

THE LOUISVILLE BICYCLE CLUB

Founded in 1897

www.louisvillebicycleclub.org

March/April 2010

IN THIS ISSUE

President's Message	1
LBC Officers	2
New Members	2
World Cyclocross 2012-13	5
Education/Stoplights - Armstrong	6
OKHT Jersey Contest/Troops Care	6
WINGS and Idée Fixe - Preble	9
2009 Awards	10-14
10°F Century - Preble	16
A January Ride - Hall	17
Polar Bear Social - Krakowski	18
Wayside Park Project - Murphy	19
PaCkMaN's Corner	20

Mayor Candidate Forum
April 14
(See President's Message)

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,
502-447-7814.*

**Deadline for the
May/June 2010 issue is
April 10**

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



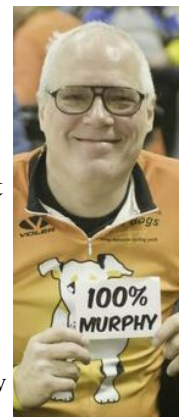
The Torch is Passed.

by Andy Murphy, LBC President

You might think this story is about me succeeding Earl Jones as club president. As appreciative as I am of all of Earl's efforts on behalf of the club, that's not what I'm writing about. This coming November, for the first time in a long time, we will elect a new Mayor for our fair city. The Executive Committee of the Louisville Bicycle Club has decided to hold a Mayoral Candidate Forum on Wednesday, April 14th, 2010, at 6:30 PM, at The Clifton Center, located at 2117 Payne Street in the Crescent Hill neighborhood. This will give the candidates an opportunity to share their ideas about the future of cycling in Louisville. We need to know where the candidates stand on issues that are important to us.

There will be bicycle parking available at The Clifton Center. There will also be a meet and greet session with refreshments after the forum, to allow the attendees to meet the candidates.

We need to let the candidates know that we cyclists are an important part of this community and that we vote. Whether you are a racer, bicycle commuter or you cycle for the fitness benefits, you have a stake in this election. The Clifton Center Eifler Theatre has a capacity of 500. With a club the size of ours, we should be able to fill the theatre with club members alone. A full house would send a clear message to our next mayor; we're here, we have a voice, we vote! Mark your calendars and be sure to attend the forum!



2010 Mayoral Candidate Forum

Sponsored by the Louisville Bicycle Club
When: 6:30 PM, Wednesday, April 14th, 2010
Where: The Clifton Center, 2117 Payne Street

You can help by showing up and hearing the candidates. I hope to see you there.

Life is good
Murphy

P.S. - In 1997, as Earl Jones assumed the club presidency, 623 club members rode an aggregate 232,276 miles. Last year, 1,059 members rode 600,776 miles on club rides! Thanks again, Earl, for everything you've done to make this club the outstanding organization it is!

Advocacy

by Laura Trachtenberg, LBC VP Advocacy

The definition of advocacy is the act of pleading or arguing in favor of something, such as a cause, idea, or policy; active support. This year, then, I will plead, and probably argue (as most of my friends know I like to argue), for active support of bicycling.

One goal I have is an agreement with the fairgrounds to have a bicycle parking area. I fail to understand why they let pedestrians in at one of the gates, but do not allow bicycles.

A second plan is to work with metro police to increase driver awareness of the rights of bicyclists and to increase bicyclist's awareness of the proper rules of cycling. I hope this plan will include providing literature about bicycling at the police booth at the State Fair.

If anyone in the club has any other ideas on how to increase active support of bicycling in Louisville, I hope you would contact me or the other officers in the club. I am always open to ideas with potential!

YOUR CLUB OFFICERS (Executive Committee)

Andrew Murphy

President

502 895-9094

advocacy@louisvillebicycleclub.org

Laura Trachtenberg

VP Advocacy

502 897-7056

advocacy@louisvillebicycleclub.org

David Ryan (Packman)

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502 447-7814

communications@louisvillebicycleclub.org

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VP Education

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education@louisvillebicycleclub.org

Travis Kerns

VP Racing

502 727-6708

racing@louisvillebicycleclub.org

Kevin Jones

VP Touring

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Barbara Tretter

Secretary

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secretary@louisvillebicycleclub.org

Jim Tretter

Treasurer

502 491-7120

treasurer@louisvillebicycleclub.org

Earl Jones

Past President

(Ex. Comm. non-officer) 502 287-7770

pastpresident@louisvillebicycleclub.org

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

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 December 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
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NEW MEMBERS

Bearden, Martin	1710 Fraser Dr	Louisville, KY	40205
Bohler, Laura	4711 Highway 66	Poseyville, IN	47633
Bosco, Dominic	317 Iola Rd	Louisville, KY	40207 (502) 452-6925
Calhoun, Bryan	3800 Norbourne Blvd	Louisville, KY	40207
Curl, Mary & Family	1855 Princeton Dr	Louisville, KY	40205 (502) 458-4926
Donovan, Mark & Family	7806 Albrecht Circle	Louisville, KY	40241 (502) 228-6868
Edwards, Erika	2126 Speed fAve	Louisville, KY	40205
Fuller, Amanda & Mog, Justin	800 Goullon Ct	Louisville, KY	40204 (502) 582-1814
Hanscom, Joan	1106 Cherokee Rd #1	Louisville, KY	40204
Houk, Dave	9000 Lyndon Lakes Pl	Louisville, KY	40242 (502) 339-7172
Lampe, Cindy	5903 Old Cedar Court	Prospect, KY	40059 (502) 417-2721
Lawrence, Jacob	2023 West Lane	Louisville, KY	40216 (502) 448-9520
Morgan, Michele	3939 Napanee Rd	Louisville, KY	40207 (502) 749-8282
Ragland, Richard	1502 Turquoise Dr	Louisville, KY	40214 (502) 553-7155
Sturtzel, Diane	3510 Maalox Ct	Louisville, KY	40220 (502) 491-0896
Waggoner, John & Claudette	8511 Westover Dr	Prospect, KY	40059 (812) 207-5221

Important Membership & Renewal Notes

by Barbara Tretter, LBC Secretary

Starting with the March membership renewals, if you have chosen to receive your newsletter via email, I will be sending your renewal reminder by email as well. It will be sent by month of renewal, instead of the actual day.

As of now, when I receive a new member application, it is processed within a couple of weeks. A new member packet is sent containing a newsletter, directory, welcome letter & your membership card. If you have signed up to receive your newsletter electronically, you will get your first one by email. This will reduce postage costs for the club. Also, the name you use to sign up as a member will be the one that your mileage is recorded under. If you sent your membership form in under one name, but use a middle or nick name on the "ride" sign in" sheet, you may not be getting credit. And we know how important mileage credit is!

