



THE NEWSLETTER OF THE BLUEGRASS CYCLING CLUB

OUTSPOKEN

Volume 33 — March-April 2004 — Number 2

Contents

[Winter meeting!](#)

[Happy Winter](#) by Robert Underwood

[Bluegrass Cycling Club](#)

[BCC now has a tandem committee](#) by Doug Wagner

["Nice pie plate"](#) by Jerry Johnson

[BCC sponsorship of riders in charity events](#) by Byron Bell

[Looking for riders for the MS 150](#) by Byron Bell

[Plan for Horsey Hundred 2004](#) by Bill Daniels

[Interesting rides](#) by Wes Willoughby

[Addiction](#) by Jason Kazee

[Membership spotlights](#) by Robert Underwood

[Membership spotlight - Jerry Johnson](#) by Jerry Johnson

[Membership spotlight - Dorothy M. Kern](#) by Dorothy M. Kern

[Lexington road race March 21 is part of Ohio Valley spring race series](#)

by Woodson Smith

[Copy Due Dates](#)

[If You Move...](#)

[Racing Info](#)

[Check your label!](#)



Outspoken - March-April 2004

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

Winter meeting!

Mark your calendars for BCC's winter meeting, Thursday evening, March 4, 7:00 p.m., in the community room of the Tate Creek Branch of the Lexington Public Library.

The Tate Creek branch is at 3628 Walden Drive, off Tate Creek road, just south of New Circle Road after the Redding Road/Armstrong Mill intersection. The branch's phone number is 231-5580.

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



Outspoken - March-April 2004

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

Happy Winter

Robert Underwood

I hope everyone is having a productive winter. Some exciting things are happening behind the scenes to make this year fantastic. By now the chili cook-off and swapmeet will have come and gone. Thanks to Mark Medley for "quarterbacking" this event. I am sure more fun things like this will happen soon.

When the officers met on Jan. 31, we discussed the club activities and goals for 2004, as well as the budget. The financial stability of the club is sound. However, we do have areas of concern as well as optimism. Two areas in the budget that seem to be recurring are

- The negative balance for our per-member cost vs. our membership dues. (In the survey attached we outline some changes to dues to help offset this shortfall.)
- Without the Horsey Hundred, the BCC is dead financially. We do not feel it is prudent to rely so heavily on one event to generate revenue for the club; therefore, we are exploring other areas to generate revenue. This will help us in the event we have a loss on the Horsey.

On an optimistic note, to help promote a big turnout for the Horsey and continue to perpetuate the positive balance in the club account, the officers felt it was imperative to heavily promote our assistance, as well as the club's, to get behind Bill Daniels and the Horsey committees to help insure another big success. We also discussed the general functioning of the club. Some other exciting things are still

in the development, so more to follow.

Attached is a membership survey for each member to complete. The BCC is your club and our goal as officers, committee chairs and volunteers-as well as members ourselves-is to abide by the club constitution and by-laws and promote the cycling activities the majority of the club wants. To do this, we need your ideas and input. So...please complete the survey and let us know what you think. As it is said...if you don't vote, don't complain about the outcome!

"Constitution: Article I, Section 2. The objectives of the Bluegrass Wheelmen are: to encourage bicycling for health, recreation, and transportation; to promote bicycle safety; to improve bicycling facilities; and to further all phases of bicycling."

This is the mission of the Wheelmen and BCC. As president, I plan to always direct club policy in keeping with our mission. We all come from various backgrounds, we all have various interests in cycling, and I know we will not always agree on the specifics. Heck, 30 cyclists a week at Keeneland on Sunday mornings could never all decide what route to take. However, even though we might have taken a slightly different route, we all accomplished our goals and returned to our starting point. It is my belief, and my acknowledgment, that we will not always agree but with a positive attitude and direction we can all have an exciting time promoting cycling and work together in the process.

So, as I like to say...KEEP SMILING!

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



Outspoken - March-April 2004

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

Bluegrass Cycling Club

OFFICERS

President	Robert Underwood rgunderwoodjr@qx.net
Vice President	Jerry Johnson jjvols81@alltel.net
Secretary	Wes Willoughby wes.willoughby@mail.state.ky.us
Treasurer	Dorothy Kern 859 264-7437 dorothymiller@hotmail.com

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Touring Bill Fortune

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



Outspoken - March-April 2004

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

BCC now has a tandem committee

Doug Wagner

Due to the hard work and continued advocacy of Jack and Pat Deacon, the Bluegrass Cycling Club (BCC) now has an official tandem committee. On December 8, Pat, Jack, Alan Mullins, and I met over dinner at the Deacons' house to plan the future of the committee. The first order of business was to choose a committee chair: I agreed to chair the committee for 2004. Next the goals and objectives of the committee were drafted.

