



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
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VP Education
David Wittry
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VP Racing
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VP Touring
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Program Chairs & Special Projects

Derby City Fondo Director
Virginia Meneghetti
DerbyCityFondo@louisvillebicycleclub.org

Statistician
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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.

Awards Banquet

The **Banquet** is almost here!

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.

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 2020
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>

Club Information

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



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

Contact:
communications@louisvillebicycleclub.org

Website:
www.louisvillebicycleclub.org

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

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* All photos used with permission



Please review the following candidate statements prior to election night at the banquet.

We have open positions. If you've ever wanted to do your part now is the time to step up!

President

Jeff White: The Louisville Bicycle Club has a rich history of leadership and support for local cycling issues. We offer opportunities for all levels of cyclists to join in group rides. I have been a member of the club since 2001. It's been a privilege for me to join in many of these rides and work on cycling skills and fitness. At the same time I've met so many interesting people and have enjoyed our camaraderie. The club has given all of us so much. After thinking long and hard I believe that now is the time for me to seek to serve the club and run for the office of President. I think I have the skills, experience and passion to help grow and sustain our pursuit of recreation, health and mobility and support other related entities to help make cycling available and beneficial to everyone.

There is so much that we do well as a club and some areas that I think we can improve upon. I hope to continue our great relationship with the city. I want to focus on making the LBC as inclusive and welcoming as possible. I think we have opportunities for growth in touring, racing and off road pursuits.

Your enthusiasm and participation are what makes our bicycle clubs activities possible. With your help I believe we can grow and sustain the long and successful history of the Louisville Bicycle Club. If elected I will do my best to promote and advance the mission of the club. It would be an honor to serve and I humbly ask for your vote.

VP of Advocacy

Katie Rowe: Safe and accessible transportation, particularly for vulnerable road users like bicyclists, has been a passion of mine since I started working as a transportation engineer and planner. As a cyclist myself, I understand that accomplishing this is best brought about by combining our approach on providing safer amenities for cyclists as well as providing education, outreach, and ride opportunities for everyone, cyclists and motorists alike. I would love the opportunity to help the club advocate for safer infrastructure, and more opportunities to build compassion through outreach with those who typically don't bicycle themselves.

VP of Communications

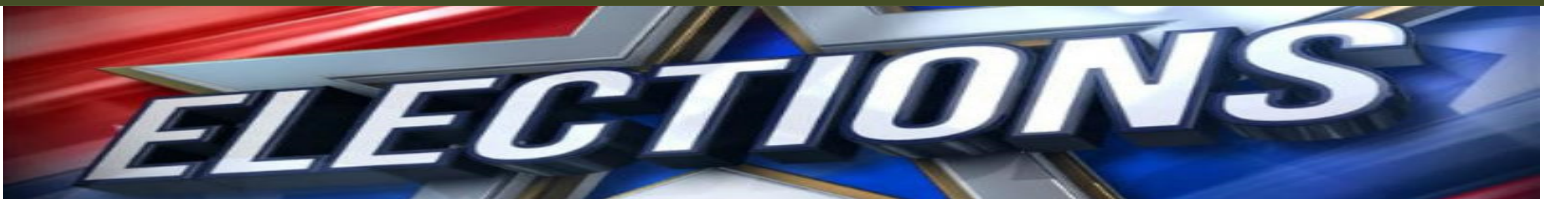
Steven Jent: I would be honored to continue as your VP of Communications in the coming year. We have many exciting things planned including a revamped website, and a more frequent and targeted newsletter. It is a ton of work and I will need help, especially when it comes to newsletter content, but I look forward to the challenge and your support.

VP of Education

David Wittry: It is my intention to run for VP of Education in 2020. There is more that can be accomplished and I have a few ideas to accomplish more.

VP of Racing

*** OPEN ***



VP of Touring

*** OPEN ***

Treasurer

Diane Bellafronto: As the Louisville Bicycle Club Treasurer for the previous three years, I am interested in serving in this position for one final year. This last year as your treasurer is important to me because I wish to support a new club president as they transition into their role.

