



# LOUISVILLE BICYCLE CLUB

## LBC Contact Information

### Executive Committee

President  
**Andy Murphy**  
[president@louisvillebicycleclub.org](mailto:president@louisvillebicycleclub.org)

Secretary  
**Bekki Livingston**  
[secretary@louisvillebicycleclub.org](mailto:secretary@louisvillebicycleclub.org)

Treasurer  
**Diane Bellafronto**

VP Advocacy  
**Doug Brent**  
[advocacy@louisvillebicycleclub.org](mailto:advocacy@louisvillebicycleclub.org)

VP Communications  
**Steven Jent**  
[communications@louisvillebicycleclub.org](mailto:communications@louisvillebicycleclub.org)

VP Education  
**David Wittry**  
[education@louisvillebicycleclub.org](mailto:education@louisvillebicycleclub.org)

VP Racing  
**Kevin Williams**  
[racing@louisvillebicycleclub.org](mailto:racing@louisvillebicycleclub.org)

VP Touring  
**Michael Crawford**  
[touring@louisvillebicycleclub.org](mailto:touring@louisvillebicycleclub.org)

### Program Chairs & Special Projects

OKHT Director  
**Kirk Roggenkamp**  
[okht@louisvillebicycleclub.org](mailto:okht@louisvillebicycleclub.org)

Statistician  
**Valerie Pfeiffer**  
[statistician@louisvillebicycleclub.org](mailto:statistician@louisvillebicycleclub.org)

Clothing Director  
**Amelia Dauer**  
[store@louisvillebicycleclub.org](mailto:store@louisvillebicycleclub.org)

Mad Dog Director  
**Bob Grable**  
[maddog@louisvillebicycleclub.org](mailto:maddog@louisvillebicycleclub.org)

If you have something you'd like to share in the newsletter, send it to [Steven Jent](mailto:Steven.Jent).

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

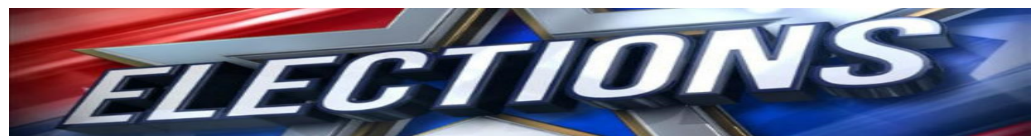
## Candidate Search and Nominating Committee

### According to the LBC bylaws:

A Candidate Search and Nominating Committee, whose Chair shall be appointed by the President following recommendations by the Executive Committee and who shall in turn select a minimum of two (2) additional members to serve on the Committee, shall identify interested Club Officer candidates and prepare a slate consisting of one or more candidates for each office for presentation at the Annual Meeting. Current Executive Committee members may not serve on the committee and members of the Candidate Search and Nominating Committee may not stand as candidates for office. The Candidate Search and Nominating Committee shall close their search for additional candidates at midnight seven days prior to the election at the Annual Meeting. The Chair of the Candidate Search and Nominating Committee shall insure that the slate of candidates is published to the membership at least seven (7) days prior to the Annual Meeting in the Club newsletter or on the Club website. Notwithstanding the preparation of a slate of candidates, the presiding official at the Annual Meeting shall solicit any nominations from the floor.

**Notice:** **Kathy Ragland** has been selected to be the Nominating Chair. She can be reached at: [kmccarthyragland@hotmail.com](mailto:kmccarthyragland@hotmail.com). Her committee now consists of:

**Donna Connell**  
**Terri Buchart.**



The next LBC election cycle is fast approaching! We are in search of members to fill the **Advocacy** and **Racing and Touring** positions. All other current officers have so far confirmed their interest in continuing to serve in their current positions.

However, any interested member of the LBC that feels the calling to serve their fellow cyclists can run for any vacant position or run against an incumbent.

Ballots and candidate statements will so be appearing on the website and will be included in the next newsletter.

