



From the Desk of the (Acting) President



A Fashion Statement

I went on a casual bike ride recently. Cyclists were starting to gather as I arrived at the designated starting point and by the time we were ready to leave there were roughly a hundred of us set to tackle this ride of 10 miles. There were 2 hills on the route. These would be the moderate approaches on the Big Four Bridge. One going across to Indiana and the other coming back to Kentucky. Otherwise it was a pretty flat course. The group was a real mix of riders with abilities ranging from beginner to very experienced. I would count myself in the very experienced group and I had pre ridden the route the day before to make sure there were no surprises for anyone else. So I knew what to expect and made some easy choices on which of my mighty steeds to pick and what I would wear to stay comfortable on the ride.

I chose the lovely red Momentum Cruiser with 7 speeds, upright handlebars and a kickstand. Then I selected a brightly colored T shirt and a pair of casual (some might say Old Man) shorts completing the ensemble with sneakers to fit the flat pedals and, of course my cycling helmet.

I saw a lot of my friends this morning and also spoke with many friends I had yet to make. One conversation in particular has stuck with me. A friend was quite taken aback and asked where my cycling shorts were this morning and I told her I was wearing them. She said "You can't wear those shorts cycling! Well you can, but." I just laughed this off. I have ridden many rides clad in lycra and know the benefits of a good padded pair of well fitting cycling specific shorts on a hard or long ride. I sometimes though eschew the uniform of the pro cyclist and just go for the Bermudas. I've been known to do this over the years every now and then on some of the relaxed pace rides the club will put on. It's kinda fun and it puts me in casual mode. I like it.

So why the heck do you care about my fashion choices and why am I taking up valuable space with all this dribble about my cargo pockets?



From the Desk of the (Acting) President (cont.)



As I said the commenter was just having some fun with me and I laughed it off. We both had a little chuckle at my expense and I was off having a great little ride on a beautiful day. It got me to thinking though. I've seen a lot of newbies show up for club rides that didn't really have the right equipment for the job. My hope is that we continue to welcome everyone of all abilities as we always have in our bike club.

I think we continue to welcome everyone of all abilities as we always have in our little bike club. I think it's good to remind ourselves every now and then that we didn't know everything when we got started cycling but learned along the way by the examples we observed and the kindness extended to us. It's good to watch out for someone that we think may not be ready for the ride we're about to go out for and gently let them know what they're getting into. Always remembering not to judge a book by its cover though, lest you embarrass yourself by getting your backside handed to you by that guy sporting the khaki work pants and carrying a backpack.

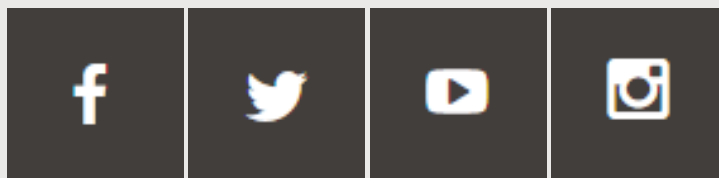
Whether you enjoy a spirited group of fast paced riders keeping you sharp, a century ride or brevet lasting for a few more than a few hours, a relaxed pace easy spin, an organized event ride, paved roads or not so paved let's continue to make the Louisville Bicycle Club a welcoming place for all to continue or get started on their cycling journey!

Let's Ride

Jeff



Louisville Bicycle Club Ride Schedule





2023 LBC Sponsors





Touring



Spring has sprung and summer is not far behind. Many of us have not ridden much during the cold days of winter and are anxiously awaiting the warmer weather and the opportunities to get out and ride. Before you hit the road riding, take time to inspect your bike and your gear. Check the tires, tubes, chain, cables, brake pads, pedals, clothing and helmet for excessive wear, needed lubrication or replacement.

