

# THE LOUISVILLE BICYCLE CLUB

Founded in 1897

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

July/August 2009

## IN THIS ISSUE

Rules of the Road . . . . .	1
LBC Officers . . . . .	2
New Members . . . . .	2
Email Newsletter Delivery . . . . .	2
Racing News . . . . .	5
Tour de Olmsted pictures . . . . .	5-7
New Rider/Bike Handling Classes . . . . .	9
OLD KENTUCKY HOME TOUR	10
PaCkMaN's Corner . . . . .	12-11

New Rider / Bike Handling  
Classes begin again July 6

-  
Club Picnic Aug. 9

-  
Old Kentucky Home Tour  
(32nd) Sep. 12-13

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

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

***Deadline for the September/  
October '09 issue is August 10***

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



## "RULES OF THE ROAD" from the LAB

*by Jim Tretter, LBC Treasurer*

In a recent letter from Andy Clarke, Executive Director of the League of American Bicyclists, wrote to member bike clubs like the LBC that when it comes to cyclists rights "Cyclists are their own worst enemy...Because cyclists don't follow the rules; we can't expect or deserve any protection or respect. We shouldn't expect to be treated fairly. We shouldn't be asking for more bike lanes or trails until we put our own house in order." Locally we hear these same complaints when we're on club rides and cyclists are all over the road, packs of riders blow through stop signs or red lights with varying degrees of impunity and take the center line instead of the lane. The LBC Executive Committee supports these five basic Rules of the Road proposed by the League:

1. Follow the law – it's the safest way to ride. Bicyclists have the same rights and duties as other drivers and need to follow the same traffic laws.
2. Be predictable – ride in a straight line, signal turns and check behind you before turning or changing lanes.
3. Be conspicuous – ride where drivers can see you, use lights at night and wear bright clothing.
4. Be aware – anticipate the next move of drivers, pedestrians and other cyclists. Watch for debris, potholes and grates.
5. Ride Ready – tires need air, brakes must work, chains should run smoothly, and quick release wheel levers must be closed. Carry repair and emergency supplies. Wear a helmet.

## An Email

*by Andrew Murphy, LBC VP Advocacy*

I recently received this email through the Advocacy mailbox on the club's website. It got me to thinking how important it is to ride responsibly at all times. When people see a bike rider do something irresponsible, they assume all bike riders do it. This dude almost hit a bicyclist on Bardstown Road and went home and sent an email to The Louisville Bicycle Club. I don't figure the person that almost got hit was on a club ride, but I guess we are in the public's consciousness enough that we tend to hear about a lot of bike related stuff.

Here's the email: "I realize I have to share the road with you guys and I have to admit I don't like it. Very few of you follow the rules of the road. I'll be driving down Bardstown road and someone on a bike whips out in front of me so they avoid hitting parked cars, no hand signals for turns, running red lights and stop signs, so on and so forth. I keep hearing how car drivers need to do more and more but I never hear about you guys doing anything to make yourselves safer on the roads. Because I live on Bardstown Rd and there are so many of you in the area, I am beginning to get more accustomed to you guys on the road. I think people who ride on the major roads and dangerous roads, such as Lexington Rd by the girl scouts, are not thinking when they do this—especially during rush hour. And finally night riders. The fancy flashing lights don't work on the sides. So if you are coming up on a car at 90 degrees they may not see you. As a driver of a car you must be aware that there are blind spots. You can do everything you can to avoid these but sometimes you just can't. Just venting a little, thanks for listening." End of email.

To me, this guy sounds more frustrated than angry. In subsequent email dialogue with him, he seems pretty cool. I've even invited him out for a club ride so he could see there are people out there that ride in a safe, responsible manner. Remember, if someone sees a bicyclist--any bicyclist-- doing something geeky, they'll assume all bicyclists are geeks. If they see a bicyclist riding responsibly...

