

BLUEGRASS CYCLING CLUB
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The Newsletter of the
Bluegrass Cycling Club

RETURNSERVICE REQUESTED

OUTSPOKEN

The 29th 'Horse' Hundred' needs YOU!

Copy due dates

Submissions for the May-June issue are due April 13th - 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: hravdal@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/, or e-mail Royden at rtkem@hotmail.com

Important Notice

All renewal of subscriptions fall due on January 1st.



Now they say “an army marches on its stomach” – well, a volunteer based cycling club relies upon the membership to help out and assist in the running of the club. This is an opportunity for YOU to play a role in this year’s 29th running of the ‘Horse’ Hundred’. We need volunteers prior to, during and after each day’s rides; May 27th & 28th. So no more hoofing around, contact Robert Underwood Jnr @ rgunderwoodjr@qx.net. There will be club mileage for those of you who sit-out the ride and help. You don’t have to be a member to help out, so that means YOU too!

The official weekend rides started in March!

The Ride Committee Chair is Jay Fulton. Contact Jay to organize a weekend ride at jayfulton@alltel.net or Russ McFarland for a weeknight ride at russ.mc@insightbb.com. Step-up and lead a ride!

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.

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Note from the Editor

There have been a number of personnel changes within the BCC just recently. Secretary Steve Slone as has stepped-down through an enhanced career move, which provided the BCC the opportunity to re-think how we go about the tasks that Steve undertook. Therefore effective immediately Kevin Bryant replaces Steve as Secretary. Hege Ravidal has been appointed Membership Chairperson to solely look after the membership database and field your membership questions.

We wish them well in their new positions. You can contact Kevin Bryant at klbryant@insightbb.com and Hege Ravidal at hravidal@email.uky.edu. We wish Steve Slone continued success in his new career.

2006 Ride of Silence

May 17th 7:00pm



(starting point to be confirmed)

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1ST ANNUAL CYCLING FILM FESTIVAL! Ride your bike downtown to the Cycling Film Festival March 31st at the Thomas Hunt Morgan House, located at 210 N Broadway. Free bicycle valet parking! This is going to be a great cycling party. We'll be showing the latest cycling film releases and have live music too! Cycling auction (including a bike) and admittance donation will raise money for local cycling advocacy. We will be holding a cycling still photo and movie contest. Submit an entry! Doors open at 6:00, films begin at 7:00. Don't miss this event! Mark your calendar and spread the word. **FREE BEER, WINE AND FOOD!** Lots of free swag!

ANNUAL SPRING SALE AND VELOSWAP will be April 1st and 2nd. Save 20% Saturday and 40% Sunday on Pearl Izumi, Gore, Shebeest, Castelli & select bikes & parts. Live music, vander presentations, free clinics, kid's tricycle race, demo bikes and our biggest sale yet! Lots of free swag! Reserve your space for VELOSWAP (free), clean out your old gear and look for great deals too.

MOUNTAIN BIKE DEMO. April 2nd at Veteran's Park 8:00-11:00 am. Specialized, Yeti, Titus, Kona and Jamis mountain bikes available. Women's bikes too! Factory reps on hand. Don't miss this free demo event!

TIME IS RUNNING OUT ON OUR FEBRUARY WINTER TUNE UP SPECIAL! Bring in your bike for a regular tune up during February and receive **FREE TUNE UPS FOR ALL OF 2006!** Act now, offer Ends February 28th.

SPRING FASHIONS HAVE ARRIVED! Pearl Izumi, Castelli, Gore, Specialized, Giordana, Shebeest and new team jerseys.

NEW BIKES. We would like to welcome Orbea, Titus, Yeti and Dahon bikes to our current selection including Specialized, Felt, Jamis, Kona, Surly, Cervelo, Independent Fabrications, Schwinn, Redline, Co-motion, Burley and Breezer.

Monday-Thursday 10-7
 Friday and Saturday 10-6
OPEN SUNDAY 11-5

3 miles from I-75 (exit 104) . ½ mile from Man 'O War at 3450 Richmond Rd.

Bill SCR 98 (BR-1359) by Suzanne Hart

Many of you may or may not have heard of SCR 98(BR-1359). If you haven't heard of it, then you may be asking yourself what the heck is this and why should I care? Representative Tom Buford from Nicholasville sponsored the bill before the Economic and Tourism subcommittee. The purpose of the resolution is to direct the Legislative Research Commission to study Kentucky's bicycling and pedestrian activities and options for increasing tourism related opportunities and improving public health through bicycling and pedestrian activity. The study will conduct an inventory and analysis of state and local bicycle events to determine the economic impact and tourism potential. As well as an analysis of programs which improve opportunities for physical exercise through bicycling and walking, and finally an examination and analysis of Kentucky's bicycle safety and accidents.

