

THE LOUISVILLE BICYCLE CLUB

Founded in 1897

www.louisvillebicycleclub.org

June 2013

IN THIS ISSUE

| | |
|---|--------|
| President's Message | 1 |
| LBC Officers | 2 |
| New Members | 2 |
| NOTICES | 2 |
| Touring Report - Drexler | 3 |
| Quad - Torpey, Spittler et al | 5,9,12 |
| Education | 6 |
| KY. CENTURY CHALLENGE | 7 |
| Commuting - Murphy | 7 |

**The Wheelmen 46th
Nat. Meet June 21-25
Swap Meet June 22
Cochran Elem. @ 5th & Lee**

*The Louisville Cyclist is a 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 2013 issue is June 25**

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



OKHT Registration Is Open!

by Andy Murphy, LBC President

Ride and Volunteer Registration is now open for the 36th Annual Old Kentucky Home Tour, which will be held the weekend of September 7th & 8th! We've changed things around a little this year--there won't be a registration packet stuffing party as in years' past, but there is still a lot to do. To Volunteer or register, just click here; [http://www.louisvillebicycleclub.org/](http://www.louisvillebicycleclub.org) and let your fingers do the walking!



Once again, Parkside Bikes has donated a bicycle for one lucky volunteer. The bike this year is a Bianchi Via Nirone. You can check out a photo of the bike under the OKHT Tab on the menu bar on the LBC webpage. Clarksville Schwinn has donated a CANNONDALE CAAD 10 bicycle that the American Red Cross will be raffling off.

When you register for the ride or register to volunteer, don't forget to check out the 2013 OKHT Commemorative Jersey and t-shirt

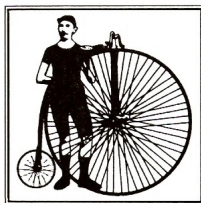
which can be ordered during the registration. If you volunteer, the t-shirt is FREE!

With the OKHT taking part in the Kentucky Century Challenge, this promises to be one of the biggest OKHT's yet! We'll need lots of help so, VOLUNTEER EARLY, VOLUNTEER OFTEN!

Life is good
Murphy



From Carson Torpey



During the Wheelmen Meet on Saturday June 22 at 8 am there will be a swap meet at Cochran Elementary School on 5th and Lee Streets. LBC's own Gil Crenshaw is in charge. I will be selling most of my cycling library that I have collected over the past 40 years. Included will be:

- International Cycle Sport Magazines
- a complete set of Tour and Giro books from Kennedy Bros. Publ.
- Winning magazine, issues no. 1, 2, 3
- a complete set of "Winning" year books (1972 is in Spanish)
- over 75 books, including: biographies, history, races, etc
- magazines: Bike World, Bicycling, Mirror du Cyclisme, Special issues

Everything will be priced to sell. Proceeds to go to the Kentucky Wheelmen.
Thanks, Carson Torpey

EMAIL NEWSLETTER DELIVERY

Don't Miss an Issue!

Keep your membership and email information up-to-date by editing your member profile at:

<http://www.louisvillebicycleclub.org/>

Thanks for your cooperation!

*Receive
Your Newsletter
by Email!*

**YOUR CLUB OFFICERS 2013
(Executive Committee)**

Andrew Murphy
President
502 526-1040
president@louisvillebicycleclub.org

Dianna Palmer (Decker)
Secretary
502 415-0755
secretary@louisvillebicycleclub.org

Mark Rougeux
Treasurer
502 494-9056
treasurer@louisvillebicycleclub.org

Doug Brent
VP Advocacy
502 568-5734
advocacy@louisvillebicycleclub.org

David Ryan (Packman)
VP Communications
502 447-7814
communications@louisvillebicycleclub.org