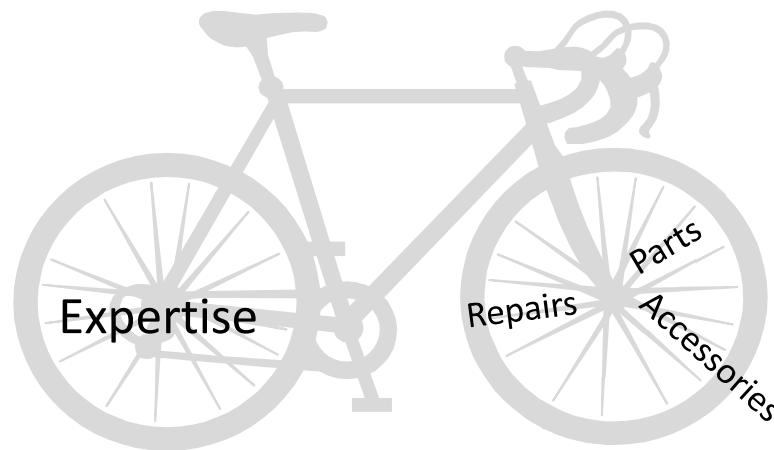
If at any time you have a problem receiving your newsletter, please call/email me and I will try to straighten out the problem. Sometimes it may take a little while, but eventually it will be fixed. My phone #/email address is listed in the box at left.

Hopes this helps bring the club into the 21st century. See, your comments & suggestions sometimes do produce results!!!

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World Cyclocross 2012-13 Coming to Louisville!

by Travis Kerns, LBC VP Racing



CYCLING TEAM



As I write this article, six inches of new fallen snow is on the ground and is, yet again, seriously undermining any effort to ride a bike outside. Some local cyclists, though, love seeing snow because it gives them a great reason to break out the cyclocross bikes, even though cyclocross season is finished. Cyclocross has taken the cycling world by storm and many racers look forward to the beginning of 'cross season each year. There may be some readers asking, "What is cyclocross?" but that will not last for long, especially for readers in Louisville.

Only a few weeks into 2010, a huge announcement was made from Tabor, Czech Republic: Louisville, KY will serve as the host city for the 2012 Master's World Cyclocross Championship and the 2013 Elite and Master's World Cyclocross Championships. Cyclocross racers from across the globe will make the trip to Louisville to participate in this event and the world of bicycle racing will focus on Louisville for the time surrounding these events. Even Sven Nys, the well-known Belgian cyclocross champion and World Champion in 2005, has announced that he will delay his retirement from the sport in order to make the start in Louisville in 2013.

The race being held in Louisville is truly exciting for the sport of cycling in the United States, especially since the World Cyclocross Championships have never been held outside of Europe since the inception of the race in 1950. It is equally as exciting for cycling in Louisville and for racing in Louisville. The USGP of Cyclocross races being held in Louisville have placed Louisville on the world cycling map and having the World Cyclocross Championship here will place Louisville in bold print and with a star on the map. One of our own BikeClicks.com / Team Louisville members, Joan Hanscom, played an integral role in securing the race for Louisville. Thanks to Joan for her hard work.

As Louisville prepares for the spotlight, members of BikeClicks.com / Team Louisville have been preparing for the spotlight as well, training diligently for the fast approaching racing season of 2010. The first race of the road season will be held at Long Run Park on March 13, 2010, with races beginning at 9am and running until 4pm. I want to encourage each of you to come out to Long Run Park and show your support for the racing team of the Louisville Bicycle Club: BikeClicks.com / Team Louisville. With nearly 50 racers on our roster, you'll have plenty of cheering to do throughout the day. If you can't make it to Long Run Park, there are plenty of races throughout the year. The race at Long Run Park is perfect for spectators, so come out and support your fellow members.



New President Andy Murphy (L) & outgoing President Earl Jones
(photo courtesy Dick Krakowski)



(photo courtesy Dick Krakowski)

Yet another call for volunteers!

by Tom Armstrong, LBC VP Education

As we look forward to the 2010 riding season, many of us look for ways we can make our club better in some way. Some captain rides—LOTS of rides. Some host Trainer Tours (Thanks, A.B. and all who help with them!). Some help with races. Many help with OKHT.

And some help with the education program.

I am expanding the education program to have three series this season. There will be the traditional May/June and July/August eight-week classes, plus the new June/July set, on a different evening and in a different location.

The certificate will now be the League of American Bicyclists' "Bike Ed Traffic Skills 101" certificate, a pre-requisite for earning a League Cycling Instructor's certificate.

Get the word out, please! If you know someone who is just getting started in cycling, or want a refresher course yourself, please join us.

Please drop me an email at education@louisvillebicycleclub.org or call me at 502-523-9581 if you are interested in helping. I'll be assembling this year's committee early in March.

***** EXTENDED! *****

OKHT Jersey Design Contest!

In 2010 the OKHT will celebrate its 33rd anniversary. As part of the celebration, the OKHT committee announces a contest to design a commemorative jersey and OKHT printed material.

Submit entries electronically to LLuking@yahoo.com -

Deadline Mar. ~15~, 2010, winner announced at www.OKHT.org

and in the LBC Newsletter. Detailed contest rules and past OKHT jersey designs can be viewed on the OKHT website. Questions: Lynn Luking, 2010 OKHT Director, LLuking@yahoo.com



STILL CARING FOR OUR TROOPS!

Louisville Bicycle Club will continue to coordinate with Jordan Technologies Inc. to provide monthly care packages to an Army and a Marine unit in Iraq and Afghanistan. Items such as hard candy, ground coffee, beef jerky, recent sport and cycling magazines, canned nuts, trail mix, chewing gum, personal notes of encouragement, cards from kids, energy bars, Pringles, tablets, pens, pencils and envelopes may be dropped at Yellow Lot Rides, 2pm Sunday rides, Jordan Technologies offices or Steve Kersey's (LTC, US Army, Retired) home. Contact skersey@jordantech.com Jordan Technologies, Inc. 2820 S English Station Rd. (502) 261-1290, Cell (502) 819-6633, Fax (502) 267-8379, Louisville, KY 40299

Lights! Coils! Activation!

by Tom Armstrong, LBC VP Education

On a recent bike ride, I saw a motorist waiting at the front end of a left-turn lane for his light to turn green. It wasn't doing so, despite that the motorist had waited through more than a complete cycle of the light. Why? Simple: The car was in FRONT of the "stop bar," that wide strip of white paint at the front of that lane—the traffic light's control circuitry had no idea that someone was waiting for a green light.

Physically, that car was already in the intersection, and thus probably in violation of the law. In this case, the penalty was pretty minor—the driver had to wait out another cycle of the light until another motorist pulled in behind him, triggering the sensor to give them a green light on the next cycle.

What does this have to do with cycling? As I ride with groups of folks, I find that motorists aren't the only people who never got the word on how and why stop lights go through their patterns. We don't have to have deep technical knowledge of how induction coils work as switches to make use of the tools, though. It's enough to know the tools are there, and that they are easy to use.

