

OUTSPOKEN

HOLIDAY BIKE GIVEAWAY



Keith Batchelor L.R.P.S

By *Sheri Bradshaw*

The holiday Bike Give Away was a great ending to the 2006 year for the BCC. The BCC, with the help of several organizations, organized a bike give away for 87 Fayette County children. The event was held on December 17th at Tates Creek High School.

As many of you know, the BCC donated bikes and helmets to the Toys for Tots program last year. This year we not only wanted to give the bikes but we also wanted to do a safe biking program. We teamed up

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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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EDITOR'S CORNER

I am honored and excited about being your new Outspoken editor. I have read all of the back issues under Keith's tenure and I think he did a wonderful job. It has been nearly 20 years since I was active with the Wheelmen, but retirement has given me the time to do something I love again.

It is hard for an editor to edit if they have no material, and with that in mind I'd like to encourage you, the readers, to participate in the process. I will try to make it easy for you to contribute. First of all, I hope to add several Features such as Member Profiles, Book/DVD reviews, Riding/Tech Tips, Gear Reviews, and a continuation of informative articles. If you have short snippets of something to add to those Features you can always e-mail it to me. If you have an idea for a topic you'd like to see covered, let me know. If you want to write an article, don't feel that you have to come up with something akin to "War and Peace" before you can submit it for printing. Short and concise is always better than long and "forced" for both writers and readers!

During our riding season we will of course still have the ride schedule. The sooner we get volunteers for leading rides, the sooner the schedule will get published and the easier it will be for you to plan to spend every spare minute doing what we all came together to do-cycling!

I will still accept your newsletter contributions at the club address, Editor/Mindy Taylor PO Box 1397 Lexington KY 40588. I encourage you to e-mail me directly to expedite things at mht391@hotmail.com. I'm looking forward to meeting more of you this coming year.

Bike Giveaway, con't.

with Fayette County Public Schools, the Brain Injury Assoc. of Kentucky and Kentucky Organ Donor Affiliates to get the names of children. The BCC purchased the bikes and Two Men and a Truck donated all the helmets.

The program included Jon Edwards and Forrest Hellebush speaking on bike safety and helmet use, Mayor Teresa Issacs, Vince Mattox with Fayette Co. Public Schools, Sarah Slone with the Brain Injury Assoc. of Kentucky and the always entertaining, master of ceremonies, Tim Terry!!

After the speakers were finished, the children were called, by school, to the helmet fitting stations. Volunteers from the Brain Injury Assoc. fitted each child with a helmet. All the children were asked to repeat and sign an oath promising to always wear a helmet, take good care of their bikes and always ride safely. (Note: I have some of the oaths left...I think I'll bring them to the first ride I lead next year!!!!!!)

The children then went into the gym to their school station and a BCC member gave them their new bike. They then went to the bike fitting

station, manned by Andy Lanier from Schellers, Keith Batchelor, Robert Underwood, Russ McFarland, Fred Steinbrecher and Jon Edwards. Then it was on to the "Bike Rodeo" provided by Doug Beckhart who is a Bicycle Safety Educator from Louisville. Many of these children were learning to ride their very first bike...imagine the excitement!!

I would like to thank everyone that volunteered for this event. We could not have pulled it off without the help of each and every one of you. A successful Horsey Hundred is what made this event possible financially. So a very big thanks to Robert Underwood, Russ McFarland, Sandy Duff and everyone involved in the 2006 HH. Let's make the 30th annual HH the most successful yet and give 187 bikes away next Christmas.

Happy New Year and Happy Cycling, Sheri Bradshaw

HORSEY HUNDRED MEETINGS

JANUARY 2-BEAUMONT BRANCH
LIBRARY, HARRODSBURG RD.
6-8PM

JANUARY 23-TATES CREEK BRANCH
LIBRARY-TATES CREEK RD.
SMALL ROOM ON THE LEFT
6-8PM

The Beer, Bourbon and Wine Tour

By Suzanne Hart

The wind was howling, the sun had all but disappeared and the skies threatened of rain...but there we were all 14 of brave or somewhat stupid souls. Why would 14 sane people come to ride a bicycle in 30 mph wind at the end of October.....The first annual Beer, Bourbon and Wine tour....That's why!

Woodford County is home to many of our clubs "routine" rides during the season. During one of these rides I happened to notice Woodford Reserve Distillery, the former Labot & Graham Distillery. I had never been to the distillery but I have ridden past it several times. I began to wonder if any other club members felt the same. Apparently so, because the day of the tour started out as not a picturesque Kentucky fall ride...as stated above.

Our club has started to incorporate more social rides onto the calendar as a method of getting the so called "fast" group to ride with the speed-challenged group and of course to have fun doing it. So I started planning my route and I noticed there was a new restaurant in Versailles. And I love going to Equus Run Vineyard

because of the scenic grounds and friendly staff. After some discussion and phone calls I had my route.

