

THE LOUISVILLE BICYCLE CLUB

Founded in 1897

www.louisvillebicycleclub.org

March/April 2011

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

Please submit articles and photos to:
David Ryan ("PaCkMaN")
1906 Lower Hunters Trace
Louisville, KY 40216,
editor@louisvillebicycleclub.org,
502-447-7814.

**Deadline for the
May/June 2011 issue is
April 15**

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



Oh To Be Car-Free

by Andy Murphy, LBC President

When I retired from Ford Motor Company in 2007, I didn't give much thought to what "lifestyle" I would have. I figured Ms. L and I would go out to eat and go to the movies once a week and I'd ride my bicycle whenever I could. A couple of months into retirement, I took a Park Tool Bike School course at Bike Couriers Bike Shop. I read a piece of literature during a break that for some reason really affected me. It was a flyer encouraging one to break the addiction to motor vehicles. The bottom line of the flyer was that you didn't have to give up your motor vehicle "cold-turkey"--start small and build-up. The first year, 2008, I made it 49 days without driving. In 2009, we moved into an old, but new to us house that is in a neighborhood a lot closer to LBC ride starts and I made it 83 days without driving. 2010 was a real breakthrough year for me, 170 car-free days! My goal for 2011 is 200 days. I'll probably never make it completely car-free. I really like my pick-up truck. It's nice to be able to pick up a load of lumber or drywall whenever I need it. It is really warm in the winter and really cool in the summer and the CD player allows me to listen to Mozart as loud as I want! Mozart's Clarinet Concerto in A Major is a serious jam. I don't figure I'll save the planet by cutting back on my driving, but I feel like I'm making my little corner of it a little better.



I mention this, because the Louisville Bicycle Club has started a Commuter Program and we hope you consider joining. When I go to the Tuesday night Burdorf's ride, I see people in groups of 2 or 3 coming from every direction. When you ride your bicycle to and from a club ride, that is considered a commute and we'd like to start recording those "commutes". The site we are using to log our commuter mileage is My Cycling Log; <http://www.mycyclinglog.com/> When you go to the site you'll have to register--it's free, then go to Louisville Bicycle Club and click on Request to Join. There are several things to keep in mind; first we are wanting to record commuting mileage only, not club ride mileage, individual training rides or leisure rides. We're wanting to record rides where you've actually replaced a trip you might've done by automobile. This is a self reported program and there will be no club awards or winners.

One cool thing about commuting is you usually get a different bike. Not necessarily new, but different. This is a photo of my commuter rig, a Cannondale. I think it's a 1989 model. Probably not the best for a regular commuting bike, but it didn't cost me a lot and if something bad happens, my loss is minimal. This is the bike I disassembled and rebuilt at The Park Tool Bike School under the watchful eyes of Russ Hisle and Daniel Meece back in 2008. I feel like I've got a little built-in karma with this rig.

Now that I think about it, if you are a commuter, why don't you send PaCkMaN a photo of your commuter bike with a little commuter story or maybe any hints or tips to help other would-be commuters.

Life is good
Murphy



(photo courtesy Andy Murphy)

EMAIL NEWSLETTER DELIVERY

Notice!

As a cost-saving measure, the newsletter of the Louisville Bicycle Club is available only in electronic format beginning with March/April 2011. Please go to the website address below to sign up to receive your newsletter by email for uninterrupted service.

Thanks for your cooperation.
Jim Tretter, LBC Treasurer

Also, beginning with March/April 2007:
The electronic newsletter contains
COLOR PICTURES!

YOUR CLUB OFFICERS (Executive Committee)

Andrew Murphy
President
502 895-9094
president@louisvillebicycleclub.org

Barry Luckett
Secretary
secretary@louisvillebicycleclub.org

Jim Tretter
Treasurer
502 491-7120
treasurer@louisvillebicycleclub.org

Mark Luking
VP Advocacy
502 423-7072
advocacy@louisvillebicycleclub.org

David Ryan (Packman)
VP Communications
502 447-7814
communications@louisvillebicycleclub.org