<http://www.louisvilleky.gov/NR/rdonlyres/4B416276-1A33-4A3C-903C-0F6A22C9DC43/0/signaliconweb.jpg> shows a picture and a diagram of a common traffic light sensor arrangement. Years ago, traffic light sensors were

weight-sensitive plates in the pavement. The engineers figured out how to make the sensors out of induction coils that recognize metal objects—these sensors are lower-maintenance, less-expensive, and thus more reliable. Over time, many of the sensors have been upgraded from dipole to quadrupole wire hoops, with the cuts in the pavement going from a single rectangle to the double rectangle shown in the drawing mentioned above. The most sensitive area of the quadrupole loops is the center cut. Intersections that see lots of bicycle traffic often have the painted logo shown in the picture, showing the best place for a bicyclist to await his or her green light. The mark does two things—it reminds us to stop behind the stop bar, and gets us on the most sensitive part of the loop, where our aluminum rims are enough to trigger the traffic light's circuits.

So, when you are cycling in an area with traffic lights, pay attention to the road surface. Stop behind the stop bar when the light is red (since we all stop for stop lights, as the polite law-abiding road users we aspire to be). Stand with your wheels on the pavement sensor cuts. Pulling in front of the stop bar, while perhaps satisfying to some urge to get through the intersection faster, doesn't really help you go anywhere any sooner (unless the traffic light's sensor doesn't recognize you, and you need that car behind you to pull on top of the sensor coil...).

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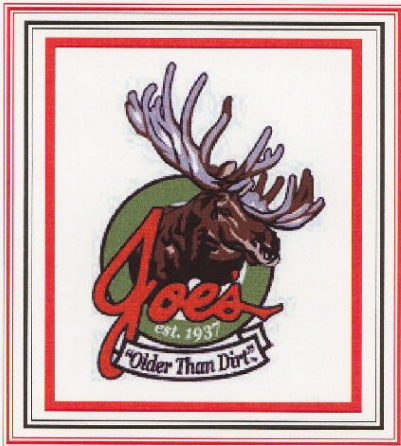


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PARK TOOL SCHOOL

Bluegrass Bicycle is a proud supporter of the Louisville area bicycling community. We are also proud of our affiliation with the Park Tool Company. Park Tool School is a product offered by the Park Tool Company and your local bike shop. Bluegrass Bicycle has conducted two sessions that were filled to capacity. As a result of expressed interest, a third session is now scheduled.

Be prepared to get your hands dirty, and have fun doing so!

This course is geared for the person who has some basic knowledge of the mechanics of a bicycle. It is hands on; you learn to perform multiple tasks on your own bike. The material will be covered during four meetings; an eleven-hour total commitment. Students who attend all four classes will receive a Park Tool School certificate of completion.

Bring your bicycle, along with your tools and workstand. Bluegrass Bicycle has a great deal on Park Tool tools and workstands as part of this class.

Your instructor will be Tom Armstrong, Service Manager at Bluegrass Bicycle.

Topics Covered

Setting up your workshop
Basic bicycle repairs
Tuning your bike
Replacing key components

Meeting Times

Sunday, March 7, 5-8:00PM
Wednesday, March 10, 6:30 – 9PM
Sunday, March 14, 5-8:00PM
Wednesday, March 17, 6:30 – 9PM

Costs: The course is \$99.99. Park Tool's Big Blue Book of Bicycle Repair (2nd Edition) is \$24.95. If you already have the book (BBB-2), you may bring your copy with you.

Please register by calling Bluegrass Bicycle at 502-241-2440 or email us at contact@bluegrassbicycle.com with your name, phone, and email address. Class size is limited – contact us today.

Thank you for allowing Bluegrass Bicycle to be of service for your biking community. We hope to see you in our class.



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WINGS for LBC Riders

by Dr. Larry Preble

By popular request, the WINGS rides of Westport are back for a fifth year! For the first time, I will offer the series not only on Thursday mornings, but also on Saturday afternoons.

WINGS is a carefully designed progression of rides for cyclists looking to quickly regain fitness for the Spring riding season. The acronym stands for Westport Incremental New Goals Series. Every ride is different; all of the rides are strikingly scenic, traversing the low traffic roads of Oldham, Henry, Trimble and Carroll counties. The routes will have a great balance of flat terrain and rolling hills, with a few routes sporting one or two big hills.

The training progression is based on perceived effort with a variety of climb profiles; so, the mileages will not progress arithmetically. Somewhat hillier rides may actually have

fewer total miles than the rides directly preceding. If you are looking to improve your stamina, or if you are looking to toughen up for a century, this series is for you. If you love being out in nature and want to get away from the city traffic, ride with us—you can expect to see red tailed hawks, wild turkeys, blue heron, deer, and a variety of wild flowers. Sleepy creek bottom roads and amazing ridge vistas are all part of the package.

Not sure you are ready for a particular ride? Each route is available for review with a cue sheet, a map and a climb profile. Check the ride reference numbers on the schedule. Each ride is fully described on my website, www.KYBikeRides.org. Do a few, or do them all, but I urge you to complete as much of the series you can. Get your WINGS so that, “when you ride, you’ll be flying!”

Idée Fixe

by Dr. Larry Preble

Some years ago, I had a fellow call me about joining one of my group rides out of Westport. He was in his early 70s and interested in knowing if a certain attractive older gal also was planning to ride. (I don't need to name names here. Most of you know her.) Apparently, the man had just introduced himself to her the previous week at one of the local BWM dealerships, but I digress.

I let him know there was a good chance his new friend might show up at the ride, but we were about to do one of the hilliest 55 mile routes I offer; so, I asked him about his riding experience. He said, "Oh, no problem, I've done a 100."

I asked, "Recently?"

He told me it had been in the past couple of weeks. I was relieved, but then I got to thinking, "Which Century Ride was that?" I asked.

"What's a Century Ride?"

Ah oh, "You know, a hundred mile ride."

"Oh, I didn't mean that I had ridden one of those, I just started riding a couple of weeks ago and have put in about a hundred miles." Yes, that's right, he had 100 lifetime miles! It turns out this gentleman's longest ride had been a flat 23 miler at Heine Brothers.

"Let me make a suggestion: I also have a shorter 30 mile ride leaving at the same time and following much the same route as the 55 miler. It's hilly too, but would still be a better step up for you rather than jumping right to the 55."

The fellow wanted to know if that certain lady would be doing the shorter ride.

"No, she will probably do the 55," I conceded. I couldn't talk the poor bloke out of it. Fixation on a classy woman can do that to a man.

The next morning, he did show up and made a good try, but the object of his interest quickly disappeared over the hills; he couldn't keep up with her. The look of disappointment on his face was a sad sight indeed. No matter, he was determined to

soldier on, and I was determined to help him finish.

