



LOUISVILLE BICYCLE CLUB

LBC Contact Information

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Statistician
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Clothing Director
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Mad Dog Director
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If you have something you'd like to share in the newsletter, send it to Steven Jent.

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



OKHT

OLD KENTUCKY HOME BICYCLE TOUR



About The Tour

A premier cycling tour through Bourbon Country.

OKHT is a 3 day cycling tour through the rolling hills of Kentucky with sag support, music, bourbon tours and more.

August 31 thru Sept 2, 2018

Get registered and grab your jersey before time runs out!

Pricing

The tour will only have 1,500 registration spots available. Once the limit is reached we will close the registration. We suggest registering early if you want to ensure a spot.

Rider Type	Price
Adult (Non-LBC Member)	\$65.00
Adult LBC Member	\$60.00
Adult Sunday Only	\$35.00
Minor 12 & Under	Free
Minor 13-17	\$5 Day of
Minor 13-17 Sunday Only	\$35.00
Minor 13-17 Sunday Only	\$25.00

ALL TOUR PRICES WILL INCREASE BY JULY 1st and KY SALES TAX will be MANDATED on and after that date – LOCK IN YOUR LOWEST COST NOW!

Registration

Register at:

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



Jerseys must be ordered by June 30th! Don't be the person without an awesome OKHT jersey!

Club Information

The Louisville Bicycle Club (formerly Louisville Wheelmen) is a cycling club in Louisville, Kentucky, USA, and serves the greater Louisville metropolitan area, including Southern Indiana. We are dedicated to promoting the sport of bicycling and advocating for the rights of all cyclists. Since its founding in 1897, the Louisville Bicycle Club has been one of the most active and progressive clubs in the Midwest.



Address:
Louisville Bicycle Club
P.O. Box 35541
Louisville, KY 40232-5541

Contact:
communications@louisvillebicycleclub.org

Website:
www.louisvillebicycleclub.org

Annual Membership dues:
Youth (13-18): \$10
Individual (18 & over): \$15
Family (+ dep. Children) \$20

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* All photos used with permission

A statement from your Executive Committee



LET'S RIDE!

Now that the weather is finally cooperating, there's lots of bike riding to do! The Saturday morning rides, Monday mornings at the Douglass Community Center, Monday Night Recovery Rides. Rides every day. Rides! Rides! Rides!

Check out the schedule on the LBC webpage;
<http://www.louisvillebicycleclub.org/Ride-Schedule>

If you don't see a ride you like, consider starting your own ride. You can put a ride to a coffee shop on the schedule. Maybe a ride to an ice cream store. Maybe a nice flat ride in The Parklands. Let your imagination be your guide.

LET'S RIDE!

Life is good

Murphy

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



Road Work

River Road between 6th and 8th streets closure delayed.

[more info](#)

Announcements



The Executive Committee of the LBC would like to thank **Susan Wentzel** for her dedication and service as the VP of Communications these past two years.

We have her to thank for our online ride scheduling enhancement and many other improvements. We are indebted to her and appreciate her for fulfilling this vital role for the club.

THANK YOU Susan!

** The Committee accepted the resignation of Susan Wentzel who has served the past two years in a role that has demanded more time than her personal circumstances allow.*



YEW DELL BOTANICAL GARDENS

LBC Summer Picnic

The LBC Summer Picnic will once again be held at Yew Dell Botanical Gardens, 6220 Old Lagrange Road, Crestwood, 40014, on Sunday, August 19th. The complete schedule will be posted to the Ride & Event Schedule as the date approaches. There will be a short, VERY FLAT option this year. WE PROMISE!

As always, the club will provide fried chicken and cold soft drinks and water. Club members should bring a side dish or dessert to share.

