



LOUISVILLE BICYCLE CLUB

LBC Contact Information

Executive Committee

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Secretary
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Treasurer
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VP Advocacy
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VP Communications
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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](mailto:Steven.Jent).

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



The Louisville Bicycle Club election season is fast approaching and there will be open positions this year. After eleven years of dedicated service our President is choosing to not run for re-election. Following is the statement that Andy delivered at the Annual Picnic on Step 8th:

"I have made the decision that I will not seek or accept a nomination for another term as President or any other position on the Executive Committee of the Louisville Bicycle Club for the coming year. I'm appreciative of the support I've received and it's been an honor to serve on the Executive Committee for the past 11 years. I've done my best to keep the club active in the community and moving forward. I am confident someone will step up to lead the club into the future."

"Again, thank you all for your support!"

"Life is good"

Murphy

2020 EXECUTIVE COMMITTEE NOMINATIONS ARE NOW BEING ACCEPTED

Nominations for the Louisville Bicycle Club Executive Committee are now being accepted. If you would like to be a part of the leadership team for the LBC in 2020, please contact the Nominating Committee. The Executive Committee positions are:

President	VP Communication
Secretary	VP Education
Treasurer	VP Racing
VP Advocacy	VP Touring

If you are interested in any of these positions, or need additional information about these positions, contact any member of the Nominating Committee via email, telephone or in person. Committee Members are:

Richard Heckler-	Heckler@bellsouth.net	(502)931-2067
Jim Preston-	Red2bike@aol.com	(502)807-4574
Lee Staudter-	leestaudter@aol.com	(502)645-0467

Candidates should be prepared to submit a brief "Why I want to be on the Executive Committee." Candidate Statement. Please also see the club by-laws available on the website for each position's roles responsibilities and duties.

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
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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

June/July 2019 Contents

Elections	1
Annual Banquet	2
Tour De Mad Dog	3
Ride Recaps	4
<i>The Medora</i>	
Announcements	6
<i>Bike Handling Classes</i>	
<i>More from / LBC on ...the Web</i>	
<i>Road Work</i>	
<i>Cycling News</i>	
LBC Summer Picnic!	8
Spotlight	10
<i>Ford Barr</i>	
LBC Safety Series	11
<i>10 Winter Cycling Tips</i>	

Awards Banquet

The **Banquet** is right around the corner!

All members are welcome to the LBC Annual Awards Banquet to reminisce on the year's activities, acknowledge our volunteers, celebrate our achievements, and elect club officers for the upcoming year.

This year's banquet will feature some nice door prizes, drawn at random.

ONLY THOSE WHO REGISTER ONLINE ARE ELIGIBLE FOR DOOR PRIZES!

Registration limited to the first 200 paid-up members!

The banquet will be held again at:

Big Spring Country Club
5901 Dutchmans Lane
Saturday, January 25, 2020.

Cost is \$12.50 per person for the buffet dinner. (\$25 couple)

Cost is \$15.00 if purchased at the door. (\$30 couple)

6:00 p.m.	Reception and Cash Bar
7:00 p.m.	Buffet Dinner
8:00 p.m.	General Meeting, Awards, and Election of Officers for 2018
10:00 p.m.	Adjournment

Online registration will be available until 10pm, Wednesday, January 22nd. We must give Big Springs our reservations numbers Thursday morning.

Register @ <https://louisvillebicycleclub.org/event-3593214>

**You must be a member and login*

2019 Mad Dog Series

The 2019 Mad Dog Series was capped off with the traditional Medora ride on October 12. We had a successful season with many new riders, several who jersey qualified in their first year of riding the series. Our overall stats compared to last year are as follows –



	2019	2018
# Who Jersey Qualified	24	27
Total # of Participants	80	78
Average Riders per Ride	18	22

Larry Preble was our top male finisher with 20 rides. Melissa Hall was the top female rider with 14 rides. Congrats to both! Probably the best part of the Mad Dog Series are the beautiful courses that typically take us on new roads outside the metro area. Riding on tree canopy roads, in the middle of corn fields or through the town square of small towns is almost as much fun as being chased by the real mad dogs or dodging Amish horse moon pies. Although I was in a small group that went through 5 tubes for 2 flat tires, it was a year where mechanical stops seemed much less than in the past. When most of us feel proud of riding 100 miles on a 98 degree day, there's Jonathan Lichtsteiner riding 60 or 75 miles to a ride start and back home after the ride, keeping us all on the humble side.

