

THE LOUISVILLE BICYCLE CLUB

Founded in 1897

www.louisvillebicycleclub.org

July/August 2010

IN THIS ISSUE

President's Message	1
LBC Officers	2
New Members	2
Disappear off the Front - Kerns ...	5
Old Kentucky Home Tour - Luking	6
Annual Picnic - Thomas	6
Tidbits	7
Ride for the Red Recap-McCulloch	8
Florida Bike Safari - Bernat	10
Road Trip! - Murphy	10
A Commuter Tale - Murphy	12
RoS: Were You There? - Heckler	13
Kentucky 400K Brevet - Hall ...	14
PaCkMaN's Corner	16

Annual Picnic Aug. 15
OLD KENTUCKY HOME
TOUR Sep.11-12

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
Sep/Oct 2010 issue is
August 10**

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



It's Harder Than It Seems

by Andy Murphy, LBC President

For the recent Memorial Day Mayor's Healthy Hometown Hike & Bike, John Cummings and I drove SAG Wagon's on the route. SAG by the way, is an acronym for Support And Gear.

Toward the end of the ride, I got a call that someone needed help with a flat tire at Iroquois Park. When I got there, Joe Ward and David Dillard had booted the lady's tire and she was ready to roll. The tire looked as old as the bike--30 years or so. I offered her and her bike a ride to Waterfront Park. She was insistent on finishing the ride on her Dad's old bike. I followed behind her for a little while until I got another call of a cyclist in need of assistance.

Joe and David swept the young lady in to the ride finish. I was standing there on Witherspoon Way when she pulled up. I walked over to congratulate her on a job well done. She was overcome with emotion at finally completing the ride. Two years ago, she was the individual that was hit by a car at 4th and Breckenridge and she didn't get to finish the ride. Last year, she was in the hospital with chest pains and didn't get to do the ride. She was so excited to finally finish this ride! She couldn't believe that after 3 years of trying, she had actually ridden 15 miles. I gave her one of our new Louisville Bicycle Club business cards and encouraged her to come to our New Rider Clinic's. She was so appreciative, that she stood in the middle of Witherspoon Way and said a prayer of thanks, then rode away.

As I walked away, I reflected on what a cool story that was. It got me to thinking about how easy it is to take things for granted. A 15-mile ride to a regular rider is a Recovery Ride. It's a time to chit-chat and laugh. But to a lot of folks, 15 miles is a goal. So, the next time you see someone on an ill-fitting Walmart bike, struggling or broken down on the side of the road, think about offering a word or two of encouragement or a helping hand. I've found, working at the New Rider Clinic, that these newbie's really do look to us, as experienced riders, for direction, advice and encouragement--and it really helps.

From the SAG Wagon, Life is good
Murphy



LCI Dave Wittry instructing a student on how to inflate a tire at the Bowling Boulevard NEW RIDER CLINIC in early May.

(photo courtesy Andy Murphy)



EMAIL NEWSLETTER DELIVERY

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)

VP Communications

502 447-7814

communications@louisvillebicycleclub.org

Tom Armstrong

VP Education

502 523-9581

education@louisvillebicycleclub.org

Travis Kerns

VP Racing

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)**.

Nearly 20-25% of the LBC's usable budget goes to pay for the printing and delivery of the newsletter. In 2010 the cost for printing & delivering each issue is about \$3.25 per recipient which equates to \$19.50 for the six issues annually. Compare that to the \$15 paid for an individual membership or \$20 for a family membership.

Since 2006 the LBC has been sending newsletters via email and by early 2010 nearly 2/3 of the newsletters are delivered this way. Not only are there no printing or mailing costs for this delivery, the emailed newsletter can be delivered 7-14 days sooner since it requires no time for printing, labeling or mailing. While I realize not everyone has email capability, the Executive Committee encourages all members to utilize this more beneficial method and thanks those who have already switched. Though no decision has been reached, the LBC Executive Committee has discussed options of eliminating the printed copy altogether or charging an additional \$20 membership fee to those requesting a printed/mailed copy.

Beginning early in 2010, membership renewal notices are being sent via email for those who receive their newsletter via email. While the cost and time savings for this delivery are less significant, it is a more expedient process.

Thanks for your cooperation.
Jim Tretter, LBC Treasurer

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

You can sign up to have your newsletter and membership renewal delivered via email by going to the following location on the LBC website:
<http://www.louisvillebicycleclub.org/forms/enewsletter.htm>.

