



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
Mike Sewell
advocacy@louisvillebicycleclub.org

VP Communications
Steven Jent
communications@louisvillebicycleclub.org

VP Education
David Wittry
education@louisvillebicycleclub.org

VP Racing
Gail Blevins
racing@louisvillebicycleclub.org

VP Touring
Dirk Gowin
touring@louisvillebicycleclub.org

Program Chairs & Special Projects

OKHT Director
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okht@louisvillebicycleclub.org

Statistician
Valerie Pfeiffer
statistician@louisvillebicycleclub.org

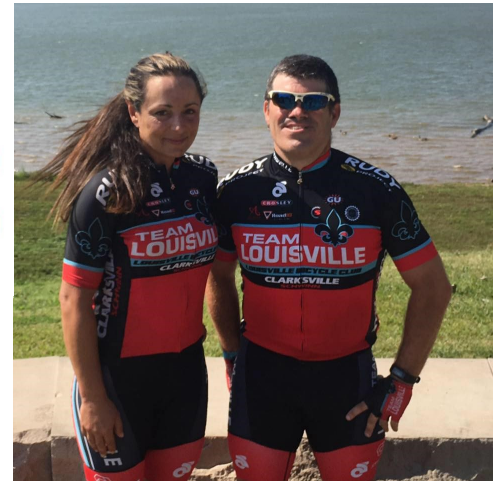
Clothing Director
Amelia Dauer
store@louisvillebicycleclub.org

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](mailto:Steven.Jent).

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

A statement from your Executive Committee



Team Louisville's first meeting was held Monday March 4th.

If you are interested in joining the 2019 Team Louisville racing team then we want to hear from you! This is a developmental team and all levels are welcome. We will all be in this journey together and we plan to mix it up. It doesn't matter if you are new to the sport or an advanced racer; you will not get bored.

You should be able to commit to seven (7) races annually. While competing in a minimum of seven races is not mandatory to be part of the team; it is required for you to receive any amount of reimbursement. A Louisville Bicycle Club membership is also required as well as possibly a USA Cycling license. This will depend on what events you choose to participate in as not all events require it. It is of note that it is usually cheaper to purchase an annual license instead of the per race licenses that are available from each event. New riders will also need a kit or kits.

Some things to consider: You should always be on top of your physical condition and nutrition. We will all be training as if we are to race this season. Rest is likewise very important. Just like a doc said the other day at work to one of his patients; "Do everything your Mom told you to do!"

The team plans to use Facebook to post rides and upcoming races that I know of to participate in as well as to be used for a team communications board. Our Facebook page can be found at: <https://www.facebook.com/teamlouisvilleracing>. Stop by and give us a like!

All interested cyclists should please contact me at racing@louisvillebicycleclub.org.

Thanks!

Gail Blevins
VP of Racing

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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You new Executive Committee!

The elections for new officers were completed at the Annual General Meeting & Awards Banquet that was held on Saturday, January 26, 2019. Please welcome the new executive committee for the Louisville Bicycle Club of the Year of 2019:

President

Andy Murphy

Vice President of Advocacy

Mike Sewell

Vice President of Communications

Steven Jent

Vice President of Education

Dave Wittry

Vice President of Racing

Gail Blevins

Vice President of Touring

Dirk Gowin

Treasurer

Diane Bellafronto

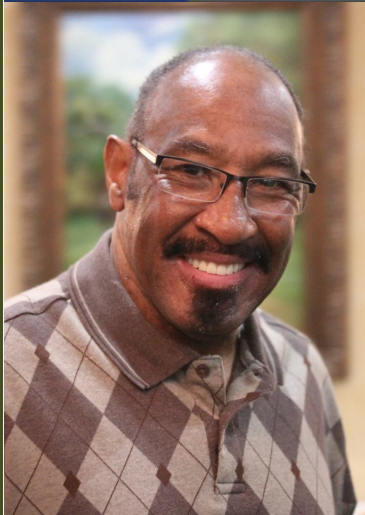
Secretary

Bekki Livingston



Annual LBC General Meeting & Awards Banquet

The Louisville Bicycle Club's Annual General Meeting & Awards Banquet was held on Saturday, January 26, 2019 at the Big Spring Country Club in Louisville, KY from 8 PM and into the night. The event was hosted by your President Andy Murphy who kicked off the evening with several special thanks going out to may present:



