

THE LOUISVILLE BICYCLE CLUB

Founded in 1897

www.louisvillebicycleclub.org

January/February 2011

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Awards Banquet
January 15, 2011

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
Mar/Apr 2011 issue is
February 10**

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



2010 - It was a very good year!

by Andy Murphy, LBC President

I started making a list of activities the Louisville Bicycle Club has engaged in the last year. Wow--what a list! What a year!

At the League of American Bicyclists National Summit, GOOGLE announced they would add a Bike Route feature to it's suite of online mapping services. It was also announced that Pennsylvania Avenue in Washington, D.C. would get bicycle lanes.

Closer to home, the club sponsored a Mayoral Candidate Forum that was attended by all the Mayoral candidates. Our clean-up efforts at Wayside Park continued. (see page 10) The LBC New Rider Clinic proved to be very popular this year, with 35 new riders graduating. The OKHT enjoyed another successful year in spite of the threatening clouds that delivered some very brief showers. The MAD DOG Series enjoyed one of the best years yet, with 52 finishers! The LBC Brevet Series had 58 unique riders complete at least 1 of the brevets. 14 of these riders are club members. These Randonneurs rode over 38,000 kilometers--that's over 23,000 miles! It is anticipated that 6 club members will take part in the 2011 Paris-Brest-Paris Brevet in Paris, France.



The FORD Ironman Triathlon once again swept through town, with a number of club members completing the 140.6 mile trek through the Ohio River, over the hills and down 4th Street Live. For the third consecutive year, the USA Cycling Master's Road National Championships were held in the Greater Louisville area. It is rare for one city to host these races in consecutive years, much less three years in a row. A good number of LBC members had high placing's in the Master's Nationals. The NBL BMX Grand Nationals were once again held at E.P. Tom Sawyer State Park. This is a pretty cool event, with 12,000 people at the park for a weekend of BMX racing.

Last but not least, the USGP of Cyclocross Derby City Cup was held at the new Cyclocross facility at Eva Bandman Park. Eva Bandman will also host the Master's World Championship in 2012 and the Elite World Cyclocross Championship in 2013. This will be the first time the Elite World's will be held outside of Europe.

To anyone that had anything to do with these events and events I'm sure I've missed, thank you! It takes a lot of time to prepare a cyclocross course or to prepare a 600 kilometer brevet course or for that matter to put together a new route for a 25 mile ride. When we put our minds to a task, we can do just about anything--look at what we've done this past year without even thinking about it.

Life is good
Murphy



Allison and Carson Torpey dropping Murphy on his new-fangled Safety Bicycle while riding down Southern Parkway.

(photo courtesy Doug Brent)

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)**.

Notice!

As a cost-saving measure, the newsletter of the Louisville Bicycle Club will be available only in electronic format beginning with March/April 2011. Please go the website address below to sign up to receive your newsletter by email for uninterrupted service.

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>.

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NEW MEMBERS

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Corradino, Guy	1859 Rutherford Ave #3	Louisville, KY	40205	(248) 508-8430
Coslow, Christopher	7035 Royal Links Dr	Louisville, KY	40228	
Diggs, Charles Jr	114 Northwestern Pkwy	Louisville, KY	40212	(502) 641-7830
Ferguson, Alicia	10618 Meeting St #201	Prospect, KY	40059	
Hood, John	2230 Wynnewood Cir	Louisville, KY	40222	(502) 299-8527
Kandle, Kirk	2525 George Rogers Clark Pl #107	Louisville, KY	40206	(502) 345-0229
King, Ted	7615 Beechspring Farm Blvd	Louisville, KY	40241	(502) 895-2934
McGee, Keegan	1524 S 4th St #8	Louisville, KY	40208	(606) 842-0127
Pardieu, Damon	7911 Misty Green Way	Louisville, KY	40291	(502) 648-2314
Simpson, Henry	1907 W Moody Lane	Lagrange, KY	40031	(502) 727-6834
Snogles, Allen	7701 Shrry Lynn Ct	Louisville, KY	40228	(502) 298-7283
Spadie, Freddie	10840 Southgate Manor Dr #2	Louisville, KY	40229	
Stancyk, David	4213 Norbourne Blvd	Louisville, KY	40207	(803) 360-6436
Wilson, Ward & Family	300 Foeburn Lane	Louisville, KY	40207	

