



From the desk of
the President



A Heartfelt Thank You from the President: Celebrating Volunteerism at the Louisville Bicycle Club

Dear LBC Members,

As April draws to a close, I wanted to take a moment to extend my deepest gratitude to each and every one of you. This past month has been a testament to the incredible spirit of volunteerism that defines our beloved Louisville Bicycle Club.

When we put out the call for volunteers, you didn't just answer – you showed up with enthusiasm, dedication, and a willingness to make a difference. From the bustling streets of Louisville to the scenic routes of the Tour de Lou, your commitment to serving our community shines brightly.

The Kentucky Derby Festival PNC Tour de Lou Training Program saw an impressive turnout, with around 50 members gathering each week to support fellow riders in their journey to pedal with confidence. Your presence didn't just bolster the numbers; it created a sense of camaraderie and encouragement that embodies the essence of our club.

At the Triple Crown of Running events, your efforts were nothing short of exemplary. Whether leading the runners, ensuring safety along the course, or lending a helping hand to weary runners, you showcased the true spirit of teamwork and support.

Diane Bellefronto's Lexington Road Cleanup day was another opportunity for us to give back to the roads we frequent, demonstrating our commitment to preserving the beauty of our surroundings. Through Operation Brightside's assistance, we came together to make a tangible difference in our community.





From the desk of
the *President*



The Kentucky Derby Festival Tour de Lou packet pickup and ride day were monumental tasks, and I'm immensely proud of the 50+ club members who lent their time and expertise to ensure the event's success. Your contributions, whether in planning, logistics, or on-the-route support, did not go unnoticed.

David Wittry's New Rider and Bicycle Handling Class received invaluable assistance from our members, underscoring our commitment to nurturing the next generation of cyclists and fostering a culture of inclusivity and skill development.

As ride marshals at the Kentucky Derby Festival Marathon and MiniMarathon, you played a crucial role in ensuring the safety and success of the runners. From escorting lead participants to cheering on every participant along the route, your dedication was palpable.

And let's not forget our new tradition of assisting with Kentucky Derby Festival Pin Sales. Over the years, our presence at Fest-a-Ville has not only raised funds but also showcased the pride and passion we have for our community.

In just one month, you have exemplified the values that define the Louisville Bicycle Club – camaraderie, service, and a shared love for cycling. Your willingness to raise your hand and give back has not gone unnoticed. On behalf of the entire club, I extend my heartfelt thanks for your unwavering support and dedication.

Here's to many more miles, memories, and meaningful moments together.

Gratefully yours,

Erik Helton

President, Louisville Bicycle Club



Louisville
Bicycle Club



Old Kentucky Home Bicycle Tour

The Old Kentucky Home Bicycle Tour registration is officially open!

Thanks to our Old Kentucky Home Bicycle Tour sponsor, Alex White Lawyers PLLC, the first 100 adults to register will receive a free SueDistractedDriver.com cycling kit that includes a jersey and shorts. Don't forget to also purchase your official OKHT jersey.



Information

OKHT Start Location: Yew Dell Botanical Garden Pavilion, 6220 Old LaGrange Road in Crestwood, KY

OKHT Parking: 6220 Old LaGrange Road, Crestwood, KY **OVERFLOW PARKING** at 3rd Turn Oldham Gardens, 6300 Old LaGrange Road, Crestwood, KY

Want to Become a Sponsor of the Old Kentucky Home Bicycle Tour?

Contact Ride Directors: Dee Schreur & Rebecca Dimon

Email: OKHT@LouisvilleBicycleClub.org

Register for the Old Kentucky Home Bicycle Tour

[2024 Old Kentucky Home Bicycle Tour \(OKHT\)](#)

Saturday, October 19, 2024 7:00 AM | Yew Dell Botanical Gardens - 6220 Old Lagrange Rd, Crestwood, KY 40014



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.

2024 New Rider Clinic Session 1: Goodwill Industries - Broadway

Location: Goodwill Industries, 909 E Broadway, Louisville, KY 40204

Session 1 begins on Monday April 22nd at 6:00PM EST:

April 22nd - Bike basics - bike/helmet fit; traffic laws; ABC Quick Check.

April 29th - Gearing/shifting; lane positioning; parking lot drills.

May 6th - Five layers of safety; riding in groups; parking lot drills.

