do-some of which we accomplished, others not. But all in all, thank you for working with me. I've enjoyed the time working with you. I personally feel that we brought a sense of togetherness to the club, which I believe will continue into 2003. So my thanks go to you: Doug, Clarissa, Herb, and Woodson, as well as Fred, Nancy, Julie, Alan, Dave, Ryan, Johnna, Bena, David, and Dan.

One point of concern that I would like to mention, is that I think our accident rate for the year was a little on the high side. It just seems that we heard about more mishaps than normal. So this should be an incentive to provide and to reinforce safety in our riding. I know, as we try harder in our endeavors to improve, things will happen, but I think some incidents could have been prevented by stressing safety a bit more through our communications.

After all the other awards were handed out with very entertaining commentary, I, the exiting president, presented the officers of 2003 to the membership. Well, I presented most of the officers, as at that point we did not have a president-elect. But for the positions which were filled, I had those officers come to the front, to be knighted (with a bike pump) as BCC officers. They graciously, with some encouragement and/or threats of knee-bashing, knelt and accepted their responsibilities with courage. And as they knelt, they were given their dog-tags-proof, to their enrollment into the officership of the BCC. (See related articles for officers and awards.)

Many thanks go to Clarissa Spawn for doing a large part of the award/gift shopping (I really appreciate that), to Tim Terry for doing a great job as MC, to Alan and Jeanna Mullins for greeting and registering those who attended, and of course thanks to those who helped with

the award suggestions. Thank you! You all made it a rewarding evening. The gifts I received were perfect! The hiking book was one that I had wanted and the certificate will be used for some needed hiking boots. (Now that I think of it, were you all telling me to "take a hike!"? Ha!) And the bubbly is welcomed. And before I wrap it up, I'd like to say thanks to you, the membership, for participating in club rides and for volunteering your time in supporting of our club sponsored events.

Have a wonderful winter and I'll see you in the spring if not before. Happy New Year to you all! (He, hee! I'm DONE!!).

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Banquet awards: The official list

Bill Daniels

Ride Leader Leader: tie with seven rides- Nancy Moore, Steve Royse

#1 in Miles: Dave Scott (2,832)

The 2,002-Mile Club: Dave Scott, David Earle, Joyce Fogleman, Morgan McIlwain, Steve Royse, Dan Jordan, and John Skillman who just squeaked in with 2,003 miles.

Least in Club Miles: Dave Elbon (55)- had to be present to "win"

Rookies of the Year: Cathy Hill / Brian Pelletier

Most-Improved Veterans: Joyce Fogleman / John Skillman

Best Ride: Steve Royse's Mercer County ride from Shakertown

Hottest Ride: Nancy Moore's 10 a.m. ride in JULY

Rained Out!: Mark Medley / Byron Bell

Entertainer of the Year: Here is a hint: e-mail (listserv)

Foot-in-Mouth: Same hint as above, but different person

Tough Guy: David Farmer

King of the Dogs: Mike Wood/Mark Medley

Best Late Excuse: Roman Anderlich and Jenny Ziegler (now married)

Wedding Congrats: Roman/Jenny, Charlie/Kathleen Gregg, Doug/
Melanie Bailey-Riffe, Jim/Charlotte Johnson

Crash Victims: Helga Yates/David Moore (glad you two survived!)

Most Flats: David Earle

Dog Catcher/Best Balancing Act: Jeff Mullins

Tortoise/Hare Syndrome: Jim Hilke

Most Spectacular Crash without Serious Injury: Alex Meade

Largest Club Ride: David Farmer, Joyce Fogleman, Nick Stanfield
(56 riders)

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Apology required (?)

Bill Daniels

Hello BCC members. I feel I may or not owe you an apology. The picking of our club officers this year was, you might say, more by "selection" than by general "election." But I guess my need to apologize depends on how involved or how interested you are in "club politics." I know I was "up on a stump" in recent newsletters asking you to vote in our election of officers for 2003. But then what happened? I gave you no opportunity to vote at all! I am truly sorry about that. I was really hoping we could get at least two people to run for the top two positions in the club, president and vice-president. That would have given you the opportunity to choose your leaders. But as you know, the vote never came about. But good came out of our "se-election." We now have people in office who have accepted their position or who came forward...WILLINGLY! I'm thankful for that. The four new officers are, in my opinion, definitely capable and willing to carrying out the club's structural business and deserve our thanks for taking on the responsibility. And I truly want to thank those who considered holding an office for 2003, as well.