GOALS

1. Promote tandeming throughout Central Kentucky
2. Support and promote the BCC

OBJECTIVES

1. Maintain a list of Central Kentucky tandemists
2. Assist the BCC in scheduling tandem rides
3. Develop and schedule other collaborative activities that involve tandeming
4. Provide a liaison with other tandem-affiliated clubs and organizations

Last year, the BCC sponsored nine tandem rides. The average number of teams who participated was five; the

maximum number was eight. (Most tandem teams consist of two people, but there are three and four person " tandems" too. The BCC's own "Team Beagle" is a tandem with a two-child Trail-a-Bike attached). Single riders (on half-bikes) rode along on all of these rides, and they are welcome to continue to do so in 2004.

What distinguishes tandemists from other BCC members? Other than riding a larger, heavier bicycle built for two, I think there are as many different types of folks on tandems as are on single bikes. (That said, our daVinci tandem is probably lighter than my '87 Mongoose urban assault vehicle/commuter bike!) Many couples choose to ride together, but doing so on a tandem tends to even out their respective cycling ability, so that one or the other person won't be left behind. Parents can ride with a child on the tandem to promote family cycling. Some teams are more competitive, some are more social in their riding style. We have all kinds on our BCC tandem rides.

In 2004, we plan to schedule at least one tandem-oriented ride each month, so keep an eye on the ride schedule. We invite all interested BCC members to join us. Several club members have tandems that they may be willing to lend for test rides; drop me an e-mail (doug@cis.uky.edu) and I'll see if something can be arranged. Also, check out these tandem-oriented Web sites for more general information on the subject:

<http://home.att.net/~thetandemlink/RallyInfo.html> <http://www.tandemtour.com/>

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



Outspoken - March-April 2004

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

"Nice pie plate"

Jerry Johnson

I will never forget my first ride with the Bluegrass Wheelmen, somewhere about 1990. At the time, I was looking for a low-impact cross-training method for tennis. I had read that Chris Evert was cross-training on a new thing called a "mountain bike." I had some great memories of my childhood bikes, and I thought this would be the perfect new training method for me.

Not knowing what I was doing, I went straight to Pace Warehouse and bought a bike. I can't even remember what kind it was, but I sure was excited. I had also heard there was a "bicycle club" somewhere around Lexington. I found out they did rides around something called the Walnut Hill Loop. Boy! Was this ever exciting. I just couldn't wait to get there and learn all about cycling.

I got to the Hartland Shopping Center early. I had written down a list of questions to ask everyone. I was sure the people would be nice and we would have a lot to talk about. Little did I know what was in store for me. After my second question, one the "racers" gave me a dirty look. Then he looked at my bike and said, "NICE PIE PLATE BUDDY."

You know, I'm not a rocket scientist, but I instantly knew that I had just been insulted.

Of course, he was referring to the plastic chain guard around my cassette. At the time, I had no idea that the "pie plate" was a cycling no-no-kind of like someone coming to my tennis club in high-top basketball shoes and tube socks.

Let's just say that I got a little mad. I was mad for the entire ride and I was mad for the entire summer. Every time I saw a club member wearing a Wheelman jersey, I thought there goes a jerk riding with a pack of jerks. Please let me take this opportunity to publicly apologize to the entire club for my behavior. I wasted at least ten years of prime cycling time riding by myself. I should have been riding with the club and helping out with club events.

Two lessons can be learned from the above incident. The first was my lesson. You can never judge an entire group by one individual. The second should be a club lesson. We need to treat new people with respect. Everyone has to start out somewhere. Please treat people the way you want to be treated. You never know. Some day that "newbie" might be vice president of the club and be willing to do anything in the world to help make things better.

