

# Louisville Bicycle Club

## Newsletter

THANK YOU TO OUR LOUISVILLE BICYCLE CLUB PARTNERS!

### Executive Committee

#### President

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#### Secretary

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#### Treasurer

Phil Mattingly



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#### VP - Information Technology

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BAPTIST HEALTH®



CLARKSVILLE SCHWINN



Louisville Bicycle Club Ride Schedule



Louisville Bicycle Club Ride Schedule



# Thank You

Just a moment while I thank all those that helped the Louisville Bicycle Club to make the Kentucky Derby Festival Tour de Lou another great success.

Al Hargrove  
 Andy Murphy  
 Ann Block  
 Barbara Martin  
 Bekki Livingston  
 Bernice McGill  
 Bill Stader  
 Bob Knaster  
 Brooks Hillenbrand  
 Cara Sue Kraus  
 Carol Miles  
 Chad Hughlett  
 Chris Embry  
 Dave King  
 David Mueller  
 David Wittry  
 Ed Nelson  
 Ed Wiser

Erik Helton  
 Erik Nieman  
 Ford Barr  
 Fred Shuck  
 George Cooper  
 Harley Wise  
 Jeff Shrode  
 Jerry Gordon  
 Jim Preston  
 Jim Spinks  
 Joan Wise  
 Joe Medley  
 Joe Weingardt  
 Joel Gand  
 John Harding  
 John Pellegrino  
 John Shelby  
 Jonathon Shrode

Karla Brown  
 Keith Powell  
 Kenny Robinson  
 Larry Preble  
 Laura Trachtenberg  
 Lisa Fluhr  
 Margaret Preble  
 Mark Alford  
 Mark Phillips  
 Melvin Simmons  
 Michael Ragan  
 Mike Kaufman  
 Percy Black  
 Peter Fosl  
 Richard Heckler  
 Rick Croslin  
 Robert Hamilton  
 Ron Lauter

Ron Heuglin  
 Ruth Ann Whitehouse  
 Scott Harrington  
 Shane Berrier  
 Sheri Miller  
 Steve Pucket  
 Steve Sarson  
 Steven Jent  
 Susan Wentzel  
 Tiffany Wright  
 Tom Askew  
 Tom Schurfranz  
 Tommy Sutton  
 Valerie Pfeiffer  
 Vicky Bridges  
 Whitney Theis  
 Will Preston  
 William Gillen

Whether you served during the training rides or the event itself in whatever capacity you served please know that you have been a valuable asset and this event could not happen without each and every one of you. You guys are the best!

Would you like to serve your community and help the club? There are always opportunities. Check it out!

[education@louisvillebicycleclub.org](mailto:education@louisvillebicycleclub.org)  
[touring@louisvillebicycleclub.org](mailto:touring@louisvillebicycleclub.org)

[okht@louisvillebicycleclub.org](mailto:okht@louisvillebicycleclub.org)  
[president@louisvillebicycleclub.org](mailto:president@louisvillebicycleclub.org)

Let's Ride!

Jeff



## Why is volunteering important?

Volunteering is important because it enables individuals to help others in a selfless way. When individuals volunteer they may choose to help people, support philanthropic causes and provide assistance to their local community. Additionally, volunteering benefits everyone and is a terrific way to have a positive impact in the community.

Furthermore, volunteering is important for certain charities because they may depend solely on volunteer work in order to operate. For example, some organizations are funded in part through the local or federal government and therefore do not have the funds to pay every member of their staff a salary. In this way, these organizations utilize groups of unpaid volunteers in order to function. The charity is then able to remain operational, while the volunteers are able to help those in need

### Benefits of volunteering

Personal benefits of volunteering:

- **Promotes good health:** Volunteering can help maintain positive mental and physical health for the volunteer. An individual who volunteers may see a rise in their confidence because helping others can provide a feeling of achievement. In addition, volunteering can help decrease an individual's risk of depression because volunteering connects you with other people and provides opportunities for positive social interactions. Volunteering also helps maintain an individual's physical health, as you are likely moving or lifting a wide variety of items, or at a minimum moving your body and getting exercise.
- **Builds interpersonal skills:** Volunteering helps individuals build interpersonal skills and communicate with other volunteers, which provides the foundation for engaging social relationships. If an individual sees themselves as shy or introverted, registering for volunteer work can provide opportunities to engage with other people and connect with the community. As a result, the individual can enhance their interpersonal and communication skills.
- **Establishes new contacts:** As a volunteer, individuals have opportunities to meet new people and possibly make friends with people they may not have met otherwise. These new relationships are forged through the common interest that both parties have in the volunteer work. Additionally, volunteering is a great way to interact with your community and get involved in your neighborhood.
- **Promotes happiness:** Volunteering can bring joy and happiness to the volunteer by giving them opportunities to help those in need. Similarly, becoming a volunteer can add opportunities for exciting and new experiences to your life and can allow you to pursue other areas that interest you. For example, if you work as an accountant and usually work indoors, you may find it beneficial to volunteer at an animal shelter or a home building organization so you can have more time outdoors.