## YOUR CLUB OFFICERS (Executive Committee)

### Earl Jones

President  
502 287-7770  
president@louisvillebicycleclub.org

### Andrew Murphy

VP Advocacy  
502 895-9094  
advocacy@louisvillebicycleclub.org

### David Ryan (Packman)

VP Communications  
502 447-7814  
communications@louisvillebicycleclub.org

### Tom Armstrong

VP Education  
502 499-7089  
education@louisvillebicycleclub.org

### Mark Luking

VP Racing  
502 423-7072  
racing@louisvillebicycleclub.org

### Kevin Jones

VP Touring  
502 599-1981  
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).

## LBC FAMILY PICNIC

Our summer picnic is on Sunday, August 9, at Farnsley-Moorman Landing, off 10900 Lower River Rd near the Greenbelt Hwy in the west end on the Ohio River. All are welcome, bring the kids, a good time for all! We will have three rides that morning; all end about 12:00-12:30. The short ride will be on the Levy Trail (no cars). You need to bring a dish to be shared and lawn chairs. It's a nice place with a big pavilion all under roof, with bathrooms and a river view. Make plans now for our picnic, hope to see you there!

Joe Thomas, 447-2318, Picnic Committee

## CORRECTION

The editor wishes to apologize for misspelling in two places the name of Dr. Laurence Preble in the May/June 2009 edition.

## 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.

**As of January 2009, almost 2/3 of LBC members have signed up to receive the e-newsletter!**

Thanks for your cooperation.  
LBC Executive Committee

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

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

**Receive  
Your Newsletter  
by Email!**

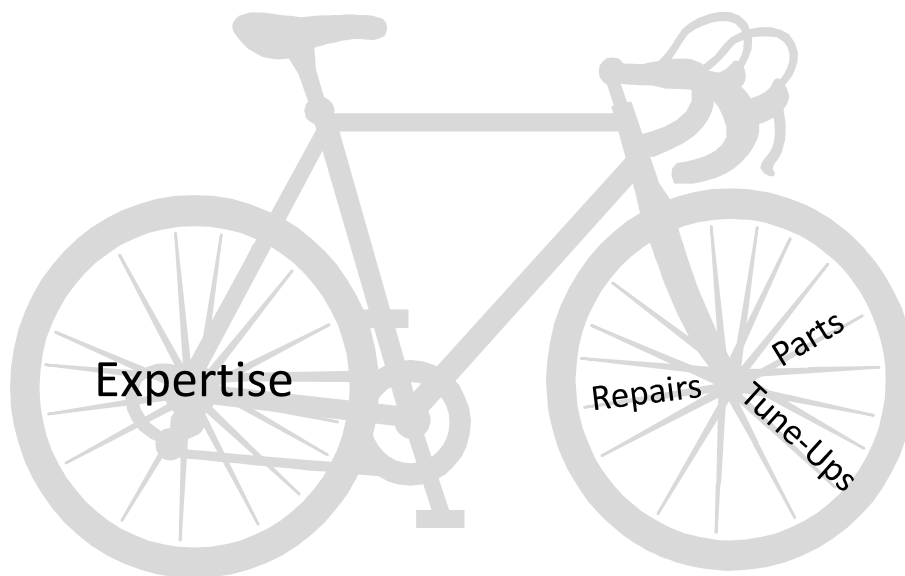
# bluegrass **BICYCLE**

6015 Crestwood Station, Crestwood, KY 40014

502-241-2440 / 877-757-BIKE (2453)

[www.bluegrassbicycle.com](http://www.bluegrassbicycle.com)

## *Your Hometown Bike Shop*



Road Bikes • Comfort Bikes • Mountain Bikes • Kid Bikes  
Apparel/Shoes • Nutrition • Accessories • Full Service  
and Custom Ordering



We are authorized dealers for:

