

# THE LOUISVILLE BICYCLE CLUB

Founded in 1897

[www.louisvillebicycleclub.org](http://www.louisvillebicycleclub.org)

March/April 2007

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*The Louisville Cyclist is a bi-monthly newsletter of the Louisville Bicycle Club.*

*Please submit articles, copy, ads and photos to: David Ryan, 1906 Lower Hunters Trace, 40216, [editor@louisvillebicycleclub.org](mailto:editor@louisvillebicycleclub.org), 502-447-7814.*

**Deadline for the May/June 2007 issue is April 1.**

*(no fooling)*

*Please let us know what you think this newsletter needs. After all, it's your newsletter!*



## BIGGER EVERY YEAR! *by Earl Jones, LBC President*

The LBC Annual Awards Banquet keeps getting bigger every year. More than 155 club members gathered at Big Spring Country Club on January 27, 2007 to celebrate the highlights of the 2006 season, recognize the individual accomplishments of top riders and express gratitude to the volunteers who made it all happen. *(See pages 8-15 for details and pictures.)*



The evening's top award — Club Volunteer of the Year — went to Sara Ferebee, VP Communications. Sara's contributions to LBC went far beyond the Communications position. Before being elected to head the club's total communications strategy Sara was editor of this Newsletter for three years. She was also the club's graphic designer: jerseys for Old Kentucky Home Tour (OKHT) and Mad Dogs, OKHT websites and a cleaner Newsletter. Sara also worked with Louisville Metro to design materials for the 2005 Bike Summit and the city's bicycle plan, published in 2006.

Nine members were recognized as for their special contributions to LBC programs: Barry Zalph for advocacy; Connie Guild and Lori Boone for new-rider education; Jamie Gordon and Deb Sexton for the Old Kentucky Home Tour; Craig Dooley for racing; AB Sandefur and Joe Thomas for touring and Larry Preble was chosen as ride captain of the year. Every club member should make a special effort to congratulate and thank them.

LBC mugs, the traditional volunteer recognition, were awarded to 41 members and LBC socks to 72.

The club organized a total of 881 rides during the 2006 season, a near record. *(See p.6 for a 2006 season statistical report.)* It takes a lot of volunteers to lead that many rides, some going many miles from the metro area. In 2006 thirty-three members organized 10 or more rides each. Every LBC program is important but without a strong touring program and a vital core of ride captains we wouldn't have a bike club.

Individual accomplishment was also recognized. The racers of the year were Don Loescher and Amy Clark. Kerry Herbine was selected as the rookie racer of the year. The touring program's yellow jersey award for highest club mileage during the season went to Bobbie Leslie and Steve Sarson. The blue masters jersey winners were Bernice McGill and Steve Sexton. Two touring members were recognized as most improved: Bobbie Leslie and Kelly Flowers, and five for reaching lifetime mileage benchmarks: Steve Sarson at 25,000, Bernice McGill and Bill Pustow at 50,000 and Alan Darby and Jim Tretter at 75,000.

The awards banquet is also the club's annual business meeting, which, since we are a corporation operating under the laws of the Commonwealth of Kentucky, we must hold. Election of officers was one of the first action items on the agenda. Two members of the 2006 executive committee did not seek re-election. Stewart Prather, who served 2 terms as VP Advocacy and Sara Ferebee, VP Communications, were thanked for their service.

*Continued on page 2*

**BIGGER EVERY YEAR! by Earl Jones, LBC President***Continued from page 1***YOUR EXECUTIVE COMMITTEE****Earl Jones**

President  
502 895-4850  
president@louisvillebicycleclub.org

**Ed Tonini**

VP Advocacy  
502 897-0596  
advocacy@louisvillebicycleclub.org

**David Ryan (Packman)**

VP Communications  
502 447-7814  
communications@louisvillebicycleclub.org

**Steve Sarson**

VP Education  
502 499-7089  
education@louisvillebicycleclub.org

**Mark Luking**

VP Racing  
502 423-7072  
racing@louisvillebicycleclub.org

**Chad Green**

VP Touring  
502 291-9979  
touring@louisvillebicycleclub.org

**Barbara Tretter**

Secretary  
502 491-7120  
secretary@louisvillebicycleclub.org

**Jim Tretter**

Treasurer  
502 491-7120  
treasurer@louisvillebicycleclub.org

The Louisville Bicycle Club is affiliated with the **League of American Bicyclists (LAB)** and the **United States Cycling Federation (USCF)**.

Steve Anderson, chair of the nominating committee, then announced the slate of officers for 2007. When no nominations were made from the floor, the members elected by acclamation Ed Tonini VP Advocacy and David "Packman" Ryan VP Communications and re-elected Steve Sarson VP Education, Mark Luking VP Racing, Chad Green VP Touring, Barbara Tretter, Secretary, Jim Tretter, Treasurer and yours truly as President.