**Receive
Your Newsletter
by Email!**

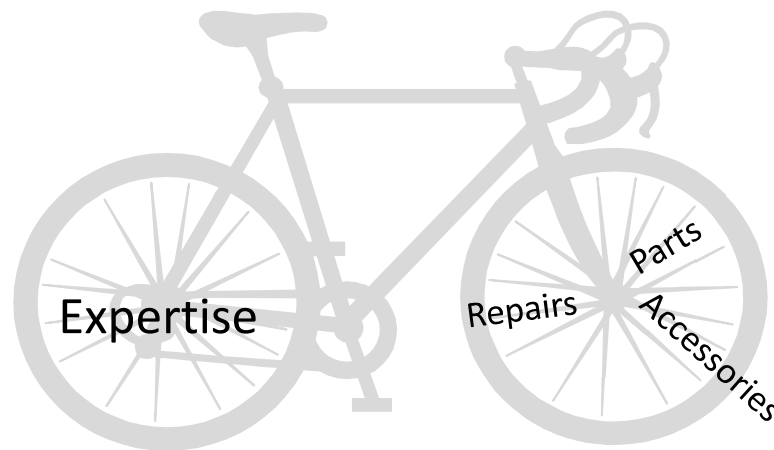
NEW MEMBERS

Baldwin, Elizabeth	5106 W Shoreline Dr	Floyds Knobs, IN	47119 (812) 923-7415
Binnix, Jon	142 Cornucopia Ct	Mt. Washington, KY	40047 (502) 538-9725
Bullen, Joe & Family	354 Bentwood Dr	Shepherdsville, KY	40165 (478) 335-0901
Casey, Caroline	1031 Alta Vista Rd	Louisville, KY	40204
Drake, Aaron & Family	2642 Longivew Ave	Louisville, KY	40206
Estes, Kevin	1938 Frankfort Ave	Louisville, KY	40206 (502) 643-2237
Fox, Steven	12208 Ridgeview Dr	Goshen, KY	40026 (502) 551-1881
Fricke, Juergen	3113 Gallway Lane	Louisville, KY	40242
Goldbach, Scott & Family	10609 Charleswood Rd	Louisville, KY	40229 (502) 696-9565
Haynes, Susan	1736 Harvard Drive	Louisville, KY	40205 (502) 384-0742
Huffman, Stephanie	9205 Spruce Ct	Pewee Valley, KY	40056 (502) 727-7503
Inman, Kay	2 Woodhill Rd	Louisville, KY	40207 (502) 608-2534
Kessler, Ron	12618 Chesapeake Bay Dr	Louisville, KY	40245 (502) 974-9163
Larimore, Michael	9723 Boxford Way	Louisville, KY	40242 (502) 296-6960
Magness, John	3045 Bon Air Ave	Louisville, KY	40205 (502) 533-7864
Maxwell, Robert & Kathy	1926 Strathmoor Blvd	Louisville, KY	40205 (502) 897-7185
McMahon, Jim	7601 Devondale Ct	Louisville, KY	40222 (502) 429-8034
Montgomery, Jason	308 Evergreen Rd St 100	Louisville, KY	40243
Mulders, Richard	13102 Blossom Way	Prospect, KY	40059 (502) 299-6095
Nurkowski, Joshua	3230 Running Deer Cir	Louisville, KY	40241 (574) 286-9856
Olsen, Guttorm & Family	2009 Juniper Hill Rd	Louisville, KY	40206 (502) 897-1996
Osborn, Sally	404 Old Towne Rd	Louisville, KY	40214
Parsons, Alan	1510 Polo Fields Ct	Louisville, KY	40245 (502) 244-9152
Peoples, Sue	15111 Chestnut Ridge Cir	Louisville, KY	40245 (502) 475-1341
Porta, Leslie	2010 Lauderdale Rd Apt 2	Louisville, KY	40205
Price, Russell	3045 Bon Air Ave	Louisville, KY	40205 (502) 599-0072
Rausch, David	4807 Southern Pkwy	Louisville, KY	40214 (502) 657-8213
Reed, Monica	3043 Crystal Waters Way	Louisville, KY	40299
Rickert, Anthony	3318 Nanz Ave	Louisville, KY	40207 (502) 690-8742
Riddle, Jeffrey	14814 Forbes Circle	Louisville, KY	40245 (502) 639-3806
Skaggs, Margie	PO Box 291	Taylorsville, KY	40071 (502) 643-2186
Smith, Russell	612 E Oak St	Louisville, KY	40203
Spillman, Scott	1301 Fairdale Rd	Fairdale, KY	40118 (502) 418-0867
Strange, Lori	8533 Confederate Place Dr	Pewee Valley, KY	40056 (502) 533-3782
Taylor, Asher	1281 Willow Ave #3	Louisville, KY	40204 (502) 550-5605
Warren, Todd	3612 St Germaine Ct	Louisville, KY	40207 (502) 479-8877
Wentz, Susie & Family	1836 Deer Park	Louisville, KY	40205 (703) 254-7016
Wilder, Peggy	1022 East Court Ave	Jeffersonville, IN	47130 (812) 697-0292
Winkler, Ronald & Samantha	4607 Delphene Cir	Louisville, KY	40241

bluegrass **BICYCLE**

6015 Crestwood Station, Crestwood, KY 40014
 502-241-2440 / 877-757-BIKE (2453)
www.bluegrassbicycle.com

*The area's newest
 Specialized S-Works dealer!*



Road Bikes • Comfort Bikes • Mountain Bikes • Kid Bikes
 Apparel/Shoes • Nutrition • Accessories
 • Full Service and Custom Ordering
 Now also your local site for Park Tool School (tm)!



