



LOUISVILLE BICYCLE CLUB

LBC Contact Information

Executive Committee

President
Andy Murphy
president@louisvillebicycleclub.org

Secretary
Bekki Livingston
secretary@louisvillebicycleclub.org

Treasurer
Diane Bellafronto
treasurer@louisvillebicycleclub.org

VP Advocacy
Doug Brent
advocacy@louisvillebicycleclub.org

VP Communications
Susan Wentzel
communications@louisvillebicycleclub.org

VP Education
David Wittry
education@louisvillebicycleclub.org

VP Racing
Kevin Williams
racing@louisvillebicycleclub.org

VP Touring
Michael Crawford
touring@louisvillebicycleclub.org

Program Chairs & Special Projects

OKHT Director
Kirk Roggenkamp
okht@louisvillebicycleclub.org

Statistician
Valerie Pfeiffer
statistician@louisvillebicycleclub.org

Clothing Director
Amelia Dauer
store@louisvillebicycleclub.org

Webmaster
Susan Wentzel
webmaster@louisvillebicycleclub.org

Mad Dog Director
Thomas Nance
maddog@louisvillebicycleclub.org

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

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

Spring Reminders: Riding Right & Responsible

H. Michael Crawford, VP of Touring

Regardless of what time of the year it is, these are some common sense riding reminders for all categories of riders:

- **Be Predictable** — Safe riding demands attention to what you are doing.
- **Communicate** — When appropriate, give respectful feedback and reminders about effective riding behavior; encourage other riders to follow the rules of road by attitude and example.
- **Change Ride Position Correctly** — Pass on the left and call out “on your left”, and do so when no cars are nearby.
- **Announce Hazards** — Riders behind you may not have a good view of the road ahead; call out hazards, e.g., gravel, glass, pot holes, road kill, car back, car up.
- **Avoid Drifting** — If riding in a group or a peloton, avoid drifting and or swerving in front of your fellow riders. This kind of behavior puts both you and them in jeopardy.
- **Watch the Pace** — Most club rides have multiple groups within the ride who ride at different paces based on individual abilities/desires. When riding near someone, adjust your speed as needed.
- **Stop Lights/Intersections** — Use hand signals and a loud enough voice to let others know when you are either slowing or stopping. Each rider is responsible for their safety; therefore do not blindly follow a rider or a group of riders who may blow through an intersection. You cannot assume the intersection is clear for all riders.
- **If You Stop On the Road** — To the extent possible, move off the road (both you and your bike) to avoid both other riders and cars.
- **Single Up and Leave a Gap** — When riding in traffic, especially on rolling terrain, single up for safety reasons and to allow cars to safely pass. If there is a line of cars, when possible, pull off at a safe spot to let the cars pass.
- **Set the Example and Be Supportive** — The LBC is a bicycle club for all types of riders — be they recreational or experienced and everything in between. Model safe riding practices and look out for your fellow riders;
- **Welcome New Riders** — Do make it a habit to welcome and make new riders feel welcome to our club rides.

2017 New Rider/Bike Handling Classes

It's that time of the year already! The first of five sessions of Bike Handling Classes is scheduled for April 24th at the Yellow Lot. This year there are five sessions scheduled. Sessions at Iroquois Park, St. Stephens Baptist Church, Bowling Blvd. and Baptist Eastpoint follow.

If you know someone new to biking or who might be interested in a refresher, encourage them to sign up. Each session has five classes, and each student who successfully completes all five will receive a free club jersey and a free one-year membership to the club. Though most of the spots at the Yellow Lot are filled, there are plenty of openings in the later classes.

Registration is easy! There is a link on the home page that goes directly to the Bike Handling Class site, where you can also find additional information about each class.

New volunteers are always welcome, and you can attend as few or as many classes as you wish.

Hope to see many new faces this year,

David

First Bike Handling Class of 2017



Bell or Yell

Nita Bernat

Picture this. Beautiful Saturday morning, temperature in the 60's with sun just a shining over the walking bridge, crowded with folks.

Your group is cycling through. Several riders have a bell or maybe a horn. You ring that bell and folks smile, parents take the hands of their little ones, cyclists pass slowly and cautiously. Seems everybody is happy.