I'm a patient Ride Captain by nature. My concern was not how long he would take to finish, but more whether he could finish at all. It was a hot July day. Before long, my neophyte rider was beginning to show signs of exhaustion. Then we came across another member of the group who had been nipped by a dog. Fortunately, the bite was not too serious. I applied first aid to the cyclist's wound and waited for Animal Control to arrive. This gave the new fellow time to rest, and he did look better after his respite.

Unfortunately, we had a long climb from Wisers Landing up to Bedford. My overly enthusiastic protégé began to weave back and forth, lost balance, and almost fell. His face was pale. I got in front of him and made him stop. We walked the rest of the way up the hill and sat down in a shady place. I told him I would send for pickup. He steadfastly refused! After a few minutes of rest, and half a bottle of fluids, he brightened up and looked like he might live.

Still skeptical, I agreed to watch after him but warned him that if he felt ill again, I would not continue with him on the ride and would insist on a pickup.

We made it all the way down into Sulphur before he nearly fell over at the railroad tracks. I guided him to the only air conditioned place in town, the Post Office. It was only a double wide trailer, but the Post Office was cool and had water. He had completed 34 miles.

My lovely bride Margaret showed up a half hour later with a trailer and a nice cool car. I continued on and finished the ride while Margaret took him home.

Sadly, we never saw this gentleman on a club ride again. Too bad, he could have become a good rider if he had given it time. He certainly had the enthusiasm for it, but personal zeal in a new rider cannot make up for lack of conditioning.

A new rider with ambition, or a cyclist returning to riding after a long pause, would do well to begin with a well-designed progressive series of rides, such as my WINGS program, beginning this month.

THE 2010 LBC AWARDS BANQUET (for 2009) #1 - THE VOLUNTEERS

“mugged”

Anderson, Steve
 Armstrong, Jenn
 Armstrong, Tom
 - VP Education
 Baker, Cherry
 Bartram, Mary
 Boone, Lori
 Connell, Donna
 Cooper, George
 Cummings, John
 Davis, Carl
 - Statistician
 Davis, Sandy
 - Statistician
 Do, Duc
 Dobbs, Vicky
 Donovan, Linda
 Donovan, Terry
 Edwards, Darrell
 Ewart, Allison
 Finley, Perry
 Gordon, Jamie
 Gordon, Jerry
 Guild, Connie
 Hall, Melissa
 Hall, Dan
 Heinze, Rich
 Hill, Cathy
 Howell, Susan
 Howes, Scott
 Jones, Earl
 - President
 Jones, Kevin
 - VP Touring
 Kerns, Travis
 Kinberger, Cathy
 King, David R.
 Klein, Doug
 Leslie, Bobbie
 Loescher, Dan
 Luking, Mark
 - VP Racing
 Luking, Lynn
 - OKHT Director
 McCulloch, Logan
 Mobley, Pope
 Montgomery, Steve
 Murphy, Andy
 - VP Advocacy
 Paul, John
 Pitt, Mike
 Prather, Stewart
 Preble, Larry
 Rice, Steve
 Roggenkamp, Kirk
 Ryan, David
 - VP Comm./Webmaster

Volunteer of the Year Lynn Luking



President Earl Jones presents Lynn Luking, OKHT Director, with the Club Volunteer of the Year award.

(photo courtesy Dick Krakowski)

LBC Program Volunteers

John Cummings	Advocacy
Duc Do	Communications
Doug Klein	Education
Logan McCulloch	Racing
Andy Murphy	Touring
Jamie Gordon	OKHT
Jerry Gordon	OKHT

“mugged” (cont.)

Samways, John
 Sandefur, AB
 Sarson, Steve
 Schill, Ian
 Sellers, Eric
 Sexton, Deb
 Sexton, Steve
 Todd, Glenn
 Trachtenberg, Laura
 Tretter, Barbara
 - Secretary
 Tretter, Jim
 - Treasurer
 Walker, Duane
 Webster, Steven
 Webster, Suzanne
 Williams, Dick

socks (cont.)

Thomas, Joe
 Todd, Glenn
 Todd, Lisa
 Trachtenberg, Laura
 Tretter, Barbara
 Tretter, Jim
 Walker, Duane
 Ward, Joe
 Wathen, Ted
 Webster, Steven
 Webster, Suzanne
 White, Jeff
 White, Chris
 Wilkerson, Michael
 Williams, Dick
 Winstead, Welby
 Wittry, David

socks

Anderson, Steve
 Armstrong, Jenn
 Armstrong, Tom
 Baker, Cherry
 Barr, Mike
 Bartram, Mary
 Boone, Lori
 Connell, Donna
 Cooper, George
 Cooper, Jackie
 Croslin, Rick
 Cummings, John
 Davis, Carl
 Davis, Sandy
 DePrez, Ann
 DePrez, Ron
 Do, Duc
 Dobbs, Vicky
 Dobbs, Ron
 Dobbs, Allison
 Dodds, Bobbie
 Donovan, Linda
 Donovan, Terry
 Edwards, Darrell
 Ewart, Allison
 Finley, Perry
 Furlong, Mark
 Gordon, Jerry
 Gordon, Jamie
 Guild, Connie
 Hall, Melissa
 Hall, Dan
 Hall, Tom
 Heckler, Richard
 Heckler, MaryAnn
 Heinze, Rich
 Hill, Cathy
 Howell, Susan
 Howes, Scott
 Jones, Earl
 Jones, Kevin
 Kerns, Travis
 Kinberger, Cathy
 King, David R.
 Klein, Doug
 Krawkowski, Sunny
 Lawrance, Beth
 Ledington, Alicia
 Leslie, Bobbie
 Loescher, Dan
 Luking, Mark
 Luking, Lynn
 Mackin, Ellen
 Majors, Joan
 Majors, Scott
 Martin, Barbara

socks (cont.)