Thanks to all the folks who volunteered as ride captains this year. I tried to recruit enough so no one would have to RC twice in a season. RC'ing a Mad Dog ride is no easy task especially if you're pre-riding the course. Many of you came out of retirement to do this for me this year. And as I age, I'd like to acknowledge the several riders in their 70's who still ride (very strong) with us – Michael Crawford, Paul Battle, and Jim Moore, aka Grizzly who put on a fantastic century this year down in Campbellsville. Finally, thanks to Larry Preble for periodically posting pics or drone view videos on Facebook.

By:

Bob Grable

The Medora

"When someone makes you the happiest person and the saddest person at the same time, that's when it's real. That's when it's worth something."

Anonymous



(Photo courtesy of John Fong)

Medora: the tradition of having this century as the last stage of the Tour de Mad Dog, with a little luck and a little work rerouting, continues. Luckily, while the road into Medora was still closed, construction was at a stage where we could walk through, albeit a bit of mud on the cleats, and I was able to find a route that also took us off of another state road that was under construction.

The weather prediction concerns me as it is supposed to be quite cold at the start; but I remain glad that it has changed from what it was for originally it was supposed to be not only cold, but rainy. While I know there are people who need this stage to complete the challenge, I would have canceled if it were rainy. Yes, I have ridden in cold rain, even at night, but it just is not in me to do so presently. Or perhaps I fool myself: many the times I vowed I would not ride in certain conditions only to later find myself on the bike in the middle of a rain storm. lightening flashing, pedals turning, cursing myself with a smile or grimace on my face, but glad I had the fortitude to get myself out the door, glad that I am a fool when it comes to my bicycle. For some reason this brings to mind the look on my husband's face years ago when I was pregnant with our daughter in January and I told him that I just had to have watermelon to eat, as if it was available anywhere in that day and age at that time of year. But he tried.

With a start in the 30's and a high in the 50's, I wonder how many will show, but it is a larger turn out than expected. Everyone is in a good mood and smiles light faces. It is not the people exactly that give me mixed emotions of happiness and sadness, but the ride itself. There is something about endings, and this is the end to the season.

I will not see many, if not most, of these people until the next riding season. Some will be "one and done" people: they complete the TMD one time and never ride the series again due to time, dislike of distance, moving on, whatever. And some, like me, fall in love with distance riding and the challenges it imposes. They will make the time and they will return. They may curse and grumble and vow they are not going to do it, but they will be there with secret smiles behind their gripes ready to get it done.

Already I worry about if I will be strong enough next year, if I again will be the oldest woman in the tour, and as age claims strength, among the slowest. But regardless, I know I will be back barring accident or illness or misfortune. On the other side of the coin, there is a satisfaction in having completed the challenge again, of looking forward to slow riding and draining the last drops of the fall and sunshine from the season. There is the anticipation of another spring where my eyes fill with delight as the earth swipes her fist across her eyes and color and sound returns spilling relentless from her blankets as she arises. And the green, how I love it when the earth begins to bleed green, shy, tentative touches giving way to bold streaks and hues. The flowers that begin to garnish the earth dancing in the breezes that skip across the land. In the spring, Ralph W. Emerson and I are on one page about, "the earth laughs in flowers."

But now it is fall and now it is the last ride of the tour. I love the sounds at the start of a ride. Sometimes I take a few seconds, take a deep breath, close my eyes, and just listen. Conversation mixes with laughter, different kinds of laughter: laughter speaking of excitement, of trepidation, of amusement, of nervousness. Some of the voices are dear to me and I would recognize them anywhere; others I don't really know well or at all, but they all mingle to form a symphony, a crescendo. There are the sounds of bikes being readied, air being pumped into tires, front wheels being attached, bikes being removed from cars, and there is the sound of bikes already prepared and moving as the rider checks that brakes are not dragging and all is in working order. I love the sights at the start of a ride. The different colored jersey choices that people have made, the smiles on faces, that look on faces when one is involved in a joint effort to accomplish a task.

I am so happy that people have come to share the day, the course, the festival, and the brilliant sunshine. Most I know, some I don't know, but all are welcome. Despite the cold, I hear Paul Battles say repeatedly throughout the day, "What a beautiful day!" And it is. The ride appears to go well and some of us gather for the celebratory pizza dinner afterward. Thank you, John and Fritz, for the treat. You are too kind. For those that missed it, I hope that, if that tradition continues next year, you join us. Thank you to all that rode today. All of you made me happy and sad at the same time, and as an anonymous someone noted, "That's worth something."

