



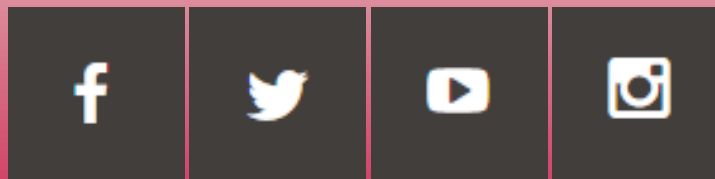
THANK YOU TO OUR LOUISVILLE BICYCLE CLUB PARTNERS!

Executive Committee

<p><u>President</u> Jeff White president@louisvillebicycleclub.org</p> <p><u>Secretary</u> Clint Phillips secretary@louisvillebicycleclub.org</p> <p><u>Treasurer</u> Phil Mattingly</p>	<p><u>VP - Advocacy</u> Scott Harrington advocacy@louisvillebicycleclub.org</p> <p><u>VP - Communications</u> Steven Jent communications@louisvillebicycleclub.org</p> <p><u>VP - Education</u> David Wittry education@louisvillebicycleclub.org</p> <p><u>VP - Information Technology</u> Erik Helton IT@louisvillebicycleclub.org</p> <p><u>VP - Racing</u> OPEN racing@louisvillebicycleclub.org</p> <p><u>VP - Touring</u> John Pellegrino touring@louisvillebicycleclub.org</p>
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Louisville Bicycle Club
Ride Schedule



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Ride Schedule

Support The Cabbage Patch Settlement House



LOUISVILLE BICYCLE CLUB HOLIDAY FUNDRAISING DRIVE
BENEFITTING THE CABBAGE PATCH SETTLEMENT HOUSE

The Cabbage Patch Settlement House

Goal: \$5,000.00 Collected: \$1,000.00

DONATE

20%

Upcoming Events

[LBC Santa Claus Giving Ride in support of the Cabbage Patch Settlement House](#)

Saturday, December 03, 2022 10:45 AM |

December, the holidays and Christmas is just around the corner and for many of us a time of joy and giving. For many others, especially families with children, December is like any other month struggling to provide the necessities like shelter, food and clothing. Many families just do not have the means to provide gifts for their children.

The Louisville Bicycle Club has a long history of making Louisville a healthier, happier and more bicycle friendly community. Now we find ourselves asking how can the club and individual members make a difference this year for children and families that are in need this Christmas. In 1910 a resident of Old Louisville founded the [Cabbage Patch Settlement House](#). It is a local non-profit that for over a hundred years has helped at risk children and families be more self sufficient. The help is offered in a variety of programs that impact the family's economic, educational, emotional, social and spiritual potential and well being. In addition to these programs every December CPSH has a "Christmas Partner Program" whereby individuals, private and public organizations can donate money. The dollars go toward the purchase of food, clothing and gifts.

The club is partnering with CPSH this year and we're asking members to consider joining us in making Christmas a little more jolly for a child or family in need. If the spirit of Christmas giving moves you to this great cause you can make a donation directly to the club. You can also write a check if that is your preference.

To get things rolling the club is starting the drive by making a donation of \$500.00. Thank you for considering making a difference this December for many families in our community.

To celebrate this season of giving please join us for a special ride hosted by [Middle of Town Cycling](#) on Dec 3rd where we will make our donation to the organization. Mike Crawford will be our ride captain and you can get all the details of the ride from the LBC calendar.

Jeff White, President, Louisville Bicycle Club

John Pellegrino, Vice President/Touring Michael Crawford, Ride Captain

From the desk of

the *President*

2022 Another Great Cycling Season

Our touring season wrapped up on October 31st. And what a season it has been. Our 59 Ride Captains put on 950 rides totaling 30,353 miles in 2022! 30 of these achieved Top Ride Captain status by captaining 10 or more rides. I always say the Ride Captains are really the backbone of the club and they sure produced this year! I hope everyone let's them know how much they are appreciated. This practice of ending the season at the end of October is an old and honored tradition that harkens back to the days when we hung up our bikes for the winter season and switched over to holidays, gorging on gigantic meals and going into hibernation for a few months. Looking at our calendar it doesn't seem like we do much hibernating these days. Sure, with shorter days our evening rides have slowed but we are still very active through the weekdays and weekend rides are very popular all year long. We have also moved indoors with LBCz. Check it out [here](#). A great big THANKS to all the hardy Ride Captains that continue to serve throughout the winter to keep the club going. Often the attendance is down a little as it gets cooler and this is a great opportunity for you if you've been thinking about taking up the challenge of becoming one of the elite Ride Captains in your club! Most of the current Ride Captains would be glad to let you shadow them so you could "try before you buy" Contact John Pellegrino, Your [VP/Touring](#) if you're ready or just thinking about taking that next step

I'm really excited about our Christmas partnership this year with The Cabbage Patch Settlement House. We've been wanting to put together some type of Christmas drive for some time and longtime Ride Captain Mike Crawford brought this opportunity to us.