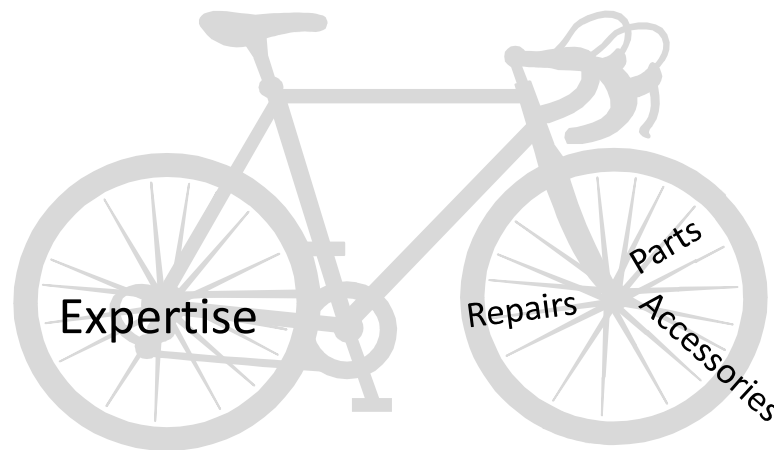
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The 100,000-mile man, Paul Battle, adding to his record club miles total at the 33rd Old Kentucky Home Tour. (photo courtesy Craig Dooley)

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Three... Two... One...

by Travis Kerns, LBC VP Racing



CYCLING TEAM



As I write this article, snow has just fallen across the Louisville area and temperatures are in the single digit range. My neighbors are outside clearing their sidewalks and driveways, birds are frantically searching for food, children are hoping for a snow day. With racing season a few months away, I've decided to devote this article to something many of us fear: losing fitness during the winter months.

When winter comes, outdoor cycling is quite possibly the last thing on anyone's mind for two reasons. First, mixing skinny tires with slick roads does not equal fun in many of our minds. Second, it is really, really cold outside, especially for cyclists dealing with wind chill. With wind chill values in the negative category, outdoor activity is often self-limited to walking short distances between car and store, etc. This does not mean you are necessarily up the proverbial creek without a paddle this winter when it comes to keeping up fitness levels and being able to ride your bike.

One of the wonderful opportunities offered by the Louisville Bicycle Club comes on Tuesday and Thursday evenings during the winter. Known by some as the "pain cave," Broadway Baptist Church on Brownsboro Road becomes a winter cycling haven for numerous cyclists on Tuesday and Thursday nights throughout the winter. I wholeheartedly recommend these opportunities as ways for continued fitness throughout the winter. A.B. Sandefur, all of the pain cave loving trainer / roller riders, and of course Coach Troy, provide a wonderful atmosphere through which your winter fitness can remain at a stable level. After attending even one of these weeknight events, I promise you will never think of a countdown from 3 in the same way.

Though riding indoors is sometimes a mainstay of the winter months, and is often necessary to fight off extra pounds and keep one's fitness, stationary exercise does tend to dull one's sense of riding within packs. Undoubtedly, when spring comes and the temperatures begin to rise again, outdoor club rides will begin to become more heavily attended. Because we all need help with our cycling and all of us can improve, the Louisville Bicycle Club, through the VP of Education, offers rider education courses designed to help newer riders improve their cycling skills. These courses are extremely helpful for newer riders and are beneficial to the local community. This year, I'm excited to announce that the racing team, working with the VP of Education, will offer more advanced clinics designed for those who have been through the new rider courses or for those more seasoned cyclists among the Club. We plan to offer courses on climbing, pack riding, pacelining, cornering, etc. You don't have to be a racer or have any desire to race to benefit from these clinics. If you simply want to feel more secure on your bike while riding in groups or want some tips on making it up those pesky hills more easily, we're here to help and offer tips we've learned. We'll announce the dates and times through the various media outlets we have available: ride schedule, club website, the listserv, BikeClicks.com, etc.