In addition to electing officers, the members approved revisions to our bylaws. (Go to the club's website at <http://louisvillebicycleclub.org/misc/bylaws.htm> to review.)

In my President's Report to the annual meeting I compared LBC to the "average" club described by the League of American Bicyclists in its January 2007 newsletter, the Cue Sheet, based on the responses of 130 clubs to the League's survey.

It has 325 members who pay \$17 a year to enjoy a ride schedule of close to 250 rides in the year, including one major ride that has 600 participants...[At the] end-of-year...banquet, the board of eight directors thanks the 25 or so active volunteers and ride leaders for their time and makes a heartfelt plea for more people to step forward to help. The club's membership is holding steady and even increasing a little, and it looks decidedly older each year.

If that article had profiled LBC it would have cited the 972 members who pay the bargain price of \$15 for a single membership (\$20 for family) and have 881 rides to choose from. It would have mentioned that our premier ride is the OKHT, which had 1200 riders in 2006, and that our year-end banquet had 155 registered participants who honored 33 ride leaders who sponsored 10 or more rides each. And yes, our success at retaining members means we're aging but the significant increase in membership over the last five years has kept us vital. (The proliferation of Mad Dogs is ample evidence against ossification.)

An article about LBC would go on to describe a growing relationship with local government and increasing influence on transportation and public policy matters affecting cyclists and their rights.

The officers appreciate your confidence in our leadership and pledge to continue the work to keep the Louisville Bicycle Club in the ranks of top cycling clubs in the U.S.

We look forward to seeing you on the road in 2007. And, since Daylight Saving Time will start three weeks earlier this year, my chances of meeting my mileage goal have certainly increased. More on that later.

**NEW MEMBERS**

Clifford, Bob & Dena	9112 Geneva Circle	Prospect, KY	40059	502 693-7212
Klarer, Joe	9304 Trentham Lane	Louisville, KY	40242	502 608-2012
Lauer, Bob	4200 Stone Lakes Dr	Louisville, KY	40299	502 261-0314
Murphy, Andrew	4708 Kiefer Blvd	Louisville, KY	40216	502 447-4103
Pfeiffer, George	1605 Parkshire Lane	Louisville, KY	40220	502 379-8623
Redella, Steven	810 Brookhill Rd	Louisville, KY	40223	502 472-7275
Steimel, Jerry	27 Munroe Street	Newburyport, MA	01950	



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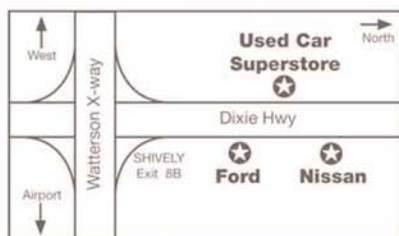
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## TRAINING IN JANUARY AND FEBRUARY CAN BE TOUGH *by Mark Luking, LBC VP Racing*

With the unpredictable, cold weather and limited amount of winter daylight, it is a challenge for any cyclist to maintain fitness. However, for the LBC racing team, this is the time of year when we begin seriously to prepare for the upcoming racing season. The Spring Training Series kicks off on the 3rd of March with our own club's L'Esprit Road Race and we not only have to build fitness, we must also assimilate the many new members that have joined the team. Here are some of the things that Team Louisville has been doing to prepare.

Starting on Saturdays in January we began what have become known as the "PB&J rides". This is a ride that was started last year by Joe Collins, Phil Patterson and a few others on the team. The group meets at 9:00 a.m. at Charlie Vettiner Park and from there they wind their way over to a loop that includes 4 or 5 of the longest climbs in the Jefferson Forest before heading back to J-town. This usually ends up being about an 80-mile ride. About half way everyone stops for a short food break, hence the name PB&J ride, (Joe's favorite power lunch). This year there have been a couple options regularly added. David Berman, Perry Finley and Bob Zeman have started their ride from the Highlands. From there they ride out to Iroquois Park where they pick up a few more riders before heading out to the forest and meeting up with the rest of the group. These are great endurance workouts and provide some good base miles for the upcoming season.



At left, Mary Glover, co-owner of Time Out Fitness  
Photo: Craig Dooley, Ky. Backroads Photography

On Sundays at noon, we have been meeting for two hours at a wonderful new fitness facility, **Time Out Fitness**, located in the Eastpointe Business Park just east of Anchorage. Co-owner Mary Glover, a certified fitness trainer, has not only graciously arranged to make this 3000 square foot fitness facility available to members of Team Louisville, but she has also worked with us to make sure we understand how to use the equipment and get the most from our workout sessions. **Time Out Fitness** has a full range of state-of-the-art Cybex strength training equipment as well as treadmills, ellipticals and stationary bikes. This has allowed team members to work on building core strength and conditioning and, almost as importantly, provided a place to meet and workout regardless of weather. If you are near the Eastpointe Business Park and looking for a nice place to workout, give Mary Glover a call.



