

THE LOUISVILLE BICYCLE CLUB

Founded in 1897

www.louisvillebicycleclub.org

May/June 2010

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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
Jul/Aug 2010 issue is
June 10**

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



Mr. Murphy Goes to Washington

by Andy Murphy, LBC President

This past March 9-11, I was in Washington D.C. for the 10th Annual League Of American Bicyclists Bike Summit. At the opening session Tuesday, Google announced an addition to their suite of online mapping options--directions for routes by bicycle. "This new tool will open people's eyes to the possibility and practicality of hopping on a bike and riding," said Andy Clarke, President of The League Of American Bicyclists.

Wednesday was spent in workshops; Jump-Start your state and local Advocacy efforts, Maximizing the role of bicycle retailers in local Advocacy, and Cycle Tracks to Pump Tracks-the Transportation-Recreation Connection. Also on Wednesday, Gary Fisher had the opportunity to meet me. You can tell by the look on his face in this picture, that he thought my glasses were a little weird. Hey, when aviator glasses come back in style in 10 or 11 years, I'll really be ahead of the curve!

When I picked up The Washington Post Thursday morning, the headline in the Metro section announced that the center of Pennsylvania Avenue would soon get a pair of bike lanes from the White House to Capitol Hill. How cool is that? The center of one of



LBC President Andy Murphy (L) & Gary Fisher, father of the mountain bike

(photo courtesy Andy Murphy)

the most prominent boulevard's in the world will be reserved for the Presidential Inaugural Parade and bicycles! Our delegation from Kentucky spent the day visiting the offices of our congressional representatives and senators. We met with aides to the elected officials. They were receptive and everyone seemed to realize that bicycles are once again gaining acceptance as a viable mode of transportation.

Thursday evening at the Congressional Reception that closed out The Summit, U.S. Secretary of Transportation Ray LaHood wowed the crowd by declaring; "You have a full partner in Ray LaHood" and announced "a sea change. People across America who value bicycling should have a voice when it comes to transportation planning. This is the end of favoring motorized transportation at the expense of non-motorized."

Life is good
Murphy



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YOUR CLUB OFFICERS (Executive Committee)

Andrew Murphy

President

502 895-9094

advocacy@louisvillebicycleclub.org

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502 727-6708

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

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

Attkisson, Sarah	3107 Dundee Rd	Louisville, KY	40205
Barksdale, Rita	4216 Sunny Crossing Dr	Louisville, KY	40299 (502) 548-6606
Bideau, Robin	3101 Hardwood Forest Dr	Louisville, KY	40214 (502) 418-2955
Bramer, Ronald	2159 Bonnycastle Ave #6	Louisville, KY	40205 (502) 409-4311
Brown, Steve & Michele	4205 Dana Drive	Louisville, KY	40216
Fisher, Donald	761 South Sled Run	Santa Claus, IN	47579 (812) 393-9420
Grable, Bob	6076 Moser Knob Rd	Floyds Knobs, IN	47119 (812) 945-4554
Graff, Jack	4500 Westport Woods Lane #102	Louisville, KY	40245 (502) 939-0116
Greco, Christopher & Emily	1841 Sherwood Ave	Louisville, KY	40205 (502) 619-3862
Griffin, Dennis	212 Ottawa Ave	Louisville, KY	40299 (502) 418-0839
Hinze, Richard	2329 Glenmary Ave #4	Louisville, KY	40204
Huhnkerkoch, Bryan & Marla	7103 Copper Page	Georgetown, IN	47122 (812) 704-2448
Jenkins, Mike	6428 Hwy 111	Sellersburg, IN	47172 (502) 819-1306
Martin, Michael	9006 Lyndon Lakes Pl	Louisville, KY	40242 (502) 426-5183
Matthews, Ray	2502 Shining Water Dr#302	Louisville, KY	40299 (801) 836-6060
Miles, Kevin	1105 Yakima Street	Louisville, KY	40214
Morse, David	1419 Goddard Ave	Louisville, KY	40204
Petricek, Allison	175 Stone Ridge Dr	Fishersville, KY	40023
Reed, John	5816 Waveland Cir	Prospect, KY	40059 (502) 641-0667
Reid, Clare	6210 Burnham Place	Prospect, KY	40059 (502) 228-9410
Roemer, Doug & family	3618 Wynbrooke Cir	Louisville, KY	40241 (513) 759-0328
Stoltz, Benjamin	535 E Warnock St	Bloomington, KY	40217
Wilson, William	507 Leganon Ave	Campbellsville, KY	42718 (270) 403-3551
Zaborac, Gregory	1215 N Main St	Canton, IL	61520 (309) 647-3451

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 you 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!

