



THE NEWSLETTER OF THE BLUEGRASS CYCLING CLUB

OUTSPOKEN

Volume 32 -- March-April 2003 -- Number 2

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BCC Civics 101

Clarissa Spawn

I know, I know. You're sitting around hoping the weather will clear up. Your mind starts to wander, and next thing you know, you're thinking thoughts you'd hoped never to think. Such as: "Are the new officers going to privatize the club by investing my dues in Airtran?"; "Is it socially acceptable for female cyclists to pee by the side of the road?"; "Does the club have a constitution or a set of bylaws?"; or "Is it dangerous to look at the ride schedule before I vote?" And the answers are: maybe, ask Uncle Tutu, yes, and yes. (And by the way, I don't know who Uncle Tutu is either!)

Yes, the club does have a constitution and a set of bylaws.

The BCC constitution and bylaws make two important statements. The first is that the club objectives are "to encourage bicycling for health, recreation, and transportation; promote bicycle safety; improve bicycling facilities; and to further all phases of bicycling." Rather than request IRS non-profit status as a social club, the founding members sought IRS designation under the category of "civic leagues and social welfare organizations." This tells me that they were pretty serious in their desire to benefit society by promoting cycling.

Second, these documents define the organization of the club and the method by which the officers are selected. I was not surprised to see that there are supposed to be four officers elected by membership vote. I was surprised to see that we are also supposed to have a board of directors and multiple committees consisting of "no less than three members"! These committees are: activities, membership, nominating, and any others deemed appropriate by the president.

It's surprising and interesting to note that at one time, there was an expectation that club members would be much more involved in promoting cycling in the community and in the workings of the club itself. Hint, hint.

Yes, looking at the ride schedule before you vote is extremely risky.

It is imperative that you complete and mail the enclosed ballot. Because we were only able to scrape together one nominee for each office, those of us that were officers in 2002 determined that we didn't need to put those noble souls through the humiliation of a vote. We have since been notified by a concerned and informed member that because the club has a constitution and set of bylaws stating that officers will be elected, we are in a legally exposed situation. So, dire things will happen if you skip the ballot and move directly to the ride schedule. If we do not get sufficient votes to be "legal," we will invest your dues in Enron, otherwise we'll go for the Airtran stock. You decide!

Committees, volunteerism, and other developments

I know that committees are often used to nip new ideas in the bud, to rip tender plants out by their roots, and to beat them to death. Despite this, I'm warily hoping that they can at times serve a critical purpose. In this case, I hope that formation of committees will encourage BCC member participation because responsibilities will be divided among several people. There are a few things that need to be strengthened in the club, and several new proposals by officers that would benefit all of us. However, without member participation, these things won't get done. I'm hoping that members interested in the following proposals will agree to help in their development.

Club Miles Committee

Morgan has proposed that we increase the types of rides for which members can receive club miles points. This may include winter rides and trainer rides. The members of this committee will be critical in defining the rides that are acceptable when calculating mileage points. This committee has already been created and is composed of Morgan, the club statistician (Jason Kazee), Dave Scott, Cathy Hill, and Dave Turner.

Volunteer points committee

I propose that we institute a point system for volunteering within the club, to start in 2004. This system will be similar to our current club miles program (except the banquet prizes will be better!). In order to do this, the committee will need to determine the number of points awarded for each volunteer activity. Also, I think it will be helpful to develop a list of potential volunteers for the different club functions. A "volunteer points" statistician will also be needed. If anyone is interest in seeing such a system get implemented, please contact me.

Ride committee

The function of this committee will be to make riding in the Bluegrass more accessible to visitors and new members unfamiliar with local cycling routes. I envision this committee as a disparate group of people willing to have their email addresses posted on the BCC Web site. Their job will be to answer questions regarding riding in the Bluegrass and, if they are really enthusiastic, send maps. I get frequent emails about possible routes or club rides and I've done the same when planning cycling vacations. The Gainesville area club, for example, designates members responsible for different categories of rides. Unfortunately, when people write to me, I'm clueless (you know how it is when someone else does all the driving?) and must forward their request onto someone else. I would be thrilled if we could cut out the middleman. There are several people in the club that are experts on the roads and rides in the Bluegrass and surrounding areas; they would be providing a great service to the club and to others if they would take on this task.