When you do get out there for club rides, let us all ride safely and courteously. Here are some tips for safe and courteous riding:

- Do Not yell "Clear" at intersections. Cars can approach quickly and each cyclist needs to make their own decision.
- Use hand and voice signals – "Braking, right turn, left turn etc"
- Call out Hazards – "Car up, car back, car right, car left, debris, glass, holes etc"
- Ride in a straight line and be predictable.
- Warn others by calling out "On your left" when passing. Avoid passing on the right and use extreme caution if you have to.
- Never ride on the sidewalk. This is a city ordinance and is also extremely dangerous
- Stop for red lights and Stop signs.
- Make eye contact with drivers to insure that they see you, especially at intersections
- Riding two abreast is legal, but riding single file on busy roads is recommended.
Please do not take up the lane oblivious to the fact that you are holding up traffic.
- Take the lane on curves, blind hills and dips where driver vision is limited.
- Thank vehicle drivers that allow you to turn or cross in front of them.
- Wear bright colored clothes at all times - be visible.
- Use a front white and rear red blinking light - be visible.
- Beware of parked cars and watch for drivers opening doors.
- Avoid making obscene gestures or yelling at discourteous drivers.
- Be prepared to make emergency maneuvers when riding in a larger group or in traffic
- Be prepared for weather changes. The LBC Touring Guidelines suggest not riding in the rain.
- Know drafting Do's and Do Not's when riding in a pace line.
- Use extreme caution when riding alone.



Touring (cont.)

Following the simple tips above will make riding safer for everyone. Remember that you are considered a vehicle under Kentucky Transportation Laws and as such are subject to tickets and/or a fine for egregious violations of the law. The vast majority of drivers are courteous and give bikes their space. When you encounter one that is not, be as courteous as possible and ride on. Let's all ride safely, courteously and confidently as the warm weather riding season ramps up.

Ride Well, Ride Safe, Ride Strong in 2023.

Commandments of Bicycling

Always wear a properly fitted helmet

Always do the ABC Quick Check before leaving on a ride

Obey all traffic laws – you are considered a vehicle by law

Ride Safely and predictably

Use intersections correctly – Right side of the lane in your direction

Scan for traffic and signal lane changes and turns

Be prepared for minor mechanical emergencies

– carry tools and a spare tube and know how to use them

Control your bike and practice safe bike handling skills

Drink before you are thirsty and eat before you are hungry

Have fun!

Steven Sarson

Vice President – Touring

Louisville Bicycle Club

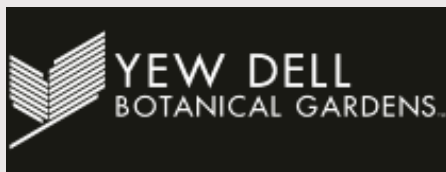
Touring



Spring is sprung and it's time to get in shape for our 43rd OKHT ride on Saturday, June 17th with distances of 20, 40, 50 and 62 miles. We will post GPS files as we draw closer to the ride.

Here are some interesting facts about our ride:

- We currently have riders from 10 states registered
- Packet pick-up will be on Friday after a club ride and also the morning of the ride.
- Pick-up Friday will be at [Hive & Barrel Meadery](#) – what's a Mead? Come and find out!
- Start and finish your ride at [Yew Dell Botanical Gardens](#) with breakfast and lunch included
- Tour the gardens, trails and gift shop after lunch
- [Circle Bar C](#) rest stop in LaGrange is a professional equine facility and operational horse ranch; Home of the Benton Jackson Arena; Horse shows, barrel racing, lessons, boarding; Over 100 acres of grazing pastureland
- [Acorn Lane Farm](#) rest stop in LaGrange; Family owned Boone Gardiner Landscape Company since 1899; Gardens and animals on premises; Honey available for purchase
- [Hermitage Farm](#) rest stop in Prospect home to the Kentucky Classic carriage driving competition; Barn 8 restaurant offering locally grown and sourced foods; Large state-of-the-art Greenhouse; Beautiful grounds, gift shop and produce shop
- [Chestnut Hall Racehorse Sanctuary](#) rest stop in Prospect; Home to retired thoroughbred racehorses; Beautiful grounds; Picture perfect entrance
- On Sunday, enjoy a tour of bourbon, horses, trains and lunch at **One Nineteen West Main** right on the tracks with Kim Hydes from **Oldham County Tourism**. Reservations required by May 10th at <https://touroldham.com/okht/>



WE STILL HAVE VOLUNTEER OPENINGS.