We are authorized dealers for: *SPECIALIZED*
 Litespeed Schwinn Pearl Izumi Merlin Pinarello
 Cervelo Bacchetta Giro Merckx Easton
 Campagnolo Colnago GT Mavic Craft Clothing Fuji
 Sidi Shoes ... and others

**Dealership
Specials**

\$29.95

FUEL SAVER PACKAGE

- Premium Synthetic Blend Oil and Filter Change
- Rotate and Inspect Four Tires
- Check Air Filters
- Inspect Brake System
- Test Battery
- Check Belts and Hoses
- Top off all Fluids

Coupon not valid with any other offer. Up to five quarts of oil. Taxes, diesel vehicles and disposal fee extra. See Service Advisor for vehicle exclusions and details. Offer only valid with coupon.

BYERLY



CERTIFIED PLUS
PRE-OWNED SUPERSTORE



4041 Dixie Highway • Louisville, KY 40216
Ford: (502) 448-1661 • Nissan: (502) 448-8222
1-877-9BYERLY

www.byerly.com

Disappear off the Front

by Travis Kerns, LBC VP Racing



CYCLING TEAM



As I write this article, racing season is in full swing. Racers all over the world trained during the long winter months in order to compete, nearly every weekend for months, against others. The rush of wind and adrenaline and the smell of brake pads on carbon rims make an indelible impression on those who race. Racing bicycles is truly a sport worthy of consideration by any and all who enjoy riding their bikes.

With that in mind, some of you may be wondering about racing. You have likely been on club rides and seen the “racer crowd,” the men and women who, for some strange reason, enjoy disappearing quickly off the front. In all honesty, I used to be extremely intimidated by the racers when I was on club rides. As one of those fully invested in the “racer crowd,” let me say that we do not mean to intimidate anyone. Though high speeds and sharp corners can be very intimidating, those who ride at high speeds and take those sharp corners, at some point in the past, had no idea where to start or what to do.



The podium pic from the Men's Masters 50+ race at 2010 The Tour de Olmsted.

BikeClicks.com/Team Louisville rider David Jarboe is on the top step.

Club member Craig “Dooleymann” Dooley is on the left.

(photo courtesy Craig Dooley)

If you have ever had the itch to try racing but don't know where to start or what to do, the Louisville Bicycle Club has something just for you. While most of the racing teams in Louisville are not committed to developing recreational riders into racers, the racing team of the Louisville Bicycle Club, BikeClicks.com/Team Louisville, is committed to exactly that: developing new racers. Our website, www.teamlouisvillerracing.com, aptly states, “BikeClicks.com/Team Louisville is committed to developing bicycle racing and bicycle racers across the Kentuckiana region. We focus on road, cyclocross and mountain bike racing. While racing is our primary focus, our members make a commitment to volunteer their time for team activities, sponsor support, and community cycling events. If you're just looking for a team to line up and race with, we're not it! But if you're looking to join a great group of people representing all facets of the bicycle racing community, you can't do better than BikeClicks.com/Team Louisville. We focus on choosing teammates based on ability and attitude. We develop beginning racers and experienced racers alike.”

If you think you may be interested in racing, feel free to contact me at racing@louisvillebicycleclub.org. We work with those interested in racing all year, but our efforts to find new team members ramp up during the late summer and early fall. So, if racing is something you think may be of interest, contact us.

If you're not interested in racing, please still support your racing team of the Louisville Bicycle Club. You can follow our racers at our website, through BikeClicks.com, or through our Facebook fan page. We love having support from Club members, so come out to a race and support your fellow club members.

*Louisville Bicycle Club's Premier Cycling Tour***The Legendary “Old Kentucky Home Tour” (OKHT)**

It's right around the corner! I hope you are making your plans to attend this year's 33rd annual OKHT on Sept. 11th and 12th and experience riding your bike along with 1,000+ other cyclists enjoying two days of beautiful Kentucky scenery, great sag stops and lots of musical entertainment. Be sure and take advantage of the early registration discount by registering online at www.OKHT.org now.

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

To date-our current 24 OKHT SPONSORS are:

Gold: Bluegrass Bicycle – Clarksville Schwinn – University Hospital Trauma Institute

Silver: BikeClicks.com – Byerly Ford/Nissan

Bronze: Bardstown Road Bicycle Co.– Bicycle Sport – Bike Couriers Bike Shop – Joe's Older than Dirt – Main Street Bikes – Milestone Wellness Center – Road ID

Copper: Boom Bozz Pizzeria – Bob Evans – Breadworks – Flaget Hospital – Gordon Foods – Heine Bros. Coffee – Ky. Backroads Photography – Moe's Southwestern Grill – Nancy's Bagels – Preble Chiropractic – ReMax Realtors – Scheller's Cycling

You can also view the official 2010 commemorative jersey designed by veteran graphic artist, John Paul at www.OKHT.org. John's colorful jersey captures the fun-loving spirit of the OKHT ride. You can order a jersey without registering for the ride---but you will miss out on all the fun and beautiful Kentucky scenery if you don't ride! You don't want to miss the all you can eat “HOME MADE COOKIE” sag stop –YUM-YUM---

If you would like to volunteer and ride free-go to- www.OKHT.org and send an e-mail to the volunteer co-coordinator. Indicate which day and what job/jobs that you would like to do. It takes well over 100+ volunteers to staff the ride. If you have never volunteered— Think about doing so this year so the veteran volunteers can ride!!!!!!!!!!