Schellers Fitness & Cycling 2018 Bicycle Maintenance Series COME LEARN WITH US

Registration required

Aug 11

Flat Fix Clinic

All Stores - 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 8

Drivetrain Care Clinic

Select Stores - Learn what to look for before hitting the road or trail to ensure your bike is rolling safely and smoothly. We will cover visual inspection of the drivetrain, checking for loose or fatigues in hardware. Failure prevention & basic adjustments.

Oct 13

Flat Fix Clinic

All Stores - 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.

Clinics are about 1 hour in length and begin at 10 am.

Announcements

2018 NEW RIDER / BIKE HANDLING CLASSES

Sponsored by:



Mayor's Healthy Hometown Movement

**These classes are offered to the public at no charge (FREE!).
Riders who complete all 5 classes of a New Rider Clinic will receive a free LBC jersey and a one-year membership in the Louisville Bicycle Club.**

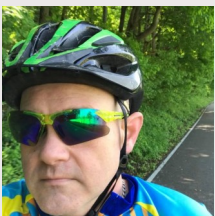
Information and Registration can be found here:

<http://www.louisvillebicycleclub.org/2017clinics>

Questions? Contact Dave Wittry education@louisvillebicycleclub.org



Executive Committee Appointment



The Executive Committee of the LBC would like to introduce the recently appointed VP of Communications, Steven Jent.

Our bylaws state: "Any office vacated during the year shall be filled by appointment as determined by a majority of the Executive Committee." Steven will serve the remainder of Susan's term.

Welcome Steven!

By: Bekki Livingston

Louisville Bicycle Club on the Web:



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



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



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

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



www.strava.com/clubs/louisville-bicycle-club

LBC in the Community!

LBC AT THE TOUR de LOU



The 5th Annual Kentucky Derby Festival, PNC TOUR de LOU was another great success. Guests from 22 States in the U.S. and 5 people from Canada were on hand for a tour of the Olmsted Parks System--parts of it anyway. The weather started out a little cool, but by the end of the ride, it was absolutely beautiful. About 70 Louisville Bicycle Club members serve as Ride Marshals for the TdL.

THANK YOU ALL!

Special thanks to our partners: The MS Society, the Olmsted Parks Conservancy, the Juvenile Diabetes Research Foundation and Bike To Beat Cancer provided SAG Support for the nearly 1,300 riders.



LBC AT THE KDF MINI/MARATHON



Louisville Bicycle Club members raise a glass to toast another successful Kentucky Derby Festival Mini/Marathon! This year, 16 members of the LBC volunteered to serve as the KDF Bicycle First Response Team during the Mini/Marathon. Percy Black, Scott Seligman, Andy Murphy, Joe Medley, Barb Martin, Steve Sexton, Ron Heuglin, Laura Trachtenberg, Richard Heckler, David Wittry, Jered Golladay, Susan Pyron, Perry Finley, John Pyron, Kevin Meunier and Bekki Livingston all contributed to making this one of the smoothest races yet! Not everyone could stay to enjoy a beverage after the race, but to one and all,

THANK YOU!



Did you Know...

...that LBC has a robust and active Strava Club?

Join the community at: www.strava.com/clubs/louisville-bicycle-club

STRAVA

It's free!

LBC in the Community!

LBC IN THE KDF REPUBLIC BANK PEGASUS PARADE



The Louisville Bicycle Club once again was invited to participate in the 63rd Annual Kentucky Derby Festival, Republic Bank Pegasus Parade. The Pegasus Parade is the oldest Kentucky Derby Festival event and it is cool for the club to be invited to participate. Club members decorated their helmets in some very creative ways. OKHT Director Kirk Roggenkamp's "Red Solo Cup Helmet" will be hard to top next year!

*Photos courtesy of Larry Preble



Cathy Hill and Kirk Roggenkamp are ready for the parade to start. Hey Kirk, can I have a drink?



Your very own Louisville Bicycle Club unit prepares to head out onto Broadway. The huge crowd was estimated to be over 100,000.

More from the web...

