



On **Sunday, September 10, 2023**, LBC had its annual picnic rides followed by a potluck luncheon at Broad Run Park in the Parklands of Floyd's Fork. The Event was organized by VP of Communications: Steven Jent

It was a great day for cycling and for socializing with perfect weather, and we had a great turnout! There were two rides offered over very steep terrain and were captained by Dr. Larry Preble and Scott Harington.

The potluck also had a great turnout, with a variety of dishes and desserts provided by from the over 100 attending members. The LBC provided chicken from Kroger's as well as water and soft drinks.

It was great to see some LBC members we hadn't seen for a while, and to welcome some new faces as well. Everyone had a great time even with the lack of restroom facilities due to a near by water main break.

After the potluck, we had a General Membership Meeting presided over by acting president Jeff White and your LBC Executive Committee where we discussed some important issues and updates regarding the club. We also recognized some of our outstanding volunteers and ride leaders who have contributed to the success of LBC. We appreciate their dedication for promoting cycling in Louisville.

Here are some photos of the potluck. Thanks to those who participated in this event! What a great day!

—Article: Dr. Larry Preble / Steven Jent
—Photos: Dr. Larry Preble / Scott Harington.







Louisville Bicycle Club

NEWSLETTER

...September 2023...







2023 LBC Sponsors





4th Annual
Louisville Bicycle Club
Mammoth Cave Fall Tour
66 Miles

SAT, OCT 21 AT 9:45 AM

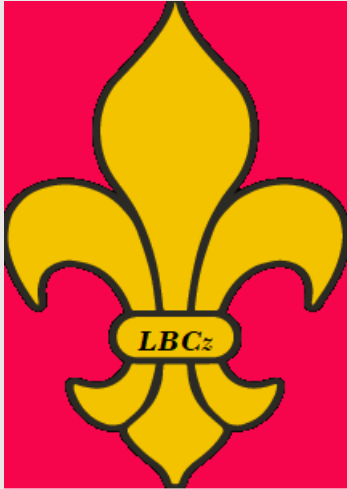
4th Annual LBC Mammoth Cave Fall Tour - 66 Miles



10th Annual
Louisville Bicycle Club
Red River Gorge
Bike and Hike
37 Miles

WED, OCT 25 AT 10 AM

Red River Gorge Bike and Hike 37 miles #4B



Coming Soon - LBCz is back!

Search for the club - **LBCz** in the Zwift Companion app and join today!

See the LBC Ride calendar for up coming rides and events

To participate you must have a Zwift account

As the weather turns cold, come join the online fun

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

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

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



YES, We are still looking for our next President!



Scan to be directed to
RedCross.org



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.



Scan to schedule
an appointment.



2024 Tour de Lou

Registration for the 2024 Tour de Lou is open! LBC members get a 25% discount

The 2024 Tour de Lou will take place on Sunday April 14th, 2024. The Tour de Lou will once again go through historic Churchill Downs, the home of the Kentucky Derby. The 35 and metric century will go through all of the Olmsted Parks. This year Louisville Bicycle Club members get 25% off their registration. Click the link below to get the discount code for LBC members only.



Discount: <https://louisvillebicycleclub.org/club-discounts>



Juneteenth 2024

Save the Date: June 15th, 2024

Raise your water bottle to the newly designed Juneteenth Solidarity Ride logo!!!

WHY? The 5th Annual Juneteenth Solidarity needed a fresh look.

WHAT'S NEW? Notable buildings from our city skyline were added, new font, traditional Juneteenth flag colors, bike wheel, crank was kept because it is cool, and homage was made to Texas with the lone star.

- Kenya Turner

Even Details: 5th Annual—Juneteenth Solidarity Ride

- WHEN:** Saturday, June 15, 2024. On-site registration at 8am.
On-line registration closes on Friday at 5pm EST. Wheels down at 9am.
- WHERE:** Shawnee Park. Meet at restrooms across from football field.

Join us for the 5th Annual Juneteenth Solidarity Ride. This FREE bike ride commemorates Juneteenth, now observed as a federal holiday. This is an inclusive, family friendly, casual, no-drop ride. Helmets required. Traffic laws will be followed. Snacks and water provided.

RIDE OVERVIEW:

- Routes: [13 MILE ROUTE](#)
[24 MILE ROUTE](#)
[50 MILE ROUTE](#)

REGISTER

SPONSORSHIP Information: Email: info@iamsweetonyou.com / Call: 502-888-1920

HISTORY OF JUNETEENTH: Although the Emancipation Proclamation was signed January 1, 1863, it would be 2.5 years later that Texas the most remote of the union states would receive the news. It would be on June 19, 1865, that enslaved African Americans in Galveston Houston, TX received news that they were free. Juneteenth became a federal holiday in 2020.



Recent Ride Pictures and Videos

TMD Twice Boston Century 09.21.23

Video: John Fong



YOUTUBE.COM

TMD Twice Boston Century 09.21.23

Photos: Dr. Larry Preble





Recent Ride Pictures and Videos

Weekly Monday ride out of Douglas Community Center.



Most weeks, LBC schedules a 35-mile Monday ride that starts and ends at the Douglass Community Center. The ride is moderate, with some hills and curves, and it passes by four of the Olmsted parks that make Louisville a green city. Iroquois Park is the most rugged and hilly of the parks, but the climbs are at least shady as you pedal through old growth forest. The riders usually regroup at the top. With a short addition to the normal ride, you can also head out to the North Overlook, which offers a wonderful view of the city.

Check out the LBC ride schedule at <https://louisvillebicycleclub.org>. You can also watch this video that gives a feel for how the ride went this week.

Thanks, Laura Trachtenberg, for hosting this week--Good times!

—Larry Preble



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.



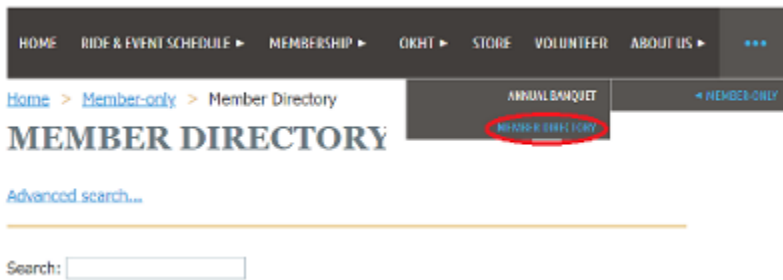
!!! Contributors Needed !!!

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

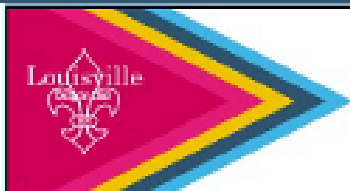


Louisville Bicycle Club's
44th Annual

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

Website:

www.louisvillebicycleclub.org

Annual Membership Dues:

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

Louisville Bicycle Club Newsletter

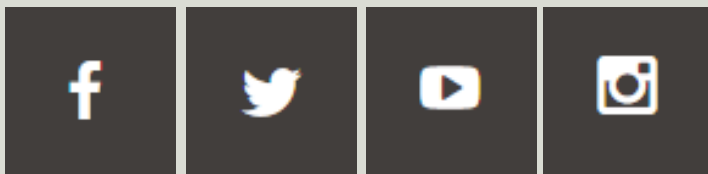
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Editor: Steven Jent

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We Want YOU!

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