- ◆ **All of our volunteers that keep the club rolling throughout the year!**
- ◆ Bob Peters (46th banquet appearance, Clarksville Schwinn)
- ◆ Ross Horsley (Middletown Bikes)
- ◆ Larry Preble (Videographer)
- ◆ Paul Cappiello (Yew Dell Gardens)
- ◆ Kate Holwerk (Bike Louisville)
- ◆ Adam Lobert (Bullmoose Cycling, Elizabethtown)
- ◆ Kirk Roggenkamp (2018 OKHT Director)
- ◆ Bob Grable (Mad Dog Director)
- ◆ Amelia Dauer (Clothing Director)
- ◆ David PaCkMaN Ryan (Prior VP Communications for more than 10 years)
- ◆ Kelly McGill (Polar Bear Ride and Chili Cook-Off Program)
- ◆ ...and to all of the of the outgoing members of the Executive Committee.





President Murphy then recognized Ford Barr & Randy Davis for their recent self-supported ride across America. 3,585 miles over 67 days on the road. They both agreed that they were glad they accomplished this – but wouldn't do it again.

Prior to dinner the results of the recent vote on continuing the Yellow/Blue awards jerseys were revealed to have been 61 YES votes to 44 NO votes. Therefore these programs will continue to be supported.

The Election of the clubs new Executive Committee followed and the results were:

President, Andy Murphy

VP Advocacy, Mike Sewell

VP Communications, Steven Jent

VP Education, Dave Wittry

VP Racing, Gail Blevins

VP Touring, Dirk Gowin

Treasurer, Diane Bellafronto

Secretary, Bekki Livingston

Dinner was then served and great conversation was enjoyed and a fun time was had by all!



awards BANQUET

Congratulations!



The night then capped off with awards, awards, and more awards!

Stewart Prather was awarded a Lifetime LBC Membership for his many years of service and dedication to cycling and the club. Stewart started the OKHT and has held numerous positions on the Executive Committee including that of President.

Bekki Livingston was named as your LBC Volunteer of the Year!

The Executive Committee VP's likewise awarded Volunteer of the Year recognitions for their responsibilities as follows:

Advocacy: Percy Black

Communications: Steven Jent (and no I did not award this to myself, I actually awarded it to Bekki, this was the committee's doing 😊)

Education: John Pyron

** Education also recognized several star volunteers: Susan Pyron, Richard Heckler, Ron Heuglin, Phil Samuel, Barb Martin, Lee Staudter, Bill Fible and Laura Trachtenberg.*

Racing: Kevin Clark & Gail Blevins





Additional awards were given out to:

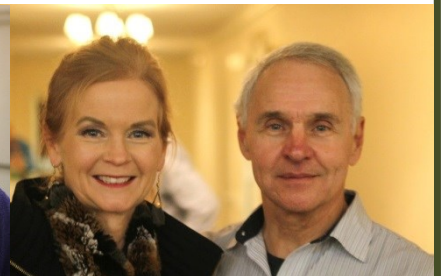
- Yellow Jerseys:** John Larson & Kathy Ragland
- Masters (Blue) Jerseys:** Rick Knowles & Kathy Doran
- Most Improved Riders:** Luda Stevenson & Ned Putnam
- 1,000 mile awards::** Mark Phillips, Scott Nolte, Jennifer Stith
- 5,000 mile jerseys:** Chris White, Jeff Carpenter, Ned Putnam, Soren Stig Nielsen, Linda Wardell, Matt Lahm, Johnny Wilson
- 25,000 mile jerseys:** Tommy Sutton, Phil Samuel, Margaret Preble
- 50,000 mile jerseys:** Craig Dooley, Lisa Todd, Mike Kaufman
- 150,000 mile jersey:** Bernice McGill
- Mad Dog Yellow Jerseys:** Gail Blevins & Larry Preble
- Mad Dog White Jersey:** Randy Rowan
- Best Ride Captain:** John Larson
- Best New Ride Captain:** Jeff Carpenter



Tim Patton for recognized for helping each day of the CycloCross races and door prizes were won by: Barb Martin, James Brewer, Charlie Sullivan & Jeff Carpenter.

