



THE NEWSLETTER OF THE BLUEGRASS CYCLING CLUB

OUTSPOKEN

Volume 32 -- May-June 2003 -- Number 3

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Kudos To BCC Club Members

Clarissa Spawn

I want to offer a big thank you to club members who have helped strengthen the club over the last few months. This is an all-volunteer club, so it's critical to our success to have members who see ways to improve the club and then actually work to make things happen. We all have good ideas, but without someone willing to take action, they're probably not going to reach fruition. The club has money, but unfortunately we need what money can't buy: We need your time. So thanks so much to club members who are willing to donate theirs for the benefit of others.

Improving facilities

Marrea Matthews negotiated with the police department to allow us to place a portable toilet at the firing range, with the club paying for the service. This was Marrea's idea and it was a great idea. Most of our other starting locations have lots of green space, or at least a nearby store. Peeing behind a dumpster located on asphalt is far less than optimal. Marrea felt that placing a toilet at the firing range would benefit the club not only in terms of convenience, but also in terms of increased goodwill with our local police.

Unfortunately, the police department has rejected our offer, but that does not detract from the initiative and hard work Marrea put forth. So thank you Marrea for not just calling with the idea, but for doing the preliminary research and then following through with the task.

Increasing membership participation

I want to thank Nick Stanfield for agreeing to lead the Monday night A-rides. This was possibly the area of greatest need in the club.

Providing a venue for new cyclists is the best way we have of fulfilling our club mandate to "encourage bicycling .[and] promote bicycling safety." It's a real sacrifice to donate cycling time to help others improve their skills.

Increasing off-road cycling options

Finally, I want to thank Scott Cropper for spearheading a project to increase the number of mountain bike trails in Lexington. Scott is working with Bill Carmen and other members of the Fayette County Parks and Recreation Department. Apparently there are two to three city-owned locations that are being considered as possible trail sites. This is a fantastic development for all BCC cyclists, not just off-road cyclists. What's really cool is that this has a good chance of becoming a reality in the very near future. Your efforts will be rewarded with trails you can use IN YOUR LIFETIME.

There are many ways that club members can help this become a reality. First, it's important to let the Parks and Recreation Department know that there's interest in the project. Since there have been no complaints about the lack of available trails, it was assumed that there was no interest. So please contact Scott at scott@singletrack.net and let him know that you're interested in seeing this happen. He can then let Bill Carmen know that there is local support. Second, the club may be able to help build or maintain the trails. Our offer of participation in this might encourage the city to move more quickly as well as enable us to have more of a voice in the trail design. So when you call Scott, let him know if you would like to help.

Maintaining the Club

I know it's risky to single out people for thanks as it's quite likely that I'm leaving some people out. There are club members leading rides, serving as officers, organizing races, weekly rides, and special cycling events, preparing the newsletter, maintaining the web sites, and preparing for the Horsey Hundred; basically they are doing the day-to-day grunt work that's required to keep this club alive. So to all of you, doing your part for the club: Thank You! To the rest of you, please give us a call. We need you.



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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

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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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Attention HH volunteers!

Bill Daniels

Hi folks! There seems to be a reoccurring question among the Horsey Hundred volunteers who are also riding the Horsey for one or both days. The question is, "Do I need to fill out a registration form?"

The answer is "Yes. And please mark 'VOLUNTEER' at the top of the form." By filling out a registration form, you will have read (hopefully) and signed the release. The release is a necessary formality, as it is on every ride the BCC sponsors.

Don't forget to indicate your T-shirt size! It's all FREE for the volunteers! Please mail your signed release to the address listed on the form. Thank you!

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Bike Rides Promote Tail Trails on Lexington-Big Sandy Route

Dixie Moore

On May 17 the 37.8-mile Tour De Knobs bicycle tour starts and ends in Morehead. Rated moderate, it is sponsored by the Cave Run Bicycle Shop along with the non-profit Daniel Boone Rail Trail Inc. and the tourism offices of Fleming County and Morehead-Rowan County. There are great views of Twin Knobs, Green Knob, Smoky Knob, and Buzzard Knob. The Hillsboro and Ringo's Mills covered bridges are also on the route. A sag wagon will provide mechanical assistance/food/drinks and a water/snack break at Hillsboro covered bridge.

The ride starts and ends at the new Cave Run Bicycle Shop, which is located at 995, 801 South Street (about 1 mile South of US 60) in Morehead. The fee is \$15 in advance or \$18 on the day of the tour. All proceeds from this event go to the development and promotion of Rails to Trails in Rowan County. For more information contact April Haight at 606 784-5989 or adhaight@yahoo.com.

Daniel Boone Rails to Trails Incorporated (DBRT) is a non-profit organization dedicated to the development of rail trails in Rowan County. The organization is developing a section of a rail trail in the City of Morehead. It has received a grant from the Department of Local Governments for the construction of pedestrian bridges within the city limits of Morehead. The group is also working with the Department of Transportation to integrate rail trails onto the reconstruction of KY 519. For more information about DBRT contact Eric or Mary Jerde, president and vice president respectively, at dbrt@yahoo.com. Or visit the DBRT web site at www.dbrt.org. The mailing address is 105 East Main Street, Morehead, KY 40351.

On June 7, National Trail Day, Dixie Moore will lead our third annual club ride along the proposed Lexington-Big Sandy Rail Trail. It will start at the new park on Pleasant Ridge Drive, which will be considered the trail head for the Brighton East Rail Trail (the portion in Fayette County.) Public restrooms have already been built there, but they have not yet started to actually build the trail.