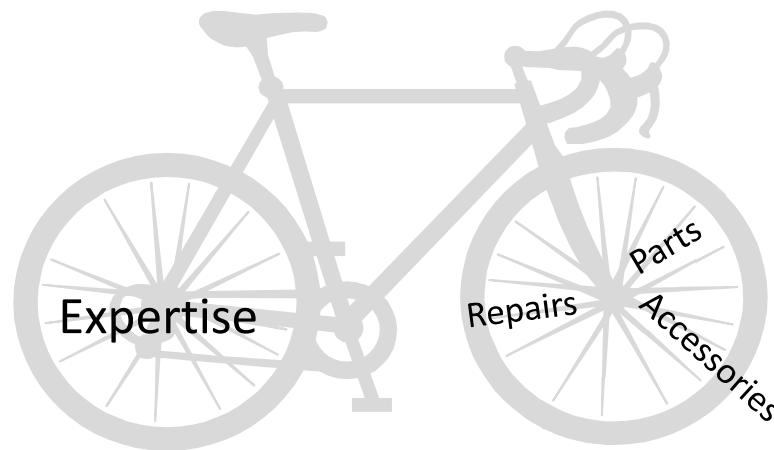
If at any time you have a problem receiving your newsletter, please call/email me and I will try to straighten out the problem. Sometimes it may take a little while, but eventually it will be fixed. My phone #/email address is listed in the box at left.

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

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CYCLING TEAM



For the second year running (or is that cycling?), Louisville will have citizens participating in RAAM.

Nita Bernat, Jenn Armstrong Bowers and I will be part of the crew that supports Team Type 2 (TT2), entered in the eight-man team division. TT2 racers all have type 2 diabetes and their mission is to raise awareness of its management. Through diet and exercise, as well as medical therapies, the disease can be managed. These guys are riding across the U.S. no less!

Team Type 2 is an offshoot of Team Type 1, many members of which have Type 1 (insulin-dependent) diabetes. Although there are team members who are not insulin-dependent diabetics, the RAAM racers on this team all have Type 1 Diabetes. Team Type 1 set the course record for the Oceanside to Annapolis course in 2009, and intend to win the event this year as well. (There has been a rule change that may make setting a new course record harder to do, but we'll see.)

This will be the second year that TT2 participates in the race and the team expects to improve its performance this year. Last year TT2 finished in seven days, seven hours and 24 minutes. Jenn also supported the team last year and returns this year as the crew leader. Nita and I are happy to join the team.

It is my intention to “write home” from time to time during the event. It's quite possible that what I write won't make it home until after I do, as my first priority will be supporting the race team in their efforts to best their time from last year. I look forward to providing an “inside view” of what it takes to get a team of racers across the country safely in minimal time as well as the camaraderie that extends among the various teams.

Previous Louisville representations in RAAM support crews occurred with Team BIAK in 2001 (see http://www.ultracycling.com/training/teamtraining_real.html for details on their training plans and a recap of their successes that year), making this the third year in the last ten that Louisville will have representation. (I'm not aware of any local folks who have raced or crewed in RAAM since Team BIAK.)

RAAM website www.raceacrossamerica.org will have live coverage of the race. Check it out to follow TT2 and TT1 as they pedal for the finish. You can also see bio information for the racers!



Stewart Prather and Eric “EzE” Sellers at the Wayside Park cleanup.
(photo courtesy John Cummings)

Louisville Bicycle Club
Statement of Operations and Changes in Fund Balances
For the year ended December 31, 2009