- ⇒ [Guilty plea for viral hit-and-run.](#)
- ⇒ [Strava used to identify.](#)
- ⇒ [Sun protection for cyclists on Indiegogo](#)
- ⇒ [Tech of the week: crits, Zwift and women's bikes](#)

From GCN:

- ⇒ [Turn Your Road Bike Into A Gravel Bike](#)
- ⇒ [Where To Fit A Power Meter On Your Bike](#)
- ⇒ [Braking, Cornering & Choosing A Line](#)

Spotlight

In the Spotlight

PHIL SAMUEL



I saw Phil at a Thursday morning ride. I didn't notice at first, but as we started riding and I was drafting off his wheel, his bike was way too shiny and clean! It was his new bike. So he became the perfect member to spotlight!

My first question was how long have you been riding? He couldn't come up with a specific number, so we finally determined he has been riding longer than Andy Murphy but fewer years than OKHT founder Stewart Prather – which means about 30 years. He has been a club member for at least 25 of those years.

He is enjoying his new Cannondale Synapse with his first Compact Double gearing, but misses the triple he had on his old Trek 5200.

I asked what his most challenging ride has been – it was his very first century in 95 degree heat. Phil is a native of Louisville and is enjoying retirement.

He stays busy with riding and community volunteer work. He also enjoys books and movies. Phil, what is a good tip for new riders? "Communicate! And also, don't forget your water!" If you have been riding for any length of time, you will accumulate some stories.

I asked Phil about any of his stories...it seems the one he remembers clearly was about a hill, a dog and riders behind him yelling for him to pedal fast! Phil, anything else we should know about you?

"I believe in TRUTH, Justice and the American Way".

By: Bekki Livingston

MEMBER SPOTLIGHT and **RIDE SPOTLIGHT** are new features that we are adding to the newsletter. Each issue will feature a member of our club and a popular ride. Do you know of a special rider deserving of recognition? Does a particular ride speak to you? Please, feel free to submit recommendations to the VP of Communications. Just be warned, you may be asked to write up the profile so be prepared!

Spotlight

Rated a #4 with a recommended moving average of 15-18 mph, this 25 mile ride makes its way out scenic River Road before ramping up to climb Lime Kiln (.6 mile @ 4%).

From there it loops back around to head back towards town. Exiting River Road again it climbs this time up the Arrowhead in Indian Hills (.66 mile @ 3%). Then it is all downhill (mostly) thru two of the signature Olmsted Parks: Seneca and Cherokee including a climb up and over the Overlook (.33 mile @ 4%).

The ride concludes returning to Vic's Classic Bike store. Great for a Sunday morning cruise in the saddle with just enough out of seat efforts to stretch your legs out for the coming week.



Urban - Vic's Classic Bikes

When and Where: Sundays typical @ 9AM from Vic's Classic Bikes 921 Baxter Ave, Louisville, KY 40204, USA ([map](#))

Description: Vic's Sunday Morning Classic - out River Rd. with climbs on Lime Kiln, Indian Hills, through St Matthews, Seneca, and Cherokee Park

Captains: Victor Miller 552.5669
Perry Finley 618.1333



Photos by:
Melanie Levin



Upcoming Events

- ◆ New Rider Clinic 4: 6/25-7/23 4500 Bowling Blvd
- ◆ Next Executive Committee meeting: July 10th
- ◆ Amishland and Lakes Ride July 27,28 & 29 Shipshewanna, IN
- ◆ New Rider Clinic 5: 7/30-8/27 2400 Eastpoint Parkway
- ◆ Annual LBC Picnic & Rides: August 19 Yew Dell Botanical Gardens