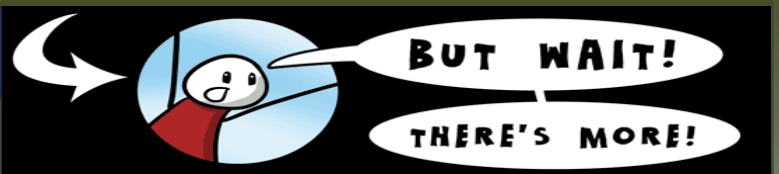


Andy concluded the banquet by announcing that the OKHT will return to Louisville this year as a one day ride with varying routes and distances starting out of EP Tom Sawyer Park towards Bardstown and will Pottershop . A second day of riding will follow out of Yew Dell Botanical Gardens that will serve as our LBC annual picnic. Details are still being work on and more is to come! **The OKHT will be September 7th & 8th.**





awards BANQUET



**All Photos from the Awards Banquet are courtesy of our resident videographer extraordinaire: Larry Preble → His full photo album can be found on Facebook here: [LBC Awards Banquet Photo Album](#) . As well as his outstanding video: [2018 Best of LBC](#)*



TOUR de LOU REGISTRATION NOW OPEN!

The 6th Annual PNC TOUR de LOU will be Sunday, April 28th, 2019.

For all the details and to register, click this link;

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   

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* 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.

PNC TOUR de LOU JERSEY UNVEILED



The 2019 PNC TOUR de LOU jersey was unveiled Wednesday evening at Old Forester Distillery on Main Street. Along with the jersey unveil, it was announced that the PNC TOUR de LOU Training Program, which begins Sunday, has 324 registrants!

The Training Program begins with a 5-mile ride and the distances increase 5 miles every week after that. This will be great training to prepare for the 6th Annual TdL! Everyone is welcome, so feel free to join us! See page 9 for more details!

For all the information about the 6th Annual PNC TOUR de LOU and to order a jersey, visit the Kentucky Derby Festival website; <https://discover.kdf.org/tour-de-lou/>

Road Work

- ◇ A portion of Utica Pike is closed for water and sewer repair. A detour is in place.
- ◇ There continues to be roads and trails near the Big 4 Bridge and along the river front that are closed due to flooding and the continuing heavy rains.

PNC TOUR de LOUSM

TRAINING RIDES DRAWING BIG CROWDS

The PNC TOUR de LOU Training Series is going on now and what a turnout! Decent weather drew 103 riders for the ride to New Albany, IN and back. The 15 mile ride was mostly on shared-use paths. Although it was a little windy, it felt good to be out in decent weather.

BIG THANKS to the LBC members who came out to serve as Ride Marshals. THANK YOU!...



The remaining schedule is as follows:

March 23rd (Saturday)	@Noon:	25 miles
March 30th (Saturday)	@Noon:	30 miles
April 6th (Saturday)	@Noon:	35 miles
April 20th (Saturday)	@Noon:	40 miles

THE PNC Tour de LOU is April 28th - see page 7 for details.



The PNC TOUR de LOU Training Series rides all start from the Yellow Lot at Waterfront Park located @ 1437 River Road, 40206.

Ride Captains:

Andy Murphy	502-526-1040
Erik Helton	502-759-7234

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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

Did you Know...

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

Join the community at:

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

It's free!

Get ready for the 2019



Save the dates!