Thank you, Bob Grable, for organizing the tour this year. Thank you to those who took their time and captained the stages. Please consider doing it again next year. Hopefully some of the new TMD finishers will also step up to the plate. For those who have never completed a tour stage, now is the time to begin thinking of setting that goal in 2020. Training needs to begin early and needs to include some distance and some hills. It is a challenge, but you will feel a sense of pride in your accomplishment, or you should. Will it be easy? No. But most things that are truly rewarding are not easy. Effort spices the results.

Congratulations to all finishers (except maybe Dave King and Mike Kammenish and they know why;-), but particularly to the numerous first time finishers:

Paula Pierce

Tony Nall

Alan McCoy

Dee Schreur

Fritz Kopatz

Tom Askew

John Fong

Pennie DeTorres

Marta Mack-Washington

I wish I had a picture of all of them together to share; however, I don't. My helmet is off to the nine of you.

Great job!

By: Melissa Hall

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?

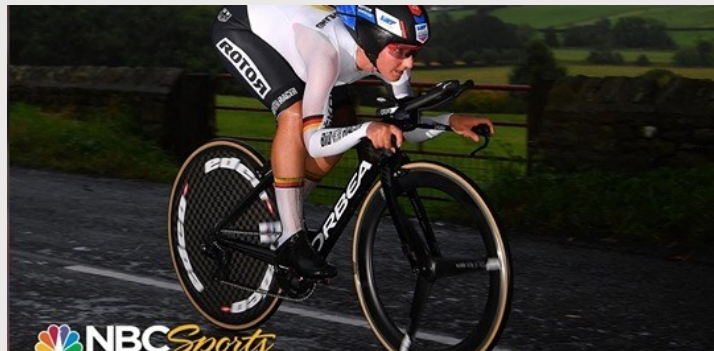
Join the community at:

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

It's free!

If you haven't seen this, all I can say is Wow. Congrats to our neighbor from across the river!

Chloe Dygert of the United States (Indiana) obliterates the field on her way to winning the Women's Elite ITT at the 2019 UCI Road World Championships.



[Check it out on Youtube!](#)

Recent Media From Larry! Preble

Video:

[Annual Picnic](#)

Albums:

[Final Tour de Mad Dog of 2019](#)

[Little Miami Trial Ride](#)

[Give Me Liberty! Century](#)



The Silo Center Bike Park is open for riders to enjoy, but will soon close for the winter. Please keep an eye on our website for a closing date, to be announced.

Announcements

Mayor's Healthy Hometown Movement



2019 NEW RIDER / BIKE HANDLING CLASSES



CLASS DISMISSED!

The 2019 Louisville Bicycle Club, New Rider Clinic presented by Baptist Health Sports Medicine in support of the Mayor's Healthy Hometown Movement drew to a close at Baptist Eastpoint. We had another great year, thanks to our sponsors, volunteers and students!

We'll be back at it next Spring, with a fresh offering of New Rider Clinic classes.

Thanks to everyone who make these classes possible.

THANK YOU!

Questions? education@louisvillebicycleclub.org



More From the Web

- ⇒ [UCI sanctions Zwift WC for 2020](#)
- ⇒ [New Strava Fitness Feature](#)
- ⇒ [Il Lombardia – Preview](#)

From GNC:

- ⇒ [Penny Farthing World Record!](#)
- ⇒ [Worst Bike Lanes In The World](#)
- ⇒ [Running For Cyclists](#)
- ⇒ [Worst Things To Say To A Cyclist](#)
- ⇒ [Cyclo-cross Legend: Sven Nys](#)
- ⇒ [Breaking the Rules](#)

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/>

facebook

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

STRAVA

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

YEW DELL BOTANICAL GARDENS



Your annual Louisville Bicycle Club Summer Picnic was held on September 8th. Paul Cappiello was kind enough to host the event at Yew Dell Botanical Gardens in Crestwood again.



Four different rides were offered of varying lengths: 14, 34 & 49 followed by a flat 5 mile joy ride with the penny farthings leading the way and even a draisine ridden by T.Carson Torpey.



*Photos by Larry Preble

LBC SUMMER PICNIC

The ride was followed by a member supported pot-luck lunch supplemented with fried chicken and soft drinks curtesy of the club. Several members brought desserts for all to share.