VOLUNTEER

(Pets are not allowed on any of these premises)

[REGISTRATION](#) and [Detailed Information](#)

NEED MORE INFORMATION OR HELP:

[Bekki Livingston](#)





NEW RIDER & BIKE HANDLING CLASSES

These classes are offered to the public at no charge (FREE!) thanks to our sponsors Baptist Health, Middle of Town Cycling, Mayor's Healthy Hometown, The League of American Bicyclists and Road ID. There are 3 clinics to choose from in various communities around Kentuckiana, each with 5 classes.

2023 New Rider Clinic Session 1: Goodwill Industries - Broadway

Location: Goodwill Industries, 909 E Broadway, Louisville, KY 40204

April 24th - Bike basics: bike/helmet fit; traffic laws; ABC Quick Check.

May 1st - Gearing/shifting; lane positioning; parking lot drills.

May 8th - Five layers of safety; riding in groups; parking lot drills.

May 15th - Tools & basic repairs; tire changing.

May 22nd - Nutrition/hydration/clothing; parking lot drills.
Evaluations & Presentation of Tech T-shirt.

REGISTER

** Classes begin at 6:00PM EST.*

Session 2: *St. Matthews Baptist Church
3515 Grandview Ave.
Wednesday nights 6-9
May 31, June 7, 14, 21, 28*

Session 3: *Baptist Healthcare Eastpoint
2400 Eastpoint Pkwy.
Sunday afternoons 2-5
July 9, 16, 23, 30 August 6*

Each class includes the following:

One hour of instruction by seasoned riders followed by practice on your bike.

An easy, 5 to 10 mile "practice" ride with traffic, signals, stop signs, lights, busy roads, park roads, and subdivision streets.

Class participants are split into smaller groups of similar ability with instructors in the front and rear of each group for the ride. Individual instruction/assistance is provided if needed.

Rest stops if and when needed – no one gets dropped or left behind.

Follow-up discussion and evaluation after the rides.

Take-home educational material provided to all participants.

Riders who complete all 5 classes of a New Rider Clinic will receive a free Louisville Bicycle Club tech t-shirt and a one-year membership in the Louisville Bicycle Club. You may attend as many times as spots are available, however the free tech t-shirt and membership are only given once. Riders will also receive tire levers from Middle of Town Cycling during week 4 of the new rider and bicycle handling class.

Education VP: David Wittry
Email: Education@LouisvilleBicycleClub.org

Thank You To Our New Rider & Bike Handling Class Partners





KENTUCKY DERBY FESTIVAL PNC TOUR DE LOU

[Register Now!](#) - Click [here](#) for the Louisville Bicycle Club discount code.

The Derby Festival's annual cycling experience – the PNC Tour de Lou – is a unique way to tour Louisville on two wheels and celebrates its 10th year on Sunday, April 16th, 2023.

Location for Event and Training Program:

Parking Lot at the corner of Witherspoon & Floyd Street.
320 East Witherspoon St
Louisville, KY US 40202

The event has moved to a Sunday and cyclists will once again have the opportunity to ride through the home of the Kentucky Derby. In addition, the Metric Century course encompasses two states – Kentucky and Indiana. As always, the Festival's annual bike event is for riders of all levels of experience, with separate distances and ride options:

- ◆ **62.1 Mile:** Metric Century / Advanced Ride (Open course) @**8:00 AM**
- ◆ **35-Mile:** Experienced Ride / Intermediate Ride (Open course) @**8:15 AM**
- ◆ **20-Mile:** Ride / New to cycling (Open course) @**8:30 AM**
- ◆ **Family Adventure Ride:** *Returns for the second year with a twist. Head to the Water front for a casual two-mile looped course featuring a scavenger hunt. The Family Adventure Ride is recommended for ages 14 and younger. (All children riders must be accompanied by an adult chaperone)* @**9:30 AM**
- ◆ **Virtual Ride 20, 35, and Metric Century Options** ([Find more info here!](#))

All participants in the 2023 PNC Tour de Lou will receive a ride shirt, swag bag, and an invitation to the post-ride party to celebrate.

* Click [here](#) for the Tour de Lou Routes





Kentucky Derby Festival Tour De Lou TRAINING PROGRAM

[Register for the Free Training Program](#)

It's time to condition for your cycling mission! The Kentucky Derby Festival and PNC are gearing up for the annual training program for the 2023 PNC Tour de Lou. Want to ride faster or go further on your bicycle? The Kentucky Derby Festival, PNC, and our official Medical Provider & Training Partner Norton Sports Health can help you reach your goals with this six-week training program or bicyclists at all experience levels.

Registration for the FREE PNC Tour de Lou Training Program is now open!

The six-week training program includes free group rides led by the experts of the Louisville Bicycle Club. Training tips, like hand signals and rules of the road, as well as nutritional information, will also be shared. Plus, the first 250 to register will receive a free training shirt.

The training rides will take place at Noon on Sundays starting February 26th and go through Sunday, April 2nd. All rides will meet in the lot at 301 E Witherspoon St and the Corner of Floyd St.

- The first ride will be 5 miles and begin with a Cycling 101 for all riders
- All participants need to bring their bike and helmet.
- Training rides increase by 5 miles each week.

The 2023 PNC Tour de Lou is set for Sunday, April 16th, and marks the tenth year for the event. The Kentucky Derby Festival looks forward to offering participants the opportunity to ride in-person or virtually through the 20, 35 or 62.1-mile ride and on a closed course through Waterfront Park during the Family Adventure Ride, offering a ride distance for all levels!

All rides will be led by experienced Ride Captains from our partner Louisville Bike Club

GET THE MOST UP-TO-DATE TRAINING RIDE INFO ON THE FACEBOOK EVENT PAGE.

Training Schedule: *All Rides start at Noon on Sunday*

- ~~**Week #1:** 5-Mile Training Ride
Sunday, February 26th~~
- ~~**Week #2:** 10-Mile Training Ride
Sunday, March 5th~~
- ~~**Week #3:** 15-Mile Training Ride
Sunday, March 12th~~
- ~~**Week #4:** Canceled due to
Weather~~
- **Week #5:** 20-Mile Training Ride
Sunday, March 26th
- **Week #6:** 25-Mile Training Ride
Sunday, April 2nd

PNC Tour de Lou Training Program

Register for the FREE PNC Tour de Lou Training Program & get ride ready

Sign Up

* More information is on the Website: <https://louisvillebicycleclub.org/tour-de-lou>



Monday Night recovery Rides are Back!



Monday recovery rides have returned starting from St. Mathew's Baptist Church. Thanks Captain [Barbara Jean Martin](#) for organizing the fun!





Tour de Lou Training Ride Video from Scott Harrington



Tour de Lou Training Ride Video from Scott Harrington

Yesterday I had the pleasure of participating in a century ride that holds a special place in my heart. It’s one of the earliest long-distance routes I created back in 2005 and it’s still one of the prettiest. A big thank you to [Dee Schreur](#) for serving as ride captain for this “Sink or Swim Century!” Dee did a wonderful job shepherding us all-- Despite a roadblock and debris from recent storms, our team of a dozen riders had a beautiful journey along the Kentucky, Ohio and Little Kentucky rivers. Great day! [#centuryride](#) [#louisvillebicycleclub](#)

—[Dr. Larry Preble](#)





MadDogs: Tour DuPont Century

Article and Photos: Larry Preble .