Watch the LBC ride schedule for OKHT training rides— Come join us on the Thursday night “Fruit Rides” in June –July –Aug. for training and enjoy cold watermelon and other fruits afterwards –great way to get to know your fellow OKHT riding buddies!!

See you on the road – Lynn Luking 2010 OKHT Director

**LBC Annual Picnic Announcement***by Joe Thomas, LBC Picnic Organizer*

Sunday, August 15, 2010 at Noon
Farnsley-Moremén Landing

(preceded by rides)

Our annual Summer Picnic is here, bigger and better than ever. There will be three rides of 17, 31 and 50 miles. See the schedule for starting times.

The club will furnish the meat, so bring a side dish and a lawn chair and come on out. This is a family-friendly ride and park, so bring the family with you. The rides are short and flat and we will have plenty of shade for our picnic.

We will also be having a swap meet, so bring your stuff to trade or sell.

Joe Thomas

MAIN STREET BIKES

LLC

Featuring
Jamis • Raleigh • BH
Fuji • SE • Pivots

www.bikesonmain.com

Sales
Repair
Accessories



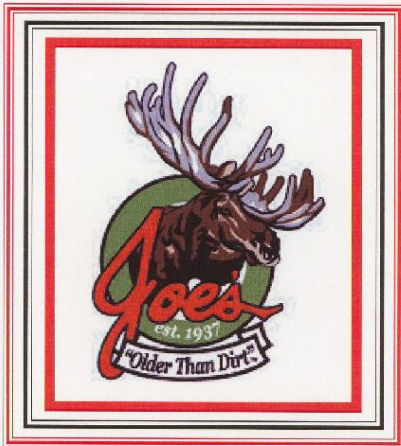
Tom Waggener
545 Main Street
Shelbyville, KY 40065
(502) 220-4136



RoadID®

It's Who I Am.

~~Fine Dining~~



Good Food

8131 New LaGrange Road
Louisville, Kentucky 40222

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

(502) 426-2074

Racing Tidbits

Club member Sherri Thompson won Gold Medals in the 5K & 10K Time Trials and the 20K Road Race in the Women 50-54 division at the 2010 Indiana Senior Games.

Club Secretary Barbara Tretter holds the 2010 KY State Championship Gold Medal in the 5K & 10K Time Trial, Women 60-64.

Club member Marilyn Minnick holds the 2010 KY State Championship Silver Medal in the 5K & 10K Time Trial, Women 60-64.

Club member Micah Fritzingler won the CAT 3 Road Race at The Tour de Olmsted.

Club member Claudia Fritzingler won the Women's CAT 4 race at the 2010 Tour de Olmsted.

Club member Craig "Dooleyman" Dooley finished 3rd in the Masters 50+ race at the 2010 Tour de Olmsted.

Club member Sherri Thompson won the CAT 5 2010 KY State Road Racing Championship at The Red River Gorge. Club member Suzanne Webster was 2nd.

LBC MEMBERS RIDE FOR THE RED

by Logan McCulloch

On Saturday evening, June 19th, a small but mighty band of LBC members volunteered to ride through the night in support of their local American Red Cross. Community-level disaster response services and emergency services for our military families are delivered by your local Red Cross chapter via charitable contributions. Large national and international disasters inspire the compassion and generosity of the American public. But donations for large disasters (Haiti Earthquake, Asian Tsunami, Hurricane Katrina, etc.) are restricted to fund only those direct relief costs. In their aftermath, donations to local chapters typically decline. So our LBC cycling Heroes came to the rescue!

Our riders and volunteers made personal contributions and sought lap sponsorships from family and friends. We began at 6pm and rode the one-way loop in Cherokee Park in shifts all through the night. LBC members such as Mark and Lynn Luking, Timothy Stephen (rode from 1:30am - 4:30am) and club President Andy Murphy (yes, it's true – he actually glows in the dark!) strapped on their lights in support of the American Red Cross. Our night ride honored Red Cross volunteers who respond to our most common and devastating disaster – one that typically strikes in the night. An average of 400 Kentuckiana families lose their homes to fire every year. Thanks to the efforts of our members, the Red Cross will continue to respond with food, clothing, shelter and support as those families recover. Many thanks to our heroic riders and volunteers – you are truly Heroes for the American Red Cross!

If you would like to donate (and/or volunteer), you can send your support to:

American Red Cross – Louisville Area Chapter
 510 East Chestnut Street - PO Box 1675
 Louisville, KY 40201-1675
 You may make a secure online donation at:
www.louisville-redcross.org
 Contact: Logan McCulloch at 502-561-3680
logan.mcculloch@louisville-redcross.org



Logan and son, Gabe, McCulloch
 (photo courtesy Steve Zaricki)

University

A proud member



Logan McCulloch, Darrell Edwards, Keith Aubrey and Larry Pethick
(photo courtesy Paul Beede (with Red Cross))

y Hospital

Trauma Institute

Member of **U** **OF** **L** Health Care

Florida Bike Safari or Bust

by Renita Bernat

The next time someone says to me, “You’ll love that bike tour... they have the best food ever”, someone just shoot me. I have learned one thing as of late...and that is I will not ride for food...at least not for 5 days and 350 miles.

