



## 2024 LBC Election Results

---



The Election of Officers for the 2024 Executive Committee for the Louisville Bicycle Club was held at the Annual Membership Banquet as per our By-Laws

The results via unanimous approval were:

President: **Erik Helton**

Secretary: **Clinton Philips**

Treasurer: **Phil Mattingly**

V.P Advocacy: **Dee Schreur**

V.P Communications: **Steven Jent**

V.P Education: **David Wittry**

V.P IT: **Chris Embry**

V.P Touring: **Steven Sarson**

The following positions remain open:

V.P Racing: OPEN

We would like to thank outgoing president **Jeff White** for his outstanding service in continuing to serve on the executive committee as acting president for all of 2023.

**Congratulations to the winners!**



Louisville  
*Bicycle Club*





From the desk of  
*the* President



Dear Members,

I want to extend my heartfelt gratitude to each and every one of you who has supported me on my journey to becoming your next president.

Allow me to share a bit about myself. Over the past two years, I have had the privilege of serving as your Vice President of Information Technology. During this time, I have been actively involved in various initiatives, including the redesign of LouisvilleBicycleClub.org, the creation of a brand standards guide, collaboration with local non-profit organizations that share our mission, and the expansion of our social media presence.

On the professional front, I currently hold the position of Director of Digital Marketing and Performance at Baptist Health, bringing over two decades of leadership experience to the table.

My association with the Tour de Lou committee dates back to its inception in 2012, where I have contributed to tasks such as route design, signage standards, and many other important aspects.

My personal journey with the Louisville Wheelmen, now known as the LBC, began in 1989 when I was just 11 years old. I fondly remember my dad taking me to the Kmart parking lot on the Outer Loop or embarking on rides from Fairdale High School.

As your incoming president, my primary goal is not to bring about significant changes, but rather to continue fostering our growth within the community. I am dedicated to promoting a healthy lifestyle through the education and sport of cycling, irrespective of the specific discipline.

Furthermore, I am committed to maintaining our collaborative efforts with community cycling organizations and clubs in the Kentuckiana region.

In essence, my vision for our club is to uphold its reputation as the epitome of what a bicycle club should aspire to be.

Thank you for your support and trust.

Warm regards,

Erik Helton





## Let's call it a day, shall we

It's been a great experience to represent all of you the last four years serving as president of the Club. Thank you everyone for all the support you've given to me. Thanks to all the Ride Captains. You guys are the real backbone of the club and the ones that keep it going. Thanks to all of our great sponsors and partners that make doing what we do possible. They are all listed throughout this newsletter. Make sure to patronize them and make sure to tell'em thanks. Thanks to all that served alongside me on the executive committee. Now you can order pepperoni pizza. Thanks to all the unsung heros that keep the stats, keep track of and deliver our merchandise, put special events together, ride beside newbies and show them the way and help wherever and whenever asked. Thanks to all of you that see another rider having a mechanical or health issue and don't just ask if everything's alright but stop and make sure, rendering assistance when needed. Thanks to all you clods that will still ride with me. And thanks to that little girl that still lights my fire and has stood beside me from day one. Chrissie, you're the best! I wish the very best to the next president of this extraordinary club!

This has been a gas

Let's ride!