May 13th - Tools & basic repairs; tire changing.

May 20th - Nutrition/hydration/clothing; parking lot drills. Evaluations & Presentation of Tech T-shirt.

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

REGISTER

Session 2:

St. Matthews Baptist Church
3515 Grandview Ave

May 29, June 5, 12, 19 & 26

Classes begin at 6:00PM EST.

Session 3:

Baptist Health Eastpoint
2400 Eastpoint Pkwy

July 7, 14, 21, 28 & Aug 4

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 receive tire levers from Middle of Town Cycling during week 4 of the new rider and bicycle handling class.

Education VP:
Email:

David Wittry
Education@LouisvilleBicycleClub.org

Thank You To Our New Rider & Bike Handling Class Partners





2024 LBC Sponsors





The following events are fast approaching!



2024 Juneteenth Solidarity Ride

The Louisville Bicycle Club is a proud sponsor of the Juneteenth Solidarity Ride that will take place on Saturday, June 15th, 2024. This FREE bike ride commemorates Juneteenth, now observed as a federal holiday. This is an inclusive, family-friendly, casual, no-drop ride.

There are three route options. Choose 13, 24 or 50. All routes begin and end in Shawnee Park.

[Learn More](#)



Join Bike MS Team Wil Power - Powered by Louisville Bicycle Club

Last year we made a huge impact with our fundraising efforts, so here we are again, for this year's Bike MS Bluegrass Bourbon Ride, The LBC will be represented by "Team Wil Power - Powered by Louisville Bicycle Club". The two day event, June 22nd and 23rd, will start and end at Heaven Hill Distillery, Bardstown, KY.

[Join Today!](#)



Join the LBC Bike to Beat Cancer Team

The Louisville Bicycle Club is once again participating in the Norton Healthcare Bike to Beat Cancer. Last year our club members rode and raised over \$16,000. Our goal this year is \$18,000! We would love for you to join, ride and raise money for this great cause. Click the link below to join our team!

[Join Us!](#)



Announcements

HBP-2024 Memorial Day—Update



The annual Mayor's Hike, Bike & Paddle on Memorial Day is canceled this year,

The bi-annual event is attended by thousands of people each year and is typically held on both Memorial Day and Labor Day. It is free to the public and offers people the opportunity to exercise in their communities — from paddling in Beargrass Creek to biking at Iroquois Park to hiking along the Ohio River.” - CJ 5/10

Read the full article from the Courier-Journal here —> [Courier-Journal-Memorial-day-hike-bike-paddle-canceled](#)

*However, Our Friends at Crazy Ridenfaden are putting on a ride to keep us all rolling!
Click the image for more info.*

MEMORIAL DAY RIDE
MONDAY MAY 27TH - ALL RIDERS WELCOME

MONNIK BEER CO.
SCHNITZELBURG • LOUISVILLE, KY

CRAZY RIDENFADEN





Announcements

Help Celebrate National

BIKE TO WORK DAY 2024

REGISTER:



Friday, May 17th @ 7:00am
rides depart at 7:30am

JOIN GROUP RIDES FROM 4 MEET & RIDE LOCATIONS ENDING AT 4TH STREET LIVE! FOR COFFEE, DONUTS, & PRIZES!

