



Erik Helton awarded Heartland Volunteer of the Year



This past April 21st during the Kentucky Derby Festival’s “They’re Off! Luncheon” your LBC Vice President of Information Technology was honored with the prestigious “Heartland Volunteer of the Year” Award.

Posted via the Kentucky Derby Festival’s Facebook Page:

We couldn’t put on our Festival without volunteers like Erik Helton, this year’s Heartland Volunteer of the Year!

For over a decade, Helton's positive energy and enthusiasm have made him an invaluable volunteer with [#KYDerbyFestival](#). He has played an active role in the PNC Tour de Lou and the GE Appliances [#DerbyFestivalmini](#) and [#DerbyFestivalMarathon](#) Bike Team. His volunteerism extends beyond cycling as he can also be found selling Pegasus Pins at [#ThunderOverLouisville](#) and Kroger's Fest-a-Ville on the Waterfront Park.

Thank you, Erik for all you do!

Learn how you can become a volunteer: <https://bit.ly/2GAYlq>

Please join all of us at LBC in congratulating Erik on a job well done, for being so dedicated and selfless in his pursuit of enriching not only our club but the city of Louisville.

Congratulations Erik!





2023 LBC Sponsors





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 6, 23, 30 August 6 & 13*

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

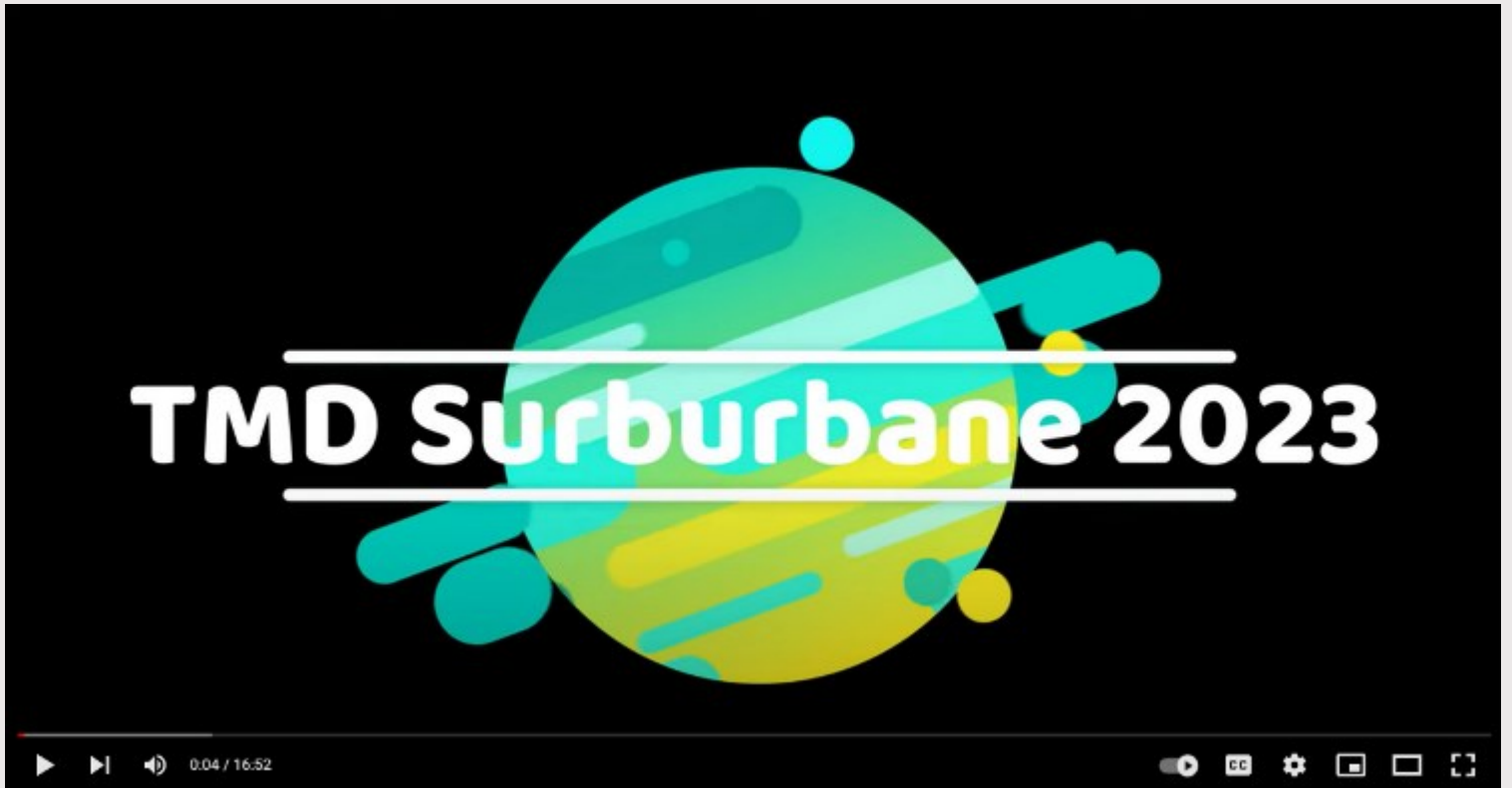




MOTC—Rolling into the Weekend Ride Video from Scott Harrington .



TMD—Suburbane Century 04/22/23 Ride Video from John Fong .





PNC Tour de Lou 2023 Pictures (Scott Harrington) and Video (John Fong) .



