



THE NEWSLETTER OF THE BLUEGRASS CYCLING CLUB

OUTSPOKEN

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Contents

[MS150 sets records](#) by Byron Bell

[Bluegrass Cycling Club](#)

[Richmond Road improvements include bike lanes](#) by Keith Lovan

[Hey, Tim! Thanks for bailing!](#) by Jason Kazez

[Red River Rally 2004 is Oct. 10](#) by David Earle

[The sport is just getting sad](#) by Jason Kazez

[Copy Due Dates](#)

[If You Move...](#)

[Racing Info](#)

[Check your label!](#)



Outspoken - September-October 2004

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

MS150 sets records

Byron Bell

This year's MS 150, a benefit ride for the National Multiple Sclerosis Society on June 5-6th, set new records for number of riders and the amount of money raised. The BCC made a significant contribution in this effort, and was well represented throughout the weekend. Our thanks go out to the many club members who participated and helped make this a huge success.

A total of 25 BCC members rode along this year, spread out over seven different teams. The official BCC team, led by Sam Conder, grew to a whopping 12 riders, a record turnout. The team looked great in their new club jerseys, and did us proud along the route from Toyota in Georgetown down to Danville and back. It was very gratifying to see so many of us along the route, and an excellent way to get the club name out in front of many other area riders. All in all, the event attracted 318 participants, so you were rarely alone on the route.

When we made the call for riders early this year, we thought a target of \$10,000 for the club members' contributions was a lofty goal. At last count, the tally for the 25 club members was \$13,349! An incredible total and something for which we can all be proud. Four riders broke the \$1,000 mark by themselves and so earned special perks for next year's ride.

The weather was absolutely perfect that weekend, much better than the torrential rains of the previous Sunday for the Horsey Hundred. Ride support was well stocked, and

though we did exhaust the supply of Gatorade early Saturday they had that fixed for Sunday.

During the Saturday evening program, we heard from Eve Steiner, a young lady who suffers from MS but has still managed to make multiple extended bike trips across Alaska and from Spokane to DC. She had a very inspiring message of hope and fortitude as she related some of the more colorful events from her bike treks. Also on display were electric bikes that you could test drive-I saw a lot of folks trying to figure out how to commandeer one for Sunday's ride!

The accommodations at the school in Danville were simple, but clean and quiet, so if you want to ride next year I suggest you get registered early as there are a limited number of rooms on campus. The food was plentiful, served up by Macaroni Grill, Wild Oats, Chili's and Applebee's. Scheller's provided assistance on the road and did an outstanding job keeping everyone rolling. This is a great tour, and we encourage everyone in the club to take advantage of the BCC sponsorship policy next year when it rolls around again. Let's shoot for \$15,000 and 30 riders!

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



Outspoken - September-October 2004

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

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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 - September-October 2004

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

Richmond Road improvements include bike lanes

Keith Lovan

On June 19, more than 30 cyclists joined former Mayor Pam Miller, Transportation Cabinet Secretary Clay Bailey, State Senator Tom Buford, Pre-Construction Branch Manager James Ballinger and spokesperson for Mayor Teresa Isaac Bruce Edwards for the dedication of the new Richmond Road Improvement Project. This \$6,000,000 project was unique in that the State Transportation Cabinet responded to the requests of the staff at the LFUCG and Bicycle and Pedestrian Advisory Committee to revise their plans to include bike lanes after the project was designed.

This is the first time in Lexington that bike lanes have been included on a major arterial. Although it is a small number of bike lanes, it represents a huge change in attitudes. Since then, bike lanes have been added to Versailles Road. As more opportunities become available we will continue to add bike facilities.

The support shown by the cyclist at that ceremony did not go unnoticed. It was extremely important for the decision makers to see that their efforts were not in vain. I really appreciate the effort that everyone made to attend this ceremony.

As we continue to work with city and state officials you will continue to see changes. A new warning sign has been approved by the Federal Highway Administration. "Wrong Way-Ride with Traffic" signs are being placed on Euclid Avenue, Rose Street, Versailles Road and Richmond Road. Cyclists riding the wrong way on Rose Street and Euclid

Avenue are creating safety issues and we are hoping that these signs will let everyone know they should ride with traffic.

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



Outspoken - September-October 2004

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

Hey, Tim! Thanks for bailing!

