



LOUISVILLE BICYCLE CLUB

LBC Contact Information

Executive Committee

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If you have something you'd like to share in the newsletter, send it to [Nita Bernat](mailto:Nita.Bernat) or [Susan Wentzel](mailto:Susan.Wentzel)

The Louisville Bicycle Club reserves the right to edit all submitted articles.

LBC Annual Membership Banquet

Saturday, January 27, 2018

Big Spring Country Club 5901 Dutchmans Lane

All members are welcome to the LBC Annual Banquet to reminisce on the year's activities, acknowledge our volunteers, celebrate our achievements, and elect club officers for the upcoming year. This year's banquet will feature some nice door prizes, drawn at random.

Registration limited to the first 200 paid-up members!

Cost is \$10 per person for the buffet dinner, \$20 at the door.

Online registration ends at midnight Wednesday, January 24th

Register Now!

6:00 pm Reception and Cash Bar

7:00 pm Buffet Dinner

8:00 pm General Meeting, Awards & Election of Officers for 2018

10:00 pm Adjournment



Nominations for the Executive Committee for 2018

We are hoping that the 2017 executive committee will run again, but everyone is welcome to run if they are interested. The descriptions of these positions are listed in the bylaws on the LBC website.

- President
- Secretary
- Treasurer
- VP Advocacy
- VP Communications
- VP Education
- VP Racing
- VP Touring

Voting will be at the annual banquet. If you are interested in running, please contact one of the Nominating Committee members : John Larson - [502-553-8107](tel:502-553-8107), Rick Knowles - [502-727-7783](tel:502-727-7783), Mike Kaufman - [502-742-0073](tel:502-742-0073)



The Tradition Continues!

Lights Under Louisville Ride Saturday December 9, 2017



Saturday, December 9th, 2017, at 3:30 PM, there will be a two mile Christmas Holiday Ride through the Mega Cavern Lights Under Louisville...with over 3 million points of light and 850 Christmas light displays.

The terrain is mostly packed dirt so a mountain bike or wider tire type bike is best. Pump up the tires on your mountain bike or close the deal on the one you are wanting to buy and join us! To better be able to see the roadway, a front head-light is advisable. The cavern remains at about 62-65 degrees.

The indoor Mega Bike Park closes at 4:00pm on Saturday, in case you were wondering about that. They will be providing to us a \$5 discount coupon to use at a later time for activities they offer.

We will meet at the German American Club parking lot located at 1840 Lincoln Ave., 40213 and take a short ride to the Mega-Caverns. We will have a sign in sheet and the cost is \$6.00 per person. EXACT change would be very helpful.



This is great fun! We are allowed to ride through before they are open to the general public. No cars, only bikes, how cool is that!

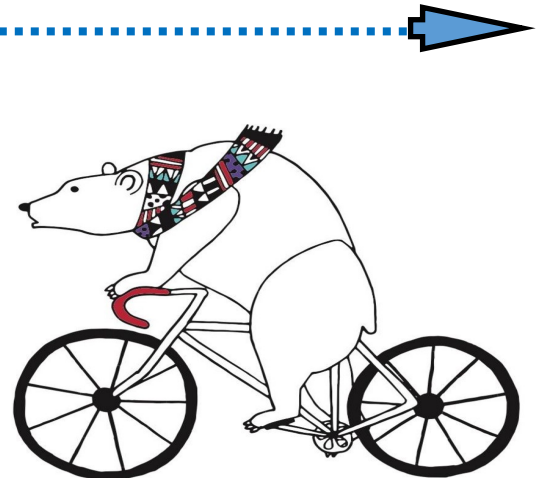
Christmas cookies and hot chocolate after the ride...hope you can join us. The rain date will be the following Saturday, December 16, 2017...same time...same everything.

Ride Captain: Kelly McGill [502-641-7718](tel:502-641-7718)
kelly.mcgill@twc.com, kelly.mcgill@adp.com



POLAR BEAR RIDE JANUARY 1, 2018

The annual Polar Bear Ride/Chili Cook-Off/SWAP MEET will be held at the Lebanese American Country Club, [3020 River Road, 40207](https://www.google.com/maps/place/3020+River+Road,+Lebanese+American+Country+Club,+Louisville,+KY+40207) on New Year's Day, 2018! The rides will be a 25 mile "Two Bridges" ride at 10 AM and a 12 mile ride at 10:30 AM.



If you enter a chili in the "Cook-Off", you'll get a \$25 Gift Certificate to a local bike shop. There will be two divisions in the "Cook-Off"--Traditional and Vegetarian. The winner for each division will receive a \$100 Gift Certificate to a local bike shop.

Start the New Year off by selling or trading bikes, bike parts or other bike related items at the SWAP Meet.