Picture the same scenario. This time a group of cyclists yells. I say yells because who can hear on the bridge unless you're right up on someone. "On your left." Pedestrians look around, by then you're at their side and having turned their heads to see who's there, they sway in your direction. Their next thought is, dam cyclists, they think they own the bridge.

Sometimes it is better to give a nod of the head rather than speak.

Sometimes it is better to ring a bell rather than to yell a caution that might be misunderstood or sound like a command.

BELL OR YELL....You Choose.

Schellers 2017 Bicycle Maintenance Series

Second Saturday of each month
at any of their six locations.
No registration required. Free.

May 13:

How to Wash Your Bike

1 Hour Learn how to wash your bike using the proper products, tools, and techniques. We will teach you the 2-bucket method, the proper order, what those funny looking brushes are for, what to avoid getting wet, which products to use & where, how to dry your bike, and other best practices.

June 10:

Basic Bicycle Inspection

1 Hour Learn what to look for before hitting the road or trail to ensure your bike is rolling safely and smoothly. We will cover proper use of quick release, tire inspection & proper inflation, brake check, visual inspection of the drivetrain, and checking for loose or fatigued hardware. (ABC's Quick Check.)

July 8:

Drivetrain Maintenance

1 Hour Learn how to clean and lubricate your drivetrain, what products the pros use, and basic visual inspection of the drivetrain. We will also introduce participants to basic drivetrain adjustments for temporary roadside repair.

[Read more](#)

Mark your calendars....

Tour de Lou

Start & Finish at Waterfront Park

Sunday, April 30, 2017

8:30 am

<https://discover.kdf.org/tour-de-lou>



Let's Do It Again!

The Little Miami Trail will be offered on Wednesday May 10, 2017. We will travel 25 miles up ...and 25 miles back on flat terrain, over a portion of the Rails-to-Trails. Please plan to join everyone after the ride for a tex-mex meal at El Coyote's in Northern Kentucky.

For more information contact
Mike Kaufman 502-742-0073

Registration is open!



OLD KY HOME BICYCLE TOUR ♦ BARDSTOWN, KY

Ride with the Roses

May 3rd, 2017 at 7:00 a.m.

2nd Annual Ride with the Roses to Churchill Downs for Dawn at the Downs. This is a short ride to the Downs to watch the morning workout of many of the racing horses as well as the Derby favorites. Starting and ending at The Highlands Community Center on Barrett and Breckinridge St. Possible stop for breakfast on the return. Allison Torpey and Nita Bernat will show you the way....

Derby attire is optional
although a derby helmet is recommended.

10 miles max.



Wednesday May 17, 2017
Corner of Brook and Witherspoon Streets

Join cyclists worldwide in this silent, slow paced ride (12 mph max) in honor of those who have been killed or injured while cycling on public roadways. Short talk at 6:45. Ride leaves promptly at 7:00. If you choose, wear a BLACK armband in memory of those killed. Wear a RED armband if YOU have been injured.

LBC Ride Captains: Richard and Mary Ann Heckler
RoS.Louisville@gmail.com

<http://www.rideofsilence.org>

**Amishland and Lakes
July 29, 2017**

The Amishland and Lakes ride, based at Lakeland High School in LaGrange, Indiana is a one day bike tour of the Amish countryside and lakes of northeast Indiana. The Amishland and Lakes bicycle tour visits a world where life-styles have remained almost unchanged for over a hundred years.

The routes range from 22 to 100 miles, offering smooth, quiet roads, where buggies are numerous and cars are few. There are wide open spaces, clean country air, friendly people and lots of great food. There is plenty to explore, experience and eat. Amishland and Lakes is famous for great SAG food (watermelons, peaches, blueberries, bananas and fresh baked cookies), and there are Amish bakeries, restaurants and homemade ice cream parlors along the route for riders who want to sample local "home cooking".

LBC will also be offering Sunday as a ride with same (Saturday) routes. Ride credit will be offered for both days per sign in with Ride Captains. Please see LBC calendar July 29 & 30 for details.