As your treasurer, I have been an advocate for responsible fiscal management of the Club's finances and full transparency of our resources, income and expenses. I've worked to educate our Leadership team and our members about the sources of our income, the nature of our expenses and the many benefits that our dues provide us.

These last three years have been a great experience for me in so many ways: I've learned much about our club operations as well as had the opportunity to work with many talented and committed club members. Please consider allowing me to serve as the Louisville Bicycle Club Treasurer for 2020.

Secretary

Bekki Livingston: I have served as Secretary for the past 5 years and am willing to continue for 2020 if elected. I would be glad to mentor anyone who would like this position for 2021.

A brief statement from the nominating committee:

VP Touring and VP Racing are currently open positions as the incumbent officers have chosen to not seek re-election. We are continuing efforts to find qualified candidates for these (and all) positions.

Richard Hecklers
Heckler@bellsouth.net
Nominating chair

New for 2020... LBC Kits

We have some exciting news! The LBC is going to offer new club kit apparel in 2020, including jerseys, vests, jackets, shorts, socks, and arm warmers. We have many creative individuals in this club; therefore, are encouraging our members to share their ideas for the design.

If interested, submit your designs, preferably on templates, to ameliadauer@gmail.com.

The design(s) we use will become property of the Louisville Bicycle Club and we may use partial designs from several different submissions.

Deadline for design submission is February 3, 2020, so get started now!

If you cannot submit a design but would like to be on the selection committee, email ameliadauer@gmail.com. We will choose 3 more individuals for this committee, along with the Executive Committee.

Thank you,

Amelia Dauer
Clothing Director

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!



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

STRAVA

It's free!



August 22-23, 2020
Registration opening soon!

AUGUST 22-23, 2020, Louisville, Ky

Join us to experience the beauty of riding bikes in Louisville, along the Ohio River, and on our scenic backroads.



FRIDAY: "Welcome to Louisville" LBC ride

SATURDAY: 25, 40, 62, & 100 mile supported rides, KOM and QOM segments on 62 & 100 mile rides, after ride meal and live music at the finish line

SUNDAY: 25 & 40 mile supported rides

\$55 1st 100 registrants

\$65 101-250 registrants

\$75 251-400 registrants

Maximum 400 riders. Don't miss out!



TEAM LOUISVILLE
CYCLING TEAM

Racing Updates!

Gail Blevins: Placed first in the Ohio Valley Cyclocross 2019 series Women Cat 4/5 Masters 40+ division with 1632 points and 4 first place finishes.

David King: Likewise, placed first in the Ohio Valley Cyclocross 2019 series in his category / Age.

!!! GREAT JOB TEAM Louisville !!!

Announcements

Give Back 3 Hours

Diane Bellafronto and Alison Torpey are organizing an opportunity for LBC members to "Give Back" to our community by volunteering at SOS for a 3-hour shift from 1pm to 4pm, on Thursday, January 23, 2020.

SOS is a Louisville, KY based non-profit that meets critical health care needs in medically impoverished communities around the world by redistributing medical donations (medical supplies and medical equipment) from where there is surplus to where there is need.

Volunteers will be sorting and packaging various medical supplies and, except for a willingness to help, no particular skills are required. Several of our club members currently volunteer at SOS and this is a great opportunity to introduce a community non-profit organization to our club and visit with your cycling friends in a different venue. We guarantee that you will be amazed by the scope of work of this small non-profit. An orientation and tour of SOS is included.

To participate in an interesting and fun three hours, please contact Diane Bellafronto at either 502-553-5080 or d.bellafronto813@gmail.com. So appropriate work can be planned for our LBC volunteers, Diane needs an estimate of the number who will attend.

