

BLUEGRASS CYCLING CLUB
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The Newsletter of the
Bluegrass Cycling Club

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OUTSPOKEN

The 35th Red River Rally



Joe Bowen (c) Russ McFarland

Copy due dates

Submissions for the Jan-Feb issue are due December 15th - without fail!

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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

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January 1st.

Great Weather, Great Route, Great Food, Great Friends, A Great Day - Red River Rally 06. Aside from all the phone calls, planning meetings, coercing of volunteers and except for a couple of broken chains, this year's Red River Rally went off without a hitch.

As I pulled into the parking lot in the early fog, Tom and Bonnie Walters were already setting up.

Soon thereafter Registration was up and running.

At Sky Bridge re-fuel snacks and drinks were being readied. Tom's buddy Bill Mulikin had rolled his rig into place and would soon be ready to serve it up for a great lunch.

BCC president Jack Geisler gave the pre-ride safety talk. Local cycling celebrity Joe Bowen then gave us a few words of wisdom. As the first recipient of the Kentucky Unbridled Spirit Award, Joe recently completed his second, yes second, 14,000-mile bicycle trek throughout

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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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the U.S. and Canada. He was also one of the original organizers of the Red River Rally (the longest running BCC event) some 35-years ago. Following Joe, Jack then kicked the ride off right on schedule at 10:00am.

We had over 200 riders from far and near. Kentucky riders from Louisville and Lexington participated as well as from Ashland, Murray and Owensboro. Regionally, there were riders from Cincinnati, Loveland, Columbus and Dayton Ohio and from as far away as Chicago Illinois and Huntsville Alabama. These folks traveled great distances to enjoy an area that's right in our own backyard. Several BCC members were in attendance both as riders and volunteers. The Pedal Power Race Team was there in full force adding color and enthusiasm.

BCC Volunteers – You guys are the best. This year's RRR Volunteers included: Tom and Bonnie Walters-Set Up/Tear Down; Keith Batchelor-Website, moral support and Link to Louisville Bicycle Club's website; David Earle-Maps/Cue Sheets, Route Marking;

Sheri Bradshaw-Finance; Jack Geisler, Michael O'Hearn, Sheri Bradshaw, Bena Halecky, Bryan Pryor, Steve Liner and Huston

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prepared to pay more if you want exotic materials for your bike, as your pockets are not as deep as Boeings'. But it isn't all doom & gloom.....

Reynolds (a very large manufacturer and supplier of steel, aluminum, titanium and carbon fiber tubing) has recently announced a new tube. The Reynolds 953. The 953 is stainless steel and has a remarkable strength-to-weight ratio and greater tensile strength than titanium, and can be made with thinner walls and in turn a reduction in frame weight. However, stainless steel although highly resistant to corrosion, cannot match titanium for all-out durability. 953 will still be susceptible to pitting and salt attack and will still have a 'frame life', whereas titanium has more or less an infinite fatigue figure.

Which brings me to that "oh so seductive" material of carbon-fiber. Carbon fiber is really just fibers impregnated with resin (approx. 70% fibers – 30% resin) that are formed to a matrix shape in an autoclave (a special heated oven). Carbon fibers are very stiff; roughly 10 times stiffer (weight for weight) than any metal.

The resin has no little or no tensile strength itself; it just holds the fibers in place. The stiffness of carbon fiber is both a blessing and a curse. Some frames made from carbon fiber can be very un-forgiving, particularly after many hours in the saddle. That why Johan Museeuw – three times winner of the Paris-Roubaix, has launched his own brand of new bikes using a hybrid of flax/carbon material.

The Paris-Roubaix is one of the toughest one day rides in the world, and if a man like Museeuw thinks that conventional carbon fiber bikes are too stiff for some competition rides, then believe me when I tell you "listen to this man". Flax has been grown for thousands of years and spun or woven into textiles, so it could well make for a better composite mix.

Will all the above affect the materials and price of your next bike, frame or components? Well just have to see....

Keith Batchelor

Going.....

