



From the Desk of the (Acting) President

Pedal to the Metal

Wow! We've been a busy bunch of bikers already this spring and now summertime is upon us! Ready or not! Seems like only last week but waaay back in February we started our community service assisting the Kentucky Derby Festival by implementing our popular Tour de Lou training series of rides. Our members assisted in putting on 5 rides and helping people get prepared to complete their Tour de Lou ride and have fun doing it. This series makes such a difference to so many that aren't out there with us riding all the time. We start week 1 with a very short and easy ride and add a little bit of mileage each week all the while acting as mentors helping cyclists to gain both confidence and fitness to reach their goals. Our members once again rose to the challenge in 2023 showing up for these rides in large numbers to volunteer. Meanwhile the club was working behind the scenes assisting with the Tour de Lou production. We have a great partnership with KDF. It takes a fair amount of effort on our part but the payoff comes when the ride goes off without a hitch. The weather didn't exactly cooperate this year but there was still a great turnout. As usual we supplied a large group of Ride Marshals to assist out on the course. And assist they did! Our crew assisted with light repairs, flats etc. and called in the Scheller's Fitness & Cycling guys when necessary. We also do a great job of being ambassadors for our hometown and participants are so appreciative of the support our volunteer Ride Marshals give.





From the Desk of the (Acting) President



We also participated in the Mayors Hike, Bike and Paddle again serving as Ride Marshals for this popular event put on by Metro Government. The route was a little different this year, going out to Iroquois Park from the Waterfront and back but the experience seemed about the same. The weather showed up in a big way for us and there seemed to be more participants than ever with many families and friends enjoying the day together.

We have already completed one session of our New Rider Clinic and well into our second 5 week course for those wanting to learn all the ins and outs of riding on our roads safely. Many of you started out as a participant of this program. It's one we're particularly proud of. We follow a course approved by the League of American Bicyclists and have the support of the City of Louisville. Our instructor is League certified and does an excellent job of preparing "newbies" to hit the road with skills and confidence.

Our ride calendar is busting at the seams. There are multiple rides available every day of the week. Our morning, evening and weekend offerings are robust with choices. If you haven't been out with us for a ride all I can say is it isn't our fault. That said if for some reason you're not finding just what you want in a ride, remember that any member can become one of our elite Ride Captains and then you can tailor just the type of experience you're looking for. If you're interested in becoming a Ride Captain just contact Steve Sarson by email at touring@louisvillebicycleclub.org and he will work with you on becoming one of the best.



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



June has arrived and our annual signature event, the Old Kentucky Home Tour is just around the corner on the 17th! Our Tour Director Bekki Livingston has put all the pieces together. She has 4 great routes to choose from, 4 beautiful farms for us to stop at for refreshment, breakfast and lunch at Yew Dell Gardens and an army of volunteers to make sure you have a wonderful day! Speaking of Yew Dell Gardens. Our participants are welcome to enjoy the grounds of this fantastic botanical garden after the ride! The only thing missing now is you! I invite you to join me and support your little bicycle club and all the great things we're doing by going to okht.org and signing up to enjoy the event. I hope to see you there!



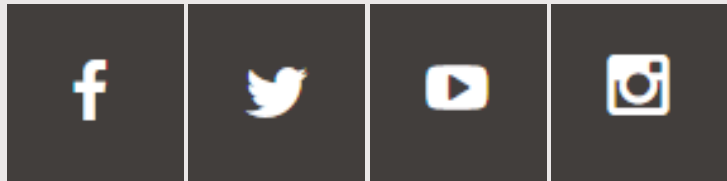
Let's Ride
Jeff



From the desk of
the *President*



Louisville Bicycle Club Ride Schedule





2023 LBC Sponsors





June 17th, 2023

Yew Dell Botanical Gardens

20, 40, 50 and 62 routes

Opens at 6:45am with a light breakfast and ends with lunch

Have you registered? What about volunteering? As I write this, we are 10 days from June 17th

We have lightweight bags and tire levers for registered riders, while supplies last, compliments of Middleoftown Cycling. <https://www.middleoftowncycling.com>



Your wristband is numbered to correspond to your emergency information and route. The **20 mile route is blue**, **orange is 40 miler**, **green is 50 miler** and **yellow is 62 miler**. Route signs will have these colors on them, guiding you along the way.

Cue sheets will also be available. Details and reminders on parking will be sent to all riders and volunteers in the next week.



