

THE LOUISVILLE BICYCLE CLUB

Founded in 1897

www.louisvillebicycleclub.org

May/June 2011

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May is Bike to Work Month!
 May 16-20 is Bike to Work Week
 Friday, May 20, is Bike to Work Day
 (Every workday is Bike to Work Day!)

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 July/Aug 2011 issue is June 20

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



'Tis The Season!

by Andy Murphy, LBC President

Once again, we started the 2011 Season with another Volunteer Day at Wayside Park. The Louisville Bicycle Club is continuing our partnership with The Olmsted Parks Conservancy and helping maintain Wayside Park, the home of "Ruff's Memorial Wheelmen's Bench". We worked on the



Gil Crenshaw, John Cummings, Barb Tretter, Allison Dobbs, Jim Tretter, Andy Murphy
 (photo courtesy Andy Murphy)

flower bed in front of the bench, planting low-growing rose bushes and spreading mulch. We planted the low-growing bushes in an effort to minimize the opportunities for knuckleheads to hide and do knucklehead stuff. The Olmsted folks said these are hardy plants and should do well. Once we got there, we knew we had to work fast to beat the quickly approaching storm front. We worked hard for a little over an hour and began getting wet as we were running to our cars. Once it started, this storm was a doozy! Marble-sized hail and a hard soaking rain. Check out the pictures.



At 10 AM, it was a normal, overcast day.

By about 11:15 AM, it was seriously dark!

I would like to thank everyone who came out and made this another successful day in the park! Thank you: Doug "E Fresh" Brent, Gil Crenshaw, John Cummings, Allison Dobbs, Vicky Dobbs, Kevin Jones, Asher Taylor, Barb Tretter and Jim Tretter for all your efforts.



Shortly after this picture, we were runnin' for cover! (photo courtesy Andy Murphy)

Life is good
 Murphy



Allison Dobbs and Kevin Jones, spreadin' the mulch. (photo courtesy Andy Murphy)

PS - Vicky Dobbs had a great idea to volunteer and still get a ride in. She got to Wayside Park in her motor vehicle really early and rode her bicycle to Waterfront Park to ride the Yellow Lot ride. When the Yellow Lot ride came past Wayside at about 10, Vicky already had her ride in and stopped to smell the roses...and plant a few!

EMAIL NEWSLETTER DELIVERY

Notice!

As a cost-saving measure, the newsletter of the Louisville Bicycle Club is 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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The Louisville Bicycle Club is affiliated with the **League of American Bicyclists (LAB)** and the **United States Cycling Federation (USCF)**.

NEW MEMBERS

Beckhart, Sandy	7100 River Rd	Prospect, KY	40059	(502) 291-1131
Bennett, William	1423 Baxter Ave	Louisville, KY	40204	(502) 459-7020
Chernyavskiy, Ilya	8902 Acushnet Rd	Louisville, KY	40242	(502) 386-3379
Church, Trevor	1706 Devondale Dr	Louisville, KY	40222	(502) 608-9002
Corder, Terry	3008 Petty Jay Rd	Louisville, KY	40220	(502) 432-7874
Cubero, Henry	1963 Norris Place	Louisville, KY	40205	(502) 594-9000
Dunsford, Steven	5204 Karen Ct	Floyds Knobs, IN	47119	(812) 923-7033
Fuson, Jeff	4210 Winding Creek Road	Crestwood, KY	40014	(502) 419-7568
Getter, Andrew	102 Orchard Hills apt 21	Jeffersonville, IN	47130	(615) 337-7201
Gunn, Jim	2922 Beaumont Rd	Louisville, KY	40205	(502) 649-4659
Heck, Betty	1117 Springview Dr	Louisville, KY	40219	(270) 234-6789
Holt, Larry	108 Blackburn ave	Louisville, KY	40206	(502) 417-0386
Jackson, Mary	4620 Saratoga Hill Rd	Louisville, KY	40299	(502) 266-7945
Lindsay, Colin	5405 Navajo Road	Louisville, KY	40207	(502) 767-6662
Manning, Bob	2439 Boulevard Napoleon	Louisville, KY	40205	(502) 456-2288
Perkins, Joan & George	3411 Goose Creek Rd	Louisville, KY	40241	(502) 425-6645
Poynter, Brad & Silvia	2113 Grinstead Dr.	Louisville, KY	40204	(910) 467-6940
Priddy, William	2416 Lorene Ave	Louisville, KY	40206	(502) 448-5266
Schmitt, Matthew	2975 Six Mile Lane	Louisville, KY	40220	(502) 295-4918
Thomas, Seth	1805 Windsor Pl	Louisville, KY	40204	(615) 785-4942
Thompson, Brian	1406 Slate Run Road	New Albany IN	47150	(502) 727-2827
Vernizzi, Tom	3101 Verne Ct.	Louisville, KY	40205	(502) 664-0357
Weingardt, Joseph	125 Maple Ave	Peewee Valley, KY	40056	(502) 241-9703
Willis, Tricia	9400 Hunters Ridge Dr	Georgetown, IN	47122	(502) 608-0894
Young, Mark	1203 Pheasant Ridge	Goshen, KY	40026	(502) 817-9448



