



Louisville Bicycle Club

Newsletter

THANK YOU TO OUR LOUISVILLE BICYCLE CLUB PARTNERS!

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President

Jeff White
president@louisvillebicycleclub.org

Secretary

Clint Phillips
secretary@louisvillebicycleclub.org

Treasurer

Phil Mattingly



VP - Advocacy

OPEN
advocacy@louisvillebicycleclub.org

VP - Communications

Steven Jent
communications@louisvillebicycleclub.org

VP - Education

David Wittry
education@louisvillebicycleclub.org

VP - Information Technology

Erik Helton
IT@louisvillebicycleclub.org

VP - Racing

Kevin Williams
racing@louisvillebicycleclub.org

VP - Touring

John Pellegrino
touring@louisvillebicycleclub.org



BAPTIST HEALTH®



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KENTUCKY DERBY FESTIVAL



Louisville Bicycle Club Ride Schedule



Louisville Bicycle Club Ride Schedule

42nd Annual

HOME



REGISTRATION

Everything seems to be changing and adapting in this time of Covid. And so, the 42nd OKHT is adapting too. **WE ARE BACK!** This year we are over the moon with our partnership with Yew Dell Botanical Gardens, 6220 Old Lagrange Road, Crestwood, KY and Oldham County Tourism and Conventions. We will have three distances; 20, 40 and a very challenging 62 miles that will all start and finish at Yew Dell. Chris Cakes pancakes for breakfast and food trucks when you return. The SAG stops are unique locations not readily open to the public. We hope to have the full design of the jersey and t-shirt soon. Coming from out of the area? We have a full weekend planned for you. Saturday you may register for a full day tour of bourbon, horses and more. If that doesn't suit you, try our club ride designed especially with you in mind. There are a few options for dinner on Saturday night along with picking up your packet Saturday from 3-8pm at Hive and Barrel Meadery located right behind 3rd Turn Brewery in Crestwood. Sunday is the big ride with entertaining SAG stops, including the world famous homemade cookie stop and remember to explore the gardens and trails at Yew Dell when you return.

There are volunteer positions open for club members to help the day of the ride. A big thank you goes out to Jeff White, Dave Wittry, Jim Tretter, Bob Schindler, Diane Belafronto, Erik Helton and Glenn Todd for their help and dedication to making this a great ride. Check the website for details on all of this or contact me at okht@louisvillebicycleclub.org

We are very grateful for our sponsors: Yew Dell Botanical Gardens, Oldham County Tourism & Conventions, Kaufman & Stigger, LLC, MiddleofTown Cycling, Sternberg Trucks, Clarksville Schwinn, Goose Creek Cycles and KDF (Kentucky Derby Festival). We will be highlighting each of our sponsors leading up to the OKHT.

Thank you for supporting our ride.

I hope to see you all there!

- Bekki Livingston, Director

The 2022 OKHT Jersey:



Yew Dell Botanical Gardens - its name comes from the venerable evergreen yew plants (*Taxus* species) that are ubiquitous in today's landscape. Theodore Klein, who's farm and plant nursery now operate as Yew Dell Botanical Gardens, was one of the largest yew growers in the region between the 1940s and 1980s.

Yews have been cultivated for hundreds of years. While they are popular landscape plants now, their past use was much more utilitarian. Yew wood is incredibly dense and strong and during medieval times it was used to make the legendary English longbows. They were considered so important they were often planted within churchyards which were considered off limits when a town was plundered. There are several North American native yew species but they are rarely cultivated. The most common forms in the landscape are hybrids of the English yew (*Taxus baccata*) and Japanese yew (*Taxus cuspidata*).



The OKHT is BACK!

Join the Louisville Bicycle Club for the **42nd Old Kentucky Home Bicycle Tour**. This year's ride will go through historic Oldham County on **Sunday, June 5, 2022**.





