



THE NEWSLETTER OF THE BLUEGRASS CYCLING CLUB

OUTSPOKEN

Volume 33 — November-December 2004 — Number 6

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Report from the club president

Robert G. Underwood, Jr.

Hello, BCC. It seems unbelievable that the fall is here and the cycling season is winding down. A lot of great things happened for cycling in the Bluegrass, as well as a few not so good. I am not going to try and review everything, but simply ask that everyone try and join us for an exciting annual meeting and banquet. The banquet date is Sunday, Dec. 5 in Lexington, in the Community Room of the Senior Building on the corner of Alumni and Nicholasville roads. Reception at 5:30, then at 6:00 dinner, door prizes, and awards. We have some exciting stuff for the club, and this is a meeting and event that you simply have to make. Tickets are \$10.00 for adults and children are welcome with kids tickets (\$5.00 for kids 6 and older-kids under 6 eat free) Depending on the number of kids that RSVP, we are working on some entertainment/supervision to provide for the kids while we are doing the BCC business..

PLEASE RSVP to me at rgunderwoodjr@qx.net. You can pre-pay for your tickets by sending a check payable to the BCC for the amount of your tickets. Please mail your checks to the club before November 26, addressed to:

BCC Annual Banquet
P.O. Box 1397
Lexington, KY 40588-1397

As we wrap up 2004, we look back on a great year for the club and look forward to 2005. With 2005 there will be some changes for the club as several officer positions come open, as well as committee chairs, etc. We need your nominations for club officers, committee chairs, and awards. Below is a listing of these positions. If you have a nomination for any of these-whether it be an officer, committee chair, committee

member, or award nomination-please forward them to:

BCC Nominations
P.O.Box 1397
Lexington, KY 40588-1397

Officers

Seeking nomination?

President	Robert Underwood	yes
Vice-President	Jerry Johnson	yes
Secretary	Wes Willoughby	yes
Treasurer	Dorothy Kern	no

Committee Chairs

Horse	Bill Daniels	no
Newsletter Editor	Woodson Smith	no
Club Clothing	Bill Daniels	undecided
Social	Mark Medley	undecided
Information	Sam Conder	undecided
Racing	Marilyn Hartman	undecided
	Fred Steinbrecher	undecided
Scheduler	Weeknight rides	open
	Weekend rides	open
Statistician	Angela Beall	undecided
Tandem	Doug Wagner	yes
Touring	Bill Fortune	undecided
Brevets	Johnny Bertrand	yes
Rails to Trails	Dixie Moore	yes
Community Contact	Byron Bell	undecided
Red River Rally	Nancy Moore	undecided

Awards

(If there any other awards you would like to add, please feel free to do so!)

Ride awards (Club statistician calculates these awards):

- #1 in mileage
- 2000-mile club
- Most club rides attended
- Biggest attendance at a club ride (presented to ride leader)
- Ride leader, most club rides led

These awards are by nomination and decided by number of votes:

- Rookie club member of the year: best new member
- Most-improved veterans: veteran club members who came back to the club and participated
- Best club ride: presented to ride leader
- Entertainer of the year: club member who provided the most laughs during rides
- Crash victims: members who crashed on official club rides
- Most flat tire awards

OTHERS????

Please free to nominate a person for any "special" award; make sure you list their complete name and the details.

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Bluegrass Cycling Club

OFFICERS

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

COMMITTEES

Racing	Marilynn Hartman mhrtmn_00@yahoo.com
Horsey Hundred	Bill Daniels wedaniels1@prodigy.net
Time Trials	Dan Morris sbrldam@aol.com
Red River Rally	David Earle dearle@webworks.com
Ride Schedule	David Earle dearle@webworks.com
Statistician	Angela Beal

ang4vols@aol.com

Entertainment TBD

Touring Bill Fortune

Information Sam Condor
sam@bt3central.com

Community Byron Bell
Contact bvbell@lexmark.com

Newsletter Woodson Smith 502 320-2798
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.

OUTSPOKEN is published once every two months by the Bluegrass Wheelmen, Inc., Box 1397, Lexington, KY 40588-1397. Advertising rates are available on request. Cycling related classified ads are free to members.

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"900 Signatures"

Robert G. Underwood, Jr.

There is a push to have a Share the Road license plate available for Kentucky. Allison Smith is coordinating the efforts and to follow is an update with her e-mail. This falls right in line with the BCC mission, so look for more on this early next year.