That's right--she's a Barbie Girl, livin' in a Barbie World!

(photo courtesy Andy Murphy)



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Let's get this right out in the open: Yes, as our illustrious President indicated at the banquet, he did drop me on a century ride. The Virgin Century, in fact, where I decided to ride 100 miles for the first time in my life just two months after cancer surgery and only my fifth ride after a twenty-year hiatus. I was nuts going that far, that soon, and for burning too many matches too early in the ride.

But I had the bug. Again.

Murph came along at about mile ninety-something, and rooted me on to the finish line. Me and my twenty-six pound, 80's-era Schwinn limped in with legs totally spent and a body that only wanted a couch and large quantities of food. Murph had an extra bottle of water in his cooler, that eternal smile on his face (Dude!) and camera to catch the moment. I keep the photo in a scrapbook to remind me of the special day.

That was in September of 2007 and by Christmas I had bought myself a new bike that was a full ten pounds lighter than my previous ride and far exceeded my abilities at the time. Turns out, I'm a hammerhead. I like going fast. And there's something special and rewarding about doing it under your own power.

By the end of 2009, I was trying out for the Club's racing team after being prodded by Art Kestler to join him on a team try-out ride. A few weeks later, I got a call from Logan McCulloch telling me I made the team.

At forty-two, I was beginning my adventure as a bike racer. How cool is that?!?

What's really cool is that we all belong to a club that has a little something for every type of rider. It doesn't matter if you're a beginner, an avid tourist, a social rider, a Mad Dog century-specialist, an ultra-cyclist, racer or whatever, we typically have a ride for you. Heck, our President even races BMX bikes!

While the club has many different types of programs for many different types of riders, they also sponsor a racing team that is focused on developing new racers. New racers, such as myself, are invited onto the team and given the opportunity to learn the ropes from some guys and gals who have all kinds of varied experience and knowledge.

There are over thirty club members on the team this year, including a strong seven-member ladies' squad. Team members live throughout the area and range in age from late teens to their sixties. We race in

categories three through five (two through four for the ladies), and have a handful of gents who race in the "Master's" class. Master's simply means they haven't given-up being young. The team will race in Criterium, Circuit, Road, Mountain, Cyclocross and Time Trial races all over the Midwest.

The team trains privately on innumerable rides over the span of the season. We work together to drill on various skills and techniques, and then try them out in various race scenarios to test the learning. We ride hard to build endurance, and ride slow to build base. We learn the routes through Jefferson Memorial Forest that give us the most hills to train on. We memorize where the county line and other green signs are for impromptu sprints. Most importantly, we ride. A lot.

The best thing about the team is that we're self-financed: we don't use club membership dollars to fund our addiction. Instead, we count on the sponsorship of folks like Clarksville Schwinn (www.clarksvilleschwinn.com), BikeClicks.com, and our newest sponsor, Challenge Tires (www.challengetech.it), to help us race. Team members front their own money for the kits they wear, the entry fees they pay, and pay to repair their own bikes when the inevitable crashes and failures occur. Some experienced riders will get reimbursed a small portion of their expenses at the end of the season after meeting various race and sponsorship requirements.

We also raise funds (and support our team license) through the coordination and hosting of events, such as our races at Long Run (Circuit) and Fisherman's (Cyclocross) parks. Through hosting these events, we are able to raise funds via the entry fees that allow us offset some of the many other expenses we incur. The team also depends on the club membership for volunteer support at our events to help with the many different tasks needed to conduct a safe, enjoyable race. We deeply appreciate the support of club members for these events! Thank You, Thank You, Thank You!

The team also gives back by supporting the Mayor's Hike and Bike (and Paddle); by cheering folks up the hill at Lily Pike during the OKHT; hosting training events like the new Advanced Rider Clinics; and by leading the memorial Ride of Silence, amongst other things.

Last but not least, we depend on the club for the overall leadership of the program, along with the intangible support and benefits that being associated with the club provides. For this, I personally thank you.