	2009	2008	
<u>Receipts</u>			
Advertising	13,000.00	-	
Gross Sale of Products	24,169.00	13,285.00	
Interest Income	726.76	1,313.62	
Memberships	12,406.00	12,205.00	
Other Revenues	1,050.00	0.07	
Program Receipts	66,384.83	62,805.00	
Sponsorships	19,300.00	30,600.00	
Uniform Collections	17,160.25	16,985.04	
TOTAL RECEIPTS	154,196.84	137,193.73	
<u>Expenditures</u>			
Affiliations (LAB, USCF)	245.00	245.00	
Awards & Door Prizes	14,528.45	3,596.27	
Contractor Fees	1,500.92	1,581.10	
Cost of Goods Sold	23,347.50	11,542.50	
Donations to Charities	10,870.00	6,750.00	
Entertainment	1,050.00	1,850.00	
Entry Fees	14,811.53	10,919.46	
Equipment Rental & Maintenance	5,418.84	5,544.15	
Fees(Acctg,Banking)	105.45	258.15	
Fees(Legal, Incorp)	4.00	4.00	
Insurance	4,193.15	5,060.40	
Occupancy & Rental	6,329.00	3,700.00	
Postage & Shipping	3,338.63	2,249.76	
Printing & Publications	2,881.44	3,292.58	
Prizes (Races)	1,625.00	2,658.00	
Program Expense & Other	15,931.93	12,856.31	
Refreshments & Food	23,356.18	15,646.40	
Sales & Usage Tax	2,061.41	3,876.72	
Seminars, Classes, T&L	-	381.54	
Supplies(computer,postage,etc)	576.06	731.53	
Sympathy/Bereavement	42.35	-	
Telephone & Internet	179.55	325.15	
Uniforms & Club Merchandise	8,663.18	24,297.96	
TOTAL EXPENDITURES	141,059.57	117,366.98	
Excess of Receipts over Expenditures	13,137.27	19,826.75	
<u>Profit and Loss by Program in 2009</u>			
	Receipts	Expenses	Net
Advocacy	-	365.70	(365.70)
Banquet	1,235.00	11,844.74	(10,609.74)
Brevet	1,100.00	901.28	198.72
Communications	-	4,069.84	(4,069.84)
Discretionary	-	320.05	(320.05)
Education	-	97.85	(97.85)
General	19,972.43	13,816.58	6,155.85
OKHT	84,132.00	67,028.42	17,103.58
Racing	40,457.41	30,531.85	9,925.56
Socials	-	1,728.96	(1,728.96)
Summit	5,000.00	5,269.85	(269.85)
Touring	2,300.00	5,084.43	(2,784.43)
Overall Total	154,196.84	141,059.55	13,137.29
<u>Fund Balances</u>			
	31-Dec-09	31-Dec-08	
General Account CD's	41,514.68	30,792.25	
General Account Checking	12,498.44	19,758.51	
Racing Money Market	8,645.57	8,641.24	
Racing Checking	29,308.46	19,368.03	
Summit Checking	-	269.85	
TOTAL FUND BALANCES	91,967.15	78,829.88	
<u>Memberships</u>			
	31-Dec-09	31-Dec-08	
Individual/Youth	494	468	
Family (at 2.5 members)	226	241	
TOTAL MEMBERSHIPS	1,059	1,071	

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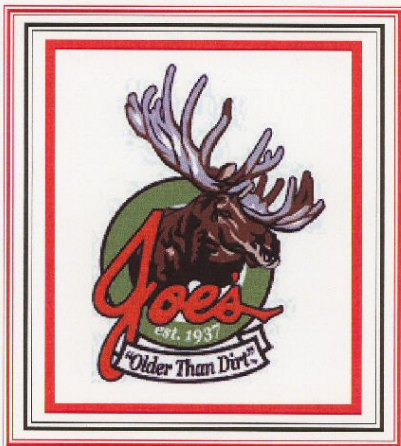


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Year End Financial Report at 12-31-2009

by Jim Tretter, LBC Treasurer

On the facing page is the Statement of Operations and Changes in Fund Balances for the Louisville Bicycle Club for the year ended December 31, 2009. This information is being reported in accordance with the club by-laws. Some financial high points for the year the year include:

- The Club took in \$13,137 more in receipts than it spent in expenses in 2009 increasing the club's funds from \$78,830 to \$91,967.
- \$12,406 was collected in membership dues from the 226 family and 494 individual memberships.
- The OKHT for 2009 realized a profit of \$17,104.
- The end of the year is when the fund balance amounts are at their highest points since we now have the annual banquet in January and the cost of the banquet and awards distributed at the banquet have become one of our largest costs.
- The slight decline in LBC memberships over last year may be attributed to the timing when members pay their dues.
- The overall club totals include the Team Louisville racing operations which had \$9,926 more in receipts than it spent in expenses and increasing its funds to over \$28,000.
- Financial operations for the 2nd Bike Summit activity are included in these overall numbers.

The Club remains sufficiently positioned to financially accommodate planned activities for 2010 and the near future. Should anyone have questions or require additional information, please contact me. This information will be reported to the IRS on the 990-EZ Short Form, Return of Organization Exempt From Income Tax.

Jim Tretter, Treasurer

LBC Hosts a Mayoral Candidate Forum

by Andy Murphy, LBC President

On Wednesday evening, April 14th, the Louisville Bicycle Club hosted a Mayoral Candidate Forum at The Clifton Center. The candidates taking part in the forum were Tyler Allen, Jackie Green, Hal Heiner, Jim King, Lisa Moxley, Jonathan Robertson, Chris Thieneman and Shannon White. The candidates shared with the audience their thoughts on bicycling education, The Louisville Loop, downtown bridges and in general the importance of bicycling as a viable mode of transportation. Candidate Greg Fischer couldn't be at the forum due to a scheduling conflict, but he did stop by for the meet and greet afterwards and had a fleur-de-lis cookie and chatted with forum attendees along with the other candidates. I would like to thank all the candidates for taking the time out of their busy schedules to share their ideas with us.