The winter months are not exactly conducive to outdoor workouts, but spring is coming. Once spring arrives, the racing team will also be back in the full swing of racing season. Watch the ride schedule this year for races, both local and regional, and come out and show your support for your racing team of the Louisville Bicycle Club – BikeClicks.com / Team Louisville. You might find out that you'd like to try racing. We're here to help – just let us know!

Candidate for President: Andy Murphy

My fellow cyclists,

It has been my pleasure to serve as President of the Louisville Bicycle Club this past year. I've enjoyed working for one of the largest bicycle club's in the country and ask for your support to continue doing so as your President. I will keep working with local, state and national government agencies to make sure the voice of our membership is heard. Our membership is growing. The number of rides our club offers is growing. I humbly ask for your vote, so I can help continue this growth. I've said it before and I'll say it again--it's a great time to be a bicyclist!

Thank you for your consideration.

Candidate for VP Advocacy: Mark Luking

Bicycling in Louisville is on the move. Our city continues to expand its bicycling infrastructure, from adding bike lanes to opening more sections of the 100-mile Louisville Loop. Louisville has recently shown it's support for cyclocross racing by opening one of the first parks designed specifically for this type of racing and, in 2013, it will host the world competitions at that park. As our new metro mayor and administration prepare to take office, it is essential that the Louisville Bicycle Club continue to represent our 1000 members and their interests to insure that we continue Louisville's progress towards becoming one of the best cities to ride a bike.

Because I believe that each of us has an important responsibility, both as cyclists and club members, to find ways to support this progress, I would like to offer to do my part by serving as LBC's VP of Advocacy.

My qualifications for this office would include several years of actively participating in many of Louisville's local and national cycling events, my experience serving as the VP of Racing along with the many contacts I have made while serving in that office, and that I am familiar with the workings of the LBC Executive Committee including having a good working relationship with many of its members. However, I consider my strongest qualification to be my desire to make a contribution towards improving both our cycling community and our club.

Thank you for your consideration.

Candidate for VP Communications:**David Ryan "Packman"**

No numb bicyclist ever done any more for cycling by riding far in the country.

He done it by making the club newsletter so some OTHER poor bicyclist could ride farther in his/her country.

Candidate for VP Education: Tom Armstrong

I am asking that you support me as the VP Education for a third term. Having enjoyed teaching the New Rider Clinics for two years, I'd be honored to be given the opportunity to teach another year.

I look forward to making more improvements to this program in 2011, and teaching more folks to ride safely and well as they become contributing members of our Club.

Thank you for your support!

Candidate for VP Racing: Larry Pethick

[Statement not available at press time.]

Candidate for VP Touring: Tim Chilton

I would like to offer my name for consideration as the VP Touring position for the 2011 cycling season. After many years of active participation in the club I am still a big fan of all we do, and I'd like to give back a bit.

This would be my second run at this position, having served from 2003 through 2005. I don't come in to this thinking there are things to fix, but I would like to see wider input. I am really looking forward to bringing a Touring Committee back into play, something I always enjoyed.

In the five years since I last served on the Executive Committee, the club has seen a lot of change, most of it for the better. I'd like to be a part of continuing that positive change.

Thank you

Candidate for Secretary: Barry Luckett

I have been a member of the LBC for six years. I've enjoyed being a member of the club and I would be happy to contribute to the club's operation by serving as Secretary.

Candidate for Treasurer: Jim Tretter

I am again running for Treasurer. If you think you can do a better job, you run for Treasurer, I'm getting tired.

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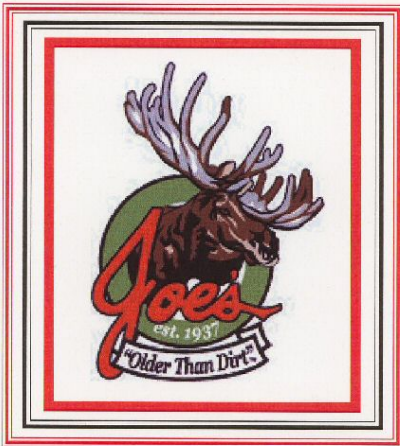
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Wayside Park Cleanup

by Andy Murphy, LBC President



On Saturday, November 13th, we did our last clean-up day for 2010 at Wayside Park. Our efforts on this day were spent weeding and applying a protective layer of mulch to the base of the trees. After the clean-up, we saddled-up for a bike ride. As most of you probably know, Wayside Park is the location of “Ruff’s Memorial Wheelmen’s Bench”, which holds a significant place in bicycling history nationally as well as here. I mention this because the Wheelmen’s Bench was dedicated in 1898.

