



LOUISVILLE BICYCLE CLUB

LBC Contact Information

Executive Committee

President
Andy Murphy
president@louisvillebicycleclub.org

Secretary
Bekki Livingston
secretary@louisvillebicycleclub.org

Treasurer
Diane Bellafronto

VP Advocacy
Doug Brent
advocacy@louisvillebicycleclub.org

VP Communications
Steven Jent
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

Mad Dog Director
Bob Grable
maddog@louisvillebicycleclub.org

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

Time is **RUNNING OUT!**



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

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)	\$75.00
Adult LBC Member	\$70.00
Adult Sunday Only	\$35.00
Minor 12 & Under	Free
	\$5 Day of
Minor 13-17	\$35.00
Minor 13-17 Sunday Only	\$25.00

Registration

Register at:

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

OKHT | JERSEY

Limited numbers and sizing of the Jersey will be on sale during the event weekend.



*Final Jersey design may be altered before production as needed.

See Page 3 for more OKHT Information!

Support our OKHT Sponsors on Page 4.

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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A statement from your Executive Committee

Dear LBC Member(s)

The Louisville Bicycle Club (LBC) has a long, distinguished, and proud history that dates back to 1897. The work we continue to do contributes to a safer, smarter, and healthier cycling community. The LBC is recognized for: our leadership, training, knowledge, and advocacy regarding local/state cycling issues; and for presenting a variety of rides from our daily rides to our annual Old Kentucky Home Tour (OKHT). We are welcoming to both the new cyclist just easing in to riding, to the experienced cyclist with many years in the saddle, and everything in between. I believe it is a privilege for our club to play a role in encouraging and growing not only our club but also our bicycling community. Some, including me, would say that the LBC is at somewhat of a crossroads in terms of the age of the club, the average age of the membership, and the degree to which members participate (including volunteering) in club rides and events/activities. Whatever your take is on the status of our club I believe this is as good a time as any to be an active member of the LBC. We have much to offer our members and the greater cycling community. If you haven't been doing (or leading) club rides or other club activities lately here's what you have been missing:



1. Daily urban & rural rides (morning, afternoon, and evening) throughout the year (even the harsh winter months weather permitting); and all rides are now described by not just distance but also terrain, and average pace level
2. Special community event rides, e.g., Tour de Lou
3. The annual OKHT which for the second year will be located in historic Bardstown, KY
4. The Tour de Mad Dog challenge rides
5. The opportunity to participate on racing teams
6. An offering of casual and relaxed rides
7. Annual summer picnic and ride
8. Annual banquet and award event
9. Club Newsletter, website and Facebook page
10. New Rider training sessions
11. Special year end awards for total accumulated mileage and other achievements
12. The opportunity to learn about and participate in organized "Brevet" (long distance) rides
13. LBC supports an adult racing program
14. Annual Polar Bear ride and chili luncheon
15. An array of volunteer opportunities in all areas of club activities/events and the City of Louisville and Cyclocross events.
16. And the opportunity to meet and make new friendships

None of these things happen without volunteers and your participation. On the one hand our club is managed by the Board Executive Committee. On the other hand it is powered by the efforts of volunteers for all club activities. I believe the common thread tying us together is the love of cycling, the opportunity for social friendships, and the satisfaction from helping to grow & promote safe, fun cycling for ourselves and our community. I know that's what makes me feel good to wear a LBC jersey and participate in club rides and activities. Considering all that the LBC has done and is doing there are opportunities to improve what we do and also grow club membership and volunteer participation. Here is your challenge. I believe if the LBC is to remain a viable and vibrant bicycle club each of us must ask ourselves how can I help the LBC to be an even better cycling club that grows, promotes cycling, and continues to be an asset to our cycling community. An active bicycle club like ours is forever looking for new ideas, a regular influx of members (of all ages and skill sets). How can we enhance our visual identity, including the special things we do such as OKHT? The continuing success of our club depends on all of us. If you have suggestions, comments, or if you want to consider volunteering or running for a Board position please contact me or any member of the Executive Committee.

Here's to safe and fun rides to all of you!
Michael Crawford, VP of Touring

and more ...



The Rides Something for Everyone!

