

Summer 2017



LOUISVILLE BICYCLE CLUB

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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)

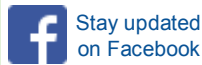
The Louisville Bicycle Club reserves the right to edit all submitted articles.

Four weeks away...are YOU registered?



OLD KY HOME BICYCLE TOUR ♦ BARDSTOWN, KY

There's still time to save!
Register before Aug 29 and save \$10.00



Stay updated on Facebook

****Register Now****

- OR -

**Route maps
& cue sheets
NOW AVAILABLE!**

We still need OKHT volunteers for the following shifts:

- ◆ Saturday 6:30am - 1:30am (breakfast)
- ◆ Saturday 11:00am - 4:00pm
- ◆ Saturday 3:30pm - 8:30pm
- ◆ Sunday 7:00 - noon
- ◆ Sunday 3:30pm - 8:30pm (cleanup, load truck(s) in Bardstown and help unload at the storage shed in Louisville)



Volunteers do not have to be club members, but club members only w

****Volunteer Registration****

It takes a lot of volunteers to make it a great ride!

Can't make it to the ride, and not available to volunteer, but still want to help out?

WE NEED COOKIES!

A lot has changed this year, but we're still having the World Famous Cookie Stop. If you're joining us in Bardstown, bring your cookies with you. If not, you can drop them off at Barbara Martin's house, 3416 Grandview Ave, up until noon Thursday August 31st.



LBC Summer Picnic

The LBC Summer Picnic returns to

YEW DELL BOTANICAL GARDENS - Sunday, September 10, 2017

There will be 3 rides that day—7:45 AM 49 miles, 9 AM 34 miles, and 10 AM 14 miles.

Another LBC Summer Picnic staple--the SWAP Meet returns at 11 AM. Got an old bike you'd like to see find a new home? Got some parts you might like to trade? Bring your bicycle related items to sell or trade to the SWAP Meet!

At 11:30 AM, it's PICNIC TIME! The club will provide fried chicken and cold drinks, club members are asked to bring a dessert or side dish to share.

There will be a GENERAL MEMBERSHIP meeting at 12 NOON.

**Bring your family and join your friends for
a Summer picnic at beautiful YEW DELL BOTANICAL GARDENS!**



2017 New Rider/Bike Handling Classes

The New Rider Clinic is winding down for the year. Ninety five students have completed the first four classes. The final class started on July 31st and will run through August. Thanks to all the volunteers who've been helping with these classes.

If you see anyone new at a club ride, and often they will be wearing a Louisville Bicycle Club jersey, extend every courtesy to them. We are making efforts to integrate new riders into the club and sometimes all it takes is a little encouragement to get them started.

David Wittry



**Dave shows the class
how to change a tire**

Volunteers Needed!

We could use a few more volunteers for the current class. Come help lead or sweep the short ride any Monday night in August.

Class is 6-9pm at Baptist Eastpoint. Ride usually leaves around 7:00pm. Tire changing help will be needed on 8/21.

**Come on out
and join the fun!**



Graduates of the First Bike Handling Class of 2017

Welcome New Members and New Riders!

We moved to Kentucky in 2013 and joined the club immediately. We were members of another club for 20 years in another part of the country. There were adjustments to the riding style and road rules here. Easy enough. Since we had moved across the country, I had not ridden in a few months and was out of shape. I didn't know North from South so I was a bit timid at first to ride with a group and hope to stay with them. Rather than just show up for a ride, I looked at the ride calendar that is online at the website. I looked at the rating (1-4) and the distance. I needed to start with something manageable for my fitness level. I decided to try a Saturday morning ride that started in St. Matthews. I called the ride leader to introduce myself and get an understanding of the riding level expectation. I was welcomed to the ride and since I had called in advance, the ride leader was watching for me to arrive. This leader made sure I had a cue sheet and stayed with me the entire ride. I was exhausted after the ride but also invigorated to stick with it and get back in riding shape. I would like to encourage all new riders, those who haven't ridden lately, those new to the area and those new to riding- to do the same. Contact a ride leader in advance to make sure this is a ride that you will enjoy. Not all rides are equal in effort or speed. The leader can prepare ahead of time to make sure you feel welcomed. Each rider is responsible for having a bike in good working condition. There are so many good bike shops, try a few and keep your bicycle maintenance up-to-date. Also come to rides prepared with a helmet and equipment to change a flat tire. You may not know how to change a tire yet, but it is important to have tubes, tire irons, a pump or cartridges and maybe an allen wrench cluster in a seat bag. Probably someone on the ride will be able to help you if you have these essentials. I always carry water and a snack, no matter the distance – like a good scout – always be prepared. Give it a try!

