# TIVEDUSIILE BICYCLE CLLIB 

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## Tour de Lou (click)

(Register by Apr 14)
April 27
Bike MS 2014
May 17-18

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 <br> May 2014 issue is Apr 20

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


## 2013, it was a very good year!

The LBC Awards Banquet for 2013 was held on January 18th, 2014 at Big Spring Country Club. The club Executive Committee was elected and many awards presented. Your Executive Committee for 2014: President, Andy Murphy. Secretary, Dianna Palmer. Treasurer, Mark Rougeux. VP Advocacy, Doug Brent. VP Communications, David "PaCkMaN" Ryan. VP Education, David Wittry. VP Racing, Bill Carey. VP Touring, Steve Rice.

Some of the awards presented:

Touring Champions - Kathy Doran and Mike Kaufman Master's Champion's - Bernice McGill and Joe Medley
 Most Improved Riders - Joan Wood and Scott Seligman Tour de Mad Dog Champions - Melissa Hall and Dustin Tinnell Top Ride Captain - Barb Martin
Top Advocacy Volunteer - Carson Torpey
Top Communication Volunteer - Steve Rice
Top Education Volunteer - Doug Klein
Top Racing Volunteer - Whitney Vogel
Top OKHT Volunteer - Carl Christy and Doe Cummings
Volunteer Of The Year - Ron DePrez

8 club members received awards for completing a Super Randonneur Series in the LBC Brevet/Randonneur
Program. Paul Battle was recognized for reaching 125,000 club miles.
Congratulations to these and all the award recipients!

Thank you to the incoming Executive Committee for the hard work they will put in to keep this club going strong!

Our 1,243 members rode 559,915 miles on 1,200 club rides in 2013...it was a very good year!

Life is good
Murphy


2013 Volunteer Of The Year Ron DePrez (photos courtesy Charlie Drexler)

## 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!
by Email!

YOUR CLUB OFFICERS 2014 (Executive Committee)

## Andrew Murphy

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718 810-3295
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## Steve Rice

## VP Touring

502 494-5288
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

Adams, Vikki
Boyd, Bryan
Cowen, Allan
Dawson, Rick
Duffy, Scott
Foushee, Christina
Frazar, Bryan \&
Herbener, Rebecca
Heaney, Dennis Henderson, Mark
Jay, Eliza
Kawa, Alex
Lahm, Matt
Lawrey, Nancy \& family
Leach, Matthew
Mueller, David
Muller, Daly
Parson, John \& Deborah
Ruser, David
Smith, Brandon \& family
Thompson, Holly
Tripp, Kenneth \& Kathleen

1208 Donard Park Ave 821 SW Pine Tree Ln 11608 little Ln 10941 Southgate Manor \#11 3700 Wooded View Dr 1290 Cherokee Rd \#2

3514 Lexington Rd
1848 Stevens Ave 2714 Durbing Ave 509 Tiffany Ln 611 Wardshire Place 3001 1/2 Greenup Rd

355 Bart Smith Rd 4205 Bridgewater Cove \#6 204 Prestwick Pl
161 St. Matthews Ave \#3
4446 Koinonia Dr NE
2210 Strathmoor Blvd
14613 Cressington Cir
10701 McMeekin Ln \#103
1032 Grazing Meadows Ln Louisville, KY

40218 (812) 204-7166 34994 (772) 359-5547
40223 (502) 645-5513
40229 (502) 762-3907
47122 (502) 836-6070
40204 (202) 578-3603
40207 (502) 314-3197
40205 (253) 209-9404
40299 (502) 523-3709
40207 (502) 420-8910
40223 (502) 641-7817
40217 (502) 909-2502
40068 (502) 296-3813
40207 (502) 609-7319
40243 (502) 244-6524
40207 (502) 645-6711
Grand Rapids, MI 49525 (616) 238-2688
Louisville, KY 40205 (502) 751-8686
Louisville, KY 40245 (270) 316-9936
Louisville, KY 40223 (502) 314-4780
40245 (502) 409-1462

## 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.


## parkside <br> 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!


## 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-BOTTELS-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


# NORTON Sports Health 

Click to enter!