David Wittry
VP Education
502 645-0992
education@louisvillebicycleclub.org

Bill Carey
VP Racing
718 810-3295
racing@louisvillebicycleclub.org

Charlie Drexler
VP Touring
502 499-9854
touring@louisvillebicycleclub.org

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

NEW MEMBERS

| | | | |
|--|-----------------------------|----------------|----------------------|
| Appell, Mike & family | 3501 Hedgewick Place | Louisville, KY | 40245 (502) 742-8250 |
| Beyer, David | 405 Lake Pointe Trace | Louisville, KY | 40245 (502) 435-8892 |
| Brown, Ashley | 930 Ash St #2 | Louisville, KY | 40217 (502) 594-8523 |
| Borer, Barb | 1117 colonel Anderson Pkwy | Louisville, KY | 40222 (502) 648-3053 |
| Camomot, Chona | 5800 Cabin Wy | Louisville, KY | 40222 |
| Carrara, Anthony | 2354 Valley Vista Rd | Louisville, KY | 40205 |
| Clark, Kevin | 1703 Claremoor Dr | Louisville, KY | 40223 (502) 297-4634 |
| Clements, Jennifer | 3124 Sora Av | Louisville, KY | 40213 |
| Day, Barbara & family | 15216 Champion Lakes Pl | Louisville, KY | 40245 (502) 876-1896 |
| Dorzback, Robert | 1510 Valley Brook Rd | Louisville, KY | 40222 (502) 432-7691 |
| Gaudio, Maura | 3412 Hycliffe Av | Louisville, KY | 40207 |
| Gravatte, Christin & family | 8133 Lake Av | Louisville, KY | 40222 |
| Griffin, Dianne | 311 Iola Rd | Louisville, KY | 40207 (502) 425-2660 |
| Grimes, Robert | 5604 Pleasure Ct | Louisville, KY | 40272 (502) 935-7175 |
| Harper, Anastasia | 4208 Winchester Rd | Louisville, KY | 40207 (606) 275-1027 |
| LaBarbera, Paul & Christensen, Cynthia | 2112 Eastern Pkwy | Louisville, KY | 40204 (585) 755-2848 |
| McDonough, Sheila | 13601 Terrace Creek Dr #202 | Louisville, KY | 40245 (502) 693-0245 |
| Morris, Jessie | 11206 Ginger Rd | Louisville, KY | 40229 (502) 494-8112 |
| Morris, Stephen | 2009 Crooked Creek Ct | Crestwood, KY | 40014 |
| Mostachetti, Teresa | 4307 Juniper Forest Pl | Louisville, KY | 40245 (502) 235-8784 |
| Nally, Jason | 55 Hahn Ridge Rd | Bloomfield, KY | 40008 (606) 620-7533 |
| Peterson, Kathi | 2352 Tyler Ln | Louisville, KY | 40205 (502) 345-6205 |
| Rivard, Justin | 5121 Cool Brook Rd | Louisville, KY | 40291 |
| Spencer, David | 4102 Moeherr Dr | Louisville, KY | 40299 (502) 882-0227 |
| Stevenson, Luda | 5611 Timber Ridge Dr | Prospect, KY | 40059 (502) 228-6591 |
| Wang, Brian | 18911 Ridgeleigh Ln | Louisville, KY | 40245 (502) 777-6858 |
| Warren, Jaime & Brian | 4101 Samoset Ct | Louisville, KY | 40299 (502) 797-1503 |
| Weinberg, Bill | 402 Meridian Av | Louisville, KY | 40207 (502) 897-9726 |
| Welles, Tarilyn | 208 North 34th St | Louisville, KY | 40212 (502) 435-4272 |
| Williams, Ken | 8803 Tranquil Valley Ln | Louisville, KY | 40299 (502) 499-5383 |
| Wong Liong, Jimmy & family | 3817 Deer Lake Cir | Prospect, KY | 40059 (678) 617-3642 |
| Yates, Rick | 3124 Sora Av | Louisville, KY | 40213 |

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.



www.visitbardstown.com/tourism/ or www.sampleourspirit.com

[Click to Enter!](#)

Touring Report

by Charlie Drexler, LBC VP Touring

The weather was very nice on May 15th for the annual Ride of Silence. A big thanks to all that came out, we had a Very Good Turnout! Also, Richard Heckler deserves a Big Thanks for again coordinating this very important Ride. Richard does an outstanding job with this ride. Glenn Todd provided some very thought provoking words prior to the ride taking off from Waterfront Park.