Committees committee

The purpose of this committee is to determine new committees-just kidding. But seriously, if there is anything you feel could enhance the club, please call me and volunteer to get something going. If you prefer working alone, that's fine, or pick a few friends and work together. Several people have mentioned "nice to have" club activities, including a bike parts swap meet and different performance cycling presentations. The club will pay for and promote these activities, but they will not happen unless someone is willing to orchestrate them. Several of us have information we can pass on to members willing to take on the responsibility, so no one would have

to feel like they were totally on their own.

Help wanted

Qualifications: human, frequently attends weeknight rides, able to use a phone or e-mail

As well as the above committees, we have immediate need for individuals willing to take responsibility for confirming the Lexington weekday, leaderless rides. For the B and C rides, the only responsibility is to let the current ride scheduler (Alan Mullins) know if there are any changes to the time or locations of the rides. This would only need to be done every other month when the newsletter and ride schedule is going to press.

For the A rides, in addition to the responsibility mentioned above, it would be nice to have someone interested in helping new riders that show up for these rides. The individual should be a cyclist who frequents the weeknight A rides. This is not a commitment to be present at every ride, to lead the ride, or to be responsible for the other riders while on the ride, just someone willing to make new riders feel welcome.

Do good work.

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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Ballot For Club Officers For 2003 Term

Your vote is very important to the club.

Please vote "for" to accept a particular officer. If you do not accept a particular officer, select "against". If you do not wish to vote, please mark "abstain".

Secretary: Herb Goff ___ for ___ against ___ abstain

Treasurer: Dorothy Kern ___ for ___ against ___ abstain

Vice-President: Morgan McIlwain ___ for ___ against ___ abstain

President: Clarissa Spawn ___ for ___ against ___ abstain

Thank you very much for completing this ballot.

Mail your ballot to:
BLUEGRASS CYCLING CLUB
P.O. Box 1397
Lexington, KY 40588-1397

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Bicycling Iceland: Just the Highlights

Marrea Matthews

I knew very little about this unique country before planning this trip. Iceland is an independent country about the size of Kentucky with total population close to that of Lexington. The interior is mainly uninhabited. Most people live in the capital city Reykjavik; the rest are scattered along the coast and in the shelter of the many fjords.

Europe's largest glacier is in Iceland; it sits atop Iceland's most active volcano, Grimsvotn! On the approach to the glacier, Vatnajokull, mangled bridge pilings can still be seen from the 1996 eruption. A torrent of snow, ice, and melt water tore through the newly completed ring road. Iceland is the newest continent and perhaps geologically the most interesting. It's formed by a hot spot in the Mid-Atlantic Ridge.

After seeing the road from the airport to Reykjavik, I decided against riding the Ring Road. Instead, I bought a bus pass and used the bike to travel on the less traveled interior roads (250 miles by bike, 800 by bus).

My first stop took 5 hours and 40 miles of riding in wind and rain to reach the campground at Geysir: spouting geysers (65ft), gurgling mud pots, steaming water pouring across hissing rocks. Then on to Gullfoss, a wide waterfall drop 100+ft into a narrow crack in the earth's crust. Waterfalls are common, but only the largest, most powerful become attractions while others are simply spectacular backdrops for the beautiful farms at the base of the fall line.

Skaftafell National Park sits near the coast at the base of the glacial tongue, Skaftafellsjokull. This is basecamp for day hikes over looking glacial valleys and the North Atlantic Ocean. Unusual waterfalls pour

over geometrically shaped basalt columns. Arrangements can be made for glacier walks, snowmobile rides, etc.

In talking w/ Jason, a bicyclist from Australia, I learned that while I had been slogging thru wind, rain and cold, he had hiked the interior highlands, Landmannalaugar, w/ sunshine and warmth. Like the interior, the north is also known for having half the rain of the south. Another mental note for future visits: July is a "better weather" month than June.