Welcome to the Challenge! You probably have a few questions about what you need to learn and be able to do to be successful in your quest. This is stuff the more experienced Dogs already know (or should), and stuff you would learn sooner or later by showing up and riding the TMD stages, reading the rules, and learning the culture. However, "later" tends to be a lot more painful for you and everybody around you, so this is a short primer to make "sooner" a better reality for all of us.

First things first. Be aware of the "Rider Responsibility" document that was published in Dec, 2011. It states in part:

All Riders are welcome on LBC Rides. However, every rider has the responsibility to have a bicycle that is in proper working order and be reasonably capable of riding the type of ride that they are considering (i.e. the rider has been working up to the distance and/or difficulty of a ride that they are attempting). Riders should be capable of changing a bicycle tube if that becomes necessary during a ride. Each rider needs to determine for themselves, if they are capable of riding in the predicted weather conditions.

This is true and expected on ANY LBC ride, but this is especially true on a Mad Dog century route. You should not be attempting your first century, or even your first century of the year, unless you KNOW that you have mastered the basic skills and stamina to maintain a finish pace for a 100-mile ride and what you can expect from yourself (more or less) when you hit any given mile. It's unreasonable and irresponsible to think you'll do fine the second half of a hilly century trying to maintain a $14-15 \mathrm{mph}$ pace if your previous long ride is a 55 miler at a $12-13 \mathrm{mph}$ pace on a flatter course. Rule of thumb is to increase your ride distance about 15 miles per ride from your previous "comfort level" till you know where the psychological and anatomical wheels start to come off. When you have pushed those limits out to at least close to a 100 miler, you are ready for the tour.

It's a good idea to read the current TMD rules posted on the web site. They are long and (somewhat) confusing, but here's what you really gotta know to start riding the tour. The bolded comments are my interpretations for you.

This is a Challenge, not a race. Your actual time on the courses will not even matter! Each stage will take place on public roads where all of the rules of the road apply to automobiles, to trucks, to motorcycles and to bicycles alike.

Riders must agree to abide by all traffic laws at all times.
All riders should be healthy and should be adequately trained (see comments above) to complete each challenging stage. Also, cyclists who undertake such a challenge should be selfreliant in case something goes wrong on the course. (Have the necessary tools, a couple of spare tubes, and be ready to change your own flat(s) while your group waits for you. Also have a cell phone and somebody on the other end who likes you well enough to come pick you and your bike up in Timbuktu if it's something you (or the best mechanic in the group) CAN'T fix on the spot).

Although the Ride Captain on a given stage may agree to sweep the course or to ride with a certain rider, this cannot be assumed by the participants. (Refer to the "unreasonable and irresponsible" remarks above.)

The intent and spirit of the TMD Challenge is to foster group riding and Mad Dog camaraderie. (We are a group of (mostly) middle-aged boys and girls who meet our friends early on weekend mornings in parks and school parking lots to spend the day riding our bikes for fun and either reliving or creating childhoods well spent.)

Fictitious ride times will be awarded to riders based largely on the size of the group with which they finish. (Did anybody really think I could finish a century in under five hours?) In most cases, the larger the group you finish with, the better your time will be. (And, the more fun you will have.)

Actual ride times are insignificant and carry no weight whatsoever in determining the winner, provided the rider completes the course within the announced time limit. (Usually 10 hours - give yourself time for two, 10-15 minute planned stops arounf mile 25 and mile 75 and a 20-30 minute lunch about half-way through, plus any "unplanned" stops for mechanicals, answering your cell, etc.) Even the last finisher can be declared the Stage Winner.

All serious cyclists know what group riding is about. The TMD Challenge is designed to encourage groups of all abilities to work together to attain a common goal --- finishing the stage! With that in mind, all riders should work together with his/her group to gain maximum advantage and maximum reward.