2018 Tour de Mad Dog



Stage	Course	Day	Date	Ride Captain
9.	Salem Century	Saturday	June 16	Kirk Roggenkamp/Cathy Hill
10.	Limestone Capital Century	Saturday	June 23	Steven Dunsford
11.	The Suburban	Saturday	June 30	Bekki Livingston
12.	Bridge to Bridge	Saturday	July 7	Vince Livingston
13.	Tour Dupont	Saturday	July 14	Steve Montgomery
14.	Margarita Century	Saturday	July 28	Carla Dearing
15.	Buckner Riverdance	Sunday	Aug 5	Larry Preble
16.	TBD	Saturday	Aug 11	Mike Kamenish
17.	TBD	Saturday	Aug 18	Thomas Nance
18.	Wises Landing	Sunday	Aug 26	Larry Preble
19.	EZ-Pass	Saturday	Sept 15	Robin Reams/Charlie Bird
20.	Lawrenceburg Loop	Saturday	Sept 22	Dave King
21.	Medora Goes Pink	Saturday	Oct 13	Amelia Dauer

TDM Format Changes

Bob Grable, Director

A core group of regular riders on the Mad Dog Series (TMD) recently met and decided on a new format for TMD going forward. With this change I volunteered to be the 2018 Tour Director. Although we enjoyed the old format, the role of Tour Director had become quite a burden with complex rules & scoring system, coordination of materials for scorekeeping, associated communication updates, etc. Our aim was to keep the century ride format for those of us who enjoy riding long distances over great local courses in a safe setting with riders they enjoy being around. We decided to change TMD with the following new format –

- 21 century rides.
- If a rider completes 10 century rides they earn a Mad Dog jersey.
- No scorekeeping to determine winners by end of season.
- The sign-up sheets will determine who completed the ride.
- No requirement to ride the first 5 or last 5 centuries to qualify for the Mad Dog jersey.
- No prologue or time trials.
- Riders must be century fit and capable of riding a 14 mph pace under normal conditions.
- Riders who ride slower than 14 mph are welcome to ride. They must be self supported as the ride captain will not be responsible for sweeping riders who cannot maintain the minimum pace.
- We will not schedule back-up ride dates on the LBC schedule. It will be the ride captain's call to cancel the ride.
- The OKHT and Horsey Hundred century rides will serve as bonus stages and count towards the ride requirement of 10 to earn a jersey.

The 2018 season begins in March and will run through October.

Tour de
Clydesdale
for **JDRF**



Sunday, June 24, 2018

\$0 registration fee
LOW fundraising minimum

Just raise \$200 or more and receive:

- A specially designed 2018 **Tour de Clydesdale For JDRF** t-shirt
- Lunch
- A 3rd Turn beer ticket after the ride

Live band and plenty of space outside
for fun event after the ride

Beautiful rural setting with fully supported
16 and 30-mile ride routes

Rides start and finish at 3rd Turn
Oldham Gardens, 6300 Old Lagrange Road,
Crestwood, KY 40014



Check-in begins at 7:30 am • Ride begins at 9:00 am

To register: www2.jdrf.org/goto/Clydesdale

For more information:
joemblazis@gmail.com • 502-387-1780

LBC Members: The OKHT needs your support!

Many recreational bicycle clubs across the country produce an “event ride” for their membership and others to make their annual club operating expenses and/or support worthy local causes and charities. The Old Kentucky Home Bicycle Tour for the Louisville Bicycle Club is no different. Last year our event moved to Bardstown, KY for the Labor Day Weekend and expanded to three days primarily to build the OKHT into a regional tourism opportunity for cyclists in a multi-state area to “Come to Kentucky” and see and enjoy what we have access to year-round. Our new and growing relationships with Kentucky and Bardstown Tourism departments and our host sponsor at the Bourbon Heritage Center are moving us in that direction. However, no event ride can be successful without the broad-based and fervent support of its own membership. To that end, I am asking for a more concrete show of support from each and every LBC member who is reading this.