McCulloch, Logan
 Miller, Thea
 Mobley, Pope
 Montgomery, Beverly
 Montgomery, Steve
 Murphy, Andy
 Neidig, Leslie
 Paul, John
 Pitt, Mike
 Pitt, Sue
 Prather, Stewart
 Rice, Steve
 Roberts, Lynn
 Roggenkamp, Kirk
 Runge, David
 Ryan, David
 Samways, John
 Sandefur, AB
 Sandefur, Betty
 Sarson, Steve
 Sarson, Rita
 Schill, Ian
 Schindler, Bob
 Seiber, Jason
 Self, Eleanor
 Sellers, Eric
 Sexton, Deb
 Sexton, Steve

THE 2010 LBC AWARDS BANQUET (for 2009) #2 - THE RIDE CAPTAINS

Top Ride Captains (10 or more rides)

Cummings, John	62
Williams, Dick	59
Sandefur, A B	56
Murphy, Andy	53
Sellers, Eric	53
Kinsinger, Joe	49
Hamilton, Cathy	46
Tretter, Jim	44
Finley, Perry	33
Howes, Scott	33
Roggenkamp, Kirk	32
Klein, Doug	29
Paul, John	29
Trachtenberg, Laura	29
Dobbs, Vicky	28
Decker, Dianna	27
Combs, Dave	26
Croslin, Rick	23
Sutton, Tommy	23
Dobbs, Ronald	22
Preble, Laurence	21
Hall, Melissa	19
Hill, Cathy	18
Armstrong, Tom	17
Clifford, Bob	17
King, David R.	17
Luking, Lynn	16
Rice, Steve	15
Sexton, Deb	15
Sexton, Steve	15
Prather, Stewart	14
Sarson, Steven	13
Ewart, Alison	12
Luking, Mark	12
Montgomery, Steve	12
Connell, Donna	11
Cooper, George	11
Donovan, Linda	10
Donovan, Terry	10

Ride Captain of the Year *Andy Murphy*



Kevin Jones (L), VP Touring, and Andy Murphy (R), Ride Captain of the Year

(photo courtesy Dick Krakowski)

Jerseyed Ride Captains



Ride Captain Jersey Awards

(photo courtesy Larry Preble)

THE 2010 LBC AWARDS BANQUET (for 2009) #3 - TOURING JERSEY WINNERS

The First 100,000 Miles *Paul Battle*

100,000 Lifetime Club Miles

Paul Battle

50,000 Lifetime Club Miles

Jerry Gordon

25,000 Lifetime Club Miles

George Cooper
Perry Finley
Melissa Hall
Bobbie Leslie
Bob Schindler
Lee Tuney

2009 Yellow Jersey

Eleanor Self 5,821 miles
Perry Finley 10,200 miles

2009 Blue Jersey

Bernice McGill 7,769 miles
David Combs 9,749 miles



VP Touring Kevin Jones (L) presents a 100,000-mile jersey design print to Paul Battle

(photo courtesy Larry Preble)

Masters Touring Champions *David Combs & Bernice McGill*

The 2009 Hundred Ride Club

Finley, Perry	278
Combs, Dave	262
McGill, Bernice	197
Sandefur, A B	179
Medley, Joe	161
Cooper, George	151
Tretter, Jim	148
Lamon, Jack	146
Croslin, Rick	145
Trachtenberg, Laura	130
Chilton, Tim	128
Larson, John	120
McCarthy, Kathy	118
Leslie, Bobbie	117
Myers, Larry	115
Medley, Carol	112
Sarson, Steve	109
Cummings, John	109
Dobbs, Vicky	105
Gordon, Jerry	102
Todd, Glenn	102
Sutton, Tommy	102
Sexton, Steve	101
Wolford, Bob	101
Doran, Kathy	100
Brown, Charles	100



VP Touring Kevin Jones (R) congratulates Masters Touring Champions Dave Combs and Bernice McGill

(photo courtesy Dick Krakowski)

Racer of the Year, Male
Steve Gaylor



VP Racing, Mark Luking (L) presents Steve Gaylor with Racer of the Year award
(photo courtesy Dick Krakowski)

Racer of the Year, Female
Suzanne Webster



VP Racing, Mark Luking, presents Suzanne Webster with Racer of the Year award
(photo courtesy Dick Krakowski)

The 2009 Century Club

Hall, Melissa	43
Rice, Steve	43
Finley, Perry	35
King, David R.	34
Sexton, Steve	33
Pustow, Bill	29
Self, Eleanor	29
Kamenish, Mike	28
Kuchenbrod, Scott	22
Chilton, Tim	21
Quirey, Chris	21
Croslin, Rick	19
Preble, Laurence	19
Pyron, Susan	19
Callaway, Nathan	18
Combs, Dave	18
McGill, Bernice	18
Barr, Ford	17
Theriot, Janice	17
Lobred, Joe	16
Pyron, John	16
Roggenkamp, Kirk	15
Bradford, Roger	14
Brownell, Cheryl	14
Dobbs, Allison	14
Montgomery, Steve	14
White, Jeff	14
Barr, Michael	13
Hatton, Debi	13
Hill, Cathy	13
Battle, Paul	12
Dunlevy, Charles	12
Lamon, Jack	12
Leslie, Bobbie	12
Roggenkamp, Kristin	12
Dobbs, Ronald	11
Dobbs, Vicky	11
Howell, Susan	11
Meredith, Steve	11
Moore, Jim	11
Pitt, Mike	11
Gaither, Cherie	10
Sarson, Steven	10
Seiber, Jason	10
Davis, Randall	9
Heichelbech, Bruce	9
Larson, John	9
Patterson, Jody	9
Rauh, Dick	9
Roberts, Lynn	9
Royse, Stephen	9
Howes, Scott	8
Meredith, Ben	8
Upsall, Michael	8
Fuller, Larry	7
Armstrong, Tom	6
Binzer, Scott	6
Kestler, Arthur	6
Krakowski, Dick	6
Pfeister, Rob	6
Godbey, Steve	5
Sexton, Deb	5
63 Riders	Centuries: 929

THE 2010 LBC AWARDS BANQUET (for 2009) #5 - TOUR de MAD DOG

The Tour de Mad Dog Winners Scott Kuchenbrod & Bernice McGill



Scott Kuchenbrod displays his yellow jersey
(photo courtesy Larry Preble)

The Tour de Mad Dog Lanterne Rouge Cherie Gaither



Kirk Roggenkamp presents Mad Dog last place "honors"
(photo courtesy Dick Krakowski)

Tour de Mad Dog
Top Finishers
(non-racing competition)

Women's Division

- 1) Bernice McGill
- 2) Melissa Hall
- 3) Eleanor Self (R)
- 4) Susan Pyron
- 5) Kristen Roggenkamp
- 6) Allison Dobbs
- 7) Janice Theriot
- 8) Cheryl Brownell
- 9) Bobbie Leslie
- 10) Vicki Dobbs
- 11) Jody Patterson
- 12) Susan Howell
- 13) Cathy Hill
- 14) Debi Hatton
- 15) Cherie Gaither

Men's Division

- 1) Scott Kuchenbrod
- 2) Nate Calloway (R)
- 3) Rick Croslin
- 4) Perry Finley
- 5) David R. King
- 6) Steve Rice
- 7) Steve Sexton
- 8) Chaz Dunlevy
- 9) David Combs
- 10) Mike Barr
- 11) Mike Kamenish
- 12) Ron Dobbs
- 13) John Pyron
- 14) Larry Preble
- 15) Tim Chilton
- 16) Paul Battle
- 17) Kirk Roggenkamp
- 18) Steve Montgomery
- 19) Jim Moore
- 20) Jason Sieber
- 21) Joe Lobred
- 22) Steve Meredith
- 23) Jeff White
- 24) Ben Meredith
- 25) Steve Sarson
- 26) Randy Davis
- 27) Chris Quirey
- 28) Jack Lamon
- 29) Mike Pitt

(R) Top Rookie



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10 Degree Century Ride

by Laurence D. Preble, D.C.