Registration required at www.amishlandlakes.com

LBC Ride Co-Captains

Scott Seligman 502-523-7782
Mike Kaufman 502-742-0073

**Membership Survey
Update**

H. Michael Crawford, VP of Touring

For the first time in a long time, perhaps for the first time ever, the LBC launched a "Membership Survey". Both the Touring Committee and the Executive Committee are grateful for your willingness to give us your feedback and suggestions. Your input will be valuable to the Club in our efforts to improve the Touring Programs we offer. The results will give us an idea on what areas to improve and or change. Many of you offered suggestions on ways to grow and sustain our bike club. The results will be shared as soon as all responses are tabulated and summarized. Thank you!

Shop – Eat – Ride!

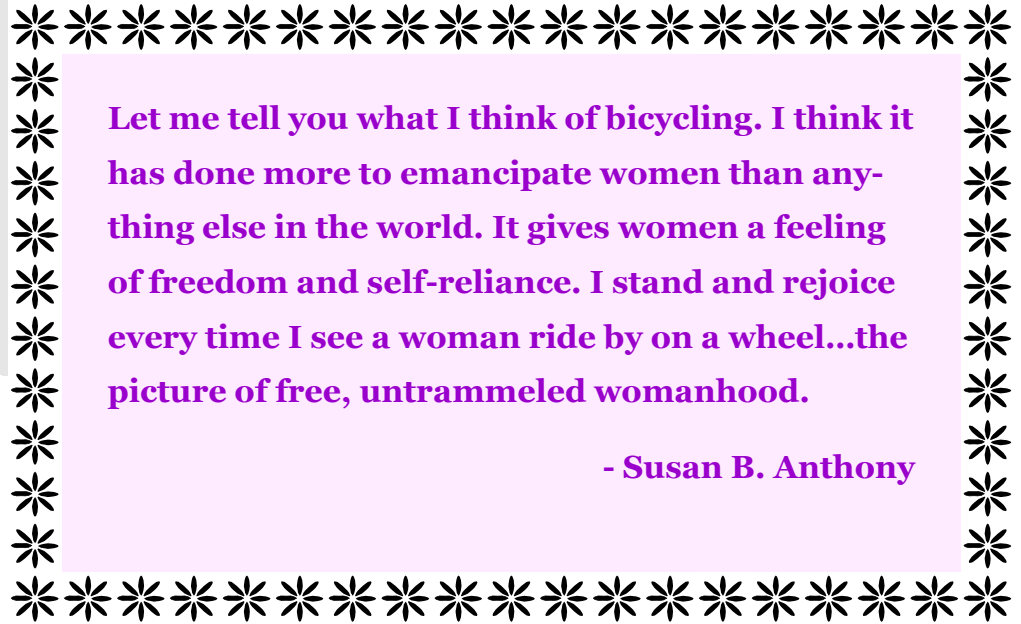
Ladies Only – The Girlfriend Ride
Saturday June 24, 2017 Columbus IN

A ride for the ladies only! Choice of 35K or 55K routes. Proceeds support displaced women and their children.

The day starts with a delightful breakfast spread, featuring a chocolate fountain! Tour highlights include rest stops at Windy Hill Greenhouse, Simmons' Winery/450 North Brewery and Clifty Creek Golf Course. Eat along the way, and enjoy a lunch at the end.

Columbus IN is only about an hour drive from Louisville, but...the Edinburg Outlet Mall is only about 8 minutes from Columbus! So... why not go up Friday afternoon, shop, eat, get rested, and be that much closer to the ride on Saturday morning?!

Interested?
Contact Susan Wentzel
wentzelsusanm@gmail.com or 502-240-2147



Let me tell you what I think of bicycling. I think it has done more to emancipate women than anything else in the world. It gives women a feeling of freedom and self-reliance. I stand and rejoice every time I see a woman ride by on a wheel...the picture of free, untrammelled womanhood.

- Susan B. Anthony

Road ID...There's an App for That

Many of you wear the Road ID wristbands when you ride, but did you know they also have a free app? Lets your friends and family know where you are when you're out riding. Check it out!