(From Allison Smith)

"The status of the STR plate is still up in the air until next spring. I have 128 e-mail addresses saved from responses from my previous outreach. Some of these are looking to get more than one plate and some are the president's of statewide cycling clubs who have shown interest for numerous members. We're still going to need to campaign next spring to assure we obtain the 900 signatures by September 1. It will be easier to get the word out once the bill has passed and people can start taking action. I've reserved the domain name www.ShareTheRoadKY.com to facilitate the process. One will be able to download the application from a link on the site and mail it in with their \$25 retainer. I'm exploring the possible endorsement of AAA as well as a few civic organizations in addition to the cycling/triathlete and medical/fitness realms. I will be contacting newspapers and TV stations next spring as well.

"We want this bill to have bi-partisan sponsorship to ensure that it passes. As of now, Senator Charlie Borders (R) and Representative Susan Westrom (D) are presenting our bill come January. Rep. Westrom is up for reelection this fall so let's hope she can maintain her position; otherwise, I'll

have to seek out another representative to present our bill to the House.

"I'll keep you posted on any updates. Feel free to write anytime with suggestions or questions.

"Thanks!"

Alison \$email alismith@insightbb.com

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Touring Ride in Rural Indiana, or TRIRI

David Earle

Would you be interested in participating in a seven-day cycling tour that: Is just a few hours drive from Lexington? Is reasonably priced? Offers camping or Inns for overnight stays in state parks? Has nightly entertainment? Has catered meals each morning and evening? Has a swimming pool and hot showers at each overnight camp? Provides a free T-shirt and pair of cycling socks? And has only 330 participants?

If so, you should consider signing up with the Touring Ride in Rural Indiana (TRIRI) cycling tour in 2005 (our Hoosier friends pronounce it tree-tee).

TRIRI is an annual week-long cycling tour organized by Joe and Barbara Anderson, done in partnership with the Indiana State Parks and Reservoirs and the Bloomington Bicycle Club. TRIRI has been in existence for over twenty years and is very well organized. Roads were well-marked and sags were plentiful. The tour route varies annually - this year, from June 20 through 26, we toured southeastern Indiana, beginning and ending in Columbus, Ind. One- or two-night stays were in Brown County, Spring Mill, Clifty Falls, and Versailles state parks. Up to three different routes of varying length were available daily, providing total weekly mileage from around 350 to 500 miles.

On the second day of the tour at breakfast, we were warned that a detour might be necessary due to slowly receding water levels on the recently flooded East Fork of the White River near Medora, Ind., site of the longest covered bridge

in Indiana. On that day several of us (including Jonathon Rayos of the BCC) eventually merged into a pace line, and got well ahead of the other riders. At the detour split, we were told that water covered the new bridge (next to the covered bridge, which was fenced-off but well above the flooded river), but the depth was in question, and that we could try it if we wished. It was still early on a beautiful day, so why not? In a true Homer episode, seven of us ended up carrying our bikes about a mile through up-to-thigh-deep water. D'Oh! We later found out that all other cyclists were detoured around the flooded river. At least we got to see the longest covered bridge in Indiana.

Anyway, as you can imagine, there are several other stories recalling the events of the week that are too lengthy to mention here. I came away impressed with the rural roads in southern Indiana and with the organization of TRIRI. You can check their Web site for information on the June 2005 tour in southwestern Indiana at www.triri.org.

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Report from Ride for the Roses

Robert G. Underwood, Jr.

I know this is an old cliché, and It has been said many times before, but you really should put this ride on your list of must do rides. Three of us BCC boys (Keith Batchelor, Ralph Mullins and myself) set off late Thursday Oct 14 for Austin, Texas, and Lance Armstrong's "Ride for the Roses." Yes, we drove, rather than try and fly, so it was reminiscent of those old college days and a classic road trip. A big cooler, a bunch of snacks, and three guys telling jokes and lies. Although this time the snacks were trail mix, bagel chips, and fat free pretzels, and the cooler was full of diet coke and bottle water. Man, we must be getting old!

Anyway, we arrived in Austin early Friday, checked into our hotel, and headed out to see the city. If you have ever been to Austin, you will surely agree: Austin is a friendly, and very clean city. We had lunch at a neat outside restaurant and met several people from the ride who had ridden with Lance that morning. Since the ride was to raise money for Lance's foundation, you needed to raise \$10,000 to participate in the private ride with Lance. Unfortunately, we just fell short of raising that number to participate in the private ride, but it was neat talking to the folks who had ridden with Lance. Austin was easy to navigate and maneuver around in, even with yours truly riding shotgun, and giving directions to Ralph that he sometime decided to follow.