Bicycle riding is not usually an extreme sport, but for the Louisville Bicycle Club's Mad Dogs, it can be. Today, four intrepid adventurers set out from Scottsburg, Indiana, on Melissa "Puddle" Hall's Century Ride, "Journey to Orleans." All of us had previously enjoyed this moderately hilly route, but today was different—today, it was 10 degrees at ride start!

Eleven degrees had been my own previous personal record, and that was only for a 25 mile ride; so, this was new territory for me, but the Mad Dogs had their origins forged in fire and ice, making this a fitting excursion for the toughest of this breed.

Last night, I had raised a red flag of concern with Puddle when I called to ask about the ride. Her husband had answered the phone and did not pass my name on to Melissa. When she picked up, a note of skepticism weighed heavily in her tone. The poor gal has experienced several occasions where woefully unprepared riders had shown up to do some of her toughest centuries. At last, she asked if this was Larry Preble talking and breathed a sigh of relief when I let her know it was her old friend.

Bright and early, we assembled at the Finley Firehouse. We were immediately impressed and amused at Steve Rice's creative approach to keeping the wind off his toes—duct tape on the bike shoes! As we headed out, a fierce headwind whipped at our noses and bit into our cheeks. It did not take long before we decided on a rotating pace line to shelter the riders.

By the time we reached the first store stop in Medora, Indiana, I was astounded when Bill Pustow actually agreed to a picture! (He normally hates pictures!) But this was more like "Show and Tell." Bill was sporting multiple icicles growing from his beard!

Of course, most of our water bottles had frozen. Fortunately, it was so cold that we had sweated very little. My bottles had remained fluid, only because I had earlier filled them with boiling liquid! That did not last the whole ride, however. By mile fifty, even my heated bottles had begun to grow icicles.

Puddle rolled through some glass and flatted around the first third of the ride. Steve's quick and nimble hands made short work of the repair before they had a chance to succumb to frostbite. I was impressed! Meanwhile, I added a chemical warmer to my bike shoes to ward off frozen toes. By mile fifty, the temperature had soared to 17 degrees! My toes were starting to feel warm again, but I was a little worried about the pins and needles sensation as they thawed out.

"That can't be good," I said.

Bill commented, "I wonder what color they will be when you get home to take off the shoes!"

"Probably, the same color as my gloves (black), but toes are grossly overrated."

"Yeah," Bill said, "How many toes do you really need, after all?"

Actually, the toes were fine. But the Mad Dogs cannot resist that kind of banter.

At each store stop, the clerks were amazed. "You guys must really enjoy bike riding!"

Well, yeah!

"Is that dedication or is that just insanity?"

"Perhaps a little of both. After all, they do call us the 'Mad' Dogs."

We took our time today and focused on safety. We arrived back at the firehouse with a warm feeling of accomplishment that will carry us well into 2010. Thanks Puddle, there are very few Ride Captains with your sense of adventure. I know that I will be back for further adventures on your watch!

Larry "Gizmo" Preble



10F (photo courtesy Larry Preble)



Duct tape (photo courtesy Larry Preble)

A January Ride

by Melissa "Puddle" Hall

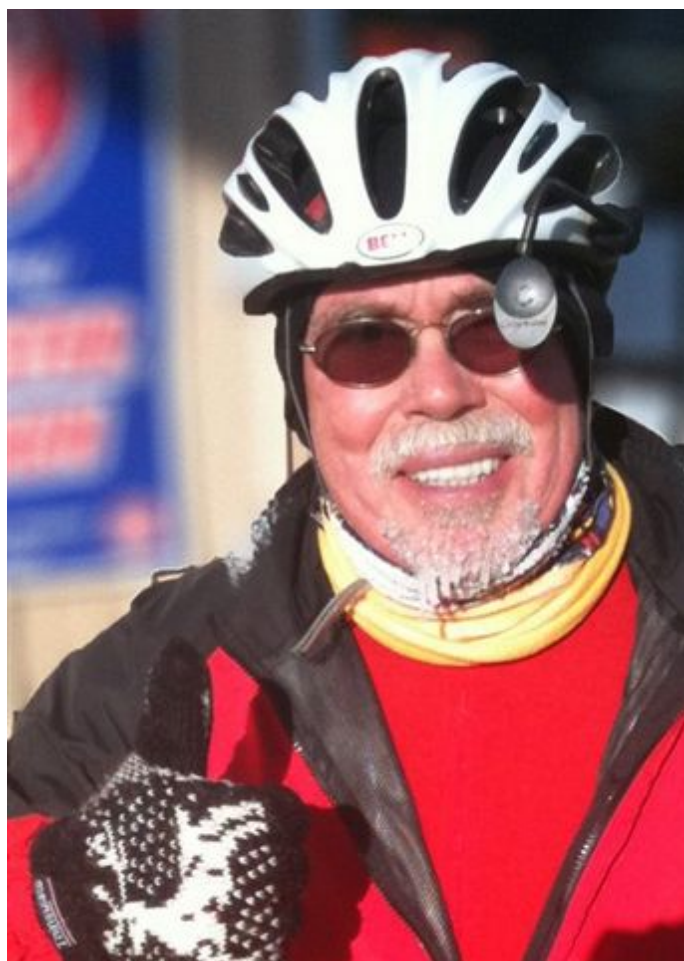
As the first week-end of 2010 approaches, I begin to watch the weather prediction carefully. Kevin, VP of touring, has been kind enough to allow me to try a new scheduling tactic for winter centuries that will allow me to pick the best week-end day. Since ride captains are not knocking the doors down to schedule century rides this time of year, I felt it was worth a shot. I am pleased he is going to let me try something new and hope it doesn't make anyone angry as I will happily give them the date to schedule their century if they would like. In the past there have been times when I had to cancel a Sunday ride when Saturday would have been rideable or vice versa.

I become concerned as the temperature prediction is for lower and lower temperatures and more and more wind, and I e-mail those who I know are most likely to show up to ride to get their thoughts. I ask Bill how cold the temperature was when they rode the first Mad Dog Century all those years ago. I giggle when I get an e-mail back saying that Anong, one of the original Mad Dogs, a tremendous athlete, and Bill's beloved wife, rode that first Mad Dog Century and did not complain about the cold. Of course, he tells me, if you decide to cancel, we'll understand. Well aware that I am being shamelessly manipulated, I decide to go ahead with the ride. I e-mail them back telling them that I do reserve the right to complain, though not using such a nice word. "Mule" e-mails back that he reserves the right to tell me to shut up. I know these riders and I know they have the necessary equipment and the strength to safely complete a winter century. I also think of Charlene in Canada and how she shames me with my thought of cancellation. Compared to what she has dealt with, it is spring. Charlene is now married and lives in Australia, but when she lived in Winnipeg, Manitoba, she did one winter century where she had to make loops around her home stopping numerous times to change her clothing. And I think it is cold here.