The June Schedule includes Best New Ride entry The “Give Me Liberty” Tour de Mad Dog Century Route. The Best New Ride entry “Weekend Tuneup Ride” continues on Friday evening thru June. If you have an opportunity, you ought to check these rides out. Be sure to also share any ride stories and/or photos from the new rides with Packman for inclusion in the Newsletter. Perhaps your photos and or ride description will encourage other riders to those rides on their must do list or encourage a ride captain to enter one of their own special new routes.

This year, there are many special events on the June Schedule. These events are part of the 46th Annual Wheelmen National

Meet. Check out the Kentucky Wheelmen website (<http://www.kentuckywheelmen.org/>) for more information and for registration information. The events happen June 20th-25th.

At the May 19th General Membership Meeting, I introduced the New LBC Scheduler to interested club members. Many thanks goes out to Steve Rice and Mark Rougeux for all of their help in developing this new scheduler. If you were not able to make it to the membership meeting, what you see on the web page and in the pdf version will look a little bit different but will still have the same information. Additionally, the “EVENTS” tab on the clubs website will feature an interactive Monthly view of the schedule with various optional views of the schedule. See the following link: <http://www.louisvillebicycleclub.org/EventsMain>. You will be also be able to see future months of the schedule as ride captains enter rides. To schedule rides, you will need to be set up on the club’s website as a ride captain and you will then have access to the ride captain scheduler page. To be setup as a ride captain just email me: touring@louisvillebicycleclub.org.



Ride of Silence (photos courtesy Charlie Drexler)



**"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

Biker's Madness? The Quad Century

by Carson Torpey, Dave Spitler and the Courier-Journal's Andrew Wolfson

Back in the late 1970's, a regular ride on the Louisville Wheelmen's schedule was the double century. Riders would ride one hundred miles, get a motel room at Shelbyville, Indiana to rest and sleep, then finish the second one hundred miles the next morning. So much time was spent resting that it became apparent that there was enough time for another one hundred miles. For 1979 the club offered a double century and a triple century ride. Here is the 1981 Courier-Journal article by Andrew Wolfson along with comments from Dave Spitler, Carson, and...

Dave: When Howard Mondor was LBC president in 1976, he came up with an idea that he thought would be different and fun. At the time, there were several "double centuries" rides (200 miles in one day) being advertised in various parts of the country. Howard wanted the LBC to offer a double century here in the Louisville area, but he was having trouble selling the idea to the club members, many of whom had yet to ride more than 50 or 60 miles at one time. A century maybe, but not 200 was the response he got. So, Howard came up with the idea for a ride he wanted to call "The Sleepyhead Double Century." We'll offer a 200-mile ride that goes from noon on Saturday to noon on Sunday, he thought. If we plan it so there is a motel at the 100 mile point, the riders can eat and sleep at the motel and then ride back the next morning, winding up with 200 miles in 24 hours, or one day total.

The year that Howard served was eventful (the national road championships were held here in Cherokee Park); he did not get to try the Sleepyhead Double Century idea, but he had sowed the seed. In 1977, the club was asked to do a ride from the new Science Center to celebrate it's opening. Club vice-president Mike Schneider decided to think big and make that ride the first Sleepyhead Double Century. The turnaround would be at the Holiday Inn at Shelbyville, Indiana.

That first year, the turnout was sparse, but the riders had a good time and Mike offered to lead a second Sleepyhead Double Century in 1978, this time departing from Greentree Mall in Clarksville, Indiana and still going to an overnight stop in Shelbyville. The turnout was better that year and Mike went on to lead the ride for another five years.