Litespeed	Schwinn	Pearl Izumi	Merlin	Pinarello
Cervelo	KHS	Giro Helmets	Merckx	Easton
Shimano	Campagnolo	Bell Helmets	Colnago	GT
Mavic	Craft Clothing	Fuji	Sidi Shoes	... and others



# BYERLY

**Nobody Beats a Byerly Deal!**



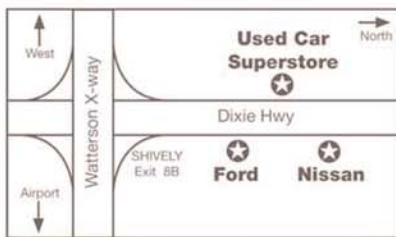
Winner of the Nissan President's Award:  
CUSTOMER CARE

## HUGE Selection of New and Used Cars and Trucks



## Low Price Leader For Over 60 Years

**Professionally  
Trained Sales &  
Service Staff**



<b>Byerly Ford</b> 448-1661 4041 Dixie Hwy.	<b>Byerly Nissan</b> 448-8222 4027 Dixie Hwy.	<b>Outside Louisville</b> 1-877-9BYERLY www.byerly.com
---	---	--





## CYCLING TEAM



If you are reading this article and it is not past the 4th of July, then there is still time for you to grab your lawn chair and head out to Churchill Downs to enjoy the Master National Championship Critrium races. You can cheer for the many local racers, including our own members of BikeClicks/Team Louisville as they compete on what has to be one of the most unique venues on the racing circuit, the infield at historic Churchill Downs. The races begin at 10:00am and run till 5:00 or 6:00pm July 2 thru July 4. And there isn't a bad seat in the house!

Now that we are in the height of the cycling season there maybe some of you that would like to try your hand at racing. July through the end of August is the time that we recruit new members for the LBC racing team. You can begin by contacting me or talking with any of the members of the LBC racing team and we will explain how the process works. We do require that you have an appropriate level fitness and bike handling skills to qualify and we must limit the number of new members to about 4-5, so as not to overwhelm our limited resources. If you are interested in racing, this is a great way to get started.

However, we are no longer the only developmental team in town. There are a number of new teams like the Rogue Racing Project and the TwinSpires team, as well as teams sponsored by Main Street Bicycles and Goose Creek Cycles, which offer opportunities for talented cyclist to join the racing scene. This is great indication of how bicycle racing is growing in our area.

Even though it is July and temperatures are in the 90 we are already looking forward to the start of Cyclocross season. Every year the interest in this sport is getting larger and larger and the season seem to be starting earlier and earlier. The first race in the 2009 Ohio Valley Series is the Kings Cx weekend in Landen, OH on September 19th and 20th. BikeClicks/ Team Louisville will again host the Tour de Louisville at Fisherman's Park in J-town on October 4th and the USGP returns to Louisville at the end of October. So, even though it may be blistering hot outside, you better grab your bike and head down to Champions Park (River Road County Club) and start practicing riding thought the sand traps so you will be ready join in the fun.

Hope to see you at the races!



Some riders at the Tour de Olmsted.

(photo courtesy Craig Dooley, Backroads Photography)



## Tour de Olmsted



Fun for all!

(photo courtesy Craig Dooley, Backroads Photography)



Rainbow Blossom, sponsor of the Tour de Olmsted.

(photo courtesy Craig Dooley, Backroads Photography)



Tour de Olmsted



(photo courtesy Craig Dooley, Backroads Photography)



(photo courtesy Craig Dooley, Backroads Photography)



(photo courtesy Craig Dooley, Backroads Photography)



**"SCHWINN SUPERSTORE"**  
**CLARKSVILLE SCHWINN**  
**& FITNESS**

**948-2453**

**948-BIKE**

111. W. LEWIS & CLARK PKWY  
 CLARKSVILLE IN 47129



**SALES SERVICE PARTS**

**ROAD-MOUNTAIN-TRI-TRACK-BMX-COMFORT**

CANNONDALE-SCHWINN-FUJI-GIANT-SCOTT-REDLINE  
 COLNAGO-SURLY-DEROSA-SALSA-BLUE-MASI-SOMA  
 LITESPEED-KESTREL-QUINTANAROO  
 HARO-SE-PREMIUM-FIT-DK