See you on the road!

Bekki Livingston

Come out and ride!

Here's a few scheduled rides in August for those of you who prefer short, flat rides at a casual pace. Feel free to contact the ride captain (RC) if you have any questions.

Sundays - Aug 13, 20, 27

10:00 AM 32mi #1 Farnsley-Moreman Lot
Ride the levee trail. Good ride for new riders.
Many different ride mileage options.
RC: Percy Black 502-419-7773 George Cooper
502-338-5947

Sunday—Aug 27

12:00 PM 15mi #1 Falls City Community
Bikeworks 1217 Logan St.
Women/Men: New? Getting back in shape?
Want to ride in a group? Let's do it! We will all
ride together at the same pace. Check website
for weather cancellations
RC:Lee Staudter: 502-645-0467

Wednesdays Aug 16, 23, 30

6:00 PM 15/20mi #1 St. Mathews Baptist
Church
Midweek Relaxed Ride - It is expected that riders
will be able to maintain an 11 - 12 MPH
pace on flats. No riders will be dropped!
RC: Laura Trachtenberg 905-1365

Thursday Aug 17

6:00 PM 12-27mi #1 Pope Lick Park
Fruit Ride! Great for beginners, seasoned riders
and everyone in between. Routes use the paths
or the roads in the Parklands. 12 mile route is
rated #1. 27 mile route is rated
#3. Enjoy some fruit after the ride.
RC:Valerie Pfeifer 502-608-3320
and Susan Wentzel 502-240-
2147



[Complete August Ride Schedule](#)

Have fun!!

First Century Ride

Rick Knowles and I have decided to put on a First Century Ride for those interested in trying to ride their first century. We chose the Honest Abe Century since it is relatively flat (approx. 2000 feet climbing) and scenic. It will be in October, since that is usually dry and cooler, with a date of Sunday, October 8 and a possible rain date of Sunday, October 22. If interested, we recommend Googling sites for training programs and starting ASAP. We feel if you can comfortably do 50-60 miles at a 12-14 pace, you can do a century with rest breaks every 25 miles, which this course accommodates. It's not a race, but you have to condition yourself for the longer hours in the saddle. We will be sweeping, but you should know how to change a flat and have your bike in good riding condition.

Contact us for further questions:

John Larson [502-553-8107](tel:502-553-8107)

Rick Knowles [502-727-7733](tel:502-727-7733)

Amishland and Lakes

More than a dozen LBC members made the trip to LaGrange IN for the [Amishland and Lakes](#) ride on July 29th. The weather and Amish roadside treats couldn't have been better. Most of the group stayed and road the [Pumpkinvine Nature Trail](#) on Sunday morning, from Shipshewana to Middlebury. The group is pictured here at the start of the ride, thanks to Larry Preble. More pictures and video are available on [Larry's Facebook](#) page and [You Tube](#).