BikeMS and Team Wil Power

BikeMS is a fundraising event whose goal is to provide research money and ultimately find a cure for Multiple Sclerosis. AND, Team Wil Power, Powered by LBC is looking for a few more team members.

The annual BikeMS BLUEGRASS BOURBON RIDE will happen on June 25th and 26th, 2022.

Departing from Anderson County High and making it's way through "the land of Bourbon" to the Heaven Hill Bourbon Heritage Center in Bardstown, Ky. Saturday's finish line includes live music, bourbon cocktails and an exclusive distillery tour for the top fundraisers. After overnighting in Bardstown, we ride back to Anderson County on Sunday.

Team Wil Power, Powered by LBC is a group of LBC members who combine their efforts to become one of if not the top fundraising teams in this event. And, we have FUN while doing it!

If, you are a member of LBC, and if, you have not ridden in bikeMS in the past 3 years, we have an offer for you. The minimum fundraising goal to ride in this event is \$300. However, we have "scholarship" funds available for "new" riders. If you raise a minimum of \$200, we will award you with another \$100 so that you reach your \$300 minimum. But, you don't have to stop there. BikeMS also has perks for the top 10 fundraisers as well as awards for those reaching \$500, \$1000 and \$5000 levels.

Team Wil Power, Powered by LBC, IS NOT exclusively for LBC members. We welcome any and all cyclists that want to join in the FUN that our team enjoys while supporting our worthy cause. ("scholarship" is only available to qualified LBC members)





To join us, please contact:

Team Captain, MaryAnn Heckler at (502)931-2067
or heckler@bellsouth.net

You can also get more information at:

<https://mssociety.donordrive.com/index.cfm?fuseaction=donorDrive.event&eventID=668>

Can't ride? But, want to volunteer? We have those options, too:

<https://mssociety.donordrive.com/index.cfm?fuseaction=cms.page&id=3339&eventID=668>

Cant ride? Can't volunteer? But, still want to help? Team Wil Power, Powered by LBC is always looking for financial support. Donate to Team Wil Power, Powered by LBC or one of its members at:

<https://mssociety.donordrive.com/index.cfm?fuseaction=donorDrive.donate&eventID=668>

It is getting warmer out there!



Photo Credits:
Larry Preble





Access to the Iroquois Park Scenic Overlook and a Car-Free Scenic Loop Day in Cherokee Park to begin this Spring

Louisville Parks and Recreation and Olmsted Parks Conservancy, in partnership with Louisville Metro Council, will close the Scenic Loop in Cherokee Park for one day a month to vehicular traffic and open Uppill Road in Iroquois Park to vehicular traffic on weekends beginning this month.

“Our parks are great resources for cyclists, joggers and walkers. But we also recognize the need for accessibility for all citizens,” said Margaret Brosko, Acting Director of Louisville Parks and Recreation. “We’re hoping to see a great turnout on the weekends with these new opportunities.”

The Scenic Loop in Cherokee Park will be closed to vehicular traffic on the last Sunday of each month, beginning March 27, from 8 a.m. – 2 p.m. through the fall. The loop will be open to vehicles on Sunday, April 24 to accommodate all guests during Derby festivities.

Those with limited mobility are encouraged to park near the end of Eastern Parkway where the handicap accessible trail begins, or near Alexander Road. Cherokee Golf Course will remain open during this time and golfers can continue to access the clubhouse off Alexander Road.

“Frederick Law Olmsted designed Cherokee Park in 1891 as a way for people to escape from the city,” says Layla George, President and CEO of Olmsted Parks Conservancy. “Cars driving around the Scenic Loop bring more of the city into our parks. By closing the Scenic Loop to vehicle traffic for a few hours on one Sunday a month, we’re giving visitors a more relaxing and worry-free experience in Cherokee Park.”

Additionally, the road leading to the Iroquois Park Scenic Overlook will open to vehicle traffic each weekend (Friday, Saturday and Sunday) beginning the last weekend of March (25, 26 & 27). Uppill Road will open from 10 a.m. – 6 p.m. on Fridays and Sundays and from dawn to 6 p.m. on Saturdays through the fall.