Eddie Doerr, also an original Mad Dog and one of the people most responsible for turning me into a distance cyclist, once told me that the hardest parts of a winter century are the hands and feet. Experience has told me he is right, but clothing is also important, just easier to cope with. But this century will be one of the coldest I have ever completed and will need meticulous planning for the sake of safety.

The night before the ride I panic as I get a call from Larry, "Gizmo", asking about the ride, as I don't recognize his voice, and I know that this is not a century for a first time century rider. I relax as I finally recognize who I am speaking with and find that there will probably be four of us. I am right: Steve "Mule" Rice, Bill "SPOC", "Skippy" Pustow, Larry "Gizmo" Preble, and I ("Puddle") are the four crazy people who show up the next morning.

On the day of the ride, after grudgingly rolling out of my warm cocoon and drinking my morning coffee, I begin to dress for the ride. One of the things about winter riding is that you just can't worry about style. Being a plain Jane, this comes more easily for me than it does for some people. My first layer is expedition weight wool top from Minus 33, my favorite brand. It is not a cycling top, but my jacket has pockets, my bike has a handlebar bag, and who can really use pockets in the winter anyway? The main thing is that it is warm. Or maybe the main thing is that it was a Christmas gift from my son, Jeff, last year and I think of



Bill "SPOC" Pustow
(photo courtesy Larry Preble)

him when I put it on. Even when I stop and am wet, I don't usually chill in this top. I cover this with a short sleeved wool jersey, a winter cycling jersey, a thermal vest, and top it off with my thermal jacket. I don't use cycling tights today. Instead I pick some pants I that are windproof on the outside and have sweat shirt material on the inside. Prior to putting them on, however, I first don some polypropylene long underwear, inside out of course, because of the seams. Later in the ride Bill will be kind enough to tell me I should not wear these pants anymore as when the pockets come out they make my hips look huge. Like I am concerned about fashion this time of year. I know I look like a dork but I am warm. (Incidentally, my understanding is that the word dork comes from Dorcas, a biblical character who sewed clothing for the poor.) I then finish things off with a thin wool sock covered by a knee length wool sock that I pull up over the bottoms of my pants to keep them out of the chain rings.

For the head I use my Buff Dirt Rag covered by a balaclava. I put a light coat of Vaseline on the skin around my eyes and on my nose as there is just no way to adequately cover that area. I don't know if it helps, but I read about it in a running magazine a long time ago and it can't hurt. My feet always bother me so today I try something new. Not only do I use the heat warmers shoe insoles on the bottom of my shoes, but I take the adhesive toe warmers and put them on top of my toes as well. I put on my shoes and cover them with shoe covers. I then stick

A January Ride (cont.)

by Melissa "Puddle" Hall

chemical warmers inside the ski gloves I wear and I am set to go. The last thing I stick in my bag is a thin pair of gloves and some plastic gloves to go over them in case someone has a mechanical problem or flat.

Everyone is in a good mood and joking at the ride start. One of the very first things I see is Mule covering the toes of his cycling shoes with plastic and then duct tape: viola, home-made shoe covers. It makes me think of when I first started riding. All those tube socks with no mates found themselves on my arms as disposable arm warmers. The ingenuity of cyclists never fails to amaze me. I have seen newspapers used in ways that I could never have imagined prior to becoming a cyclist. I have tried to pick a route that will take us into the wind on the way out and give us a bit of a tail wind on the way home.

About six miles out, my front derailleur freezes leaving me in the big ring. While there are no significant climbs before the store, my legs are beginning to ache when it finally gives and shifts about fifteen miles down the road. I spend the rest of the day not shifting in front, worried that I will get caught again in the big ring. This is not one of my more difficult routes, but it is also not summer and my legs are weak. When we near the first store stop, Steve starts laughing and tells me to look at Bill. Bill's beard literally has icicles dangling from it. Everyone's face covering has a layer of frost. I giggle about this the whole ride. In fact, I still periodically giggle about it. I panic a bit on 700 when two pony size German Shepherds come rushing out. Normally I can handle dogs okay now, but sometimes I still flash back to that pit bull dangling from my right leg and this is one of those times. I remind myself to hold my line, but I feel the tears nearing the surface when I gratefully notice that Steve is kind enough to put himself between me and the dogs.

The ride is uneventful until we get about half way to the lunch stop when I try to convince myself that I really am not getting a flat tire on the wheel. Unfortunately, wishes don't make it so and I have to stop. Once again Steve comes to the rescue with Bill helping fixing the tire much more quickly than I ever could have fixed it. To thank Bill, I accidentally hit him in the head when pulling the pump off the valve stem, luckily hitting his

helmet rather than his face, but thus dooming my chances of knocking any sense into him ;-). Bill doesn't realize what happened at first and glares at Steve in astonishment. This sends me into a flurry of giggles as Steve protests his innocence. The wind begins to wear on us as we near the lunch stop. I wonder if it is just me or if everyone feels rather depleted. The guys take some fairly long pulls. I wimp out and stay in the back using them to block the wind. They are good natured about it and don't even rib me about not taking a turn in the front. We have come about sixty miles, most of it with a head wind or a cross wind that is closer to a head wind than a tail wind. I am happy to get to Quizno's though I know the third section of the ride is the hardest part of the ride. At least the wind won't be slapping us around anymore. On the hills I curse all those Christmas cookies I bake as they come back to haunt me. I am excited that my toe warmer idea has worked. My toes haven't been the slightest bit cold this ride. In fact, I haven't been cold at all other than around my eyes a few times. Sometime during the ride Steve tells me that he has never had his eyelashes freeze before.

At the third store stop, Casey's in Salem, some man stops to chat and ask us if we are crazy. We assure him that we indeed are slightly unbalanced, but we are all feeling pretty good as we are nearing home and should have no trouble beating the sunset. This is sometimes an issue on winter rides. I am really feeling the miles in my legs, but I know that we have a lovely two mile downhill coming a few miles down the road and there are no major climbs, just some rollers. It never fails to amaze me, however, just how very quickly I lose fitness in the winter and the toll that the wind can take on you both physically and psychologically.

We arrive back at the ride start and I am dreaming about emptying the hot water heater, floral scented soap and shampoo, and putting on my pajamas, so soft and stretchy. I think how glad I am that I don't have to work tomorrow. I think how glad I am that I have a few people who also enjoy riding year round. They lift my heart and my spirits. As Laura Nyro says in one of her songs, "You are my friend, and I loved you." Thanks for a good day.