To enter the Chili Cook-Off, please contact Kelly "Mack" McGill at [502-641-7718](tel:502-641-7718) or kelly.mcgill@twc.com

Important!! Ride Schedule Changes for 2018

To allow for more flexibility in scheduling rides, beginning in January 2018, LBC is changing from a monthly ride schedule to a rolling weekly schedule. While Ride Captains are still encouraged to have rides posted by the beginning of each month, they are being given access to add rides during the month as well. The new deadline for adding rides to the schedule will be Sunday night, for rides taking place that week. To accommodate this change, what is now referred to as the "[Interactive Monthly View](#)" will be the only ride schedule, and there will no longer be a [web page displaying a monthly ride schedule](#). Changes and cancellations will still be published on the website, but it will also be easier now to update the schedule too.

[Viewing and Printing the Ride Schedule Starting January 2018](#)

Ride Captains will receive an email with information on accessing the schedule directly, and instructions for Adding and Editing Rides. Note that the current Scheduler will still be available to use also.

Other Changes in the Works

The Touring Committee is looking into expanding our ride descriptions for the 2018 ride season to include better defined course terrain levels (#1, #2, etc.) and adding ride pace levels (average mph). Better descriptions will help riders select the rides that will be most enjoyable for their experience level.

Texting apps are also being looked at in order to add another way of communicating ride changes. Although the website will remain the primary method of communicating changes, this will give those who opt-in one more way of being informed.

Details of both of these are still in the works, but will hopefully be in place for the 2018 riding season.

Request for Ride Captains

Ride Captains are needed for the Saturday morning State Street ride on the 2nd and 5th Saturdays of the month. If you're interested,

please contact

Laura Trachtenburg

502-905-1365

or

Valerie Pfeiffer

502-608-3320



Christmas Shopping List

When shopping for your favorite cyclists, don't forget that LBC merchandise makes great Christmas gifts! Whether for a current member, or someone you'd like to see join the club, an LBC jersey or socks would make the perfect gift!

[Check out the LBC Store](#)

2018 is coming
sooner than you think!



OLD KENTUCKY HOME BICYCLE TOUR

Aug 31 thru Sept 2
Bardstown, KY

SAVE THE DATE!!

Ride in Comfort When it is Cold Outside!

By Dr. Larry Preble

Before I go out for a bike ride, I usually ask my smartphone about the weather. This morning, I asked

“Siri, what’s the temperature?”

“Brrr, it’s 44 degrees outside!”

“That’s not so cold,” I replied.

“It’s cold by my standards!”

Yep, that’s exactly how the “conversation” with my smartphone went today, but I often hear something similar from cycling buddies. Siri doesn’t have to worry, because I will keep her warm in my jacket pocket, but what about my chilly cycling friends? Not everyone wants to even try to bike in cold weather. But for those who do, here are some thoughts on keeping warm:

Layering. Experienced cyclists know that multiple layers on the torso are a great start. A good wicking fabric base layer against the skin will pull moisture away from the body and offer a first line of defense against the cold. Some prefer synthetic fabrics for this purpose, but I personally like a Merino wool base layer such as “Smart Wool.” I have found wool not only to be a great insulator when dry, but that it also offers some insulation when it is wet. I remember a few Christmastime century rides where it rained all day with temperatures in the 30’s. I managed to get soaking wet despite a Gore-tex outer layer; yet, I stayed warm for 100 miles by using multiple layers which included wool as the base.

Yesterday’s December ride was in the thirties. I used a layer of Smart Wool, a thermal biking jersey, and a wind breaker on the torso. A synthetic fabric balaclava on the face, a pair of wind breaking tights, warm wool socks, and some insulated long finger gloves were enough to keep me feeling toasty all ride long.

My wife is a bit more cold-natured; for her, two wool base layers, a thermal jersey, and a wind breaker were necessary on the torso. She also added chemical toe warmers to her biking shoes and decided to go with mittens and another chemical warmer for the hands. She reported feeling warm and comfortable as we cruised along on our tandem bike.

What about temperature changes during a ride? The great thing about layering is that you can unzip them if you start getting too warm. You can even remove your outer windbreaker and stuff it in a back pocket on your jersey if you no longer need it. With experience, you will learn to judge just the right amount of cold protection to stay comfortable; however, a good rule of thumb is to dress so you feel just a bit cool at the start of the ride, because you will warm up from pedaling in the first 10 minutes or so.



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What if it’s not cold enough for a full Balaclava that covers the whole head? Try a skull cap and carry a bandana that can be used to cover the lower face if needed. Proper wraparound cycling sunglasses will also help keep the wind off the eyes and sensitive parts of the face. About 30 percent of heat is lost from the head when biking if you are not protected; so, take care to protect your head and face from the cold.