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



Outspoken - March-April 2004

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

BCC sponsorship of riders in charity events

Byron Bell

A legacy of our illustrious past Madam President Spawn was a well thought out official club policy on sponsorship of club riders in charity events. The rationale for an official policy is elegantly stated:

"Participation in charitable rides and the positive publicity this generates can help advance our club's objective of improving cycling in Kentucky. It is important that non-cycling residents recognize that cyclists are their neighbors and are caring, contributing members of their community. The BCC would like to increase public awareness of our club and the role its members play, as cyclists, in our community. Therefore, the BCC would like to encourage club members to take part in Kentucky-based charitable rides by offering financial support for these rides. We also believe that BCC participation in national charitable events is positive publicity for KY in general and so will also sponsor national cycling events."

What's this mean to you?

First, you can get \$25 to cover any entry fees/registration for any/all of this type of ride in which you participate. Examples are the TNT Leukemia & Lymphoma Society's Ride, The MS Society's MS150, and the annual Shakertown Ride. You can do them all and the club will be behind you.

Second-the club will pony up another \$75/rider to go straight to the charity of interest (up to \$300/organization) provided the club gets recognition as a sponsor.

So, go solo or go as part of a formal BCC team and the club will be helping you to help your favorite charity. Of course, there are some common-sense rules that apply, but we don't have room to publish the whole policy here, so if you have any questions please contact me or any of the club officers for clarification.

This is a great club benefit and a wonderful way to do something positive for the community, so start looking around for a benefit ride to participate in this year. Dave Turner is looking for TNT riders, and Sam Conder is looking to increase the MS 150 team, so get off the couch and onto your bike!

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



Outspoken - March-April 2004

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

Looking for riders for the MS 150

Byron Bell

So close. Surely this year we will do it.

Last year when I wrote this article I made the comment that it would be quite a showing if the BCC riders produced ten grand for the National Multiple Sclerosis Society. To my amazement it almost happened-the combined contributions of the 15 BBC members who participated was about \$9,200. Our riders were part of several teams, with the official BCC team composed of a group of MS150 rookies who did a great job representing the club. Just a few more riders and this year looks like the year we can break through.

So, what's this all about anyway? Every year the National MS Society hosts bike rides across the country as a fund raising tool. The ride here in Kentucky has been steadily improving over the 15 years that I've known about it, and should get a little better this year too. It is now a two-day, 150-mile tour from Toyota in Georgetown through Woodford County to Danville and back, right here in our own back yard.

Last year well over 200 cyclists participated, each raising their minimum of \$200 in pledges, providing much needed funds to help out the thousands of people in Kentucky who suffer from Multiple Sclerosis. Chances are, you know someone who has been effected one way or another. It attacks your nervous system and can make everyday activities extremely difficult, and in many cases leads to an early death. No laughing matter.

Why should you care? Maybe you know someone with MS that you care about. Maybe you just need to do something positive this year to make up for past performance. Maybe you just want to experience a well run, safe and beautiful bike tour. Maybe you need a goal with a deadline to force you to get in shape. For whatever reason, all of us MS 150 alumni hope you will seriously consider joining us this year.

The ride is June 5-6, just after the Horsey Hundred. The club is forming a team again, and this year Sam Conder has agreed to serve as team captain. Thanks to the club's new policy, you are entitled to a \$25 reimbursement of the registration fees if you join the club's official team (hey, your membership just paid for itself!).

The biggest objection I hear is "I don't feel comfortable asking people for money." Well, you can write a big check yourself, OR you can ask one of us how to raise the money fairly painlessly. If it was hard would I be signing up for my 13th tour? Trust me, it's just not that difficult once you tell people why you've agreed to ride 150 miles in a weekend. Just look for someone wearing one of the blue and gray MS150 jerseys when you're out on a club ride, and we will fill you in.

For more info, contact Sam or me, or go to the MS 150 Web site:

Byron Bell, 987-3563

Sam Conder, sam@bt3central.com

National MS Society, Kentucky-SE Indiana Chapter, at <http://www.nmss.org/kyw/home/>

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



Outspoken - March-April 2004

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

Plan for Horsey Hundred 2004

Bill Daniels

We're going east, folks!

That's right! For this year's 27th annual Horsey Hundred, we will be routing riders east of Georgetown on Sunday. We're planning on putting the riders into the vicinity of Seabiscuit's birthplace and near, if not past, some of the farms used in the movie Seabiscuit.

Saturday's routes will stay the same as last year's ride-meaning riders will head up toward Monterey, through Switzer, down to Versailles, with people still having the option of riding through Keeneland (another Seabiscuit location) and beyond.