Look for us on Facebook!
BikeClicks.com/TeamLouisville

The Morse Cycling Code or Making Bicycle Transportation Fun!

by David Morse

For many of us who love riding a bicycle, it is hard to find enough time to ride.

Riding a bicycle for transportation gets you more time on bicycle. Coming from a Louisville upbringing, ...a bicycle seems a tool laughably inadequate to the task of daily transportation. Almost from birth, we are taught to use cars. Learning how to bicycle for the complex trips requires intentionally cultivating those capabilities, without the help of the mainstream culture.

Here are some ideas for getting more active transportation in your life:

Keep it Fun - Find what makes bicycling fun for you, and maximize that. If you secretly wish your bicycle was bright red, then stop regretting, get out there and paint it. Women report that dresses of a certain length work well for cycling - go get something you like. If you secretly lust after fancy headlights, then throw down for one. If you have a long morning commute, go ahead, get that high-end road bike and shave the 3 minutes off - it doesn't sound like much, but it'll save you a day over the course of a year. If the thought of having your bicycle stolen while you're at work causes you heartburn, then get an expendable bike.

Basic Cargo - The ol' backpack is what most people start with. Messenger bags are faster to get into than backpacks, and are typically waterproof, but they shift around on the bike, and they're not as good for walking in. A cargo rack is handy for attaching a plastic milk crate. When this gets old, graduate to panniers. The panniers themselves can be made from recycled kitty-litter buckets for \$5 apiece, or bought off-the-shelf.

Bulky Cargo - Bike trailers are extremely useful. For a house owner, an 8' trailer makes moving some impossible things possible.

Kids & Other Passengers - Parents drive their kids places, right? Well, not really. Once they start to get heavy, you need to put the little beggars to work pushing a trail-a-bike or even a tandem. For younger kids, bike trailers do double duty carrying kids and cargo, and keep the whole family visible. Instead of a kid trailer, my wife chose a Bakfiet - Dutch for "Box Bike" - that puts the kid in front - they're a blast for parent and kid alike! For older kids, you may be able to raise a "free range kid" - set yourself free from chauffeuring them everywhere. If your neighborhood isn't compatible, one of the best things you can do for your kid is: move somewhere else! For adults, the simplest solution is just to have everyone ride a bicycle. Some people flatly refuse - In a case of exasperation, one local enthusiast has taken to piloting his wife to work on their tandem, dropping her off, then dead-heading the tandem into his own job. Another couple in town own a pair of pedicabs - I'm sure they have no problem to transport people.

Quantify The Win - There are days when bicycling doesn't seem like such a great idea. Rainy, cold, dark mornings. At those times, its good to have some perspective. Keep track of your time in the saddle, and see how that affects your CDC-recommended physical activity for the week. A 15 minute per-way commute, plus some muscle-strengthening activity has the following laundry list of benefits: increases life expectancy; controls weight; reduces risk of heart disease, diabetes, and some cancer; strengthens bones; makes you a faster rider; improves mental health; and keeps you happier. For all that it's well worth tackling the hurdles to bicycling for transportation.

You may want to keep track of your miles, and figure out your cash savings. Mile-for-mile, depreciation on a car still tops the cost of gasoline - google "AAA driving costs" for details. If you can ditch the car entirely, you can save on insurance and the threat of big repair bills. As Kirk Kandle points out, he can afford to replace his fanciest bicycle every six months with the money he's saving by not owning a car.

Socialize - Exchange ideas with others. Come out to a Car Free Happy Hour. Take the Club's new rider clinics. Make plans to ride with a friend. Keep looking for new routes and new ideas.

Bicycles are adaptable, and they can do more than most Americans ever imagine. As you expand your abilities, you'll grow accustomed to hearing "momma, look" or "I like your bike" as you expand others' horizons too.



A Bakfiet - Dutch for "Box Bike" - that puts the kid in front.
(photo courtesy David Morse)

-- other pictures next page --

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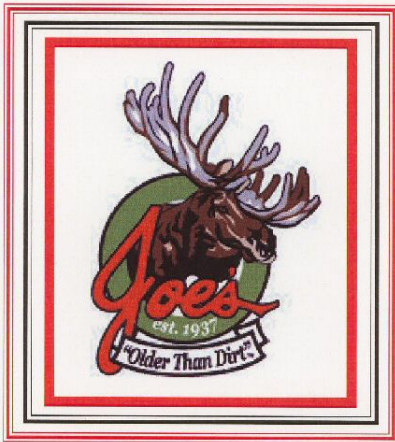
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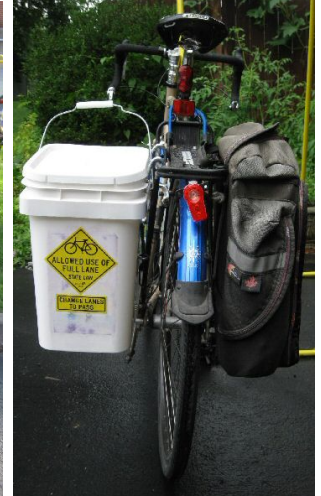
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Making Bicycle Transportation Fun! (cont.) by David Morse



Left, dropping her off and picking her up.