Carson and Allison Torpey joined us at the park for the clean-up and rode with us afterwards on their high-wheeled bikes. The bike Allison rode was a 1887 Columbia Expert 52”. That’s right, it was built 12 years before the Wheelmen’s Bench! The bike was rescued from a barn in Southern Indiana. It needed new rubber, saddle, grips, a rear fork and a new coating of nickel plating, but the frame is original. Carson’s bike is a 1994 Mesecek 54”. It was really cool riding along Southern Parkway with Carson and Allison and seeing peoples reaction to the high-wheelers. People in cars would slow down and wave. Children playing in their front yards would wave and yell--it was really cool!

It was really cool until they dropped me! Here I was on my new fangled Safety Bicycle getting dropped by a bicycle that is 123 years old! It was very cool watching them ride off into the sunset.



LBC Clean-up crew working at Wayside Park
(photo courtesy Andy Murphy)

Thanks to everyone who helped with the clean-up efforts at Wayside Park throughout the year. Every time we’re working there, a neighbor will come up and thank us for our efforts. We’ll start back in March or April, next year. If you didn’t get a chance to join us this year, maybe you can help out in 2011!

Life is good
Murphy

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L to R in the photo: Allison Dobbs, Steve Montgomery, Bev Montgomery, Allison Torpey, Ron Dobbs, Vicky Dobbs, Terry Thompson, Laura Trachtenberg, Bill Fible, Bobbie Leslie, Lynn Luking, John Cummings, Andy Murphy, Carson Torpey, Doug "E Fresh" Brent
(photo courtesy Doug Brent)

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LBC Annual Awards Banquet – January 15, 2011

Please join your cycling friends at the LBC Annual Awards Banquet to reminisce on the year's activities, acknowledge our volunteers, celebrate our achievements, and elect club officers for the upcoming year.

The banquet will be held again at:

**Big Spring Country Club
5901 Dutchmans Lane
Saturday, January 15, 2011.**

Cost is \$10 per person for the buffet dinner.

6:00 p.m. - Reception and Cash Bar

7:15 p.m. - Buffet Dinner

8:00 p.m. - General Meeting, Awards, and Election of Officers for 2011

10:00 p.m. - Adjournment

To provide an accurate count of attendees I must receive your reservation(s) by Sunday, January 9.

Phone Number _____

Number attending _____ @ \$10/ each = _____ Total Enclosed

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Youth Cycling Safety Program

by Andy Murphy, LBC President



Metro Louisville's Bicycle Program, Bike Louisville, implemented their first Youth Cycling Safety Program (YCPS) this fall at Indian Trail Elementary School. Indian Trail Elementary School is a MicroSociety Magnet Program. This program has students create a microcosm-

a little world- inside their school. Each student has an important role in running that world. Shelby Ford, a fifth grade student, had the foresight to create a venture that is a natural extension of his love for bicycling. Lil' Duggy's Bike Shop is a group of friends who work together after school repairing bicycles at Shelby's house.

Shelby began receiving donated bicycles that had been abandoned, which he would repair and teach his fellow classmates how to repair. Once the bicycle was in working condition, he would teach them how to ride safely.

But first, he had to find some bicycle helmets. Shelby contacted Bike Louisville, knowing that they had a bicycle helmet give-away program. This was timely, as Bike Louisville was looking for a school to implement a safety program and the Youth Cycling Safety Program was born. The six week course uses a combination of Vermont's Safe Routes to School as well as the League of American Bicyclists' Bicycling Skills 123 curriculum.