#### Professional benefits of volunteering:

- **Discover a career path:** Because volunteering provides individuals with new experiences, becoming a volunteer can help you discover your ideal career path. If your volunteer work aligns with your passions, volunteering can help you determine whether a career in that field will interest you. Additionally, volunteering provides valuable career information regarding your work habits and preferences. For example, you may discover through volunteering that you prefer to perform administrative tasks as opposed to sales or performance-driven tasks. Ultimately, volunteering can help you decide which career path to take and can help you assess your career goals.
- **Stay up-to-date:** Volunteering allows you to stay up-to-date on any changes in working society. Volunteers are able to enhance their unique skill set and learn new skills through volunteering, which is beneficial for any job. For example, if you are volunteering at a local library, you may learn how to use advanced software or more efficient spreadsheet techniques that you may use later in your career.
- **Provide challenges:** Individuals may find that some tasks are challenging, especially if volunteering in an industry that is unfamiliar to you. In this way, volunteering can provide stimulating challenges that can help you learn new skills in order to strengthen your skill set. Volunteering in a field that is new to you is a great way to make your resume stand out because it shows potential employers that you are willing to accept challenges.
- **Find a job:** Occasionally, volunteering may result in the volunteer being hired by the organization. When an organization is looking to hire internally, the hiring managers are likely to begin looking at internal positions such as those who have previously volunteered at the organization. Individuals who volunteer and then apply to paid positions when available may have an advantage over outside hires. For example, if an individual has been volunteering at an agency for three years, they already know the agency's employees, policies and procedures, and company culture.

#### A word from me:

I added this article to the newsletter this week because I felt that it was an important message. We all lead very busy lives and finding that block of time to donate to something we have passion for can be hard. It is something that frankly I think our club struggles with. Year after year it always seems to be the same individuals that step up. You know who you are. We know who you are. The club at large knows who you are. From our ride captains and ride marshals, to our event organizers, to those on the executive and sub committees, we see you and the club sees you. However, we are a club of nearly 700 people and I worry when I see that the same 50 odd people are always there. I worry that they will burn out and what happens when they do. What happens to our club?

I do not intend to shame but to shed light on an area of concern. We are all busy, but if you can find the time to donate it is a rewarding experience. We currently still have an opening on the Executive Committee to fill. The OKHT does not have the number of volunteers that it needs to be successful. These roles and events support our club. It makes that robust ride schedule possible. It allows for the club to exist.

Volunteering is giving of yourself and of your time. Above all it is about selflessness. It is about being a part of something that we all enjoy and that we want to continue.

Steven Jent—VP of Communication

42<sup>nd</sup> Annual

HOME



REGISTRATION

Everything seems to be changing and adapting in this time of Covid. And so, the 42<sup>nd</sup> 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 will be available for food purchases when you return. The SAG stops are unique locations not readily open to the public. 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 3<sup>rd</sup> 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](mailto:okht@louisvillebicycleclub.org)

We are very grateful for our sponsors: Yew Dell Botanical Gardens, Oldham County Tourism & Conventions, Clarksville Schwinn, Kaufman & Stigger, LLC, MiddleofTown Cycling, Sternberg Trucks, and KDF (Kentucky Derby Festival), and Goose Creek Cycles. 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*).



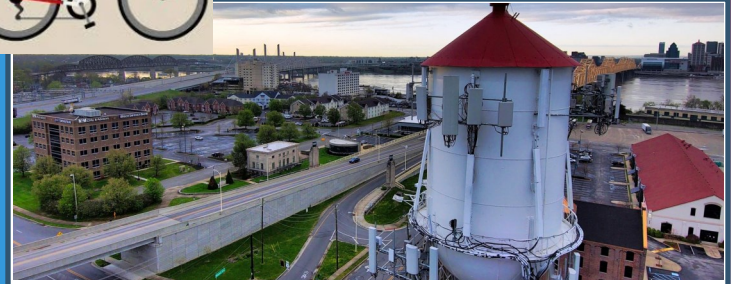
# The OKHT is BACK!