Friday (08/31):

- ◆ 38 mile Good Wheeling for Goodwill Industries
(Start: 11:30 with wheels rolling at 11:45)

Saturday (09/01):

- ◆ 5 mile Pedego - Hello Fun Loop
- ◆ 10 mile Bardstown Sample Our Spirits Loop
- ◆ 14 mile Larceny Loop
- ◆ 40 mile Heavenly Hills Loop
- ◆ 47 mile Stamina Pro Loop
- ◆ 62 mile My Old Kentucky Home Metric
- ◆ 101 mile LBC Pottershop Century

Sunday (09/02):

- ◆ 27 mile Stephen Foster Doo-Dah! Cookie Ramble
- ◆ 40 mile Sternberg Truck/Van Cookie Haul
- ◆ 62 mile Norton Sports Health Metric
- ◆

**All Times and Routes subject to change. More information including ride with gps mapped routes are now available on the OKHT website @ <http://okht.org/#schedule>*



\$1.00 of each registration will be donated to the Stephen Foster Drama Association for their amphitheater rebuilding fund



The LBC will be accepting donations to **Goodwill** at the event all weekend long!

Bring what you can!

Goodwill will have a truck at the Bourbon Heritage Center during our registration times accepting bags of clothing items that will earn OKHT registrants a door prize ticket for a new road bike to be given away at end of event.

IT IS TIME TO VOLUNTEER!!!

Spots are still available and volunteers get to ride for free and receive an OKHT t-shirt. Volunteers must be LBC club members or belong to one of the sponsoring groups.

Please reach out to Bekki Livingston at secretary@louisvillebicycleclub.org to find a spot that works for you.



A Special Thanks to our OKHT sponsors

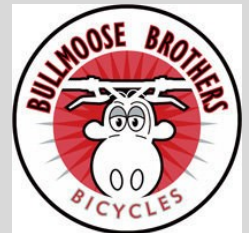
Presenting Sponsor

HEAVEN HILL™ EST DISTILLERY 1935

Sponsors



ACTIVE RECOVERY PATCH



Charitable Partners



AMERICAN LUNG ASSOCIATION®

Announcements

LBC SUMMER PICNIC INFORMATION



The annual Louisville Bicycle Club Summer Picnic will be this coming Sunday, August 19th at Yew Dell Botanical Gardens, 6220 Old Lagrange Rd, Crestwood, KY 40014. The picnic will start at about 12 noon, with lots of rides and a SWAP Meet beforehand.

Here's the schedule;

- 7:45 AM - 49 Mile Ride * 9:00 AM - 34 Mile Ride
- 10:00 AM - 14 Mile Ride * 10:30 AM - 5 Mile Ride
- 11:00 AM +/- SWAP Meet If you've got some bike related stuff to sell or trade, bring it to the SWAP Meet!
- 12 Noon - Picnic and General Membership Meeting

The 5 Mile Ride is new this year--VERY FLAT! There will be at least 3 high wheel bikes there! Join the 5 Mile route for a leisurely scenic ride along the farm country in Crestwood!

Please bring a dessert or side dish to share with your friends. As always, the club will provide fried chicken, soft drinks and water.

Loveland Bike Trail

Mark your calendar for Tuesday, September 18th for a ride on the Little Miami Bike Trail starting in Loveland, Ohio.

The trail features sparkling sunshine and cool shade with miles of paved flat trail along the Little Miami River.

Affectionately called the "Loveland Bike Trail", in 1962 the Ohio Dept. of Natural Resources began development of the Multi Purpose Trail on what was previously the Pennsylvania Railroad which had been in operation since 1870.

Rode Details:

- ◆ The Ride time is at 11:30am
- ◆ It is a 40 mile ride (20 out and 20 back).
- ◆ The trail is paved and is flat.

For More Information please visit:

<https://www.lovelandbiketrial.com/>

Following the ride will we meet for a late lunch at **El Coyote** located on 7404 State Road, Cincinnati Ohio for some of the best Tex-Mex ever!

<https://elcoyotecincy.com/>

If you do plan to join us for lunch, give Mike Kaufman a call or email. Reservations will be made - as the place is very popular.