How Five Mad Dogs Conquered the Tour DuPont Century

If you are looking for a challenge, a thrill, and a chance to bond with fellow cyclists, look no further than any of the Tour de Mad Dog rides offered by the Louisville Bicycle Club—but yesterday's ride proved especially memorable. This ride is one out of a series of 20 rides that test your endurance and skills on various terrains and distances. The Tour DuPont Century Ride is one of the oldest rides in the series, dating back to the early 2,000s.

On March 19th, 2023, five brave riders (Steve Puckett, Larry Preble, Will Burke, Dan Barriere, and Chris Embry) took on this challenge and completed the ride in freezing conditions. We faced several obstacles along the way, but overcame them with grace and ingenuity. We also had a lot of fun and camaraderie.

The ride started at Charlestown Middle School in Indiana at 8:00 AM. The temperature was 22°F with a wind chill of 16°F. That did not deter these Mad Dogs from riding their bikes for more than 100 miles. We were prepared with layers of clothing, gloves, balaclavas, and hand warmers.

However, we soon discovered that our water bottles were not so well prepared. As Chris recounts in his Strava comment, "By mile 26, all of us had partially frozen water bottles. Will's bottle broke into pieces while unscrewing the frozen lid. Luckily, he had another bottle that was still usable."

"Later on the ride, Steve had a screw come loose on his cleat" (which was quickly fixed with an Allen wrench.) Several miles after that, Chris had the front end ("tongue") of his cleat shear off on an unexpected stretch of gravel road. Chris had originally wanted us to go on without him because he thought it would be a quick fix and that he could catch up in just a bit. But that was not the case.





MadDogs: Tour DuPont Century (Cont.) Article and Photos: Larry Preble .

As we waited for him at mile 75, we started to get worried. I decided to go back to see if Chris needed any help--Dan and Will decided to come along. After a couple of miles we came across Chris on his way back. He explained what had happened. This next is paraphrased from his Strava Blog:

Trying to remove one of the screws from his cleat had been futile as the hex socket stripped. Chris was able to MacGyver it out by fashioning a shim out of a piece of a beer can on the side of the road. He then used some duct tape to secure his shoe to his pedal.

We were all impressed by his resourcefulness and determination. We resumed our ride together as a group.

Late into the end of the ride at mile 95, Steve also got a flat tire. We stopped again to help him change it quickly.

Despite all these setbacks we made it back to Charlestown Middle School with smiles on our faces and stories to tell.

We had ridden more than 104 miles with all the backtracking, and we had added a new member to our Mad Dog family—Congratulations to Dan Barriere! This was his very first century ride—and he had chosen the coldest ride of the year to join us!

I also want to thank Steve Puckett who captained this stage of the tour. He did an excellent job organizing this ride and leading us through the beautiful countryside of Indiana.

Every other shorter outdoor ride that the Louisville Bicycle Club had put on the schedule had been cancelled due to the cold weather—but not this one!

This was truly an epic adventure that we will long remember!

—[Dr. Larry Preble](#)