After the 1979 Sleepyhead Double century, one of the riders thought that perhaps a third century could be ridden during the night, thereby riding a triple century and saving the motel bill.

The triple century was offered as part of the 1980 event. Mike had two vans with food and water posted, one in Shelbyville and one 25 miles south so that the riders could refresh themselves. The triple century was ridden by a small group of riders that year finished the middle century with hours to spare. One of the riders said, "That was EASY. I bet we could do 400 miles!" That thought percolated throughout the winter and in 1981, 1982, and 1983, the Sleepyhead Double Century offered the riders their choice of three distances: 200, 300, or 400 miles.

In 1981, the 400 mile distance was attempted by ten riders; six completed it. This is the story of that ride.

Carson: I joined the group that rode the triple century, which included Dave Spitler. During the second century, we got caught in a rain storm and while drying out in a restaurant while we waited a few hours to join the double century riders for the return home, we wondered if there was enough time to squeeze in a fourth century. After the rain stopped, all the trees and bushes around us suddenly light up with tiny white lights from thousands if not millions of lightning bugs, it was like a Christmas display in June.

C-J: "The seven who made their first triple a year ago decided beforehand that if they made it, that would be the crowning achievement of their cycling lives. So few people accomplish the triple, that the League of American Wheelmen don't even have a patch that recognizes the accomplishment."

"It was a big joke with us, after the triple, Mike Schneider said. All seven looked at each other almost at the same time and said, Next year the Quad. You just had the feeling that it had to be."

Dave: I decided to ride that first quad century without much thought. It was winter and there was plenty of time to train for an event in June. But as the date drew closer and I did start to think about it seriously, I began to question my own sanity and that of the other riders who planned to join in the attempt. We were not professional cyclists. We were not even particularly good amateurs. We were just working people and students who liked to ride bikes together when time allowed. But in June, 1981, we intended to throw our legs over our bikes and attempt to ride 400 miles in 24 hours. It was a feat of such monumental insanity that I shudder to think about it 32 years later. I would not blame anyone for thinking that we were crazy; I thought so myself.

Carson: When the 1981 schedule came out, the quad century was included. I had had not intended to ride, fearing there would not be enough light from the bike lights of the day to let us see the roads at the higher speed we would have to maintain. Dave called me a couple of days before the ride to talk me into going on it. His biggest selling point was his wife Becky, was going to follow behind us and light up the road from the car. Alex Burgard, owner of Bicycle Sport, let me take the day off, so I was in. The night before the ride, I ate a box of jelly donuts in an attempt to carbo load! Those were the days.

Dave: The more I thought about trying to ride 400 miles in 24 hours, the more obvious it became that the difference between success and failure would be logistics. We would need at least one support vehicle to block for us, light the road, and haul food and water and spare clothes for the riders. We got a local bike shop to put up the money to rent a stationwagon, decked it out with bike racks and signs so that passing motorists would know what we were up to. My wife agreed to drive and Mary Porter, the teenage daughter of a club member, volunteered to crew.

Ten riders attempted to do the Quad: Mike Schneider, the organizer and leader of the ride, Dave Spitler, Joanne Swasko,

(continud on p.9)

2013 New Rider Clinic Opens!

[Click to enter!](#)



NORTON SPORTS HEALTH

The 2013 New Rider Clinic has started and we are pleased to announce a new sponsor--Norton Sports Health has joined us for 2013! Norton physicians will join our instructors, providing nutrition and ride preparation instruction. Thank you Norton Sports Health, for what is sure to be a wonderful addition to our New Rider Clinic!

The first series of classes at Waterfront Park is already underway, but there are still openings for the Iroquois Park session, which starts June 19th, and the Bowling Boulevard session, which starts July 22nd. The New Rider Clinic is FREE and open to LBC Members and Non-Members.