For more information about SOS, here is their website: www.soshealthandhope.org



SOS
1500 Arlington Avenue
(near the intersection of Payne and Spring)
Louisville, KY 40206
502-736-6360



More From the Web

- ⇒ [Cycling thru Japan](#)
- ⇒ [8 Core Stability Exercises](#)
- ⇒ [Interview: Ernesto Colnago](#)
- ⇒ [Story: Julian Alaphilippe](#)

From GNC:

- ⇒ [10 worst tips ever.](#)
- ⇒ [GCN's Best Bloopers 2019](#)
- ⇒ [Stay Warm On A Cyclocross Ride](#)
- ⇒ [4 Ways To Improve Your FTP](#)
- ⇒ [Science Behind The Suffering](#)

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



facebook

STRAVA

Louisville Bicycle Club on the Web:

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

<http://www.derbycityfondo.org>

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

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

Announcements



PNC
Tour de Lou

Start & Finish at Waterfront Park

Sunday, April 26, 2020

8:30 am – 2:30 pm



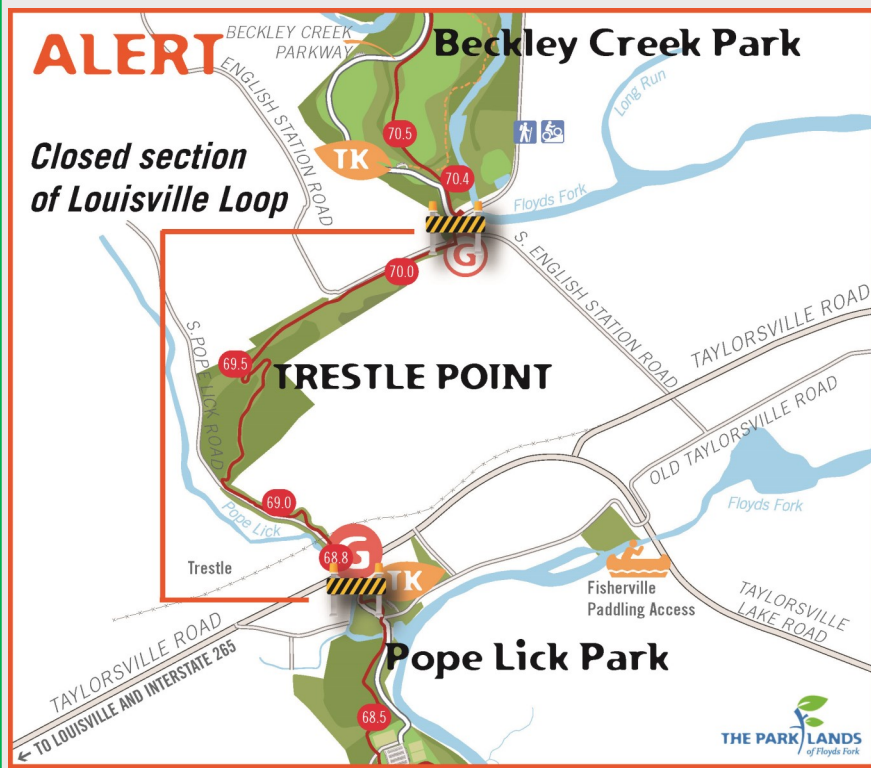
The 7th Annual PNC TOUR de LOU will take place on Sunday, April 26th, 2020. This Kentucky Derby Festival event is one of the highlights of the touring season, with over 1,200 riders from across the United States joining us for a 20, 35 or 62.1 mile ride through the Olmsted Parks System in Louisville.

For all the information and to register, click [HERE](#).

A section of the Louisville Loop between Beckley Creek and Pope Lick parks will be closed to visitors starting Monday, January 13, 2020. This section, known as Trestle Point, spans from the south end of Beckley Creek Park at Echo Trail Road, to the north end of Pope Lick Park at Taylorsville Road.

Heavy equipment will be in use along this section of the Louisville Loop as workers replace a wooden bridge on the path. For their safety, visitors should respect all posted barricades and signs advising them to stay out of this area.