Right, improvised panniers:
"Allowed use of full lanes. State law. Change lanes to pass."

(photos courtesy David Morse)

You Gotta Have Heart!

by Andy Murphy, LBC President



On Sunday, February 20th, club member Bruce Heichelbech, a CPR Instructor for over 20 years, hosted a CPR Training class for LBC Ride Captains at Baptist East/Milestone Wellness Center. 20 Ride Captains took part in the training and I would like to thank Bruce, Education VP Tom Armstrong and the RC's for taking the time out of their day to teach and learn these life-saving techniques. In addition to the standard Compressions-Airway-Breathing, the students worked with an AED, Automated External Defibrillator. The AED is an electronic device, that automatically diagnoses potentially life-threatening cardiac arrhythmias and is able to treat them through defibrillation, the application of electrical therapy which stops the arrhythmia, allowing the heart to reestablish an effective rhythm. Seen more and more in schools, airports and stores, you can find an AED in almost any public place. It was cool working with the AED. It takes a little of the mystery

out of it if I ever have to use one. Thanks again, Bruce!

Life is good. Murphy



Jenn Bowers, Larry Preble and Andy Murphy show their CPR skills under the watchful eyes of the rest of the class.
(photo courtesy Andy Murphy)



Perry Finley "The Internet Sensation" practices his compression technique.
(photo courtesy Andy Murphy)

University

A proud member

Commuter Program

by Andy Murphy, LBC President

The Louisville Bicycle Club Commuter Program continues to gain traction, with 55 members commuting 16,192.37 miles since we started in January. It's estimated that 40% of all trips by motor vehicle are within 2 miles of home. In these times of ever increasing gasoline prices, it might be worth considering a commuter rig for those short errands. You can save a few bucks on gasoline and make your corner of the planet a little cleaner.

If you'd like to join the Louisville Bicycle Club Commuter Group, go to My Cycling Log here; <http://www.mycyclinglog.com/> Once you register-IT'S FREE, go to groups and click on Louisville Bicycle Club. When you get to the LBC page, click on Request to Join or Request Membership. I'm not sure what the exact command is, but it's something like that. We are wanting to log COMMUTER MILES ONLY, not club ride mileage, training rides or leisure rides!

This program is entirely self-reported and there will be no LBC awards or mileage credit. This is an experimental program, to try to gauge the amount commuting activity of our members.



Hang on Barb, you're losing him!
(photo courtesy Andy Murphy)



Here's a photo of one club member's, David Morse, year-round commuter rigs.

Surly Long Haul Trucker - Built up with touring racks and a trailer hitch, it can carry bulky cargo. David says, "It is quite heavy but for short or solo transportation trips, the weight doesn't tire me out. I've also added a powerful flashlight as the front headlight, and surveillance cameras fore & aft." David also says, "My bikes don't leave the house without: fenders, a lock, a multi-tool, and flat fixing tools."

(photo courtesy Andy Murphy)

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BIKE TO BEAT CANCER - Dear Cancer *by Dan Delph, Norton Healthcare Inc.*

Dear Cancer,

I have thought what I might say to you for many a year now. You have impacted my life and so many others around me. You have taken without mercy and hurt so many. I hear the horrific but brave stories of people and families battling for days, weeks, even years with cancer. I see the children and adults bravely fighting a disease that they did not deserve or even ask for. I talk to survivors and they tell me about how they battled you Cancer. How you brought them to their knees and how they fought day to day to beat you. I talk to families that lost their loved ones and how you have made a permanent void in their lives Cancer. You have tried to take away my mother on two occasions, she beat you, we beat you...

Dear Cyclists,

It makes you stop and think. You can say "sorry" and "our prayers are with you" and support them. Believe me, they will need all the support you have to offer. I am asking for your support today against a major killer in Kentucky and Indiana.