**TANDEM-TRIWHEELER-UNICYCLE-TRAILERS**

**SCHWINN & BH EXERCISERS**

TRAINERS : CYCLEOPS-KENETIC-BLACKBURN-KREITLER

CLOTHING : CANNONDALE-DECSENTE-PEARL IZUMI-PRIMAL

SHOES : SHIMANO-SIDI-DIADORA-PEARL IZUMI

HELMETS : BELL-GIRO-PROTEC

EYEWEAR : OAKLEY-GIRO-TIFOSI

NUTRITION : POWERBAR-CLIFBAR-HAMMER-GU-ENERVIT-  
 CHAMPION-ENDURA

ACCESSORIES-BOTTLES-CAGES-PUMPS-MIRRORS-TOOLS-LOCKS  
 COMPUTERS-HEART MONITORS-RACKS-BABYSEATS  
 CAR RACKS-BIKE PARTS

**ONE-DAY SERVICE LAYAWAY & FINANCING**

**"SERVING KENTUCKIANA SINCE 1973"**

**WWW.CLARKSVILLESCHWINN.COM**



## 2009 New Rider / Bike Handling Classes

by Tom Armstrong, LBC VP Education

Are you just joining the club, and want to ride fast with the folks in the spiffy jerseys? Or are you more interested in riding by yourself on the country roads surrounding our area? Would you rather learn to use your bicycle for errand-running and/or commuting, but aren't sure about where you belong on the road? Do these questions apply to someone you know? The New Rider Classes are for you! We teach you essential safety skills to help you prevent incidents, emergency maneuvers to avoid crashes, and what to do when stuff does go wrong.

The second (and last) series of New Rider Clinics for 2009 will begin July 6 and run through August 24. This series will meet at 4500 Bowling Boulevard, next to the Baptist East/Milestone Wellness Center (in the parking lot for the Jillian's Office Center).

Please note that all classes will begin promptly at 6:15 PM. This is a change from prior years.

Based on feedback from last year's participants and discussions among the instructors, we have made a few minor changes to the program. Participants will still be encouraged to attend as many sessions as possible, as different hands on skills will be covered each week by different instructors. We will be tracking attendance and working on weekly evaluations. Riders will receive a simple handbook with basic cycling information, a mileage log to track their class participation, and evaluation forms. Certificates of Completion will be given to all participants who attend six of the eight sessions. These will be handed out during the Mayor's Labor Day ride or will be sent by mail, as appropriate.

Tracking attendance and getting feedback from the participants will help us improve the format for future classes. If you are interested in volunteering to work with these classes throughout the summer, please contact Tom Armstrong at 523-9581. Mileage credit will be given to all LBC members who assist in the classes. We will need some extra people willing to be there for all eight sessions.

### LOUISVILLE BICYCLE CLUB

2009 NEW RIDER / BIKE HANDLING CLASSES  
EVERY MONDAY EVENING – 6:15 PM – 9:00 PM  
JULY 6 – AUGUST 24  
4500 BOWLING BOULEVARD

(Jillian's Office Center parking lot next to Baptist East/Milestone Wellness Center)

