

Dear Horsey Hundred Participants:

This News to Use #4 includes information about rest stops, where to get your century pin if you're riding the century, and food available at Charles Brooking Park and elsewhere in Georgetown so you can better plan for your nutritional needs.

Revised e-bike policy - After further deliberation, we have decided to allow all e-bikes to participate in the Horsey as we have in the past. If you plan to use an e-bike in the event, please [click here](#) and scroll down for more information about what you can do to help us.

Rest Stops

Rest Stop Food

Our goal with rest stop food is to provide you with what you need to finish and enjoy your ride. We won't have everything that everyone wants -- there are so many of you, with a wide variety of appetites! And this year, we have the additional challenge of the COVID pandemic. But we will have what you need to get you through. Our food and rest stop team includes a certified dietician and folks who have worked in the food service industry for years.

Please plan to eat a good breakfast before you begin your ride and drink plenty of fluids leading up to the event. Temperatures could be in the 80's, and proper nutrition and hydration is a must!! Finally, if you have special dietary needs or allergies to some foods, PLEASE plan to carry what you need with you.

Once you embark on your ride, there will be a variety of items at our rest stops. To help you better plan, the following is a listing of what will be available (note that not all rest stops will have all items):

- **Hydration** - All rest stops on both days will have water, ice and Gatorade available. Note that we have new dispensing nozzles on some coolers to avoid riders having to touch them with their fingers. You only need to press your bottle against a dispensing bar. We will also have cups available if needed.
- **Finish Line** - We will have chocolate milk near the finish line both days.
- **Individual Servings** - You will note that the food choices are slightly different this year, as we are being very careful with COVID protocols. We have eliminated anything that requires a lot of preparation, or is served in a bulk fashion (like sandwiches and GORP). Instead, we will serve everything in individual servings/packages.
- **Variety of Foods** - There will be fruit (bananas, oranges) salty foods (trail mix, chips, pretzels, pickles, snack crackers), and sandwiches (single serve "Uncrustables") at all rest stops, although all varieties will not be at all rest stops. There will also be Muddie Buddies, Rice Krispie Treats, fig bars, Payday bars, and granola bars.
- **Pickle juice** will be available at some of the later stops on the longer routes.
- **Enhanced stops on longer routes** - We will offer two "enhanced" rest stops for folks on our longer (100 and 74 mile) routes on Saturday to provide additional sustenance for those who may need something more substantial in the middle of their ride. Those stops -- Cane Ridge and Paris, will also have a variety of wraps, as well as iced tea, in addition to the items available at other rest stops.
- **Ice Cream Sandwiches!** On Saturday, at your final rest stop, we will have ice cream sandwiches. This is a slight change from past years, when we made hand-dipped ice cream floats at the last

stop. With the COVID situation, we feel it is better to stick with single-service items for this year. But an ice cream treat is still an ice cream treat – ENJOY!

Please Respect Our Hosts and Their Property!

The vast majority of Horsey Hundred riders are very considerate during the ride and treat our rest stop hosts with respect, however we seem to always get a few complaints, so we need to repeat this - Our rest stops are all at churches, community parks, or schools. We are invited guests in these places. We want to leave a good impression with the communities we pass through. We want our hosts to be glad they invited us, and to want us to come back. With this in mind, PLEASE:

- **DO NOT** urinate anywhere except bathrooms and the port-a-pots we provide - Yes, there will be lines in some places and yes, you may need to wait, but be patient. The Horsey Hundred is not a race, and you won't win a prize by being first - Urinating behind bushes, or buildings, or by the side of the road is not okay!!!
- **USE THE TRASH CANS** - There will be trash cans at the rest stops. Please use them. If you eat something out on the road, please carry the wrapper or container with you until you find an appropriate place to dispose of it.
- A few of the churches we will be visiting have graveyards nearby. If you are interested in looking at the gravestones, feel free, however please **DO NOT** sit on the gravestones, or lean your bike against them. Please don't lean your bike against buildings or on someone's car.

We will have our tents, tables, porta-pots and bike racks spread out as much as possible to avoid riders being crowded together. **But ultimately, we NEED YOUR HELP and sincerely appreciate everyone's cooperation in practicing social distancing!**

Century Pin Pick Up - Century Riders will once again be able to pick up their Horsey Hundred Century Pin out on the route from 10 – 2 PM. That will happen this year at the Cane Ridge rest stop (mile 51 of the route), so please look for the table and our own Goodwill Ambassador, Chuck Ellinger, who will be there to greet you with a smile, and more importantly, your hard-earned pin! If you miss the pin pick up out on the route, please stop by our command center at the Park and we can get your pin to you.

Food at the Park on Friday Saturday, and Sunday

As a reminder, because of our new location, the lack of a catering kitchen, and the uncertainties around planning the event during the COVID pandemic, the decision was made not to offer our regular post-ride meals this year. Instead, our volunteers have been diligently working to make sure that we have many great options available for you to purchase a variety of food at the park on Friday evening, Saturday and Sunday.

Friday and Saturday:

The following food trucks will be serving on Friday evening and Saturday after the ride:

- Jirls - fish tacos, bourbon burgers, subs, veggie platters, philly steak and chicken sandwiches.
- Mr. Gyros - chicken, lamb and steak gyros, and other Mediterranean fare

- Taqueria Garcia - chicken and steak tacos, quesadillas, salads and other Mexican fare
- Red State BBQ - BBQ and smoked sandwiches and platters.
- Sav's Ice Cream
- Spotz Gelato
- Grace Baptist Church will also be joining us and will be offering - pork chops, hamburgers and brat

On Sunday all of the vendors listed above will be there after the ride, except Grace Baptist Church, and they will be replaced by Toasties Gourmet, with a menu that includes açai bowls, gourmet grill cheese sandwiches, avocado spread sandwiches, smoothies, and mushroom and cream dishes.

Beer Truck

For the first time this year, alcohol will be available on-site at the event, and local microbrewer **Country Boy** will be joining us with the beer truck on Friday evening and Saturday after the ride.

Breakfast on Saturday and Sunday morning:

Jirils food truck will be there both days with coffee, donuts and sausage and/or egg biscuit sandwiches. On Sunday morning the Grounded Coffee Truck will also be there.

East Meets West: Georgetown's Main Street Dining & Drinking Guide

Written by *Kathy Witt*

Historic downtown Georgetown is utterly charming with its Victorian streetscapes, lively with dozens of shops, boutiques and art galleries – and full-on food-crazy with its abundance of culinary options. Within a six-block stroll, 14 different dining and drinking places dish up all variety of gastronomical delights, from local artisan chews and brews and come-hither confections to old-timey diner delectables and linen-draped fine dining.

For a full list of local flare and flavor [click here](#).

While the west side triumphs in sheer numbers (having snagged the lion's share of eateries and watering holes), the east side scores in singularly savory sensations. On both sides of town, [Kentucky Proud](#) products add that fresh, local zing.

Need a sugar rush? With the opening of [Spotz Gelato](#), the west side boasts four sweet spots. The east side claims Georgetown's only authentic Irish pub modeled after the great public houses of Ireland as well as the only diner in the area that played a role in a page-turning mystery – [Nick Allen Brown's Field of Dead Horses](#). It's all friendly and food-fabulous and everyone (and their taste buds!) wins.

For more detailed information about the dining opportunities in Georgetown, [click here](#).