After lunch, we made it out to the start location to scope everything out. The place was abuzz with folks everywhere setting up for the big event. As we headed back to the hotel,

we noticed a group of cyclist surrounding a van, a Trek support van, and wondered what they were doing. As they left for a ride, we also noticed they had a police escort; since we had spoken with the folks who had ridden with Lance that morning, we did not initially think he would be riding again that afternoon. However, our curiosity got the best of us, so we followed the riders, and sure enough, there was the big man himself leading the group. As we passed, the riders were very friendly, and Lance gave us a big wave as Keith snapped a few photos. Our day was made.

Saturday was filled with the Event Expo, where we picked up our ride numbers and goodies. The Expo was tremendous, with Cycling Celebrates and all sorts of cycling and wellness exhibits. A few of us got various cancer screenings, although we noticed the testicular cancer screening exhibit did not have a waiting line! Since we all were outside of the high-risk ages, we opted out of that screening. After the Expo, we rode through Austin on our bikes, checked out a few bike shops, and found Austin to be extremely cycling friendly. They actually had more than one bike lane!

On Sunday, we made it to the start where the energy and excitement were electric. The ride started in waves and we waited, somewhat patiently, until our wave, number four, was called. They had us in wave four, because they knew how fast we were, and they wanted to give Lance a head start. Lance, Cheryl Crowe, and Robin Williams all rode and the start was great. The ride took us out of town and it was amazing the police had the road closed just for the cyclists and the 6,500 of us in the peloton were four and five wide for as long as you could see. We stayed on the outside, to avoid any trouble, of which we did see a few small wrecks during the first few miles.

By our first stop at mile 25, the riders had spread out, and riding was fun. Texas was beautiful and the weather great, with a clear sky and the temperature steadily rising from a low of 60 to a high of close to 90. As we made our turn at mile 35 the wind hit us straight in the face, and while the wind could be cooling at times, for the most part it was brutal. The rest stops were nice, but our Horsey Hundred

food was better! The ride did have volunteers and police at every intersection and traffic was stopped for us. Not having to worry about cars at the intersections made the ride really pleasant. By the time mile 99 appeared on my computer, my legs were getting weary from fighting the wind, and I thought I could coast the last mile.

Unfortunately, I had five more to go and since I was in Texas, I "cowboyed-up" and pushed it in. Ralph and Keith were waiting for me at the finish (they had opted for the 74-mile route); we slapped some high fives and congratulated each other on a great ride. A band was playing music, and there was food and drinks for everyone. We relaxed away from the sun under a tent and reflected on a super ride. Guinness was serving Stout Beer, but Keith was the only one brave enough to try a glass of stout. You know those Brits are a little crazy anyway! We said our goodbyes to some new-made friends and sprinted to our hotel where we then we hit the hot tub, grabbed some dinner, and made an early night to get some sleep for the long ride home.

Monday we headed home, our legs a little tight, but our hearts and souls elated with our accomplishments and the new memories of the Ride for the Roses 2004. I am sure Lance would have noticed it on our faces as we left; we definitely could not help but to KEEP SMILING!

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Wanted: Horsey Coördinator

It seems early to be talking about Horsey Hundred 2005 (May 27-29) but it is time to start soliciting for someone to take hold the reins as Horsey Coördinator. Bill Daniels has said that he's willing to be involved with the Horsey, but just not as coördinator. He has done a fantastic job over the past two years as coördinator, which followed one year as co-captain/volunteer coördinator, which was preceded with two years as volunteer coördinator, and now he says he's ready to move on to something else; maybe work a rest stop or something.

So with Bill stepping down, this opens up the field for anyone who might be interested in leading such a great team of people in a club that truly supports our Horsey. This is an opportunity for fresh ideas, talent and energy. A time to continue the tradition of the Horsey in a new light. The person stepping in, will not have to start cold turkey. Files do exist which will be passed on, including phone numbers, vendors, time frames, schedules and the like. It's a fun job, a challenging job, and a great opportunity. You get to know, at least on some level, everyone in the club. You will get the opportunity to influence and improve the areas where you might see a need. You will also have available of at least two other coördinators who are still in the club and who would be willing to advise if requested. They are Bill Fortune and Doug Wagner - two fantastic guys who kept improving the Horsey year after year.