Now you know what SCR 98 is, let's discuss why you should care. In recent studies by the National Center on Disease Control, Kentucky has an adult obesity rate of 63%. Kentucky's children are following in the adult's footsteps with a 35 % obesity rate among low-income children. When these unhealthy children become unhealthy adults guess who is footing the bill for the medical benefits....you as a taxpayer! The study is also required to analyze the potential economic and tourism impact bicycling and pedestrian activity would create for the state. Events such as the Horsey Hundred and the MS 150 draw thousands of cyclists to our area annually. Now imagine economic possibilities of having the government publicly supporting such events....priceless!!

Now that you know SCR 98 is and why you want to support it, let me share how to support SCR 98. The best method to show support for the resolution is contact your representative in the House. You can find your representative's contact information at <http://www.lrc.ky.gov/whoswho/whoswho.htm> or contact the BCC's legislative chair Don Stosberg at (502)696-9834. The entire resolution can be viewed by going to <http://www.lrc.ky.gov/record/06RS/SC98.htm>. Currently the resolution has passed the Senate and will be assigned to a House committee in the upcoming weeks. This is our chance to as a club, cyclist, and Kentuckians to make our voice be heard. Let's get off our proverbial "seat" and start changing our beautiful state for the betterment of all.

[Click on the Calendar](#)

By Jay Fulton - Ride Committee Chair

Thankfully, this winter has not been nearly as harsh as we had feared, and many of us were able to get out and get some base miles in. Unfortunately, the trainer was still the primary bike workout. The good news is warmer days will soon be upon us, and we can put that trainer away for a few months. With that, a new ride season is starting!

Your ride committee has been working over the winter trying to put together a fun and enjoyable ride year for you. We want you to be aware of some important changes. First of all, we have changed the ride classifications. After looking at what many of our neighboring clubs were doing in the way of classification, we realized we had our classifications backwards. This will take some getting used to for all of us, but our hope is that it will be more clear not only for us but also for anyone who may be visiting one of our club rides from another area. There will be four classifications which will be based primarily upon speed:

A 17+ mph. You need to be able to ride on your own and do any repairs yourself.

B 14-16 mph. Leaders will sweep and try to keep the group together. They may also help with repairs.

C 11-13 mph. Leaders will sweep, keep a group together and help with repairs. Attempts will be made to make sure no one is dropped.

N (Novice) Beginner riders. No one dropped. 20 mile maximum distance.

(continued on page 4)

The other major change is going to be in the way the ride schedule is put together and posted. In an attempt to make more club rides available and get more ride leaders, the primary ride schedule will be on the club website at www.bgcycling.org. You will be able to access the schedule from the home page by clicking on the calendar you see at the lower left side of the screen. There were some difficulties with the schedule on the website last year, but those have been addressed to hopefully make it more user friendly. By clicking on the calendar, you will be able to see what rides are available when and where.

We hope this will encourage more people to lead rides. Previously, a ride leader would have to commit two to three months in advance for leading a ride at a particular time and place. Most of us, myself included, have difficulty scheduling that far in advance so this discouraged people from leading a ride. To lead a weekend ride, all you have to do is email me at jayfulton@alltel.net with your ride details *at least two weeks in advance*. Contact Russ McFarland russ.mc@insightbb.com regarding weekday ride. I will then post the rides on the website calendar for everyone to see. If you want to get in early with your ride, we can still put it in *Outspoken*. This will, hopefully, add some much needed flexibility to our ride schedule.

One final note for you who are leading rides. THANK YOU!!!!

The club could not function without you!

May we all have a safe and fun ride year.

Rules

Road bicycles shall be used; bicycles with a front hand brake and fixed wheel may also be used. Starting order will be arranged by category and random selection within the category. Starting times will be in 1-minute intervals. Each rider must report at least 3 minutes before his or her starting time. Racers must check in at registration at least 15 minutes prior to race and complete all waivers / releases. Riders must wear a helmet at all times during the race.

20 km Individual Time Trial 40 km Team Time Trial

___ Men 1-2-3 ___ Men TTT (4 racers)
 ___ Men 3 ___ Women TTT (4 racers)
 ___ Men 4
 ___ Men 5 / Citizen
 ___ Women 1-2-3
 ___ Women 4 / Citizen
 ___ Juniors

Registration Fee (per rider, per event)

\$20 contribution to YMCA Campaign for Kids
 Make checks payable to the YMCA.