I know you love to ride bikes, I do to. Let's ride together for the Bike to Beat Cancer. This ride has changed over the years, we have gotten it right. The Bike to Beat Cancer benefits Norton Cancer Institute which in turn supports our local community in the fight against cancer. Norton does wonderful things in the community for cancer efforts, screening units, health fairs, art therapy, family therapy and patient navigation for those battling this terrible disease. Many of these programs are at little or no cost to the cancer patients and family. They need our help. The Bike to Beat Cancer is a great way to help. We need riders and volunteers to help.

Some information on the ride: It is a one day event on September 24, 2011, with a choice of 35-, 65- or 100-mile courses. It is a fully supported ride with rest stops, lunch, and sag wagons. It is not a race and is welcome to all that want to take a personal stand against cancer. For cancer survivors and kids under 18, registration is free and fundraising is only \$100.00. Everyone else is \$50.00 registration and fundraising is \$400.00. Register online at www.biketobeatcancer.org. All the fundraising stays here and goes to fighting cancer locally. Yes locally! We are unlike a lot of rides and offer weekly training rides for all and fundraising help. We are committed to help you with your goals and the fight against cancer. I want to personally say thank you to everyone who has ridden in the past years and who will be riding in the years to come. If you have questions or comments please contact me.

Sincerely,
Dan Delph
502-807-0158
daniel.delph@nortonhealthcare.org

Our Riders from past events and Kick Off!



The Ride of Silence Will Not Be Quiet

by Richard Heckler

THE RIDE OF SILENCE WILL NOT BE QUIET

On May 18, 2011, 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.

WHY DOES THIS RIDE EXIST?

- To HONOR those who have been injured or killed.
This is a memorial event. A time where people are silent and solemn, out of respect and introspection.
- To RAISE AWARENESS that we are here.
The Ride of Silence is a protest of sorts.
It is a show of solidarity among ALL cyclists.
It is a show of strength. It is a show of numbers. It is a showing of being able to come together, as a group, to grab the attention of the general public, motorists, government (local, state and national), and other authorities (including city planners) that we are countless and that we are more widespread than many realize. All of us with the same concern:.....LIVING.
- To ask that we all SHARE THE ROAD.
Although we (cyclists) have a legal right to share the road with other motorists, the motoring public often isn't aware of these rights, and sometimes not even aware of us (the cyclists) as they make their way down the road.

WHY IN SILENCE?

Sometimes there's nothing louder than silence. It ceases conversation, raises awareness, and underscores an important point. Simple silence. It asks for nothing from anyone, no input, yet is impossible to over look or cover up.

WHY SHOULD I RIDE?

This is an important event. Nowhere else....under no other banner.... is this opportunity taking place. To peacefully assemble, on the same day, with like minded people, all with one goal. You will join cyclists in this ONE EVENT. Spanning all 7 continents, 26 countries, all 50 states and the District of Columbia, totaling over 1300 locations WORLDWIDE. IF YOU CYCLE, you SHOULD be at this Ride and have your SILENCE NOTED.

Locally, the Ride of Silence will assemble at Waterfront Park, near the intersection of Witherspoon and Brook. Sign in at 6:30 pm. The Ride will begin promptly at 7:00 pm. All participants are encouraged to wear BLACK armbands in memory of those cyclists who have been killed. Also, any participant that as been injured while cycling on public roadways is encouraged to wear a RED armband. HELMETS REQUIRED

LBC members are encouraged to wear their 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 2011.

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"

50 and Over Games

Marilyn Minnick

The Louisville Regional 50 and Over Games will be held May 14-22, 2011. There will be a variety of events for competitors, including cycling, track and field, swimming, golf, tennis, etc. The 5K and 10K cycling time trials will be held Sunday, May 15 at 8:30 a.m., Shawnee Park, Broadway at Southwestern Pkwy. For registration information, contact Metro Parks at (502) 574-2646 or 574-2831 or go to www.louisvilleky.gov/metroparks.

Marilyn Minnick

the
2011
Fifty
and
Over
Games



Louisville Regional Fifty and Over Games

May 14-22, 2011

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www.louisvilleky.gov/metroparks/recreation/fiftyandovergames

May is “Bike to Work Month!”

by Tom Armstrong, LBC VP Education

May is many things for folks in Louisville. In early May, we have that little horse race at Churchill Downs. Mother's Day is in May. Toward the end of May, there is a bike ride a few miles east of here called the Horsey Hundred. And the month ends in remembrance of our fallen soldiers around the world.

May is also National Bike Month. More to the point that I want to discuss, it's also when we observe Bike to Work Week (May 16th-20th) and especially Bike to Work Day (Friday, May 20th).

