



## It is PICNIC TIME!

The Louisville Bicycle Club Picnic and General Membership Meeting will be held on 9/10/2023 - Sunday. The event will be a Pot Luck with Fried Chicken and water supplied by the club. We will also have two club rides from the parking lot starting at 9AM. -Be advised the terrain here is hilly. Bring your climbing legs and your favorite dish and spend the Sunday with your friends at LBC in beautiful Broad Run Park!

Date: 9/10/2023 - Sunday  
Rides Start: 9:00 AM  
Picnic Start: 11:00 AM  
Site: OGLE FOUNDATION WOODLAND PAVILION VENUE  
@Broad Run Park  
Address: 10702 Broad Run Parkway

### Agenda:

9:00 AM Ride 1 departs (hard)  
9:15 AM Ride 2 departs (medium)  
10:30 AM Swap Meet Table Open  
11:30 AM Lunch Served  
12:00 PM LBC General Meeting  
2:00 PM Events Conclude

RSVP:

REGISTER

Ride #1: : <https://ridewithgps.com/routes/43445856>  
RC: Dr. Larry Preble

Ride #2: : <https://ridewithgps.com/routes/43453682>  
RC: Scott Harrington

\* There will be a Swap meet table as well if you wish to bring any merchandise to trade or sale.

For additional information please contact:  
Steven Jent - [Communications@louisvillebicycleclub.org](mailto:Communications@louisvillebicycleclub.org)

Interested in Volunteering?  
See Here: <https://louisvillebicycleclub.org/event-5374398>





2023 New Rider Clinic Session 3: Baptist Health Eastpoint

Sunday, July 16, 2023 2:00 PM

Baptist Health Eastpoint - 2400 Eastpoint Pkwy, Louisville, KY 40223

Bike to Beat Cancer Training Ride: 30-mile 4C - Polly's Freeze Ride

Saturday, August 12, 2023 9:45 AM

Big Four Station, Big Four Pedestrian Bridge, Jeffersonville, IN 47130,

2023 Bike To Beat Cancer - LBC Team (Charity Event - Fundraising Required)

Saturday, September 09, 2023 7:30 AM

Norton Cancer Institute - Brownsboro - 4955 Norton Healthcare Blvd, Louisville, KY 40241

2023 LBC Picnic Volunteer Registration

Saturday, September 09, 2023 5:00 PM

OGLE FOUNDATION WOODLAND PAVILION VENUE @Broad Run Park—10702 Broad Run Parkway 40291

LBC Annual Picnic

Sunday, September 10, 2023 9:00 AM

10702 Broad Run Parkway 40291

Harvest Homecoming Bicycle Tour (Paid Event): 28, 40, and 66-miles

Saturday, September 30, 2023 8:30 AM

Lanesville Heritage Park - 2800 Memory Ln NE, Lanesville, IN 47136,



**DONATE BLOOD. HELP SAVE LIVES.**

## American Red Cross

*Give blood.* Help save lives.



### **Blood Drive** **American Red Cross** **- KY. Region**

Main Room  
1215 N. Hwy.393  
La Grange, KY 40031

**Friday, August 25, 2023**  
**11:30 a.m. to 4:30 p.m.**

HOSTED BY ROEDERER CORRECTIONAL COMPLEX

To schedule an appointment, please log on to [RedCrossBlood.org](http://RedCrossBlood.org) and enter sponsor code: ARCBuckner or call 1-800-RED CROSS.

### **Blood Drive** **American Red Cross** **- KY. Region**

Main Room  
1215 N. Hwy. 393  
La Grange, KY 40031

**Wednesday, October 11, 2023**  
**12:00 p.m. to 5:00 p.m.**

To schedule an appointment, please log on to [RedCrossBlood.org](http://RedCrossBlood.org) and enter sponsor code: RCCGIVES or call 1-800-RED CROSS.



Download the Blood Donor App today. Get your digital donor card, schedule your next appointment, track your lifetime donations, view your blood pressure, and follow your donation on its way to a hospital.



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www.hikebikeandpaddle.org




www.worldfestlouisville.com

# ▶▶ PRESS CONFERENCE ◀◀

 August 16th

 11 a.m.

 The Belvedere  
5th & Main Streets -  
near the fountains

Mayor Greenberg  
will announce  
plans for the  
Labor Day  
weekend 2023  
WorldFest AND  
Hike, Bike &  
Paddle!