Winners of this years Roller Race Championship: Phil Patterson, 2nd place and Walter Lay, 1st place fixed gear; Clayton Omer, 1st place and Mike Kennedy, 2nd place multi-gear.

Finally, on each of the five Wednesday evenings in January, we held Roller Races at Luking Cycling Center/Greenhouses. What are roller races? Basically this is a competition between two or more riders, each on a set of rollers that uses a cable to drive the hands on a large clock. The clock, instead of being marked off in hours and minutes, represents a distance of 500 meters marked in 100-meter increments. The goal is to beat your opponent's hand around the clock by pedaling faster. Racers are limited to one gear combination that allows the bike to roll up to 25'3" with one full revolution of the crank (53x15 for most road bikes.) The races are short and very intense, usually lasting less than a minute for two laps or 1000 meters. Riders reach virtual speeds of nearly 50mph and a cadence of 180 rpm. Curtis Tolson holds the local record for this type of racing, approaching 60mph and a cadence of almost 200 rpm!

These races provide an enjoyable break from the usual drudgery of indoor training. This season we had an average of 16 riders per evening, spectators cheering them on.

Many had never ridden on rollers before and were surprised how quickly they picked it up. Others had been riding rollers for awhile. And a few, like Phil Patterson, are now comfortable enough to ride with no hands and with only one foot clipped in while they warm up!

There were many heated competitions throughout the month, especially in the last championship races. Some very fast times were regularly posted by veterans Sean Steele, Phil Paterson, Walter Lay, Joe Collins and by newcomers like Clayton Omer, Chris Muller and Jonathan Kindig.

We had a lot of fun this season, and I plan to offer it again next year. It is free and open to any and all that would like to give it a try. So dust off those rollers and start practicing!

## 2006 Financial Report *by Jim Tretter, Treasurer*

Club by-laws require that the treasurer file “a written Annual Financial Report for each fiscal year outlining the financial condition of the Club and summarizing the previous year’s transactions and events, said Annual Financial Report to be published in the Newsletter.” Key points relating to the 2006 Financial Report (*facing page*) are as follows:

- The OKHT in 2006 netted nearly \$17,000 vs. a budgeted \$7,500. Great weather brought a late rush of registrations.
- We received \$9,900 from Louisville Metro Government for the Bicycle Education Program we held over the summer.
- The Annual Awards Banquet for 2006 was pushed into January 2007 along with the costs for awards and the banquet.
- LBC Membership is at an all-time high

## New Ride Captain Certification Program *by Chad Green, VP Touring*

Starting with the 2007 Touring Season, we will introduce a new ride captain certification program. With the introduction of this new program, we will implement three levels of ride captains:

### Ride Captain

The Ride Captain title will remain much as it does now. In order to obtain this title one must meet the following requirements:

- Be a current member of the Louisville Bicycle Club
- Participate in at least 5 LBC rides where you haven’t been the ride captain
- Read and become acquainted with the Ride Captain Guidelines
- Ride Captain at least 1 ride

### Certified Ride Captain

The Certified Ride Captain takes the ride captain title a bit further. These club members will be the backbone of the ride schedule. To earn this title, one must complete the following requirements:

- Complete the requirements of a Ride Captain
- Additionally, Ride Captain at least 10 rides in one year
- Attend Ride Captain training
- Complete the LAB Road 1 Course

### Certified Master Ride Captain

Those who succeed in earning this title would be the cream of the crop and would make up the backbone of the Touring program. To earn this prestigious title, one must complete the following requirements:

- Have been a Certified Ride Captain for 3 years
- Have been a “Top Ride Captain” for the past 3 years
- Successfully complete the LAB LCI course

## 2006 Ride Statistics Summary *compiled by Carl Davis, LBC Statistician*

### Record Ridership

	2006	2005	2004	2003
Riders	712	638	613	506
Rides	12,990	11,883	12,531	8,786
Total Miles	483,183	454,239	487,263	321,665
Miles/Ride	37	38	39	36
Miles/Rider	679	712	795	636
Riders/Ride	16	19	20	17
Riders 4000+ mi	25	21	28	15
Riders 3000+ mi	9	16	7	4
Riders 2000+ mi	24	26	31	17
Riders 1000+ mi	77	63	63	60
Century Club*	58	48	47	14
TMD Participants	80M 19W	57M 12W	46M 13W	-
Completed TMD	22M 8W	25M 4W	18M 4W	-

\*Riders completing 5 centuries in the year

### A World Class Schedule

Ride Lengths (miles)	2006		2005		2004	
	Count	%Total	Count	%Total	Count	%Total
0-14	123	14%	52	6%	54	7%
15-24	145	16%	150	17%	151	19%
25-34	320	36%	413	46%	319	40%
35-44	67	8%	46	5%	38	6%
45-54	75	9%	51	6%	67	8%
55-64	77	9%	103	12%	105	13%
65-74	11	1.25%	29	3%	16	2%
75-84	2	0.2%	5	0.6%	5	1%
85-94	2	0.2%	1	0.1%	1	0.1%
95-104	37	4%	38	4%	31	4%
105+	22	3%	7	1%	12	1.5%
	881		895		799	