We were to depart Equus Run Vineyard, ride into Versailles and stop at the Railheads Restaurant and then onto Woodford Reserve and return. When looking at the geography and the time of year it was I decided to call the ride the Beer, Bourbon & Wine Tour, Come out and sample Woodford County's finest "spirits".

The ride started out chilly and wind strong enough to blow your bike sideways heading down Big Sink Rd into Versailles. But after some warm soup at Railheads, we turned directly into the wind and headed downhill on McCracken to Woodford Reserve. On the way to Woodford Reserve the sun began peeping through the clouds. After some of us sampled some fine Kentucky Bourbon, or some fine Kentucky Bourbon Balls we headed toward Midway and Equus Run. The ferocious wind was now pushing us up Steele Road and the sun was shining in full force, the tailwind and maybe the bourbon samples brought a smile on everyone's face. After we made a quick stop at the new downtown Midway and the Black Tulip, we made our way down Moore's Mill and to Equus Run. The vineyard lies

(continued on page 6)

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BEER, BOURBON AND WINE
TOUR, CONT. FROM PAGE 4

in a bend of the Elkhorn surrounded by horse farms and grapevines. The intimate tasting room leads out to picnic tables and a nice deck. The people of Equus were great and actually brought the wine outside to our picnic table to sample.

What started out as cold, chilly, and windy day turned out to be day full of history, smiles, and good friends. The first annual Beer, Bourbon and Wine Tour was a success thanks to many people and I look forward to doing it all again next year...except maybe without the wind and cold!!!!

Editor's Note: *The Bluegrass*

Cycling Club does not advocate irresponsible drinking and riding.

The "sampling" done on this ride amounted to "swishing a taste in your mouth". Very little corn mash and very few grapes were harmed in the completion of this ride.

BCC BANQUET

JANUARY 13-MAKER'S MARK
ROOM AT APPLE BEE'S PARK-
DOORS OPEN 6PM, DINNER 7PM

\$20

BCC gets recognized by Kentucky Chapter of the National Multiple Sclerosis Society

submitted by Suzanne Hart

On June 3 & 4, several BCC members rode for more than just club miles... They rode to help end the devastating effects of Multiple Sclerosis. The BCC MS 150 team for 2006 was made up of 32 members and we raised a total of \$13,118. Team BCC finished with the 5th highest team total, which is quite an accomplishment considering some other higher teams had matching contributions from their employers, such as UPS, and GE.

On November 20th, your club's MS 150 team's hard work was recognized at the annual meeting of the Kentucky Chapter. I accepted a plaque acknowledging BCC's contribution and dedication to the 2006 MS 150 bike tour. The corporate star award is given annually to organizations that show a high level of commitment to help find a cure for Multiple Sclerosis. Other recipients of this year's award include UPS, the Louisville Bicycle Club, and Churchill Downs.

I would like to take this opportunity to publicly acknowledge everyone who participated in the 2006 MS 150 and say a big "THANK YOU" on behalf of the Kentucky Chapter of the National Multiple Sclerosis Society and myself...WAYTOGO!!!!

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BCC MEMBER PROFILE

This month's featured member is JOHN McBRIDE of Lexington.

1) When did you start cycling (as an adult) and what motivated you to begin?

I started last year in August. I knew I needed to stay in shape, but I HATE to run. My Aunt and Uncle live in Louisville and constantly talked about stories of them on their bike, so I decided to buy a mountain bike and put street slicks on it. So later in August, I decided to join the Bluegrass Cycling Club. We were out on a ride, just my wife and I enjoying the horse farms when the club members came flying by us. All I heard was "on your left". By the time I was able to look to my left, they were already gone. I looked over at my wife and told her "I have to get one of those". A week later, I bought my first road bike and up to recently, never had time to put it on the rack because I rode every day since. I lost 10 pounds for those first few months and ABSOLUTELY loved it.

2) What kind of bike do you ride?

I have a Cannondale CAAD8, silver with blue trim. My shoes are silver with blue trim, also. I have to coordinate and can't be a fashion FUPA. I have Shimano components.

3) Describe your "dream bike".

I just saw it at Pedal the Planet. It is a Specialized, one of the newer ones they just came out with, valued at over \$5,000.00 so I will not be owning that bike

anytime soon, and if I do, I will be riding with one less rider....my wife!

4) Do you do your own bike maintenance or always drop it off for a technician to work on?

Being new to the bike world, I don't trust myself yet to do my own work so I drop it off at Pedal the Planet. I trust them more than I trust myself at the moment.

5) Do you feel cycling has improved your quality of life, and if so, how?

ABSOLUTELY!! When I was living in Louisville and driving to Lexington every day because we were waiting for our house to be built, I would drive down Old Frankfort Pike and see the horse farms and thought that they were nice and what a great city to live in. Since I have been on the bike, it takes me back a second and I look at the horse farms differently. I notice houses that I never noticed before, old farm houses and trees that I have never seen and just think, I bet that house has some history. With me living in Lexington now, I can just get on the bike and take off down Spurr Rd and from there, I try to get lost and see where it takes me. I rode out to Stamping Ground one day and had absolutely no idea where I was. When a nice citizen pointed me in the direction of where I needed to go, I just smiled, told her "thank you", and jumped on the bike and headed home. I love that freedom!!!