Mail Registration Form To:

Hope Proctor
 North Lexington Family YMCA
 381 W. Loudon Ave.
 Lexington, KY 40508

Register Online At:

www.ymcaofcentralky.org/register.html and choose the North Lexington Family YMCA Branch

Race Day Registration

Riders are eligible to register up to 15 minutes prior to the start time. A late fee of \$5 will be added to the registration fee.

Additional Campaign for Kids Contributions

Additional contributions are graciously accepted for the YMCA Campaign for Kids.

For Addition Information Contact:

Hope Proctor
 859-258-9622
hproctor@ymcaofcentralky.org

YMCA - Campaign for Kids .

The YMCA of Central Kentucky's top priority is to make sure quality physical, educational and inspirational programming is available to all children and adults of Central Kentucky, regardless of their economical backgrounds. Financial gifts to the Campaign for Kids supports these life-enriching programs and ensures accessibility to every person in our community. **Come join us on March 11th, 2006**

Race Event . 20 km Individual Time Trial / 40 km Team Time Trial

Registration Fees - \$20.00 per rider, per event.

Course - Course is a 4.2 mile loop located off Bethel Road.

Directions . *From North:* Take I-75 South to KY-1973 Iron Works Pike Exit 120, turn right onto Iron Works Pike / KY-1973 W, turn right onto Georgetown Road / U.S. 25, turn left onto Iron Works Pike / KY-1973, turn left onto N. Yarnallton Pike, turn right onto Falcon Wood Way.

From South: Take I-75 North to Newtown Pike Exit 115, turn left onto Newtown Pike / KY 922 South, turn right onto Citation Blvd, turn right onto Georgetown U.S. 25, turn left onto Spurr Road / KY-1977, turn right onto Yarnallton Pike, turn left onto Falcon Wood Way

CATEGORY: PRIZES: START:

Men 1-2-3 \$40 YMCA Gift Certificate / 1st 9:00 am

Men 3 \$40 YMCA Gift Certificate / 1st 10:00 am

Men 4 \$40 YMCA Gift Certificate / 1st 10:00 am

Men 5 / Citizen \$40 YMCA Gift Certificate / 1st 10:30 am

Women 1-2-3 \$40 YMCA Gift Certificate / 1st 9:30 am

Women 4 / Citizen \$40 YMCA Gift Certificate / 1st 10:30 am

Juniors Medals / 1st 2nd 3rd 10:30 am

Men TTT (4 racers) Bragging Rights / 1st 12:00 pm

Women TTT (4 racers) Bragging Rights / 1st 12:15 pm

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3-State 3-Mountain Challenge – May 6th, 2006

The Chattanooga Bicycle Club is announcing the 2006 3-State 3-Mountain Challenge. In 2004, the then Mayor of Chattanooga chose this event as one of three events to showcase Chattanooga and what it has to offer. We would really appreciate your sharing the following information with your members and customers and including us on your ride calendar. More detail is on our web site - www.chattbike.com.

The 3-State 3-Mountain Challenge - May 6, 2006 - is one of the southeast's most scenic and challenging centuries. The rigorous 100-mile option will take you through 3 states (Tennessee, Alabama and Georgia) and over 3 mountains (Suck Creek, Sand and Lookout). The gentler 62-mile option climbs only 1 mountain and visits 2 states. The 25-mile option bypasses the mountain and shares the last part of the route with the metric folks. For 2006, we are hoping to accommodate hand cycling on the 25 mile route.

Please note: THERE WILL BE NO 'DAY OF' REGISTRATION. Registration will close on April 24, 2006, so plan accordingly. There is also a rider limit of 2000. Due to the popularity of the 3-State 3-Mountain Challenge there will be a strict registration cutoff date of April 24 or a 2000 rider limit, whichever occurs first. There is enough time to make your plans between now and then. Please pass the word.

Hailed by cyclists as the most unique century they've ever ridden, this year's promises to be the best ever! Chattanooga, a LAB Bicycle Friendly Community for the past three years, has just been selected as honorable mention in Bicycling Magazine's 'Best Cycling Cities in the US' behind Boulder, CO; Eugene, OR and Ann Arbor, MI. The top professional stage race in the US, the Tour de Georgia, is leaving Georgia for the first time this year to end its mountain time trial stage in

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miles. All guests will join together Saturday evening for an outdoor celebration hosted by Maple Leaf Lodge including bluegrass, beer and barbeque. The weekend package rates start at \$389 per couple, plus tax and include two night's lodging, daily breakfast, Friday evening welcome reception, and Saturday celebration. Registration for the ride is \$15.00 per person. The ride is open to local cyclists as well as guests of Maple Leaf Lodge. Registration for cyclists not staying at Maple Leaf Lodge is \$35.00 and includes the ride, t-shirt and the post ride party.