Combs-Registration/Sales; Ted Moss-SAG; Bill Sanborn and Keith Batchelor-Traffic Control; Hege Ravidal-Ice; Robert Underwood-Camping; Bill Mulikin-Lunch; Ralph Mullins-P.A. system; Sharon, Rachel and Michael McFarland; Kevin Bryant and Griff Baute-Sky Bridge Rest Stop.

To give you an idea of what it takes to fuel and re-fuel 200 plus cyclists for the RRR consider the following: 208 hamburgers were eaten at lunch (that's 38-miles to the hamburger for most of us); 46 hot dogs; 60 brats; 6 gallons of baked beans; 16 lbs. of potato salad; 100 bags of chips; 200 cookies; 5 gallons of ice tea; 5 gallons of lemonade and about 180 soft drinks were consumed at lunch. At the Sky Bridge rest stop we put away a case of bananas, 120 fun-size candy bars, 5 lbs. of G.O.R.P. (Good Old Raisins and Peanuts) and 15 gallons of Gatorade.

Although I could go on and on about logistical stuff, it's really all of you riders, the paying customers, that make it happen. You bring companionship, competitiveness, spirit and an attitude that keeps things interesting. Without you it would be meaningless. A BIG THANK YOU to all that took part in Red River Rally 06.

Let's do it again.....Russ

There is a well know saying "all good things must come to an end." Well we're fast approaching my two years as editor of 'Outspoken', and I'd just like to say it's been a privilege to serve. I've enjoyed the challenges and the headaches that have come the clubs way, but it's time to hand-over the quill and parchment to another brave soul. So I'd like to introduce to you the new Editor of Outspoken – Mindy Taylor.

Mindy has been a long term member of the Bluegrass Cycling Club. She first joining the Wheelman in 1983 when Doug Wagner was President and he wore shorts and wooly jumpers...(oh - he still does).

Mindy is a (very young) retired mobile equine veterinarian with some 20 years of experience of working out which end the words of wisdom emanate from.

'Outspoken' has its critics and distracters, but it's still a valuable communication tool and public face of the club. We hope to offer sometime soon, the option of downloading a PDF version of Outspoken, together with a small discount on your membership.

What I'm really saying is your membership fees will remain the same while the people who prefer a hardcopy via USPS will pay a small premium. It'll be "your call."

I have always strived to provide a professional quality product. We might be a volunteer organization, but we as a club have always sought for excellence and dedication from the Officers and volunteers of the B.C.C.

The 'Horsey Hundred' and 'Red River Rally' are two examples of the commitment necessary to keep two of the best rides in the region going, attracting record numbers and riders from many parts of the country. And "they just keep getting better and better." Those are not my words; they are the words from the people who attended. All brought to you via the Officers and volunteers of the club.

For all you folks that haven't taken the plunge and volunteered in some capacity by leading a ride; helping out at a BCC event or stepping forward to fill vacant positions within the club. I would encourage you to do so. There is still the Treasurers position to fill.

I plan on hanging around in some capacity..... no - not as Treasurer!

Keith

Tour de Spears

by Griff Baute

The beautiful sunny morning of Sunday Sept. 17, brought many BCC members together (without their bicycles) to clean a 2 miles stretch of country road in Fayette Co in the states 'Adopt-A-Highway' program. I had anticipated only a handful of members showing up, so was pleasantly surprised to see a much larger turnout out.

There was every type of club rider there; from advanced riders, racers, to novice riders that had only joined the club this year. Everyone that showed up had a good time enjoying the laughter & camaraderie of fellow club members, knowing they were giving back to their environment and community.

I hope the sight of our members in hi-visibility orange vests cleaning up trash in this first bi-annual event will help boast the image of the club, by catching the attention of passing motorists and cyclists.

I would like to personally thank Russ McFarland, Mindy Taylor, Keith Batchelor, Todd Shuey, Dave Martin, Tom/Bonnie Walters, Huston Combs, Kevin Bryant, Sheri Bradshaw, Larry Courtney, Marrea Matthews, Matt Shuler, Dixie Moore, Hege Ravdal & Michael O'Hearn for showing up to help!

monument marking the site.