A large group of club members helped make the forum the success it was; Bernice McGill, Bobbie Leslie, Vicky Dobbs, Carol Medley, Bob Schindler, John Cummings, Eric "EzE" Sellers, Martin Kaelin, "Rockin'" Rick Croslin, Allison Dobbs, Steve Montgomery and Earl Jones. Whether it was baking fleur-de-lis cookies or staffing the valet bicycle parking, these folks answered the call and made this event very special.

I was hoping we would have a larger crowd of attendees, we estimated 150-160 people, but the candidates complimented us on having one of the largest turnouts of all the forums to date. Thanks to everyone who attended for taking the time to come and hear the candidates.

The valet bicycle parking netted 80-90 bikes. That was a very cool sight.

Again, thanks to the candidates and all the volunteers for their efforts. If I've missed anyone, I apologize. Please accept my heartfelt thanks.

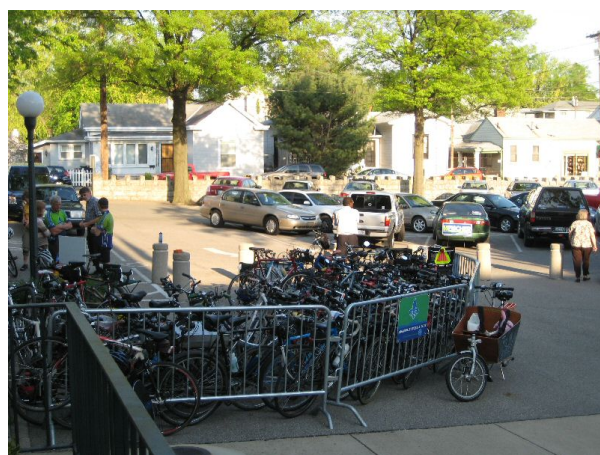
Life is good
Murphy



Earl Jones moderating the candidate forum.
(photo courtesy Andy Murphy)



Clifton Center, inside the bicycle coral.
(photo courtesy Andy Murphy)



Valet parking.
(photo courtesy Andy Murphy)



Meet and greet after the forum.
(photo courtesy Andy Murphy)



The forum's fixin's.
(photo courtesy Andy Murphy)



Tyler Allen, Andy Murphy, Jim King, Hal Heiner, Jonathan Robertson, Shannon White, Jackie Green, Chris Thieneman, Lisa Moxley, Earl Jones.
(photo courtesy Andy Murphy)

Ride of Silence, May 19

by Richard Heckler

On May 19, 2010, at 7:00 PM, the Ride of Silence will begin in North America and roll across the globe. Cyclists will take to the roads in a silent procession to honor other cyclists who have been killed or injured while cycling on public roadways.

In 2003, the first Ride Of Silence was held in Dallas, Texas, after endurance cyclist Larry Schwartz was hit by the mirror of a passing bus and was killed. The 2003 Ride of Silence, at White Rock Lake in Dallas, drew 1,000 cyclists through word of mouth, and email communication, over a period of only ten days. There was no registration and were no fees. Local media reported the ride to be incredibly moving as these cyclists rode in silence, occasionally wiping away a tear or patting a friend on the back.

The Ride Of Silence is a free ride that asks its cyclists to ride no faster than 12 mph and remain silent during the ride. There are no brochures, no sponsors and no registration fees. The Ride, which is held during Bike Safety month, aims to raise the awareness of motorists, police and city officials that cyclists have a legal right to the public roadways. Although cyclists have a legal right to share the road with motorists, the motoring public often isn't aware of these rights, and sometimes not aware of the cyclists themselves.

Locally, the Ride of Silence will assemble at Waterfront Park, near the intersection of Witherspoon and Brook. Sign in at 6:45 pm. The Ride will begin promptly at 7:00 pm. All participants are encouraged to wear BLACK armbands in memory of cyclists who have been killed. Also, any participant who had been injured cycling on public roadways is encouraged to wear a RED armband. HELMETS REQUIRED.

This years course will take riders over the Second Street Bridge into Indiana and then return to the Kentucky side and continue on the streets of Downtown Louisville. (Approximately 10 miles)

LBC members are encouraged to wear LBC jerseys, Mad Dog jerseys, or other Club recognition jerseys. The thought is, riding as a group, all with the same jerseys, will be a visual statement of organization and solidarity that we as riders want to present during this event.

In addition to LBC members, this ride is open to the public. Other local ride clubs have been made aware of this event and are welcome to ride with us. Please feel free to encourage any rider (club member or not) to join us. The awareness gained by this event will benefit ALL cyclists.

In the opinion of some, Louisville is home of one of the largest, most active and most well organized cycling clubs in the country. Let's reflect that opinion by having a record turnout for this event in 2010.