Mike Kaufman
wideglide1953@yahoo.com
502-742-0073

More From the Web

- ⇒ [Ohio Valley Greenway News](#)
- ⇒ [Remarkable brotherhood.](#)
- ⇒ [Bike lanes pedal into Louisville](#)
- ⇒ [Distracted officer hits bicyclist](#)
- ⇒ [25 Most Safest/Dangerous Cities for Cyclists](#)
- ⇒ [Pothole!](#)

From GNC:

- ⇒ [Should You Really Always Wear A Bike Helmet?](#)
- ⇒ [Flat Bar Vs Drop Bar Road Bikes | Comfort, Speed & Ease](#)
- ⇒ [How To Remove And Install A Press Fit Bottom Bracket](#)
- ⇒ [Geraint Thomas Wins The Tour de France](#)

Louisville's bike share program

is up and running!

Read about it at louvelo.com

The logo for LouVelo, featuring the word "LouVelo" in a white, cursive font on a green background.

Louisville Bicycle Club on the Web:

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



facebook

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

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

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

STRAVA

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

Announcements

NIFTY FIFTY BIKE RIDE Saturday, August 25, 2018

THE RIDE

Saturday, August 25, 2018

8:00 a.m. Adult 25 or 50 Mile Ride (12 and up)
8:30 a.m. - Kid's 2 Mile Bike & Trike

The Scott County Family YMCA invites you to join us for our 17th Annual Nifty Fifty Bike Ride and to become part of a Southern Indiana tradition. Join us as we travel on a scenic 25 or 50 mile ride which starts and finishes at the Y. Our course is relatively flat, winding through Scott, Washington and Jackson Counties, passing through the covered bridge in Leota and offering breathtaking views of forests and farmland that make our region so beautiful.

The Kid's 2 Mile Bike & Trike will also start and finish at the Y traveling along the city walking and bike path to the fire station where there will be a SAG stop.



RACE DAY SCHEDULE

7:00 a.m. - Packet Pick-up and Late Registration
7:00 a.m. - 8:00 a.m. Pancake Breakfast
8:00 a.m. - 25 and 50 Mile Ride Mass Start
(Multiple SAG stops will be available along the route)
11:00 a.m. - 1:00 p.m. Lunch
Course will remain open until 1:00 p.m.

BENEFITS

Through the generosity of our sponsors we are able to provide all participants with a continental breakfast, refreshments at SAG stops and a pancake breakfast by Chris Cakes. In addition each rider will receive a commemorative race shirt. All entries postmarked before August 11, 2018 are guaranteed a shirt.

SAFETY

Cycling helmets are mandatory for all participants. Please obey traffic laws and respect the rights of motorists and fellow cyclists. All cyclists under the age of 16 must be accompanied by an adult.

There is no mechanical support along the course so please make sure your bike is in working order.

OUR CAUSE

CHAMPIONS ACADEMY AFTER SCHOOL PROGRAM

At the Scott County Family YMCA, we know that learning and fun don't end when the school bell rings. That's why we offer After School Care, a program where children grow in spirit, mind and body during non-school hours. This program provides students with after school activities to improve academic achievement, provide assistance with homework while offering academic enrichment activities in STEM and Language Arts.

OUR SPONSORS



HOUSTON, THOMPSON and LEWIS, PC
ATTORNEYS AT LAW

Announcements

Ride For Claire



Hello Everyone!
I want to take the opportunity to promote our fundraising ride on **9/8/18**. My wife and I lost an infant last year to a severe heart defect as a result of CHARGE syndrome. She was

born on January 7th, 2017 and passed in our arms 9 hours later.

Unfortunately she had too many medical problems to overcome and we chose palliative care through UK Children's Hospital. It was a long painful process to come to this decision, but in our hearts we made the best decision for our daughter. UK-Pediatrics Advanced Care Team (PACT) was instrumental in helping us get to that point.

You can read more about our story at www.ourclairefoundation.org. After my daughter passed I immediately wanted to ride to honor her short life. Long story short, with a lot of help from our BCC president Pam, we created the Claire Foundation, Inc. in honor of her.

We will be riding from Southland Christian Church in Nicholasville on Harrodsburg road. There will be three ride options:

- 25 miles
- 44 miles
- 61 miles.