More Information :

[www.worldfestlouisville.com](http://www.worldfestlouisville.com)

[www.hikebikeandpaddle.org](http://www.hikebikeandpaddle.org)

RSVP by 8/14/23  
[monica.sheckles@louisvilleky.gov](mailto:monica.sheckles@louisvilleky.gov)



## 2023 LBC Sponsors





## 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](#)

**Team Wil Power** Powered by LBC would like to thank all the members who supported us on our BIKE MS Bluegrass Bourbon Ride at Heaven Hill in June. The Louisville Bicycle Club made a donation from Tour de Lou that made it possible for us to supplement fund raising for new team members. Many of you donated to individual team members. Many of you bought chances on the Raffle of a bike generously donated by Bob Peters of Clarksville Schwinn.

We had a great ride through the beautiful Bardstown area, followed by shopping in the gift shop, Rickhouse Tours and a catered dinner with delicious drinks.

We would love to have you join us next year.

And it is not too late to donate for the 2023 ride. <https://events.nationalmssociety.org/index.cfm>

MaryAnn & Richard Heckler—Team Captains





# Thursdays ARE Thirsty!



Thirsty Thursday - 25 miles 3C

Meets and leaves from Ten20 at 1020 E Washington St, Louisville, KY 40206

Ride with GPS Route: <https://ridewithgps.com/routes/42475799>

Ride Captain: Erik Helton





# A Good Second Century

**07.15.23**



TMD Good Second Century 07 15 23

John Fong



## TMD Adjective Century 07.08.23



TMD Adjective 07 08 23

John Fong



## 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
<b>Saturday, August 5, 2023</b>	<b>Wises Landing Century</b>	<b>Larry Preble</b>
<b>Saturday, August 19, 2023</b>	<b>Two Bridges Century</b>	<b>Larry Preble</b>
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 3: Baptist Healthcare Eastpoint

Location: 2400 Eastpoint Pkwy, Louisville, KY 40223

- ~~July 16th~~ Bike basics - bike/helmet fit; traffic laws; ABC Quick Check.
- ~~July 23rd~~ Gearing/shifting; lane positioning; parking lot drills.
- ~~July 30th~~ Five layers of safety; riding in groups; parking lot drills.
- August 6th** Tools & basic repairs; tire changing.
- August 13th** Nutrition/hydration/clothing; parking lot drills. Evaluations & Presentation of Tech T-shirt.

**REGISTER**

\* *Classes begin at 2:00PM EST.*

### 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](http://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.



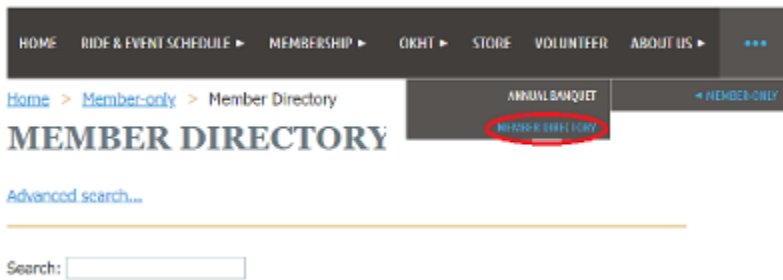
## !!! Contributors Needed !!!

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](mailto:communications@louisvillebicycleclub.org)



Louisville's bike share program is up and running! Read about it at [louvelo.com](http://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

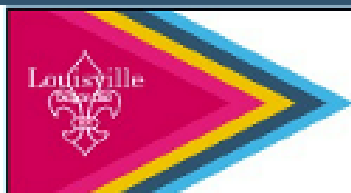


Louisville Bicycle Club's  
44th Annual

**Information**

**Coming**

**Soon!**



# 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](mailto:communications@louisvillebicycleclub.org)

## Website:

[www.louisvillebicycleclub.org](http://www.louisvillebicycleclub.org)

## Annual Membership Dues:

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

## Louisville Bicycle Club Newsletter

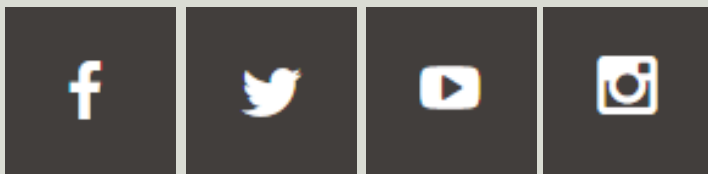
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Editor: Steven Jent

\* All photos used with permission

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



## Executive Committee

President

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Secretary

**Clinton Phillips**

[secretary@louisvillebicycleclub.org](mailto:secretary@louisvillebicycleclub.org)

Treasurer

**Phil Mattingly**

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Open

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