Each year the Kentucky members of the League of American Wheelmen held a statewide meet at different Kentucky cities, mostly in the Bluegrass area because that is where most members lived. By 1894 the members in the western part of the state were feeling neglected and invited the state's wheelmen to come to Owensboro and so they did. Most state meets were very straightforward affairs lasting two days with maybe two extra days for travelling. But the trip to Owensboro opened up more possibilities and became one of the more memorable meets and possibly the most fun.

Several events were scheduled to run before and after the meet. This was the first meet to be held in the western part of Kentucky and was therefore located some distance away from the largest body of wheelmen who lived in the Bluegrass region of the state. The wheelmen of Covington proposed to take a steamboat to Owensboro, picking up wheelmen along the way. A most important race was held at Cincinnati and with the changing of a few race dates, perhaps those men could be persuaded to race again down river. A road race was set for Louisville and a track race set for New Albany, Indiana. Farther down stream, races were scheduled for Evansville and then the steamer would take the travelers to Owensboro. After the meet, the wheelmen would travel back home on the steamboat.

The steamboat was the City of Madison, one of the finest boats on the Ohio River. About 75 wheelmen boarded at Covington and woke up in Louisville where they visited several bike stores and then went to see the Martin \& Dressing Road Race, which took place on Third Street and the Boulevard. The crowds were so thick that only one lane was open for the racers.

After the road race, the Louisville passengers boarded the boat to New Albany, Indiana for track racing. The wheelmen were met by the Mayor and all paraded to the bicycle track.

New Albany Race Results

## ONE-MILE Novice

1. O.L. Burke
2. C.G. Pheiffer
3. Vincent Cox

TWO-MILE Class B

1. H.A. Githens
2. James Levy
3. Gus Steele

MILE Handicap Class A

1. O.P. Bernhart
2. C.A. Wescott
3. Otto Baumann

HALF-MILE Class A

1. O.P Bernhart
2. Marion Black
3. Otto Baumann

MILE 2:50 Class A

1. Marion Black
2. C.A. Wescott
3. C.H. Longley

MILE Class B

1. Gus Steele
2. H.A. Githens

TWO-MILE Handicap

1. Black
2. Peltier
3. Stocker

MILE Handicap Class A

1. Bernhart
2. Black
3. Freers

QUARTER-MILE Boys

1. Rosencranz
2. Willerding

HALF-MILE Handicap Class A

1. Way
2. Lynn
3. Black

TWO-MILE Class B

1. Githens
2. Steele
3. Levy

FIVE-MILE Handicap Class A

1. Stocker
2. Hedges
3. Lynn

The trip back to Owensboro was a repeat of the previous night with Gus Steele and James Levy, both of Chicago, leading the mischief makers in breaking glass, unhinging doors and soaking the beds and clothing of all the male passengers.

The Kentucky Division of the League of American Wheelmen was greeted by colorful Owensboro storefronts richly decorated with banners and bunting of the national colors as well as the colors of the Owensboro Cycle Club, orange and black. They wore their colors on their jerseys, stockings, coats, and caps, all in orange and black stripes two inches wide, what a sight!

The Kentucky Division League of American Wheelmen Meet,
Owensboro June 15 \& 16, 1894 (cont.)