## 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](mailto:communications@louisvillebicycleclub.org)

**Website:**  
[www.louisvillebicycleclub.org](http://www.louisvillebicycleclub.org)

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

## December 2018 Contents

<b>Search and Nominating Committee</b>	<b>1</b>
<b>Executive Committee Statement</b>	<b>2</b>
Andy Murphy	
* Polar Bear Ride	
* Lights under Louisville	
<b>Announcements</b>	<b>3</b>
Metro Call 311	
Award Banquet	
Vote!	
More from / LBC on ...the Web	
2019 Tour de LOU	
<b>LBC in the Community!</b>	<b>6</b>
The Louisville Cycling Podcast	
LBC Marketplace	
USAC Cyclocross Nationals	
More Local Champions	
<b>LBC Safety Series</b>	<b>9</b>
Live to Ride Another Day	
<b>Rider Spotlight</b>	<b>10</b>
Kelly McGill	

\* All photos used with permission

## NEW LOCATION FOR 2019 POLAR BEAR RIDE!

There will be several changes for the 2019 LBC Polar Bear Ride. First, Gingerwoods Event Hall, 7611 Rose Island Road, Prospect, KY 40059 will be the location for this year's New Year's Day, Polar Bear Ride, SWAP Meet and Chili and Soup Cook-off. The history of the Gingerwoods building dates to 1869 and was recently renovated. This is a really cool spot!

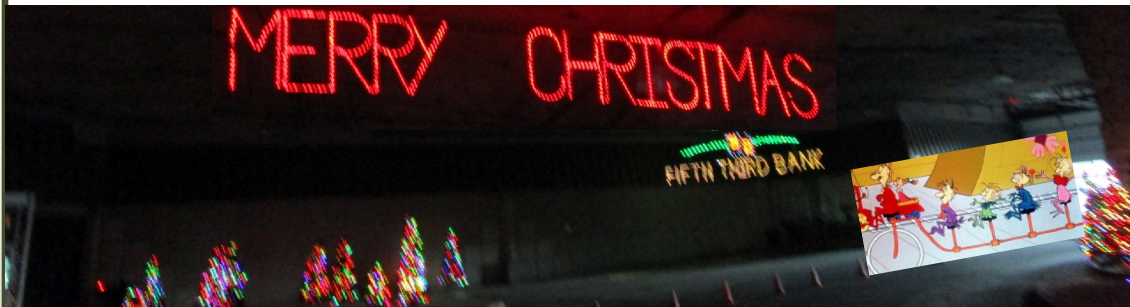


For the first time, soup's will be welcomed and judged at the Polar Bear Ride! So, bring your best vegetable soup, minestrone or whatever your favorite soup is to the ride to share with your friends and you'll have a shot at \$100 in gift certificates if your soup is judged best! There will only be 1 chili category this year. So, everyone who brings a soup or chili to the Polar Bear Ride will receive a \$25 gift certificate to a local bike shop and the winner of the chili and soup divisions will each receive a \$100 gift certificate to a local bike shop. If you will be entering a chili or soup in the Cook-Off, please have your entries there no later than 10:30 to allow time for tasting. If you want to enter a chili or soup in the Cook-off, please contact Kelly McGill at 502-641-7718 or [kelly.mcgill@twc.com](mailto:kelly.mcgill@twc.com) If you're not bring a chili or soup, please bring a dessert or side dish to share. As always the club will provide drinks and paper products. Chili and soup will be served at noon-ish.

Weather permitting, this year's ride will be +/-20 miles. The length of the route may be adjusted for poor weather conditions. The ride will be scheduled as a 9:45 AM ride, with wheels rolling at 10 AM. Larry Preble will Captain this year's ride.

If you have any bicycle related items to sell or trade, feel free to bring them to The SWAP Meet!

There it is. We hope you'll join us to ring in the new year at the 2019 Polar Bear Ride, Chili & Soup Cook-Off and SWAP Meet on January 1st, 2019!



## NO LIGHTS UNDER LOUISVILLE RIDE THIS YEAR!

It's disappointing, but we will not have a Lights Under Louisville Bicycle Ride this year at The Mega-Cavern. The Lights Under Louisville organizers have begun a service called Christmas Express, which takes 20 people at a time through the displays on a trailer of some sort, starting in the early morning and going throughout the day. This doesn't leave any time for us to ride our bicycles through the displays.

As disappointing as this is, we would like to thank the Mega-Caverns for allowing us to enjoy Lights Under Louisville in such a unique way for the past 6 years.

We would also like to extend a big thank you to Kelly McGill and her group of volunteers for organizing this ride and providing our guests with delicious hot chocolate and cookies.

THANK YOU KELLY MAC!

Happy Holidays to all!

Life is Good!

Ride Safe!

Murphy



## Announcements



# LOUISVILLE METRO311

We'd like to remind all of our cycling friends in Louisville, that it's important to report issues w/ our bike lanes and paths to Metro311. Just call 311 during the week, 7 a.m. - 7 p.m. They now have a full-time sweeping contract and the time from call to completion is shorter than ever.

Ride safe! Thanks!!