The rail trail will be used by walkers, joggers, skaters and bikers. By coming out and supporting the ride the Bluegrass Cycle Club shows their support for the construction of this trail. The ride route will parallel the proposed rail trail along the abandoned CSX railroad bed that goes from Lexington to Mt. Sterling, passing next to the Pine Grove store, paralleling Todds Road, by the old depot in downtown Winchester and then out Iron Works Road, through L & E Junction, Klondike and on into Mt. Sterling.

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Ode To a Broken Finger

Jason Kazez

Oh little finger of joy,

oh colossal finger of pain.

It was a bright, sunny and warm February day when you came.

Resolved to visit me personally

for going on ten weeks.

I now wonder intimately, "For how long must you creak?"

Thankfully you reside

on my non-write-handed side.

But, oh how miserable you have made typing for me.

Yet you still have your perks,

ever so capable of communicating with jerks.

I only wish you will be able to shift back into the big ring.

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And Now a Word About Racing

Woodson Smith

Someone recently asked me for an explanation of some of the different types of races. If you're interested in racing but are confused by the terminology, maybe this will be of some help to you.

One of the most common types of races in the U.S. is a criterium or "crit." It consists of multiple laps around a short road course, usually less than a mile per lap. Typically there is not a set number of laps; rather, each race goes for a set amount of time plus a lap or two. So you might see one listed as "45 minutes plus 2 laps," which means that once 45 minutes are up, the official will say "two to go." Crits are very fast races and require very good bike-handling skills since most of the courses have several 90-degree turns in each lap; for example, the Bluegrass State Games crit in Danville goes around a large block, so there are four turns on each lap. A lot of guys have hit those turns wrong and regretted it as they slid across the road shredding skin and spandex.

A road race, on the other hand, is a longer race run on country roads. Lap lengths usually run between 5 and 15 miles. Because these are longer than crits, the pace is a bit less frenetic, but hills and wind make it every bit as challenging.

Cyclocross is a peculiar kind of cold-weather racing done on bikes that look like road bikes but have fatter, knobbier tires (it can also be done a mountain bike in the U.S., but not in Europe). 'Cross courses are mostly off-road (say, on fields, not on trails like mountain-bike trails), although they may incorporate brief stretches of pavement, sand, or what have you. Lap distances are about the same as for a crit, and to make it more interesting there are barriers that you have to get off and run over while carrying your bike, as well as sections that you have to run up. Supposedly the barriers came about as a way to keep

the racers' feet warm as they have to dismount and run. These are intense races.

If you think you might be interested in dabbling in racing, a good way to start is by doing some of the time trials the club puts on. They give you a way to test yourself against the clock, without the added stress of pack riding; if you can do reasonably well in a time trial then you are fast enough to try some other races. But you can always come out to a race and buy a one-day license and see how it goes. Nobody is racing calibre until they start racing; however, the skills you learn doing club rides (pacelines, bike handling, etc.) are useful when you do jump into your first race.

Some good resources for more information are

www.usacycling.org www.cyclingnews.com www.velonews.com

For a fairly thorough listing of regional races, consult www.truesport.com.

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Mountain Bike Racing Returns To Central Kentucky

Woodson Smith

Mountain bike racing returns to Central Kentucky with a race that BCC is sponsoring at Capitol View Park in Frankfort on Sunday, May 18. Registration opens at 8:30 and the first race is at 10:00.

Check out the flyer at www.singletrack.net/frankfort.html for all the details.

If you're not racing, we are looking for volunteers to help with registration, course marshalls, etc. Please help out if you can. Kevin Friddle is coordinating the volunteers, so if you can help out, contact Kevin at friddlek@bellsouth.net.

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New Ride: Girls' Nite Out!

Alan Mullins

On the first and last Monday of May and June we will try out a new ride just for the fillies and mares. These are B-1/B-2. Expect to ride between 25-30 miles at 14-17 m.p.h. Note: In May, the rides will be May 5 and 19. (Since the 26th is a holiday there will not be a ride.) In June the rides will be June 2 and June 30. Joyce Fogleman leads the May rides from the caboose in Midway. In June, Susan Long leads from McDonalds in Versailles. Rides leave promptly at 6 p.m. Cancelled if raining.

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New and Renewing Members

Herb Goff

New members

Berea: Peter Kovaleski

Cincinnati: Sheila Senft

Flemingsburg: Steele Hinton

Georgetown: Suzanne Hart

Lexington: Sandra Raley, Kevin Knorpp, Duane Verini, Samuel Janes, Harlan Reynolds, Ralph Mullins, Michael Manns

Midway: Tom Chappell, John Batts

Versailles: Jim Batts, Joe Crabtree

Renewing members

Ashland: Doug Riffe and Melanie Bailey-Riffe

Charlottesville, Va.: Warren Groves

Frankfort: Bonnie Clements, April and Woodson Smith, Rachael and Danny Peake

Georgetown: Kevin Friddle, Bill Smith

Leavenworth, Kansas: Gregg Scircle

Lexington: Barron Meek, Keith Lovan, Dorothy and Royden Kern,
Paul Adanick, Wendy Fisher and Mike Keen, Paul Wells, Kim Elkins
and Robert Underwood

Paris: Jim Hilke, Jessica Mayes and Byron Bell

Prospect: Elsie and Lee Tuney

Versailles: Pam and Wayne Basconi, Regina and Harald Portig

Wilmore: Kathleen Weill and Charlie Gregg

Winchester: Rich Jenks

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Copy Due Dates

- July-August Issue: June 1, 2003.
- Sept.-October Issue: August 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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