

THE LOUISVILLE BICYCLE CLUB

Founded in 1897

www.louisvillebicycleclub.org

May/June 2006

IN THIS ISSUE

Louisville at LAB Summit	1
2006 Bike Handling Classes	2
Share the Road Rally	2
Email Newsletter Delivery	2
50 and Over Games	3
Member Spotlight	3
Racing	5
New Members	8

The Louisville Cyclist is a bi-monthly newsletter of the Louisville Bicycle Club.

Please submit articles, copy, ads and photos to Sara Ferebee, 2900 Cannons Lane, 40205, editor@louisvillebicycleclub.org, 502.473.7447.

Deadline for the July/August 2006 issue is June 1, 2006.

Please let us know what you think this newsletter needs. After all, it's your newsletter!



LOUISVILLE IN THE LIMELIGHT AT LAB SUMMIT *by Earl Jones, LBC President*

Louisville's efforts to become a bicycle-friendly city were recognized at the League of American Bicyclists Summit held in Washington, D.C. on March 1-3. Three LBC members – Barry Zalph, Mohammad Nouri, who is also the Louisville Metro planner with principal responsibility for transportation, and yours truly – told the attendees about our February 2005 Bike Summit, the creation of the Bicycle Taskforce and the progress made to implement the recommendations to build facilities and increase cycling-related activities.



Barry led off with a description of Louisville's rich cycling history and the more central role that cycling played in the city's history especially during the late 19th century. He also described the more recent period when advocates were frustrated by state and local officials' indifference – and sometimes hostility – to cycling issues despite national mandates to consider cycling issues in transportation planning.

I followed with a review of the summit and actions taken by the taskforce and gave the attendees my assessment of the four elements that best guarantee success for improving cycling in a community, all of which Louisville has enjoyed.

Political leadership – Increasing cycling opportunities is easier, and can occur more quickly, if driven from the top. True, grassroots advocacy can provide a constituency to sustain the momentum, and also true that non-cycling leaders can get the facilities part wrong, but I think the benefits that come from elected officials' enthusiasm outweighs the risks.

Willing city agencies – The people who must translate the enthusiasm into programs and facilities must want to do so, not just because it's their job. We're lucky in Louisville to have people in planning, public works and parks who actually get it and understand how a bicycle-friendly city advances other goals like economic development and smart population growth.

Organized, connected cyclists – That's LBC. We are one of the few bicycle clubs in the country with an advocacy program, which we began in about 1991. It's been a long learning curve. We have not always been as effective as we would have liked and don't have the technical expertise that would enable us to be transportation consultants. But what we have is numbers and members familiar with and comfortable dealing with people who can advance our issues.

Volunteerism tradition – A tradition of volunteerism, high levels of community involvement and boosterism, high per capita arts and charitable giving make it easier for people to support civic improvement goals such as making this a more bicycle-friendly town.

Mohammad Nouri wrapped up the presentation by describing Mayor Abramson's mandate to city departments and giving an overview of the projects that have been implemented, planned and funded. The audience was impressed that \$84 million has been raised and committed to cycling-related projects that will be built over the next ten years.

During the question period that followed most people wanted to know how to use our bike summit model to create one in their communities.

The National Summit provided yet another opportunity to get the word out about what we're doing in Louisville. We need to take advantage of every such opportunity. Nothing feeds success like being perceived as successful.

2006 NEW RIDER / BIKE HANDLING CLASSES *by Steve Sarson, VP Education*

New Rider / Bike Handling classes will be offered again this summer by the Louisville Bicycle Club. As part of the Mayor's Healthy Hometown Movement, the Education Committee has been awarded a grant from the city of Louisville to assist in the education of local cyclists. The hope is that we can reach and instruct 150 new cyclists throughout the city this summer. With the expectation of reaching this many riders, and the difficulty of dealing with this large of a group, we have had to make some changes to the program.

This summer's classes will have a new consolidated format and will be offered in two different locations. There will be two eight week sessions instead of the traditional 16 weeks. The first session will begin Monday May 1 and run through the end of June. This class will meet at 4500 Bowling Boulevard in St. Matthews, next to the Baptist East Milestone Wellness Center. The second session will begin July 10 and run through the end of August. This session will meet at the Waterfront Park purple parking lot on River Road. Both sessions will begin promptly at 6:30 PM. There will be no class on Monday May 29th in observance of Memorial Day or Monday July 3rd in observance of the Fourth of July.

The classes will cover the same material as we have in the past but in a revised format. Participants will be encouraged to attend as many sessions as possible. We will be tracking attendance and working on weekly evaluations as part of our contract with the city. Riders will receive a simple handbook with basic cycling information, a mileage log to track their class participation, and evaluation forms. Certificates of Completion will be given to all participants who attend six of the eight sessions. These will be handed out during the Mayor's Labor Day ride.