**LOUISVILLE BICYCLE CLUB**  
**Statement of Operations and Changes in Fund Balances**  
**For the year ended December 31, 2006**

	2006				2005
	Total	General	Summit	Racing	Total
<b><u>Receipts</u></b>					
Memberships	11,125.00	11,125.00	-	-	10,950.00
Sponsorships	25,900.00	23,400.00	-	2,500.00	34,400.00
Receipts from Programs	49,231.00	44,122.00	-	5,109.00	48,852.90
Advertising	250.00	250.00	-	-	50.00
Interest from Investments	1,306.22	892.73	-	413.49	329.92
Other Receipts	9,349.00	960.00	-	8,389.00	13,268.00
Gross Sale of Items	13,251.00	12,471.00	-	780.00	7,593.00
Cost of Goods Sold	(7,950.90)	(6,880.90)	-	(1,070.00)	(8,404.29)
<b><u>Total Receipts</u></b>	<b>102,461.32</b>	<b>86,339.83</b>	<b>-</b>	<b>16,121.49</b>	<b>107,039.53</b>
<b><u>Expenditures</u></b>					
Contractor Fees/Speaker Fees	530.00	480.00		50.00	4,480.00
Advertising	-	-			-
Accounting/Banking/Legal/Incorp. Fees	46.80	46.80			1,331.50
Supplies (computer supplies, envelopes,...	1,356.69	1,356.69			2,307.03
Telephone/Internet Expense	344.22	344.22			329.50
Postage & Shipping	3,429.66	3,429.66			2,824.04
Occupancy/Rental	2,929.50	2,704.50		225.00	3,956.81
Equipment Rental & Maintenance	6,895.17	6,476.77		418.40	6,847.69
Printing, Publications, Film/Development	4,192.11	4,192.11			4,777.08
Seminars, Classes, Travel & Living	2,385.13	2,385.13			1,340.29
Jerseys, T-shirts, Clothing	14,056.79	4,076.34		9,980.45	25,933.05
Refreshments/food at meetings	16,705.51	15,885.51	820.00		31,621.72
Sympathy / Bereavement	279.39	279.39			246.52
Entertainment	1,800.00	1,700.00		100.00	3,061.65
Awards, Patches, Door Prizes	1,231.73	1,231.73			6,035.72
Affiliations (LAB, USCF, ...)	150.00	-		150.00	225.00
Insurance	5,243.20	3,813.20		1,430.00	3,654.15
Donations to charitable organizations	7,871.00	7,400.00		471.00	5,000.00
Entry Fees	2,952.80	-		2,952.80	3,993.00
Other Expenses/Program Expenses	5,879.85	5,069.85		810.00	8,321.10
Sales & Usage Tax	1,056.06	1,056.06	-	-	607.96
<b><u>Total Expenditures</u></b>	<b>79,335.61</b>	<b>61,927.96</b>	<b>820.00</b>	<b>16,587.65</b>	<b>116,893.81</b>
<b><u>Excess of Receipts over Expenditures</u></b>	<b>23,125.71</b>	<b>24,411.87</b>	<b>(820.00)</b>	<b>(466.16)</b>	<b>(9,854.28)</b>
<b>Fund Balances at Jan 01</b>	39,405.38	21,783.37	1,785.16	15,836.85	49,259.66
<b>Fund Balances at Dec 31</b>	62,531.09	46,195.24	965.16	15,370.69	39,405.38
	<b><u>Total</u></b>	<b><u>Individual</u></b>	<b><u>Family</u></b>		<b><u>Total</u></b>
<b>Memberships at Jan 01</b>	922	477	178		825
<b>Memberships at Dec 31</b>	972	472	200		922

## THE 2006 LBC AWARDS BANQUET #1 - THE VOLUNTEERS

### "mugged" (41)

AB Sandefur  
 Barbara Tretter  
   - Secretary  
 Barry Zalph  
 Carl Davis  
 Cathy Kinberger  
   - OKHT Director  
 Chad Green  
   - VP Touring  
 Cherry Baker  
 Connie Guild  
 Craig Dooley  
 Dave Wittry  
 Deb Sexton  
 Dick Williams  
 Duc Do  
   - Webmaster  
 Earl Jones  
   - President  
 Gary Price  
 Glenn Todd  
 Jamie Gordon  
 Jerry Gordon  
 Jim Tretter  
   - Treasurer  
 John Samways  
 Leslie Marlin  
 Lewis Miller  
 Lisa Weisert  
 Lori Boone  
 Lynn Luking  
 Marilee Martin  
 Marion Van Ingen  
 Mark Luking  
   - VP Racing  
 Maureen Samuels  
 Mike Pitt  
 Phil Patterson  
 Richard Gilliam  
 Rita Sarson  
 Sandy Davis  
 Sara Ferebee  
   - VP Comm.  
 Sarah Price

### *Volunteer of the Year* *Sara Ferebee*



President Earl Jones presents Sara Ferebee, outgoing VP Communications, with the Club Volunteer of the Year award.