- 7/6 ABC QUICK CHECK: Things to do before every ride  
ROAD RULES AND ETIQUETTE: Traffic Rules, hand signals, voice signals, eye contact, road courtesy
- 7/13 HELMET FIT / CLOTHING AND GEAR: (1) What is required (2) What you should have (3) Additional items that are nice to have  
GEARING AND SHIFTING: (1) What gear to ride in (2) Number of gears available (3) When to change gears (4) Big or small ring?
- 7/20 LANE POSITIONING: Where do you ride, preparing to turn  
SCANNING / LANE CHANGING: How to change lanes smoothly and correctly
- 7/27 BIKE FIT: Fitting the bike to you. The number 1 problem with most new bikes and riders  
TIRE CHANGING: How to repair a flat – by yourself – 15 miles from anywhere
- 8/3 ROCK / HAZARD DODGING: How to avoid a rock, hole, or other hazard in the road  
QUICK TURNS: How to turn your bike to avoid accidents
- 8/10 EMERGENCY STOPS: For those times when you don't have any other choice  
BUMPING: How to survive a bump, avoid panic, and stay upright
- 8/17 SLOW TURN: How to keep your bike upright while moving very slowly  
TRACK STAND: Definition, purpose, and advantage
- 8/24 BASIC BIKE MAINTENANCE: What you should do regularly and what to have a bike shop do  
RIDING TIPS: Things to do to improve riding safety, speed, turning, climbing, and shifting  
NUTRITION: What, when, and how much should you eat before, during and after a ride

#### EVERY CLASS INCLUDES THE FOLLOWING:

- One hour of instruction by seasoned riders followed by practice on your bike.
- An easy, 10 to 12 mile "practice" ride with traffic, signals, stop signs, lights, busy roads, park roads, and subdivision streets.
- Class participants are split into smaller groups of similar ability with instructors in the front and rear of each group. Individual instruction / assistance is provided if needed.
- Rest stops if and when needed – nobody gets dropped or left behind.
- Follow-up discussion and evaluation after the rides.
- Certificates of Completion will be awarded to all participants attending six of the eight sessions.
- Take-Home educational material provided to all participants.

THESE FREE CLASSES ARE SPONSORED BY THE LOUISVILLE BICYCLE CLUB IN SUPPORT OF THE MAYOR'S HEALTHY HOMETOWN MOVEMENT AND THE LEAGUE OF AMERICAN BICYCLIST'S "BIKE FRIENDLY COMMUNITY" PROGRAM.

For more details, contact Tom Armstrong at 502-523-9581 or [education@louisvillebicycleclub.org](mailto:education@louisvillebicycleclub.org)

## 2009 Old Kentucky Home Tour, Sep. 12-13, 2009

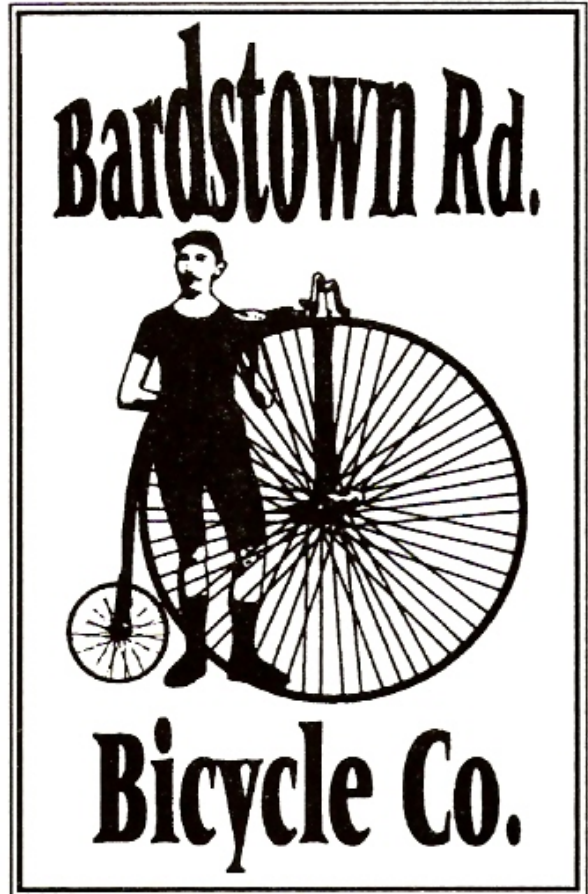
Louisville Bicycle Club's Premier Cycling Tour -The Legendary "Old Kentucky Home Tour" is right around the corner! I hope you are making your plans to attend this year's 32nd annual OKHT on Sept. 12th and 13th and experience riding your bike along with 1,000+ other cyclists enjoying two days of beautiful Kentucky scenery, great sag stops and lots of musical entertainment. Be sure and take advantage of the early registration discount by registering on line at [www.OKHT.org](http://www.OKHT.org) now.