### !!! Contributors Needed !!!

Do you fancy yourself a journalist? Do you have a Cycling interest, event or opinion you wish to share?

The LBC newsletter committee is always in search of quality article submissions and content.

To contribute contact:

[communications@louisvillebicycleclub.org](mailto:communications@louisvillebicycleclub.org)

### Did you Know...

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

Join the community at:

[www.strava.com/clubs/louisville-bicycle-club](http://www.strava.com/clubs/louisville-bicycle-club)

**It's free!**



## LBC AWARDS BANQUET JANUARY 26, 2019

LBC Members: Mark your calendar for Saturday, January 26, 2019 for the Annual Awards Banquet at Big Spring Country Club. \$10 for buffet dinner and if you pre-register, you are eligible for door prizes. Click on the Events tab on our website for full details and registration.



\* John Pellegrino earned a few awards last year!

## Announcements

# VOTE VOTE

### VOTE NOW! DO WE KEEP THE YELLOW AND BLUE JERSEY AWARDS?

Since 1978, the Louisville Bicycle Club has awarded a Yellow Jersey to the male and female riders who accumulate the most miles during the Touring Season. Beginning in 1991, a Blue Jersey was awarded to the rider over 50 who accumulates the most mileage during the Touring Season. Over the years, these awards have caused a bit of controversy. The Executive Committee of the Louisville Bicycle Club has decided to put the question of mileage awards to the membership.

**THE QUESTION:** Should the Louisville Bicycle Club continue to award a Yellow Jersey and a Blue Jersey for the Touring Season mileage leaders?



To vote, [CLICK THIS LINK](#) and vote. Voting will be open until December 31<sup>st</sup>. Note, you must be a member in good standing and signed in to the Louisville Bicycle Club webpage in order to vote.

Regardless of the results of this vote, we will continue to accumulate mileage toward mileage award jerseys--25,000, 50,000 etc., off of the sign-in sheets.

The Louisville Bicycle Club Executive Committee

#### More From the Web

- ⇒ [Rudy Project](#)  
(VIP Code: TeamLouisville)
- ⇒ [RIP Paul Sherwen \(62\)](#)
- ⇒ Giro d'Italia news:  
[The Contenders](#)  
[Tom Dumoulin targets Giro](#)
- ⇒ [Will you marry... Photobomb!](#)

#### From GNC:

- ⇒ [Running good for your Cycling?](#)
- ⇒ [No More Sky?](#)
- ⇒ [2019 Bike Trends](#)
- ⇒ [Retro Vs Modern: Carbon](#)
- ⇒ [E-Racing for real?](#)

Louisville's bike share program  
is up and running!  
Read about it at [louvelo.com](http://louvelo.com)

#### 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](http://www.strava.com/clubs/louisville-bicycle-club)

## Announcements

### **TOUR de LOU REGISTRATION NOW OPEN!**

The 6<sup>th</sup> Annual PNC TOUR de LOU will be Sunday, April 28<sup>th</sup>, 2019. **Register before January 1<sup>st</sup>, 2019 and you'll SAVE \$5!** For all the details and to register, click this link;

[https://discover.kdf.org/tour-de-lou/?\\_ga=2.184057766.1879355397.1542609662-523587522.1540531026](https://discover.kdf.org/tour-de-lou/?_ga=2.184057766.1879355397.1542609662-523587522.1540531026)



**Registration is now open for the 6th annual PNC Tour de Lou.**

Enjoy a 20-, 35-, or 62.1-mile bike tour past Louisville's most beautiful landmarks.

**Course highlights:**

- Downtown Louisville
- Churchill Downs
  - South End
  - Highlands
- Various parks

Hurry before we sell out! This year's event caps at 1,500 cyclists.

For more information, visit **KDF.ORG**.

*A portion of every entry fee will benefit the Louisville Bicycle Club.*



**REGISTER NOW**

**KDF.ORG • #KYDERBYFESTIVAL**   

PRESENTED BY



\* Remember, a portion of the registration goes to the Louisville Bicycle Club, which allows us to support our charitable partners; The National MS Society, the Olmsted Parks Conservancy, the Juvenile Diabetes Research Foundation and Bike to Beat Cancer.



# The Louisville Cycling Podcast

The Louisville Cycling Podcast is dedicated to celebrating the people, rides, and events that make Louisville and the surrounding area a great place to be a cyclist!

Hosted By: **Gary Berry**

## Greg Fante, Louisville Sports Commission

The mission of the Louisville Sports Commission (LSC) is to promote active lifestyles and enhance economic vitality by attracting, creating, and hosting quality sporting events in the Louisville area.

