

OUTSPOKEN

Horsey Hundred May 27-29th



The 28th running of the **Horsey Hundred** is taking place May 27-29th, 2005 in **Georgetown, Kentucky**.

Challenge yourself to take on the full one hundred & one miles! The century route will take you over a wide range of terrain typical of the Bluegrass region. On Sunday you have the option of riding the streets of Paris...Kentucky! So saddle-up, bike riders, and join us on the **horsey**.

There are several routes to choose from on both days. Saturday offers a 29 mile route, a 50 miler, 53 mile Keeneland route, 75 miles and full century. Sunday offers a 37

mile, 52 mile & 70 mile. All routes loop back to the start in historic Georgetown. Recommended start times are between 08:00 and 10:00am. The **Horsey Hundred** has a special 8:00am bugler send off, so don't be late! We have riders that come from many parts of the United States to take part in this unique event, as it falls early in the cycling calendar.

People are always impressed by the friendliness and organization of this ride. Many of the local bike shops will be on hand to support this major event. Riders can count on SAG support and ample rest stops for food & water. Come out and enjoy this terrific bike ride and support the BCC and the good work we do providing safety helmets to children to keep them safe.

BCC

Bluegrass Cycling Club
www.bgcycling.org

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.

OFFICERS

President	Robert Underwood rgunderwoodjr@qx.net
Vice President	Jerry Johnson jjvols81@alltel.net
Secretary	Steve Slone stevenneil@hotmail.com
Treasurer	Sheri Bradshaw sheri@kvoil.com

COMMITTEES

Racing	Marilynn Hartman mhrtrmn_00@yahoo.com
Horse Hundred	TBD
Time Trials	Dan Morris danielmorris@insightbb.com
Red River Rally	David Earle dearle@iwebworks.com
Ride Schedule	David Earle dearle@iwebworks.com
Statistician	Mark Underwood msunderwd@yahoo.com
Entertainment	TBD
Touring	Bill Fortune
Information	Sam Conder sam@bt3central.com
Community Contact	Byron Bell bvbell@lexmark.com
Newsletter Editor	Keith Batchelor LRPCS keith_batchelor@yahoo.com



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.

Copyright © 2005 Bluegrass Wheelmen, Inc. All rights reserved.

An idiot's guide to riding a century!

The thought of taking on a long distance ride can be daunting. It's very easy to talk yourself out of the challenge of endurance rides, particularly when non-cyclist response to riding a hundred miles in one day is, "Boy – I don't ride that far in my truck – u crazy?" A little preparation and some forethought can make a century ride a real possibility and not an idle dream. Here are my thoughts on making the ride do-able.

PMA – Positive Mental Attitude.

They say a century ride is 80% mental and 20% physical. The knowledge that many people from all walks of life with different athletic abilities take on and complete long distance rides, should provide comfort. Having said that, a century ride is serious stuff, but with planning, this, like most difficult tasks can be broken down into manageable key ingredients.

Planning.

The sooner you commit to doing a ride such as the Horsey Hundred the better. Try to get a friend or two to commit to doing the ride with you, that way you can both motivate one another and focus between you, on your preparation and training. You'll need to make sure your bike is in good shape and suitable for an endurance ride. Most people choose to use a road bike, hybrid or recumbent. A few people use mountain bikes, but I would not recommend them due to their extra weight. Although a full SAG is provided on the ride, always make sure you have a spare inner tube or two; some

means of inflating it, and tire levers in the event of a dreaded flat. Invest ahead of time in a variety of clothing to cover whatever the elements might throw at you come ride day. Check your saddle out too. The one you have fitted at present may be fine for those 20-30 mile rides, but it might literally be a 'pain in the butt', come 60 miles into the ride. Think about all the contact points – shoes & socks, gloves, shorts and saddle.

Training

Hopefully you have already been putting some quality miles into your personal ride calendar. Don't worry if you haven't, but you'll need to get a move on quickly. Don't fall into the false assumption that you must be able to ride a full 100 miles in one day before your big ride. As an approximate guide, you should be riding a minimum of twice a week, and covering something in the region of between 40-60 miles per week. Two weeks prior to the ride, you should be building up to doing one ride of 60-70 miles duration. The week before, you should cut back, so that come the Saturday of the Horsey Hundred you will have built up stamina but left reserves in the legs.