*(photo and information courtesy Jim Tretter)*

#### LBC Program Volunteers

A.B. Sandefur	Touring
Joe Thomas	Touring
Craig Dooley	Racing
Barry Zalph	Advocacy
Connie Guild	Education
Lori Boone	Education
Duc Do	Communications
Deb Sexton	OKHT
Jamie Gordon	OKHT

### "mugged" (cont.)

Steve Anderson  
 Steve Rice  
 Steven Sarson  
   - VP Education  
 Stewart Prather  
   - VP Advocacy  
 Tracy Barnes

### socks (72)

AB Sandefur  
 Barbara Tretter  
 Barry Zalph  
 Bill Pustow  
 Boyd Bosse  
 Brad Wunderlich  
 Carl Davis  
 Cathy Hill  
 Cathy Kinberger  
 Chad Green  
 Cherry Baker  
 Connie Guild  
 Craig Dooley  
 Dan Hall  
 Darrell Edwards  
 Dave Wittry  
 David Burry  
 David King  
 Deb Sexton  
 Dick Williams  
 Duc Do  
 Earl Jones  
 Gary Price  
 Glenn Todd  
 James Rockhold  
 Jamie Gordon  
 Jerry Gordon  
 Jim Tretter  
 Jim Tretter  
 Joe Collins  
 Joe Thomas  
 Joe Ward  
 John Samways  
 Jon Wheat  
 Kevin Williams  
 Kirk Roggenkamp  
 Larry Preble  
 Leslie Marlin  
 Leslie Neidig  
 Lewis Miller  
 Linda Burry  
 Lisa Todd  
 Lisa Weisert  
 Lori Boone  
 Lynn Luking  
 Marilee Martin  
 Marilyn Minnick  
 Marion Van Ingen

### socks (cont.)

Mark Luking  
 Matt Staub  
 Maureen Samuels  
 Michael Seiler  
 Michelle Sarson  
 Mike Pitt  
 Nancy McElwain  
 Paula Do  
 Phil Patterson  
 Richard Gilliam  
 Rita Sarson  
 Sandy Davis  
 Sara Ferebee  
 Sarah Price  
 Scott Whitehair  
 Sonny Neurath  
 Steve Anderson  
 Steve Anderson  
 Steve Rice  
 Steve Sexton  
 Steven Sarson  
 Stewart Prather  
 Tracy Barnes  
 Walter Lay



## *LAB Road 1 Adult Bicycling Skills Course Offered Again*

As we did last spring, the LBC Education Program will collaborate with **Bicycling for Louisville** to offer the Road 1 adult bicycling skills course of the **League of American Bicyclists**. Road 1 covers basic bicycle selection and fitting, fixing flat tires, inspecting a bicycle for safety, understanding traffic laws, communicating with motorists, riding safely through traffic on various types of streets and intersections, selecting gear for foul weather and night riding, and avoiding crashes using emergency maneuvers. Even experienced bicyclists will learn something from this course. If you would like to feel more safe and comfortable riding in motor vehicle traffic, you will find this course especially helpful. Road 1 is a 10-hour course divided into four sessions. Most of the class is hands-on, including bicycling on a parking lot and on neighborhood streets. Anyone who registers should plan to attend all four sessions. Participation is by registration only. This is not a drop-in class. This spring, we are offering the course twice to fit a wider variety of schedules:

Schedule 1: Classes will take place at the Air Pollution Control District Board Room, 850 Barret Ave., corner of Barret Ave. & Breckinridge St.

Session 1: Mon. 3/19 6:30 - 8:30 PM  
 Session 2: Sat. 3/24 9 AM - noon  
 Session 3: Mon. 3/26 6:30 - 8:30 PM  
 Session 4: Sat. 3/31 9 AM - noon

Schedule 2: Classes will take place at New Directions Housing Corporation, 1000 E. Liberty Street, at the eastern end of E. Liberty Street

Session 1: Thurs. 3/22 6:30 - 8:30 PM  
 Session 2: Sun. 3/25 2 - 5 PM  
 Session 3: Thurs. 3/29 6:30 - 8:30 PM  
 Session 4: Sun. 4/1 2 - 5 PM

By prior arrangement with the instructors, a participant may complete the course by attending the four sessions in a combination of these two schedules.

The course costs \$20, which includes materials. If you can't afford the \$20 fee, please contact us for scholarship assistance. To register, contact Bicycling for Louisville at [info@bicyclingforlouisville.org](mailto:info@bicyclingforlouisville.org) or 582-1814. Mention that you want to sign up for Road 1 and give your name, daytime telephone number, e-mail address (if available), and the Road 1 class schedule that you choose.

