



THE NEWSLETTER OF THE BLUEGRASS CYCLING CLUB

# OUTSPOKEN

Volume 33 — May-June 2004 — Number 3

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### **Horsey 2004 is mere weeks away!**

*Bill Daniels*

Horsey Hundred ON-LINE REGISTRATION is now available! Yes! You can find the link at our web site [www.bgcycling.org](http://www.bgcycling.org). It's a wonderful thing! But if you're not yet online or prefer registering on paper, you can still do that too. If you need a form contact Bill Daniels, 859 271-6001.

VOLUNTEERS WHO ARE RIDING MUST STILL MAIL IN A COPY OF THE REGISTRATION FORM or fill one out on the day you ride, BEFORE you ride. There is a spot on the form to indicate that you are VOLUNTEERING. Forms will be available at the Registration Desk. This is your Release Waiver for the ride, you know how it is. thank you!

(For your convenience, a registration form is included as the centerfold of this newsletter.)

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### **Bluegrass Cycling Club**

#### **OFFICERS**

President	Robert Underwood rgunderwoodjr@qx.net
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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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### **News from the tandem committee**

*Doug Wagner*

The first tandem ride of 2004 turned out to be a one tandem ride. Cheri and I joined 25 or so single riders on a windy but sunny 24-mile loop from the Russell Cave School.

May 2004: I think most of us will be busy working on the Horsey during May. The HH is a popular ride for tandems, and I suggest we look for out-of-town tandemists to ride with on either Saturday or Sunday's rides. I'll put up a notice on the HH info board at the rally to encourage tandem teams to meet to discuss riding together. Wear your new club jerseys!

June 2004: Allen and Jeanna Mullins will lead a 35 mile tandem ride on 19 June. See the ride schedule for details.

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### **Time trial series starts May 19**

*Woodson Smith*

The 2004 edition of the BCC-Pedal Power time trial series begins May 19.

If you've never done a time trial before, you should know that it is a great way to test yourself. And if you have never done any bicycle racing, a time trial is a fine way to dip your toe in the racing waters, without the added worries of pack riding skills, race strategy, or team tactics.

A time trial is simply you, riding by yourself, against the clock. Riders leave the starting line at intervals and complete the course as fast as possible. The Tates Creek course in Richmond is an out and back, so you turn around at the halfway point; at the Bethel Loop near Lexington, riders do multiple laps of a 4-mile circuit. Faster riders may catch riders who started in front of them, but unlike in other road races, drafting is not permitted.

Dan Morris at Pedal Power Bike Shop will again be the mastermind behind the time-trial series. E-mail your questions to him at [danielmorris@insightbb.com](mailto:danielmorris@insightbb.com).

Races are as follows:

**May 19** Lexington, Bethel Loop. First rider goes at 6:30 p. m. Meet on Bethel along the interstate, and please park on the interstate side of Bethel. One lap is about 4 miles; you'll have your choice of doing 2 or 4 laps (or maybe 3 or 5).

**June 9** Lexington, Bethel Loop

**June 30** Richmond, Tates Creek Road course. Choice of 10- or 20-mile routes. The start-finish is at Kit Carson Elementary School on Tates Creek Road. The first rider goes at 6:30 p.m. (To get to Kit Carson Elementary School, take I-75 to the Hardee's Richmond exit, turn right at the top of the ramp, and take a left at the light. Go down the hill to the T intersection - that's Tates Creek Road. Go left and the school will be on your left in less than a mile.)

**July 14** Lexington, Bethel Loop

**July 28** Richmond

**August 11** Lexington, Bethel Loop

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### **Tuesday night workouts are on**

*Royden Kern*

The Commonwealth Eye Surgery team will be conducting Tuesday night workouts at Masterson Station Park.

Meet at the large parking lot near the horse barns. Leave the park at 5:30; first workout begins by 6:00.

We will do the 4-mile loop on Yarnallton, Bethel, and Falcon Wood. There will be regrouping after every one or two laps. Feel free to show up late if you can't make the 5:30 time.