During the festivities there was a swap meeting and a general meeting of club during which several things of note occurred. Andy Murphy announced that he would not seek re-election as President in 2020. The cancelation of the OKHT was discussed and a general call for volunteers to aid in the day to day administration as well as to step up and become a bigger part of community that helps keep the club up and running made.



Ford Barr



In the Spotlight

I've been riding a bicycle ever since I was 5 or 6. Some years more some less. My late teens and early 20's I had a Raleigh that was too small. Had the seat post extended so far that it rocked back and forth. So my next bike was a Moto-becane that was a bit too large but I kept the seat post shorter. So in 2007 I decided to get serious and got a bike that was properly fitted and haven't looked back.

I still ride that properly fitted Fuji Team carbon fiber road bike and I have a steel frame Surly Disc Trucker touring bike.

My most challenging ride? Well in 2008 I tried to ride a few of the Tour de Maddog centuries but not the whole tour. For my 1st century that year I decided to see what all the fuss was about and showed up for Pottershop. I was not century ready much less ready for Pottershop. Had to walk half of the first big hill and at least part of the next two or

three smaller hills.

Best cycling story? Well I'll tell you my Bernice story. I think it was 2008. I showed up for a 25 or so mile ride that started at Charlie Vettiner Park. I didn't know the route at all and seems the ride captain was short on ride sheets. I thought (to myself), "I'll just keep up with Bernice. Surely I can keep up with a 70 year old lady." I didn't know Bernice very well obviously. I kept her in sight but it wasn't easy. She kicked my butt. Thanks Bernice.

I joined the LBC in 2007 to get the member discount for the OKHT. I did that then later that month rode the Virgin Century. I was a virgin as it was my first century. Of course it kicked my butt. Kirk and Cathy took pity on me and loaded me up with electrolytes. Thanks you two.

Current occupation? Professional cyclist, backpacker and amateur musician. Ok ok I'm retired.

Other hobbies? Backpacking, guitar and travel. When Vicky, my girlfriend, retires in July, we plan to do lots of traveling.

I really like visiting National Parks. Later this summer Vicky and I plan to ride the bikes through some Redwood parks in California and maybe some mountain biking in Utah. I encourage everyone to visit any National Pak you can. They are all pretty special and worthy of protection. My favorite one? The Grand Canyon. Of course Arches is a close second, and Mt Rainier , Zion, Death Valley , etc, etc....

MEMBER SPOTLIGHT will feature a member of our club each issue. 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!

10 Expert-Backed Tips for Winter Cycling

DON'T HANG UP YOUR BIKE WHEN THE FIRST SNOWFLAKES FALL—HERE'S HOW TO RIDE RIGHT THIS WINTER.

BY

ROBERT ANNIS
JESSICA COULON
bicycling.com
Sep 3, 2019



Too many of us hang up our bikes at the first sign of snowflakes, but if you do, you're missing out on a bunch of benefits from riding through the winter. As your body struggles to stay warm in the cold, you not only burn more calories, but your body also learns to use oxygen much more efficiently, according to research from Northern Arizona University. Plus, riding around (safely) in the snow can be incredibly fun. Below are 10 things you should—and shouldn't—do to make the most of your winter cycling season.

1 DO: LAYER CLOTHING

When it comes to clothing, Chris Mayhew, an associate coach at JBV Coaching, starts with a warm base layer.

"Your body is making all the decisions about what to do based on core temps, so make sure your core is toasty," Mayhew says. From there, you can add multiple layers that you can put on or take off as you get warmer or the ride gets longer. "Really, you can get through about anything with a good base layer and jacket."

Realize you're going to be cold, at least at first, says Kevin Whited, frequent winter commuter and executive director of bike-advocacy group Bike Indianapolis, formerly known as IndyCog.

"You shouldn't be warm when you get outside, ready to ride," Whited says. "If you are, you have too much clothing on. You should always be slightly cold before you get on and begin riding."

2 DON'T: BUY A NEW BIKE (UNLESS YOU REALLY WANT ONE)

Fat bikes are awesome, but you don't necessarily need four-inch tires to have a blast in the snow. Winter cycling can be rough on bikes, though. Rather than risking your primary bike, opt for that long-ignored mountain bike gathering dust in your rafters, if you have one.