Jason Kazee

Sunday, July 25th 2004 I planned to be ushering Tim Terry through to a victorious finish in the Category 5/Citizens Men race at the Bluegrass State Games. To be honest, I don't know if it was actually his first race or not, but after his declaration that he would stay home if I decided to ride the Citizens race, I offered to pull him around the course. The theory being that I could help him survive the craziness of a Cat. 5/Citizens race in enough of a position to hopefully ride for something at the end.

So, having made this decision and receiving Tim's acceptance of my wheel-suck offer via e-mail on the Thursday prior, I woke up on Sunday morning to a cool 61 degrees and an 8:45 am start time. After a rather late night taking in Shakespeare in the Park and a very restless night of sleep, I sliced my strawberries, ate my Crispix, drank my coffee and spun on over to the Coldstream Research Park for our glorious Team BCC debut in the new jerseys. Only one problem appeared upon my arrival, no Tim.

"No sweat," I thought. "Tim's coming. Its just after 8 a.m., he's got a good 30 minutes to get here with plenty of time to start. He'll be here." So, I decided to go ahead and register. I said hi to all the regulars who make up the local racing circuit. I greeted my fellow BCCer's bold enough to brave the not-so-hot heat of July. And I enjoyed some decent small talk with Dorothy Kern and Rachael Peake at the registration desk while I signed away all my legal rights to sue anybody who had anything to do with everything that involves riding a bicycle with 41 other wackos. After

killing a good 10 minutes, I decided to spin up the parking lane to see if either my good buddy Tim or my wife had arrived. No dice.

"OK, so maybe I'll check out the course and warm up a few laps." Of course originally, in my mind this was going to be the time where Tim and I could figure out exactly what was what, check out the lay of the course, see how we both felt overall, determine where it made sense to adjust tempo for that tricky little headwind at the top of the climb, yada, yada, yada. With still no sight of Tim, I just resolved myself to spinning around the loop and chatting with those people I recognized or happened upon along the way. Three laps later and finally meeting Eric Bennett in person during the warm up, I decided to pull off and give Tim and my wife Ann another look to see if they had made it. Still no Tim to be found, but on my way back up to the course Ann arrived coming in the opposite direction.

"Cool, I can unload my spare gear pack on my saddle and all my usual carry-alongs (cell phone, CO2 cartridge dispenser)," which I forgot were still on my bike and body. Of course I was also just really happy to have her there so I could see a wonderful face as I rounded the course off the back in anonymity. But with only single minutes to spare, it was now obvious that my truly dear friend Tim Terry was not showing up this fine and sunny Sunday.

Well, Tim, I have to say thank you for bailing on me Sunday as somehow, I managed to survive the squirrels, hang with the pack (even up at the front for a big chunk of the race), jump on with two breakaways and find myself sprinting into third place overall. I was actually awarded a silver medal to top it all off because the winner was from Cincinnati and the illustrious hosts of this great event decided to move the medals back one place each to actual Kentucky racers. Third place is the best finish I've ever had in a cycling race and the silver medal is the first award I've won at a race which I actually deserved! Being the only racer in your age group, or the only racer in your age group not to win the entire event, never really felt like it counted.

So Tim, we couldn't be happier you didn't show, I can't

wipe this grin off my face, or get the events of the race out of my head and I owe it all to you, the Great Tim "Timbino No Show" Terry. Thanks, Tim, let's do it again next year!

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



Outspoken - September-October 2004

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

Red River Rally 2004 is Oct. 10

David Earle

Join us for the 33rd annual celebration of the fall season in the Red River Gorge! We invite you to ride the valley of the Red River, climb the old logging road up and through Nada Tunnel, ride past wonders of Nature in the Red River Gorge Geological Area then you'll test yourself with the short but challenging climb up to the rest stop at Sky Bridge. After a rest, ride the "rollers" in the forest to Pine Ridge and Rogers. Finish the 38-mile moderately hilly loop back to Natural Bridge State Resort Park by continuing through Zachariah and Torrent, or take the hilly 65-mile loop over Big Andy Ridge to Beattyville and then north to Natural Bridge.

Since few folks are really hungry after 17 miles of riding at Sky Bridge, we will have only water and maybe a few snacks there but strongly suggest that all riders take a breather there. We will be serving chili after the ride in the Sky Lift Picnic Shelter from 1:00 p.m. until the last riders get in from the 65-mile loop.