Tom Armstrong
VP Education
502 523-9581
education@louisvillebicycleclub.org

Larry Pethick
VP Racing
502 664-1851
racing@louisvillebicycleclub.org

Tim Chilton
VP Touring
502 457-8337
touring@louisvillebicycleclub.org

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

**Receive
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NEW MEMBERS

Aguilera, Tomas	5912 Marina View Ct	Prospect, KY	40059	
Bolin, James & family	10731 Worthington Lane	Prospect, KY	40059	(502) 718-8615
Bray, Vincent	6103 Julie Kays Way #4	Louisville, KY	40258	(502) 447-3149
Darrow, Sean	3508 Rems Road	Louisville, KY	40241	(502) 751-7185
Deel, Michael	922 Shady Brook Lane	Louisville, KY	40229	(502) 957-4028
Deutsch, Michele	702 Compton Street	Louisville, KY	40208	(513) 702-6566
Galloway, Bart	1361 S 15th Street	Louisville, KY	40201	(502) 291-2262
Hansen, Nicolai	7439 Third Street Rd	Louisville, KY	40215	(502) 435-4017
Mitchell, Kim	313 Crystal Wash Drive	LaGrange, KY	40031	(502) 553-8359
Robbins, Mark	114 Watson Ct	Frankfort, KY	40601	(317) 985-1690
Ryan, Patrick	116 Don Allen Rd	Louisville, KY	40207	(502) 762-3731
Ryan, Whitney	116 Don Allen Rd	Louisville, KY	40207	(502) 380-6261
Smith, Barbara	2848 Frankfort Ave	Louisville, KY	40206	
Zika, David	5902 Stone Bluff Rd	Louisville, KY	40291	(615) 584-1880

LBC Website Announcement

by Jim Tretter, LBC Treasurer

The LBC Executive Committee is enthusiastically pursuing new software for maintaining the club membership and the club website. Under the technical leadership of our newly elected secretary, Barry Luckett, the Executive Committee hopes to convert over to this new product called "Wild Apricot" in the next few months. For the past 10 years we've maintained our membership file on the secretary's home computer using Excel which required centralized maintenance and limited the sharing of information. This new software will allow members to access and maintain their own profile information (address, phone, email address, interests, etc.), access other member information unless restricted by that member, receive membership renewal notices automatically via email and pay dues online. This will significantly reduce the centralized work, disseminate member information to other members in a timelier manner (no more LBC Directories) and improve reporting of information for managing club activities.

Wild Apricot additionally provides a new club website. Each club leader will be able to easily maintain her/his own website (Touring, Education, OKHT, etc.) with pictures, tables and documents such as .pdf or PowerPoint. Leaders will be able to establish contact lists (i.e., Executive Committee, Ride Leaders, Education instructors, OKHT Committee, etc.), communicate online only within that list and ascertain restricted web sites for those on the list. Club leaders will be able to broadcast announcements to a contact list or to all members, solicit volunteers for specific activities and take surveys. As we become more experienced with the software capability, we plan to maintain an event calendar (touring schedules, master ride schedule, Mad Dog ride schedule, etc.) and event registration (OKHT registration, banquet registration, etc.).

The Executive Committee has been searching for a tool of this kind for the past two years and discovered Wild Apricot through our affiliation with the League of American Bicyclists (LAB). Many other clubs, some larger than ours, are already utilizing this software and others like it to manage their club activities. At an annual cost of about \$2,200, the Executive Committee believes this software will provide a centralized wealth of information and change the way we manage club activities. Stay tuned for more information.



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IT'S NOT A RACE

Back in August of 2010 a couple of friends and myself went on a little bike vacation up to Traverse City MI. While we were there we participated in an Alleycat Race. This is a race through city streets where you are given a map and some clues and you go to checkpoints and have your race card filled out along the way. Normally it is an individual event but me and my friend Perry decided to apply the team approach and we had a blast. We rode all over town and collected numbers that had been posted on telephone poles, trees, you name it. Incredibly we didn't get lost, even though that guy from Cleveland tried to send us 3 miles out of our way. He eventually won that race. Anyway I had so much fun with it I thought I've gotta bring this back home to my friends in the LBC.

Now I knew that actually having a race didn't exactly fit the touring guidelines and I wanted to keep things simple so I decided to have an Alleycat tour instead. Next would be setting up checkpoints. Let's see. I wanted to keep this thing short and I wanted to do it in the winter. I wondered who I could get to sit outside in the cold somewhere and check off riders as they came by or if I would do something like the race in MI where you had clues and had to find the numbers. Then I thought, "Hey, you know we have a bunch of bike shops right around the Highlands and I bet I can connect the dots if the shop owners will just buy in". I ran the idea by El Presidente Murphy and he liked the idea except for one thing. As Alleycats often digress into drunken lawlessness he implored me to make no mention of the words Alley or Cat. The LBC must uphold the highest standards. That kind of thing. He even renamed it for me and so the Shop Hop was born.

