



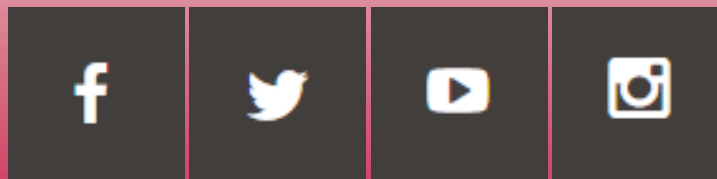
THANK YOU TO OUR LOUISVILLE BICYCLE CLUB PARTNERS!

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



Louisville Bicycle Club
Ride Schedule

Support The Cabbage Patch Settlement House



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



LBC had a big turnout on Saturday December 3rd at The Middle of Town Cycling in the Highlands to benefit the Cabbage Patch Settlement House.

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.

A check in the amount of \$2,750 was presented by club Treasurer Phil Mattingly along with President Jeff White and RC Mike Crawford to David Reilly of the Cabbage Patch Settlement House in support of the Christmas Partner Program.

There are a ton of people to thank for bringing this together First, LBC would like to thank everyone that donated for supporting the cause. The club pitched in \$500 to get the ball rolling. A big thank you goes to RC Michael Crawford for putting on a ride in support of the charity. Likewise, thank you to Nira Kinkhabwala at Middle of Town Cycling for generously letting us host the event there.

Have a wonderful Christmas season!!

Photos: John Fong

Article: Mike Crawford





LOUISVILLE BICYCLE CLUB
ANNUAL POLAR BEAR RIDE - JANUARY 1ST, 2023

Join us for the annual Polar Bear Ride on New Years Day!

The annual Louisville Bicycle Clubs Polar Bear Ride, chili cookoff, and general meeting is taking place again Sunday, January 1st, 2023. Click "Learn More" to see the times for the event.

When: Sunday, January 01, 2023
9:45 AM - 1:00 PM

Where: Goodwill Resource Center
909 E Broadway
Louisville, KY 40204

Register: [<-- Click Here -->](#)

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.

Pricing and Registration link coming soon!

The banquet will be held at:

Knights of Columbus

4417 River Road

Saturday, January 21, 2023.

- 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 2023
- 10:00 p.m. Adjournment



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>

Bekki Livingston



SATURDAY, DECEMBER 17, 2022 AT 9 AM

LBCz versus Alpe Du Zwift

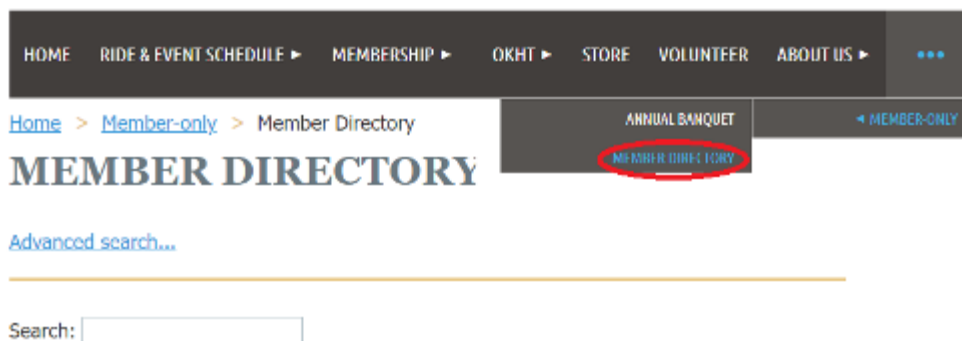
Online event

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

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**



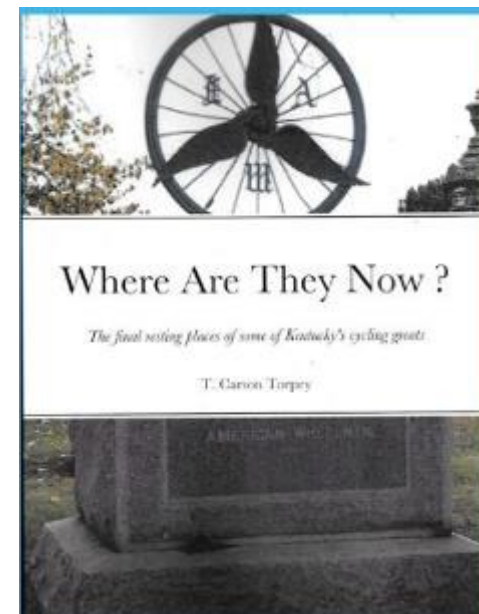
June 17, 2023

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.





Recent Rides

Photo Credits:
Dr. Larry Preble
John Fong





Lots of action online with **LBCz** in these cold months!





IN MEMORIAM

Dr. Welby I. Winstead, MD, Emeritus Professor of Otolaryngology, Head and Neck Surgery at the University of Louisville School of Medicine, passed away on Monday, Dec. 5, 2022, after a brief illness. He was 72. Dr. Winstead specialized in Rhinology and was a pioneer in skull base surgery for the University of Louisville. He was the first African American faculty member of the Department of Otolaryngology at U of L

and was among the first African American Academic Otolaryngologists in the country. He was the author of numerous academic papers. In a career that spanned more than thirty years, he was involved in training more than 200 Otolaryngologists who practice throughout the U.S. Dr. Winstead, a graduate of Northwestern University, received his medical degree from Johns Hopkins University, did his residency at the University of Chicago Hospital, and a fellowship in Facial Plastic and Reconstructive Surgery at the University of Pennsylvania Graduate Hospital. Dr. Winstead was an avid cyclist, sailor and outdoorsman; and loved biking around the Bluegrass as well as throughout the country and abroad. A native of Louisville, Dr. Winstead was the son of the late Cora Laine Willis and Calvin R. Winstead, who was CEO of G.C.

Williams Funeral Home. He is survived by one son, Dennis Winstead, his sister Rosalind Winstead; his former wife, Marie Bradby; and several cousins and close friends. A memorial service will be held in January. G.C. Williams Funeral Home Inc. was in charge of arrangements.



Original Article: <https://www.courier-journal.com/obituaries/lcj263485>



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