Xtreme OKHT42

September 7th, 2019 - Tom Sawyer Park
September 8th, 2019 - Yew Dell Botanical Gardens

(all routes will start and finish in Louisville)

More information to come soon!

Mayor's Healthy Hometown Movement

2019 NEW RIDER / BIKE HANDLING CLASSES

Sponsored by:



DETAILS AND REGISTRATION

OPENS MARCH 15TH

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.

There are 5 clinics, each with 5 classes.

Let us keep our frequent sponsors in mind as they help us year in and year out.



More From the Web

- ⇒ [NuBike Design](#)
- ⇒ [New name for Team Sky?](#)
- ⇒ [1949 Safety video](#)
- ⇒ [Racing Round Up](#)
- ⇒ Tragic News: [Kelly Catlin](#)
[Tate Meintjes](#)

From GNC:

- ⇒ [Bike Racing At Any Age](#)
- ⇒ [Get Back Into Cycling After A Break](#)
- ⇒ [Road Vs Gravel](#)
- ⇒ [Training For Weight Loss](#)

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



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**

Josh Patton, Lindsey Wilson College

Mar 7, 2019

What do you know about collegiate cycling? In this episode, we talk with Josh Patton who is the first-year head coach of the Lindsey-Wilson Blue Raider cycling team. We cover a broad range of topics related to competitive cycling at the college level, and we also talk about the joys and challenges of being a cycling coach.

Chris Hendrick

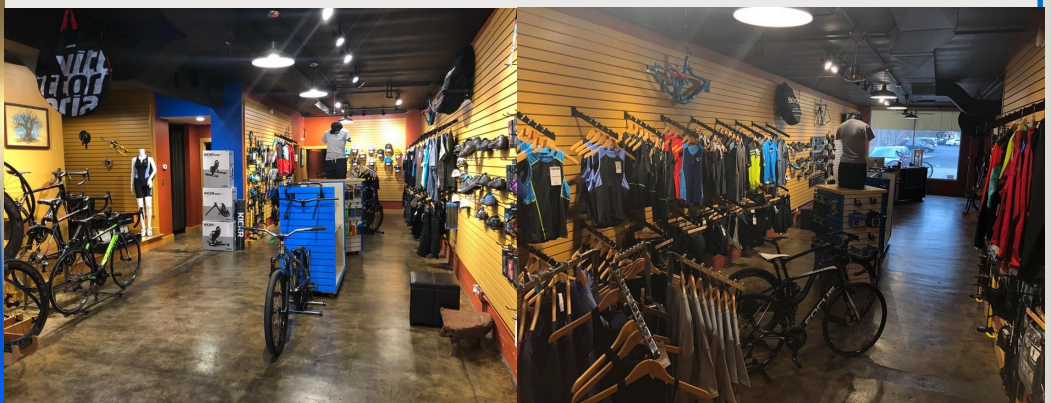
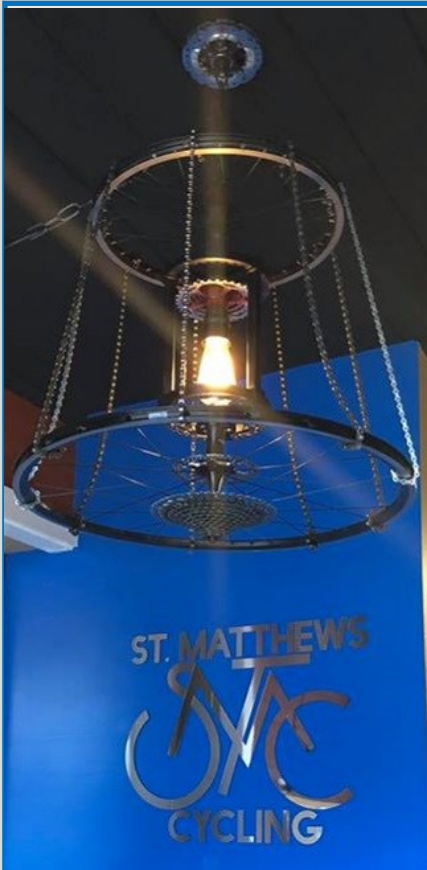
Feb 13, 2019

In today's episode, I talk with Chris Hendrick about the sport of mountain bike downhill racing. Believe it or not, World Cup level downhill racing is less than a 1/2 day's drive away from Louisville.