Jeff





## 2023 LBC Sponsors





## 2024 LBC Annual Banquet - All Photos courtesy of: Dr. Larry Preble .





## 2023 LBC Annual Banquet - Award Winners!

### Club Awards

President: Jeff White

**OKHT Director Award:** Bekki Livingston

**Volunteer of the Year:** Dr. Larry Preble

### Honorable Mention Volunteer

Hostess with the Mostestf Kelly McGill

Pegasus Pin Sales: Scott Harrington

Merchandise Director: Samuel Bland

Statistician: Erik Neiman

Statistician: Dennis Branson

### Touring Awards

VP of Touring Steven Sarson

**Touring Ambassador:** Samuel Bland

**Best New Cyclist:** Dominic Wasserzug

**Most Improved Cyclist:** Jen Stanfield

**Best Destination Ride:** Medora Goes Pink  
Melissa Hall

**Best New Ride:** LBCzEnduro 50 Challenge  
John Fong

**Best New Ride Captain:** Lora Dee Schreur

**Ride Captain of the Year:** Jeff Carpenter



Tour de Mad Dog Awards

Director: Steve Puckett

### TdMD Champions:

Melissa Hall

Chris Embry

### Finishers:

Chris Embry

Larry Preble

Glenn Smith

Sam Bland

Fritz Kopatz

Thomas Nance

Bob Grable

Jeff Shrode

Dan Barriere

Melissa Hall

Stanley Paulin

Steve Rice

Tom Askew

Amelia Dauer

John Fong

Jon Wineland

Michael Kamenish

Steve Meredith

Steve Puckett

Steve Sarson

Clint Phillips

David King

Dee Schreur

John Pellegrino

Louisville Bicycle Club  
Ride Schedule



## 2024 LBC Annual Banquet - All Photos courtesy of: Dr. Larry Preble





## 2023 LBC Annual Banquet - Award Winners!

### Touring Awards (Cont.)

#### Top Ride Captains –10 Plus Rides

Larry Preble	159	Mark Alford	19
Mike Kaufman	82	Scott Harrington	19
Laura Trachtenberg	63	Melissa Hall	17
Percy Black	60	George Cooper	16
Mike Crawford	58	Craig Dooley	16
Steven Sarson	47	Kathy Ragland	15
Jeff Carpenter	40	Amelia Dauer	14
Barbara Martin	40	Jeff White	14
Glenn Todd	30	David Wittry	13
Erik Helton	21	Cara Sue Kraus	12
Terri Zobel	21	Joe Medley	12
Tom Askew	20	John Pellegrino	12



#### Top Ride Captains –All Others

Samuel Bland	Clinton Phillips	John Pyron
Andy Murphy	Lora Dee Schreur	Rebecca Dimon
Lee Staudter	Bekki Livingston	Bob Grable
Chris Embry	Thomas Nance	Mary Ann Heckler
Chad Hughlett	Steven Rice	Mike Kamenish
David R King	Ford Barr	Fritz Kopatz
Lisa Fluhr	John Fong	Bernice McGill
Mark Rougeux	Ron Heuglin	Kevin Murphy
Dennis Branson	Steven Jent	Val Pfeiffer
Joseph Hitselberger	Stephen Kraus	Sonia Poirier
Steven Puckett	Susan Pyron	Bill Stader





**2024 LBC Annual Banquet - All Photos courtesy of: Dr. Larry Preble**





## 2023 LBC Annual Banquet - Award Winners!

### OKHT Volunteer of the Year

**Kim Hydes**

#### Core Committee:

Diane Bellafronto	Nancy Nance
Jenn Churik	Thomas Nance
Rebecca Dimon	Margaret Preble
Erik Helton	Steven Sarson
Barbara Martin	Lora Dee Schreur
Paula Mattingly	Glenn Todd
Phil Mattingly	Jeff White
Kelly McGill	David Wittry

#### 2023 OKHT Volunteers:

Amelia Dauer	Fritz Kopatz	Percy Black
Barbara Martin	Gail Blevins	Phil Samuel
Barbara Tretter	Jeff Filcik	Richard Heckler
Bill Stader	Joe Medley	Ron Heuglin
Bob Knaster	John Fong	Ross Allen
Bob Norcross	John Pyron	Sam Bland
Brian Borgmann	Karen Kosteck	Sonia Poirier
Brooke Willis	Larry Preble	Steve Kraus
Cara Sue Kraus	Laura Trachtenberg	Steven Jent
Carol Medley	Lisa Fluhr	Susan Pyron
Chad Hughlett	Lori Boone	Susan Wentzel
Chris White	Lynn Roberts	Tom Askew
Clint Phillips	Marilyn Minnick	Tom Chynoweth
Craig Dooley	Mark Alford	Tom Hall
David R King	Mary Ann Heckler	Tommy Sutton
Dennis Branson	Michael Crawford	Valerie Pfeiffer
Eric Sellers	Mike Kaufman	Vicky Bridges
Ford Barr	MJ Foster	Wayne Childers
Fred Shuck	Ned Putnam	