This will be a BCC ride.
You can sign up on active.com.

All money raised will go directly to UK Children's PACT. The money will be used to help families who lose a child due to an unknown cause. Insurance will not pay for genetic testing to determine the reason for an infant death if it was not diagnosed prior to birth. This will allow families to know why they lost their child and the effects it may have on future pregnancies. This testing can be VERY costly! Unfortunately, this is the scenario for about 12 families a year. Please mark your calendars and come out and join us. Thank you for your time and I look forward to riding with you!

Brandon Embry - President

Vic's Classics Bikes

Vic's Classic Bikes is moving to 3139 Preston Hwy, August 1, 2018!



The new shop is near the Audubon Park entrance, less than a mile from Eastern Pkwy, less than a mile from the Watterson Expy, and actually quicker to get to from the east end of Louisville than to our shop in the Highlands. Bigger Store - More Bikes!



Kentucky / Indiana Mountain Bike Skills Camp

When: Sept. 8-9, 2018

More Information:

<https://www.singletrackskills.bike/camp-descriptions/>

Trail system TBD. Possibly could be at "O'Bannon Woods" (40 minutes west of Louisville, in Corydon, IN), "Ground Control 1 & 2."

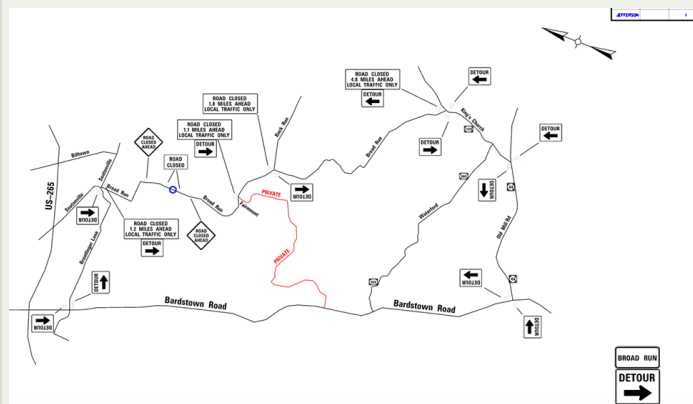
Hosted by:

SingletrackSkills.Bike
[Middletown Cycling](http://MiddletownCycling)

Announcements

Road Work

The Parklands of Floyds Fork



A portion of Broad Run Road will be closed for repaving throughout August and September. Park visitors are advised to use Seatonville and Bardstown Road entrances to access Turkey Run and Broad Run Parks during this closure.

[More Info](#)

KY 362



KY 362 (Ash Avenue) will be closed between Dunnlea Drive and Ashbrooke Drive in Oldham County (mile markers 2.1 to 2.3). This closure is necessary for installation of a culvert to improve drainage. This road will be closed for approximately two months.

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

Registration required

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.

Did you Know...

STRAVA

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

Join the community at:

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

It's free!

LBC in the Community!

COMMUNITY RIDE WITH MAYOR FISCHER: RECAP



Another Community Ride with Louisville Mayor Greg Fischer is in the books. A crowd of 50+ showed up at Falls City Community Bikeworks for a 12 mile ride through Smoketown, Paristown Point, Nulu, Downtown and the West End. Keep your eyes on the

LBC Facebook page for more Community Rides with Mayor Fischer.

BIG THANKS to everyone who joined us for a very relaxing tour of our great city!

THANK YOU!



LBC in the Community!

Amishland & Lakes ride sponsored by the Michiana Bicycle Association.



Many of our club members enjoy traveling to Shipshewana, Indiana for the Amishland & Lakes ride sponsored by the Michiana Bicycle Association. This year it was held on July 28th & 29th. There were 37 club members attending this year! We started off on Friday riding the popular PumpkinVine Trail for a 32 mile exploration.

<http://pumpkinvine.org/>

On Saturday we had a choice from 22 to 100 miles. Many of the Amish families along the route set up stands and offer wonderful baked goods for a donation. There were freshly baked donuts, cookies, whoopie pies, root beer floats, pretzels, lemonade and tea made from home grown balsam leaves.



On Sunday, there were other mileage options offered. Shipshewana completely closes down on Sundays – so there aren't any food or drink options locally. So some of us decided to ride in Ft. Wayne and check out the trails there. It was a great weekend and we hope you will consider it for next year.