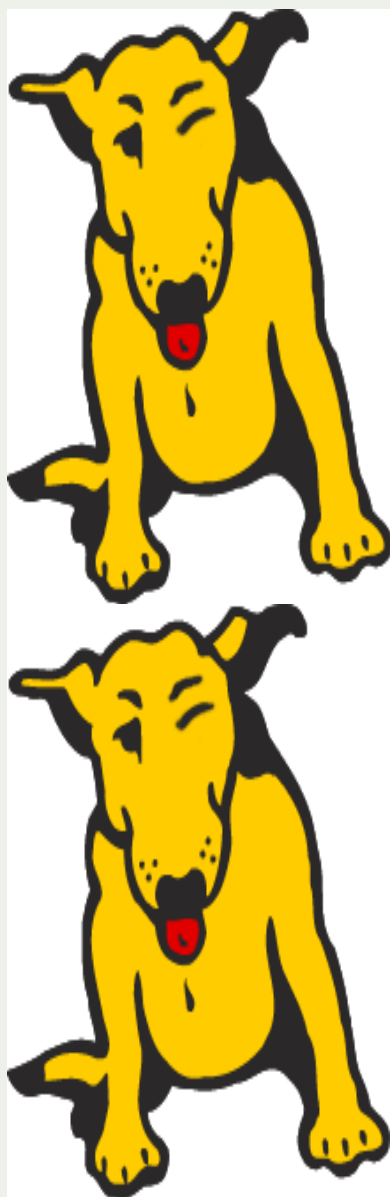
Did you know that there is a new Bike Shop open in town?

St. Matthews Cycling opened its doors on Saturday, Mar 2nd and is located @ 31 Saint Matthews Ave.

They are open 10AM to 7PM daily.



2019 Tour de Mad Dog Schedule



Stage	Course	Day	Date	Ride Captain
1.	Corydon Century	Saturday	March 2	Thomas Nance
2.	Hardinsburg Century	Saturday	March 30	Melissa Hall
3.	Suburbane	Saturday	April 6	Bekki Livingston
4.	Metro Loop	Saturday	April 13	David Dillard
5.	The Adjective Ride	Saturday	April 27	Bob Grable
6.	TBD	Saturday	May 11	Sara Collins
7.	Pottershop	Sunday	May 19	Ford Barr
8.	Muscatatuck	Sunday	June 1	Mike Kamenish
9.	Sink or Swim	Sunday	June 9	Gail Blevins and Steve Montgomery
10.	Holy Rollers	Saturday	June 22	Rick Knowles
11.	Dave's Frankfort Century	Saturday	June 29	John Pellegrino
12.	Old Gilgal Century	Saturday	July 6	Vince Livingston
13.	TBD	Saturday	July 13	Amelia Dauer
14.	TBD	Saturday	July 27	Steven Dunsford
15.	TBD	Sunday	Aug 4	Larry Preble
16.	Best of Bluegrass	Saturday	Aug 10	Carla Dearing
17.	Campbellsville Century	Saturday	Aug 17	Jim Moore
18.	TBD	Sunday	Sept 15	Dave King
19.	Edwardsville Excursion	Saturday	Sept 21	Cathy Hill
20.	TBD	Saturday	Sept 28	Michael Crawford
21.	Medora	Saturday	Oct. 12	Melissa Hall

**Check for updates and changes @<https://louisvillebicycleclub.org/TMD/Schedule>*

Upcoming Events

Redbud Ride:	4/13	- London, KY
New Rider Clinics:	4/22 - 8/25	- various starts
PNC Tour de LOU:	4/28	- Louisville, KY
Bluegrass Bourbon (Bike MS)	6/22-23	- Lawrenceburg, KY
OKHT:	9/7	- EP tom Sawyer Park
LBC Picnic:	9/8	- EP Yell Dell Botanical Gardens



Donna Connell and Stewart Prather

In the Spotlight

TWO for the price of ONE!