A new road has opened in LaGrange that we will be using to stay off a busier road. We are revising and reviewing the routes prior to publishing the GPS links. Stay tuned – we will send this information out soon.

New this year: We will be parking at Southeast Christian Church's (SEC) parking lot. You will see **Sternberg's** (www.sternbergtruckrental.com)

'Big Red'



with **Red Cross of Oldham County** banners on it.

Please remember to bring non-perishable food to drop off at this parking location.

Red Cross provides a monthly food bank for Seniors and also to Families in the community. Let's overwhelm them with our generosity.

AND LAST BUT NOT LEAST, WE ASK CLUB MEMBERS TO BAKE COOKIES FOR THE WORLD FAMOUS COOKIE STOP. PLEASE LET BARBARA MARTIN KNOW IF YOU CAN BAKE A DOZEN OR MORE. RIDE CAPTAINS CAN GET THEM TO WHERE THEY ARE GOING IF YOU BRING THEM TO A RIDE. WE WOULD WANT TO GATHER THEM THE WEEK OF JUNE 12TH. Barb 502-five94-one841 Barb will also put a cooler on her front steps for drop off. Contact Barb for her address.

Thank you for your continued support of our club and our annual ride.

**Bekki Livingston
2023 OKHT Director**



May Touring Awards

Touring

May was a busy month and was filled with many opportunities for LBC members to ride in all types and levels of rides. Jeff White has done a great job recapping the events in his newsletter article. Hope most of you were there for at least two or three of the rides,



One of the things that I enjoy doing as VP Touring is the awarding of jerseys to members who have reached Lifetime Mileage levels or become new Ride Captains. During May, we had two members join the 25,000 Lifetime Miles Club and two new Ride Captains complete their initial five rides and earn a Ride Captain jersey.

On Friday May 5th before the Ride For The Lillys, Bob Knaster was awarded his 25,000 Lifetime Miles jersey. Congratulations Bob! During the Douglass Urban 35 to Iroquois ride on Monday May 8th, Mark Alford also reached 25,000 lifetime miles. He was awarded his jersey during the announcements at the beginning of the ride as those miles would put him over the top. Congratulations Mark!

The jersey awards continued on Friday May 19. Sam Bland earned his Ride Captain jersey. He is one of our two new Ride Captains and completed his five training rides under the watchful eyes of Scott Harrington. Congratulations Sam. Special thanks to Scott Harrington for his mentoring and guidance of Sam during his training.

Our newest Ride Captain is Dee Schreur. She completed her initial five rides, including a Tour de Mad Dog stage, in mid-May. Congratulations Dee on your accomplishment. Dee says she relied on Mike Crawford and Amelia Dauer during her quest to become a Ride Captain as she liked their leadership style on rides. Dee will officially receive her jersey in early June.

Congratulations to these four club members for their awards. I look forward to riding with them in the future.



Ride On!

Steven Sarson

VP Touring





Thank you LBC!



The Mayor's office sent LBC an email thanking us for our participation in yesterday's Hike, Bike, & Paddle. The email included the pic below of LBC members with Mayor Craig Greenberg at the May 9, 2023 press conference.



Thanks to everyone for a fun ride!

Team Wil Power

Team Wil Power is off to a great start! There is about a month left until the ride!

Not a member of our Louisville Bicycle Club BikeMS team? There is still time to join. [Click the image for more!](#)



Remember: new team members who are LBC members will get \$100 when they raise \$200.



LBC New Rider Clinic

Congratulations to the NRC Class of '23!

Hope to see you on Club rides!

REGISTER



The first session finished and 19 students completed the class successfully. The second class has started at St. Matthews Baptist Church.

Scott Harrington resigns as VP of Advocacy



After struggling with the decision, which he says “was not easy”; Scott Harrington has decided to step down as the LBC VP of Advocacy. He still plans on being a very active member as well as our point of contact for the local government. Scott has been a tremendous asset to the Executive Committee and brings boundless enthusiasm to everything he touches. His talent and contributions to the board will be missed. **Any club member that is interested in serving on the Executive Committee in the open roles of VP of Racing or VP of Advocacy — please reach out to any member of the board. Your volunteerism and dedication make this club what it is.*



Up and Coming Events!