The Kentucky Derby Festival once again partnered with the Louisville Bicycle Club to produce the PNC Tour de Lou on Sunday, April 16, 2023. Several Courses ranging from Virtual (20, 35, and Metric) to Road (3 mile family, 20, 35, and Metric 62.1 miles) were on offer. Road riders were treated to scenic routes thru may local landmarks such as: Waterfront Park, Churchill Downs, the Big Four Bridge as well as scenic neighborhoods in Old Louisville and Southern Indiana. Even though some rides were shortened due to blustery winds many enjoyed their time touring downtown Louisville and our neighboring areas.





A very HUGE and Special THANK YOU to all of our LBC Volunteers!!!!!!!

You make IT Happen!





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 Bike to Beat Cancer Team

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



[Join Today](#)

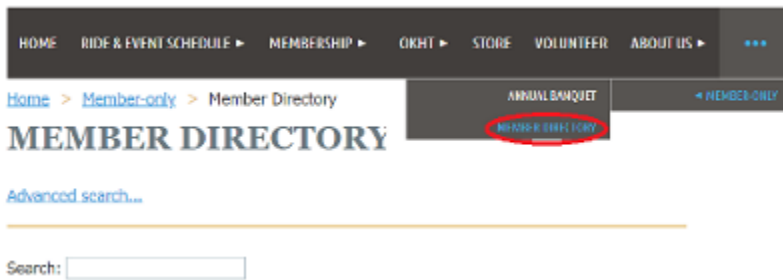
!!! Contributors Needed !!!

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

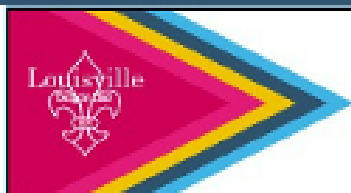


Mark your calendars!
Louisville Bicycle Club's
43rd Annual

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.

Address:

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

Contact:

communications@louisvillebicycleclub.org

Website:

www.louisvillebicycleclub.org

Annual Membership Dues:

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

Louisville Bicycle Club Newsletter

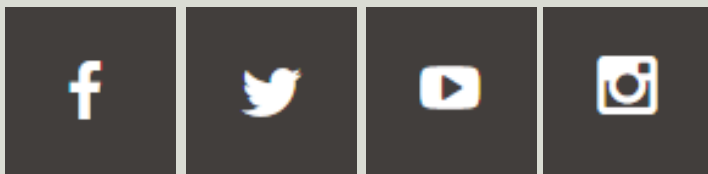
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Editor: Steven Jent

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* The Louisville Bicycle Club reserves the right to edit all submitted articles.



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