Spotlight on: Donna Connell

Riding History:

I've been riding a bike almost all my life. Bicycles are about the only thing I can ever remember coveting (I can say that because horses and dogs are not things). My sister's old 12 inch bicycle with the hard rubber tires (already split, since she was five years older than me) was the first thing I ever remember coveting. Later it was the landlady's son's "English Racer" and then the neighbor boy's olive green Schwinn with the banana seat and high rise handlebars. Heck, it could probably be said I coveted Eric Seller's lovely handmade steeds. At least that was part of what propelled me to my own

custom bike. Though I clearly remember wanting these bikes belonging to others, I got my own bike when I was five or six and have owned bikes and been riding ever since.

My first major purchase when I moved out on my own was a Sears five speed road bike that I'd hop on to ride a couple of miles to my Mom's or Iroquois Park. My next serious foray into cycling came in the early eighties when I bought a Nishiki ten speed to save money on my eight mile commute to work. I drove a large Ford Van (great for travelling to dog shows but a true gas hog) so I was considering a motorcycle as second vehicle. However, when I kept seeing a young man with a backpack riding his bicycle down Dixie Highway, I decided a bicycle would be a healthier way to save money. I later learned it was more than likely our own David Ryan I had seen and who had inspired me to take up bicycle commuting. It was awhile before I started riding long distances (raising twins while going to college had something to do with that). I first started riding long distances when I signed up for a two day charity ride in the mid nineties. That was so much fun I signed up for the OKHT as well. These rides eventually led me to join the LBC, where Stewart and I met a few years later.

My current Bike:

I currently ride a Waterford, which I had hand built for me, choosing the colors, components, and polished chrome lugs. Having a hand in the creation of my bike was an amazing experience and it's a wonderful ride that will last all my days (and beyond). If I'm not on it, I'm either on an unbranded steel touring bike or my eighties Bianchi, that I scored at yard sale...both steel framed and nice rides.





Donna Connell (cont.)



Challenging and Best Rides:

The most challenging ride I ever did (besides the last twenty miles of every century I rode) was probably the Bike Virginia tour in south western Virginia. Not only were the hills steep and plentiful, but in five days of riding they served barbecue and the fixin's five times. I was raised on good barbecue, but you can have too much of a good thing. I remember a particularly good lunch one day enjoyed beside an old mill and stream.. AND I remember how heavy it sat as I climbed and climbed hill after hill on the way to our destination for the night, Hillsboro, VA.

I can't say I have a favorite ride or riding story. I simply remember so many special moments from rides. Moments like sharing peanuts and beer in the high school parking lot after a Mad Dog century, the wonderful strawberry milkshakes Stewart and I had in Midway during a century ride from Berea to Frankfort, talking to an old man and playing with his dog, Buddy, during a roadside repair stop near Madison, IN, the time a huge storm blew in as we were arriving in Appalachicola, FL during a Bike Florida, getting our tent up just before a downpour on TRI-RI then watching Bob Schindler completely erect his tent under the cover of his rainfly and a beautiful afternoon riding along the backroads of Virginia, talking to Cheryl Brawner about her horse show experiences. Sometimes, it was just the scenery

that was so memorable, horses running out in a field on the Horsey Hundred or the way the fog rose up on the rolling hills leaving Bardstown on OKHT Sunday mornings. I could go on and on thinking of good company, good food and interesting sights. Sharing these experiences with other cyclists have led to many friendships. That is the most valuable thing I have gotten from riding and the LBC...I can't really stress that enough.