And, yes, we celebrate it. I'm not involved enough in the planning to tell you what is going to happen this year, but last year's celebration included recognition for the team from the Louisville Bicycle Club for winning the Commuter Challenge, and the associated Golden Handlebars (not to be confused with that Derby-related prize the Golden Antlers). The LBC “dream team” for that contest—Perry Finley, Club President Andrew Murphy, Rick Croslin, John Cummings and myself—dominated the latter part of the contest and won the Golden Handlebars, as well as a made-for-the-event helmet mirror for each of us (thanks to Buddy Mattingly!)



(courtesy Andy Murphy)

But Bike to Work Day isn't all about folks like my teammates from last year. It's about encouraging those who rarely or never ride to work to ride a bike instead of driving a car. I am often puzzled by the number of club riders who think nothing of riding twenty, thirty or a hundred miles with the club, but balk at the notion of riding five or ten miles getting to work. I hear all manner of reasons and excuses, but it boils down to the choices we make in our daily lives. Most (not all) of us CAN ride our bikes to work. You may have to choose between riding the bike to work and drinking your coffee as you drive, but the ride will be better at energizing you for the work day. You may have to choose between riding to work and riding the club ride after work, but both are good for your legs and lungs.

You don't have to ride to work every day. You can ride to work

on days you don't do club rides afterward, or ride to the club ride from work. I used to drive my truck home on weekends, carrying my bike to work in the back on Monday morning, then ride it home Monday evening, until Friday when it was time to haul it home in the truck once more. I could take changes of clothing with me Monday morning and take them home to be laundered Friday evening. Heck, even riding instead of driving two or three times a week will make a difference in your life.

This year, Andy Murphy has started a Louisville Bicycle Club commuters' group on mycyclinglog.com in effort to track how much commuting we as a club do and have the data for Louisville Metro Government's efforts at earning the Silver status as a Bicycle Friendly Community. The site tracks miles logged “CO2,” and presumes those miles to be done instead of driving a car, as opposed to rides done for the sake of riding or in club rides or as workouts. The separate CO2 numbers are available to any member of the group. I wish to join Murphy in encouraging any of you who use a bicycle instead of a car for any utility-based travel to log on and log your miles. As I type this, forty-seven members have logged over ten thousand CO2 miles for 2011.

I have long said that the highest, most noble use of a bicycle is personal transportation. Over the years, I've taken to using bikes for getting to work, going to the grocery (I have a couple of kid trailers that are GREAT for hauling stuff), doing other errands, and general getting around when I need to go downtown for meetings or to shows. As my current email signature says, quoting Sir David Attenborough: “If I can bicycle, I bicycle.” I don't pretend for a moment that I'll ever be “car free,” as there are too many times it makes more sense for me to use my truck to carry stuff too large to conveniently carry with a bicycle, or go farther than is reasonable for me on a bike.

If anyone could complain about the LBC Commuter Program not giving awards, it would be me. As it stands, it would probably be the only time I would get a “most miles in a season” type of award. As I type this, I have almost two thousand miles of using bikes instead of cars for utility travel—almost twenty percent of the CO2 miles logged by the Louisville Bicycle Club group on mycyclinglog.com. All I want to do, though, is to say, “Yes, you can bike to work too!”

“Clear!” Or, Is It?

by Tom Armstrong, LBC VP Education

As a safety-conscious cyclist, it has always irked me a bit to hear others call out “Clear!” as they sailed through an intersection—usually without stopping, even if a stop sign was present.

I understand the appeal—as you go through a stop sign (without stopping) at the head of the group, you want to call out that it's clear for your friends to follow. Everyone with you saves energy and time that way, right? I've even heard other riders yell for the lead rider to call whether it's clear.

However, in the time it takes for you to process the surroundings enough that you can verify it is, indeed, clear, and then say so, the situation may have changed. In the time it takes for the next rider or two back to hear you and process that in your opinion it's safe to proceed, the situation could have changed even more. By the time that rider gets to the intersection, it could change still more—and any change from “clear” is for the worse, not for the good.

In short, you may be inviting your friend to ride out in front of oncoming cars—almost literally “throwing him under the bus.”

I periodically remind others of this danger, and that we as a club (and I as a League Cycling Instructor) prefer that each rider make his or her own decision on when it is safe to proceed through an intersection. Sometimes, I hear something along the lines of, “If they are making their own decisions, they are free to ignore my call.” Given that the call itself can be tragically in error, as described above, why even make the announcement? It's far easier for other riders to make their own decisions if they do NOT hear someone encouraging them to disobey that stop sign. Hearing someone call out, “Clear!” makes it VERY tempting to believe it—with potentially horrible results.