- eCrums (electronic breadcrumbs)
- Home screen alert
- Stationery alert

<https://www.roadid.com/ecrums>

And the winners are...

2016 Annual Meeting and Awards Banquet

In case you missed it, here's the [Banquet Program](#) and you can view all the winners in the [Meeting Minutes](#)



Sandy Walker
Most Improved Female Rider

Jim Preston
Most Improved Male Rider



Laura Trachtenberg
Advocacy Volunteer of the Year
Education Volunteer of the Year



Dave Wittry
Volunteer of the Year

Ride the Great Allegheny Passage

Nita Bernat

What's not to like about a Rails to Trails ride? Crushed limestone under your tire treads the wind in your hair, sun at your back. Panniers filled with everything needed for a self guided, inn to inn tour.

This one is homemade, meaning I put all the do's and don'ts together over a several week period with my phone and computer. Checking B&B's, nearby towns, doable mileage and Amtrak schedules. I must admit that after doing the same for the KATY trail 3 years ago, I find I'm getting pretty good at this.

There is nothing like taking an Amtrak to your start, or end, and know that there is but one way to the finish... by bike. No car waiting to pick you up if you don't feel like riding, no sag waiting to fill your water bottle or pump you up with sugary treats to keep up your energy. Just you, your bike, and probably one of the best experiences you'll have.

After parking at the Amtrak garage in downtown Pittsburg, we started our journey. Finding the trail head is always a challenge for me and it took us over an hour just to get to the beginning of the cycling trail and out of downtown Pittsburg. Signage could have been better but local cyclist were the key to our getting out of town.

The plan was to leave Pittsburg to Smithton or West Newton (42 miles) Bright Morning B&B / West Newton to Ohiopyle (40 miles) Ferncliff Guest House. A day spent in Ohiopyle visiting Falling Waters was well worth the extra day / Ohiopyle to Myersdale (42 miles) and the Trailside B&B, otherwise known as the Morgue & Tool Co. / Myersdale to Cumberland, MD (32 miles) The Bruce House was our final destination before catching the Amtrak back to Pittsburg the next day.

This mini tour was easy to plan, easy to ride, and beautiful from the beginning to end. Plus, I've already told you where to stay. We ate great food, stayed at wonderful establishments, and made a great memory. We started the tour in July last year and surprisingly there were few people on the trail so I can't say we met lots of folks. The best way to ride is from East to West. Although you are cycling slightly up hill for the first 3 day...and I mean you'd never know it...on that last day it is 30 plus miles of gliding downhill.

Ride the GAP. Make a memory.

Louisville Bicycle Club

Annual Treasurer's Report for Fiscal Year 2016

As required by the Club Bylaws, it is the responsibility of the Club Treasurer to complete an annual financial report to be published in the club newsletter. And my first comment is this report is to acknowledge our previous Club treasurers, Mark Rougeux, Jody Patterson and Jim Tretter, whose diligence, hard work and fiscal prudence have created a financially strong organization. We owe them a "huge thank you".

A couple of accounting details: The Club's accounting is on a "cash" basis, so that our accounting reflects when receipts are actually received or expenses actually paid versus when they are incurred. And secondly, our fiscal year (FY) runs from February 1 to January 31.

Summarized in the accompanying chart are key financial indicators for the Club.

Key points include:

- ◆ Most of the Club's income comes from memberships.
- ◆ Memberships were down 7% between FY 2016 and FY 2015.
- ◆ As seen in the FY 2016 and FY 2015, Club operations operate at a loss.
- ◆ Our OKHT is the "engine" that drives the Club and the income from OKHT is needed to allow the Club to breakeven.
- ◆ OKHT participation, at 808 participants, was the lowest in the last six years.
- ◆ Racing Team accounting is maintained separately from that of the general account and it is expected to be self-sufficient.

Please contact me at

502-553-5080 or
treasurer@louisvillebicycleclub.org
 if you have any questions.