By: Bekki Livingston



Spotlight

Marta Mack-Washington, Ph.D.



Marta, a professor at the University of Kentucky, attended Dave's evening New Rider Clinic in 2017. Introduced to Percy and Andy she has been riding with the club ever since.

In that time she has learned a lot and shared with us the following tips:

1. Buy as good bike, the first time.
2. Ride with the club. You will learn so much from more seasoned riders from what they say and how they gear.
3. That said, everyone is an "expert" take the time to study up on cycling for yourself.
4. You can learn a lot on youtube but be a critical consumer of information. Make sure the science checks out. GCN is a very good follow for new and seasoned cyclist alike.
5. Don't be intimidated on group rides, pay attention to ride descriptions, but for the most part, there is a group for everyone

on each ride.

6. Keep riding. The key to staying on your bike is finding your community. In addition to riding with the club, sign up for social media groups like Strava. I have found a wonderful group of cyclist here and have ridden with a few in the real world. Also it is a good way to stay in touch with the people you meet on the LBC rides.
7. If you have time give Percy Black's Sunday ride a whirl! It is perfect for new and intermediate riders. It is, as they say "flat as a pancake." I would also like to thank Percy Black for taking me under his wing and showing me how to navigate my first year cycling.

When asked about her hardest ride she pointed to the Horsey Hundred among others. That... "was the longest and gave me a run for my money. However, the Tour de Nash was absolutely the hardest 45miles I've ever ridden. My favorite ride, however, is the two bridges ride with the club on Tuesday nights!"

When asked about interesting things that have happened on her rides: "Nothing more than observing beautiful landscapes and good people and I would like to keep it that way!"

She concluded by saying: "There are many others who have helped me along the way and I dare not try to name them all. You know who you are and Thank you!!!"

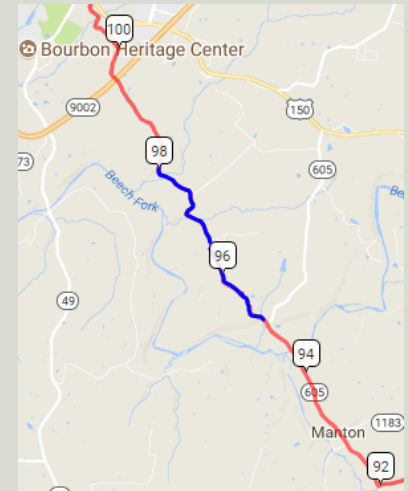
Be sure to look for her on Tuesday nights at the two bridges ride and say Hello.

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!



Pottershop

How does one describe the signature climb on the OKHT to those that have not ridden it? Hard? Intense? Epic? Words just do not seem to do it justice. It has to be experienced. Our club President Andy Murphy once shared with me that the only time he ever saw stars as a result of exertion on a bike was when he climbed Pottershop for the first time. We can talk about length and vertical distance and gradients but they simply don't measure up. I have enjoyed listening to the tales of my cycling family concerning Pottershop (Most told over Bourbon in Bardstown after climbing it) and I realized that it holds a certain mystique to those of us that have fought their way up. That we now share a common bond and that we revel in the experience. So instead of talking about numbers, of the 600 vertical feet over 3.0 miles, of the 18% max gradient of the first hill or that third hill that never dips below 10% for a quarter of a mile or that fourth one that no one tells you about; instead, I will let you experience it through my eyes, the eyes of an average cyclist. What is the best way to describe Pottershop? Through our stories.



My first go at the OKHT Century was in 2015. I have always been fond of climbing however I had only ridden over 100 miles twice. I was confident on the slopes but worried about the distance and how my legs would react up such a challenge after 95 miles in the saddle. I only had one goal for that day: "I will not walk up Pottershop." This had become my mantra and I repeated it to myself constantly during my training for the hill in the months before.

The fact that I considered Pottershop a hill now tells me how incredibly unprepared I really was. It is not a hill, it is a monster. A lurking demon hidden amongst a serene forested patch in the heart of Kentucky.