I got involved in this program during a Bike Louisville Education/Encouragement Team meeting. Rolf Eisinger, from Bike Louisville, told me about the program and I offered to lend a hand. You may or may not know, that the Louisville Bicycle Club is in the process of redesigning all of our award jerseys. We had about 50 of the old red Ride Captain jerseys left, mostly size small and medium. The Club Executive Committee agreed to donate the remaining ride captain jerseys to this program.



Students receive final instructions as they prepare for their test ride.
(photo courtesy Andy Murphy)



First graduating class of the Youth Cycling Safety Program
(photo courtesy Andy Murphy)

On November 22nd, graduation day, each student was presented with a red LBC jersey and their certificate of completion. They had no idea they would be getting a jersey and these kids were really fired up! One graduate asked what the pockets on the back of the jersey were for and I showed them how I carried my Jelly Belly Extreme Sport Beans in my back pockets. Dude, they were on me like a swarm of locusts! They got both packs of Sport Beans and the 2 Chocolate Outrage GU Gels I had with me. That was my donation to the YCPS!

Bike Louisville will be offering this program again in the Spring and could use some volunteer help. When we put the call out, if you have the time, please consider helping to train the next generation of bicyclists. I would like to congratulate Shelby Ford and Rolf Eisinger on getting this most excellent program up and running!

Life is good
Murphy



The graduates lookin' good in their new jerseys!
(photo courtesy Andy Murphy)

Youth Cycling Safety Program

by Andy Murphy, LBC President



Students on YCPS Test Course
(photo courtesy Andy Murphy)



The new LBC Jersey

O Captain, My Captain

by Dianna Decker

I must confess, my decision to captain LBC rides two seasons ago was pretty much a selfish one – okay, an entirely selfish one. I can't tolerate the hot, sweltering dog days of summer. So, beginning in May of 2009, I proceeded to create and schedule a few "Beat the Heat" rides on early morning weekends and evening weekdays – around summer work hours. My plan has been successful. I was able to ride for most of the hot weather without heatstroke or any further sun exposure damage and didn't have to cut out early from work. My selfish cycling needs were met. However, I was surprised of the unexpected peripherals that developed from being so selfish.

As ride captain, you enter the world of giving back to the LBC what you have gained from it. I met cyclists who, like me, could not tolerate heat or sun, but manage to cycle anyway – we are kindred souls. I met cyclists who were forever grateful for a sweeper, and within a few months had become confident and capable riders. I met cyclists who are now great friends, relationships I would not have encountered if I hadn't been at the back of the pack. Sure, the riders are sometimes a little slow, and you certainly want to steer clear of their newbie tendencies, but I always felt that I got in a good ride when I captained, regardless of the speed. I also learned how important it is for cyclists to slow down on a few rides, permitting micro tears and muscle damage to heal and to just "enjoy the ride".

Warning: Captaining is not always wonderful. There is no worse feeling than turning a corner to see a rider down with other cyclists hovering about. It's gut wrenching. And I take captaining seriously - I always try to drive the route before a ride to look for safety issues and ensure correct cue sheet directions – captaining takes time – you have to be at the ride

start early, handle the sign-in paperwork, and sometimes you're late getting home. I also learned how sad it is to leave behind a rider at the start who forget a helmet, water bottle, or something else you can't ride without. I now carry an extra one of these in my car – it's not expensive – it's an old helmet, and the bottle of water is no big deal, but it's worth a lot when the rider at the start doesn't have one. To prove my point, here's an email message I received just after last year's OKHT:

Dianna,

I thank you for your extremely generous lending of your helmet for the OKHT ride. You have been sent many mental messages of appreciation and good wishes. I will pass on the favor, as opportunities present themselves. The ride was wonderful, every aspect of it, and the Louisville Bike Club members do certainly know how to put on a fun ride.

If you get the opportunity to visit my way, we would be happy to see you – my contact information is below. We do have a guest room.

Thank you, Dianna, many times over.

*(name withheld -Ed.)
Boothbay, Maine*

So, for the ultimate spoiled-rotten cyclist, I highly recommend captaining rides - You get to ride where you want, when you want, and how long you want. But heed my warning, – you'll benefit far more than your investment.