This new format will be an adventure for all involved. Seventy-five people per class will present a challenge for the instructors and ride mentors. A new location at Riverfront Park will mean a new ride route. Tracking attendance and getting feedback from the participants will help us improve the format for future classes. **If you are interested in volunteering to work with these classes throughout the summer, please contact Steve Sarson at 400-7089.** Mileage credit will be given to all LBC members who assist in the classes. We will need some extra people willing to be there for all eight sessions.

SHARE THE ROAD RALLY *by Chad Green, VP Touring*

The Kentucky Transportation Cabinet will hold a Share the Road Rally on the Capital Grounds at 11:00 on June 24, 2006. The purpose of the rally is to showcase Kentucky's efforts to make the Commonwealth one of the nation's most friendly states for cyclists and runners, to market Kentucky to tourists who would find these efforts appealing, and to celebrate the 2006 issuance of Kentucky's Share the Road license plates.

Included in attendance will be Governor Fletcher and the First Lady, Lt. Governor Steve Pence, Transportation Cabinet and Tourism officials, state legislators, Frankfort city officers, leaders of the Share the Road effort in Kentucky and across the

country, plus hundreds to thousands of cyclists and runners from all around the commonwealth.

To show our support for the event, the different bike clubs across the state are planning bike rides into Frankfort to be a part of the event. There will be a Tour de Mad Dog century stage starting from Floyd's Fork Park. There will be a store stop in Waddy where they will meet up with a second ride. Both rides will be led by members of the LBC Executive Committee as we proceed into Frankfort.

Please refer to the schedule for more information about the rides.

EMAIL NEWSLETTER DELIVERY

The LBC 2006 budget for newsletter costs is \$5,000, which represents nearly 25% of our total program costs. In an attempt to reduce this cost so monies can be used by other programs, the Executive Committee is introducing email newsletter delivery. This optional service will begin with the newsletter for May/June 2006. The newsletter will be sent in PDF format to those who have signed up for this service. Each delivery will save the club \$1.25 in printing and mailing costs per issue per membership. Those who choose this email delivery will typically receive their newsletter 4-7 days before those who receive their newsletters via regular mail.

Club membership applications and membership reminder postcards will be modified to include this option. If, after trying email delivery, members don't like this method, they may revert back to regular mail delivery.

Over 90 LBC members have already signed up to receive the e-newsletter.

To sign up for this option please go to <http://www.louisvillebicycleclub.org/forms/enewsletter.htm>.

Sara Ferebee, your newsletter editor, plans to create a new full-color newsletter design that will only be available with the email option (but that probably won't happen in time for the May/June newsletter. Just something to look forward to!).

Thanks for your cooperation.
LBC Executive Committee

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Your Newsletter
by Email!**

A LITTLE FRIENDLY COMPETITION: LOUISVILLE'S 50 AND OVER GAMES *by Marilyn Minnick*

Louisville's 50 and Over Games are scheduled May 8-21, 2006 at Metro Parks venues throughout the city. Early registration ends May 1, but you can sign up for most events prior to competing. After May 1 the registration fee is \$25 for any and all events. Your registration fee also includes:

1. Opening Ceremony on Thurs, May 11, 6p.m. at Atria, 3451 S. Hurstbourne Pkwy.
2. Athletes Social, with packet pick-up, free t-shirt and free Bats game at Slugger Field on Tues., May 16, at 6 p.m.
3. Banquet Ceremony on Sunday, May 21 at 6p.m. with free dinner for medalists.

Cycling competitions will take place at Shawnee Park on Sunday, May 21 at 9:00 a.m. Events offered this year are 5K, 10K,

and 20K. Riders should check in 30 minutes prior to the start of the event.

If cycling is not your event, you can kick up your heels and join the ballroom dancers. Try your hand at billiards. Archery might be a new interest for you. There are 20 different sports featured at the games this year.

You can find information about these events and all others by calling (502) 456-8186, visit a Metro Parks community center, or go online at www.metro-parks.org.

Spread the word, tell a friend, and support our community games. Who knows, you might win a medal and have a great story to tell your children or grandchildren.

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The Louisville Bicycle Club is affiliated with the **League of American Bicyclists (LAB)** and the **United States Cycling Federation (USCF)**.



MEMBER SPOTLIGHT *by Paul Baldwin*

Editor's note: If you would like to nominate someone to be featured in a future Member Spotlight, please contact Sara Ferebee, editor@louisvillebicycleclub.org or 664-2642.

The May/June Member Spotlight focuses on two brand new members of the LBC!

Name: Leslie Neidig, Systems Analyst with Trover Solutions

Age: 39

Years riding: First year. She bought her bike, a "funky grey" Trek 2100, from Scheller's Fitness & Cycling in Middletown, last November.