Race Results

HALF-MILE Novice

1. Hopper
2. Keeley
3. Thome

MILE Handicap Class B

1. Conn Baker
2. J. Levy
3. Gus Steele

HALF-MILE Class A

1. Bernhart
2. Baumann
3. Rough

MILE KENTUCKY
DIVISION CHAMPIONSHIP

1. F.D. Cartwright,

Bowling Green
2. Hugh Caperton, Louisville
3. H. Van Antwerp,

Mt. Sterling

## HALF-MILE Owensboro

Wheel Club Championship

1. Walter Stout
2. A. Rosenfield
3. J.C. Pheiffer

Day Two

MILE Kentucky Riders

1. Van Antwerp
2. Sidwell
3. Newlin

TWO-MILE Handicap Class A

1. Baumann
2. Cartwright
3. Stout

HALF-MILE Class B

1. Githens
2. Steele
3. Conn Baker

HALF-MILE Kentucky
Division Championship

1. Van Antwerp
2. Sidwell
3. Hopper

MILE Class B

1. Steele
2. Conn Baker
3. Plaice

TWO-MILE Handicap Class B MILE Class A

1. T.R. Eddie
2. Cliff Baker
3. Conn Baker

QUARTER-MILE Class A
Kentucky Riders

1. Van Antwerp
2. Chas. Longley
3. A. Donaldson

## MILE Class B

1. Gus Steele
2. H.A. Githeus
3. Conn Baker

## KENTON CLUB

Championship

1. Houston
2. Sidwell
3. McLean
4. Bernhart
5. Rough
6. Baumann

MILE Pennyrile
Championship

1. Cartwright
2. Stout
3. Hopper

HALF-MILE Class B

1. Githens
2. Conn Baker
3. Plaice

THREE-MILE Louisville Cycle Club Championship

1. George Martin
2. W.A. Rubey


Githens of Chicago rode against time and broke the Kentucky mile record of 2:23 1-5, the new time being 2:20 1-2. Some of the more unusual prizes were a case of 1880 sour mash, a twenty-two pound bicycle and a sixteen pound bicycle, a gold chronograph, a case of Kentucky Sunshine, and a breech loading gun.

The return home was a little quieter, but just a little, as the mischief makers proclaimed that there would be no sleep until 3 am . Those not joining in proclaimed that there would also be no sleep after 3 am if they were bothered. And so it went. Finally there was a truce and everyone retired to bed but soon the sun was coming up and the call to breakfast came. "The whole party sat down with eyes looking like holes burned in a blanket." At 10 o'clock the Captain ran up to a bank so those who wanted to could bathe and, wearing racing suits, underwear, or whatever, in they went. Gus Steele had won a shotgun at the races and having "never killed anything" took aim at a large muskrat and then brought the poor creature on board. The next leg of the trip was uneventful and Louisville was reached about 5 pm where a large number left for their homes or to take a train the rest of the way. Around midnight the steamer left for Madison and one more day of vacation for the wheelmen, or so they thought.

Sunday night, the last night, no disturbances were tolerated and the trip started out quietly. For four hours, all was quiet when about 4 am . there was a noise like a thunderbolt, chairs and tables were upset, timbers broke and bells of distress were rung in the engine room. "Hurry, hurry" was yelled. Only one of the three lifeboats was usable, the other two so rotted that one would step right through the bottom. The boat's alarm bells brought help from ashore and all the "wheels" were saved. Three ladies who had been bathing the previous day, having hung their wet corsets to dry by the boiler, refused to leave the

## The Kentucky Division League of American Wheelmen Meet, Owensboro June 15 \& 16, 1894 (cont.)

crippled boat until the corsets were retrieved. Ed Croninger of Covington made an amusing sight as he ran through the steamboat with the ladies' three "lifepreservers" in hand. There was only injury, a man who fell out of his bed had broken his little toe. The boat had hit a jetty which tore a 75 foot hole in the hull but the boat did not sink as it had run up onto the jetty. In the morning it was determined that a bouy had been swept away and was the cause of the accident.

The wheelmen were put up at the Madison House and another steamboat arrived in the afternoon to take those who had not already taken the train to their ultimate destinations.


The wrecked steamer.