This is the time to experiment with different drinks and snacks. Don't do this come ride day, as some types of energy drinks and bars can cause some stomach distress, not the sort of thing you need to be experiencing on a big day! In addition, you'll need to work at establishing a comfortable pace; one that will get you through the day without you going too deep into your energy reserves.

The ride.

Prior to the start, take your bike for a quick gentle warm-up, to get any nerves out of the legs. Make sure your bike traveled to the ride without damage and without anything coming out of alignment. Don't sweat it if something has gone wrong. There will be at Georgetown College, trained mechanics provided by the local bike shop's to lend a helping hand.

Okay – you're at the start. You're apprehensive, slightly nervous and worried about what lies ahead of you. Don't panic – everyone feels this way! If you've done your planning, training and had everything checked over, then you should be in good shape. Drop your shoulders, bend your elbows, take a deep breath and relax. Make sure you have your maps, sunscreen and emergency cash with you. As the riders leave at the start, leave lots of room and take your time getting out onto the course – this is not a race! Set a pace that you're comfortable with. Don't be tempted to take-off at a pace you're not accustomed to. If your pace is too high you might well pay for it big time later on in the ride. Don't be tempted to get on the back of a fast train, or jump on one when one comes by, which it will – conserve you're energy!

As a guide you should be drinking every twelve minutes and eating every 25 minutes to keep your fluids, electrolytes and glucose levels topped up. There are plenty of rest stops along the way. I would recommend that you stop at every rest stop, take on fluids and food and use

the bathroom. Do a little bit of stretching and walk around, relax, and apply more sunscreen. If Mother Nature isn't calling your name at most of the rest stops, the chances are you're not drinking enough. Avoid de-hydration at all costs.

When faced with a big climb...relax. Sit-up – put your shoulders back. Get into a suitable climbing gear that offers a good cadence without spinning-out. Match this with long slow breathing to get into a comfortable rhythm. Avoid short shallow breathing. Be aware of who is around you – but don't become fixated with looking towards the top of the climb. You'll get there soon enough if you just stay calm, relaxed, and take your're time.

Before you know it you'll be back at the start/finish line, punching the air just like Lance, feeling tired but elated, knowing you've accomplished something big. Well done!

By Keith Batchelor - Editor

**People don't plan
to fail -
they fail to plan!**

A BRIEF SURVEY OF KENTUCKY BICYCLE LAW

By *Patterson A. DeCamp*

We all have a general sense of the laws we must obey when operating a car. What about when operating a bicycle? Not surprisingly, there is a body of law in Kentucky Revised Statutes (KRS) and Kentucky Administrative Regulations (KAR) specifically governing the operation of bicycles. The following is a survey of certain laws and regulations governing the use of bicycles on Kentucky highways.

Let's start with my favorite example. Suppose you are on your bicycle approaching a pedestrian or another cyclist. As necessary, in order to warn of your approach, you are to sound your horn, if you have one. But if you do not, 601 KAR 14:020 Section 3(2) provides that you are to shout a warning. That's right, the law requires you to shout. This administrative regulation replaces a KRS 189.080 which required all bicycles to have horns. I think we can see the legislative wrangling at work here.

Other legal requirements include the necessity to signal turns set forth in KRS 189.380. This statute provides that cyclists must signal a turn intermittently for the last fifty (50) feet before a turn. Extending the hand and arm horizontally from the left side of the vehicle indicates a left turn. A right turn is signaled by extending the arm horizontally from the left or right side with the hand and arm



401 s. upper street lexington, ky
859-255-6408
pedalpowerbikes.com

clearly reveals substantial objects at least fifty (50) feet ahead and which is visible for 500 feet. Nighttime conditions are defined by KRS 189.030 as being one-half (2) hour after sunset to one-half (2) hour before sunrise and "at such other times as atmospheric conditions render visibility as low as or lower than is ordinarily the case during that period." This is the same time period that motor vehicles are required to have their lights in use. Also, during these conditions a cyclist on a highway or highway shoulder shall display on either the bicycle or the bicyclist a red light or flashing red light visible for at least 500 feet from the rear of the bicycle. At all times, day or night, the cyclist should have a red reflector or red light visible for at least 100 feet from the rear of the bicycle.