I believe the Simon Kenton Pathfinders Bicycle Club is a credit to the memory of the frontiersman buried in their town. They have done a remarkable job developing the trail system in Champaign County, which has not only encouraged tourism but also given the locals a place to get fit in a fun, safe environment. I highly recommend a trip to Urbana for their annual ride as well as a "road trip" to some of the other trail hub towns in Ohio to enjoy their trail system. More information to help in planning a cycling trip can be found at the links on the club website. (simonkentonpathfinders.org)

The BCC Annual Banquet will be held on the 1st weekend of January (date TBA). It will be the same venue as last year. The Makers Mark room at Appleby's Park.

The Emperors' New Clothes?

It must be a sign of my advancing years, but when I read a story in The New York Times, about a world shortage of carbon fiber and titanium, the picture of Danny Kaye came to mind. They are saying that the larger purchasers of these materials; the likes of Boeing and other defense manufactures (which are therefore naturally higher up the food chain) have first call on these 'scare materials.' These companies and similar, are placing big advanced orders for the raw materials and 'depriving' the likes of bicycle builders and part suppliers, access to these materials in any large quantities. They predict the price of titanium to *double!* Danny Kaye as you may recall, was extolling the virtues of the Emperors' new clothes. The trouble being that the Emperor didn't have a stitch of clothing on.

It's very similar to De Beers, the largest supplier of mined diamonds who virtually control the world price of diamonds, by keeping the supply extremely limited. Otherwise the price of diamonds would collapse (please have a care for Elizabeth Taylor here). So the message is be

Cleveland to Cincinnati according to the map link on Ohio trails at the Club website, simonkentonpathfinders.org. The club from Springfield, OH, the Changing Gears, regularly rides from Springfield to Urbana on the trail just to eat at a local restaurant, and their 30 or so members range in age from 55 to 82!

This year's benefit ride offered routes of 15, 20, 30 and 60 miles. Some miles were on the trail system, some were on the country roads through the central Ohio farm land surrounding Urbana. The sag support was super with club members in vehicles at several stops along all of the routes. They had trail mix, water, fruit, homemade cookies, and encouraging words for the leg weary riders. The traffic on the roads was minimal, and because cycling is so popular in OH, everyone we encountered

seemed tuned into the proper etiquette for passing cyclists on the road. All of the roads had wide, flat berms which was a real treat after cycling in KY! The ride raised approximately \$4500, including proceeds from a raffled recumbent bike.

For those of you who slept through or forgot your US history, Simon Kenton was a frontiersman and soldier in the Revolutionary war. He spent many years in KY and is credited with saving Daniel Boone's life at Fort Boonesborough in 1777. His feats of bravery in helping settle central and northern KY fill volumes of books. He eventually moved to central Ohio where he continued his wanderings about the countryside on much of the land now named the Simon Kenton Trail in Urbana. He died in 1836 and is buried in Urbana with an impressive

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The 7th Annual Simon Kenton Pathfinders Ride By Mindy Taylor

Sunday, September 10, I stand in front of the Pennsylvania Railroad Depot in Urbana, OH with the smell of bagels, donuts, coffee, bananas and many homemade delicacies wafting out the door. Lunch foods are laid out to make sandwiches, and “Nancy’s Famous Bean Soup” is still cooking to be enjoyed later. Along with my husband Jeff, father-in-law Lou, and 142 other cyclists I await the start of the 7th Annual Simon Kenton Pathfinders Ride.

The Simon Kenton Pathfinders Bicycle Club uses the rides as a fundraiser for building and maintaining the

Simon Kenton Trail and for renovation of the Pennsylvania Railroad Depot (Urbana Station). The SKP Club purchased the Depot and two rail cars for use as a hub for the multi-use, handicapped accessible 12 mile trail through Urbana. Using the ride proceeds, grants, and tax-deductible donations (including a \$10,000.00 check from the new Urbana Wal-Mart Supercenter) the Club has transformed the old Depot into a beautiful and functional gathering/resting/refueling spot for not only locals, but throngs of tourists who bike, walk, and run the hundreds of miles of multi-use trails in Ohio. Many miles are rail-trail, all miles appear to be popular for cycling. Some local club members ride from Urbana to Cincinnati on the trail system. Soon it will be possible to ride from

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