The geothermally active area, Myvatn in the north, was both beautiful and interesting. On one side of the range approaching Myvatn, a barren landscape w/ more gurgling mud pots, hissing crevasses, and small spouting geysers gave an indication of the power harnessed by the huge energy plant nearby. In contrast, the greenery of the small farms surrounding the beautiful lake makes this area very picturesque. Myvatn is probably best known for its premier fishing. Photos of movie stars like Kevin Costner sell expensive trips to this lake and the river that flows thru it. A Norwegian fisherman told me with pride of a very privileged one that this was his 15th year to flyfish this area.

The garden city in the north, Akureyri, sits at the head of a fjord w/ a very long name that I gave up trying to pronounce. Icelandic is beautiful when spoken by those native. I've been told it is more like the original Viking language than what is spoken by the other Scandinavian countries. Most tourists were from many countries in Europe. I ran into very few Americans, less than 10 during my 18 days. So in catering to travelers, I guess it made sense to choose a universal language, English.

While trying to live in the cold, windy climate of Iceland, the Vikings used up most of the countries trees. Akureyri was the first to turn this around by landscaping their yards and cultivating botanical gardens. Coupled w/ the plentiful sunshine, Akureyri is a small beautiful city. Today, Iceland harnesses the geothermal energy for heating greenhouses, homes, etc. Couple this w/ hydro dams for electricity; Iceland needs to burn no fossil fuels, giving it an ultra clean environment.

Speaking of clean, the first public pool I visited was in Akureyri. A local girl had said theirs was the best in all of Iceland. It was

unbelievably clean. There were pools of varying temperatures. One pool had a jet of hot water pouring out of a wall. This pounded away the soreness in the legs and back. Lying there I wondered if it might just be the best in the entire world!

Grimsey is a tiny chess-obsessed fishing island on the Arctic Circle. I hopped a ferry for a walk around the island. The walk was cut short by the dive-bombing sea birds.

It was also out of Akureyri that I hooked up to ride the Icelandic horse. This is the only breed in all of Iceland. Because of this, stringent precautions are taken to protect the breed against disease. They are known for a very smooth gait, the "tolt." The Tennessee Walker and Paso Fino are two others of the few breeds with this natural gait. The mare I rode was a gorgeous dappled gray.

After a few days in Akureyri, I headed back to Reykjavik to prepare for going home. This bike and racks held together with the support of Joel at Pedal Power. He researched racks, asked questions that prompted further preparations and taught me to assemble my bike.

In leaving, it was w/ mixed emotions: This was my first solo trip, so I was sad the adventure was over, yet I felt elated that I had survived it. The trip was an awesome experience in a wonderful country. The people are exceptional. I will return to do some of the things I didn't have a chance on this trip. Upon my return home, it felt great to be among people and sounds familiar. I felt like one of the privileged few to once again ride in the Bluegrass.

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Tandem News

Alan Mullins

It's time for the Tandem Group to pick up where we left off! Last year we had two organized rides. The first ride was rained out, but we still had a great time at Jack and Pat's house. The food, (delicious apple pie!) company, and ping-pong were fantastic. Our second ride was on a beautiful fall day in the Bluegrass. We had eight tandem teams tour Woodford County, with a stop in historic Midway for Sunday brunch. If you think you see a trend that includes food on our rides, you're right!! It's planned that way.

This year we want to continue to expand our activities. We want to have at least one organized tandem ride each month. Check out the ride schedule for March and April's rides. Several other ideas have been discussed, such as overnight trips to Berea and Shakertown and attending Tandem rallies as a group. (The Midwest Tandem Rally is in Dayton, Ohio, this year.) We even discussed the idea of hosting a Kentucky Tandem rally sometime in the future.

So, if you ride a tandem, please come join us. Or if you ride one of those odd bikes with only one seat, and would like to learn more about the joys of tandeming, come on out. I'm sure you'll find everyone willing to share their knowledge and experiences. You might even talk someone into a test ride!