If you have any questions about the course, contact Steve Sarson at [ssarson@bellsouth.net](mailto:ssarson@bellsouth.net) or 499-7089 or Barry Zalph at [info@bicyclingforlouisville.org](mailto:info@bicyclingforlouisville.org) or 582-1814.

### EMAIL NEWSLETTER DELIVERY

The LBC 2006 budget for newsletter costs is \$5,000, which represents nearly 25% of our total program costs. In an attempt to reduce this cost so monies can be used by other programs, the Executive Committee has introduced email newsletter delivery. This optional service began with the newsletter for May/June 2006. The newsletter is sent in PDF format to those who have signed up for this service. Each delivery saves the club \$1.25 in printing and mailing costs per issue per membership. Those who choose email delivery will typically receive their newsletter 4-7 days before those who receive their newsletters via regular mail.

Club membership applications and membership reminder postcards will be modified to include this option. If, after trying email delivery, you find you prefer the paper copy, you can revert back to regular mail delivery.

More than 200 LBC members have already signed up to receive the e-newsletter.

To sign up for this option please go to <http://www.louisvillebicycleclub.org/forms/enewsletter.htm>.

Thanks for your cooperation.  
 LBC Executive Committee

Also, beginning with March/April 2007:  
 The electronic newsletter will contain **COLOR PICTURES!**

**Receive  
 Your Newsletter  
 by Email!**

## THE 2006 LBC AWARDS BANQUET #2 - THE RIDE CAPTAINS

### *Ride Captain of the Year Larry Preble*



Chad Green (L), VP Touring, presents Larry Preble (R) with Ride Captain of the Year award  
(photo and information courtesy Jim Tretter)

#### **Top Ride Captains (10 or more rides)**

Williams, Dick	47
Tretter, Jim	46
Green, Chad	43
Sandefur, AB	39
Guild, Connie	28
Anderson, Steve	27
Sarson, Steve	26
Rice, Steve	25
Samways, John	22
Preble, Larry	20
Pustow, Bill	18
Hopperton, Angie	16
Armstrong, Tom	15
Donovan, Linda	15
Donovan, Terry	15
Jones, Kevin	15
Rauh, Dick	15
Chilton, Tim	13
Dobbs, Vicky	13
Howell, Susan	13
Lockett, Barry	13
Prather, Stewart	13
Hall, Meilssa	12
Kuchenbrod, Scott	12
Luking, Lynn	12
Connell, Donna	11
Ewart, Alison	11
Krakowski, Dick	11
Luking, Mark	11
Kamenish, Mike	10
Klus, Marcie	10
Pitt, Mike	10
Whitehair, Scott	10

### *Top Ride Captains*



Top Ride Captains (led 10 or more rides in 2006)  
(photo and information courtesy Jim Tretter)

# When we win, Kentucky wins.

MALT ADVOCATE MAGAZINE  
**2000**  
 DISTILLERY *of the Year*  
**Buffalo Trace Distillery**  
 FRANKLIN COUNTY, KENTUCKY  
 THE MALT SOCIETY

2005★ Whisky Magazine  
 Distiller *of the Year*

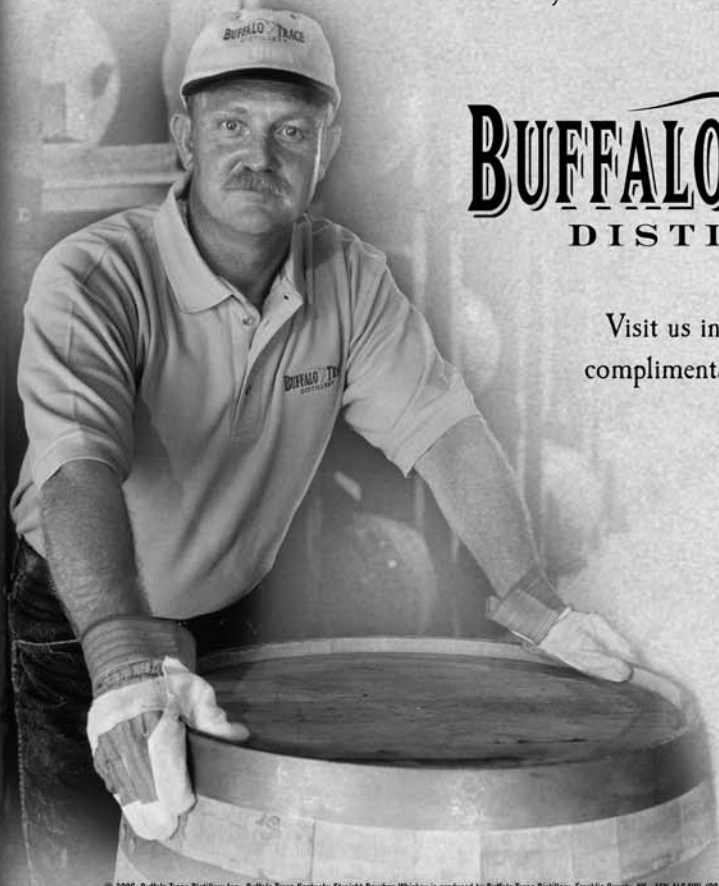
MALT ADVOCATE MAGAZINE  
**2005**  
 DISTILLERY *of the Year*  
**Buffalo Trace Distillery**  
 FRANKLIN COUNTY, KENTUCKY  
 THE MALT SOCIETY