Participants who attend 5 of the 6 classes and pass the written and road test, will receive a Louisville Bicycle Club jersey and a one year LBC membership.



LBC Education VP David Wittry

[Click to enter!](#)

University

A proud member

2013 Kentucky Century Challenge

Register for The Kentucky Century Challenge, complete The Challenge and get a free jersey! Click here to see the jersey: <http://www.kentuckytourism.com!/userfiles/Adventure/KCC%20Jersey.pdf> - The Challenge features Kentucky's four premier cycling events featuring Century--100 mile ride options:



1. Redbud Ride – April 13, 2013, London, KY - <http://www.redbudride.com/>
2. Horsey Hundred – May 25, 2013, Georgetown, KY - http://bcc.clubexpress.com/content.aspx?page_id=22&club_id=740127&module_id=110194
3. Preservation Pedal – June 15, 2013, Frankfort & Franklin Co. KY - <http://www.preservationkentucky.org/pages.php?id=6>
4. **Old Kentucky Home Tour – September 7 – 8, 2013, Louisville, KY** - <http://www.louisvillebicycleclub.org/OKHT>

All of the featured rides also offer distances that are less than a century. To qualify for the challenge and receive the Century Challenge jersey, riders registered for the Challenge must complete the century distance on at least 3 of the 4 rides. The Kentucky Century Challenge jersey is available only to riders who successfully complete the challenge. The jersey will not be sold, or made available to the general public, so to get the jersey, you have to ride at least 300 miles.

Keep in mind that these rides are all **PAID RIDES THAT YOU MUST REGISTER FOR INDIVIDUALLY** and to be eligible for the challenge you can register here: <http://www.kentuckytourism.com/outdoor-adventure/centurychallenge.aspx>

Take the Kentucky Century Challenge and get a FREE jersey!

LBC Commuters Group

by Andy Murphy, LBC President

As of May 23rd, 2013, 69 members of the Louisville Bicycle Club Commuters Group have registered 8,060.31 miles. We would like to thank everyone who takes the time to commute, then logs their mileage.

If you'd like to join, go to My Cycling Log here; <http://www.mycyclinglog.com/> Register -IT'S FREE-and click on the Louisville Bicycle Club group, then click on JOIN. Remember, WE'RE ONLY TRACKING COMMUTER MILEAGE.

If you decide to join the group, you should only log rides that

are legitimate commutes--trips that you could've taken by automobile but chose to ride your bicycle. Please don't log training rides or mileage accrued on LBC rides. Riding to and from club rides would count as a commute, but not the mileage on the ride itself.

There will be no LBC Awards associated with the Commuter Program. There will be no "Winner" for most Commuting Mileage. We appreciate folks commuting and taking the time to log their rides.

y Hospital

Trauma Institute

Member of **U OF** Health Care

Click to enter!

Click to enter!

**MAIN
STREET
BIKES**
LLC

Sales
Repair
Accessories


Featuring
Jamis • Raleigh • BH
Fuji • SE • Pivots

www.bikesonmain.com



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

Bardstown Rd.



Bicycle Co.

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



**LOUISVILLE
WATER**
since 1854

Click to enter!



Baptist East/Milestone
**wellness
center**



baptistmilestone.com

Click to enter!

Biker's Madness? The Quad Century *(cont. from p.5)*

by Carson Torpey, Dave Spitler and the Courier-Journal's Andrew Wolfson

Mark Keele, Tom Rutledge, John Kelly, Scott Shelton, and me, Carson Torpey all from Louisville, with John Bertrand and James Williams of Lexington.

C-J: "It was perfect weather when 10 riders pulled out from Clarksville (Green Tree Mall) at 1:40 p.m. Saturday, all set on doing the distance, the Quad.

"They headed north on U.S. 31 to Columbus, zipping through the first 100 miles in four hours and 45 minutes. That put them way ahead of the six-hour-per-mile pace they would have to maintain."