In case you are wondering, 601 KAR 14:020 Section 3 prohibits a bicycle from having a siren or whistle. However, a bicycle may be equipped with a bell, horn or other device capable of making an "abrupt sound."

Here are some incredibly obvious rules contained in Kentucky Administrative Regulations. A bicycle shall not be operated on the highway without brakes "adequate to control the movement of and to stop the bicycle." The cyclist shall ride "on or astride a permanently attached bicycle seat." A bicycle shall not carry "more than the number of persons for which it was designed or is safely equipped." And another favorite: a bicyclist "shall not carry a package, bundle, or article that prevents the operator from keeping at least one (1) hand on the handle bars." Finally, 601

right to deny claims which they do not believe are meritorious, regardless of whether they have been reported or not. Not reporting an accident does not mean that you are prohibited from making an insurance claim. The reporting of a claim is, however, a fact which the insurance company would probably take into consideration as it evaluated the claim. That is, the fact that someone did not think the accident was serious enough to report would probably argued by the insurance company as evidence that the accident was not the likely cause of serious injury or damage.

That completes this brief survey. If you see me on the road ahead of you, **just shout.**

Patterson A. DeCamp is a Lexington attorney. He may be reached at (859) 225-1191 or by email at pat9955@mikrotec.com

THE TIME IS HERE FOR YOUR TRIAL!

The BCC Annual Time Trial Series is back, all in Lexington, all on the Bethel Rd, loop. We will have one race a month for the next five months.

Do you have what it takes to ride your bike all out on your own for 12.6 miles or 16.8 miles- or are you just another wheel sucker who needs the safety of a pack to survive? **The challenge has been layed down!** Come on out and give it a try. We will have different categories for licensed riders and those who just like to ride there bike hard. The first rider starts at 6:30pm, so come out and have some fun and test yourself and find out what your real average speed is. *No blood doping permitted.*

The Races start at 6:30. The best thing is it's free! The dates are: May 19th, June 16th, July 14th & August 18th

The finals are on September 8th - who's the best - who cares?

Bethel Rd, runs off of Yarnalton Pike in West Fayette Co. Yarnalton Pk, is about five miles past the New Circle Road bridge off Leestown Rd. Coming from Lexington take a right off Leestown. The first road to the left is Bethal. Go to the second left Falcon Wood Rd. We meet in the corner along the Interstate.

Coming from the South or North, take I-64 West to US 62. Left from The South, right from the North. The first road you come to is Bethal, take a left. The road

splits about a mile and a half ahead - take the road to the left, it's Falcon wood. We meet in the corner next to the Interstate. Park on the grass. Any problems call me Dan Morris at 859-221-2084 or danielmorris@insightbb.com

Who moved my cheese?

The now famous book on change in corporate America can apply to almost any change in work or play. We hope the changes and upgrades to the web site have met with your approval. The upgrades to the web site are the culmination of 14 months work. In meetings, surveys, e-mails and personal conversation with BCC members we tried to implement all the changes and upgrades you asked for.

The great thing now is; Jerry Johnson, Sheri Bradshaw, Steve Slone, Keith Batchelor, Mark Underwood, Steve Lawson and myself, all have the ability to work on the site and make corrections and updates. Your new web site is a work in progress and our hope is that it will be the best site in the country and offer our members exactly what they are looking for. I am forming a committee to explore further changes and up grades to the site as well as web site maintenance. If you are interested in serving the club on this committee please e-mail or call me so I can add your name. I appreciate your patience during the web-site transition. Keep riding and as always.....

Keep smiling!
Robert Underwood
President.

WRITE LETTERS FOR THE DAWKINS LINE

R.J. Corman Rail Group has started to remove the rails from the Dawkins line in Eastern KY. This abandonment is located in Johnson, Breathitt and Magoffin Counties and is 36 miles long. The timing has never been greater to get a rail trail in Kentucky that can literally put us on the map. Information about the project can be found on the KRTC web site, www.kyrailtrail.org

The Kentucky Rails to Trails Council is asking that members and RT supporters write Governor Ernie Fletcher, Commerce Cabinet Secretary Jim Host, Congressman Hal Rogers, State Legislators, and the Judge Executives in each county stating their reasons for taking the necessary steps to turn this abandonment into a railtrail.

