



THANK YOU TO OUR LOUISVILLE BICYCLE CLUB PARTNERS!

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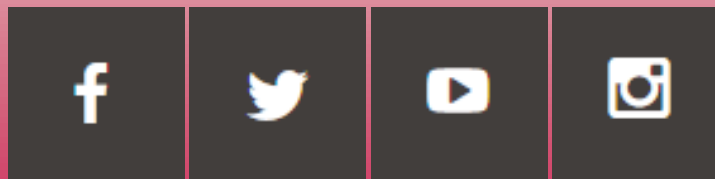
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Louisville Bicycle Club
Ride Schedule



Louisville Bicycle Club
Ride Schedule



Introducing LBCz—The official Louisville Bicycling Zwift Club

With the rollout of the Zwift club features in February of this year I have been chomping at the bit to get a Zwift extension club for LBC up and running. I figured that I would wait until the weather started to turn a bit colder as many of us turn to indoor training to maintain form in the colder months. Thus **LBCz** was born. In just one short week our Zwift club boasts over 20 members and is growing daily. We even had our first ride on February 13th—a 14 mile excursion around Watopia, Zwift’s main map.

For the initiated I need not go into details about what Zwift is so I will jump right into how you can participate. If you wish to be a Ride Captain in **LBCz** simply log into the Zwift Companion app, search for the club: **LBCz** and join. Then email me a Communications@LouisvilleBicycleClub.org with your Zwift name and request to be added as a Ride Captain. Once you are added you will be able schedule events. For now since only road ride captains and admins can post to our google calendar, I will monitor these and add them to the LBC Ride Schedule and supply a link to the Zwift event. Your ride will of course show up on the event schedule under **LBCz** for all members to see.

So, how did our first ride go? Interesting I would say. There were issues with the stay together feature that may or may not have been my fault. The verdict is still out on that one. It may be that the feature is currently not working for club events. Regardless, I will be hosting a 6PM ride every Thursday for the foreseeable future and experimenting a bit with it. The next one will have a posted W/KG average that I will maintain but everyone is free to ride at their own pace. I expect to experiment with the fence in the future as well. Please bear with us as we learn the ropes.

Which brings me to those of you out there that are wondering just what Zwift is. For you I have selected the following videos to get you in the know:

[Zwift - What is Zwift](#)

| [GCN - How to use Zwift](#)

| [GPLama - Zwift Group Ride Etiquette / Bunch Riding Tips](#)

A few things to keep in mind:

- 1.) Zwift is a paid online / internet based service. You will need internet, a computer or phone and you pay a subscription to use their application. It is essentially an online game world in which you control your avatar via a trainer, be that a smart trainer, exercise bike or smart rollers—so you will need that as well.
- 2.) Why Zwift—To be blunt—because that is what I use and I am taking the initiative. There are many other training applications out there: Trainer Road, Sufferfest, Ful Gaz & Rouvy to name a few. I just happen to use Zwift and it is promoting this feature set for clubs. The important thing is that you keep riding.
- 3.) Do I get club miles? For now... no. Club miles are currently restricted to official road rides only. That is not to say that those miles and sweat are not real. I find that indoor training is much more intense then our typically road rides but it is what you put into it. The drafting effect of large rides and speeds of descents make the translation of Zwift miles to road miles a little unrealistic with speeds and thus distance being exaggerated. However, that does not mean they won’t be collected somewhere so that we can all get our online miles boasting out there. Suffice to say that is in the idea phase atm. For now, join the club and look to the LBC Schedule for coming rides.

Steven Jent

VP of Communications



Gravel Grinding At Bernheim Forrest

RC: Jeff Carpenter

It's October again! There is something special about Fall. It is God's colorful creation displayed. Leaves changing colors, the cool air, the smell of Pumpkin Spice, hot apple cider, campfire and I get to cook my wife's favorite Turkey soon!! All these are great things during Autumn but there is one more special thing about Autumn. Taking my gravel bike out to ride at Bernheim. I didn't get into gravel riding until last year. There is something about gravel bikes I love because it gives me more options on the surface I can ride on. Also being away from the business of city life and sounds is appealing to me. It is quiet and peaceful on a gravel ride. I love it.