This year's RRR will be on Sunday, October 10, starting at 10:00 a.m. You can pre-register for \$5.00 (postmarked by Sept. 27) using the enclosed form, or register on the day of the ride for \$8.00. Registration begins at 8:30 a.m. at Shelter #2 at the Sky Lift parking lot in Natural Bridge State Resort Park at Slade, Kentucky.

To get to Natural Bridge, from Lexington take I-64 east to the Mountain Parkway. Follow the parkway 33 miles to the Slade exit, proceed two miles south to Natural Bridge via

Rt. 11. Turn right into the park, and then another right, proceed 1/2 mile to the Skylift parking lot. For further information, check the BCC web site at www.bgcycling.org and link to Red River Rally or contact Nancy Moore, 502 223-5164 (nancy753@starband.net).

We will soon be calling for a few volunteers to help with this ride!

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



Outspoken - September-October 2004

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

The sport is just getting sad

Jason Kazez

The current reigning World Mountain Biking Champion racing for Specialized Bicycles just tested positive for using EPO. A 23-year-old nobody racing for Jelly Belly who placed 11th overall in the Tour de Georgia just tested positive for using EPO. Recently, a friend who subscribes to a non-Lexington club's listserv, told of an e-mail he received detailing the arrival of the latest human growth hormone shipment for that club's racing team.

Perhaps the e-mail was a joke and the author actually meant the shop had just received the latest shipment of CarBOOM!, Cliff Shots, or those itty-bitty cans of Coke. But am I wrong to be amazed that amateur racers in Kentucky could possibly have access to and take HGH in order to do well in local USCF races? Am I wrong in thinking its pathetic that someone age 23 believes they need to take EPO in order to increase their fitness so they can become a pro cyclist? Or is it incredibly stupid of me to marvel at the fact that a World Champion claims to start taking drugs after he wins the world title in order to win the gold medal in Athens the following year?

I know cycling as a whole has a tremendous problem with doping, cheaters, egos and commercial pressure at the most elite levels of competition. Someone please tell me, where and when is it going to stop? Why on earth does that mess filter down to the ranks of the club racer looking for a competitive good time a few weekends during the year? Is it because there is money at stake for some races? Its not like I can afford to drop \$50 tips after dinner, yet apparently

a \$250-\$1,000 prize list at your local event is more than enough justification to risk your life, health and reputation. At least it is apparently for some of us.

Sadly, that's what is most troublesome about all of these cases. At some point in everyone's life, you ride a bicycle and you enjoy it. Many of us continue to ride well beyond childhood and use it as a personal measure of joy and escape from the daily routines of suburban, cubicle-based life. We buy a bicycle because of the color, we buy a jersey because of our hero, or we ride a rusty Huffy just to enjoy a soft and beautiful evening. You get hooked and start spending vast amounts of time, sweat and money to get better at riding a bike. The frauds have all done these same things.

So why have I never decided to find and take EPO or HGH? Every single cyclist who has taken performance enhancing drugs had to experience these exact feelings and realizations. However at some point, someone or something convinced them the only way to progress was to inflate their racing resumes by cheating. Can we assume that for these people, winning at an obscure sport at any cost was the only thing that mattered to them? Is that the mentality this sport requires in order for young riders to progress through the USCF ranks? If so, then our sport is ultimately doomed at the competitive level.

I used to believe it would be tremendously cool to be a pro cyclist. I still have that thought occasionally, but now I seriously question why anyone would want that lifestyle to become their livelihood. I still have my heroes, and I still have my unrealized dreams, but I'm more selective where I place my faith. Unfortunately, it's a heck of a lot safer these days to be jaded rather than optimistic when choosing one's idols.

The common excuse these frauds give during media statements is, "What can I say? I'm only human." Well I'm only human. I am a cyclist and I've even been known to race. Yet, I don't cheat. So please, stop killing our sport and find a new hobby. It's kind of hard to cheat at table tennis so why don't you give the KillerSpin Tour a try?



Outspoken - September-October 2004

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

Copy Due Dates

Submissions for the November-December issue are due October 1, 2004.

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

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



Outspoken - September-October 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 - September-October 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 - September-October 2004

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

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