Other things about me:

I studied painting at U of L. earning both my B.F.A. and M.A. I paint mostly urban landscapes, working on site to capture the true nature of a place. I think my riding contributes to my painting as it allows me to see the landscape at a slower pace and get ideas for work. I see the two activities as related, as both riding and painting allow me time to think about the landscape on many levels and experience it with so many senses; sight, smell, hearing and feeling.

I am retired from my job as a Phlebotomist at U of L Hospital. Besides cycling, I enjoy spending time with my dog, family and my grandson (especially in the Parklands), hiking with fellow cyclists or family during the colder months and that never ending project I call my home. I like taking photographs and making jewelry, including bicycle themed pieces. In a previous life (B.C.before children) I showed and bred Siberian Huskies and my latest adventure is trying to learn to play the fiddle.

In the Spotlight

Spotlight on: Stewart Prather

Riding History:

I've been riding bicycles almost all of my life. I started when I was 8 and won a bicycle in a contest sponsored by the local IGA. Everyday I would stop at the store and pick up all the entry forms and fill them out at school. Then on the way home I would put them in the entry box. They drew my name for the first prize and another 23 times before they got a second place winner.

I rode my trusty Schwinn around campus at UK. It was one of few bicycles on campus in 1964, but one of thousands by 1968.

Cut to 1972, Spring. I was just discharged from the Army and was determined to further advance my skills racing sports cars. I started working out and read that riding a bicycle was good exercise, so I borrowed my young brother's Sears Free Spirit 3 speed, 18 inch frame. I pumped up the tires and set off. I had forgotten how

great it felt to ride a bike. I started riding in the park and soon noticed men riding fast, shouting "on your left" as they blew by. Suspecting that maybe there was a difference in bikes, I decided to investigate. This led to Highland Cycle and my friendship with Gill Morris. The first thing Gill asked me was how much did I want to spend. I asked how much do they cost? Gill replied "We have them from \$60 to \$300." "\$300 dollars!" I replied "who would spend \$300 on a bicycle?" Gill then showed me \$95 bikes, which I bought and started riding. I still remember how pleased I was to ride 15 miles, on a bike that mostly fit.

The next installment of my cycling Odyssey occurred in the Fall of 1973 when I enrolled in law school at UL. I discovered that a racing friend was also starting law school. Malcolm advised that he was done with racing and was now "into cycling." I told him I also had a bicycle that I enjoyed riding. He asked what I was riding and I said "Adzuki". He mumbled something like "that's nice" and suggested we go on a short ride after class and that I could ride his wife's bicycle since she was tall with long legs.

We drove to his condo in his BMW and he brought out his wife's bicycle. It was the most beautiful bicycle I had ever seen. It was Italian, gleaming white with chrome lugs, all Campy. Malcolm adjusted the seat and handed the bicycle to me. I picked it up. It weighed less than half my Adzuki. I rode around the parking lot while I waited for Malcolm to pump up his tires. When he was ready he asked where did I want to go. I replied "to the bike shop, I'm going to buy a new bike." Which I did and I started riding with the Club, joining officially New Years Day, 1974.





Stewart Prather (cont.)



My hardest/best ride.

After thinking about what was my hardest or my favorite ride, OKHT comes to mind immediately. Having started the Ride and served as Ride Director for the first 10 years it feels like my child. All are special but how Pottershop came to be a part of the history of OKHT deserves retelling.

During Winter 1976, I laid out all routes on paper, using a Christmas gift of Kentucky Official County Highways. In the Spring it was time to actually drive the routes to see if they were suitable for a cycling event. One warm Spring day we (my then wife, Deborah, and I) invited another couple to join us for a few hundred miles of Kentucky back roads exploration. I drove our 1973 Ford Pinto station wagon, which was not known for its power. All went well until mile 98 when I turned left onto an unmarked road and promptly stalled the car. I had to restart and use first gear just to make it up the hill. I started laughing, thinking about how I would respond to this surprise just when I would think I had this ride in the bag. I tried finding a different, less brutal ending but was unable. So we advertised the century as difficult and the legend of Pottershop began.