## 2023 OKHT Awards

*Director: Bekki Livingston*



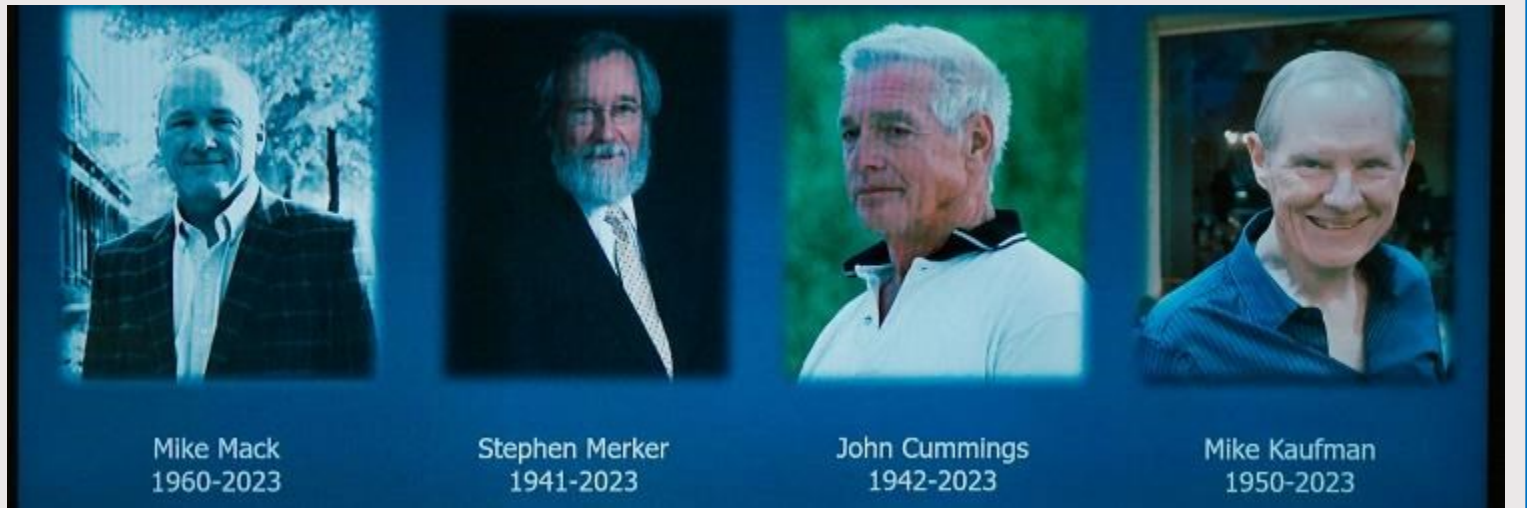
#### 2024 OKHT

**Directors:** Rebecca Dimon & Lora Dee Schreur  
**Date:** Saturday, October 19th, 2024  
**Location:** Yew Dell Botanical Gardens

Volunteer at [LouisvilleBicycleClub.org/OKHT-Volunteer](https://LouisvilleBicycleClub.org/OKHT-Volunteer)



**2024 LBC Annual Banquet - All Photos courtesy of: Dr. Larry Preble .**



Mike Mack  
1960-2023

Stephen Merker  
1941-2023

John Cummings  
1942-2023

Mike Kaufman  
1950-2023



**LBC Z ZWIFT**

It is that time of year again when the weather turns cold and many cyclists retreat to the pain cave to produce egregious puddles of sweat. But you are not alone! Just like last year LBC is supporting a Zwift club where we can all meet, chat and even talk on discord.