I think the main reason we signed up for the Florida Bike Safari was just that. I must admit, I was a little disappointed. There certainly was quantity but the quality was missing. All you can eat does not equate to all that you should eat.

I will admit that the courses were done well, although there was just one ride sheet with 3 different distances. Everyone starts the same but to follow the rides you had to jump around on the cue sheet to figure out where the 66-mile ride cuts off from the 46 mile ride then intersects with the century. HELP!

I will admit that the sags were stocked, although if M&Ms, pretzel mix, Oreos, and peanut butter sandwiches are the only things available for a 100-mile ride with no stores or lunch stops provided...maybe that too was not something I’d come back for.

Ok...ok...how about the promise of drinks and hot dogs after finishing one day’s ride, that’s good right...although if you completed the ride at noon or 1:00 no food or drink was available until the 2:00 hour and there was no fudging on that rule unless you arrived after 4:00 and all

the hot dogs were gone because the volunteers ate most of them, which left many riders with their promised food at the finish not available.

Thank goodness for the people, all 130 of them in the last 3 days of the tour, which was a 6-day tour with a 3-day option. About 430 rode the first 3 days then 300 drove home (probably hungry and thirsty) while the remainder moved to another location to complete the tour. My party of 3 was able to bond more comfortably with the remaining 130...although not all at once and not with everyone.

This I believe was the 30th year for Florida Bike Safari and I imagine folks consider this an oldie and a goodie. It may have been. For the most part they did a good job and, considering no one gets paid for running a tour with volunteers, I’d say they were very successful.

Me...give me the bluegrass of Kentucky. Give me our OKHT tour with the best lunch stops on any route, 60, 75, or 100. Give me cue sheets that are easy and accurate provided by riders who are anal about accuracy. Give me a club of volunteers who are appreciated by most and paid by no one. It takes a trip, or a tour out of town, to realize what a wonderful, strong, and committed club we have and the incredible ride schedules we offer our members, not just for 5 days straight, but 365 days in a row.

Road Trip!

by Andy Murphy, LBC President



On Wednesday, June 2nd, a group of 11 club members made the trip northeast, to ride a 130 mile loop on The Little Miami Trail in Loveland, Ohio. Some folks stayed at The Hilton Garden Inn the night before the ride. Others made the trip the morning of the ride. Loveland is just north of Cincinnati, about a 2 hour trip. The Trail is part of The Rails to Trails Conservancy. Rails to Trails takes abandoned railroad tracks and converts them into paved, pedestrian/bicycle paths. At the trailhead in Loveland where we started and ended our ride, there are restaurants, coffee shops, an ice cream store, a State Park, an amphitheater--a very cool setting.

Along the trail, the theme is railroads. You’ll cross several railroad bridges. Some of the old train stations are now tourist information stations. We rode south 13.5 miles to Milford, then turned around and headed north toward Xenia. After lunch in Xenia, we headed back south to Loveland. When we arrived in Loveland, we were tired, but satisfied. Allison Dobbs, Rick Croslin and John Larson had ridden distances longer than 130 miles before. For everyone else, this trip marked the longest one day bike ride we had ever been on.

The thing that is really cool about The Little Miami Trail is that it’s as flat as a fritter. The biggest elevation change I experienced all day, was the 2 and ½ feet I descended when I crawled out of bed that morning. I think you can actually see the curve of the earth if you really focus. For a full bodied fellow like me, flat is good! Our saddle time was 9 hours and 4 minutes for the 130 mile ride.

To everyone who made the trip, congratulations on a job well done!

Life is good
Murphy



June 2nd at The Little Miami Trail.
L to R; Allison Dobbs, Carol Medley, Pam Davis, Barb Tretter, Jack Lamon, John Cummings, John Larson, Dave Combs.
Kneeling in front; Rick Croslin, Andy Murphy, George Cooper.
(photo courtesy Laurie Murphy)



"SCHWINN SUPERSTORE"

CLARKSVILLE SCHWINN

& FITNESS

948-2453

948-BIKE

111. W. LEWIS & CLARK PKWY
CLARKSVILLE IN 47129



SALES SERVICE PARTS

ROAD-MOUNTAIN-TRI-TRACK-BMX-COMFORT

CANNONDALE-SCHWINN-FUJI-GIANT-SCOTT-REDLINE

COLNAGO-SURLY-DEROSA-SALSA-BLUE-MASI-SOMA

LITESPEED-KESTREL-QUINTANAROO

HARO-SE-PREMIUM-FIT-DK

TANDEM-TRIWHEELER-UNICYCLE-TRAILERS

SCHWINN & BH EXERCISERS

TRAINERS : CYCLEOPS-KENETIC-BLACKBURN-KREITLER

CLOTHING : CANNONDALE-DECSENTE-PEARL IZUMI-PRIMAL

SHOES : SHIMANO-SIDI-DIADORA-PEARL IZUMI

HELMETS : BELL-GIRO-PROTEC

EYEWEAR : OAKLEY-GIRO-TIFOSI

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

ACCESSORIES-BOTTLES-CAGES-PUMPS-MIRRORS-TOOLS-LOCKS

COMPUTERS-HEART MONITORS-RACKS-BABYSEATS

CAR RACKS-BIKE PARTS

ONE-DAY SERVICE LAYAWAY & FINANCING

"SERVING KENTUCKIANA SINCE 1973"