While I cannot pick a single ride as my favorite, the weeklong bicycle camping rides done with my children are among my most treasured. My children started early as stokers on the tandem and we rode many miles together. When my first born, Graham, was eight years old we rode RAGBRAI. It was a miserable week, with daily temperatures exceeding 100 degrees. We also learned Iowa was not flat. However, we stopped at every roadside attraction and ate as many as three Klondike bars a day. As we were riding down the hill to the finish in Fort Madison, the last leg of a century, I noticed tears running down his face. I asked him what was wrong. He replied "I don't want this to be over." When my daughter was seven, she announced she was old enough to go with Dad for a week. That was the first of several TRIRIs she and I rode together. I also rode TRIRI and OKHTs with my youngest son, Gregory. The memories of these rides hold a special place in my heart.

Meeting Donna:

I first met Donna on a cold winter Saturday when she was acting as ride captain on a series of rides taken from Joe Ward's book. She was just starting a big push in her mileage and I found myself riding and talking with her more and more. Our mutual love of cycling provided the basics for a deepening friendship.

My current ride:

For more than 40 years I primarily rode either a tandem or my 1973 orange Motobecane Champion Team. Health issues have led me to a change in bike. I now ride a Giant Rough Road, a so called gravel bike. It is somewhat heavy and slow with its upright bars but it is stable. It keeps me riding and thus has become my new favorite.

Notes:

I have a beautiful Santana titanium tandem for sale. I also have a like new Bacchetta Giro for sale. Call me at 502 609 6339 if interested.

I am retired from both law and my semi retirement job as an insurance claims manager. Besides cycling, I enjoy hiking, woodworking and traveling, especially to see my four grandchildren.

Tips For Cycling In Inclement Weather

If you enjoy cycling, you know that not every day brings clear, bright skies. Instead, you will encounter rain, heat, and snow. As an avid cyclist, you will not let the weather get you down. Instead, you need to be prepared for whatever nature throws your way because you will be riding in all kinds of conditions. Here are a few tips for cycling in inclement weather:



Rainy Days

When you are heading out in rainy weather, don't bundle up. Instead, dress for the weather. If you dress in layers, you are still going to get soaked, which will weight you down and leave you cold. Dress according to the temperatures and if you don't have waterproof gear, be sure to wear a poncho over your clothing. Remember, when you go out in the rain visibility is a concern, so be prepared. Wear [fluorescent](#) clothing, such as lime green, bright orange, red, or neon yellow colors. Be sure you have plenty of reflectors on you and on your bike. You should make sure your bike has a functioning headlight and a functioning taillight. Wear a visor under your helmet to help keep the rain out of your eyes.

Hot Weather

When that summer sun is beating down, you should use extra care. [Hydration](#) is imperative. If you are heading out for a ride, you should drink about 16 ounces of water for every hour you will be riding. Also, don't expect your body to be able to handle the same distance in temperatures that are 20 degrees hotter. It can take the body weeks to acclimate. Take your time and adjust slowly, so don't try to overdo it. Dress in cool clothing that is made of wicking materials, so the sweat is pulled from the skin and so that your skin doesn't chafe. Wear sunscreen to protect your skin and wear a hat or visor to help keep the sun and sweat out of your eyes.

Colder Weather

Of course, when winter rolls around there will be colder temperatures. When the temperatures get around freezing or below, you will need to take heed. Always dress according to the weather. Wear gloves with full fingers, an extra pair of socks, and put shoe covers on. Wear a cycling cap under your helmet for added warmth. Some clothing options include full-length pants or a bib tight and long-sleeved jerseys. If it is nearing single digits, add base-layer shorts or knee warmers under your tights. You should add goggles to your gear, which will help you avoid fogged glasses, improve your warmth, and help you keep clear vision. Be prepared for icy spots. If it is that cold, then any water will freeze, and you don't want to crash. You should make sure you are riding a fat bike or have lowered the PSI on your tires if icing might be a concern. With the right preparation, inclement weather doesn't have to keep you off the roads. You can enjoy cycling year round.



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