While you are there, check out the new look and many new features of the OKHT website which has been completely redesigned and updated with the help of LBC members and Team Louisville racers-Steven and Susanne Webster, the founders of Bikeclicks.com. Now each of our sponsors has a personal web page with information and photos and links to their websites so you can get to know more about the businesses who help make the OKHT a success each year.

Also new for 2009, the OKHT team decided to offer 4 levels of sponsorship packages- Gold, Silver, Bronze, and Copper. This allowed our sponsors greater latitude in choosing their level of OKHT support. We currently have 16 sponsors, 3 at the Gold level, 6 at the Bronze level, and 7 at the Copper level. The list includes many of the local bike shops, Byerly Ford & Nissan and several other food and coffee businesses.

You can also view the official 2009 commemorative jersey designed by veteran graphic artist, John Mahorney. His colorful jersey captures the fun-loving spirit of the OKHT ride. You can order a jersey without registering for the ride---but you will miss out on all the fun and beautiful Kentucky scenery if you don't ride!!

We also have a NEW starting location for 2009. See the website <http://www.okht.org/> for the latest information.



**CARSON TORPEY**  
1051 Bardstown Road  
Louisville, KY 40204  
(502) 485-9795

~~Fine Dining~~



**Good Food**

8131 New LaGrange Road  
Louisville, Kentucky 40222

Hours: Mon.-Sat. 11:00 AM - 4:00 AM  
Sun. 1:00 PM - 4:00 AM

**(502) 426-2074**

**RIVER BEND**  
WINERY



- ♦ Tours & Tastings
- ♦ Bistro Menu  
(local, fresh, organic)
- ♦ On Trolley Route

120 S. 10th St.  
(502) 540-5650

Downtown between Main and Market St.



## PaCkMaN's Corner (cont. from p.12)

Two issues that I would like to bring up in this area are curbs and the Harrods Creek Bridge <http://bridgehunter.com/ky/jefferson/harrods-creek/>. Unfortunately, I will likely not be at the meeting. But I will be communicating with the powers that be.

The Harrods Creek Bridge was recently closed due to unsafe conditions for cars. The railing mounts had deteriorated to the point that it was likely they would not deflect an errant car from falling into the creek. [http://www.louisvilleky.gov/PublicWorks/News/2008/11-26-08-harrods\\_creek .htm](http://www.louisvilleky.gov/PublicWorks/News/2008/11-26-08-harrods_creek.htm) Being a single 14-foot lane, the bridge, historic as it is, had become outmoded, especially with improvements coming to the area.

It has come to light that the current plan is to widen the bridge to two 12-foot lanes. The in-the-loop view is that this will also be an improvement for cyclists. I respectfully disagree. A 12-foot lane, standard in the 1960s, cannot be better for cyclists than a 14-foot lane. Allowing 2 feet for the cyclist, 8 feet for a car and 3 feet passing clearance, 13 feet is needed for a car to pass without encroaching on the opposing lane. We know that this is not a safe passing situation on a narrow bridge. Unfortunately our experience is that many drivers do not.