Visitors will still have access to the Louisville Loop within Beckley Creek Park—from Miles Trailhead to Echo Trail Road. Visitors looking for a lengthier excursion should begin their walk, run or ride in Pope Lick Park and head south.



Work is expected to take three weeks to complete, weather permitting. Please check back here for the latest updates. This is the first of three locations scheduled to close for major repairs. Additional locations and dates will be announced later this year and posted to the website.

This work is part of our commitment to “No Deferred Maintenance” made possible thanks to donations from individuals, families and organizations throughout the community. The Parklands of Floyds Fork does not receive tax dollars for annual upkeep or operations. Ongoing maintenance and operations of our trails, facilities, gardens and natural areas are funded solely through private donations and an endowment fund. Community members may contribute to the annual fund by becoming a Parklands Member at www.theparklands.org/member.

The Polar Bear Ride



What a great start to the New Year! The Louisville Bicycle Club put on both a Polar Bear Ride and a potluck lunch with dozens of healthy looking LBC members in attendance.



At today's Polar Bear Ride and Potluck, Bob and Barbara were proud winners of the Chili and Soup competition. Bob's chili was aptly named "Just Chili" while Barbara called her soup "South of the Border." Both won some great gift certificates. Happy New Year, you two!



**All photos care of:*
Larry Preble



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**

Roy Knickman

Dec 9, 2019

I'm talking with Roy Knickman. Roy is a former professional cyclist with teams such as La Vie Claire, Toshiba, and Seven-Eleven. He's also an Olympic bronze medalist and a developer of cycling talent as team manager of the Lux cycling development team. It's an episode you don't want to miss!

Coaching Triathlon with Barry Stokes

Nov 19, 2019

In today's episode, I'm talking with Barry Stokes, IRONMAN® Certified Coach and USAT Level II Triathlon Coach. We talk about the Louisville Triathlon community, Ironman Louisville, and the dangers of algae, among other things! Find out more at www.barryscoaching.com.

Curtis Tolson and Bob Bobrow

Aug 21, 2019

Alright, this episode is a good one! I talk with Curtis Tolson and Bob Bobrow about bike fundamentals and group riding etiquette, and well, about a lot of other stuff too! Don't miss this one!

Vicki Dobbs & Bitsy



As a child, I rode a Huffy bicycle decked out with a front basket and colored streamers dangling off the handlebars. I rode the wheels off of my Huffy. Living in an apartment complex with what seemed like miles of sidewalks, I was constantly riding for fun. It was the only time in my life that I felt comfortable riding with no hands.

I started riding with the club in 2001 or 2002. A neighbor and long time friend asked if I would be interested in going to the LBC's new rider clinic classes. Back then the new rider clinic had a group class followed by a 7-mile ride. When I got home after the first class, I was so high with excitement that I had trouble sleeping. I was hooked! Unfortunately, my friend/

neighbor was not. She was too scared of traffic to continue. I credit her with getting me involved in LBC.

Like so many new riders, I had a hybrid. I can still remember the class leaders saying, "It doesn't matter what kind of bike you ride, it is more important what you put into riding that bike".

Within a month, my husband Ron started riding with the club too. His bike was an old heavy Nishiki road bike that he'd had for many years. On one particular club ride, he couldn't keep up with the group. The ride captain asked if he had a cell phone in case he needed help. It wasn't long until they left him behind. I can remember that day like it was yesterday, because when Ron came home he decided our bicycles were too old to be riding with the club. The next day, we were proud owners of brand new Treks. Over the years, we have been fortunate enough to upgrade our bicycles several times. Like many of our club friends, our garage is full of bicycles. Trek, Cannondale, and Pinarello road bikes, fixed gear bikes, a Santana Tandem, and mountain bikes. Funny to say, as we evolved into better and stronger riders, Ron turned his old Nishiki into a fixed gear bike that he has ridden off and on for years.