The time is ripe for all rail trail supporters to write letters encouraging state and local leaders to strongly consider a rail trail for this abandonment. Some talking points include.

The trail would provide an economic boost to the area. Trails create new opportunities for outdoor recreation and non-motorized transportation. The Dawkins Trail would be 36 miles in length and could be used by hikers, cyclists and horseback riders and will draw users from across Kentucky, Ohio, West Virginia and Virginia.

It will be in the same class of trails as the Virginia Creeper Trail (34 miles) in Virginia. Trails of this length are non-existent in Kentucky. It will be a "one of a kind" for many years. The longest trail in Kentucky at present is 6 miles in western Kentucky.

This trail would provide an improved quality of life. Trails encourage physical fitness and healthy lifestyles. People will be able to use them for walking and cycling; two of the most economical and healthy forms of exercise. Lack of opportunity to safely bike and safely walk is a major reason why these forms of exercise are not done more.

This trail will attract national attention because of its unique combination of tunnels, trestles, elk, coal tipples, and mountains. The trail keeps the corridor intact. If there is a need in the future for train service over the line, the corridor is available. Using the trail now for recreation and alternate transportation preserves the infrastructure.

This railtrail would be an amenity to the community. Trails encourage outdoor activities that promote community. They preserve culturally and historically valuable areas.

Please go to KRTC web site for the contact address:
<http://www.kyrailtrail.org>

SHELLER'S FITNESS & CYCLING

Family Owned And Operated Since 1979
PARTS • ACCESSORIES • SERVICE

**TREK • KLEIN
FISHER • LEMOND**

AUTHORIZED DEALERS FOR:

**YAKIMA RACKS • BELL & GIRO HELMETS
PARK TOOLS • CONTINENTAL TIRES
POLAR HEART RATE MONITORS
NIKE & GARNEAU APPAREL • SHIMANO SHOES
MAVIC WHEELS AND RIMS**

Ride Information Available



233-1764

212 WOODLAND AVE.
Hours M-F 10-7 Sat 9-5

Managed And Staffed By Cyclists
www.schellers.com

ATTENTION CYCLISTS & ENDURANCE ATHLETES: BECOME PART OF A TEAM THAT'S CHANGING LIVES

Join the Leukemia & Lymphoma Society's Team in Training

Want to get in shape, make lasting friendships, and help save lives? The Leukemia & Lymphoma Society's Team in Training (TNT) is recruiting volunteers to help in the fight against blood cancers by raising funds as they train to run, walk, tri, or cycle in honor of local patients.

The Leukemia & Lymphoma Society, headquartered in White Plains, NY, is the world's largest voluntary health organization dedicated to funding blood cancer research and providing education and patient services. The Society's mission: cure leukemia, lymphoma, Hodgkin's disease and myeloma, and improve the quality of life of patients and their families. Since its founding in 1949, the Society has invested more than \$360 million in research specifically targeting leukemia, lymphoma and myeloma. Last year alone, the Society made more than 812,000 contacts with patients, caregivers and healthcare professionals through services provided at its home office and by its 63 chapters nationwide.

Team in Training, the world's largest endurance sports training program, provides personalized coaching, group training and support, and the chance to meet new people and be part of a team. In addition to weekly training sessions under the guidance of a certified coach, TNT offers training events and clinics on nutrition, equipment, injury prevention and safety. After four to five months of training, team members will be prepared to run or walk a marathon (26.2 miles) or half-marathon, cycle a one-day century ride (100 miles) or participate in a triathlon (swimming, running and cycling).

Participants are also given tools to help them fundraise. Mentors and alumni of TNT are paired with participants to give them support, motivation, and ideas to help them reach their fundraising goals. The Society also arranges transportation and lodging to send participants and their teammates to the event of their choice.

The Kentucky Chapter is currently recruiting participants for the summer/fall season. The events to choose from include the Disney's International Distance Triathlon in Orlando, FL, the Cycle Fest Century in West Palm Beach FL, the LaSalle Bank Chicago Marathon® in Chicago, IL and the Nike Women's Marathon/ Half Marathon in San Francisco, CA. Informational meetings are being held at:

Wednesday, May 11
Beaumont Library Branch
3080 Fieldstone Way
6:30pm.