How I got into cycling: Leslie began riding as training for the Toyota MS 150 Bike the Bluegrass. After trying to start a team on her own at work, she eventually joined Team Dot Louisville and will ride June 3 and 4. "I will start the event; I hope to finish it."

Favorite rides: An informal, 25-mile ride that meets every Saturday morning in the Atherton High School parking lot. The group winds its way to Hall's Cafeteria in Butchertown and meanders around Louisville.

Advice to cyclists: Enjoy yourself. "I've met just such a nice group of people; everyone has been really, really, great."

Goals for 2006: To finish the MS150 and stay with the main group on club rides. "I just have to work hard and keep trying."

Name: Tom Recktenwald, teacher at Notre Dame Academy in Shively

Age: 59

Years riding: Five

How I got into cycling: After taking early retirement, the 30-year employee at the former Naval Ordinance Station began walking as a way to lose weight. After walking off 35 pounds, he saw cycling as a more exciting way to maintain his fitness. The Mayor's 2005 Healthy Hometown rides convinced him to join the LBC.

Favorite rides: Mayor's Healthy Hometown rides. Tom took part in both the Memorial Day and Labor Day rides; looking forward to upcoming rides to Mike Linnig's. (He'd also like to see a Derby Festival-sanctioned ride established.)

Goals for 2006: "Just see what the club is all about and participating when and where I can." He also plans on trying to recruit a few friends for the club.

**Welcome to the club
Leslie and Tom!
(and all our new LBC friends)**

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**FREE PRIZES AT SATURDAY
 EVENING Scheller's RIDES!**

Register to win awesome door prizes at any Scheller's / LBC 6:00 p.m. Saturday evening Rides in May and June. Check LBC schedule for ride dates.

Prizes at every ride.

You must be present and riding to be eligible. Bring this entry form to the ride to sign-up.

Call 245-1955 with questions.

Drawing to be held just prior to ride start.

HAVE YOU EVER WONDERED WHAT IT IS LIKE TO BE IN A BIKE RACE? *by Mark Luking, VP of Racing*

Here is the report Sean Steele wrote after the Clark Forest race:

“Compared to the other races, this one took off like a bat out hell. With hardly any time to warm up properly, due in part to 2wheelsports not beginning registration until 10:20, I really wasn’t sure if I was going to even be able to hang on. Luckily, after the so-called climb, it eased up a bit and I was able to catch my breath. Then we take off like a bat out of hell again after maybe a minute’s rest and fly all the way till the narrow left-hander. This continues.”

“Every time we got to that narrow road, all I smelled was rubber. It was hairy getting through there in one piece, but managed to make my way near the front enough to keep myself out of trouble. Repeat. On lap 4 or 5 maybe I finally heard someone go down behind me. I didn’t dare look back as I was afraid it might freak me out enough to not take any chances.”

“I tried to muster a break on lap 4 with Dave (Burry) and Matt (Staub), but the course was just too fast and I was just too tired to make anything happen. So we call it quits and let someone else move up to pull and I sat in the pack to try and regain composure enough for a sprint.”

“Lap 6 or 7: disaster strikes. Some moron runs me off the road right in the middle of the climb into the grass full of rocks. I thought for sure I was a goner. Luckily I stayed upright but had come to a full stop and the pack was getting away. I got back on the road, clipped in and put everything I had into it. Being a big ring only course, trying to start going on that hill in a 50x16 was murder. I heard Kerry (Herbine) screaming for me to get back to the pack. I sprinted like a madman and got back on within a minute or so. Breathless, I waited. Drank some of my drink and rested, hoping I still had enough gas in me for a sprint. After a good rest, I started making my way to the front. I was in no hurry. I just kept telling myself to have patience and the opportunities will present themselves for me to move up.”

“Last lap I’m near the front a few guys back with Matt. The final right-hander and Clayton Omer starts cranking it up so got on his wheel and went with him. Clayton went too soon and ran out of gas. I swung left, Matt swung right, and it’s a mad dash for the finish. Matt’s still there with me and I honestly thought he

had it. I thought for sure someone was going to swing around on me and take the win, but there was no one there. Its over! My first win! What a rush. Thank you all so much for putting in so much hard work yesterday. Love you all.” Sean

Team Louisville did pretty well throughout the Spring Racing Series. We had a large number of our team race and they worked well together thanks to their dedicated training over the winter months. Sean Steele won the overall series for the Cat. 4/5 and several of the team finished in the top 10 of their races.

If you would like to try out racing, check out 2wheelsports.com for a list of upcoming events. There are a couple of great local races coming up. The Da Vinci Downtown Critrium (5/20), the Tour Da Vinci (5/21) and the LMPD Foundation 200th Anniversary Critrium, which is sponsored by Texas Road House and Papa John’s Pizza and will offer a Kids race and a Celebrity race along with the regular series of races. Both of the Critrium races will be great for spectators, so bring a lawn chair and come out and cheer for your racing team!

