



### BTC IS ON FIRE!

July set a new PR and flew by in what seemed like record time this year. It's already been a hot summer, and August promises to keep the race and training schedules cooking. We've got several club training events coming up as well as some of the biggest local races of the year. Below is a quick summary of what's going on and what's coming up. As always, please also check out [www.bluegrasstri.com](http://www.bluegrasstri.com) for details of all club activities. And don't forget to check the club calendar on the website for a schedule of all local tri-related events.

### BTC SHOWS WELL AT LAME DUCK

Congratulations to all those Bluegrass Tri Club members who competed in the Lame Duck Try-Athlon on July 31<sup>st</sup>. Once again our club was very well represented in the AG categories. For a complete listing of those who finished 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in their AG see our website homepage at [www.bluegrasstri.com](http://www.bluegrasstri.com). Special recognition to BTC Club members Rodney Wesley (2<sup>nd</sup> male overall), Beth Atnip (2<sup>nd</sup> female overall) and Shannon Florea (3<sup>rd</sup> female overall).....and BIG THANKS to Alan and Jennifer Siebenthaler (and a host of great volunteers and Mallard Point residents) who do such a good job putting on this very popular, yet challenging race.

### VALLEY VIEW HILL CHALLENGE #2



We had a great turn-out for the first Valley View Hill Challenge last month and are expecting the same when we convene for VV Hill Challenge #2 (of 3) on Wednesday August 11. The challenge will start at Donaldson Park and end near the intersection with Union Mill Road (KY 169). This is a

challenging 2-mile climb consisting of 425-feet of elevation gain at an average grade of 4%. The first rider will begin at 7:00pm sharp so please arrive at Donaldson Park early in order to register. The late start should provide those wanting to ride out ample time. Parking will be available at the Marble Creek Baptist Church at 3801 Union Mill Road. Please DO NOT park on the side of Tates Creek Road near the top of the hill. We do not want to upset the residents or local store.

In order to compete for the overall challenge you must complete 2 of the 3 events. The two best event times will be combined to crown the 2010 King/Queen of the Hill. Of course, prizes will be awarded to the winners! So far Jeff Buhr and Allison Stewart are leading the way with the fastest times! For more information, contact [jessefrost23@hotmail.com](mailto:jessefrost23@hotmail.com).

### YMCA SWIM AT CAVE RUN LAKE

On Saturday, August 14<sup>th</sup> the YMCA will hold it's annual OW Swim at Cave Run Lake. Each year a number of BTC members participate in this swim of between .5 and 2 miles. For more information or to register go to [www.ymcaofcentralky.org/calendar](http://www.ymcaofcentralky.org/calendar). There may be some interest from BTC members doing a ride following the swim so keep an eye on the website [www.bluegrasstri.com](http://www.bluegrasstri.com) for details. And don't forget that the annual Mid Summer Night's Run (5k) in downtown Lexington is also that night!

### NEWTON RUNNING SHOES SEMINAR AT SBR OF KY

No other running shoe on the market is quite like the Newton! Is it for you? You won't know until you try it on, go for a jog, and talk to an expert about what makes it lift off the ground. You have that opportunity Saturday, August 14th, from 1-5pm, at Swim Bike Run of Kentucky, 320 North Ashland Avenue. Tom Curran, Newton rep and runner, will be here all day Saturday to answer your questions, and give you a shoe to try on. Refreshments and freebies! Come by after your morning bike ride or run, and see why many of the top triathletes swear by this shoe.



### TIME TRIAL #4 COMING SOON

Our popular Time Trial (TT) Series will have its fourth of five installments on Tuesday August 17 across the Valley View Ferry (Richmond side). The washed out pavement has been replaced so the start of the ride will be moved closer to the ferry to avoid the congestion and subdivisions near Richmond. Final starting and turn around points are being finalized and will be posted to the website and Facebook later this week.

The first rider will begin sharply at 6:30pm and riders will race out approximately 6.25 miles before turning around and racing back toward the start for a distance of 12.5-miles. Fast out and back course. Please be at the start no later than 6:15pm in order to register. Parking will be available at the Marble Creek Baptist Church at 3801 Union Mill Road. This is a short ride across the ferry to the start.