Upcoming Rides in the Area

- ◆ **Ribberide** Aug 19 - Madison IN www.madisonribberfest.com
- ◆ **Wright Wride** Aug 27 - Yellow Springs OH daytoncyclingclub.org/wrightwride2017/
- ◆ **Hub City Tour** Sep 9 - Elizabethtown KY www.hubcitytourky.org [facebook page](#)
- ◆ **The Backpack Offroad Cycling Tour** Sept 16 - London KY [facebook page](#)
- ◆ **Hope Ride** Sept 16 - Hope IN hoperide.org [facebook page](#)
- ◆ **Bicycle Ride Across Tennessee** Sept 16-20 - Burns TN thebrat.org [facebook page](#)
- ◆ **Harvest Homecoming Bicycle Tour** Oct 1 - Lanesville IN www.siwheelmen.org/harvest [facebook page](#)
- ◆ **The Great Pumpkin Metric** Oct 1 Evansville IN www.evansvillebicycleclub.org/gpm [facebook page](#)
- ◆ **Tour de Tellico** Oct 7 Loudon TN www.tourdetellico.com

The Little Miami Trail

One more time! The Little Miami Trail will be offered on Wednesday September 27th, 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.

For more information contact Mike Kaufman [502-742-0073](tel:502-742-0073)

Trail Closure

Beargrass Creek Trail

Aug 7, 2017 - closed at Grinstead and Lexington Rd for 2.5 years

[more info](#)

We are not at our best perched at the summit; we are climbers, at our best, when the way is steep.

- John W. Gardner



Survey Results and Follow-up

When the LBC Membership Survey was launched we wanted to get your opinions and suggestions about our club rides, what the club could do better, and what the club could do differently. Both the Touring Committee and the Executive Committee are pleased that more than 200 of you completed the Survey. Please use the link below to view the unedited Survey results.

As a result of the survey feedback specific actions will be taken in the coming months. The first priority will be refresher training for current Ride Captains; and then training for new first time Ride Captains. The majority of the refresher training for current Ride Captains will be done in August on-line. Most of the training for first time Ride Captains will be done in person beginning in September.

One topic that the Survey covered was the continued recording of individual club mileage and the awards tied to mileage. The number in favor of continued recording barely outnumbered those who wanted to do away with mileage. Both the Touring and Executive Committees decided to retain the recording of mileage but do away with yellow and blue jersey awards and the issues associated with it. However, it has been decided the program will stay as is for now. This program will be revisited again prior to the next mileage season. Also the Touring Committee is looking at options for increasing the pool of those eligible to earn jerseys.

Thank you for taking time to share your ideas and opinions to help grow and make The Louisville Bicycle Club a better Bicycle Club!

H. Michael Crawford, VP of Touring

[2017 Membership Survey Results](#)

Ride Captain Refresher

All current and prospective ride captains will be required to attend a refresher/training in the near future. If you haven't already done so, please send the following information to touring@louisvillebicycleclub.org:

- Approximate number of years you have been a volunteer Ride Captain
- The type(s) of rides you generally prefer to lead
- And if you would be willing to serve as a mentor to a new Ride Captain

If you do not plan on leading rides in the near future please let me know and your name will be removed from the Ride Captain List.

TEAM LOUISVILLE



Meet Genna

Name: Genna Brock
Nickname: Brockstar
Age: 22
Occupation: Barista @ Starlight Coffee Co.
Race Category: 4
Years Racing: 1
Bikes Owned: 2



Favorite Discipline: Road when riding, cyclocross when racing. Also dependent on if I am getting dropped or not.

Favorite Food after a race or ride: Chocolate banana milkshakes, plural.

Favorite Race that you've raced in: Madeira Criterium; DNF'ed the first time, then came back to eat up the technical course a year later.

What other than bike racing do you like to do: Horse sports, drawings, bad puns, and drinking way too much coffee.

Team Louisville Cyclocross Practice

All are welcome!

Team Louisville has cyclocross practice on Tuesday at 6:00 PM at Eva Bandman Park. All adults and kids are welcome to join. You'll need to bring your cycling gear and also please bring shoes to run in, towel, and plenty of water. Look for the Team Louisville flag for meet up, as there will be other teams practicing there as well. Storms and flooded course will cancel practice .



THREE SIGNIFIGANT WORDS

Nita Bernat

It could be, “I love you” but it’s not.

It’s **”ON YOUR LEFT”**. Sound foreign or familiar? If it is not familiar, maybe it should be.

This is cycling season and you are not the only one on the road. You may think you are by riding in the center of the road or slipping by cars at stop lights and turns, but I have news for you...it won’t be pretty if that bad behavior continues.