And, like the unpredictable spring weather, there were ups and downs and a few disasters. The New Washington race had to be cancelled due to poor weather conditions and the Shawnee crit was dropped from the series because of scheduling conflicts.



Sean Steele and Matt Staub taking first and second place in the Cat. 4/5 race at Clark Forest.
Photo courtesy Craig Dooley

Here is a list of some of our Team’s results for the series.

	L’Espit	St. Pete	Clark Forest	Lexington
Sean Steele	2nd 4/5	7th 4/5	1st 4/5	8th 4/5
Phil Patterson	10th 4/5			
Matt Straub	10th 3/4		2nd 4/5; 8th 3/4	9th 4/5
Angie Hopperton	8th Women			
Rob Bush		2nd 4/5		
Sean Lutjens		9th 4/5		
Boyd Bosse		10th 4/5		
Laura Fogt		5th Women		
Niki Dallaire		6th Women		
David Burry			8th 4/5	
Matt Lerner			6th 3/4	
Amy Clark			3rd Women	
Kerry Herbine				4th 4/5

The other four races had decent weather and were very well attended. We had over 200 racers participate in our L’Espirit race. There were of course a few crashes, the worst of which involved the women’s field at L’Espirit. Several of the women suffered minor injuries and Team Louisville’s Linda Burry, as you may have heard, had some very serious internal injuries, including broken ribs and significant damage to one of her kidneys. On the positive side, Team Louisville had a very good showing throughout the series. Not only did we have a good number of our team race, several of them finished in the top ten of their races.

When we win, Kentucky wins.

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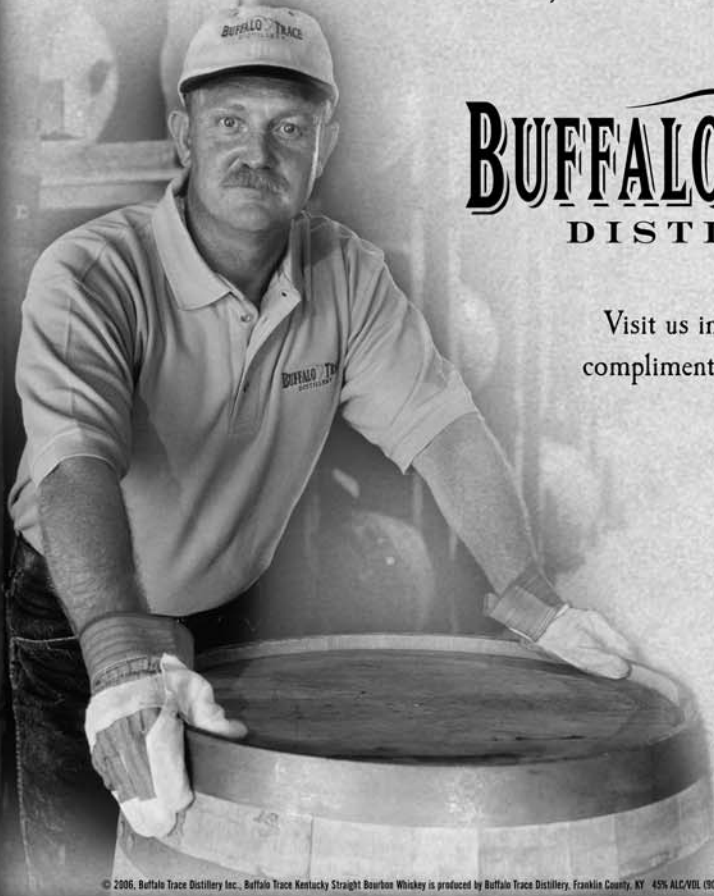
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- ~ Cardio theatre with individual TVs, CD and DVD players
- ~ Hammer Strength, Life Fitness, Free Motion, Cybex, and Keiser equipment
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- ~ The Oasis Spa: massage, facials, pedicures and manicures
- ~ Certified personal training and sports conditioning
- ~ Healthy Solutions® weight management center
- ~ Arthritis, fibromyalgia and joint pain programs
- ~ Baptist East Spine and Sport Therapy
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- ~ Child-care, The Center Café, free parking

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NEW MEMBERS

Do you have something you want to share with your fellow club members?

Send us an article and photos for the newsletter! We can accept hand-written manuscripts, hard-copy print-outs or articles on disk (Word documents preferred), or e-mail.

Send to Sara Ferebee, VP Communications (see cover for addresses) or hand to any club officer.

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

See cover for deadlines.

The newsletter is sent third class. The post office will not forward to your new address. Please notify Barbara Tretter, club secretary, of any address changes.

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