In this episode I talk with Greg Fante, Vice President of the Louisville Sports Commission. For more information on their work, visit [www.louisvillesports.org](http://www.louisvillesports.org). Greg talks about the journey that led to Louisville hosting the USA Cycling Cyclocross National Championships the week of December 11.



# Marketplace



## LBC member: Roger Bradford Estate sale

Contact: Chris Williams

(502) 727-6631

### Items for sale:



#### Bikes:

- 55cm Cannondale EN 14781      \$1500
- 53cm Lemond                      \$850
- 50cm Giant                        \$400
- 50cm Santana Tandem        \$1000



#### Other:

- Wahoo bike computer            \$225
- Floor Bike Rack—upright       \$10
- Helmets                            \$30 ea.
- Cycling Shoes                    \$30



The (Members Only) **LBC Marketplace** will be a new addition to the newsletter going forward. If you are an active LBC member and wish to advertise any cycling related items for sale please contact the VP of communications: [communications@louisvillebicycleclub.org](mailto:communications@louisvillebicycleclub.org) for item listing. All contact and transactions of merchandise and any agreements, warranties pursuant to shall be between the buyer and seller.

# LBC In the Community

## Sights from the USA Cycling Cyclocross National Championships at Joe Creason Park





**FRAZIER WINS NATIONAL TITLE IN LOUISVILLE!**

Team Louisville Junior Cycling rider **George Frazier Jr.**, won the Jr. Men 11-12 title at the USA Cycling Cyclocross National Championships at Joe Creason Park right here in Louisville, Ky, Saturday.

Congratulations George!

Our own LBC President **Andy Murphy** was the awards presenter Saturday at the USA Cycling Cyclocross National Championships at Joe Creason Park.

Here's Murph with all the day's winners.

Congratulations to all the participants for an exciting week of racing!

Some live action can be seen on YouTube:

[USA Cycling Channel](#)





### **Bike Safely and Live to Ride Another Day**

Bicycling is one of the best ways to stay in shape, see the sights, save money on gas and reduce pollution. The benefits are well-known to cycling enthusiasts and local leaders nationwide who have created bike-friendly communities.

### **The Risks**

For all the benefits of cycling, cyclists face a host of hazards. They often must share the road with vehicles, and injuries can happen even on a designated path.



The number of deaths from bicycle incidents has increased 28%, from 793 in 2010 to 1,015 in 2016, according to Injury Facts. Of the 1,015 bicyclist deaths in 2016, 704 died in motor vehicle crashes and 311 in other incidents. Bicycle-related deaths peak in the summer months and remain high through September.

With about 80 million bike riders sharing the road with millions of motorized vehicles, the importance of taking safety precautions cannot be overstated.

### **Use Your Head, Protect Your Noggin**

Cyclists who wear a helmet reduce their risk of head injury by about 60% and brain injury by 58%. That statistic makes sense when you consider the first body part to fly forward in a collision is usually the head, and with nothing but skin and bone to protect the brain, the results can be fatal.

Helmets must meet federal safety standards and should fit securely. This National Highway Traffic Safety Administration video offers instruction on how to properly fit a helmet.

### **Follow These Rules to Keep Safe**

- ◇ Get acquainted with traffic laws; cyclists must follow the same rules as motorists
- ◇ Know your bike's capabilities
- ◇ Ride single-file in the direction of traffic, and watch for opening car doors and other hazards
- ◇ Use hand signals when turning and use extra care at intersections
- ◇ Never hitch onto cars
- ◇ Before entering traffic, stop and look left, right, left again and over your shoulder
- ◇ Wear bright clothing and ride during the day
- ◇ If night riding can't be avoided, wear reflective clothing
- ◇ Make sure the bike is equipped with reflectors on the rear, front, pedals and spokes
- ◇ A horn or bell and a rear-view mirror, as well as a bright headlight, also is recommended

## Spotlight

**Kelly McGill**



Do you know who has been coordinating Saturday breakfast for the OKHT? Do you know who has been coordinating the Polar Bear Ride and Chili Cook Off? Do you know who has been coordinating the Mega Cavern Ride? Do you know who routinely brings nice cold watermelon for the end of a hot ride? Her words follow:

First, I cannot adequately describe the positive impact that the LBC and the friends I have made who have become my cycling family have had on my life. I have had miles of smiles and did things I never thought I could or would have the opportunity to do. I often referred to cycling for me as the 5 "f's"....Fun, Fitness, Friends, Food

and Fixies and not in any particular order! And at the end of each ride, I'd comment a "good time was had by all" and couldn't wait for the next day to ride again!

