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# OUTSPOKEN

## Warm weather draws record Horsey Hundred attendance.



Photo by Pablo Alcalá

The Horsey Hundred could not survive if it weren't for the hard work and dedication from volunteers such as Tom Walters (above). The glorious weather over the Memorial Day Weekend brought out 1418 riders for the Bluegrass Cycling Club's 29th annual Horsey Hundred. Tom assisted many people with bicycle repairs, enabling them to complete their chosen routes.

On Saturday there were 5 routes ranging from 28 miles to the full century (100). Sunday had 3 routes a 37, 52 and 72 miles. We thank all the riders, sponsors, and volunteers for making this a safe and successful Horsey Hundred.

"Ya'll come back now".

## Copy due dates

Submissions for the September-October issue are due August 17th - without fail!

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

## If you move...

Let club Membership Chair Hege Ravdal 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 Hege Ravdal via e-mail at: [hrevdal@email.uku.edu](mailto:hrevdal@email.uku.edu) 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/](http://sports.groups.yahoo.com/group/LexRacing/), or e-mail Royden at [rtkem@hotmail.com](mailto:rtkem@hotmail.com)

## Important Notice

All renewal of subscriptions fall due on January 1st.

## Late press:

# BCC

**Bluegrass Cycling Club**  
[www.bgcycling.org](http://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** Jack Geisler  
 jgeisler@legregg.com

**Vice President** Todd Shuey  
 toadshoes65@yahoo.com

**Past President** Robert Underwood  
 rgunderwoodjr@qx.net

**Secretary** Kevin Bryant  
 kbryant@insightbb.com

**Treasurer** Sheri Bradshaw  
 sheri@kvoil.com

**Newsletter Editor & Web Site** Keith Batchelor LRPS  
 keith\_batchelor@yahoo.com

## COMMITTEES

2007 Horsey Hundred T.B.A.

**Membership Chair-person** Hege Ravdal  
 hravdal@email.uky.edu

**Ride Committee Chair** Jay Fulton  
 jayfulton@alltel.net

**Governmental Affairs** Don Stotsberg  
 dancerdon@aol.com

**Racing** fsteinb@mis.net

**Special Events/Social** Russ McFarland  
 russ.mc@insightbb.com & Peggy Littrell - kvlittrell&juno.com



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## Ride of Silence – Summary



Lexington's 2<sup>nd</sup> Ride of Silence took place on May 17<sup>th</sup> from the Commonwealth Football stadium on Alumni Drive. It was encouraging to see a 25% increase in cyclists supporting this worthwhile somber event.

The Ride of Silence is an annual 'no frills' event that is set aside to remember and respect our fellow cyclists killed or injured on the public roads. The objective is to be seen by as many people as possible – to be visible to the general public, or more importantly to motorists. Hence - why part of this 10 mile route takes us around and through downtown.

Although the Ride of Silence is not intended to pay tribute to any one particular rider it would be difficult and inappropriate not to mention BCC member, Stacy King killed two years ago on Kentucky 169.

It is with deep sadness that we report the death of cyclist Bruce Ostermeier,

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old pranks we'd play on each other. I smile as I survey his bike with its big armchair seat. He looks in horror and bewilderment at mine and could not understand the concept of changing gears via the brake levers, and as for a cycling computer... He checks his watch and says that he must "push on". He's 82 years of age and riding to the next village to see his girlfriend and doesn't want to be late.

We ride the next mile together before our ways part and I ride back home with a huge smile on my face. I keep thinking about this old guy and just hope that I'll still have the energy to be riding at 82, yet alone have the energy for a girlfriend too, well... Push on brothers, push on.

## **Beginner Clinic/5 to 10 mile Ride & 20 mile C Ride- Sat. July 22<sup>nd</sup>/Aug. 5<sup>th</sup> @ 9:05am**

*Presented by the Bluegrass Cycling Club*

Tom & Griff are doing a series of monthly BCC 101's at 9:05am at the turn-around on Walnut Grove Lane off Winchester Rd/US60. These clinics/rides will consist of a brief Q&A on riding tips/techniques, then a Novice ride of 5 to 10 miles/ C ride of 20 miles.

Helmets are required & all children under 18 must be accompanied by an adult.

Cancel if rain & rain date will be scheduled on an individual/group basis if so requested.

*Griffs' email lofgren@qx.net*  
*Toms' email*  
*tom.walters@insightbb.com*

killed on June 7<sup>th</sup> in Bourbon Co., He was hit by a motor vehicle on Kentucky 1939 while commuting to Lexmark.

The Bluegrass Cycling Club passes on its deepest sympathies to the family and friends of Bruce. We will honor him in next years Ride of Silence. We will publish the date of the 2007 RoS at a later date.

