

THE LOUISVILLE BICYCLE CLUB

Founded in 1897

www.louisvillebicycleclub.org

August 2013

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**Parkside Sale & Cookout,
Mayor's Rides, Sep. 2
OKHT, Sep. 7-8
Shakertown, Sep. 14-16**

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
Sep 2013 issue is Sep 9**

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



**The Labor Day Mayor's Healthy Hometown Hike,
Bike & Paddle and then OKHT36!** *by Andy Murphy, LBC President*



The SUBWAY Fresh Fit, Mayor's Healthy Hometown Hike, Bike & Paddle will be held on Monday, September 2nd, 2013, starting near the Great Lawn at Waterfront Park at 10 AM. The Mayor's office has asked if club members who have served as Ride Marshals in the past would do so again. Please report to the Ride Marshal's tent on The Great Lawn if you can help out.



Thank you all for your continued support of this very cool event!

The following weekend, September 7-8, it's time for OKHT36!

We still need volunteers, so check out the volunteer page on the LBC webpage for volunteer opportunities. In addition to a complimentary OKHT registration, volunteers get a complimentary OKHT T-Shirt and our never-ending appreciation!



OKHT now on facebook



Click image.

The Old Kentucky Home Tour now has a facebook page:

<https://www.facebook.com/oldkentuckyhometour>

If you have any questions or need information, post here and we'll answer as quickly as possible!

On the new facebook page, you'll also find the OKHT Safety Video. If you haven't seen it before, it's a good idea to watch the video. There are some good tips on riding safely in groups.

We'll see you at the Mayor's Healthy Hometown Hike, Bike & Paddle and at OKHT36!

Life is good
Murphy

**Labor Day Sale & Cookout at
PARKSIDE BIKES, Sep. 2nd!** *see p.3*

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)

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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

Bauer, Todd	12812 Deer Cross Dr	Prospect, KY	40059 (502) 468-4911
Beal, Frank	918 Ash St #5	Louisville, KY	40217 (502) 314-1162
Bellissimo, Michael	1920 4th Av #1909	Seattle, WA	98101 (650) 454-0252
Brito, Ivy & Pedro	5909 Grandel Blvd	Louisville, KY	40258 (502) 449-3193
Dalton, Ray	11024 Fairway Pointe Dr	Louisville, KY	40241 (502) 773-6204
Dash, Anand & Munnich, Beth	1915 Wrocklage Av #306	Louisville, KY	40205 (502) 744-4880
Ernst, David & Karen	3204 Springstead Cir	Louisville, KY	40241 (502) 641-1515
Fredell, Michael & Angie	5622 Southland Blvd	Louisville, KY	40214 (828) 244-1505
Hatton, Daniel	1718 Nightingale Rd	Louisville, KY	40213
Hawkins, Randall & Jessica	610 Kewanna Dr	Jeffersonville, IN	47130
Horneman, Herman	18401 Shallowford Ln	Louisville, KY	40245 (502) 562-7192
Hudspeth, Brett & Oser, Devon	8009 Beech Av	Louisville, KY	40222 (724) 601-6570
Luttmer, Catherine	1908 Alfresco Pl	Louisville, KY	40205 (502) 454-8348
Maurey, Tom	2549 Seneca Dr	Louisville, KY	40205 (502) 645-1730
Miller, David & Rutledge, Ally	11901 Bragg Av	Louisville, KY	40243 (715) 292-4717
Rosenthal, Mark	2531 Tennyson Av	Louisville, KY	40205 (615) 870-8830
Scoskie, Evan	1000 Donovan Ct	Goshen, KY	40026
Sheckler, Susan	1020 Burning Springs Cir	Louisville, KY	40223 (502) 749-4624
Webb, Michael	6810 Wunderly Ct	Louisville, KY	40291 (502) 436-8053
Winslow, Brian	2011 Frankfort Av #210	Louisville, KY	40206 (502) 592-2424
Wolff, Jerry	7387 Wolfspring Trace	Louisville, KY	40241 (502) 228-5276

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.



Click to Enter! www.visitbardstown.com/tourism/ or www.sampleourspirit.com

parkside

road • mountain • lifestyle

Parkside's First Annual Labor Day Sale & Cookout!



Parkside will be hosting its First Annual Labor Day Sale & Cookout. Monday September 2nd all items in the store will be 10 to 50 percent off. Door prizes every 30 minutes and food for all. So come join the fun, eat some delicious food and partake in all the savings.

Sale on all brands including:

Colnago, BMC, Focus, Bianchi, Fuji, Cinelli, Linus, Biria, Rocky Mountain, Brooks, Fizik, Continental, Pearl Izumi, Giro, Banjo Brothers, Bern, Sidi, Shimano, Crank Brothers

Hours:

Sept, 2nd
10am - 5pm

Where:

1377 Bardstown Road
Louisville, KY 40204

Contact:

502 384 0668
info@parksidebikes.com



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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

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CHAMPION-ENDURA

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NORTON SPORTS HEALTH

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The third and final session of the LBC New Rider Clinic presented by Norton Sports Health is under way and what a turnout! The Bowling Boulevard class should have over 50 students graduate! We would like to thank Norton Sports Health and the Mayor's Healthy Hometown Movement for their continued support of the New Rider Clinic! We should graduate over 100 students from the 3 sessions this year!

Also, a big thank you to the many volunteers who help with the New Rider Clinic each week. THANK YOU!



LBC Education VP David Wittry discusses proper braking technique with students at the Bowling Boulevard class.
(photo courtesy staff)



Students go through the Control Weave at the New Rider Clinic.
(photo courtesy staff)

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!

American Lung Association BIKE TREK TO SHAKERTOWN September 14-16, 2013

Kentucky cyclists know that the best way to experience the state's scenic countryside, with its miles of rolling farmland and tree-lined roads, is from the seat of a bicycle, and there is no time more perfect for a Kentucky bicycle tour than September.

The American Lung Association's annual Bike Trek to Shakertown, September 14-16, begins in Harrodsburg on Saturday, with an overnight for all participants at Danville's Pioneer Playhouse. Three-day riders will spend Sunday night at Shaker Village, where they will be treated to a delicious "Shaker" dinner and evening entertainment provided by Michael Johnathon, host of the Woodsongs Old Time Radio Hour. The 2-day option includes the Saturday night stay in Danville and a visit to Shakertown, where riders will catch a shuttle back to the start point in Harrodsburg.

Among the event's amenities are a gear truck for luggage, on-road repair service, free massages, rest stops with refreshments and experienced tour leaders who "bring up the rear" to encourage and support the slowest riders.

The Bike Trek attracts cyclists of all ability levels. Choices

include a basic route of 30-35 miles per day or a more challenging moderately hilly metric century on Saturday and a similar option on Sunday. Monday's routes will both be shorter.

Proceeds from the Bike Trek help fund cutting-edge medical research, patient services, education and advocacy for public policy in support of the American Lung Association's mission to save lives by improving lung health and preventing lung disease.

Cost: Participants pay a \$65 registration fee and agree to raise pledges for the fight against lung disease. Pledge minimum: \$300 for the 2-day ride; \$400 for the 3-day ride, including dinner and overnight at Shakertown.

Recruiter of the Year will be awarded to the participant who recruits the most new riders. The winner will receive a \$300 gift certificate from either Bicycle Sport in Louisville or Pedal the Planet in Lexington.

For more information: 877-893-5864 or <http://www.BikeTrektoShakertown.org/>



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Everything came up daisies at the club picnic at Yew Dell Botanical Gardens on August 25, thanks to Paul Capiello. (photo courtesy Andy Murphy)

parkside



Sponsored by...



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.



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