Please don't call out “Clear!” when navigating intersections. You are creating what can be a dangerous situation with potentially tragic results.

April 2011 LCI Seminar by Tom Armstrong, LBC VP Education

I attended a seminar in October 2007 to earn my League Cycling Instructor (LCI) certificate. When I got my LCI number, I joined the ranks of over a dozen members of the Louisville Bicycle Club who care enough about educating cyclists that I would earn that certificate.

A couple months ago, I found that there was to be another LCI seminar near Louisville, and I spread the word among folks I felt would be interested in earning their own LCI certificates. Two locals stepped up—my wife, Jenn, and our Club President, Andy Murphy. I volunteered to be an assistant to the LCI Coach, in part to help new LCIs do their thing well, but also in part to brush up a bit on the latest ideas from the League.

There is a fair bit to becoming a League Cycling Instructor. It isn't easy. The prerequisite class—Traffic Skills 101—sounds easy enough for many of us, but many an experienced cyclist has had his metaphorical helmet handed to him at the realization that there is much he didn't know about riding a bike safely. Prospective candidates must pass a written test that few pass on their first try.

Once accepted to the seminar, a candidate learns that the seminar itself is not so much about course content—while content is important—as about teaching that content to new(er) riders. In the course of the seminar, candidates get lots of practice teaching each other, and feedback on their teaching skills.

Of course, to teach someone else, one must have some skills with the topic being taught. Yes, a good teacher can teach Algebra without being an upper-level mathematician, but to teach another to make quick turns, one must be able to do a quick turn (see video here: <http://www.youtube.com/watch?v=atMouGGXmmc>). Each candidate had to demonstrate his or her own ability to complete the three or four more challenging of the parking lot drills that are part of the TS101 curriculum in front of the seminar Coach.



President Andy Murphy demonstrating his cornering proficiency
(photo courtesy Tom Armstrong)

We got to ride our bikes on roads a bit, if not very far. The candidates were split into small groups and assigned a coach or assistant coach, then given a route designed to make riders think about (and be assessed as future teachers of) lane placement, intersection positioning, knowledge of traffic law, and bicycle handling. Mother Nature added her own twist, with extra wind funneled by the tall buildings along our downtown route to make keeping the bikes upright a bit more difficult. We rode that route twice—once to familiarize ourselves with it, and a second time to test the skills of the candidates.

In the end, thirteen folks will have earned the right to consider themselves League Cycling Instructors in Training, and eventually be full-fledged League Cycling Instructors. Club President Andrew Murphy and my wife Jenn Bowers will be among those who are working to improve the knowledge and skill levels of cyclists throughout the community.

2011 New Rider Clinic (May-Aug) by Tom Armstrong, LBC VP Education

2011 LOUISVILLE BICYCLE CLUB NEW RIDER / BIKE HANDLING CLASSES 6:15 PM – 9:00 PM

SESSION 1: MONDAYS, MAY 2 THROUGH JUNE 27
YELLOW PARKING LOT, WATERFRONT PARK

SESSION 2: WEDNESDAYS, JUNE 8 THROUGH JULY 27
AMPHITHEATER PARKING LOT, IROQUOIS PARK

SESSION 3: MONDAYS, JULY 11 THROUGH AUGUST 29
4900 BOWLING BOULEVARD - next to BAPTIST EAST/
MILESTONE

TOPICS TO BE COVERED INCLUDE:

Ses1	Ses2	Ses3	
5/ 2	or 6/ 8	or 7/11	ABC QUICK CHECK: Things to do before every ride
			BIKE SIZING: Does it fit you?
5/ 9	or 6/15	or 7/18	TOOLS AND BASIC REPAIRS: What to carry and what to do with it when you need it
5/16	or 6/22	or 7/25	HELMET SELECTION AND FIT, CLOTHING AND ACCESSORIES, NUTRITION AND HYDRATION
5/23	or 6/29	or 8/ 1	PARKING LOT DRILLS, PART I: basic riding skills to crash avoidance maneuvers
6/ 6	or 7/ 6	or 8/ 8	PARKING LOT DRILLS, PART II: crash avoidance skills
			COPING WITH THE RIDE: gearing and shifting, proper cadence
6/13	or 7/13	or 8/15	FIVE LAYERS OF SAFETY
6/20	or 7/20	or 8/22	TRAFFIC RULES & LANE POSITIONING
6/27	or 7/27	or 8/29	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 Cycling Safety Program

by Andy Murphy, LBC President



For the second year, I am assisting Bike Louisville with the Youth Cycling Safety Program. This year, John Cummings has volunteered his time to the effort--Thank you Jersey John! If you look real close in the picture, you can make out Angus Young, lead guitarist from AC/DC, on John's jersey, partially obscured by his

wind breaker. Let there be no doubt, John is always representin'! I would also like to thank Rolf Eisinger of Bike Louisville for inviting the Louisville Bicycle Club to be a part of this outreach program. This year, we are working at Wellington Elementary School and Rangeland Elementary School.