"But then we sat around on our first long break and realized that time would be critical", Spitler said.

"At 150 miles the group has its first casualty. Mike Schneider, the trip leader, started getting stomach cramps, and he was forced to drop out."

Carson: Mike was so enthusiastic about the ride, when he had to stop I began to realize how difficult the ride was going to be. We were also losing a strong rider from the paceline and that would make our jobs just a little bit harder.

C-J: "I drank three bottles of water every 25 miles" Spitler said. "I would have crammed down my throat anything I could have drank." The riders ate plumbs, bananas, and peanut butter sandwiches, stopping every hour and 15 minutes for breaks"

Carson: The sandwiches and fruit were very good at first, but in the middle of the night I started to crave for something more different. One thing I brought along was a can of Franco-American spaghetti with tomato sauce. That was so good! Ate it straight from the can. Back in 1980, there was almost no information on nutritional information for endurance sports other than to eat lots of carbohydrates. Even drinking lots of water was not emphasized.

Dave: The fruit was perhaps too plentiful. It would be almost a year before I was able to even look at a banana without feeling nauseated.

C-J: "At 300 miles, two more riders, John Kelly and Scott Shelton, both of Louisville, dropped out."

"Spitler also thought about quitting. 'I'd get to the point where the group would pull away from me, and I thought 'the hell with it, why not quit.'"

"Swasko said she felt energized through most of the ride. 'I never even felt drowsy. I couldn't believe I felt strong even after two and three hundred miles.'"

Dave: As we passed the 300 mile point, Carson rode up to me and said, "Well, we rode 300 miles just so we can ride this last 100." I stared at him in dumb incomprehension. The point should have been clear enough but my mind was so clouded with lack of sleep that it made no sense. We were ¾ of the way

done, we were on schedule, but I knew that I was in trouble. I fought to stay with the group for another 50 miles, but sometime after that, I had to watch them ride away and I was alone and struggling.

Carson: I was surprised too, that I never felt sleepy. I was however, very uncomfortable. My shoulders and neck hurt, my lower back hurt, so did my hands and feet. I brought extra shorts to change into and even put A and D Ointment on the chamois to lessen chafing. A and D was for a baby's diaper rash but many cyclists used it too because there was no other product at the time. Shoes at the time were leather with nailed on cleats, shorts were either wool or cotton and fit well only when brand new. Brake levers and saddles did not have the anatomical designs they do today.

C-J: "But for Swasko and Spitler, the last 100 miles were the toughest. With 38 miles to go, one rider spilled and the riders got separated. 'I was really discouraged' Swasko said, 'I felt panicky. I didn't think I had a hope, said Spitler.'"

Carson: At the three hundred mile stop, I went into the bushes for a "natural break" and this is when I noticed that certain body parts were completely numb, and my shoulders, lower back, hands, and feet did not hurt anymore either! Maybe the last 100 would not be so bad after all. Someone in front of me touched wheels and riders went down. Tom Rutledge was the rider in front of me. He slid across the road on his stomach and I rolled across his hand. He said he never felt it and the crash did not hurt him very much. A little later, I saw Dave ride off the road and onto the shoulder and beyond. But Dave regained control and was back to the road without falling! I was watching the road signs and noticing the distance to Louisville we still had to cover. It seemed that there was not enough time left so we blew right past the last rest stop. Silly me, the distance on the sign was to Louisville and not where we were going, Greentree Mall, which was about five miles shorter.

C-J: "Not only did he have to make the four hundred, he thought, but time was running out." "But then, with about 15 miles to go, a crowd of people ran out from a fast food restaurant, Spitler said, and started cheering him on."

"They yelled out the distances in tenths of a mile. I started feeling extremely emotional. I got a real surge."

"At 1:36 p.m., with four minutes to spare, Spitler rode in to the Greentree Mall in Clarksville. He was the last to make it.