If it is below 50 degrees, it is a good idea to protect the knees. This is because the synovial fluid which lubricates the joints does not do a great job when it gets too cold. Avoid knee problems later in life—Keep your knees warm. Lightweight legwarmers or knickers can be a good solution for the knees when it’s not too cold outside. Full heavy-duty tights are best when it’s below freezing.

Images by [Bikeface](http://bikeface.com)



What about cold feet? Cycling booties are a good solution for many if it is very cold. They offer great insulation and cover the cycling shoes, zipping into place. Toe covers for less frigid conditions may be sufficient. For really cold weather, chemical or electric toe or full foot warmers can be added. Be sure your cycling shoes are not too tight when wearing winter socks. Some riders go so far as to buy a larger size set of winter shoes to accommodate the extra thick socks and toe warmers. For others, actual boots designed for winter cycling work well.

And for the hands? Keeping the fingers warm is essential, especially for older folks with poorer circulation. Many use “Lobster Claw” style gloves or even cycling mittens which keep the fingers together under thick insulation. If you add chemical warmers to that, it may be just the ticket to make you comfortable. One really nice product is called “Bar Mitts.” These are insulated mitts that fit directly onto the handlebars. Then, you can easily slide your gloved hands into the mitts and enjoy not only the extra insulation, but also the windbreaker effect of the Bar Mitts. Full access to the shifters and brake levers is retained.

What about the arms if the weather is only a little cold? Start with some arm warmers if you don't feel you need a full long sleeve jersey. They can help keep the arms warm but can be easily removed or just pushed down to the wrists if you warm up during the ride.

How cold can we really ride comfortably? That partially depends on the individual. Some people genuinely have poor circulation and cannot handle much cold, but most folks can learn to dress for cold weather. A few years ago, I comfortably rode a century with friends when the outside temperature was 10 degrees. A few of our LBC members have ridden in much colder temperatures, such as the Arrowhead 135 which takes off in the dead of winter and goes 135 miles from International Falls, MN to Bay Casino, near Tower, MN. Subzero temperatures are the norm. I also have some friends who make a point of biking 52 weeks a year, the so-called B-52 club. They are based out of Nova Scotia, Canada and often have icy or snowy conditions to cope with, not just cold weather!

Most of us will never take on such challenging conditions, but most of us can learn to ride in cold weather—certainly in the cold weather that Kentucky has to offer. A bit of learning what your body needs and a bit of practice are usually all that is needed to ride safely and comfortably all winter long.



You just never know what you'll see on a ride... Rescued baby skunks!

Tour de Lou

Each of the past 4 years, about 70 members of the Louisville Bicycle Club have served as Ride Marshals and organizational help for the PNC TOUR de LOU during the Kentucky Derby Festival. The Kentucky Derby Festival has made donations to the club totaling nearly \$20,000 during this 4 year period. This has enabled the club to share these proceeds with the following organizations; The MS Society, The Olmsted Parks Conservancy, Bike To Beat Cancer and the Juvenile Diabetes Research Foundation. So, in addition to taking part in one of the biggest rides in our region, we're making significant contributions to some very worthwhile groups. To everyone who volunteers to help with the TOUR de LOU--THANK YOU!



If you'd like to help with the 5th Annual PNC TOUR de LOU, keep an eye on your inbox. We'll send information out after the first of the year.

A big THANK YOU to the Kentucky Derby Festival Committee, too, for allowing the LBC to be involved in this very cool event! THANK YOU!

Andy Murphy

2018 Tour De Lou - Sunday April 29 - Mark your calendars!



Pedal Power Project

By Bob Callander

Pedal Power Project is a program sponsored by Beargrass Christian Church to give those folks in our communities, whether it be refugees, or other individuals, access to bike transportation for work, for chores, and for their children.

Over the past 3 years, we have provided hundreds of families and individuals an opportunity to enjoy the power of transportation through cycling. Every Wednesday in our shop/garage behind the Church on Shelbyville Road, we spend a couple hours repairing and repurposing discarded and donated bikes. We have fun doing this work and welcome anyone interested in joining our team.

As always, Pedal Power needs more broken-down unloved old bicycles. You know, the ones gathering dust in the garage, and the ones jammed into the dark corners of your basement. Our Pedal Power team will do whatever it takes to bring them back to life. Then we will ship them off to Kentucky Refugee Ministries to be cherished by grateful refugee families.

Muddy frames? No problem, we'll clean them. Worn tires and flat tubes? No problem, we'll replace them. Broken spokes, brakes, shifters, pedals? No problem, we'll repair them.

Bring your old Schwinn, Treks, and Huffys to Pedal Power at Beargrass Christian Church in St. Matthews for a complete physical and a new home. Call the church at [896-1161](tel:896-1161) to drop off a bike or to inquire about volunteering as a bicycle doctor.