For further information, contact Richard Heckler, Local Organizer, LBC Ride Captain. Email: Ros.Louisville@gmail.com. Global information is at www.RideofSilence.org.
"The Silence WILL be Deafening"

New Rider Clinic

by Tom Armstrong, LBC VP Education

2010 LOUISVILLE BICYCLE CLUB NEW RIDER / BIKE HANDLING CLASSES 6:15 PM – 9:00 PM

SESSION 1: MONDAYS, MAY 3 THROUGH JUNE 28
4900 BOWLING BOULEVARD - next to BAPTIST EAST/
MILESTONE

SESSION 2: WEDNESDAYS, JUNE 9 THROUGH JULY 28
AMPHITHEATER PARKING LOT, IROQUOIS PARK

SESSION 3: MONDAYS, JULY 5 THROUGH AUGUST 23
YELLOW PARKING LOT, WATERFRONT PARK

TOPICS TO BE COVERED INCLUDE:

Ses1	Ses2	Ses3	
5/ 3	or 6/ 9	or 7/ 5	ABC QUICK CHECK: Things to do before every ride
			BIKE SIZING: Does it fit you?
5/10	or 6/16	or 7/12	TOOLS AND BASIC REPAIRS: What to carry and what to do with it when you need it
5/17	or 6/23	or 7/19	HELMET SELECTION AND FIT, CLOTHING AND ACCESSORIES, NUTRITION AND HYDRATION
5/24	or 6/30	or 7/26	PARKING LOT DRILLS, PART I: basic riding skills to crash avoidance maneuvers
6/ 7	or 7/ 7	or 8/ 2	PARKING LOT DRILLS, PART II: crash avoidance skills
			COPING WITH THE RIDE: gearing and shifting, proper cadence
6/14	or 7/14	or 8/ 9	FIVE LAYERS OF SAFETY
6/21	or 7/21	or 8/16	TRAFFIC RULES & LANE POSITIONING
6/28	or 7/28	or 8/23	WRITTEN AND ROAD TESTS AND EVALUATION

PLEASE PLAN TO ATTEND ALL CLASSES OF ONE SESSION. MAKING UP CLASSES IN ALTERNATE SESSIONS IS DIFFICULT.

EVERY CLASS INCLUDES THE FOLLOWING:

- One hour of instruction by seasoned riders followed by practice on your bike.
- An easy, 5 or 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 participants who attend six of the eight sessions AND pass the written and road tests.
- 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 BICYCLISTS' "BIKE FRIENDLY COMMUNITY" PROGRAM

For more details, contact Tom Armstrong at 502-523-9581 or education@louisvillebicycleclub.org

Youth Bikers of Louisville

by Joe Ward

Some years back, the bike club had an auxiliary for teenagers that would bike to places like Clifty Falls State Park, General Butler State Park, and Spring Mill State Park, camp overnight and then ride home. They called themselves the Youth Bikers of Louisville, and got t-shirts that said "YBOL" on them.

Since one of their number – Tyler Allen – is now running for mayor, I thought it might be a good time to recount a little of their history.

The group started as an Explorer Post of the Boy Scouts of America, formed in response to a request from the scouts to the club. One of the great perks of that arrangement was that it would get you a police escort down Dixie Highway to the county line, for a ride to the Camporee at Fort Knox.

The group was for kids in the 14 to 18 age group, and we ran an ad in the paper to get started. Phil Rich, a social worker, was the adult leader, and his then-girlfriend (and now long-time wife) Claudia Foulks drove a sag wagon. I was kind of an adjunct leader.

One of the first young riders to sign up was Patty Blair, a bright-eyed 14-year-old who proved to be a sparkplug that kept the group going through many trips a summer from 1982 to 1986.

We would load all of the tents and sleeping bags onto my old Buick, with its Chick Meade car-top bike rack, or a parent-driven vehicle and head out. Usually there were 10 to 15 kids, and often a parent or two, though the parents tended to drive. We would ride to the designated park and whump up a large pot of spaghetti on a Coleman stove, which the younguns would virtually inhale.

Many nights there was some sort of campfire after that, around which many a tale was told and some teenaged angst smoothed over. Then they would sleep pretty soundly, rise to a breakfast of cold cereal and head home.

Mary Blair, mother of Patty, started a tradition of including a case of beer among the supplies, which the adults would use to replace their aging electrolytes.

Tyler was one of four Atherton High School freshmen who joined early in the program and stuck around pretty much to the end. He and his buddies David Geller, Eric Grossman and Donald "Chip" Ridings, entertained us one morning by demonstrating that they could travel caterpillar-style to any point in the campsite while zipped in their mummy bags.

Many others came and went over the four years, but the trip was pretty much over when that class of 1986 went out into the world.