“As a strong advocate for citizens with disabilities and the elderly, I am happy to support the opening of the Iroquois Park Overlook for all to enjoy,” said Councilwoman Amy Holton-Stewart (D-25). “My hope is that by offering a regular schedule for public use, all will be able to access the Scenic Overlook and enjoy its beauty.”

Repair work to Uppill Road, which leads to the North Overlook, was completed this past November. Serious erosion issues were analyzed, and corrective action was taken to stabilize the road and prevent future erosion issues. Uppill Road can be accessed by entering the lower gate at Rundill Road near Iroquois Golf Course or off Southern Parkway and the park’s main entrance.

“With increased accessibility, the need for user investment also increases,” said Councilwoman Nicole George, (D-21). “As you visit the Iroquois Overlook, consider picking up visible litter, reporting if the gate is opened during off hours, or making a donation to the Olmsted Parks Conservancy.”

Source: Louisvilleky.gov

2022 MAD DOG SCHEDULE

MONTH	DATE	RIDE CAPTAIN	ROUTE
JANUARY	Saturday, 1/15	Thomas Nance	Cancelled/Weather
JANUARY	Saturday, 1/29	Gail Blevins	Cancelled/Weather
FEBRUARY	Saturday, 2/12	Phil Mattingly	Honest Abe
FEBRUARY	Saturday, 2/26	Dave Robinson	Virgin
MARCH	Saturday, 3/12	Gail Blevins	Sink or Swim
MARCH	Saturday 3/26	Alan McCoy	Short Frankfort
APRIL	Saturday, 4/16	Thomas Nance	Haunted Hollow
APRIL	Saturday, 4/23	John Pellegrino	Suburbane
MAY	Saturday, 5/7	John Fong	Twice Boston Century
MAY	Saturday, 5/14	Michael Crawford	Old Tour d' Bridgeport
JUNE	Sunday, 6/12	Mike Kamenish	Muscatatuck
JUNE	Saturday, 6/25	Bob Grable	The Harrison
JULY	Saturday, 7/9	Fritz Kopatz	Adjective Ride
JULY	Saturday, 7/23	Melissa Hall	Story Century
AUGUST	Saturday, 8/6	Larry Preble	Two Bridges
AUGUST	Saturday, 8/13	Larry Preble	Wises Landing
SEPTEMBER	Saturday, 9/3	Thomas Nance	
SEPTEMBER	Saturday 9/10	Tom Askew	BMB
OCTOBER	Saturday 10/8	Melissa Hall	Medora
OCTOBER	Saturday 10/15	Dee Schreur/ Margaritaville Tony Nall	

mad dogs



mad dogs



mad dogs



NOT A MEMBER YET?

Join the Louisville Bicycle Club and the hundreds of members for one of our daily rides. The Louisville Bicycle Club has rides for all levels and distances. Not a member yet?

Did you Know...

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

Join the community at:

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



Did you also Know...

...that LBC has a club Ride with GPS Account?

See the member only section of the LBC website for more information!



KENTUCKY DERBY FESTIVAL

PNC

TOUR de LOUSM

APRIL 16, 2022

Your path. Your destination. Your Festival

2022 Kentucky Derby Festival PNC Tour de Lou Registration Now Open!

The ride will take place on Saturday April 16, 2022. This year, all three courses (20-mile, 35-mile and metric century) will ride through historic Churchill Downs. Get a glimpse of the beautiful grounds as you ride. Also, metric century cyclists will cross state lines by riding in both Kentucky and Indiana.

[Learn More](#)

Tour de Lou Training 2022

Spring is right around the corner. I even looked out the window the other day and saw a couple of red, red robins bob, bob, bobbin around in the still snowy backyard. Another sure sign is that the Kentucky Derby Festival PNC Tour de Lou has been hard at work planning this years event and the first training ride will happen on Sunday, February 27th at 12:00 noon.