Friends and family members of cyclists who do not wish to ride will enjoy numerous activities at Maple Leaf Lodge including horseback riding, fly-fishing, spa pampering, nearby shopping and golf. The 35-acre resort, purchased by Alexander and Blackberry Farm in August 2004 is well known among frequent visitors to the Smokies who enjoy genuine hospitality along with unique accommodations including lodge rooms, and cabins featuring special amenities such as hot tubs and wood-burning fireplaces.

For additional information on the Black Bear Bicycle Bash and Maple Leaf Lodge, call (865) 448-6000 or visit www.mapleleaflodge.com.

Ass-kicking Armstrong - by OLN's Phil Liggett

Throughout August and early September last year, I managed to ride 800 miles in preparation for riding with Lance Armstrong in Calgary, Canada. It is a charity event which in it's previous year had raised \$1.8million, and hoped to finish off the cost of a new and very modern cancer centre for the city.

My last words to Lance at the Tour de France in July were: "Please. Don't ride your bike until September." Lance looked at me with he's square chin and steel race face and said "Man, I'm gonna kick your ass!"

Do you think my 800 miles were worth it?

Chattanooga, just two weeks before the 3-State. The 3-State 100 mile route will be descending Lookout Mountain over the same route as the pros in the Tour de Georgia. The City of Chattanooga understands the role of cycling and the 3-State 3-Mountain Challenge in advancing the quality of life in Chattanooga and provides a wonderful setting for a fabulous ride. Great sag stops, friendly, helpful support en route, t-shirt, pizza party at the finish, top quality event jersey available, packet pickup and Outdoor Expo at the stadium on Friday night, all the extras for a great event! Several convenient downtown hotels are serving as host hotels with a limited number of rooms reserved for the event at a special rate. Teams of five or more and tandem pairs are encouraged with a \$5 discount per person. Funds raised will benefit the Bethel Children's Village and other local Charities as well as helping to promote cycling in the area

A working copy of the 3-State jersey for 2006 is now on the website.

More detailed information and applications are available on our website — www.chattbike.com — and online registration is available from our web site or from www.active.com. Contact for the event is Daisy Blanton, 706/820-1157 or DaisyBRider@cs.com. Please contact me for flyers for this event.

Thank you for your support!

Daisy Blanton
Chattanooga Bicycle Club

New Great Smoky Mountain Cycling Event Ensures Fun for the Whole Family Maple Leaf Lodge to Host the 1st Annual Black Bear Bicycle Bash

Avid cyclists and joy riders alike will have the perfect opportunity to kick-off the Spring bike riding season during the 1st Annual Black Bear Bicycle Bash hosted by Maple Leaf Lodge in Tennessee's Great Smoky Mountains. The weekend of pedaling and partying, scheduled in Townsend **March 24-26, 2006**, offers cyclists the total package – luxury accommodations, challenging rides, delicious local cuisine, fun entertainment and some of the most beautiful scenery in the country.

Maple Leaf Lodge Managing Partner, Matt Alexander, a cycling enthusiast himself, has teamed up with Tim and Sharon Patterson, directors of one of the most popular Tandem Rallies in the country, to create a weekend cycling experience like no other. "My goal is to introduce cyclists of all skill levels to the extraordinary riding opportunities in this area along with a memorable vacation experience," comments Matt Alexander.

Patterson adds, "Maple Leaf Lodge is a perfect location for cycling enthusiasts. The area around the Lodge allows us to create routes that will satisfy riders of all abilities. Once participants experience this weekend event, we are confident they will agree that this area is unmatched for its scenery and cycling friendly rural riding"

The weekend will kick-off Friday evening with a welcome party at Maple Leaf Lodge. Overnight guests will enjoy the extraordinary setting along with refreshments and cocktails in the lodge. After sunset, everyone will gather by the outdoor fireplace for s'mores and storytelling. On Saturday morning, guests will meet for breakfast in the lodge and then enjoy a choice of four rides ranging from the scenic 11-mile Cades Cove Loop up to a challenging metric century including 62

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