In case of bad weather, call my cell (859 396-0083) to find out what the weather is on the course. We rode every week last year.

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### **There's a new mountain bike trail at Masterson Station Park**

*Bob Butsch*

There is a new biking route in Lexington at Masterson Station Park. I personally developed and maintain this trail and would like to invite everyone to ride it.

I love Masterson Station Park. A large factor in my decision to buy a house and move to Masterson Station subdivision in September 2002 was that I could go out my front door, run or bike 0.3 miles, and be in the park. I was in a serious running mode at that time and soon established an informal route around the circumference of the park. Once in a while, I would mountain bike there as well. Then, in April 2003, I began working on the trail. I wanted a trail because the tall grass was getting too difficult to run through and impossible to bike.

So I took my little 20-inch, 3-HP lawnmower over there and started cutting. Progress was slow but steady for about a month to get the grass to a manageable height. Throughout the Summer of 2003, I settled into a routine of running or biking on the trail nearly everyday, and mowing it every week to ten days. By the end of the summer, the trail was down to the point at which I could mow it with the lawnmower set at Astroturf height in about 1.5 hours. Over the last winter, the trail has further worn with more and more use. It should be much easier to manage this year.

To find the trail, enter Masterson Station Park from Leestown Road. At the bottom of that hill, you will cross a small creek. Look to your left and you will find the trail heading west between the creek and the pick-up soccer

fields. You can park in the grass there.

My intention of the trail was for walkers, runners and bikers. The horse riders of the park have also been using it. Part of the bike trail does overlap their cross county and jumping course. I like how the horses have been helping to break in the trail. I only hope they will not damage it too much in the future. I can't complain though. It is their park too. The trail does drain very well so I do not believe deep mud pits will form like there are at many other horse trails such as those at Cave Run.

Early in the process of trail development, I did speak to Bill Carman of Lexington Parks and Recreation. The city has plans to eventually pave a path in Masterson Station similar to the Arboretum path. With budget problems of the LFUCG, I am not sure what the schedule outlook is for that project. Mr. Carman had no issues with me working on my less expensive path. According to the Park Master Plan, part of that proposed paved path will overlap my trail, but that is no problem. The park is big enough to accommodate some rerouting of the dirt trail.

The present trail that I have built is 3.4 miles long. It is smooth and fast. There are no trees, rocks, or logs to give any problems. Mountain bikers looking for technical challenges won't like it. It is more like a cyclocross trail. I like to think of it as a mountain bike criterium course. The trail is traffic-proof and also weather-proof. If the roads are wet, or even if there is snow on the ground, you can ride this trail and not worry. Trail erosion is not an issue because the trail is still in the breaking-in stage. If you do come across a nasty, sloppy, muddy place, there is plenty of room to go around it. There are areas in the park where an extensive maze of trails could be built. That trail network would require a lot of manpower and heavy equipment to construct.

Come out and ride the Masterson Station Trail. I will be out there almost everyday running, mountain biking, or mowing. My golden retriever, Truman, usually accompanies me. Say hello if you see us. If you have any questions or want a riding partner, e-mail me at

bbutsch@att.net

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### **Kentucky MTB points series races start in May**

*Woodson Smith*

There's quite a lineup of mountain bike races coming up in the 2004 Kentucky Points Series. Race dates and venues are listed below.

For more information about the Points Series and the individual races, see [www.bikebutler.com](http://www.bikebutler.com).

#### **Race dates**

- May 8: Younger's Creek, Elizabethtown
- May 23: Cave Run, Morehead
- June 6: Fordsville
- June 13: Ft. Duffield, West Point
- June 20: Bike Butler, Carrollton
- July 11: Bike Butler, Carrollton
- Aug. 8: Otter Creek, Muldraugh
- Aug. 22: Cave Run, Morehead
- Aug. 29: Capitol View Park, Frankfort
- Sept. 5: Waverly Park, Louisville

· Sept. 19: Bike Butler, Carrollton

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### **Copy Due Dates**

July-August issue are due June 1, 2004.

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

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### **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](mailto: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.

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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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