More and more gravel events are popping up around Indiana, Ohio Tennessee and nationally each year. Gravel riding is growing fast over the years.

When I saw Jeff Carpenter put on a ride at Bernheim, I cleared my schedule so I could make the ride. As you can tell from the pictures the trails seem magical, the colors brilliant, They were covered with golden leaves and the weather was great, the air cool.

There were 9 of us on this ride and I know we all had a blast. Now I have to warn you that there was some pain involved with all the beauty that Bernheim has to offer. There were two pretty punchy climbs on this route. I won't lie to you, it hurt! But at the end of the day, it is worth every ounce of effort you put in it. There will be more gravel rides on the LBC schedule coming up. If you don't have a gravel bike, you can always use a mountain bike and if you don't have a mountain bike either; borrow one or buy one. ☑ See you out there!

John Fong

Video on next Page!

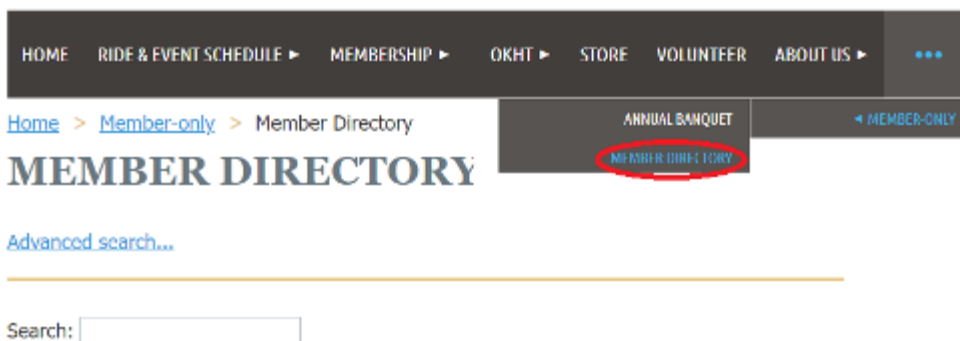


LBC Bernheim Forest Gravel Ride
Video by John Fong
RC: Jeff Carpenter



Did you know that you can easily search for other LBC members via the Membership Directory on the Website?

You must be a registered user and logged in!



Metro311 Mobile App



Did you notice any debris, glass, potholes, missing storm grates or other safety issue on your bike ride either on the road or in a bike lane? Did you report it?

One thing I do after a ride is open my Metro311 app and submit requests to the City. If you do not have the app, please download it. Submitting requests to Metro311 via the app is the most efficient way to report road hazards. The app allows you to move a pushpin on your screen to identify the precise location needing attention. You can also submit pictures. As a Metro Employee, I can tell you this: If it's not reported, it won't get fixed!

Just look for the Louisville Metro 311 icon below when you search for "Louisville Metro 311" in your Apple Store or Google Play store.

Scott Harrington—VP of Advocacy

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!



Mark your calendars!
Louisville Bicycle Club's
43rd Annual



June 17, 2023

LOUISVILLE BICYCLE CLUB
MAMMOTH CAVE TOUR 66 MILES



10.22.22 - ROLLING OUT AT 8:45 CST



More Pictures from Recent Rides.

Photo Credits:
John Fong
Rebecca Dimon
Dr. Larry Preble





Remember to thank and patronize our OKHT sponsors!





VeloInk Custom Bike Decals
Custom Name Decals with LBC Logo for your Bicycle or Helmet

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Join the Louisville Bicycle Club Bike to Beat Cancer Team



In 2023 the Louisville Bicycle Club will have a Bike to Beat Cancer team. Now through October 10th it is free to join. You will have a minimum fundraising goal of \$400 that needs to be raised by the event. Click below to join today! Let's show the community what the LBC is all about! The 2023 Bike to Beat Cancer is on Saturday, Sept. 9th.

Join Today



20% Off Road ID

ROAD ID and Louisville Bicycle Club Have Partnered to Benefit You!



Join our fast growing LBC Facebook Group:

<https://www.facebook.com/groups/louisvillebicycleclub>

Louisville Bicycle Club Cycling Group



www.jmttool.com
800-297-0936



!!! 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



[Learn About Bike Laws](#)