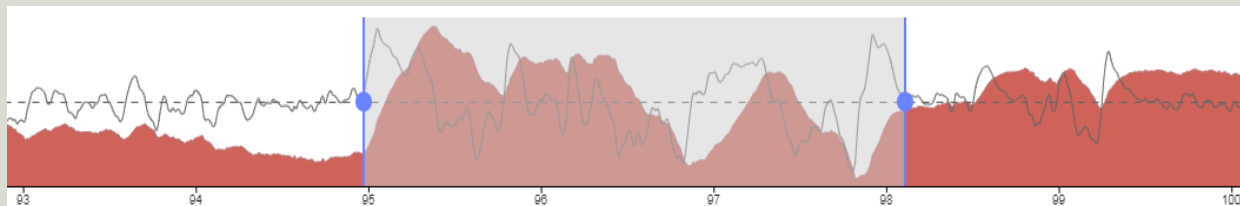
The day was hot and I didn't drink enough water and thus was suffering from nagging leg cramps after about 70 miles of riding. Not a good start and Pottershop was looming in my mind. "I will not walk up Pottershop." I took a nice long rest at the last SAG prior and got rolling again. Soon I found myself at the foot of the climb; I felt good. "I can do this" I thought and as the gradient increased I quickly shifted down on my compact, too quickly, exhausting all of the gears. I probably tried to shift into that last non-existent gear two or three times (we've all done it) just to make sure there wasn't one more hiding there. As I slowed to a crawl I got out of the saddle and then it happened, both of my legs locked. Pain washed up from my quadriceps and they seized.

I'm not sure how I did it, but I got unclipped and planted my feet on the ground before I went over. I looked around, alone, and sighed. My mantra of "I will not walk up Pottershop." seemed silly now. I was on the bottom quarter of the first climb before the bend. I was doomed.

What now? I said to myself. It was either get off the bike and give up or suffer. "I will not walk up Pottershop." I finally whispered again and started to shuffle my bike over to the right side of the road making sure not to take a step up. Resigned to my fate I balled up my fists and began to massage the insides of my legs from the knees up. I must have done this for 5 minutes, but slowly the cramps subsided and the pain diminished. I took a deep breath, a long drink, turned my bike sideways and got back on. After a few treacherous switchbacks I gained momentum and turned up the slope again. Right about this time a fellow cyclist passed me at a pace that I thought I could match and I grabbed his wheel. This man has forever been ingrained in my mind as my savior, my own personal messiah of Pottershop.

I don't remember much about Pottershop. I don't remember the scenery, the woods, the terrain, the road. I don't have any memories of rounding the curve or of having my picture taken. I don't even remember getting to the top of the first climb. My memory consists of nothing more than the soothing rotation of a jet black Bontrager tire focused in the middle of my darkened tunnel vision. I don't even remember the gentleman's name of the wheel I followed even though we finished out the series of hills and the ride together. But I made it. I did not take a step up that hill. I did not walk. And that is something that will stick with me forever.

That is what Pottershop does to you. It brands a memory into your cycling psyche. It is something you will never forget and something you will share and brag about for years to come. So I hope to see you in Bardstown at the OKHT and I hope to share a glass of fine Kentucky spirits with you and hear your tale of our epic climb.



By:
Steven Jent

Upcoming Events / Other Great Fall Rides

- ◆ Annual LBC Picnic & Rides: Aug 19 - Yew Dell Botanical Gardens
- ◆ Nifty Fifty Ride: Aug 25 - Scott County YMCA
- ◆ OKHT: Aug 31 – Sept 2 - Bardstown, KY
- ◆ Mayor's Ride Hike, Bike, and Paddle: Sept 3 - Downtown Louisville
- ◆ Norton Bike to Beat Cancer: Sept 8 - Louisville, Ky
- ◆ Ride For Claire: Sept 8 - Nicholasville
- ◆ American Lung Association Bike the Bluegrass: Sept 15 - Carrollton, KY
- ◆ Little Miami Bike Trail Ride: Sept 18 - Loveland, Ohio
- ◆ Harvest Homecoming: Oct 7 - Lanesville, IN



2018 Tour de Mad Dog

Stage	Course	Day	Date	Ride Captain
17.	Painless in Paoli	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



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.

By: Bob Grable, Director