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### **Taking care in taking your turn – advice for riders (new & old).** *By Steve Slone*

So you're doing your turn in a peleton...here are a few of the classic mistakes people make.

- 1) When going downhill with the pack on your back-wheel – keep pedaling! The folks behind will always be enjoying some form of aerodynamic advantage being in your slipstream. They will always be catching you because you are heading into the wind and they are drafting. If you stop pedaling, they will be going faster than you. Your riding friends could start calling your name in an *unfriendly manner* as they try to avoid ploughing into the back of you. Keep pedaling!
- 2) If you feel that you are going too fast down a hill, do not jam on your brakes. Feather the brakes by alternating from front to back with steady-but not forceful-pressure. This type of braking is subtler and doesn't cause as much of a chain-reaction from those riding behind you. Sometimes, no braking is required at all. If you just sit a little taller in your seat and take a less aerodynamic position on the bike, you will find that wind resistance alone will slow you down enough to make the difference.
- 3) You're in the middle of the pack, when you think you hear a noise coming from your drive chain...the temptation is to look down? What tends to happen is you don't look-up.

*(continued on page 4)*

You become fixated in trying to identify where the noise is coming from, or why the chain keeps jumping of the chain-rings, or why your water bottle is flapping around in its cage? You look-up just in time to see you've swapped sides of the road, or you're going to smack into your ride buddies. In this case, you need to quickly identify if you have a problem that requires immediate attention. If so, state out loud that you are slowing and then stopping. Don't just put your brakes on and pull to the side of the road. Give your fellow rides warning and time to respond to your situation. You might simply want to drop to the back of the group, signal to people to pull around you.

- 4) You're thirsty (or hungry). You've been riding a while and it's hot. Your water bottle and the Clif Bar in your pocket are beckoning but you're smack dab in the middle of the pack. The best thing to do is gradually move to the rear of the group, motioning other riders around you and being cautious to hold your own line. Once you have moved to the rear, by all means eat and hydrate to your hearts content.
- 5) Use your hand and vocal abilities. Use hand signals and vocal commands whenever you plan on making a change in your riding posture. This includes changes in direction, speed and location such as changing lanes or position in line. Don't be afraid to call out loudly when slowing down especially. Its better to be a little too loud than to have someone hit you from behind because they didn't know what you were trying to do.
- 6) The key to riding within a group is predictability. The more predictable you are to those around you, the less likely you are to be involved in an accident or other incident. Remember, you're not alone out there. There are others feeding off of and reacting to every move you make. Take care that they can put their trust in you. This will make for a more relaxing, fun and safe ride the next time you go out.

along the country lanes of Staffordshire. No wind, light traffic, and it's one of those days when you feel so good you could ride forever. I've moved on from the 'Carlton' days. Now riding a modern lightweight machine, and I'm dressed in the best cycling apparel. Carbon looking helmet glinting in the sun, shades on – life is good today. I glance up the road ahead and follow its path with my eyes as it snakes away into the distance and then disappears over the hills a mile or so away, like some great black tar river meandering through a patchwork of green and gold.

Then my eyes catch the glimmer of a solitary figure – a cyclist, at the foot of the hill. My mind flicks into race mode - they are now my target. I block out the sounds of the countryside that I'd been enjoying and set about reeling-in my quarry. My tires form a rhythmical swooshing noise as I hammer on the pedals, my lungs and legs burn as I haul in my prey. My 'prey' however has not detected me or responded to the advancing heat-seeking 'locked-on' mode that I'm zoned into. They cannot escape. I let out a

loud false cough before I get too close as I don't want to startle him. He's now aware of my presence, so I roll to my left and glide past him. I give a small wave as I pass and then crank the pedals again to put distance between us.

"Push on brother," he says as I pull in front of him. I smile to myself and pull away from him. A few yards up the road – those words are now ringing in my ears. "Push on brother"??? I stop and head towards a farmyard gate – it can be? I stop and look back down the road and see the figure of that old guy from work cycling towards me. I remove my helmet and shades and can tell by the smile on his face that he recognized me. He's still on the same bike. It's still even got the basket and seems to contain a bunch of flowers and a farmhouse cake.

We dismount and engage in that back slapping, hugging - hand shaking routine that guys do. Like two long lost friends reunited after years apart. Well, I suppose we were. We spent the next 25 minutes chatting and laughing at

Push on brother. . . .

**This article was published in Cycling Plus in November 2005. It was a letter sent to the Editor. I have kept in 'more or less' intact, but it's a great tale and strikes at the very heart of why we ride.**

**Keith Batchelor – Editor.**

It's June 1985 and I'm rolling through a dusty factory yard on my green 10-speed Carlton racing bike. There's already a few other bikes propped up against the wall – all dirty and neglected and obviously only used for the trip to work and back. There's one that stands out though. It seems to be some type of old Post Office bike. It's still got the basket on the bars. It seems to have been re-painted black at sometime, but otherwise it seems unchanged and well maintained.