Well, the local LBS did buy in and in a big way, donating some really cool swag to be given away at the end of the ride. Of course it was a prize drawing as this was not a race and if you gave prizes for 1st, 2nd and 3rd place it would've been, well, a race. And it was not.

The morning of the ra..., er, tour didn't start out looking so swell. You know this when you schedule a ride in February but you still hold out hope. The Captain for the morning ride

cancelled as it was raining with predicted snow and she made the right call. I had been watching the weather myself and had a glimmer of hope as my ride didn't start until 1:00 PM. When Packman posted a message to the listserve saying he saw a window of opportunity later in the day for those that had GoreTex I knew I couldn't let him down so I posted up my own little motivational speech and headed for the Highlands. The Shop Hop was going to GO!

The weather Friday had been outstanding and I had visions of 50-60 riders but as I drove through the gales on my way to the start at Quills Coffee Shop I thought I would be the only one silly enough to show up. I should have known better. There were 12 that not only showed up but showed up with enthusiasm and a go for broke attitude.

I distributed the maps, went over the rules and restated that even though we had a cutoff for the prize drawing it was not a race and we should behave as solid citizens. Pillars of the community even. As we gathered for the LeMans start one group however got caught up in the spirit of things and careened down the sidewalk making a breakaway.

Our group, not willing to be upstaged, had a mechanical within the first 200 yards and limped into the first Shop on the Hop to get repairs. Vics classic got our rider back on the road and filled out our "Tour cards" and we headed down the alley "into the face of a blizzard", as Joe Ward would later write. The alleys were filled with the aroma of the lunchtime rush going on at some of the local eateries. It was a full force sensory onslaught rolling over the cobbles, nostrils filled to near ecstasy and the snow falling all around us. Soon after though, the weather started clearing. Packman's window had been thrown open. We stopped in Bardstown Road Bicycles and then on to Bens Parkside reaching them all by the alley. Then it was on to the park to find the answer to our first bonus question. By the time we reached Cyclers café I was pretty sure our group would not be making it back in time for the drawing and then Steve had made us some incredible no bake peanut butter extra sugar things and we had to stay for seconds. From there we jumped on the bike trail and through some more alleys and side streets making our way to Bike Couriers on Frankfort Ave and the

Shop Hop (cont.)

Black Spring on River Road. Pulling out of the Black Spring and heading downtown to the next shop, Bike Couriers, the venerable Joe Ward took the front and gave us a great pull down the River Road. By the time we reached On Your Left, the shop was closed but they welcomed us anyway and we took our last shop tour and had our "Tour Cards" completed.

Incredibly, when our group arrived back at Quills, all the other groups had decided to wait for us to have the prize drawings. I mean, it wasn't a race and even though we split into different groups, there was a camaraderie forged by the gales that could not be forsaken.

I'd like to take a minute and mention once again the local shops that assisted me on this tour by donating prizes and acting as our checkpoints. They are in no particular order On Your Left, Bike Couriers, The Black Spring, Bardstown Road Bicycles, Vic's Classic Bikes, Cyclers Café, Bens Parkside Bikes and of course Quills Coffee Shop which hosting the event. Thanks also to my wife Chris for hanging around all day checking in riders.



Saddling up after a visit to The Black Spring on River Road
(photo courtesy Andy Murphy)

by Jeff White

Well. 17 miles in three and a half hours. It sure wasn't a race, but we all had a great time touring all the different shops and just getting out on a winters day.



Joe Ward and Dave Dillard pulling into Cycler's Café, in the face of a blizzard!

(photo courtesy Andy Murphy)



The group takes a break at On Your Left Cycles after fighting through the storm!

(photo courtesy Andy Murphy)

Riding Faster and Safer This Year

The racing team has been talking with Tom Armstrong, VP of Education, about putting on some performance cycling clinics this Spring for any LBC members who would like to learn more about performance riding. Answers to questions like; how do you ride in a rotating pace-line correctly? Which way should I rotate? How do I enter an established paceline? If a paceline is going too fast, how can I exit without messing it up? How can I corner faster with more confidence? What is "sitting in" and how can I do it because it sounds awesome? How does one "hide and ride" to conserve energy? I can ride fast and I can ride close to other riders, but riding fast while close to other riders freaks me out, and so on.