Confessions of a Stoker

by Renita Bernat

It was on an urban century ride, great weather, super course, that one individual came forward to take up my offer...plea... guaranteed promise of the ride of your life, to captain my tandem. It changed my life.

Most of my friends know how I've groveled to find me a captain. I put an article, somewhat of a joke, into a past newsletter sounding like a want ad: STS looking for STC (single tandem stoker / single tandem captain) No takers.

I've announced on rides, "Anyone want to captain a tandem." No takers.

But on that urban century ride I cycled along side Larry Preble who upon asking the question, I received the most welcomed words... sure...I'll ride. Did I hear this right? I was not going to let any grass grow under my feet so I immediately made arrangements for a test ride. I've never looked back. (Why would I...I'm the one in the back.)

Now, knowing Larry, you know the punch and the power of this man. My quality of cycling will never be the same. I have ridden faster, farther, harder, and stronger than I've ever anticipated I would do. I've morphed from a "skirt" fun, food, and frivolity to a "hammer", green sign, and man bonding.

I do provide a bit of power and add to the intensity of Larry's workouts. I've been labeled the GPS, girl-positioning system, second to the more true GPS that actually is accurate with mileage and direction. I've also been known to provide some very good conversation. Ask Larry...I can make time fly.

Having said all that, I am grateful for the opportunity to share my tandem experience with an individual who brings the best out in everyone he encounters. As a ride captain he's patient, careful, and supportive. As a tandem captain, he is the very same plus a little bit competitive. How do I know...I'll race you to the green sign.

The Challenge Series 2010

by Melissa Hall

2010 is the third year of the Challenge Series, a local series of five weekday centuries ridden consecutively. When I first designed this series, there were three reasons. Firstly, I was trying to break Steve Rice's unofficial record for the most club centuries in a year. While I had ridden quite a few more centuries in a year as had Steve, they were not official club centuries. Secondly, I was trying to win the yellow jersey that year. Thirdly, it just seemed like a good way to spend a week of vacation each year, a way to give people that dream of riding across country of doing an organized multi-day ride some confidence because most people in reasonably good health can ride back to back centuries if they prepare properly. Since it went over quite well and the group seemed to enjoy the event, I decided to repeat the series on a yearly basis. The second year drew a larger, but still small crowd, my favorite. Small crowds with a singular goal in mind seem to galvanize a comradery that is lost with larger groups.

If I remember correctly, the first year there were three finishers: Mike Diesel Kammenish, Eleanor Dragon Self, and myself. The following year nobody finished because someone, actually me, wimped out and canceled the final day due to flooding in the area and concerns about getting stranded with the water rising. (I can't tell you how often I have kicked myself over that decision).

This year it appears the Challenge Series will probably be Monday through Friday immediately preceding OKHT. If you are interested, now is the time to begin preparing. I can sweep the ride and captain the event, but I can't put the miles in your legs. There has been a consensus that the first ride of the series needs to be the Merango Mangler. I am open to other suggestions, but I am considering Steve Mule Rice's Midway Century, Packman's Hint: Orleans, Half and Half, and Campbellsburg. Challenge Yourself.



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Texas Hell Week: The Rides of March

by Melissa "Puddle" Hall

When someone suggested that I write about Texas Hell Week, I must admit to mixed feelings. I look forward to this vacation all year, and while it is nice to share the things that one loves, there is something in me that waxes protective and worries that if too many people go it will change or destroy what is there. Then I think of Jim Grizzly Moore and how I would not have had this experience if he had not shared with me, and so I will share with you my love of Texas Hell Week (www.hellweek.com).

I look forward to Texas almost from the time I return home, but the fever becomes almost unbearable as winter lingers on and on. When it first turns cold and the snow falls, winter can feel warm and cozy, an enjoyable time to ease up on the riding hours and ease into more reading hours, but as it wears on and Christmas comes and goes it begins to squeeze me as tightly as a python until I feel I can bear no more. But then there is Texas. In Texas with my friends nearby I know I will find my smile.

I normally take off work the Thursday before we leave on our all night quest to the promised land. The minute I am off work I feel like a young girl again, giddy and carefree. Sometimes when I look in the mirror, I see the woman I used to be before the wrinkles and the gray hair snuck up and tapped me on my shoulder. My mom, a wise person as those in their nineties normally are, once told me that one of the hard parts about getting old is that you forget what you can no longer do until you begin to try to do it. Perhaps she is right, but I can still ride my bicycle albeit not as quickly as a few years ago and I intend to enjoy it. I hope to get seven centuries in the seven days again this year, but as it will turn out that does not happen. Steve and I end up with a tad over 600 miles for the week; the others with only a few miles less.