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Club Supports 2003 MS150 Team

Byron Bell

Buoyed by the first year success of the BCC MS150 team, the club has agreed to support riders who wish to participate in this year's event and show that we are a club that does more than just sit on its collective seat. I'm inviting everyone in the club to come join us on June 7-8, the weekend after the Horsey Hundred, for this annual event. Hey, if you worked the Horsey, now you can let someone else do the work while you enjoy a weekend of riding!

This year the ride is more Lexington-area friendly than ever, as it will start at the Toyota plant in Georgetown, head down through Woodford County to Danville, then back the next day. There will be a 50 and 75 mile route each day, lots of well stocked SAG stops, and mechanical support along the way. The Saturday night dinner is hosted by Macaroni Grill, and other sponsors include Mark's Feed Store, Toyota, Chili's, and the Louisville School of Massage. (Won't that rubdown feel good!)

But what this is really about is raising money to fight Multiple Sclerosis, which is all around you if you just bother to look. I never heard much about it until I started going on these rides, but since then I've met a lot of people who have friends or family that have to deal with it day after day. If you work hard to stay healthy, active and physically fit, then you know how important it is to you to stay that way. MS pretty much robs you of such a lifestyle. This year, think about using your good fortune to help others, and join us on the BCC team-I guarantee it's easy to help, and raising the \$200 minimum is less trouble than you think - most people end up collecting a lot more than that without much effort. Last year the BCC folks on the ride collected \$8500 for the National Multiple Sclerosis Society. If we could just hit the magic \$10,000 mark this year, what a great contribution that would be!

The club has committed to paying the first \$25 of your registration fee, all you have to do is sign up by Feb. 28 and you have no out-of-pocket expense to join the team. After March 1, the registration fee goes up a little, so you would have to pay the difference. You can read all about it on the MS150 Web site, or give me a call at (859) 232-4538 (days) or (859) 987-3563 (evening) and I'll fill you in.

This will be my 11th MS150, so either I'm a glutton for punishment, or I've found a good cause and a great ride. You be the judge.

The MS 150 Web site is at <http://www.kynmss.org/fundrs/msbike.htm>

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Cincinnati Opera Guild presents "The Ring Cyclers"

May 10 Bike/Hike-A-Thon Benefits Cincinnati Opera

The Cincinnati Opera Guild is pleased to announce The Ring Cyclers, a new spring Bike/Hike-A-Thon to benefit Cincinnati Opera. The Ring Cyclers event will take place on Saturday, May 10, 2003, at the Lunken Airport Bike Trail. Cincinnati Opera Artistic Director Nicholas Muni will be riding for "Muni Mile" pledges to benefit the company. Participation is open to biking and walking enthusiasts, as well as observers.

Registration opens on April 15, 2003. For information, please call (513) 744-3267, or visit www.cincinnatiopera.com.

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"You ain't never heard it from me!"

Anonymous

If you mistakenly send a personal reply to the BCC listserve, there is no need to send another one apologizing for your #@\$%-up. We already know you're sorry!

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What's "the Horsey"?

Bill Daniels

If you are unfamiliar with the Horsey Hundred, affectionately known as "the Horsey," let me introduce you to the Bluegrass Cycling Club's annual riding event.

The Horsey is basically an unforgettable weekend of riding where the club invites up to 1000 cyclists to spend the weekend with the BCC. (No bias opinion here!) It is a chance for us to share our part of the county, the heart of horse country and the Bluegrass, with other cyclists. It offers 4-6 routes, depending on the day, from which people can choose; ranging from 30-100 miles-hence the "Hundred" in its name. Maps, food, SAGs, ice cream and of course a great time are all guaranteed! We've been doing this for the past 25 years! So if you're interested in good times, come on out and ride the 26th Annual Horsey Hundred, May 24-25, 2003!

To request a registration form, contact horsey@bgcycling.org and include your name and mailing address. Forms can be found at www.bgcycling.org. Fliers will be sent to those who have attended the Horsey within the previous three years.

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Ask Uncle Tutu

Uncle Tutu

Uncle Tutu, what are the benefits of cross-training?