## So, you wanna be a Mad Dog (Tour Finisher)... (cont.)

by Kirk Roggenkamp, 2014 TMD Co-Director

That's really all you need to know to get started on the fun. The prologue starts the tour on 2/23/14 (but DOESN'T count as a stage) and you don't have to participate in it to join the tour later. BUT, you do have to ride at least one of the first THREE stages to be included in the tour. Remember, "Nine is fine" (number of stages needed to qualify as a finisher), and "No more than four" (miss any five stages in a row and you will be abandoned from the tour). I have asked captains to use stage routes that are "gentle" for the first three stages as (most) everybody's legs still have winter rust on them. You will see the difficulty level ramp up as the season goes on and fitness levels increase. Even so, I have tried to get a mix of stage routes that will range from "sufferfest" to "hey, that wasn't so bad" from our volunteer captains.

One final piece of advice to first-timers. Time and time again, I've overheard folks say, "Don't worry, I've got my nine rides penciled in - I'll finish alright" only to find themselves abandoned for the year. One rule you can't overlook is the "stuff happens" rule. Riders break collar bones on weekday rides, get blood clots or pneumonia, have a stage canceled due
to bad weather on the only day they could get off work, lose jobs, get jobs, have their favorite niece get married, get threatened with divorce if they get on that bike today, etc., etc., etc. all on days they HAVE to ride a certain stage they "penciled in" at the beginning of the year to finish the tour. Since you can't change the "stuff happens" rule of life - plan for it and ride EVERY stage you can, even if you don't "need it" to finish. Riders who try and ride at least every other stage (or more) usually finish the tour and will earn their boffo TMD jersey at the next banquet. But remember, we're not riding for a jersey, we're riding for the FUN of it.

(This image also appeared in the January 2013 newsletter.)


## Century Club (5+)

Melissa Hall
Steve Rice
Mike Kamenish
Mark Rougeux
David King
Ted King
Cathy Hill
Jody Patterson
Bill Pustow
Kirk Roggenkamp
Tim Chilton
Amelia Dauer
Stephen Maurer
Steve Meredith
Dustin Tinnell
Larry Preble
Paul Battle
Michael Crawford
Steve Montgomery
Susan Pyron
Matthew Tinal
Liz Cull
Larry Marko
Rebecca Thomasson
Carla Dearing
Perry Finley
Joe Lobred
Stephen Royse

Renita Bernat
Charles Bird
Nathan Callaway
Scott Kuchenbrod
Dirk Gowin
Bob Grable
Susan Howell
Jim Moore
Ron Oliver
John Pyron
Connie Stacy
Mike Upsall
Mark Whelchel
Lisa Andreasen
Brooks Hillenbrand
Kelly McGill
Andy Murphy
Dick Rauh
Erik Shultz
Jason Willis
Ford Barr
Steven Dunsford Rick Croslin Connie Hillenbrand Timothy Stephen Soren Stig-Nielsen Melissa Thompson

Top Ride Captains (10+)

Percy Black
David Combs Donna Connell George Cooper David Dowdell Charlie Drexler Perry Finley Jackie Gardner Dirk Gowen Connie Guild Melissa Hall MaryAnn Heckler Richard Heckler S. Highbaugh Cathy Hill Mick Kaufman Joe Kinsinger Doug Klein John Larson Barbara Martin Victor Miller

| 43 | Andy Murphy |
| ---: | :--- |
| 38 | Dianna Palmer |
| 11 | Stewart Prather |
| 13 | Margaret Preble |
| 11 | Bill Pustow |
| 22 | Steve Rice |
| 229 | Jesse Roberson |
| 28 | K. Roggenkamp |
| 23 | Mark Rougeux |
| 11 | A.B. Sandefur |
| 19 | Steve Sarson |
| 11 | Steve Sexton |
| 18 | Donald Snow |
| 11 | Tommy Sutton |
| 22 | Glenn Todd |
| 20 | L. Trachtenberg |
| 35 | Jim Tretter |
| 17 | Mike Upsall |
| 14 | David Wittry |
| 53 | Joan Wood |
| 47 |  |