If you are interested in getting involved with this year's Horsey Hundred, please contact Brian Pelletier (502 695-5253, e-mail bpelletier@munis.com) or

Bill Daniels (859 271-6001, e-mail wedaniels1@prodigy.net).

The Horsey Hundred is the club's main event in the spring, where we host up to 1,200 riders from Kentucky and the surrounding states. We put on a two-day "riding extravaganza" over the roads of the Bluegrass during Memorial Day weekend, May 28-30.

We're starting the various routes right in front of Georgetown College's student center; sending the riders on

their chosen route of 30-100 miles. If you have never helped with the Horsey, let us tell you that it is a very rewarding experience. And if you are one of the many who have gotten in on the action in the past, we look forward to seeing you again this year!

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



Outspoken - March-April 2004

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

Interesting rides

Wes Willoughby

We've received a couple of announcements for interesting group rides:

National 24 Hour Challenge-June 19-20, 2004 near Grand Rapids, Mich. Info at <http://www.n24hc.org/>

Shenandoah Odyssey-June 18-23, 2004 in Bridgewater, Va. Possible 341 miles in 5 days. Sponsored by BikeWalk Virginia, info at www.bikevirginia.org I used to live around there-I think I'll go!

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



Outspoken - March-April 2004

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

Addiction

Jason Kazee

I realized not too long ago that I have a problem. Many of you may think I have several personal issues and how dare I be so arrogant to only admit to one. But since this one is truly one of the least serious afflictions, I thought I'd share it with the BCC faithful.

I am addicted to cycling jerseys.

I realized this after pre-purchasing a spanking new UK jersey via Royden's e-mail a couple of months ago. Then I agreed to purchase a short-sleeve version of the new club jersey even though I'm not particularly fond of it. Still, with two new jerseys on the way, as my lovely wife pointed out last night, I find myself scouring the Internet bargain bins to find more jerseys at drastically reduced prices.

However, I cannot figure out where this is coming from. I love how they make me feel fast even when I'm out of shape. I love the pockets in the back and the 3/4-length zippered fronts. I love the designs, color schemes, and advanced wicking ability. I love the kick in the ass they provide to get out and ride when you notice one of your favorites fits a little too snug in some strange new places. I love finding American corporate logos on the jerseys of Division I Euro-Pro squads. So out of all of these reasons, and believe me there are even more, how can I possibly determine where this Lycra fetish comes from?

About the only thing I can halfway believe is that I'm in lust with feeling fast. A tight-fitting jersey does nothing but

scream aerodynamics. It's right up there with shaved legs but possesses none of the nicks and awkward positions I've attempted in the effort to become clean-shaven. Even though I am not an impressive site in spandex-I just love hearing everyone complain that drafts are non-existent behind my wheel. I have to believe that a nice, tight jersey contributes ever so slightly to that delight.

How big a problem has this been? I used to wear my CCCP (that's right, the former Soviet Union) team edition Specialized jersey under a denim shirt in high school. I thought it was cool. I knew at the time that it did nothing to improve my popularity or stature as an eligible bachelor in Boyd County, Ky. But I didn't care. Nobody else had one of these things-let alone knew what it was-so I had to show it off. Fortunately, these days the only time the jerseys come out for non-riding days is when I need a quick Halloween costume.

There are currently 22 different jerseys hanging in my closet. Along with five pairs of shorts, three varieties of tights, two vests, three jackets and various accessories. But for all that disparity, if I factor into the equation that I've been a cyclist since I was 13, that means I've acquired 1.47 jerseys each year. So how bad is an addiction if you only act on it an average of less than one-and-a-half times annually? That sounds like a good enough lie to me.

Author's Note: My wife reminded me that 16 of these jerseys were purchased after I graduated in 1997. I pretty much quit riding for about two years, so I started getting more jerseys circa mid-1999. So that means I've acquired 16 jerseys over the last three-and-a-half years. That equates to 4.57 jerseys per year. Ouch, it's a sickness I tell ya!

Just FYI, if anyone comes across last year's Pearl Izumi "Quisp" jersey at a graciously reduced price, let me know. I want to start collecting them. Anybody have the number for a spandex support group?



Outspoken - March-April 2004

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

Membership spotlights

Robert Underwood

In a continuing effort to introduce the membership to other club members, here are member spotlights on our treasurer and vice president. Dorothy has been a very active and important member of the club almost from her time arriving in Lexington. She has been and continues to be a tremendous asset to the club. Jerry Johnson, our new VP, has brought an overflowing amount of energy to the club, he has taken on many new projects that will enhance member benefits and benefit the club for years to come. We are lucky to have both of these folks representing you and the BCC.