-Mr. Puzzled, Frankfort

Sadly, Mr. Puzzled, the effectiveness of cross-training is much diminished today in this era of non-gender-specific cycling togs. Once upon a time, when the ladies cycled in frilly skirts and bloomers, a guy could get a real bang for his buck by turning out for a club ride attired in said skirts and bloomers, not to mention those long white Sunday-go-meetin' gloves.

Of course you could show up to a ride nowadays wearing a woman's jersey, but other than the fact that it might not fit you so great, what's the point?

Uncle Tutu, is it socially acceptable for female cyclists to pee by the side of the road?

-C.S., Lexington

Well, C.S., let's look at this issue in the socio-economic context of early 21st Century America. From that perspective, there's frankly very little about cycling that IS socially acceptable. Cycling is by its nature a minimalist activity, which jibes poorly at best with a maximalist society based on large people consuming large meals while driving large vehicles to large malls to buy large televisions to watch large men slamming into each other in pursuit of a small ball.

Cycling, on the other hand, is a guy (or gal) spending half a paycheck to save 3 ounces of rotating weight so that when he makes it up, say,

Clifton Hill three seconds faster he can celebrate by ingesting a small foil packet of carbohydrate gel.

I guess what I'm trying to say is that cyclists are a small and freakish tribe of socially unacceptable misfits anyway, so whether you pee by the side of the road or not is really immaterial. And besides, what are your other options?

Exactly.

Uncle Tutu, I heard Bob Roll say that riders in the Giro d'Italia call out "piano" when they want the peloton to slow down. I know that "piano" means "soft" in Italian, so that kind of makes sense.

Are there other things that riders yell in the big European races?

-Eurowannabe, Paris (Ky.)

Sure, Euro, but I couldn't print them here. I can, however, offer some translations of some things some riders have said to the press. When Gilberto Simoni says, "I'm going to make Lance suffer," what he really means is, "Lance is going to whip me like a cur." When Jan Ullrich says, "I'm the only one who can beat Lance," what he means is, "Lance is going to whip me like a cur, yet again."

I could go on, but I think you see where I'm going with this.

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Horsey update

Bill Daniels

Our Horsey Hundred dates for this year will be May 23-25-that's Memorial Day Weekend folks! "Surprise!" And it'll be here in no time. The HH staff has been busy putting the basic and essential measures into motion.

I will attempt to describe in brief, some of the things we have been working on. At Georgetown College, we have increased the size of the registration area; the vendor area and we are trying to bring in a few new vendors as well. The routes will again include the ever-successful tour through Keeneland. We want to incorporate a "rider ID" plan. We are seriously considering having lunch CATERED by and at Midway College! And speaking of food...we will have HAM (yuk, yuk) operators to improve communication with our rest stops.

But even with the help from these outside organizations, we will still need your help in running the event. I would like to see if there is interest in having "on-bike" ride leaders/guides or even BCC mechanics riding the course during the event (if interested, contact Bill Daniels). As of Feb. 1, we still need a few people to oversee certain areas of the event (see Volunteer Form). The time is approaching, so hop on and enjoy the ride!

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More Horsey

Bill Daniels

It's time to start get pumped about Horsey Hundred 2003! The committee has already met four times to discuss, plan and put things in motion for what we want to see happen this year. We will be incorporating some changes that we think will improve the riders' experience.

But the one thing that will not change is the fact that we will need many of you to VOLUNTEER. And I know from past experiences, that the membership will be there to support our main event. This is always a fun project to be involved with and there are many ways in which you can be involved.

Brian Pelletier (Rookie of the Year) is putting together, how can I say, some mini job descriptions for duties that need to be filled. We are hoping to get these descriptions on-line for people to view and hopefully sign on to be a part of the HH Staff. We've included a VOLUNTEER FORM IN THIS NEWSLETTER just for that reason. So fill it, mail it and be a part of it! Volunteers are important to the success of the Horsey... that is for sure.

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· May-June Issue: April 1, 2003.

· July-August Issue: June 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: hgooffs@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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