Nervously I make my way into the factory. I'm 17 years old and it's my first day. After the initial formalities are over with, I'm introduced to an old guy who be showing "how things are done". I

spent the next 18 months working alongside him until he retired. It transpired that the well maintained black basket bike outside was his. I watched in admiration as he arrived every day on that beast. Whatever the weather - he'd ride to and from work, as he'd done for the better part of his life. He'd never owned a car. "No need," he'd say. He rarely took public transport and if he was fit enough to walk he'd ride instead. He carried everything on that bike. If it didn't fit in the basket he'd strap it to the frame instead: sacks of potatoes, his weekly shopping, timber, drain pipes and guttering, even a huge trifle someone made him – he'd somehow get it aboard and ride off into the distance. Occasionally it was so loaded he couldn't straddle it and had to push, but that bike was always his first option.

"Push on brother," he'd say "Push on." And off he would ride. I missed him when he retired – he was such a character.

Fast forward if you will. It's August 2005. It's a beautiful day. The sun is beating down – the birds are singing, and I'm flying

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### **“Hogging the Road” by Jack Geisler – BCC President**

**On the way to a club ride several weeks ago I passed 4 cyclists on their way to the same club ride that I was attending. I slowed as I approached them from behind. I realized that when they motioned for me to pass, they were aware of my presence. Their signal to pass was a nice gesture, but the “Share the Road” principal would have been better demonstrated if they had singled up.**

**I have heard similar stories from other members and non-club members. During this same weekend a non-member was telling me of a similar situation that he came across on Big Sink Road that involved club members on a weekday club ride.**

**Right now it is more important than ever to “Share the Road” as we are becoming more visible with our “Share the Road” license plates and trying to get signs posted that recognize our right to use roadways. We can best help our cause by remembering that “Sharing the Road” does not mean “Hogging the Road.” Let’s all try and help our image not hinder it.**

**Jack**

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### **Indiana BikeFest, September 1-4, 2006 (Labor Day Weekend).**

This End of Summer Bicycle Bash includes scenic road tours, mountain biking, casual cruises, bicycle movies, corn maze, winery tour, monastery tours, ice cream social and MORE! The Indiana BikeFest supports the efforts of the Indiana Bicycle Coalition ( [www.bicycleindiana.org](http://www.bicycleindiana.org)) to create a bicycle friendly Indiana. Group rates discounts and free registration for volunteers available.

The riders will stop in Winchester, Mt. Sterling, Olive Hill and Morehead to greet local dignitaries. The riders will carry greetings from the different towns and groups along the route. A reproduction of an old trail schedule will be carried by the riders.

The relay will be done at an average pace of 15 mph on paved roads and at 12 mph in eastern Carter County where a section 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. Riders are required to sign a liability waiver and wear helmets. Riders ride at their own risk.

More information about the Kentucky Rails to Trails Council, the history of the Lexington Big Sandy Corridor and the ride including the tentative time schedule, the waiver and the cycling guidelines can be found at the KRTC website at <http://www.kyrailtrail.org>. Pictures along the abandoned railway corridor are in the photo album on the site.

The tentative route is to use in Fayette County Todds Rd. and Colby. In Clark County the relay will go on US 15, Miller Hunt Rd, Stoner Ephesus Rd and Ecton Pike. In Montgomery County on Fogg Pike, Old Owingsville Rd. KY 1331. In Bath County over KY 965, KY 3290, KY 211 into Salt Lick.

Contact [DixieMoore@insightbb.com](mailto:DixieMoore@insightbb.com) or 859-227-6165 if you would like to ride or participate in the relay. I will send you more information and a copy of the waiver for you to return. Since there will be multiple start places I am asking if you have an interest to sign the liability waiver ahead of time.

Shimmels with the logo front and back for the relay riders to wear over their jerseys to increase visibility. Shimmels are like the “pennies” in different colors we used to wear to identify sports teams in high school. At transition stops the shimmels will be passed on to the next group. The shimmels will be returned to KRTC for future use at events or possible for auction for support of the RT.

**The Kentucky Rails to Trails Council** will host their second annual bicycle relay ride from Lexington to Ashland as a National Trail Day Activity on Saturday, July 22, 2006. The purpose of the ride is to promote the development of the abandoned CSX railway between Lexington and Ashland into a continuous railtrail. The rain date will be August 19<sup>th</sup>.

A railtrail is a multi use trail developed on an abandoned trail corridor for non motorized transportation that includes walkers, runners, hikers, horse back riders and cyclists. The relay will follow county roads closest to the corridor and in a few places be on the corridor or adjacent. The motto for this year 14<sup>th</sup> National Trail Day is "Experience your Out of Doors."