Support our new officers with your ideas, energy, participation, and, of course, your willingness to contribute to what you think is important. Support your club with action and dedication for what you think is vital to furthering the cycling cause in the Bluegrass. It is what brings us together and gives us satisfaction, sharing in a sport and recreation we so love to do.

Then, on the other hand (getting back to the apology thing...), if you are not at all interested in the club's "political" process and were not terribly upset to miss the opportunity to vote, you can thank me for not putting you through another election...and for saving a few postage-bucks. But either way, whether you're interested in the process or not, support the outcome. They are great people who are

ready to carry on! So carry on, oh you mighty club warriors!

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2003 officers have been selected!

Bill Daniels

You can now start addressing the following people as follows:

Clarissa Spawn: Madame President (thank her for stepping up!)

Morgan McIlwain: Mr. Vice President, sir

Dorothy Kern: Ms. Treasurer of the BCC

Herb Goff: You Two-timer Secretary you

Alan Mullins: Captain Tour

Fred Steinbrecher: Racing Master

Doug Wagner/Bill Daniels: Crazy HH'ers

Dan Morris: Time Stripper

David Earle: Rock-n-Ride Rally'er

Jason Kaze: Mr. I-wanna-have-the-big-Stats

Woodson Smith: Editor in Chief

Congratulations to you all! I sense a slight change of the winds...and it feels sooo good! Clarissa will be an excellent president and has a great crew riding with her. Things may be different, as Madame President has a different managing style than I, and that will be a good thing. So saddle up and get ready to roll! It's going to be a fun

year!

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Chain-wear check

So you've been riding with the same chain for ages, and wonder if it's time for a replacement.

There are several ways to ID a worn chain, Here's the best! First, shift onto the large chainring. Kneel at the right side of the bike.

Using a 12-inch ruler, hold it along the bottom run of chain (between the lower derailleur pulley and chainring). Put the ruler's first mark on the center of any link pin. Then look at the 12-inch mark. On a new chain, that mark will also be on the center of a pin. If the mark falls short of a pin, the chain is somewhat worn. If it's 1/8 inch or more short, it's so worn that it should be replaced. Remember, milking more miles out of a shot chain is a sure way to make the chainrings and cogs wear faster. That gets expensive.

From RoadBikeRider.com

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BCC clothing sale!

SHORTS: BCC shorts will be sold at a \$5 DISCOUNT during the month of January! That's a great bargain at ONLY \$21 per pair! Smalls to XL's are available!

JERSEYS: Only \$25 for a short-sleeved BCC jersey and \$27 for the long sleeved.

Sizes available as of 12/01/02:

Men's SHORT sleeve: Sm - 2; XL - 5

Men's LONG sleeve: L - 3; XL - 5; XXL - 3

Women's SHORT sleeve: Sm - 3; M -1; XL - 2;

Women's LONG sleeve: M - 5; L - 8

SKINSUITS: \$57 will put you in a BCC aerodynamic form! Only two are left! One Medium and one Large.

Contact Bill Daniels at 859-271-6001 or wedaniels1@prodigy.net.

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A dose of bad luck

Accidents occur as the result of a combination of wrong decisions and a dose of bad luck. When wrong decisions are made and the participants involve a 20-pound bicycle and a 2,000-pound car the results can be deadly for the cyclist. Think of the combination of wrong decisions that a motorist can make; drugs, alcohol or high speed.

We as cyclists make decisions each time we ride and our goal is to make the right decisions to help offset the negligence of others and unforeseen factors. Being a "Thinking rider" is as important to riding as the aerobic base you work to maintain or the bike you choose to ride. The skills you bring with you when you ride are your way of exercising some control over the events taking place around you.

Riding with your Club is one of the most effective ways of acquiring the skills you need, as experienced riders coach and teach novice riders. A great deal of this teaching occurs informally as we observe how the experienced cyclists ride and react to what is happening. When we ride we also need to be conscious of accidents that may occur with other cyclists. While not as lethal as interactions with a motorist, an accident with another cyclist or while riding alone can be dangerous too.

Riding in a paceline can be a thing of beauty, but be sure you understand the skills required and the etiquette that needs to be followed to keep things safe. Heading off road can bring you closer to nature's beauty as well as her dangers, so be sure to know the trail you are on and ride within your abilities.

Keep this in mind every time you ride.

*Taken from the President's Pen in the Michiana Bicycle Association
Newsletter*

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- March-April Issue: Feb. 1, 2003.
- May-June Issue: April 1, 2003.

Submit copy to: Woodson Smith, 224 W. 4th St., Frankfort, KY 40601, (502) 418-4787, or jwsmith@plangraphics.com

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If You Move...

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.

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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: www.ohiovalleyracing.org or www.truesport.com.

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

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