REGISTER TODAY AT
WWW.LOUISVILLEKY.GOV/BIKELOUISVILLE

MEET & RIDE LOCATIONS

- SENECA PARK
- IROQUOIS PARK
- SHAWNEE PARK
- GEORGE ROGERS CLARK PARK



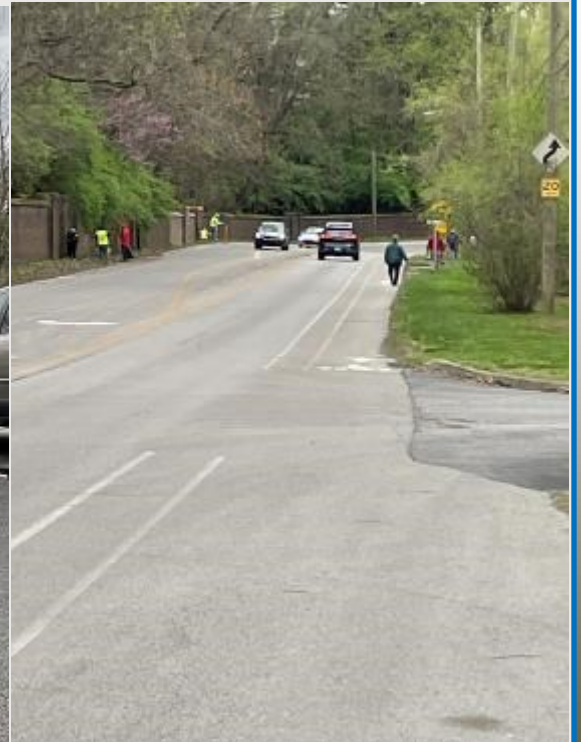



LBC In the Community



Lexington Road Clean up day

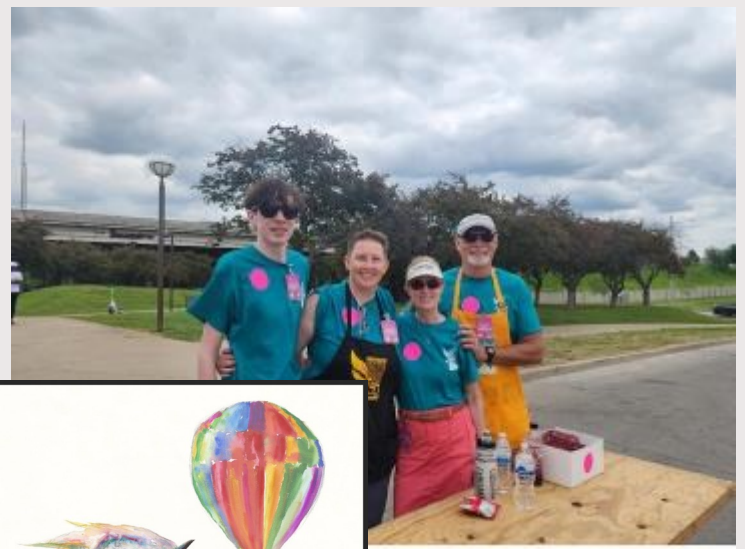
On the evening of April 5th the Louisville Bicycle Club organized a cleanup along parts of Lexington Road between Grinstead and Spring Street. Club member Diane Bellafronto brought this idea to the club. Over 35 members and non-members joined us for the Louisville Bicycle Club Lexington Road Cleanup Day. A huge thanks to [Diane Bellafronto](#) for organizing and everyone who volunteered and stepped up to make our community a cleaner place. Thanks to Operation Brightside for the supplies.





LBC In the Community

LBC was at it again selling Pegasus pins for the Kentucky Derby Festival at the Fest-a-Ville over the weekend of April 28th!





Photos from recent rides



Yesterday's century ride brought back memories. John Pellegrino captained the old Boston-Munfordville-Boston route for 101 miles, with a stop off to view Kentucky Stonehenge. Great fun with a crowd of 20 hardy riders!

This was a far cry from the five-rider group I rode with in the winter of 2002. (See first photo.) This was a group of the original Mad Dogs, before it was turned into a kind of competition. Back then, we rode together just because we liked the longer rides. There were no prizes, no special jerseys—just a bit of camaraderie and lots of good times. Left to right in that old photo are Mike Pitt, Tom Armstrong, Tim Chilton, Jim Whaley, and myself, Larry Preble.

The April 6th crowd included many welcome new faces, and some strong riders at that—Here's to new adventures and more good times! Thanks, John, for hosting another edition of the BMB century ride!



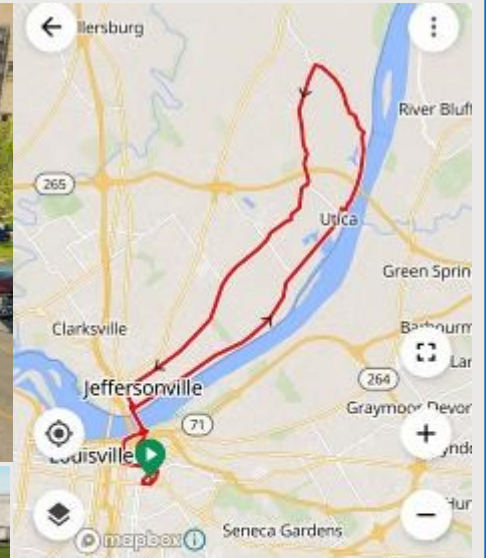
—Larry Preble





Photos from recent rides

Some picture from Thirsty Thursdays to Utica on April 25th and to New Albany on April 18th. Beautiful weather and great turn out for the ride starting from Mile Wide Beer!