In Carter County on the same day there will be a St. Jude's Horseback Ride on the corridor sponsored by the Eastern Hills Saddle Club.

The relay will start at Pleasant Ridge Park in Fayette County (approximate mile post 637.1) and end at mile post 532.8 at Rush within Carter County and one mile from the Boyd County line. The distance over the railroad corridor is 105 miles. The estimated distance of the cycling relay over nearby county and state roads is 140 miles.

Bicycle riders from central Kentucky will ride the first 3 legs of the relay between Lexington and Salt Lick (62 miles) just west of Morehead. This is a unique opportunity for some of the more experienced and conditioned Bluegrass Cycling Club riders to make a contribution to getting more railtrails in KY and increasing positive public awareness of cycling and trails. There is a century ride marked off from Pine Grove to Salt Lick and back that is 101 miles. BCC is giving club miles for the ride.

Riders from Morehead will ride between Salt Lick and Grahn and the Ashland Cycling Enthusiasts will provide riders from Grahn to Rush in eastern Carter County. There is about 4 miles of hard pack gravel on the route near Fultz. Volunteers from the Amateur Radio Emergency Road Service will monitor the ride and alert the towns when the riders are approaching.

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## MS150 Summary by Suzanne Hart

The 2006 MS 150 Bike the Bluegrass was a record-breaking event for the Bluegrass Cycling Club team. We raised more money and had more team members than ever before. The event has collected over \$310,000 and pledges are still streaming in to the MS chapter. The registered rider totaled 500, which was a record for the MS 150. As for your very own BCC team, we did much better than I had anticipated. I want to thank everyone who participated and helped me exceed both team goals for pledges and team members. I had hoped to have 20 people and \$10,000 in donations. We had 33 team members register and we collected over \$12,000.

**We had the 4<sup>th</sup> highest team donation total. Which is great accomplishment when considering the other teams such as GE, Toyota, and UPS had matching corporate sponsorship. As the team captain and as a member, I enjoyed overhearing some other cyclist comment on what a strong showing Bluegrass cycling club had this year. And I was assuming they were discussing our large team membership, not our singing abilities.**

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## The Tour de Spirit, a new Louisville tradition

*by Dr. Deborah DeMars Conrad*

There's a cemetery in Louisville whose beginning in the 1850s was marked by protests, a church brawl, deposed trustees and a radical group of "malcontents." Funny, huh? You could find that out by calling Julie in the office of Catholic cemeteries.

Better would be to sign up for the Tour de Spirit, a wonderful bike ride of 10, 25 or 40 miles through a couple dozen interesting Louisville neighborhoods.

Ride the Tour de Spirit, and you'll see that cemetery, the cemetery

where actor Victor Mature is buried, and the cemetery that had a problem with disappearing bodies in decades past. You'll also see the place where filmmaker DW Griffith went to church; the house where Muhammad Ali grew up; a huge water tower shaped like an Old Forrester bourbon bottle at the Brown-Forman distillery; the Cabbage Patch Mrs. Wigg's made famous; a bridge that goes nowhere; a pre-Civil War marine hospital; the house where Thomas Edison may or may not have invented the lightbulb; and the place where 30,000 cyclists gathered in 1896 for races and a convention. If you think Kentucky worships tobacco, you may be interested in the tobacco mogul's mansion that is now a church. Something for everyone! About 50 sites in 20-plus neighborhoods. What a great day. (We thought of re-enacting the church brawl, but then we'd have to charge more.)

The Second Annual Tour de Spirit is September 30 in Louisville, benefiting the poverty education work of UrbanSpirit, itself something of an oddity – a church with no members. Check it out on the web: [www.urbanspirit.org](http://www.urbanspirit.org).

The Tour de Spirit is designed to highlight Louisville's under-appreciated areas, but will also leave you well-fed and entertained. Live music, lots of food, nice people, door prizes and free t-shirts are all included in the entry fee. Showers and dorms are also available, if you'd like to make it a weekend.

Every registered rider is entered into a drawing for door prizes; those who bring donations for UrbanSpirit will receive additional raffle tickets (1 ticket for each 50 dollars) for special prizes from Quest Outdoors and others. Bring in \$500, and you'll be entered into a drawing for a new bicycle!

Our ride captain is Joe Ward, author of *Wheeling around the Bluegrass*. In addition to his captain duties, Joe will be sign copies of his books and swap "true" stories of ride adventures. Honorary Ride Captains include the mayor of Louisville, the superintendent of Catholic schools, a world famous jazz musician, and a public radio personality.

It's a great day and a great deal. Cost is just \$20 for now, but will go up later in the summer. Find out more, even register on-line, at [www.urbanspirit.org/2006tourdespirit.htm](http://www.urbanspirit.org/2006tourdespirit.htm).