Thursday, May 12
Hunter Presbyterian Church
109 Rosemont Garden
6:30 pm.

Saturday, May 14
Joseph Beth Booksellers Café
The Mall at Lexington Green
10:00 am.

Tuesday, May 17
Eagle Creek Library Branch
Richmond Rd and Eagle Creek
6:30 pm

Wednesday, May 18.
Tates Creek Library Branch
3628 Walden Drive
6:30pm.

"There is so much more to TNT than just training. You'll have expert coaches, a great team with incredible people, a mentor to keep you on track, and most importantly, cancer survivors to inspire you. Helping them will become your motivation, and believe me, nothing will stop you from reaching your goals," said cycling coach Lauren Foster.

Since Team in Training began in 1988, more than 220,000 participants have raised over \$500 million through TNT to help the Society advance its

Ride of Silence

You are invited to take part in a ride of silence, being held in more than 90 cities across the United States. We leave from the 'Blue Parking Lot' of UK's Football Stadium on Alumni Drive, Lexington on **Wednesday 18th May at 7:00pm**. This is not a protest ride - simply a ride to pay our respects to our fellow cyclists killed or injured on the public roads. Please feel free to wear a black arm-band if you're riding in honor of someone killed, or a red arm-band if you have been injured yourself. The ride will be of approximately 10 mile duration, ending back at the parking lot. The ride is being advertised purely via 'word-of-mouth' - so - spread the word; e-mail me if you have any questions. keith_batchelor@yahoo.com

Still crazy after all these years?

By Keith Batchelor

On Saturday 30th April 2005, the weather here in Lexington was kinda' dull, wet, windy and cold. Most of us were skulking around, kicking our heal's, waiting for the sun to come out. Well, 5 members of the BCC were not waiting for blue skies. Benna Halecky, Marilyn Hartman, Marrea Matthews, Phil Neadham and Dave Scott took on Calvin's Challenge in Dayton.OH. The objective of the challenge is to ride as many miles as possible in twelve hours.

Now there are statistics that are impressive, and there are figures that mind boggling, as Benna, Marilyn, Phil and Dave covered...192 miles at an average of 17.9 mph (excluding time off the bike), while Marrea did a very impressive 164 miles!

A 42 year old Danny Chew shared first place with two guys on a tandem. They achieved 242 miles in the twelve hours.

The next morning Benna came out for a 'social' ride with us mortals, to get her 'legs back', and did 59 miles with us ol' softies.

Full results at:
<http://www.geocities.com/Colosseum/>

We wish Roger Penrod a speedy recovery after his accident - get well soon!

Rails to trails relay

by Dixie Moore

The Kentucky Rails to Trails Council will be hosting a bicycle relay ride from Lexington to Ashland as a National Trail Day Activity on June 11, 2005. The purpose of the ride is to promote the development of the abandoned CSX railway between Lexington and Ashland into a continuous railtrail. The "spine" of a Lexington-Ashland railtrail could easily have connections to trails in the Daniel Boone National Forest, Grayson Lake, Cave Run Lake and to the Park at Carter Caves, making recreational activities more accessible to families.

I will be asking BCC riders to ride the relay between Lexington and Salt Lick, just west of Morehead. Morehead riders will ride between Salt Lick and Grahm and the Ashland Cycling Group have said they will provide riders from Grahm to Rush in eastern Carter County which will require hybrid bikes. There will be a sign in sheet and a liability waiver to sign which will be sent out in advance.

The plan is that the relay will be done in 20 mile stages at an average pace of 15 mph on paved roads and at 12 mph in eastern Carter County where sections of road closest to the corridor are unpaved. The first rider will leave Lexington at 8 AM and the last rider is expected to arrive in Rush at 6 PM. A reproduction of an old trail schedule will be carried by the riders. The rain date will be June 18th. **If you would like to ride or participate in the relay contact DixieMoore@insightbb.com or 859-227-6165.**

DODDS CYCLERY

INC.
Est. 1969

TREK Raleigh



Diamond Back



Shimano
Nike Shoes

Servicing all
bike brands

Adult & Kids
Tricycles

M-F 10-7
Sat 10-5

277-6013

1985 Harrodsburg Rd.

Email: doddscyclery@aol.com

A ride through time.