This wouldn't be a racing clinic at all; just some tips and techniques to help you when the pace picks up, the line goes single file and bragging rights on the list serve afterwards are suddenly on the line.

by Larry Pethick, VP Racing

We're planning on four sessions, ever other week at a park where we have some room to play safely. Wednesdays after work hours seem to be good day and time as they fall in between some of the more popular weeknight club rides. So we wanted to gauge interest and make sure this is something people want to do this year. If it goes well, we could extend it and maybe even make it a yearly clinic. Just looking for a headcount and suggestions/specific things people want to see covered.

So, if you have an interest or questions please email me at racing@louisvillebicycleclub.org and we'll get this organized and on the LBC calendar for May and June. In the meantime, we hope to have you come out and see the races at Long Run Park on March 12th!

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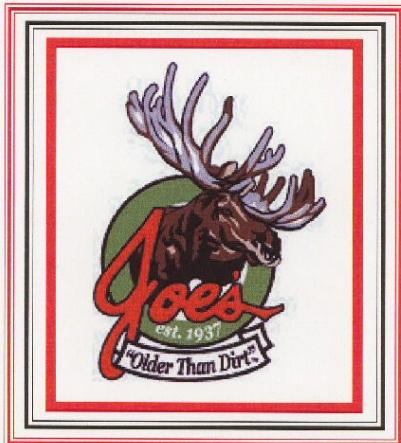
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2011 Education Program Notices and Volunteer Call by Tom Armstrong, LBC VP Education

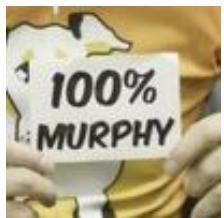
As I type this, it's early in February. I see snow flurries outside my window. Like many of you, I'm looking forward to another season of good-weather cycling for fun and fitness. I'm also looking forward to another season of the New Rider Clinics.

This year, we will again offer the New Rider Clinics in three classes—one on Monday nights at the Yellow Parking Lot for Waterfront Park, another Monday night series at the parking lot on Bowling Boulevard where we've been squatting for several years, and a repeat of the new Wednesday night series at Iroquois Park, taught by David Wittry. Each of these will offer a one-year club membership and a jersey or tech tee to graduates, largely funded by money the City of Louisville is administering from a federal transportation grant.

Due to the way the calendar is constructed, we sometimes begin the New Rider Clinics before the Kentucky Derby (or is that simply "the Derby"?). This is such a year. The New Rider Clinics begin on Monday, May 2nd, at the Yellow Parking Lot for Waterfront Park. The Class Schedule should be posted on the web site advance calendar by the time you read this, and will follow last year's routine.

New this year, and as detailed elsewhere in this newsletter: the Racing Team will offer some intermediate to advanced skills classes for those interested in riding faster and in groups. Topics to be covered include how to participate in a rotating pace line and how to ride in a tight pack safely—safety being the important issue. Please take advantage of this opportunity to hone your skills!

An idea that has been floated my way by folks within Louisville Metro adds yet another education option. This would require quite a bit more cooperation and several more volunteers, but has potential to reach a lot of folks both within and outside our club. The idea is to offer the parking lot sessions from the Yellow Lot prior to the Saturday morning Slow and Easy rides—one week would have a clinic on flat repairs, another on lane placement in intersections, and so on. The key is that we would need a group of LCIs to teach these sessions and pass along student information to me for tracking. If you have your League Cycling Instructor certification, and are interested in helping me with this project, please drop me a line or call. I would like to see this idea get the attention and success it deserves!

LBC 2010 Annual Meeting & Awards Banquet**by Andy Murphy, LBC President**

The 2010 LBC Annual Meeting & Awards Banquet was held on Saturday, January 15th, 2011, at Big Spring Country Club. After cocktail hour and a delicious dinner, we got down to business with a review of minutes from Club Secretary Barb Tretter and the Treasurer's report from Jim Tretter. Election of club officers was conducted by Nominating Chair Matt "Mattman" Fegenbush. The results of the election; President-Andy Murphy, VP Advocacy-Mark Luking, VP Communications-David "PaCkMaN" Ryan, VP Education-Tom Armstrong, VP Racing-Larry Pethick, VP Touring-Tim Chilton, Secretary-Barry Luckett and Treasurer-Jim Tretter. I'd like to thank Matt Fegenbush and Nominating Committee members Ann Beatty and Nita Bernat for making the election process go so smoothly.