Respectfully submitted,

Diane Bellafronto

Louisville Bicycle Club			
Annual Financial Report Fiscal Year 2016			
<i>Club Operations excluding OKHT & Racing Program</i>			
	FY 2016	FY 2015	
Income	\$27,791	\$25,035	
Expense	\$36,162	\$31,704	
	-\$8,371	-\$6,669	
<i>Club Operations including OKHT, excluding Racing Program</i>			
	FY 2016	FY 2015	
Income	\$91,696	\$90,883	
Expense	\$88,694	\$90,509	
	\$3,002	\$374	
<i>Racing Team Operations</i>			
	FY 2016	FY 2015	
Income	\$5,469	\$7,933	
Expense	\$5,672	\$5,100	
	-\$203	\$2,833	
<i>OKHT Operations</i>			
	FY 2016	FY 2015	
Income	\$63,905	\$65,848	
Expense	\$52,487	\$58,805	
	\$11,418	\$7,043	
<i>OKHT Participation</i>			
	FY 2016	FY 2015	
Paid Registrations	643	702	
Volunteers/Guests	165	210	
Total Participation	808	912	
<i>Cash Balances</i>			
	FY 2016	FY 2015	
General Club (includes CDs)	\$77,814	\$72,384	
Racing Team	\$11,703	\$11,272	
Total	\$89,517	\$83,656	

The Kentucky Derby of Cycling 1972-1980

By Carson Torpey


When I started riding with the Louisville Wheelmen in 1972, I had not heard of the Kentucky Derby of Cycling. The event's first race was that spring and was held in downtown Louisville. The riders started on Federal Place, turned left onto Sixth, left on Ceder, left onto Seventh, and back to Federal.

Louisville riders did not place well in the first two Kentucky Derby of Cyclings, no names of local riders are mentioned in the newspapers. In 1974 things changed. Louisville riders knew the challenge and had time to prepare for it. In 1974 two riders, Tim Omer and Brent Schuster placed second in their events and Ken Bauer placed third in his. This was my first time in a big race and my goal was not to be last and I accomplished that goal. The next year, 1975, would see the first Louisville rider win with Paul Wendeln of the Derby City Velo Club winning the intermediate race.

After the tornado of 1974 destroyed so many of the parks trees, it was thought that one could see much of the race on Cherokee Park's wide open roads and a second day of racing came to the park in 1975. The start-finish was at the old model airplane field by the creek. On the final lap, we crossed over Hogan's Fountain and down the twisty road with the 180 degree left hand turn at the bottom. I had taken a hard pull to get over the hill in a good position for the descent as I am not a good descender. The rider behind me yelled, "You got it Peugeot", that the brand of bicycle I was riding, and so I went through the 180 degree turn full blast and made it! A third mile to go and only two riders in front of me, "A podium place for sure", I thought. Then, as we turned left at the bridge, the two riders in front of me slid out and crashed. Somehow I avoided the pileup but the delay cost me. An all-out effort got me up to sixth.



1974 finish of the men's Senior III race, Tim Omer (Derby City Velo Club) second and Ken Bauer (Louisville Wheelmen) third



1976 Kentucky Derby Of Cycling

Saturday, April 24, 1976


Course: Approx. 1 mile, 1 hill.
Prizes: \$900 total value.
Registration: 8:00 a.m., start/finish line
Entry: \$2.50 (all sanctioned events)

10:00 a.m.	Novice (unsanctioned) entre fee .50	Dist. 2 laps
10:30 a.m.	Intermediates	15 mi.
10:31 a.m.	Veterans	15 mi.
11:30 a.m.	Sr. Women	15 mi.
11:31 a.m.	Jr. Women	15 mi.
12:30 p.m.	Jr. Men	15 mi.
1:30 p.m.	Senior III & IV	15 mi.
2:30 p.m.	Senior I & II	35 mi.


Sunday, April 25, 1976

Course: Approx. 2.5 mi., hilly, demanding.
Prizes: \$1600 total value.
Registration: 8:00 a.m., start/finish line.
Entry: \$2.50; Seniors I & II \$3.50

9:00 a.m.	Intermediates	Dist. 10 mi.
9:01 a.m.	Jr. Women	10 mi.
9:45 a.m.	Women B.A.R.	30 mi.
11:45 a.m.	Senior III & IV	22.5 mi.
1:15 p.m.	Junior National Prestige	30 mi.
2:45 p.m.	Senior I & II National Prestige	100 Km.