## Currently Scheduled Rides:

### LBCz Stay Motivated Sunday

Hosted by John Fong. The purpose of this Sunday evening ride is to cultivate a community to help each other to stay motivated during the colder months.

### Virtual Thirsty Thursday

Hosted by Steven Jent. Well, it is too cold for me to ride outside at least. So until Erik's awesome Thursday ride picks pack up the first Thursday of April come and join us on Zwift to keep that form up.

### LBCz takes on Something Terrible

Last year 10 brave LBCz club members climbed the Alpe du Zwift (Zwift's super difficult virtual recreation of the famous Alpe d'heuz climb in France). This year we will take on some equally terrifying. Look for the this one at the end of the Zwift Season—end of March.

JOIN US ON [Discord](https://discord.gg/22H3ejyv): <https://discord.gg/22H3ejyv>

**WOULD YOU LIKE TO KNOW MORE?**

[Zwift - What is Zwift](#)

[GCN - How to use Zwift](#)

[GPLama - Zwift Group Ride Etiquette / Bunch Riding Tips](#)

[How to Use Discord - Beginner's Guide](#)



## 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](mailto: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, TX received news that they were free. Juneteenth became a federal holiday in 2020.



## 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

2024 Bike to Beat Cancer is Saturday, Sept. 7th.



[Join Today](#)

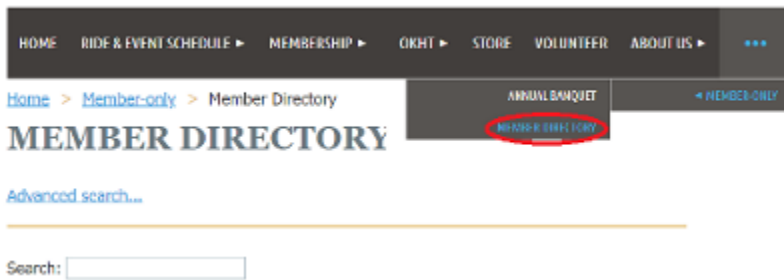
## !!! Contributors Needed !!!

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](mailto:communications@louisvillebicycleclub.org)



In case you did not know: Louisville's bike share program was shut down last year:

[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>

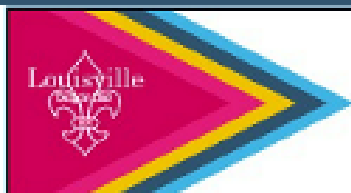
## Louisville Bicycle Club Cycling Group



Louisville Bicycle Club's  
44th Annual

**Saturday, October  
19th, 2024**

More information here: <https://louisvillebicycleclub.org/okht>



# 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

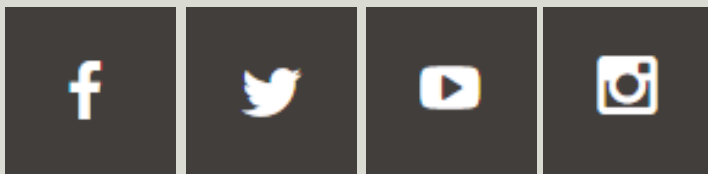
Volume; 2024 / Issue: 01 / January

Copyright: 2024 - All Right Reserved

Editor: Steven Jent

\* All photos used with permission

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



## Executive Committee

President

**Erik Helton**

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

Secretary

**Clinton Phillips**

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

Treasurer

**Phil Mattingly**

VP Advocacy

**Dee Schreur**

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

VP Communications

**Steven Jent**

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

VP Education

**David Wittry**

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

VP Information Technology

**Chris Embry**

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

VP Racing

**Open**

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

VP Touring

**Steven Sarson**

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

## Program Chairs & Special Projects

OKHT Director

**Dee Schreur**

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

Statistician

**Dennis Branson**

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

Clothing Director

**Sam Bland**

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

Mad Dog Director

**Steve Puckett**

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