Have you ever been on a ride when another cyclist passes you on the right? Shame on them. How about a pass on the left with no indication that they are there? It is an accident waiting to happen.

Many cyclists do not use mirrors and have no idea what is behind them unless they turn their heads. If there is no indication or reason to look behind they could very easily move into the path of a cyclist trying to overtake them without realizing someone is to their immediate left side. A simple “On your left” would alleviate any possible collision. Lots of new cyclists are out and about...for their safety and yours... let people know you are on their left.

What to Wear?

We’ve had a few cool mornings already, and surely there are more on the way, so here’s a few resources to help you determine what to wear to stay comfortable on your bike as the seasons change. Much more is available on the internet, or ask your fellow riders for their tips.

- * [Dressing for the Season—Essential Layering Tips](#)
- * [What to Wear in Various Weather](#)
- * [How to Dress for Cycling in Cold Weather](#)
- * [Cycling Pro Tips: What to Wear in Any Weather](#)

More from the web...

- ⇒ [Bikes May Have To Talk To Self-Driving Cars For Safety's Sake](#)
- ⇒ [Austin Invests in Rider Safety by Adding New Bike Signals to its Traffic Lights](#)

Schellers 2017 Bicycle Maintenance Series

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

Aug 12

Flat Change Clinic

1/2 to 1 HOUR Learn the tricks and tools pro mechanics use to make flat changes quick and hassle free. We will look at proper inflation, valve types, tire/tube/wheel set-ups, basic tire inspection, and what to carry in your flat change pack.

Sept 9

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.

Oct 14

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.)

[Read more](#)

LBC in The Kentucky Derby Festival

The Louisville Bicycle Club was very active in the 2017 Kentucky Derby Festival. The LBC staffs the KDF Mini Marathon First Response Bike Team. Thanks to the 19 team members for doing such a professional job!

The 4th Annual PNC TOUR de LOU found 70 LBC members serving as Ride Marshals for the ride, helping change flat tires and encouraging our out of town guests. We've gotten lots of compliments! THANK YOU ALL! The PNC TOUR de LOU has become one of the premier bicycling events in the region.

Last but certainly not least, the LBC had a unit in the Republic Bank Pegasus Parade. It was a damp day, but we had a really good time. One of the coolest things--as the parade came down Broadway, approaching 8th Street, the crowd started chanting "LBC" "LBC" "LBC"! It was awesome!

Thanks to everyone for taking part in the Pegasus Parade!

Andy Murphy



LBC Mini Marathon First Responders



LBC members lining up for the Pegasus Parade



Advertising OKHT40!

Louisville's bike share program
is up and running!
Read about it at louvelo.com

LouVelo

The Kentucky Derby Festival presented the club with a check for \$4,600 for our participation and partnering with the KDF in producing the Tour de Lou bicycle ride. The LBC Executive Committee approved splitting the \$4,600 five ways with the LBC, National MS Society, Olmstead Conservancy, Bike to Beat Cancer and Juvenile Diabetes Research Foundation.

Tour de Lou 2018
Sunday April 29th



A Diamond in the Rough

Susan Wentzel

Want to learn how to fix your bike? Know how to fix bikes and want to help others? Falls City Community BikeWorks may be just the place for you. Located at 1217 Logan Street, FCCB has tools, parts and volunteer bike mechanics to help you learn how to do your own bike maintenance. Become a member by either paying a \$60 annual fee, or volunteering in the shop for eight hours.

FCCB's mission:

- ◆ *We provide the space, tools and expertise to any community member wishing to learn and practice bicycle maintenance.*
- ◆ *We channel the donation of refurbished bicycles (and related equipment and skills) to Louisvillians in need of reliable transportation.*

The overriding goal is to make bicycling more affordable and widespread.

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



Check out their website, or come check out the shop in person after an LBC ride:

**Sunday Aug 27th
12:00 PM 15mi #1**

**Falls City Community BikeWorks
1217 Logan St.**

Ride Captain: Lee Staudter 502-645-0467

Great ride for new riders!