WWW.CLARKSVILLESCHWINN.COM

There And Back Again, A Commuters Tale.

by Andy Murphy, LBC President



Having spent 30 years working for Ford Motor Company, I retired in September 2007. I had never given much thought to commuting by bicycle. In Feb.-March of 2008, I took a Park Tool Bike School course at the Bike Couriers Bike Shop. While I was at the shop, I read a piece of literature that talked about how to become car-free. It caught my interest and in 2008

I went a total of 49 days without driving a motor vehicle. In 2009, I got a little more serious and made it 83 days without driving. So far in 2010, I've gone 70 days car-free, with a goal of 150 days for the year. My wife and I bought a house in the George Rogers Clark Park neighborhood last year, which makes getting around by bicycle a lot easier. I can be in Cherokee Park in 20 minutes and Waterfront Park in 25 minutes by bicycle. I even got Laurie to ride her bicycle to Qdoba the other night! I probably won't save the planet by commuting by bicycle, but every time I ride to a bike shop, or ride to Kroger--or Qdoba, I feel like I'm making Middle Earth a little better.

This past May 1st-20th, Bike Louisville held a "Commuter Challenge". Teams of 5 were assembled and daily commutes by bicycle were logged at greenlightride.com. The Louisville Bicycle Club team, Team LBC, consisted of Perry Finley "The Internet Sensation", "Rockin'" Rick Croslin, Tom "Bikeolounger" Armstrong, "Jersey" John Cummings and yours truly. During this 3 week period, Team LBC made a total of 311 commuting trips, that totaled 942 miles. I would like to congratulate Team LBC for such an outstanding showing. This wasn't a big surprise to me though, as Perry, Rick and Tom have been avid bike commuters for well over 20 years.

The Commuter Challenge got me to thinking about how many trips we as a club make in a years time. The LBC Executive Committee is considering starting a commuter page for LBC members to track their commuter mileage. This information would be useful when we're discussing the role of bicycling with city, state or national elected officials. We, as a club, are viewed by some folks as "only" recreational cyclists. As I see it, any bike rider on the road is a good thing. That being said, it would be helpful to have some statistics to let folks know how much we, as a club, commute on a yearly basis. Look around at the Tuesday night Burdorf's ride. I bet 50-60 people on that ride, commute to and from the ride. That's a lot of cars not on the road. On the website mycyclinglog.com, there is a calculator that will determine how many pounds of carbon you haven't put into the atmosphere by commuting by bicycle. You can also calculate how much money you've saved in gasoline by commuting.

I know there are a lot of commuters in the club and if you ride to and from a club ride, you're one of them--thank you! Hopefully, soon, we'll have a way to recognize your efforts.

Life is good
Murphy



The Gilded Handlebars

May 21st at The Bike To Work Day celebration at 4th Street Live.
L to R; Andy Murphy, Tom Armstrong, Perry Finley
(photo courtesy Andy Murphy)



Bicycle parking at 4th Street Live.
(photo courtesy Andy Murphy)



Lynn Luking working the LBC booth at the celebration.
(photo courtesy Andy Murphy)

2010 Ride of Silence- Were you there?

by Richard Heckler

All 7 Continents, 22 Countries, All 50 United States.....The 2010 Ride of Silence made its progression around the Globe as cyclists World Wide rode slowly and silently to remember other cyclists who had been injured or killed while riding on public roadways.

On May 19, 2010, nearly 150 riders assembled near Waterfront Park to offer local support to this cause.

On the day of the Ride, information about the Ride was broadcast on 84-WHAS Radio and Fox-41 TV.

Prior to the Ride, interviews were given to WHAS-11 and WAVE-3. These interviews were later broadcast on the Evening News and again on newscasts the following day.

At the beginning of our Ride, I read information concerning our local Ride and how we hoped that our Ride would help raise the awareness of the motoring public and that "Cyclist are on the roads" and "Please be cautious when driving around us".

Inspirational words were offered by LBC Member, Glenn Todd. He concluded with the reading of "The Ride of Silence Poem".

The Ride was led off by 27 members of the Bike Clicks Racing Team. Following the Race Team were members of the LBC, The LBC Mad Dogs, The Southern Indiana Wheelmen, Twin Spires

Race Team, Papa John's Race Team, The LBC Mad Pups, and other riders including those with no Club or Group affiliation (ie. general public).

The 10 mile route wound its way through the streets of Downtown Louisville, Portland, and The Waterfront Park Area. At one point, while I was traveling Northeast on River Road, I met the main group as they traveled Southwest toward downtown. It was a truly INSPIRING SIGHT. Nearly 150 cyclists, traveling slowly and silently. Heads low. Led by the sharp, crisp unified visual impact of the 27 members of the Bike Clicks Race team.

Also, on hand for the Ride were friends and family members of former local racer Darryl Benefiel, who was killed in a car vs. bicycle accident last summer in California. They were truly touched and appreciated having so many people come out to support the Ride Of Silence.