Thanks to Dorothy and Jerry for all your hard work!

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



Outspoken - March-April 2004

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

Membership spotlight - Jerry Johnson

Jerry Johnson

Hello, everyone! Robert has decided that is it my turn to be in the "spotlight." I'm sure one of the burning questions in the club has been "Who is this Jerry Johnson guy anyway?" Well, let me tell you a little about myself.

I am originally from New Mexico, but I have spent the last 20 years living here in Kentucky. I went to the University of Tennessee and I received my degree in logistics.

I have also spent the past 20 years working in the trucking industry. I am married and I have a 16-year-old son.

I started cycling in a "serious way" around 1990. I was looking for a low-impact method of cross-training for tennis when I rediscovered cycling. As I'm sure most of you have found out, I have a very obsessive personality. Once I started cycling, I was totally hooked. I truly love cycling and everything about it.

I can't tell you all how excited I am to be involved with the club as vice-president. I can't wait to make a lot of new friends and find new rides to go on. I will never forget the second time I met Joyce. She said, "Oh, I know you. You are that guy that likes to talk a lot!" Truer words were never spoken. See you all on the road this year. We have a lot to talk about!

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



Outspoken - March-April 2004

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

Membership spotlight - Dorothy M. Kern

Dorothy M. Kern

Dorothy M. Kern, 2nd year as BCC treasurer. Many of you know me from the weeknight rides in Lexington, where I attempt to stay in the group by sitting in the back and praying for mercy.

To tell you a bit about myself, I'm 27 years old and I'm from a small town in northeast Ohio. I went to college at the University of Akron, Ohio, where I earned a B.S. in mechanical engineering. Part of my education was to spend four semesters on a co-op assignment, which is how I ended up in Lexington. I worked at Parker Seal and once I graduated they offered me a full-time engineering job. I married my husband, Royden Kern, going into my senior year, and once school was finished we moved to Lexington to work at Parker and Lexmark.

In college I rode some, but mostly when I was on co-op semesters. Once I started working full-time I really got into it. On a whim I went to a club ride and pedaled the hardest I ever had before. I love to do tours put on by other bike clubs and I especially enjoy the challenging ones. Sometimes I'll train for a big event like a triathlon or mini-marathon. I have yet to do a marathon but I continue to consider the idea.

This will be my 3rd year racing with the BCC women. I haven't had any moments of glory yet, but I keep on going. Mostly the racing gives me something to train for and focus on during the winter months when I want nothing more than to stay inside and stay warm. During the winter I'd rather be

reading books and making quilts. I would probably be a much better cyclist if I could give up the quilting, but I just can't break myself of it.

There are so many in the club I don't know yet, so I hope you'll please introduce yourself to me on a ride. I'm the girl riding the light blue Klein hanging on at the back of the pack. I look forward to seeing you this spring!

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



Outspoken - March-April 2004

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

Lexington road race March 21 is part of Ohio Valley spring race series

Woodson Smith

Commonwealth Eye Surgery racing team will sponsor a road race on the Bethel loop near Masterson Station Park on March 21. The first race starts at 10:00 a.m.

The Bethel loop is only about four miles long, making it one of the more spectator-friendly road-race venues. So if you're not racing, come out and watch or lend a hand.

For more information about the Lexington road race, visit the CES team's Web site, www.promotioncycling.com, or call Jim Beers at (859) 313-5394.

For information about other races in the Ohio Valley Racing Series, visit www.ohiovalleyracing.org. For other local or regional spring bike races, see <http://www.louisvillebicycleclub.org/racing/scs2004.htm> and, of course, www.truesport.com

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



Outspoken - March-April 2004

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

Copy Due Dates

Submissions for the May-June issue are due April 1, 2004.

Submit copy to Woodson Smith, 224 W. 4th St., Frankfort, KY 40601, (502) 320-2798, jwsmith@plangraphics.com.

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



Outspoken - March-April 2004

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

If You Move...

Let club secretary Wes Willoughby 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 Wes via e-mail at: wes.willoughby@mail.state.ky.
us, or send a change of address card to the club address:
BCC, P.O. Box 1397, Lexington, KY 40588-1397.

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



Outspoken - March-April 2004

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

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



Outspoken - March-April 2004

[<< 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 >>](#)