As luck would have it, the one time I remember my camera, we get rained out and are stuck inside. On this day at Rangeland, we focused on nutrition and helping the students learn how to safely map a route. We've been teaching them the ABC Quick Check, proper hand signals, starting and stopping smoothly, lane positioning--all the stuff they need to know. The best part of the classes, to me, has been "The Slow Race". The object of this exercise is to teach the riders how to maintain balance when

you might be forced to slow down. The kids really seem to enjoy it too.

Life is good
Murphy



Map My Ride!
(photo courtesy Andy Murphy)

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.



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PaCkMaN's Corner

By the time many of you read this, you will have seen the changeover in the club website. Actually, we have two websites. There are many new functions on the new one, including the ability to have a log-in to maintain your own membership and address information and see a directory to your fellow club cyclists. The new website is at our original address, <http://www.louisvillebicycleclub.org/>. However, the original format is maintained at <http://classic.louisvillebicycleclub.org/>. The original format is viable especially for mobile computing due to its small screen compatibility. Functionality and integration will be added to both screens.

Secretary Barry Luckett has been the prime mover in this improvement to our web presence and increase in service to you.



LOUISVILLE BICYCLE CLUB
FOUNDED IN 1997 AS THE LOUISVILLE WHEELMEN
**Home of the renowned
Old Kentucky Home Tour**
the 34th annual ride will be Sept. 10-11, 2011

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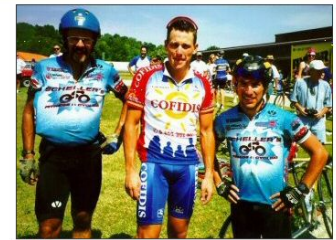
The Louisville Bicycle Club (formerly Louisville Wheelmen) is a cycling club in Louisville, Kentucky, USA, and serves the greater Louisville metropolitan area, including Southern Indiana. We are dedicated to promoting the sport, recreation and utility of bicycling and advocating for the rights of all cyclists. Since our original founding in the late 1890s, the Louisville Bicycle Club has been one of the most active and progressive clubs in the country.

Ride & Event Schedules:
html: [May, June, 2011](#)
PDF: [May, June, 2011](#)

Membership: Sign up or renew your [LBC membership on-line](#) at [Active.com](#); or print this [membership application](#) and mail it in with your check.

5:23 pm, Saturday,
Louisville, KY
73 °F / 23 °C
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at 5:23 PM
Click for Forecast
FRIDAY!!!

Find us on Facebook



LBC People — Packman, Lance Armstrong & Chris Mayhew at Race the Trace (Natchez Trace Parkway), Nashville, TN, September 13, 1997. (©1997 David Ryan, September '97)

What's New

2011 New Rider - Bike Handling Class Schedule
VOLUNTEERS NEEDED! Please contact Tom Armstrong at the address within if you can be available at the listed dates and times.

Commuting Project Announcement Help document the commuting we do besides club rides and the benefits that accrue.

2011 LBC/Randonneurs Mondiaux Brevet Series

The original at <http://classic.louisvillebicycleclub.org/>

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 by email only. Please notify Barry Luckett, club secretary, of email address changes.



David "Packman" Ryan
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LOUISVILLE BICYCLE CLUB

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Home

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Key Documents

- [By-Laws](#) of the Louisville Bicycle Club (revised January 2009).
- [LBC Touring Guidelines](#) revised 2008.

Ride Updates

[50 and Over Games Sunday, May 15th](#)
3 May 2011 11:09 AM • [Barry Luckett](#)

Recent news posts

[New Rider Clinic](#)
29 Apr 2011 02:05 PM • [Barry Luckett](#)

[COMMUTING LOG](#)
28 Jan 2011 01:53 PM • [Barry Luckett](#)

[2011 LBC/Randonneurs Mondiaux Brevet Series](#)
1 Jan 2011 03:12 PM • [Barry Luckett](#)

Louisville, KY
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Light Rain
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The new website <http://www.louisvillebicycleclub.org/>