The LBC is continuing in this wonderful partnership crafted by our former president Andy Murphy by facilitating the training rides as well as collaborating in the main event. This is a rewarding and fun way for our members to serve the community in a practical way.

This year we hope to be able to accommodate a show and go platform grouping participants into small groups of 8-10 and hitting the streets as soon as possible trying to avoid a massive group forming. Even though we are outdoors and covid seems to be on the decline we want to remain as vigilant as possible to keep our Hometown Healthy.

The first training ride is 5 miles, and 5 miles are added each week, culminating in a 30 miler. They all start at noon and depart from the parking lot (399 E Witherspoon St, Louisville, KY 40202) at the corner of Preston and Witherspoon. The rides are all on the LBC calendar if you want to preview them. Some stay here in Louisville, and some will cross the bridge into Southern Indiana, where I'm told the sun always shines.

How can you help? Why, I'm glad you asked. We'll need a lot of experienced cyclists to accompany these small groups and show them the ropes. Some participants have ridden on the roads before and are just getting back in shape after the winter hibernation. Some have not ridden before and face intimidation at the thought of navigating our friendly city on their bicycle. Either way, it's a comfort to have a friend to help you find your way.

Where do I sign up? If you want to take advantage of this valuable training, you can pre-register by visiting <https://www.bikesignup.com/Race/KY/Louisville/KDFTourDeLou> on the internet, although you can also sign up in person at the event. If you want to volunteer splendid! Just show up. Club members usually show up between 11:30-12:00 so we can be organized and ready to go when the first participants start arriving. I look forward to serving with you again through this great opportunity of service to the community!

- Jeff

Upcoming Events

2022 Brevet Series

Saturday, March 19, 2022 7:00 AM | Red Roof Inn
Shelbyville

2022 200K Brevet

Saturday, March 19, 2022 7:00 AM | Red Roof Inn
Shelbyville

Tour de Lou Training Ride: 15-miles

Sunday, March 20, 2022 12:00 PM | 399 E
Witherspoon St, Louisville, KY 40202

Tour de Mad Dog Stage 6 - Short Frankfort: 99.5-miles

Saturday, March 26, 2022 8:15 AM | Pope Lick
Park, 4002 S Pope Lick Rd, Louisville, KY 40299

Tour de Lou Training Ride: 20-miles

Sunday, March 27, 2022 12:00 PM | 399 E
Witherspoon St, Louisville, KY 40202

See All Events



Become a Ride Captain

Have you been interested in becoming a ride captain for the Louisville Bicycle Club? Not sure what is involved? Learn how easy it is to become the backbone of the Louisville Bicycle Club and by becoming a ride captain today!

Learn More

2022 NEW RIDER / BIKE HANDLING CLASSES



Dates and sites have been set for this year's New Rider Clinic

The first class will be Monday, April 25 at the Yellow Lot at 6 PM. The next four classes will be on the following four Mondays, June 2, 9, 16 and 23.

The second session is at St. Stephen Baptist Church on Sundays at 2PM. The dates are May 15,22 ,29 June 12 and 19.

The third session is at St. Matthews Baptist Church on Mondays at 6 PM. on June 20,27 and July 11, 18, and 25.

The final session will be at Baptist Healthcare Eastpoint on Sundays at 2:00. Dates are July 31 and August 7, 14, 21, and 28.

Students who complete the course will receive a newly designed tech tee shirt and a year's membership in the Louisville Bicycle Club.

Registration is online and will be open mid March.



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

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



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: **Barry Gary**

Dan Sands of KYMBA

Who's looking out for the mountain biking community in Kentucky? KYMBA, the Kentucky Mountain Biking Association can certainly lay claim to doing a lot of the heavy lifting! In this episode I talk with KYMBA board member, Dan Sands, about the work of KYMBA, the state of mountain biking in our area, and even a little about cycling etiquette!