For the past few years, I have shared the trip to Texas with Dave Bam Bam King and Steve Mule Rice. Prior to their being aware of my poor driving, they had hoped that not only could I help by sharing expenses but also by sharing the driving. I did drive for them: one time. Since that time I have downed Steve's mail box while backing out of his drive and run my car into Dave's house while backing out of his drive. For some unknown reason, they no longer ask me to drive; however, they are kind enough to allow me to tag along. We have traditions on this trip: Girl Scout Cookies, club gossip, Whata Burger, planning.

I know that Bill Skippy, SPOC Pustow will also be there. Often Steve Gnarly Roys and Jim Moore also go, but not this year. This year Mike Crawford will be joining us for the first time. While I don't know him well, he has always seemed to be to be a nice person, comfortable to be around. It is nice to ride with a small group of people that you are comfortable with, people who make no conversational demands on you when you just want to ride and think and not talk or who are happy to exchange ideas, depending upon the moment. I know that many of my riding friends and Big Dogs from across the country will be there as well. I am excited. We finally arrive, clean up at our hotel, and head to registration. It is like a homecoming. I am elated seeing people that have befriended me throughout the years and I find myself hugging and grinning from ear to ear. I wish I had my new bike at registration so I could show it to people, but I know I will meet them on the road. I am barely able to wait to see how it rides and break its century virginity.

At registration you get the package that you registered for and a list of the weekly rides as well as cue sheets. Each day there are three selections: a century ride, a medium distance (60 miles or so), and a short ride (30 miles or so). The rides are not sagged and you need to look at the cue sheet to determine whether to bring a snack or not as it can be quite a distance between stops and the stores are not always open. We normally are drawn to the century rides, but some in the group occasionally pick a shorter route or we have even been known to design our own route for the day.

After dinner we agree on a time to meet in the morning and head off to our rooms. Morning arrives quickly and it looks to be a beautiful day. I have yearned for the sun and blue skies for the past few months, and today my wish will be granted. There is also an unusual prediction for

little wind. It is nice to wear shorts and a jersey, even if I will need arm warmers at the start.

Saturday's ride will take us to Camp Verde. Within the first few miles we pass a roadrunner standing in the middle of a field that is about as green as it gets in Texas. He stands for a few moments allowing me to admire him. Within a few miles, I am back in love with the Texas hill country.

Every year I forget how hauntingly beautiful this land of contradictions is with its air of desolation that is teeming with life. On some of the rides, the animals roam freely contained only by cattle crossings: cows, sheep, goats. On other rides, you might pass exotic animals. This year we pass a camel in someone's front yard. Bill asks us, Why would someone have a camel in the front yard? Steve answers, Because they can. I point out to the both that anyone can have a Lexus in the their front yard, but a camel, now that is another matter.

Spring is beautiful here with the wind flowers lacing through ground near the live oaks with their tortured branches. Deer haunt the lands telling us there is a reason for all the guards on the fronts of cars and pick up trucks. They are similar to our deer, but somehow different, less graceful as they run closer to the ground. The rivers and creeks amaze me with the multitude of colors within one body of water.

Each day will bring a new ride with different challenges and often different scenery. One day we pass a peach orchard and my eyes are awash with the pink of the peach trees, majestically in bloom this year. Like so many things, it draws me back into time and once again my daughter and I are at the peach orchard, lazing in the sun, juice dribbling down our chins, mesmerized by the droning of the wasps harvesting the fallen peaches. When I canned those peaches, they looked nothing like those from the store that are processed green, but they tasted of summer and of my daughter, her skin as soft as buttermilk as she melted into my arms and once again, however temporarily, we were one again as if the umbilical cord once again attached.

Another day we hit Harry's where you don't know if Harry will sell you food or water or allow you to use his restroom, at least if you are male. You might pass the LBJ ranch one time, or go to Blanco to see the dinosaur footprints in the creek. Where ever you ride, you will see scenery beautiful enough to bring tears to your eyes, similar to but quite different from other rides you might do that week.

But no tale of Hell Week would be complete without a discussion of the food. There is a taco stand in Hunt that has the best tacos in the world. My personal favorite is Michael's taco, a breakfast taco with bacon, sausage, egg, and a few other ingredients. Each person has their particular favorite that they swear is the best, but each agrees there is nothing in Kentuckiana to equal the taste of these tacos as we eat at a picnic bench while the river lazily drifts by us. On our trip there this year, I reminded the others of the old cigarette commercial where the fellow says he would walk a mile for a Camel. Well, we ride a century for a taco, this year one that isn't even on the schedule of rides except for the 300K which we decide not to do as we did not bring hub generators. There is the barbecue in more than one place. Wednesday, following the Leakey Death Ride, there is Steak Night at the Waring General Store. There is a selection of restaurants offering German food. And then there is beer, not my thing, but certainly enjoyed by those I ride with.