Winter Riding Prep

by Tom Armstrong, LBC VP Education

2010 has been a great year for me in many ways. In addition to events of a more personal nature, the LBC Education program awarded certificates to more than three times as many folks in 2010 as we did in 2009. The New Rider Clinic curriculum was revised to match the League of American Bicyclists' "Traffic Skills 101" program so that we could gain funding from Louisville Metro Government to purchase supplies and incentives (for both students and instructor helpers).

Every successful student earned a one-year membership to the Louisville Bicycle Club and a club jersey, a reward that was very well received by the new members.

On a more personal level, one of my smaller accomplishments is that I have lowered my riding temperature threshold by a few more degrees. I feel this relevant to the general community—especially those who want to extend their riding season to include a bit more time than April through October—as the strategies I've employed work for just about any cyclist.

The keyword here is layers. Thin layers, well-chosen layers, layers of good quality clothing and accessories, but layers. I'm able to ride in relative comfort in sub-freezing weather without spending enormous sums of money (although some of the single-garment prices might give you sticker shock at first). It's important to remember that a hundred-dollar pair of tights can last many years even if worn often in the season.

For example: On a recent 14F ride to work, I was wearing: winter jersey from Campagnolo (\$100), AmFib tights from Pearl Izumi (\$125), SmartWool heavy hiking socks (\$20), Illuminite wind shell (\$80), Kucharik wind shell (\$60),

Lake MX 201 shoes (I don't remember how much I paid for these in 2002, but probably \$150), neoprene shoe covers (\$40), gloves (\$40), fleece balaclava (\$15), and Lazer Urbanize helmet with winter liner (\$120). Yes, that's almost \$700 in clothing and accessories, but I was warm enough that I didn't mind the hour or so ride to work, and those clothes will last years (most already have been in my inventory for three or more years, with apparently several more years of service life in them). Some of the items are things I would have regardless of the weather, like the helmet and shoes.

I didn't buy all that at one time, either. I bought one wind shell five years ago, the other three or four years ago, the socks are some that I wear regularly—you get the idea. There are most certainly less-expensive items available that will serve you well—just visit your favorite bike shop or running store for more ideas. I've seen folks riding in ten-dollar sweat pants as one of the layers, and it worked fine for them.

My point is that over time, you can build your own wardrobe to allow for riding in colder weather, so that you keep your fitness level all year (or at least lose less of it than you might), and stay visible to other road users so that they don't get used to not having bikes operating on the roadways.

Visible. There is another word that is important to me. Please wear brightly-colored outer layers. If you can, wear outer layers that have reflective features. Please do not be "bike ninjas" riding in darkness in black clothing with no lights or reflectors anywhere on your person. Ride as part of traffic, and be visible to other road users. Your life depends on it.

NOTICES

MetroCall – 311 or 574-5000

It's been brought to our attention that not all cell phones recognize 311 as a legitimate phone number. If you have a problem on a bike path, bike lane or in a park you can report the problem to MetroCall at 311 OR 574-5000. When you report a problem, you'll be given a tracking number so you can follow-up to make sure the problem has been addressed.

LBC Newsletter Going All Electronic

This is the last printed newsletter. The next newsletter will only be email delivered. There are just over 100 members for whom we have no email address. Please go to the website and enter your email address or email secretary@louisvillebicycleclub.org. If we do not have a valid email address, you will not get a newsletter.



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Louisville, KY 40204
(502) 485-9795

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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

Listserves (*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

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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.

I loved winter cycling,
 riding among the brown sinewy trees,
 the woods on either side unable to hide her secrets,
 the sound of a cold gust rustling the leaves on the ground,
 the dry leaf scraping across the road,
 the silence otherwise,
 the sharp feeling of the cold breeze on the face,
 the tickle of snowflakes on my nose as I rode through them,
 the dry warmth, despite the effort, of the shell I wear,
 the muted grey translucent sky,
 the glow of neighborhoods from lamplight on fresh sparkling snow,
 the feeling of packed snow under MTB wheels,
 the solemn solitude of the off-season,
 the preciousness of each moment to ride in a shortened day.