There has been a small group of dedicated volunteers at the director or assistant director level working hundreds of hours literally year round to cover the multiple tasks it takes to produce an event of this size. Several more volunteers have already stepped up to fill Coordinator and Captain responsibilities for the OKHT for many jobs that will need organization and supervision for part of that weekend. Some of them may be calling YOU in the weeks ahead to ask if you can pitch in for a specific task and volunteer your time and talent in exchange for a complimentary registration. I thank and applaud ALL of these people. But what our team needs NOW from the hundreds of LBC members on our rolls is this:

- 1) Go the Website www.okht.org, see what we are doing, and purchase a registration. Today. Now. Prices will never be lower (go on, compare them to OTHER 3-day ride events around the country) than they are right now. To keep them low and plan all the details and extras we need for a large tour we need to know the “home crowd” is coming. Note this year there is an LBC member extra discount of \$5. Kids are now free. We want tourists to come event weekend, but our core support must come from our own club if we want to reap the benefits the rest of the year. Worried about the weather? (yeah, me too) That’s why we purchased cancellation insurance for the event this year. If something unthinkable forces us to cancel the event, we refund your registration. Nothing in life is risk-free, but’s that a pretty good start. Go to website for more details.
- 2) Buy a \$10 raffle ticket for a certificate good for a \$2300 value electric bike from one of our new sponsors, Pedego Electric Bikes. These tickets are on sell now at the Pedego shop (1403 Bardstown Rd in the Highlands). They are also on sell at the Evan Williams Experience downtown and at the Bourbon Heritage Center in Bardstown. Only 1000 tickets have been printed. Odds are good, these bikes are FUN,

and every dollar goes to supporting our club. Even if you can’t make the tour this year, ESPECIALLY if you can’t make the tour, buy one or more of these tickets. Contact me and I’ll make sure these tickets are brought to your favorite LBC ride start for you to buy.

- 3) Support the sponsors that are supporting us. A whole page of logos are on the website and on the last page of this newsletter. Click on any of them for more info about their business or mission. Buy their stuff and TELL them you appreciate the support they are giving the OKHT and Louisville Bicycle Club. Sponsors call this “return on investment” and it’s why they keep supporting a particular event – or don’t.
- 4) Support the “Charity Partners” and non-profit groups that we are supporting with the OKHT. We like to turn a profit from this event to keep our own club operating strong and doing all the things we do in our community. However, another part of our club mission is to also support groups like the American Lung Association, Goodwill Industries, and the Stephen Foster Drama Association through various arrangements (Did you know that \$1 of every OKHT registration sold this year goes to help fund the Stephen Foster amphitheater rebuild?) All three groups are also raffling their own bicycles made possible by the generous donations of several of our bike shop sponsors to OKHT. You will see several other non-profit groups working at our event for donations from LBC for their causes and organizations. We grow stronger together when we support each other.
- 5) Talk up the OKHT with friends who may not be club members and share and promote us on your favorite social media sites. Tell them you are coming and invite them to come too. Another reason we moved to a “hub and loop” format last year was to be inclusive of ALL riders, from novice to Mad Dog types. We still have a kick-butt century, and a challenging metric century option on BOTH Saturday and Sunday, but we also have 5, 10, and 15 mile loops on Saturday that are more “family friendly” no matter what your riding experience or pleasure is. The new Sunday “Cookie Stop” route (new location, be patient, route reveals coming soon!) can be as short as 25 miles or as long as 62 – all on unique roads. Kids are free. Teens are about half-price from adults. We have created tons of things to do in Bardstown for those who only want to ride a little – or not ride at all. Make this a get-away family or couple experience for the holiday weekend.

Thanks in advance to each and every LBC member who can and will support this ride! Anyone can contact me at the info@okht.org email address. See you guys on the road this summer and fall!

Kirk Roggenkamp
OKHT Director

A Special Thanks to our OKHT sponsors

Presenting Sponsor

HEAVEN HILL™ EST DISTILLERY 1935

Sponsors



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ACTIVE RECOVERY PATCH



KENTUCKY DERBY
FESTIVAL



Charitable Partners



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