Honored on the worldwide stage with over 140 awards, Buffalo Trace is proud to be part of a long and storied history of Kentucky's most famous spirit. Over 200 of your fellow Kentuckians handcraft award-winning bourbons every day at Buffalo Trace Distillery in Frankfort.

So here's a toast to the hard-working craftsmen of Buffalo Trace Distillery who make Kentucky shine around the globe.

**BUFFALO TRACE™**  
 DISTILLERY

Visit us in Frankfort for a complimentary distillery tour.





## THE 2006 LBC AWARDS BANQUET #3 - THE TOURING JERSEY WINNERS

### *The 2006 Yellow Jersey Winners Steven Sarson & Bobbie Leslie*

#### **75,000 Lifetime Club Miles**

Tretter, Jim  
Darby, Alan

#### **50,000 Lifetime Club Miles**

McGill, Bernice  
Pustow, Bill

#### **25,000 Lifetime Club Miles**

Sarson, Steven

#### **Yellow Jersey**

Leslie, Bobbie 6744 miles  
Sarson, Steven 6411 miles

#### **Blue Jersey**

McGill, Bernice 8274 miles  
Sexton, Steve 5626 miles



VP Touring Chad Green (R) presents yellow jerseys to  
Overall Touring Champions Steven Sarson & Bobbie Leslie

*(photo and information courtesy Jim Tretter)*

### *Masters Touring Champions Bernice McGill & Steve Sexton*



VP Touring Chad Green (L) congratulates Masters Touring Champions  
Bernice McGill and Steve Sexton

*(photo and information courtesy Jim Tretter)*



## THE 2006 LBC AWARDS BANQUET #4 - RACING AND COMMUNITY

### *Racers of the Year* *Dan Loescher & Amy Clark*



VP Racing, Mark Luking (R) presents Dan Loescher with Racer of the Year award  
(photo and information courtesy Jim Tretter)

#### **Racer of the Year**

Dan Loescher  
Amy Clark

#### **Rookie Racer of the Year**

Kerry Herbine

#### **LCI**

“Becoming a League Cycling Instructor (LCI) certified to teach BikeEd is a great way to help cyclists in your community. Certified instructors can teach BikeEd classes to children as well as adults. Help bring the joy of safe cycling to others. If you are an experienced cyclist and would like to teach others please consider taking the next step towards certification.”

League of American Bicyclists  
[www.bikeleague.org/programs/education/seminars.php](http://www.bikeleague.org/programs/education/seminars.php)

### *Certified League Cycling Instructors*



Education Program LCI's: L-R: Steven Sarson, A.B. Sandefur, Steve Anderson, Glenn Todd, Scott Whitehair. Joe Ward and Barry Zalph not pictured.  
(photo and information courtesy Jim Tretter)

#### **LCI Shirts**

AB Sandefur  
Steve Anderson  
Scott Whitehair  
Glenn Todd  
Steven Sarson  
Joe Ward  
Barry Zalph

#### **Most Improved Riders**

Kelly Flowers - male  
Bobbie Leslie - female

# Improve stamina and stay fit year-round



## Attention all cyclists!

Join the Wellness Center and enjoy unlimited access to our fabulous facility and new cycling studio with LeMond RevMaster bikes, 25+ classes per week taught by champion instructors, plus a wide variety of cross-training opportunities.

- ~ 70,000-square-foot, state-of-the-art facility
- ~ 25-yard lap pool; large, warm-therapy pool; whirlpool
- ~ 140+ classes for all fitness levels: cardio-combo to yoga
- ~ 60+ award-winning aquatic classes
- ~ 1/11th mile walking/jogging track
- ~ Fully equipped Pilates studio
- ~ Cardio theatre with individual TVs, CD and DVD players
- ~ Hammer Strength, Life Fitness, Free Motion, Cybex, and Keiser equipment
- ~ Spacious fitness areas with Stairmasters, Precor Ellipticals and free weights
- ~ The Oasis Spa: massage, facials, pedicures and manicures
- ~ Certified personal training and sports conditioning
- ~ Healthy Solutions® weight management center
- ~ Arthritis, fibromyalgia and joint pain programs
- ~ Baptist East Spine and Sport Therapy
- ~ Pre- and post-natal exercise
- ~ Child-care, The Center Café, free parking