Thanks, to all who helped, supported and rode in the 2010 Ride of Silence.

Ride of Silence 2011.....WILL YOU BE THERE?
(May 18th, 2011.....save the date.)

Richard Heckler
Local Organizer, Ride of Silence
Local Info-(email) RoS.Louisville@gmail.com
Global Info- www.RideofSilence.org



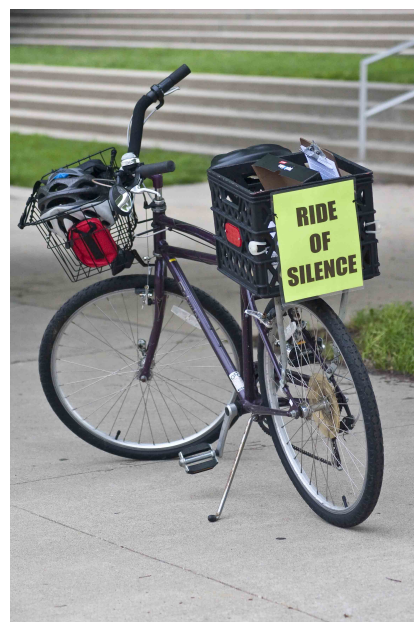
(photo courtesy Ann DePrez)



(photo courtesy Ann DePrez)



(photo courtesy Ann DePrez)



(photo courtesy Ann DePrez)

The Kentucky 400K Brevet

by Melissa "Puddle" Hall

It is interesting to me that while our club is lucky enough to have a brevet series, few people know or understand exactly what it means to be a randonneur. If they do have an idea, it is often a misconception loosely based on gossip about 1200K events, something that not every randonneur does or has any desire to do.

RUSA (www.rusa.org), the national organization that sponsors most brevets, defines randonneuring as long-distance unsupported endurance cycling. This style of riding is non-competitive in nature, and self-sufficiency is paramount. When riders participate in randonneuring events, they are part of a long tradition that goes back to the beginning of the sport of cycling in France and Italy. Friendly camaraderie, not competition, is the hallmark of randonneuring. Many randonneurs never attempt anything more than a 200K event, something anyone who has done the Mammoth Cave ride one way could accomplish if they desired. Others desire to do the longer, more challenging events such as Paris-Brest-Paris, better known as PBP, or numerous other 1200 K events that happen around the globe. Most of these longer events require a rider to complete a series of 200,300, 400, and 600K rides to qualify.

How does a brevet differ from a regular club ride? First, it is unsupported. That means that you will need to be able to fix flats or other mechanical problems on your own (though in my experience people normally stop to help others) and have a means to get home if the course masters you rather than you mastering the course or in case a mechanical can't be fixed. It means you will not be swept. You may find a group to ride with or you may ride on your own, there are no guarantees. There is a small entry fee to cover expenses such as additional insurance and road marking. (At least the Kentucky main brevet series is normally marked). You are provided with a brevet card that you must have signed at each control, a stop that is like a club ride store stop. (It is kind of cool because you will turn your card in at the last control only to have it returned to you in mail months later officially stamped for a memento). The event will not be canceled due to bad weather (think ice) unless it is judged to be too dangerous to ride by the RB, and this doesn't happen often. It is normally an out and back course. While you don't have to be a RUSA member to ride, if you are you can order a medal to commemorate your accomplishment. Your bike will be checked to ensure that you have lights, both rear and front, and you will be checked to ensure that you have a reflective vest and ankle bands. The start time is the start time: no wheelman time. I think of these things as I prepare for the 400K.

I have not done a 400K since 2007, the year of the last PBP, and I am afraid. It is not an uncomfortable fear, but the kind that has a bite to it that lets you know you are alive and that you will either fail or have something to tuck under your belt and feel proud of and savor later down the road. People need to continually challenge themselves lest they slump into old age with their heads bowed.

My fear has intensified with the weather forecast calling for high winds with gusts at 20-30 mph and an unknown course. I am less out of my comfort zone upon finding that Steve Rice, the Kentucky RB, has taken the time to mark the course as it will save time and possibly keep me from getting lost if I don't find a group that suits me. I wish that Susan Bandit Howell was riding again as I enjoyed her company on the 200K and 300K brevets, but I know she is involved in preparing for the Iron Man.

I know that longer distances merely become mental, but that doesn't mean it is always easy to discipline the mind when negative thoughts begin to worm their way inside. Since the ride begins at 4:00 a.m., I know I will need lights to find my

way in the dark and to be seen. I am waiting for my new hub to fit my new bike with its larger wheels, so Dave King allows me to borrow his old light and hub. (Thanks, Dave). Reflective gear is required, so I make sure I have my reflective vest and ankle bands. I will need clothing that will allow me to be comfortable both during the day when it is warmer and at night when things cool down, but I also don't want to carry more than necessary up the hills that await me. I always carry a bit of spare food in case I would need something prior to a control. I need tools and tubes and both a pump and CO2 inflator.