From the desk of

the *President*

Check it out [here](#). Mike will also be leading a ride from [Middle of Town Cycling](#) on December 3rd. We'll present a check to CPSH, go for a ride and then return to finish up with some hot chocolate. Our goal is to raise \$5000.00 for at risk children this holiday season and the club has kicked off the event with a check for \$500.00. I hope you can join us in the giving and the ride on December 3rd.

Your executive committee is busy planning and prepping for our annual Polar Bear Ride and our Awards Banquet. Both will have new venues this year. Be on the lookout for information on these two great events!

We're also busy planning our 43rd Old Kentucky Home Tour. Bekki Livingston is returning as director of this wonderful event to be held for the 2nd time in Oldham County Kentucky with the help of [Yew Dell Gardens](#) and [Oldham County Tourism](#).

Dave Wittry is looking forward to another season as director of the [New Rider Clinic](#) for 2023. Empowering people to be comfortable riding their bikes on the roadways is one of my favorite things we do as a club. Last year we had 61 sign up for the 5 week courses with 35 graduating!

And we've already been meeting with the Kentucky Derby Festival planning the 2023 Tour de Lou. This is a great partnership producing an event that was enjoyed by over 1000 cyclists last year and helps some good local charities. We'll be kicking off the training rides in February and, as always will be counting on our members to help pull it all off. We've had super participation with this in the past and I'm confident you guys will answer the call again this year 2023!

So as you can see although we've pumped the brakes on 2022 we're gearing up for another great LBC season for 2023!

Let's Ride

Jeff





We announced after Covid that we were back. And back we were! The 2022 OKHT held in June was a great success. Yew Dell Botanical Gardens was a wonderful host and we hope you enjoyed the gardens and trails after your ride. Many of you said the 2023 OKHT was going to be a year to conquer those beautiful Oldham County hills. And you can on June 17th!

Next year there will be a few changes:

A healthy light breakfast of bagels and fruits along with a few other things

Lots of signage for overflow parking – so you don't get lost getting to the start of the ride!

Your registration will include breakfast, 3 great SAG stops and lunch.

We also have a great new jersey design for our 43rd OKHT along with a new t-shirt that will be available for purchase soon.

The ride will be held on a Saturday and we will have other events for you to complete this 3 day weekend. We have club rides to round out the weekend together with an exciting new tour that Oldham County Tourism is preparing for us. Enjoy Juneteenth with an Underground Railroad Tour! We have lots of information to share with you as plans get solidified. So stay tuned and we hope to see you and your friends on Saturday, June 17th for the 43rd OKHT.

Early registration is open! Save some money and sign up now before the price increases.

<https://www.louisvillebicycleclub.org/event-4856381>

(Volunteer registration will open in 2023.)

Bekki Livingston





SATURDAY, DECEMBER 17, 2022 AT 9 AM

LBCz versus Alpe Du Zwift

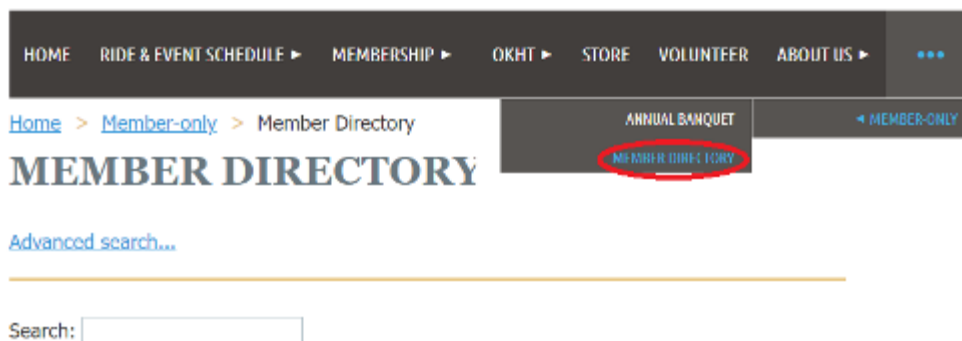
Online event

Zwift Event: <https://www.zwift.com/events/view/3268899>

Join LBCz on Saturday (December 17th) as we collectively take on the iconic 21 hairpin turns of Zwift's virtual alpe d'huez.

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



LEGAL EBIKE CLASSIFICATIONS

	Class 1	Class 2	Class 3
Pedal-Assist	✓	✓	✓
Throttle		✓	
Maximum Speed	20 mph	20 mph	28 mph

E-BIKE

IF NOT NOW...WHEN.