I had ridden for about a year in 1993 and in 1994 hung up my bike and didn't ride again until July 2009. My Trek hung in the garage collecting a few cobwebs for 15 years. In July of 2009 at the encouragement of a very dear friend, I dusted it off, bought some new tires and showed up at the Monday night St Matthews Baptist Church for the 12 miles recovery ride. I thought my lungs were bleeding for sure! I had my gloves on right side up, dropped my water bottle, laughed at myself and yet went back on Tuesday night for the Burdorf Ride. I had forgotten that riding a bike along with nice people literally makes you feel like a kid again.

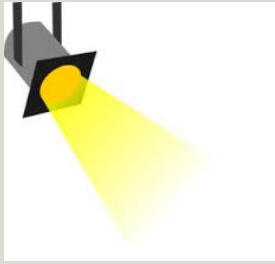
In October 2010, my first serious upgrade from the 1993 Trek was to a Specialized SWorks AMIRA, definitely my dream bike. I have and continue to have so much fun and good memories riding that bike. And now, I guess I have what is referred to as a stable of bikes, 5 fixies, 2 road bikes, mountain bike, rain bike, fat boy and a couple spares for friends that might have an interest in riding and just need to try out a bike before they make a purchase.

To honor the legacy of the first class work that Bobbie Leslie always did when she helped out, when she was no longer in a position to take on the supervision of the Chili Cook Off, Murphy asked me to take on that role. So, I happily coordinate the chili cook off and Polar Bear Ride now.

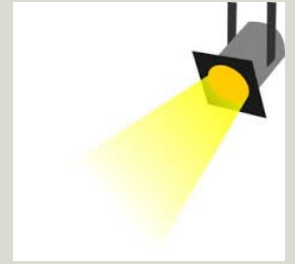
I ended up getting involved with the first SAG of OKHT because it was sort of sponsored by Southeast Christian Church, where I attend. The first year was pretty much the traditional SAG. After that, we had to offer the breakfast of champions and get people started out in a great way for their adventure that day. I think we had the youngest OKHT Volunteer too, Kaylee! Our fresh fruit was phenomenal and the Krispy Kreme Donuts and Nancy's Bagels continue to be a big hit.

The Mega Cavern Ride started in my brain when we took my Mom in my sister's van and we had the sliding doors open and I could see the terrain and I thought, wow, we could ride our bikes in here! So I called and they were kind enough to let us do that before the cars started coming in. We celebrated with hot chocolate and lots of Christmas cookies, fudge and brownies. The first year I think we had about 12-15 people and one year we had almost 200. It was a tradition in the making!

## Spotlight



### Kelly McGill (cont.)



The watermelon after the hot summer nights ride would certainly draw a crowd. It was hit or miss on picking out a delicious water melon but most times they hit the spot! And there have been lots of treats and watermelons on other rides too!

I was blindsided and humbled by the surprise awards for Most Improved Female Rider and Volunteer of the Year. I've received the Woman's Yellow Jersey, Woman's Master Jersey and Ride Captain's Jersey. And one year of Mad Dogs.

And for anyone who knows me well, they know it takes a Village to take care of me; every one of them are near and dear to me.

Favorite bike - they are like kids and pets...you can't say out loud which is my favorite but a Fixie is my go to bike and Specialized AMIRA for the longer, hillier rides.

How many bikes - 13

Most challenging ride - in February a few years back, we rode Doolittle Hill Road every Saturday that month. It was cold but not for long as you headed up that hill. If I never saw Doolittle again, that might be ok! But the most important thing about a most challenging ride or best memory ride is that they were never accomplished alone. I am so grateful for the miles and experiences shared.

Best cycling story- there have been so many "best" it would be hard to pinpoint just one. I'd have to say, I don't think I've ever been on a bad bike ride. OKHT's are always memorable because it's such a festive time and you throw in Pottershop, that has to make for a good story. I can remember the time the ladies at the SAG Stop had ice cold wet wash cloths in a cooler to wrap around your neck when you got to the top...now that was awesome!

Current occupation - Client Relationship Manager at ADP Retirement Services. I celebrated my 35th anniversary in Sept of 2018. The years have flown by, I love my job, my clients and the people I work with.

Other hobbies -I enjoy my beloved dogs, Ruby and Bailey, spending time with them. "Girls Night" every week at my house with long- time friends who will always be friends since they know way too much about me! I enjoy keeping up my house and yard and Family Night most every Friday night with my Sisters and Brother in Laws.

**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