I ride through time,
 Stretching it out with surreal distortion,
 I ride for freedom,
 I am immortal, freedom from the fear of death,
 I push myself to the limit of my mortal frame,
 then transcend that human pain,
 enter into that fourth dimension.

My wheels no longer touch the ground,
 they're floating on passionate effort,
 a whole hearted singleminded effort,
 the rhythm of a perfect circle,
 a pulsing rhythm that rises above the worlds woes.

Movement brings freedom.

Unfettered yet fitting in perfectly,
 unconventionally conventional,
 an independant form of movement.

I know exactly how far I have traveled,
 I can feel how far I have moved.

Allow the spirit of your surroundings feed your movement,
 the harder I push the more I merge with my surroundings,
 my aim is to reach that point of effortless movement,
 turbo boosted blood pumping round my muscles,
 my spirit is one with my body,
 brain, muscles and spirit in total harmony,
 producing a pure singleminded effort,
 human body, trees, mountains rivers,spirits and bike.

Carlo Castelvechi. May 2002 - [See his web site.](#)

<http://hillcottagewaltonworldonline.co.uk/>

PEDAL THE PLANET

We would like to **THANK YOU** for a **successful first year! We appreciate your business!**

- Free tune ups for life **on bikes purchased from us.**
- Professional fitting **with trained Fit Kit staff**
- Best guarantee in town: **we stand behind everything we sell, period.**
- Women's specific **bikes, apparel and accessories.**
- Trained mechanics. **UBI trained mechanics and DT certified wheel builders**
- Free clinics
- We rent bikes – **road, comfort & tandem.**

BIKES: Specialized, Felt, Cervelo, Independent Fabrications, Seven, Moots, Titus, Kona, Jamis, Surly, Co-Motion, Burley, Breezer, Phat Cycles, Nirve, Redline, K2... **APPAREL:** Pearl Izumi, Gore, Giordana, Shebeest, Terry, Go-Lite, Zoot, Nema, Primal, Jackson & Gibbons, Specialized, Sidi, Shimano, Chiba, Defeat, O2-Rainshield, Bell, Giro, Tifosi... **ACCESSORIES:** Specialized, WTB, Continental, Yakima, Sportsworks, BOB, Burley, Profile, Shimano, Campagnolo, Cateye, Polar, Finishline, Pedros, Park, Easton, Mavic, Camelbak, Kryptonite, Speedplay, Time, Look, Zipp, DT Swiss, Serfas, Topeak, Blackburn ...

AND MUCH MORE!

Mon-Thurs 10-7, Fri & Sat 10-6

Open Sundays 11-5

3 miles from I-75 (Exit 104)

½ mi. from Man 'O War at 3450 Richmond Road

Tel. (859) 264-1923, Toll Free (800) 830-9925

**BLUEGRASS CYCLING CLUB
P.O. BOX 1397
LEXINGTON, KY 40588-1397**

**PRSR STD
US Postage
PAID
Permit # 493
Lexington KY**

RETURN SERVICE REQUESTED

Copy due dates

Submissions for the July-August issue are due June 24th 2005 - without fail!

Submit copy to Keith Batchelor :BCC, P.O. Box1397, Lexington, KY 40588-1397

If you move...

Let club secretary Steve Slone 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 Steve Slone via e-mail at: stevenneil@hotmail.com or send a change of address card to the club address: BCC, P.O. Box 1397, Lexington, KY 40588-1397.

Local Racing info

To keep in touch with all Lexington area racers, subscribe to LexRacing YahooGroup. Information such as racing schedules, car pools, and rides are posted to this group To Join go to sports.groups.yahoo.com/group/LexRacing/, or e-mail Royden at rtkern@hotmail.com

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.

2005 Brevet Series

200 km June 4th, 2005 7:00am - 300 KM June 25th 6:00am

All rides leave from my house, 858 Carrick Pike, Georgetown, KY. 40324.

Johnny Bertrand. See web site for more details web site www.bgcycling.org/brevets