Also, plan to stick around after the event for some socializing with fellow BTC members. John Dickenson lives next to the Marble Creek Church and has graciously offered up his beautiful deck for our use. For more information regarding this event contact [jessefrost23@hotmail.com](mailto:jessefrost23@hotmail.com).

#### THOUSANDS IN PRIZES FOR NEW RACE!



It is an exciting time at Swim Bike Run of Kentucky! SBR is putting together a Duathlon (run, bike, run) and 5K for October 2nd that will benefit a local charity. Several generous sponsors have stepped forward with first place prizes of \$1,000 each to men and women in BOTH races, and drawings for

HUNDREDS of dollars to all athletes who register. This is a can't miss event at a unique location in the Lexington area. More details in the coming weeks on the time, place and the race itself. Keep an eye on the SBR website, [www.swimbikerunky.com](http://www.swimbikerunky.com) for further details.

#### BTC KITS ARE COMING

About 35 of us ordered Bluegrass Tri Club Louis Garneau kits/uniforms. LG has informed us that they will be shipped early in the week of Ironman Louisville. We'll keep everyone posted (especially those of us doing IMKY) and will plan to have some distribution system for the others (possibly through Swim, Bike, Run of Kentucky). We should have a bunch of those sharp new BTC kits cruising around the Tri For Sight course in early September!

#### SUSAN BRADLEY-COX TRI FOR SIGHT

One of the most popular races in our city and region is coming up on September 5. To register go to [www.triforsight.com](http://www.triforsight.com) or [www.active.com](http://www.active.com). This will be our first chance to show off in mass in our new BTC kits! For those new to the area, the T4S is an 800m swim in the long course (50m) University of Kentucky Lancaster Natatorium pool, an 18.5 mile bike out Chinoe, Armstrong Mill and Delong Roads (out and back to the UK Football Stadium) and a 4 mile run around the UK Football Stadium and through the Arboretum off of Alumni Drive. It is named after Susan Bradley-Cox who is a legend for her triathlon pursuits and the coaching she does for so many in our great sport.



#### IRONMAN LOUISVILLE

Several BTC members including Eddie Benton, Stephanie Darnell, John Dickinson and Bob Baney will be participating. It is quite the spectacle and a wonderful finish line experience

that will have you thinking about doing IM Louisville in 2011. GOOD LUCK to everyone!

#### SUNDAY MORNING RIDES CONTINUING

While the numbers have been fairly small, we are continuing our Sunday Morning Rides from Masterson Station Park. Meet at the Parking Lot of the Soccer Complex by 7:30am for a 20-25 mile ride. BTC member Dale Mason will lead this Sunday's ride weather permitting. There will be no ride on Sunday, August 29<sup>th</sup> as that is the day of Ironman Louisville. Also beginning in early September we will likely move the ride start back to 7:45 or 8am as we head into fall. Keep an eye on the website for these details.

#### INTERESTED IN SOMETHING DIFFERENT.....TRAPEZE CLASS!

We all know we can swim, bike, and run. How about flying? The Amazing Portable Circus is at Newport on the Levee and offering a ~2 hour flying trapeze class. This program runs through mid-October and offers multiple classes each day except Tuesday. All the information can be found at: [www.amazingportablecircus.com/trapeze-school.html](http://www.amazingportablecircus.com/trapeze-school.html) I know you may think, who would ever participate in a crazy activity like this?! Let's face it, most non-triathletes already say that about us! If you're interested, please contact [margo.f.ubele@uky.edu](mailto:margo.f.ubele@uky.edu) or 267-446-8730

#### BTC SPONSORS

A BIG THANKS to our three primary sponsors for your support:

- Swim, Bike, Run of Kentucky,
- Mideast Multisport
- Lexington Athletic Club.

As we move through the year and into the off-season we look to partner with each of these entities to keep you cranking all year long and get you ready for the 2011 season.



#### SEND US YOUR NEWS AND UPDATES

If you have news to share, race results, interesting articles or other information that you think might be useful to the club, we'd like to hear from you. Send your information to Bob Baney, BTC President, at [bobbaney@hotmail.com](mailto:bobbaney@hotmail.com) or call 859.475.3232 (cell). This is YOUR CLUB so please contribute to helping us help all of our members.....NOW 130 STRONG!