10

SATURDAY AT 9 AM

June Group Training Ride

Big Four Station Park

Event by Bike to Beat Cancer

Big Four Station Park

Join us for our June training ride from [Big Four Station Park](#) on the Jeffersonville side! We will meet at the bottom of the ramp on Pearl Street.

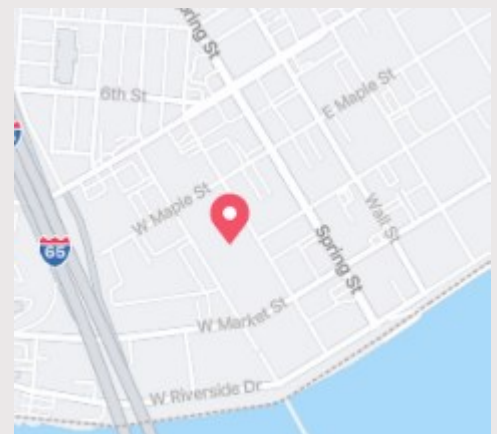
There will be 2 options to ride: a 15 mile out & back on The Greenway path along the Ohio River OR a 20 mile ride to Utica & back.

The Utica ride will have a SAG vehicle for any issues, but this ride is otherwise FULLY SELF-SUPPORTED.

Pack your snacks, water and a flat kit!

Download the route or cue sheet for the Utica ride here:

<https://ridewithgps.com/routes/39703977>



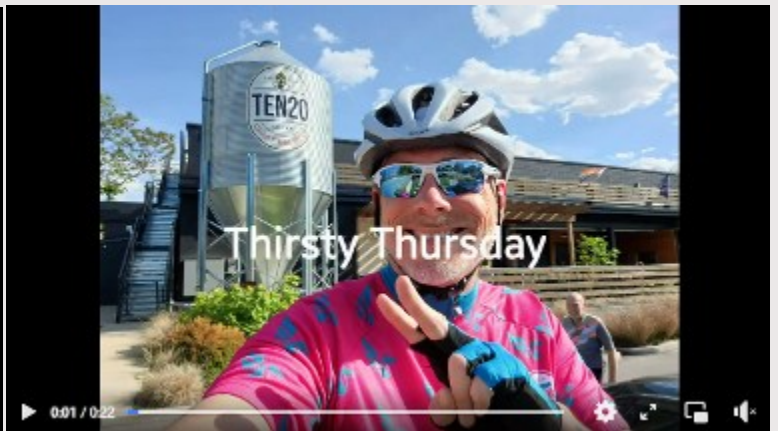


Pictures and Videos from recent rides!





Pictures and Videos from recent rides and events!





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





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 2: St. Matthews Baptist Church

Location: 3515 Grandview Ave, Louisville, KY 40207

- May 31st** Bike basics - bike/helmet fit; traffic laws; ABC Quick Check.
- June 7th** Gearing/shifting; lane positioning; parking lot drills.
- June 14th** Five layers of safety; riding in groups; parking lot drills.
- June 21st** Tools & basic repairs; tire changing.
- June 28th** Nutrition/hydration/clothing; parking lot drills. Evaluations & Presentation of Tech T-shirt.

REGISTER

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

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





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.



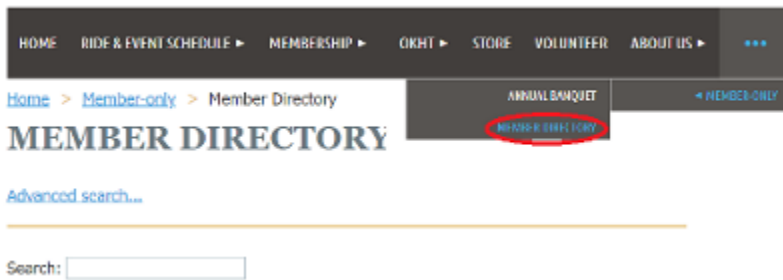
!!! Contributors Needed !!!

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

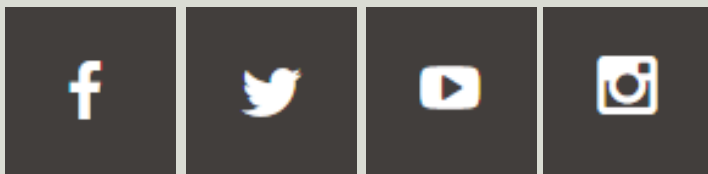
Volume; 2023 / Issue: 5 / May

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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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