### Join today!

Take a tour of our beautiful facility – just stop by or call for information, 896-3900 x302, 750 Cypress Station Dr., off Bowling Blvd., behind the Mall St. Matthews. See more at [www.baptistmilestone.com](http://www.baptistmilestone.com)



Baptist East/Milestone  
**wellness  
center**





# THE 2006 LBC AWARDS BANQUET #5 - TOUR de MAD DOG AND THOSE WHO ASPIRE

## *The Tour de Mad Dog Podium*



Tour de Mad Dog winners:

L-R front: Melissa Hall<sup>1st</sup>, Bernice McGill<sup>3rd</sup>, Vicky Dobbs<sup>2nd</sup>;  
L-R back: Kelly Flowers<sup>1st</sup>, Steve Sexton<sup>3rd</sup>, Scott Kuchenbrod<sup>2nd</sup>  
*(photo and information courtesy Jim Tretter)*

## *Most Improved*

### *Kelly Flowers & Bobbie Leslie*



VP Touring, Chad Green (R) presents Most Improved Rider awards to  
Kelly Flowers & Bobbie Leslie

*(photo and information courtesy Jim Tretter)*

## The 2006 Century Club

Rice, Steve	52
Hall, Melissa	49
Sexton, Steve	42
King, David R.	37
Royse, Stephen	30
Chilton, Tim	25
Kamenish, Mike	25
Kuchenbrod, Scott	24
Dobbs, Ronald	23
Dobbs, Vicky	23
Sarson, Steven	23
Flowers, Kelly	22
Moore, Jim	20
Rauh, Dick	20
Howell, Susan	19
Lockett, Barry	19
Leslie, Bobbie	18
McGill, Bernice	18
Hill, Cathy	16
Krakowski, Dick	16
Davis, Randall	15
Preble, Laurence	15
Pustow, Bill	15
Lobred, Joe	14
Pitt, Mike	14
Roggenkamp, Kirk	14
White, Jeff	13
Croslin, Rick	12
Dobbs, Allison	12
Ingram, Dave	12
Sellers, Eric	12
Battle, Paul	11
Brown, Kevin	11
Darby, Alan	10
Hallahan, Vert	10
Cralle, Clay	9
Gaither-Stock, Cherie	9
Connell, Donna	8
Jones, Kevin	8
Lerner, Julie	8
Prather, Stewart	8
Gordon, Jerry	7
Gray, Jenny	7
Kirk, Michael	7
Montgomery, Steve	7
Roberts, Lynn	7
Selle, Sara	7
Sexton, Deb	7
Do, Duc	6
Feeney, Don	6
Howes, Scott	6
Mueller, Ellen	6
Paul, John	6
Cawthon, Garret	5
Finley, Perry	5
Shay, Kitty	5
Stines, Ken	5
Tuney, Lee	5
58 Riders	Centuries: 865

Do you have something you want to share with your fellow club members?

Send us an article and photos for the newsletter! We can accept hand-written manuscripts, hardcopy print-outs or articles on disk (Word documents preferred), or e-mail.

Send them to David Ryan (Packman), VP Communications (see cover for addresses) or hand them to any club officer.

The Louisville Bicycle Club reserves the right to edit all submitted articles.

See cover for deadlines.

The newsletter is sent third class. The post office will not forward to your new address. Please notify Barbara Tretter, club secretary, of any address changes.

As I put this, my first ever newsletter, to bed, I want to reflect on the exercise. When I accepted the suggestion that I should run for LBC Communications I figured with my background as a computer programmer, I could put it together one way or the other. Against that, I have to confess an aversion to word processors, spreadsheets and almost every other kind of office productivity aid. I have almost never put together anything on paper that was not just a flat text document unless it was the batch output from a relational database driven program.

Nevertheless, I figured from the start that I could do it if I approached it as a programming exercise. As they say, when you are a hammer, every problem looks like a nail. So I planned right away to put the newsletter together in HTML and convert it to PDF, something I also had never done but knew it was possible. I spoke to Joe Ward, a person who knows a fair bit about publishing, via e-mail mentioning my plan. He said he didn't know that desktop publishing could be done in HTML. Being halfway into it, I told him that it was probably a lot like taking a

mountain bike on club road rides, something I had a fair bit of experience doing before I knew any better.

As the submission date approached, I worked at figuring out how to massage web pages into PDFs that looked as closely as possible to the excellent product produced by our recent editor, Sara Ferebee. But I had no content besides the regular ads etc. Then with two days before the printer's deadline the material flooded in, articles, spreadsheets, banquet photos etc. When I found that the absolute minimum would run 13 pages, I had to expand it to 16 due to the printing requirement of four page increments. I was once an ultra-marathon cyclist, so I put it together almost in one marathon session with a couple cat naps thrown in and have now just about finished, only a few hours late.

I ask you to bear with the flaws. With more experience I hope to do better. And I hope that I will get content earlier next time. The deadline for May/June submissions, as noted on the front cover, is April 1. No fooling :-)

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