It is hard to point to any one favorite bike route. I have many favorites, but I must say my favorite memories stem from the once 50 mile Wednesday morning lunch rides. I think I can safely say that most LBC members ride not only for the exercise but for the companionship.

Participating in the Mad Dog Series also conjures up many happy memories. You can really get to know friends on a 100 mile ride. The "Hot Pickle" and "The Wonderfals" come to mind. Want to know more? Just ask those cyclists who followed close behind the tandem. Many people ask me if riding a tandem is easier or harder. The answer is both; easier on flats, harder on hills. Either way it is a different ride. Not anything close to riding a single bike. With the tandem's gearing and with the help of my tandem captain, Ron, I have been able to climb some of the most challenging hills such as Pottershop, Fire Tower, and Mt. Tabor.

There is a funny story about Mt. Tabor at the Hilly Hundred Ride in Ellettsville, Indiana. My 10 lb dog, Bitsy, was riding in a padded basket (5lbs) on the back of the tandem. Not only is going uphill tough enough, but riding with Bitsy adds 15 lbs. We were slowly making our way up Mt. Tabor while all around us riders were unclipping to walk up the hill. When we reached the top (still riding) a group of guys had taken bets on whether we would be riding or pushing. The look on their faces when we rolled up the crest of the hill. Priceless!

When it comes to winter riding, it is well known that I'm a wimp. Each winter I try to endure, but always fall short. I do have a trainer set up in the basement, but that is pretty boring. I enjoy hiking with my cycling friends. Hiking doesn't use the exact muscle groups as cycling, but it is a good workout and I get to see my friends.

As I think back on my involvement with the club, so many fond memories come to mind. These people I ride with have become my family of friends. If you or someone you know is considering joining, jump right in. You will grow to love the club as I do.

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!

Back to Basics

While the rules of the road are generally more advanced for road cycling it never hurts to review the basics of bicycle safety as posted by our friends at the LMPD or better yet share these tips with your children.



Louisville Metro Police Department



Bicycle Safety Tips

- 1.) Ride only on the right hand side of the street or roadway.
- 2.) Watch carefully when passing a parked car or truck, when overtaking a car ahead, pass on the left when the way is clear.
- 3.) Before turning or stopping give the proper signal in plenty of time to let others know what you intend to do.
- 4.) Ride single file. When on the streets and highways with other bicyclists, ride single file, one behind the other. Keep three bicycle lengths behind the rider you are following.
- 5.) Never hitch on to cars or trucks. Bicycle riders or persons on coasters or roller skates must never cling to or hold onto moving cars or trucks. Keep a safe distance behind the car or truck you are following, being ready for any sudden stops.
- 6.) Ride alone. Don't carry another person on the handlebars or crossbars of your bicycle. It makes balance uncertain and steering unsteady. Only one person should ride on a standard bicycle.
- 7.) Night riding is especially dangerous. Don't ride after dark, if you can avoid it. If you must ride at night, ride slowly with extra care, and you must have a good light and reflector that can be seen clearly.
- 8.) Ride in a straight line. Don't weave in and out of traffic or try trick riding on the street or sidewalk. Keep your head up.
- 9.) Don't ride out of driveways, alleys or ride out from behind parked cars without first stopping and looking to see that the sidewalks or streets are clear. Walk your bicycle and mount after leaving the driveway.
- 10.) Keep both hands on the handlebars at all times. Never carry bundles that will prevent this. It is best to have a bicycle basket to the front or a rack on the back with straps to carry books or other packages.
- 11.) Slow down and look both ways before crossing streets. Cross at corners. Walk your bicycle across busy streets.
- 12.) You must observe and obey all the traffic rules that the drivers of cars and trucks are required to obey. Traffic signs, lights, one-way streets and crosswalk markings apply to the bicycle rider as well as to drivers and people who are walking. You must always ride at a safe speed to fit conditions.

Reprinted from:

<https://www.louisville-police.org/401/Bicycle-Safety-Tips>