There is so much about Hell Week that I love that it is hard to put in a short article. All I can tell you is that when winter is wearing you down there is a place where you can go to bring color back to your world a bit early. There is a place where you can go and join others while you harden your legs back up for the coming riding season. While I will swear there is no place lovelier than Kentuckiana in the spring when she discards her winter white mantle and puts on her colors of green, yellow, and purple, somehow being away for the week almost makes springtime more magical, as if winter loosens her grasp while we are gone and I can breathe again.

Texas Hell Week: The Rides of March

by Melissa "Puddle" Hall



Our group gathers in the morning.
(photo courtesy Melissa Hall)



The bathroom (Girls Only) at Harry's. Boys have to pee on a tree.
(photo courtesy Melissa Hall)



The world's best taco stand.
(photo courtesy Melissa Hall)



The world's best taco stand.
(photo courtesy Melissa Hall)



Atop the first big climb on the Leakey Death Ride.
(photo courtesy Melissa Hall)



Waring General Store for Steak Night.
(photo courtesy Melissa Hall)

Wayside Park Cleanup Update

by John Cummings

On the misty morning of March 13th, ten hardy Louisville Bicycle Club members, a gentleman who lived nearby accompanied with his two sons and two members of the Olmsted Conservancy staff convened at the Wayside Park (Wheelman's Bench) for a spring clean-up and planting.

Under the tutelage of Erin Thompson and Matt Spalding of the Olmsted Conservancy the morning was an apparent success. Erin and Matt's unwavering patience in instructing a group, whose understanding of anything not associated with cycling tends to elude them, appears to have paid off. Their detailed instructions included; "remove the grass and sod from here and place it there". "Dig a hole here and place this plant in it. Do the same with that plant over there". "Avoid dismembering your toes with the shovels or posthole diggers". At times their suggestions and comments were not so subtle.

A bright spot of the day, at least to me, was witnessing the puzzled look of my son (Richard) while watching our Eric Sellers wield posthole diggers for the first time in his life. After 15 minutes of my professional instruction and profuse sweating on the part of Eric, he succeeded in digging a hole 6 inches in depth. Richard and I were proud of Eric and his accomplishment.

I want to extend my thanks to the LBC members that joined in the cleanup and they are; Stewart Prather, Donna Connell, Steve Montgomery, Eric Sellers, Richard Cummings, Timothy Stephen, Rick Croslin, Allison Dobbs, David Morse and yours truly.

I want to extend a special thanks to the Johnson Family; Neil, Ian and Jacob, who live in the neighborhood near the park. The father wanted to teach his two sons the importance of civic duty. It is always refreshing to see families who teach their children worthwhile values.

In addition, a special thanks to Erin Thompson and Matt Spalding of the Olmsted Parks Conservancy for their seemingly unending, patience and proficient advice. Judging from the many compliments we received from individuals during the weeks following the clean up, I feel the day was an obvious success.

After the clean up, several of us reverted back to an endeavor we are more accustomed to and proficient with, a 35 mile bicycle ride.



Richard Cummings, Donna Connell, (unident.) and Steve Montgomery
(photo courtesy John Cummings)



Richard Cummings, Steve Montgomery and Donna Connell.
(photo courtesy John Cummings)



The Johnson Boy diggin' it.
(photo courtesy John Cummings)



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PaCkMaN's Corner

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.

Eleven years after an incident with a truck which left me unable to bicycle in real life anymore, in dreams I ride or have reference to riding almost every time I sleep or nap. In the past few days, I have dreamt such contrasting things as finishing a 547-mile ride with one other guy while leaving everyone else behind, and another one where I take a "shortcut" through an alley and become entrapped in a maze of industrial back lots and the backs of people's homes, unable to find a way out.

Sometimes I just dream of getting ready for a long ride. A recurring theme is packing my backpack. In real life, I sometime ran many hours over setting up on Friday evening for a month-long vacation ride beginning the next morning. In those dreams, I never actually ride but pack and pack and repack.

Bicycling in dreams takes me to places both strange and familiar. I guess the most frequent place in my dreams is

where I used to work, near 4th St. and Hill or the offices where we later moved at the Waterside Building. The dream may start with me just arriving. It seems there is always something I forgot to do or I was thinking I had forgotten to come to work for days or weeks before. Or, like a couple weeks ago, I ride my bike into an underground parking garage-type labyrinth where I am taking my bike with me up and down elevator-type apparatuses that more resemble carnival rides, with no particular destination.

Sometimes I ride fast and carefree in my dreams and other times, I know there is "something" wrong or has been wrong and although I'm riding, I'm just not able to be as fast as I used to be. The only times I've ridden a recumbent is in dreams. Last night I was riding a bicycle contraption that was powered partly by a long hand-lever. I never know what I'm going to get when I fall asleep but I'm always happy to be there and riding.