Finally I am ready and begin my trip to Shelbyville as I intend to stay all night so I don't have the long drive in the morning. The motel is filled with others preparing for the ride. It turns out there are 22 of us, five of whom are LBC club members: Bill Pustow, Steve Rice, Dave King, Steve Royse, and myself. I check in (the RB rents a motel room for the main series), sign the papers, and pay my entry fee the night before. There is almost a hum of excitement in the air and everyone is friendly and chatting with anticipation.

I have been having some problems sleeping, but for some reason tonight I fall asleep easily and sleep through until the alarm awakens me at 3:00 a. m. Since the motel breakfast is not available this early, I have brought my breakfast in a cooler. While there will be a store available earlier, the first control is not until approximately 60 miles into the ride and I don't want to start on an empty stomach. Unfortunately, my stomach feels queasy and remains that way throughout the ride.

When I leave my motel room, the parking lot is crowded with riders. The wind is already ferocious, and I know it is going to be a tough day. I decide I will be happy to get in by midnight, and I hope I do as I need to go to Cincinnati for Mother's Day the next morning. I do meet this goal.

I love seeing the riders with their lights spill out into the road when the RB says it is time to start, and this time is no different. There is something magical about night riding and I wonder why I don't do it more often.

Shortly down the road, I find that I forgot to close my handlebar bag. Bill stops with me. I will feel badly that I held him back and that in doing so, lost the front group, but he says he doesn't mind. I can already tell I just am not feeling up to par, and I know this day will be a tough one even under the best of circumstances. I flirt with the idea of throwing in the towel. I suppose the Lord works in mysterious ways because since Bill stopped to wait, I don't feel like I can turn around. Looking back, I am so glad I didn't give in.

I wish that I could tell you that this was one of those magical rides filled with laughter and camaraderie, but it was not, at least for me. With the wind, the lack of sunshine, and the climbing (12,400 feet per Bill), it is hard to talk, and from the first the focus is not on enjoying the ride but finishing. This is a ride of endurance, one of the more admirable human traits. Brevets are not always this way, but today's ride is. It is a ride that takes all my courage and strength to continue at times as the hills begin to wear on my legs and my muscles scream for relief. It is a ride that teaches me some things about myself and my character, something brevets tend to do. Some of these character traits I like and others I don't, but at least I am learning about myself.

Regardless, there is a certain satisfaction in finishing and completing another step of a longer term goal: PBP in 2011. Hopefully I will make that goal, but if not I will learn even more about myself and my character because life is as much about failure as it is accomplishment.



Baptist East/Milestone
**wellness
center**



Bike Couriers Bike Shop



2132 Frankfort Avenue
502 259 9000

107 W Market Street
502 583 2232

2833 S Fourth Street
502 635 2900

Bike Sales
Bike Repair
Courier Service

Bianchi, Breezer, Dolan, Jamis,
KHS, Marin, Masi, Xtracycle

www.bikecourier.org

Bardstown Rd.



Bicycle Co.

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

BICYCLE SPORT INC.

132 BRECKINRIDGE LANE
LOUISVILLE, KENTUCKY 40207
www.bicyclesportinc.com

TREK[®] USA

897-2611

Louisville Bicycle Club Contacts:

Statisticians

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

Website

www.louisvillebicycleclub.org

Facebook

facebook.com/group.php?
gid=233519648724

Listserve (*unofficial*)

kycyclist@louisvillebicycleclub.org

Webmaster

David "PaCkMaN" Ryan
webmaster@louisvillebicycleclub.org

Newsletter Editor

David "PaCkMaN" Ryan
editor@louisvillebicycleclub.org

The Louisville Bicycle Club

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

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

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.

It is not when things are down that dissention tends to appear, but when things are up. Things must be up. There are more rides than ever. With our hosting of the Louisville Mayoral Forum on cycling issues attended by every candidate from both parties and with the coming of not one but two major intermodal hub facilities for cyclists downtown, government is paying attention to us. The completed part of the Louisville Loop is a wonderful place for families and beginners. The club's cash balance is its best ever, built up bit by bit over the years, thanks in no small part to our long-time treasurer, Jim Tretter, and aggressive sponsorship recruitment by OKHT Director Lynn Luking. It just takes one bad year or major event and you'll be glad it's there. It also allows the club to host bigger and better events in the future with commensurate financial risk. The club is reaching more new riders than ever with events like the two annual Mayor's rides and VP Education Tom Armstrong's new rider clinics. And the newsletter is chock-full of members eager to tell of their cycling adventures.

It would be sad to see factions and frictions make people unhappy or, worst of all, stop riding, because of issues that probably would not exist were we not so successful. Usually, everybody has validity for their viewpoints. Everybody has a way of expressing their viewpoint that may not be the way someone else might express it. The worst kind of falling out is when it is not the issue but the mere mode of expression of those issues that causes the rift. It is useful to remember the sticks and stones analogy to words and stay focused on the concrete club accomplishments and one's own reasons for participating.

I quit the club once. I had good reasons. I had somewhere else to go. It was a mistake. At the time of my accident I had decided to rectify that error but it was too late, at least in terms of riding with you. I hope no one else makes that mistake and I hope no one harbors a desire to push anyone out. We have the resources and commitment to cycling to take problems to the appropriate place and resolve them.