Polar Bear Ride, Chili Lunch

by Sunny Krakowski

The Annual LBC Polar Bear Ride/Chili lunch was, as always, a pleasure. As usual, A. B. and Betty Sandifer were the host and hostess with the mostest, and, with the temperature being sub-human, the chili was a special treat! As one would expect, the food selection ranged from salad to pumpkin pie. Delish!

Many brave souls participated in the Polar Bear Ride (aptly named this year), but many of them, including Grasshopper, rode the five (5) mile ride. Can't say I blame them!

This year the recycling table seemed to be very popular. What a great way to recirculate cycling items.

The business meeting was very short. Earl Jones talked about the upcoming Mayoral election and how important it is to elect a new mayor who is at least bike-friendly and hopefully a cycling advocate. Lynn Luking was recruiting volunteers for OKHT. Mark Luking talked about the racing team. There was no further business.

I'm a non-riding club member, but I thoroughly enjoy this event. It makes for a nice New Year's morning/afternoon and an opportunity to visit with good friends and get to know people that aren't good friends YET. I look forward to this event all year.

Wayside Park Clean-up

by Andy Murphy, LBC President

In partnership with The Olmsted Parks Conservancy, we will be continuing our clean-up efforts at Wayside Park, located at Southern Parkway and Oakdale Avenue, on Saturday, March 13th, 2010, at 9 AM. Wayside Park is the location of "Ruff's Memorial Wheelmen's Bench". We started this project last fall by clearing out the juniper shrubs and cleaning the sidewalk around the bench. This time, we'll be clearing the flower bed in front of The Wheelmen's Bench and hopefully planting some new flowers. We don't know exactly what we'll be planting just yet; Metro Parks is reviewing a list of plants we've submitted. If the weather cooperates, we'll also do some painting.

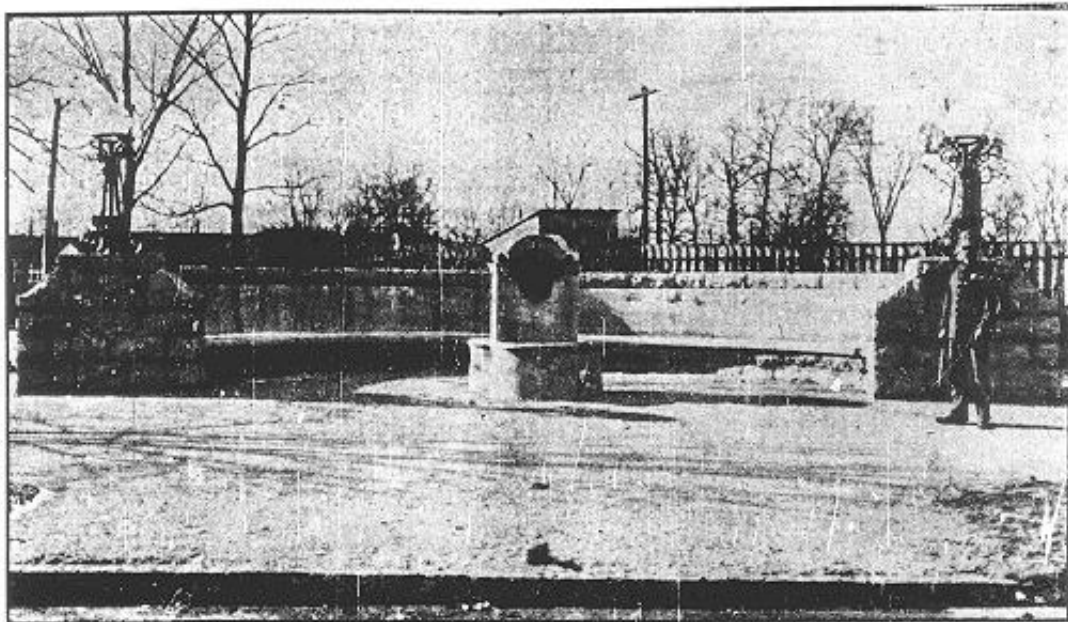


There will be a 35 mile club ride at 12 noon, after the clean-up. Hopefully, we can start doing more rides from Wayside Park. We'll see how the parking goes for this ride.

If you'd like to volunteer to help with the Wayside Park clean-up project, contact me at murphco@insightbb.com

Life is good
Murphy

THE COURIER-JOURNAL, LOUISVILLE. SUNDAY MORNING, FEBRUARY 13, 1898



Ruff Memorial Fountain.

(Designed and constructed by Miss Knid Yardell.)

Erected on the Southern Parkway, Louisville, by the Kentucky Division, League of American Wheelmen, as a tribute to A. D. Ruff, a member of the L. A. W., who died in 1886 at Owingsville, Ky.

WINGS riders leaving
Westport Park, by the
Ohio River
(photo courtesy Dr. Larry
Preble)



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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.

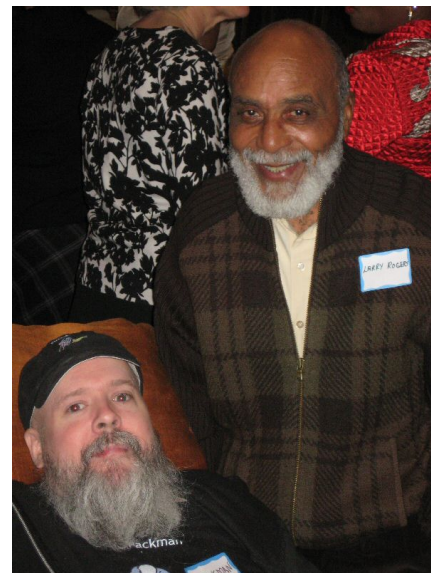
The newsletter is sent third class. The post office will not forward to your new address. Please notify Barbara Tretter, club secretary, of any address changes.

PaCkMaN's Corner

Larry Rogers, of Dixie Schwinn Cyclery, and I go back to 1989 when I was shopping for my second bicycle. Just off the corner of Rockford Lane and Dixie Hwy., his shop was not two miles from home and on the way to work. It was a mountain bike I test rode that day and I bought several from him over the years. After they were ground to dust (and one stolen) he rebuilt them and supplied the replacements and spares that I brought to many club road rides. After one 3000-mile trip in all kinds of weather, it took a blow torch to get a bottom bracket loose.

I stopped in mostly from work near closing and he and I would talk cycles to politics sometimes for a couple hours after lockup. At various times I met his son who sometimes worked there and his wife, who was probably wondering what was taking so long. Although I can't stop by anymore, I hear from some that he is still up for a chat as he works part-time mainly in the afternoons.

It was a pleasant surprise when I saw Larry walk into the banquet and we had a chance to catch up on the last few years. He was told I would be there came especially to see me and I wanted to take this space to say how much I appreciated that. He's one of the best people I know.



Larry Rogers (top) and PaCkMaN at the Jan. 16, 2010 annual banquet.
(photo courtesy Andy Murphy)