Keep your minds open and if you, or someone you know who might be even the slightest bit interested in filling this terrific position, just give Robert Underwood a call. And don't worry! If you show interest, we won't automatically

expect you to do it! We'd be glad to talk to you and share ideas with you. So think about it! And give Robert a call!

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Red River Rally 2004

Keith Batchelor

October 20, 2004

For the 175 lucky riders that showed up for the 33rd running of the Red River Rally in the 25,662 acres of the Red River Geological Gorge region, we were treated to a truly magnificent bright clear fall morning. Temperatures in the low 60s made for ideal conditions.



We had a special guest along for the ride, Greg Hockensmith, 31, an international and national hand-cyclist based in Tucson, Arizona. Greg, fresh from representing the USA in the

Paralympics in Athens, gave a brief talk about his passion for life and cycling, and then went out and smoked the course. Greg, already a great athlete, broke his back at the age of 16 in an automobile accident that left him paralyzed from the waist down, and quickly channeled his energies into hand-cycling. This is a brief history of his achievements:

- * 2002 time trial world champion
- * Gold 2003 European road race open championship
- * Gold 2001 European team time trial open championships
- * Silver 2001 European road race open championship
- * Bronze 2002 European road race open championship
- * 4-time National Champion
- * U.S. National Team member 2002-2004
- * Arm-powered bike distance world record holder, 252 miles in 17 hours, 52 minutes
- * World-class competitor, mentor, motivator, business owner, and student of life.

Greg earned bachelor's and master's degrees in neurophysiology. He lives in Tucson, Ariz., and owns his own business, Comfort Mobility, which provides medical equipment for people with disabilities. Greg can be reached at greghock@msn.com

David Earle (not riding this year, due to his recent fall), gave his cautionary pre-ride introduction, which included the mandatory walk-through of the 900-foot Nada Tunnel, as we had an injury in the tunnel last year.

Nancy Moore, with her assistants, did a great job of her "turn in the barrel," organizing, carrying, fetching, and cooking, so we could all enjoy a great ride and hot food afterwards. The local ham radio guys also did a great job with their radio communications, helping to keep us safe.

The ride was its normal challenging and demanding self, but understand we did not have any incidents or injuries this year.

Nancy would like to thank the following: Doug and Angela Beall, who worked registration; Robin Reams and Huston Combs, who did T-shirt sales; Shannon Taylor and Sheri Bradshaw, who manned the Sky Bridge rest stop; Ted and Betsy Moss, who drove the sag; David Earle, who sold shirts and helped all day; Bill Daniels, who helped with cleaning-up and loading; Steve Royce, who marked the roads; Robert Underwood, who brought those yummy dessert trays. A special thank you to Kari Williams for making the vegetarian chili and hauling the soft drinks to the gorge when my car couldn't hold one more thing.

In spite of my panic when I counted 175 riders and I had planned AT MOST to feed 150, I ended up with 1 cup of chili left over. We even made a nice little profit for the club.

Red River Rally Camping

For those outdoors folks, camping is an option to make the red River Rally a weekend event. Over the last three years, several BCC members have camped at Natural Bridge State park and taken in the beauty of Natural Bridge. The state park has a phenomenal buffet, and with square dancing at the Famous Hoe-Down Island on Saturday nights you can eat all you like, because beginners are welcomed and encouraged to join in the dance. Miles of hiking trails and the beauty of the Gorge are some of the many things you can enjoy. Camping areas also have the comforts of home with HOT showers and bathroom facilities. Singing by the fire, shores, and great fellowship not to mention campfire coffee in the morning are added bonuses. If you are interested in camping with the BCC next year, contact Robert Underwood at rgunderwoodjr@qx.net

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Annual Meeting & Awards Banquet

Annual Meeting & Awards Banquet

Sunday December 5, 5:30 8:30

Community Room

Lexington Senior Center

1530 Nicholasville Rd.

Lexington KY 40503

Please join us for an exciting meeting
and awards banquet.

There will be several special presentations
that you must see!

Tickets \$10.00 Adults

\$5.00 Children 6 and over

Kids under 6 are free

RSVP to Robert Underwood,

rgunderwoodjr@qx.net,

(859) 333-8416

Or mail your check by Nov. 26 to:

BCC Banquet

P.O. Box 1397

Lexington, KY 40588-1397

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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@ky.gov or send a change of address card to the club address: BCC, P.O. Box 1397, Lexington, KY 40588-1397.

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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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