For more stability on the snow, run the lowest tire pressure you can without getting a pinch flat. Depending on your weight, you might be able to ride 15 psi or lower. (Be sure to experiment with tire pressure in the fall, so you're not changing flats in the middle of winter.) Also, try running the widest tires that you can fit on your bike. If you want a bit more traction in icy conditions, consider investing in a pair of studded tires.

3 DO: WASH YOUR BIKE AFTER EVERY RIDE

Riding in the slush and snow will kick a lot of salty, dirty water onto your bike's parts, which can cause corrosion and damage over time. Be sure to wash your bike, or at the very least wipe it down or rinse it, as soon as you finish each ride.

One of the first rules every cyclist learns is to never use WD-40 on a bike—but spraying it on the frame before a ride will help repel ice and grime that your tires have kicked up, says Fred Iverson, Shamrock Cycles' team mechanic. After the post ride cleaning, spray it on your bike chain to get rid of excess moisture. Use a thick lube such as NixFrixShun, he says, to keep everything running smoothly on your next frozen ride.

4 DON'T: IGNORE YOUR EXTREMITIES

Your hands and feet typically get cold first, as your body focuses on keeping the core warm. Keeping your extremities toasty is key to an enjoyable winter ride. Sarah Prater, a mechanic at Cycology Bicycles in Knoxville, Tennessee, wears disposable surgical gloves underneath her regular winter cycling gloves to keep her hands warm on a ride, creating an extra vapor layer between her skin and the cold.

"It makes your hands a bit sweaty and clammy, but I'd rather have that than frozen fingers any day," Prater says.

Air-activated heat packs are cheap and add much-needed warmth to the insides of your gloves and shoes. Buy a box at Costco and keep them in your car or backpack—and be sure to keep a couple extra handy for riding buddies who didn't plan ahead. Some of these hand warmers last up to 10 hours, so you can reuse the same pair heading home as you did on your morning commute.

In sub-freezing temperatures, winter cycling boots, like the Lake MXZ 303, can be the difference between a temporarily tolerable and a reasonably comfortable ride.

5 DO: PACK EXTRA GEAR

Whited always carries two pairs of gloves—one heavier and one lighter—to handle temperature shifts. A pair of lighter gloves can offer a bit more finger dexterity as well, making flat tire changes faster and easier. An extra pair of wool socks stashed in a re-sealable plastic bag can be a godsend if you accidentally put your feet in a puddle or an icy stream on the trail.

6 DON'T: BE AFRAID TO RAID YOUR OTHER SPORTING EQUIPMENT

There's no reason to buy a lot of bike new gear if you like to hit the slopes. Ski gloves will keep you warm on the bike, though you may not have the same amount of dexterity. Ski helmets can also keep your dome warmer than multi-vented bike helmets, but beware of going out too hard and overheating.

7 DO: INSULATE YOUR LIQUIDS

You might not feel warm on winter rides, but you're still sweating and need to hydrate. Get warm from the inside out by bringing hot broth or coffee along to slug when you cross into shivering territory. A double-insulated coffee mug or flask from Stanley or HydroFlask will keep your liquids hot—and in turn, keep you warm—even in freezing conditions. If you're riding with a traditional water bottle, keep it in your back jersey pocket so it won't freeze, Mayhew suggests.

8 DON'T: RIDE WITHOUT FENDERS

Fenders keep slushy road spray off you and your bike, and more importantly, off the people you ride with, Mayhew says. He suggests attaching a pair of SKS Race Blades or a similar product to your bike. Don't want to spend the money? Fashion makeshift fenders out of a two-liter bottle or paint tray—you can easily find directions online.

9 DO: MAKE SURE YOU'RE SEEN

Daylight is scarce during winter months, putting a damper on road safety. Always keep at least one small, rechargeable bike light on your front handlebar in case you spend too much time at the midride coffee stop, and consider investing in a light-blaring taillight like the Bontrager Ion 200 to announce your presence to the world on the road.



10 DON'T: NEGLECT YOUR SKIN

Even though it's winter, it's still important to apply sunscreen to any exposed skin, such as your face, when riding during the day. This is especially true when there's snow on the ground, as snow can reflect nearly 90 percent of UV radiation. Your skin can seriously dry out on those frigid winter rides, too, and applying a protectant such as sunscreen, moisturizer, or even Vaseline can help your skin retain moisture. Also, don't forget the lip balm.

Original Article:

<https://www.bicycling.com/training/g20011536/9-dos-and-don-ts-of-winter-cycling>