Most recently I purchased an eBike. I have always had a curiosity about them since they came on the scene several years ago. Those were the days of heavy and big. Not something I needed or even considered but interested to see how they developed...and develop they did. I have many bikes and I ride them all so I thought the time was right to add a new kid to my queue. A friend of mine is an eBike cyclist and he was able to introduce me to a line of bikes with ease and grace. He was so kind to make his bikes available to me so I could be hands on and learn what this experience was like and how it could fit into my cycling life. It was love from the get go. Not that I'd fallen out of love with my Lite Speed, my Bike Friday, or my Santana...but I saw there was a need that this eBike could definitely fulfill.

There are 3 classes of eBikes.

Class 1 - uses a battery and electric motor to provide assistance at up to 20 MPH when the rider is pedaling (pedal assist)

Class 2 - works the same as class 1 but in addition includes a throttle for help when desired without pedaling.

Class 3 - provides pedal assist up to 28 MPH. They are capable of higher speeds and may or may not have a throttle. These bike may have a more powerful motor that produce more torque.

My Class 1 eBike allows me to ride and keep a good conversation going with my friends who are faster and have the capability to ride further. I feel I am working just as hard with out feeling stressed or worn out during or after the ride.

I compare it to riding my tandem. My tandem captain is stronger and although I am working as hard as I can as a stoker, the strength of my captain allows me to ride harder and faster. My eBike does the same thing. I work hard but feel great when it's over.

I hear lots of back talk like "cheater" or you'll never see me on an eBike. Well...good luck with that. As you (we) age, maintaining our ability to experience the fun and freedom only riding can provide will be high on our priority list.

Now may be the time, before you need it, to add that eBike to your N+1 number of bikes in your garage.

If not now...when?

Nita Bernat

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**



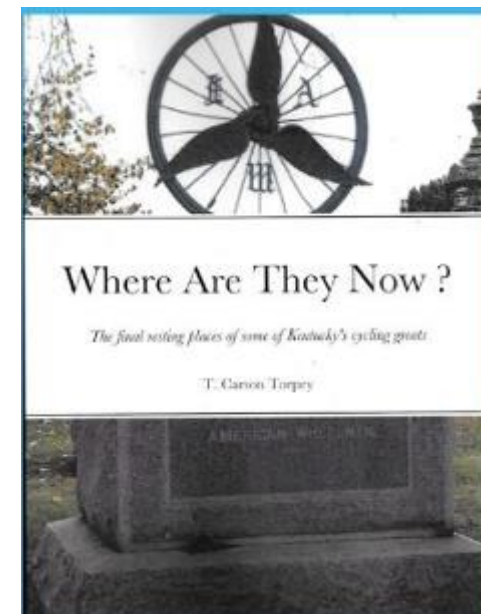
June 17, 2023

Carson Torpey's New Book is Out!

Our friend, longtime member and cycling historian has a new book out. The title is *Where Are They Now?* and is available for purchase. This book is about the final resting places of some of Kentucky's cycling greats. The book is available for \$20. It has 114 pages. Contact Carson at

carsontorpey@yahoo.com

if you want a copy.



The LBC Mammoth Cave Fall Tour 2022

The LBC Mammoth Cave Fall Tour 2022 was a great success. The turnout was great. Donuts, milk and espresso was served before the ride started. The Bowling Green Cycling club fellas came out to join us on this ride. It was great meeting them. The colors around the park were phenomenal this year and the weather couldn't get any better. We encountered many freshly paved roads this year! That is awesome. We did have one cyclist crash during the ride and he had to bail on the ride. Latest update that he is doing well. Thanks everyone for coming out. Hope to see you again next Fall!! Be safe out there and Ride on!!

https://www.youtube.com/watch?v=DPsOqQbkr_I



Videos by: John Fong



LBC Scary Scenic Goblin Ride

LBC Scary Scenic Goblin Ride 47 miles - Another great ride put on by Mr Crawford. The scenery was amazing and the weather was just perfect. This is my first time out in Elizabeth, IN but some of the roads were very familiar. Definitely on my list for next year!! Here is a short video on this beautiful route!

<https://www.youtube.com/watch?v=ro4FKmg4V5g>



Great Red River Gorge

The Great Red River Gorge ride and hike had 15 riders! Here are some pictures as we rode thru the historic Nada tunnel. We stopped at the Gaddie Visitor Center as well as Sky Bridge. We had lunch with fudge and then hiked up to the Natural Bridge! This is the 6th year that I have been coming here as an annual ride that folks look forward to each and every time!

Craig Dooley



Pictures from recent rides.
Courtesy of
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

[Click Here to Order](#)



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