6) Do other members of your family cycle?

My lovely wife Lianne rides with me. Up until recently she never rode

with the group. I finally talked her into it after many hours of begging since August. Up to that point, we would get on the bikes and ride to Midway or Equus Run Vineyards for a bite to eat or something to drink. I love riding with her, but it made my day when she rode with the group. She now knows that riding with the group is not as intimidating as it sounds and is quite enjoyable. Lianne looks forward to next year and starting off with the beginning groups and graduating to the faster groups. However, we still love just to take a casual ride in the horse country.

7) Has being a member of the BCC made a positive contribution to your cycling and if so, how?

I have never been so proud to be part of a membership in my entire life. Like I mentioned before, my Aunt and Uncle are also part of a cycling club and they enjoy it. However, they came up and with me on the Red River Rally and absolutely loved it. They could not believe how everyone got along, did not see any cliques in the group, and just generally enjoyed everyone's company.

I know on my first ride, I was joked with for having the reflectors on my bike. That was QUICKLY taken care of as soon as I got home. We laughed as everyone knew that I was BRANDNEW at this, no way of hiding behind that. I encouraged anyone and everyone to correct me if they saw me doing something wrong. I tried my best to stay with the "hammers" on the first day and of course they dropped my like a bad habit! However, I kept trying and refused to be dropped but constantly

was. As time went on, I became a lot better, not great by any stretch of the imagination, but better. The group helped me out a lot and never made me feel less than them. They constantly encouraged me to get better and gave me tips on how to get there. The one thing that I love about riding with the club is that in every group ride there are various levels that a person can ride with. You can hang with the hammers or just enjoy the horse country. No one ever gets dropped from the group and everyone has a great time. Isn't that what life is all about? Just live life to the fullest and have fun.

Then recently I read in the paper about the bike giveaway that was conducted at Tates Creek High School, and how much of a blast that was. I was ecstatic for the members that were part of that. The joy that they must have felt but unable to put into words...WOW!!! Anyways, I love being part of the club and look forward to many more years to come.

-John

Attention Bluegrass Cyclists:

RUN, WALK, CYCLE, TRI FOR A CURE!!

Join the Leukemia & Lymphoma Society's Team In Training!!

What do current and former members of BCC including Dave Turner, Neal McFarland, Lauren Foster, Ryan Freling, Cara Sparks, Krista Green, Linda Griffen, Elizabeth Sierevelde, Mindy Taylor and others have in common? They are all

(TNT 2007, CONT. FROM P 9)

alumni of Team In Training!!

Put those miles that you will surely be pounding out come spring to good use! Team In Training is recruiting volunteers to help in the fight against blood cancers by raising funds for the Leukemia and Lymphoma Society as they train to complete a marathon or ½ marathon, century ride, or Olympic distance triathlon.

Experienced and beginner cyclists alike are welcome to join our cycling team. Benefits include participating in one of America's most breathtaking century rides, sharing your passion for cycling with new people, improving your cycling skills and most importantly raising money to find a cure for blood related cancers.

If you are more interested in a cross training challenge, join Team In Training's triathlon team to compete in the Philadelphia Insurance Triathlon. Or, participate in one of three different events with our marathon team including, the Country Music Marathon in Nashville, TN., the Meijer Kentucky Derby Mini Marathon in Louisville, or the Rock 'n' Roll Marathon in San Diego, CA.

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 session under the guidance of a certified coach, TNT offers training events and clinics on nutrition, equipment, injury prevention and safety. Everything you need to

complete the endurance event of your choice.

In addition to coach-led training, 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 covers the cost of transportation and lodging to and from the event weekend for participants and their teammates.

To find out more about Team In Training, please stop in at one of the information meetings that are being held during January. Or, contact Scott Clark, Lexington Area Team In Training Coordinator at (502) 719-0552 or scott.clark@lls.org.

Team In Training Summer 2007 Season Information Meetings

Pedal the Planet
3450 Richmond Rd
Sat, January 13 – 10am

Porter Memorial Baptist Church
4300 Nicholasville Road
Tue, January 16 – 6pm

Joseph Beth Booksellers Café
Meeting Room off of the Café
The Mall at Lexington Green
Sat, January 20 – 10am



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The 2007 bikes are in!
We sent four employees to Interbike to search out the greatest bike selection in the area! Nobody works harder! See why all the area's best cyclists will be on our brands this year. Beat the winter blahs... come in and check out new bikes from Specialized, Orbea, Titus, Yeti, Independent Fabrications, Niner, Seven, Ritchey, Bianchi, Surly, Co-Motion, Kona, Breezer, Jamis, Schwinn, Phat, GT, Dahon and more!

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Submissions for the Mar-April issue are due February 15th -PLEASE!!

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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

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