Tour DuPont Century, Litespeed

Distance	Elev Gain	Time	Achievements
104.30 mi	4,547 ft	7h 29m	3





2023 Tour De Mad Dog Schedule

DATE	ROUTE	RIDE CAPTAIN
Saturday, January 21, 2023	SMBC Moderate-Century aka "Blame it on Phil"	Clinton-Phillips
Saturday, January 28, 2023	Hibernia-100	Thomas-Nance
Saturday, February 11, 2023	Honest Abe	Phil-Mattingly
Saturday, February 25, 2023	Puddle's Maple Syrup-Century	Thomas-Nance
Saturday, March 4, 2023	Sink or Swim	Dee-Schreur
Sunday, March 19, 2023	Four-De-DuPont-Century-Pt. Deux	Steve-Puckett
Saturday, April 22, 2023	Surburbane	John Pellegrino
Saturday, April 29, 2023	Crawdaddy's Atypical (Beaucoup Facile) Tour de Kentuckiana	Michael Crawford
Sunday, May 7, 2023	Story	Melissa Hall
Saturday, May 20, 2023	The Harrison	Bob Grable
Saturday, June 3, 2023	Muscatatucky Century	Michael Kamenish
Saturday, June 10, 2023	Crestwood Killer	Fritz Kopatz
Saturday, July 8, 2023	Adjective Ride	Sam Bland
Saturday, July 15, 2023	A Good Second Century	Andy Murphy
Saturday, August 5, 2023	Wises Landing Century	Larry Preble
Saturday, August 19, 2023	Two Bridges Century	Larry Preble
Saturday, September 16, 2023	BMB	Tom Askew
Saturday, September 23, 2023	Twice Boston Century	John Fong
Saturday, October 7, 2023	Wheels of Screams	Thomas Nance
Saturday, October 14, 2023	Medora Goes Pink	Melissa Hall

◆ For current Tour De Mad Dog News and schedules visit =>

<https://louisvillebicycleclub.org/tmd-schedule>

2023 Tour De Mad Dog Sponsors





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?



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!!



Join the LBC's Club Bike to Beat Cancer Team

2023 Bike to Beat Cancer is Saturday, Sept. 9th.



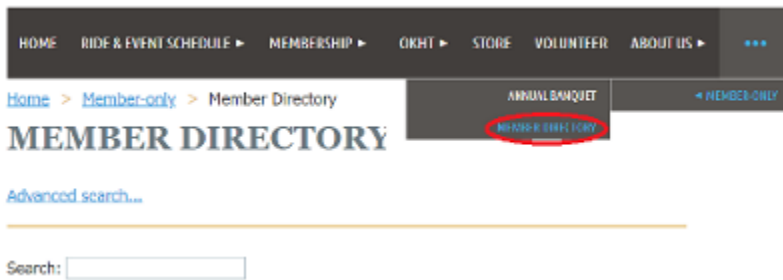
[Join Today](#)

!!! 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



VeloInk Custom Bike Decals

Custom Name Decals with LBC Logo for your Bicycle or Helmet

[Click here to order](#)





Join our fast growing LBC Facebook Group:

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

Louisville Bicycle Club Cycling Group

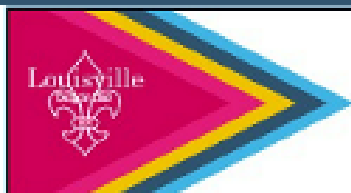


Mark your calendars!
Louisville Bicycle Club's
43rd Annual

June 17, 2023

Registration is OPEN!

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



20% Off Road ID

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





Club Information:

The Louisville Bicycle Club (formerly Louisville Wheelmen) is a cycling club in Louisville, Kentucky, USA, and serves the greater Louisville metropolitan area, including Southern Indiana. We are dedicated to promoting the sport of bicycling and advocating for the rights of all cyclists. Since its founding in 1897, the Louisville Bicycle Club has been one of the most active and progressive clubs in the Midwest.

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P.O. Box 35541
Louisville, KY 40232-5541

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communications@louisvillebicycleclub.org

Website:

www.louisvillebicycleclub.org

Annual Membership Dues:

Individual: \$20.00
Family (+ dep. Children): \$30.00

Louisville Bicycle Club Newsletter

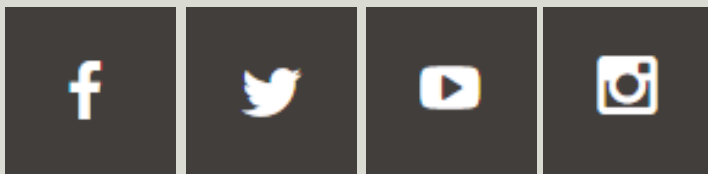
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