SPONSORED BY SEARS
SEARS, ROEBUCK AND CO.
SPECIAL THANKS TO METROPOLITAN PARKS AND RECREATION BOARD



1976 Entry Form

Hoping to draw bigger crowds, the downtown course was discarded and both days of racing were held in Cherokee Park for 1976. The race course was the same as the recreational loop used today. Another course change happened in 1977 as the shorter Cherokee Park course was replaced by moving that day's racing to Shawnee Park. The course, by the way, was the same as that used for the National Championships of 1927 when they were held in Louisville and is the large circle in the main part of the park.

The 1978 edition of the race kept the Cherokee Park course and added a new, very different course, a 50-mile road race from Frankfort to Louisville. The finish line was located in Louisville on Main St. at the Belvedere. National champion, Wayne Stetna, thought he had won the race and was raising an arm to declare victory but junior rider, Jeff Bradley had judged the finishing straight better to pass him at the line. Wayne wouldn't make the same mistake in 1979. *(continued)*

The 1980 edition was the first to have winners from the host club, the Louisville Wheelmen, Pat Dour, Joe Teipen, and Shauna Sheilds took first place in their respective races in Cherokee Park. The Governor's Cup race finished on River Road at the eastern entrance to Cox's Park. The year would be the last year for the Kentucky Derby of cycling. I was told that the Kentucky Derby Festival committee had a hard time getting sponsors and that the club did not get the go-ahead to have the race until the week before the start. Club officers were stressed having to get prizes, entry forms, ads, and sanctions months ahead without knowing if there would be a race or not so their enthusiasm was waning too.

The results were not always published in the newspapers, what I could find are listed below.

Results:

1972 Downtown

Senior I II: Jim Montgomery

1973 Downtown

Senior I II: Jim Montgomery, Steve Wood, Bill Snook

1974 Downtown

Senior I II: Don Bir,

Intermediate: Brent Schuster, Derby City Velo Club, Louisville, second

Senior III: Tim Omer, Derby City Velo Club, Louisville, second

Senior III: Ken Bauer, Louisville Wheelmen, Louisville, third

1975 Downtown

Senior I II: Bobby Phillips

Intermediate: Paul Wendeln, Derby City Velo Club, Louisville, first

1975 Cherokee Park

Senior I & II: Ian Jackson, Australia

Senior III: Carson Torpey, Derby City Velo Club, Louisville, sixth

1976 Cherokee Park

Senior I & II: Gary Doering, Jim Meyer, Chris Meingast

Junior: Brent Schuster, Louisville, fourth

Intermediate: Tom O'Toole, Louisville fourth

Junior women: Debbie Kaufman, Louisville, second

1977 Shawnee Park

Senior I & II: Whayne Stetna,

1977 Cherokee Park

Senior I & II: Allen Kingsbury

Women: Terry Barret, Louisville, third

Veteran: James Hilke, Paris, Ky. third

1978 Governor's Cup

Senior I II: Jeff Bradley, Wayne Stetina, Greg Demagen

1978 Cherokee Park

Senior I II: Wayne Stetina, Allen Kingsbury, D. Stetina, & G.W. Wenzel Paducah, tenth

Senior III: Tom Vinson, Louisville Wheelmen, fourth

1979 Governor's Cup

Senior I & II: Wayne Stetna, Jeff Bradley, John Patterson

Senior III: Dave Chinn, Louisville Wheelmen, second

1980 Cherokee Park

Senior I II: unknown

Senior III: Pat Dour, Louisville Wheelmen first

Veteran: Joe Teipen Louisville Wheelmen first

Midget: Shauna Sheilds Louisville Wheelmen first

1980 Governor's Cup

Senior I & II: Jeff Pierce, Dale Stetna



1979 finish of the Governor's Cup on Main St.

From the web...

**5 REASONS WHY KENTUCKY
IS A WORLD-CLASS
DESTINATION FOR CYCLISTS**

[Read](#)

**When Cyclists,
Not Drivers,
Led the Charge
for Better Roads**

[Read](#)