LBC riders in front of FCCB on May 13th during CycLOUvia in the Germantown, Schnitzelburg and Shelby Park neighborhoods, also known as Three Points

VIDEO—a different kind of clip

Saturday Two Bridges Ride

One of the club's most popular rides is the Saturday morning ride from State Street, especially now that the Lewis and Clark bridge is open in the east end. If you haven't joined the ride yet, check out this video to see what your missing.

Courtesy of Larry Preble.

LBC on Great Day Live

Scroll down to the second video. Doug speaks about the club and Bekki models our club jersey, leading up to the mayor's Memorial Day Hike, Bike and Paddle.

The E-Town Century

Carson Torpey

One of my favorite rides with the Louisville Wheelmen, back in the “olden” days of the 1970’s and 1980’s was the 4th of July E-town Century. Why was it a favorite? Because it was so fast. The last year it was held was 1988. Riders would assemble at 5:00 am, yes you heard right, 5:00 am, at the Wheelmen’s Bench with their Wonder lights strapped to their arms or ankles and off into the dark we would go at 5:30. The ride Captain was Kathy Lee (Jarvis). After a left turn, then a right, another right, who knew where we were and finally we got to DIXIE HIGHWAY! This road was also known as Dixie Dieway, who in their right mind would ride down Dixie Highway?

Now you know the reason for the early start. It’s a holiday and it’s very early so there is very little traffic. So far the road has been flat and the group is together. Then comes Muldraugh Hill. The big strong riders begin their charge up the hill but at the halfway point, the skinny “bean pole” riders like me take over and over the top we go. Behind, the chase began by those strong riders. Mark Jarvis tells of catching the wheel of Gary Meeker who was determined to get to the front again. Gary pounded the pedals so hard that the steel framed Coppi twisted right and then left with each push of the cranks. Like a steam locomotive, the bike lurched to the right and then to the left until he rejoined the leaders.

The halfway point was Elizabethtown, Kentucky, more precisely, the McDonald’s in E-town. More experienced riders knew to eat lightly, for the worst was still to come. Now the way back was flat, at least on paper. It was just a little downhill with one big downhill in the middle. Also on this ride were Bob Peters with his triplett and two other tandems. All of us on “single” bikes were a little worried. You know how it is, everybody wants to stay with the leaders and not get dropped.

Riding with the multi-rider bikes was like being with the pacing triplets and tandems used on the old bicycle racing tracks. They took a while to get up to speed and all who could were glued to one of their back wheels. Even though the road was flat, there were still some little ups and downs. With each descent the triplett pulled ahead but we could catch up on the rises. Finally, the speed was too much and off the pacing bikes would go. We threw the chain into the “big meat” and spun that big gear. It was hard, our legs felt like small trees bending in a storm ready to break at any moment. Riders went off the back like dandelion seeds blowing in the wind. But we caught up again.

Up ahead was Muldraugh Hill, all downhill. We did our best to limit our losses as we descended into Jefferson County and were left behind. “Don’t give up” we cried as we chased and chased, mile after mile until we caught one of the tandems. Finally, those big bikes called it a day and as they say in Italy, “Gruppo compacto.” Besides, we were riding through the “stop light” district of Dixie Highway and traffic was beginning to increase. Most riders returned to Wheelmen’s Bench between 10 and 10:30 am. Some popped open a brew but all were proud to have completed such a fast 100 miles.

So why doesn’t the club do this ride anymore? Everyone wanted to be in on the action and try to ride as fast as they could even the ride captain. In 1988 there were no volunteers to be the ride captain until Kathy took it on, but she had one condition: “Don’t show up if you can’t average 17 mph.” No one wanted to nurse the slow riders who had always been left to fend for themselves. When the Yellow Jersey competition started, some riders resented missing out on a hundred miles and they complained loudly. No one ever volunteered to lead the ride again. The E-town Century by the way, was one of the century rides that the old-timers used to ride in the teens and twenties. Ask any of the older riders and they all remember the E-town century.