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**.





# Touring



**Thomas Nance** created and captained a great new ride on Saturday, May 16th, the **Haunted Hollow Century**.

More than a dozen Mad Dogs showed up for this hilly, scenic ride that took us southwest through Elizabeth, Laconia and Mauckport before circling northerly through New Amsterdam, Corydon and Lanseville.

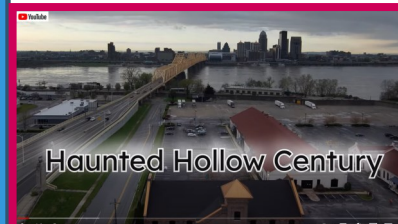
Although the ride split into smaller groups as we climbed 211 and other hills along the way, the bulk of the tour reassembled and eventually came in with a group of nine. Another five came in as groups of two and three.

Along the way, we made store stops in Laconia and later, Corydon where I took a couple of funny photos of the town drugstore with the family name proudly incorporated into the business name--it always brings a smile,

What a great day on two wheels among friends. Thanks, Thomas, for a great route.

Article and Photo Credit:  
—Larry Preble

[Check out Larry's Ride Video:](#)



## **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
MAY	Sunday 5/22	Bekki Livingston	Mad Dog Time Trial
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	TBD
SEPTEMBER	Saturday 9/10	Tom Askew	BMB
OCTOBER	Saturday 10/8	Melissa Hall	Medora
OCTOBER	Saturday 10/15	Dee Schreur / Tony Nall	Margaritaville

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](http://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!



Check out WDRB's coverage of the Tour de Lou:

## KDF's Tour de Lou travels through Louisville for 9th year

LOUISVILLE, Ky. (WDRB) -- The Kentucky Derby Festival's Tour de Lou welcomed hundreds of bicyclists for the ninth year on Saturday. This year, cyclists rode through Churchill Downs and across the river to Indiana. KDF and the Louisville Bicycling Club created the 20 mile, 35 mile or 62.1-mile courses for riders. The course, which started and ended in downtown Louisville, included a ride through city parks and along the Ohio River. A family ride was also added to this year's event at Waterfront Park. Cyclists were also given a virtual option. All participants got a free t-shirt, swag bag and an invitation to a post-ride party to celebrate.





# LOUISVILLE METRO311

LBC would like to encourage people to call 311 or go to MetroCall online to report any problems, especially concerning bike lanes that have debris.

The City does respond to complaints / calls / questions. Bike lanes along Lexington Rd. from Payne to Grinstead haven't been touched all winter and now have various types of small debris (gravel, sticks, etc.) that are not good for bicycles. Areas such as Spring St. from Witherspoon and up to the soccer stadium could use sweeping. If you are aware of other areas that need a brush up now is the time to report them to 311.

Currently Louisville is gearing up for Derby and of course wants the city to look its best and this is a good time to put a bug in their ear.

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.



## Upcoming Events

[Tour de Mad Dog Series: Stage 8 - Suburbane - 100-miles](#)

Saturday, April 23, 2022 8:00 AM | E.P. Tom Sawyer State Park (3000 Freys Hill Rd, Louisville, KY 40241)

[2022 New Rider Clinic Session 1: Waterfront Park \(Yellow Lot\)](#)

Monday, April 25, 2022 6:00 PM | 1325 River Rd, Louisville, KY 40206 (Waterfront Park - Yellow Lot)

[Tour de Mad Dog Series: Stage 9 - Twice Boston Century - 101.9-miles](#)

Saturday, May 07, 2022 8:00 AM | Paroquet Springs (395 Paroquet Springs Dr, Shepherdsville, KY 40165)

[2022 400K Brevet](#)

Saturday, May 14, 2022 4:00 AM | Red Roof Inn Shelbyville

[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](#)

CALL TO ARMS

CALL TO ARMS

# 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, May 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](mailto:communications@louisvillebicycleclub.org)

Louisville's bike share program is up and running!  
Read about it at [louvelo.com](http://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**

## Kisha Tandy talks about Major Taylor!

You know who Major Taylor is, but do you really know the man and the story behind his incredible success and life? Kisha Tandy is on the show in this episode to talk about the Indiana Museum exhibit, "Major Taylor: the Fastest Cyclist in the World!" The exhibit chronicles the life and experiences of Marshal Major Taylor, and provides an interactive journey through history...heck, you can even try to beat Major Taylor on the track!