The choice however is not between the current single lane and 12 feet without shoulders. The choice is whether or not to demand more than 12 feet in an improvement that must be built anyway, is highly important to us as cyclists now and will be a key connector in the Louisville Multi-Use Loop under construction. Does it make sense to widen River Road everywhere but the bridge and then force cyclists to take the lane in order to cross the bridge while preventing rearward traffic from passing? Those that don't take the lane will be at risk of being blamed for causing accidents, or being knocked over the rail by cars passing too close. Those that do will be accused of obstructing traffic. Improvements will bring more traffic. And what about the pedestrian part of multi-use in the Louisville Complete Streets plan (<http://www.louisvilleky.gov/BikeLouisville/Complete+Streets/>)?

Improvements contemplated include the widening, maintaining the bridge's historic 3-concrete-arch appearance and restoring the rails to their original appearance. It has been asserted that this will accommodate a maximum of 28 feet, including the railings. I have not received a response yet to my query why this is so if they can just widen the arches?

# MAIN STREET BIKES LLC

Featuring  
Jamis • Raleigh • BH  
Fuji • SE • Pivots  
[www.bikesonmain.com](http://www.bikesonmain.com)



Sales  
Repair  
Accessories

Tom Waggener  
545 Main Street  
Shelbyville, KY 40065  
(502) 220-4136

Another "improvement" is curbs. I am deadset against them. They block a cyclist from getting off the road when a car edges too close, sometimes deliberately. I blame a curb in Albuquerque which I was forced to flip over when hooked by a turning truck for the extent of the injuries I suffered. I think some are built or planned for River Road. I hope others will help me put a stop to this bane of cycling.

These are just my personal opinions and entirely for the benefit of others. I hope you will inform yourself and be ready to effect changes you want and need.

# BICYCLE SPORT INC.

132 BRECKINRIDGE LANE  
LOUISVILLE, KENTUCKY 40207  
[www.bicyclesportinc.com](http://www.bicyclesportinc.com)

**TREK** USA

**897-2611**

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.

Is anyone really listening?

There is a public meeting on the River Road Scenic Byway Corridor Management Plan at Gingerwoods, 7611 Rose Island Road, July 13th 6:00 - 7:30pm. In order to be heard, one must first speak. This is an opportunity to speak on an important and problematic cycling corridor. It is a chance to see if we really can be heard above the din of trucks and cars and the clicks of accountants' calculator keypads.

Before that, we need to know what to say. If you don't think about it beforehand, what you as a cyclist expect from this project, you will find yourself nodding to agreement with all sides, disagreeing with someone off the cuff without having put the thought into it that they have and we send a mixed message, or you don't show up at all and the completed project turns out a surprising disappointment.

It helps to know what some of the engineer's and politician's preconceived notions are which they will bring to the meeting, along with cost, environmental and historical analyses. After they have invested time and money in these, it is very difficult to be heard in a meaningful way through the wall of charts and blueprints that are all but set in stone. We have some ostensible input through offices such as the Pedestrian & Bicycle Coordinator and organizations like Bicycling for Louisville. But face it, any official contact can become prematurely invested in the product because in the end, they have to agree with the decision-makers and promote the decision whatever the outside opposition in order to remain acceptable to those decision-makers for whatever influence they have. Having some influence is better than agreeing to disagree and having none (as I'm known to do.)

*(continued p.11)*

**PRSRT STD  
US POSTAGE  
PAID  
NEW ALBANY, IN  
Permit No. 62**

**The Louisville Bicycle Club**

P.O. Box 35541  
Louisville, KY 40232-5541

**Louisville Bicycle Club Contacts:**

**Statisticians**

Carl and Sandy Davis  
statistician@louisvillebicycleclub.org  
3001 Lincoln Trail Court  
Crestwood, KY 40014

**Website**

www.louisvillebicycleclub.org

**Listserve**

kycyclist@louisvillebicycleclub.org

**Webmaster**

David "PaCkMaN" Ryan  
webmaster@louisvillebicycleclub.org

**Newsletter Editor**

David "PaCkMaN" Ryan  
editor@louisvillebicycleclub.org