Dave: I actually gave up with a little more than 20 miles to go. I just stopped, got off my bike and threw it in a ditch and sat down on the side of the road in total disgust. My wife had stayed with me in the follow car and she walked up behind me and laid her hand on my shoulders. "Is there anything I can do?" I just shook my head. Then Vera Schneider walked up and offered me a huge bottle of Gatorade. I drank that bottle in one go and immediately started to feel better. I looked at my wife

(continud on p.12)

parkside

New, Used and Trade-in bicycle sales and service



Parkside Bikes sells and services new, used and trade-in bicycles while supporting the organizations that make cycling possible. Stop by and say hello!

1377 Bardstown Road, Louisville, KY 40204 | (502) 384-0668

Click to enter!

Louisville Bicycle Club Contacts:**The Louisville Bicycle Club**

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

Statistician

Ron DePrez
statistician@louisvillebicycleclub.org
11526 W Highway 42
Goshen, KY 40026

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

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 keep your address up-to-date online or advise the club secretary of changes.

Biker's Madness? The Quad Century (cont. from p.9)

by Carson Torpey, Dave Spitler and C-J's Andrew Wolfson

and said, "I might fail, but I want to fail on the road. Not in a ditch, not like this." I got back on my bike and set off angry that I tried to quit and fueled by all of that sugar. I had my legs back and I realized that I might still make it but it was going to be close. Then the a little group of cyclists came out of a restaurant, jumped on their bikes and rode the rest of the way with me, cheering me on the whole way. That was the tonic I needed: I finished with maybe a minute to spare.

Carson: The group I was in finished a little earlier, I think we had about an hour and a half to spare, I wish I had written the time down. I was feeling so good for the last hundred miles and so many were so tired, I stayed at the front of the pace line for the last 20 miles, but when we got within sight of the mall, everyone behind me sprinted around, trying to be the first to finish. Boy, was I pissed, all our teamwork gone. I sprinted up to the group and we all finished at the same time. Finally Dave rode in. After Mike dropped out, I felt he was the spiritual leader of the group and it would have been a shame if he did not make it after all his hard work.

C-J: "Swasko had already finished, possibility becoming the first woman to ride a quad in cycling history."

"The best thing for me was becoming an instant hero with all the women in the crowd," she said."

"Spitler climbed off his bike and collapsed onto his wife, Becky."

"Today, Spitler said he said he felt OK, although he was having some trouble walking up and down stairs. He is taking a couple of days off to recuperate before returning to E & H Electrical Sales where he is a salesman. (He rides a bike to work)"

Carson: After the ride, I went home and was waiting for the Tour de France to come on the television. (Race coverage was extremely rare at the time) This was the only time I have not been able to stay awake, so I set the alarm clock to wake me up in two hours. After watching the show, I could not return to sleep. I was back at my "desk" the following day but I felt very strange.

C-J: "He hasn't really thought too much about next year, but says 500 miles is probably out of reach.

"I don't know if I'll try another quad. I don't know if there is need to do two of them."

Carson: Well said, the tingling in my toes did not go away until late September, three months later. I consider this ride to be one of the highlights of my cycling career but I don't need to do it again. Until a woman somewhere produces an article saying she rode 400 miles within 24 hours, we considered Joanna Swasko to be the first woman to do so but after checking records on the internet, I find on the Ultra-marathon Association for 24 hour records and the record for a woman riding a standard bicycle on the road is 439.65 and was made 22 Sept. 1992. Judith Atkins first set the women's 24-hour record of 422 miles on July 22, 1953 according to a list of records on Wikipedia. Still, she may have been the first American woman to do so. I will be looking to see if the men were the first Kentucky men to do the Quad.

Dave: Three hundred miles had been a piece of cake, 400 miles was the most difficult thing that we had ever done. There was no talk of trying to go farther next year or anytime. Two or three riders finished the quad the next year, Ed Beanblossom being one. I do not think anyone else has attempted it since. (also Brad Swope - ed.)