Congratulations to Rebecca Dimon on her first ride as Captain! A 12 mile tour that starts at MOTC.



— Scott Harrington



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, TX received news that they were free. Juneteenth became a federal holiday in 2020.



2024 Tour De Mad Dog Schedule

STAGE	DATE	RIDE CAPTAIN	ROUTE
1	Saturday, January 6, 2024	Jon Wineland	Paulhenge-Century
2	Saturday, January 27, 2024	Steve Puckett	MoTC Moderate-Century
3	Saturday, February 10, 2024	Steve Puckett	MoTC Moderate-Century
4	Saturday, February 24, 2024	Thomas Nance	Maple-Syrup
5	Saturday, March 9, 2024	Steve Sarson	Honest Abe
6	Saturday, March 23, 2024	Jon Wineland	Paulhenge-Century
7	Saturday, April 6, 2024	John Pellegrino	Boston to Munfordville to Boston
8	Saturday, April 20, 2024	Steve Puckett	Four DuPont Century (Part Deux)
9	Saturday, May 11, 2024	Melissa Hall	ORLEANS THE BACK DOOR
10	Saturday, May 18, 2024	Bob Grable	Painless in Paoli
11	Saturday, June 1, 2024	Larry Preble	Two Bridges
12	Saturday, June 8, 2024	Michael K.	Diesel Dog's Muscatatuck Mad Dog Century
13	Saturday, July 6, 2024	Thomas Nance	Seven Springs Century
14	Saturday, July 13, 2024	Fritz Kopatz	Old Gilgal
15	Saturday, August 17, 2024	Steve Puckett	A Good Second Century
16	Saturday, August 31, 2024	Clint Philips	TBD
17	Saturday, September 14, 2024	Dee Schreur	Sink or Swim
18	Saturday, September 21, 2024	Fritz Kopatz	Twice Boston
19	Saturday, October 5, 2024	Chris Embry	TBD
20	Saturday, October 12, 2024	Melissa Hall	Medora Goes Pink

◆ For current Tour De Mad Dog News and schedules visit =>

<https://louisvillebicycleclub.org/tmd-schedule>





Since the temperature is warming up and the days are longer, more of us will be on bikes. As a reminder, Wheelmen Time is no longer used.



**NO WHEELMEN TIME
RIDES START AT THE POSTED TIME**





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

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



[Join Today](#)

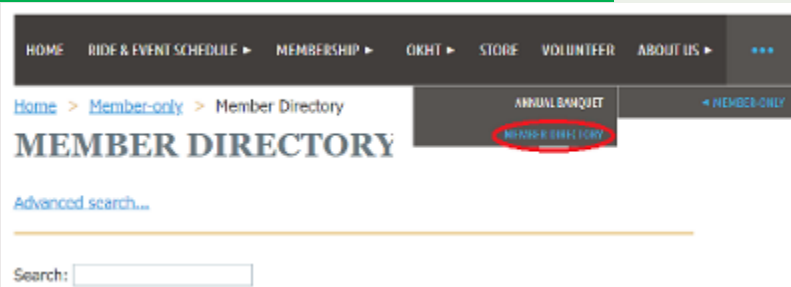
!!! Contributors Needed !!!

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



Join Bike MS Team
Wil Power

[Join Today](#)




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

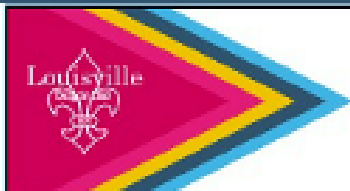


Louisville Bicycle Club's
44th Annual

OKHT

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

Website:

www.louisvillebicycleclub.org

Annual Membership Dues:

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

Louisville Bicycle Club Newsletter

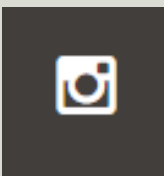
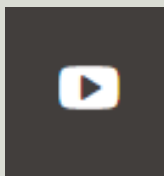
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Editor: Steven Jent

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