125,000 Lifetime Miles: Paul Battle 100,000 Lifetime Miles: Bill Pustow 75,000 Lifetime Miles: Perry Finley $\mathbf{5 0 , 0 0 0}$ Lifetime Miles: David Combs 25,000 Lifetime Miles: Charles Brown Joe Lobred Kelly McGill Eric Sellers Laura
Trachtenberg

## 100 Ride Club

| Paul Battle | 128 |
| :--- | :--- |
| Renita Bernat | 122 |
| Percy Black | 142 |
| Charles Brown | 295 |
| Tim Chilton | 142 |
| George Cooper | 129 |
| Rick Croslin | 110 |
| Kathy Doran | 158 |
| David Dowdell | 140 |
| Perry Finley | 357 |
| Lisa Fluhr | 189 |
| Mike Kaufman | 370 |
| David King | 102 |
| Bob Knaster | 101 |
| Barbara Martin | 151 |
| Bernice McGill | 220 |
| Kelly McGill | 219 |
| Joe Medley | 248 |
| Victor Miller | 105 |
| Harold Motz | 100 |
| Larry Preble | 116 |
| Jim Preston | 150 |
| A.B. Sandefur | 154 |
| Scott Seligman | 101 |
| Carson Torpey | 100 |
| L. Trachtenberg | 135 |
| Jim Tretter | 143 |
| Joan Wood | 136 |

Strong Ridership

|  | 2013 | 2012 | 2011 | 2010 | 2009 | 2008 | 2007 | 2006 | 2005 | 2004 | 2003 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Riders | 774 | 797 | 759 | 754 | 788 | 771 | 752 | 712 | 638 | 613 | 506 |
| Rides | 16,810 | 17,125 | 15,373 | 17,880 | 16,673 | 15,665 | 13,523 | 12,990 | 11,883 | 12,531 | 8,786 |
| Total Miles | 559,915 | 619,837 | 534,321 | 673,680 | 600,776 | 558,159 | 490,161 | 483,183 | 454,239 | 487,263 | 321,665 |
| Miles/Ride | 33 | 36 | 35 | 37 | 37 | 35 | 36 | 37 | 38 | 39 | 36 |
| Miles/Rider | 723 | 778 | 704 | 893 | 762 | 724 | 652 | 679 | 712 | 795 | 636 |
| Riders/Ride | 15 | 16 | 17 | 16 | 16 | 16 | 18 | 16 | 19 | 20 | 17 |
| Riders 4000+ mi | 21 | 32 | 25 | 35 | 32 | 30 | 23 | 25 | 21 | 28 | 15 |
| Riders 3000+ mi | 22 | 25 | 14 | 22 | 16 | 17 | 16 | 9 | 16 | 7 | 4 |
| Riders 2000+ mi | 34 | 33 | 34 | 43 | 40 | 37 | 26 | 24 | 26 | 31 | 17 |
| Riders 1000+ mi | 74 | 70 | 69 | 77 | 74 | 55 | 60 | 77 | 63 | 63 | 60 |
| Century Club* | 55 | 59 | 55 | 73 | 62 | 59 | 55 | 58 | 48 | 47 | 14 |

*Riders completing 5 centuries in the year
A World Class Schedule

|  |  | 13 |  |  |  | 11 |  | 10 |  | 09 |  | 08 |  | 007 |  | 06 |  | 05 |  | 004 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Lengths (miles) | \# | $\begin{gathered} \hline \% \\ \text { Total } \end{gathered}$ | \# | $\begin{gathered} \hline \% \\ \text { Total } \end{gathered}$ | \# | $\begin{gathered} \hline \% \\ \text { Total } \end{gathered}$ | \# | $\begin{gathered} \hline \% \\ \text { Total } \end{gathered}$ | \# | $\begin{gathered} \hline \% \\ \text { Total } \end{gathered}$ | \# | $\begin{gathered} \hline \% \\ \text { Total } \end{gathered}$ | \# | $\begin{gathered} \hline \% \\ \text { Total } \end{gathered}$ | \# | $\begin{gathered} \hline \% \\ \text { Total } \end{gathered}$ | \# | $\begin{gathered} \hline \% \\ \text { Total } \end{gathered}$ | \# | $\begin{gathered} \hline \% \\ \text { Total } \end{gathered}$ |
| 0-14 | 331 | 27\% | 206 | 17\% | 186 | 16\% | 180 | 14\% | 208 | 18\% | 160 | 15\% | 172 | 18\% | 123 | 14\% | 52 | 6\% | 54 | 7\% |
| 15-24 | 185 | 15\% | 245 | 20\% | 246 | 22\% | 262 | 20\% | 236 | 20\% | 248 | 23\% | 154 | 17\% | 145 | 16\% | 150 | 17\% | 151 | 19\% |
| 25-34 | 314 | 26\% | 322 | 26\% | 317 | 28\% | 418 | 32\% | 309 | 27\% | 352 | 32\% | 308 | 33\% | 320 | 36\% | 413 | 46\% | 319 | 40\% |
| 35-44 | 119 | 10\% | 173 | 14\% | 121 | 11\% | 148 | 11\% | 123 | 11\% | 80 | 7\% | 82 | 9\% | 67 | 8\% | 46 | 5\% | 38 | 6\% |
| 45-54 | 101 | 8\% | 105 | 8\% | 80 | 7\% | 102 | 8\% | 107 | 9\% | 97 | 9\% | 90 | 10\% | 75 | 9\% | 51 | 6\% | 67 | 8\% |
| 55-64 | 60 | 5\% | 84 | 7\% | 78 | 7\% | 61 | 5\% | 63 | 5\% | 69 | 6\% | 62 | 7\% | 77 | 9\% | 103 | 12\% | 105 | 13\% |
| 65-74 | 30 | 2\% | 37 | 3\% | 23 | 2\% | 29 | 2\% | 27 | 2\% | 11 | 1\% | 12 | 1\% | 11 | 1\% | 29 | 3\% | 16 | 2\% |
| 75-84 | 13 | 1\% | 11 | 1\% | 3 | 0\% | 13 | 1\% | 15 | 1\% | 4 | 0\% | 4 | 0\% | 2 | 0\% | 5 | 1\% | 5 | 1\% |
| 85-94 | 0 | 0\% | 0 | 0\% | 5 | 0\% | 20 | 2\% | 6 | 1\% | 1 | 0\% | 0 | 0\% | 2 | 0\% | 1 | 0\% | 1 | 0\% |
| 95-104 | 47 | 4\% | 44 | 4\% | 47 | 4\% | 49 | 4\% | 47 | 4\% | 50 | 5\% | 32 | 3\% | 37 | 4\% | 38 | 4\% | 31 | 4\% |
| 105+ | 20 | 2\% | 13 | 1\% | 22 | 2\% | 32 | 2\% | 19 | 2\% | 21 | 2\% | 16 | 2\% | 22 | 3\% | 7 | 1\% | 12 | 2\% |
| Total | 1220 | 100\% | 1240 | 100\% | 1128 | 100\% | 1314 | 100\% | 1160 | 100\% | 1093 | 100\% | 932 | 100\% | 881 | 100\% | 895 | 100\% | 799 | 100\% |

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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.

Bike MS: Bluegrass, Bikes \& Bourbon - May 17 \& 18, 2014
www.bikemsky.org or 502-526-4031
Use the discount code "BIKEMSLBC" for $\mathbf{\$ 1 0}$ off registration.
It's more than just a ride -- Bluegrass, Bikes \& Bourbon will be an unforgettable two day journey. Enjoy the sights of the Bluegrass State and our finest bourbon offering; stay for the challenge, camaraderie, and the knowledge you're making an impact in the lives of people living with MS.

This amazing adventure offers five unique routes. Day one -- Chose a 40-, 60- or 100-mile route, ending with a dinner and party at Four Roses Distillery. Day two -- choose a 36- or 50-mile route with a big finish line celebration at Gallrein Farms.