Individual Awards were the next items on the agenda;

LBC Racer of the Year Awards-Larry Pethick and Laura Bohler
 Most Improved Riders -Ann Beatty, Mark Rougeux and Joseph Hitselberger
 Masters Touring Champions-Melissa Hall and Bill Pustow
 Overall Touring Champions-Carol Medley and Dave Combs
 Tour De Mad Dog Champions-Bob Grable and Janice Theriot

Program Volunteer of the Year Awards went to; Advocacy-Richard Heckler, Communications-Jerry Gordon, Education-David Wittry, Racing-David Jarboe, Secretarial Assistant Award-Jim Tretter, Touring-Dick Williams (Ride Captain of the Year), Old Kentucky Home Tour-Mark Luking.

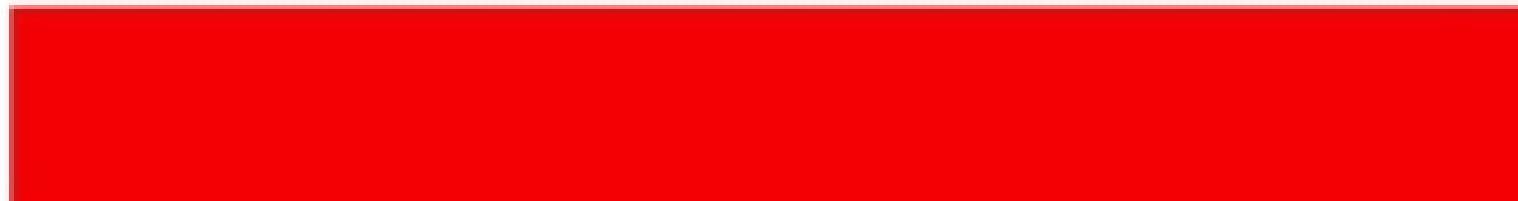
The Club Volunteer Of The Year Award went to Sandy Davis. Sandy and her #1 assistant Carl have served as Statisticians for 8 years, I think, and have done a tremendous job. We hear very few complaints about our statistics, which tells me that everyone must be satisfied. Sandy and Carl, THANK YOU VERY MUCH! Your service to the club is truly appreciated. Ron DePrez is the new LBC Statistician. Thank you in advance, Ron, for all the work you will be doing.

Life is good. Murphy



Bike parking at the banquet
 (photo courtesy Andy Murphy)

University



A proud mem

LBC 2010 Annual Meeting & Awards Banquet*by Andy Murphy, LBC President*

Big Spring banquet room panorama
(photo courtesy Larry Preble)

New Ride Series to Start in March*by Steve Sarson*

Numerous conversations among riders lamented the fact that there were not many mid distance weekend rides on the touring schedule. The touring report at the banquet confirmed that there were less 60 to 70 mile rides offered last year. As a result of these conversations, a number of club members and ride captains got together to work on scheduling 60 to 70 mile, Metric Century rides. These rides will be offered with the idea of having fun and riding together.

So, if you are ready ride some new weekend rides join us for Metric Mania. We'll be riding some old LBC favorites and some new routes as well. A number of club members and ride captains have been working together to schedule some of these rides and have put them on the touring schedule. These rides will be marked with "M&M" to identify them. Anyone interested in captioning a Metric Century ride is welcome to schedule a ride. If you have any questions, or need additional information, contact Steve Sarson at cssarson@gmail.com or 502-645-6388.

We will track the rides, as there has been some discussion of having a Metric Century Club as a way of recognizing those who complete a certain number of rides. Jersey you ask? May be a possibility, but it will be at the riders expense. These rides are for fun and fitness, not competition.

The inaugural M&M ride will be March 6, with "Steve's Fifth Anniversary of my Once in a Lifetime Fiftieth Birthday Ride and Party" starting at Meijers on Hurstbourne Lane and Watterson Trail. Other rides are on the ride schedule and noted with M&M. Come out and join us for this new series of rides. The ultimate goal is to offer at least one ride every weekend. Additional ride captains and routes are welcome. Come out and join us for Metric Mania where there are no rules, just rides.

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THE 2011 LBC AWARDS BANQUET (for 2010) #1 - THE VOLUNTEERS

"mugged" or "sooked"

Armstrong, Jenn
 Armstrong, Tom
 - VP Education
 Barr , Ford
 Bernat, Nita
 Brent, Doug
 Brown, Charlie
 Clifford, Bob
 Combs, Dave
 Connell, Donna
 Cooper, George
 Crenshaw, Gil
 Croslin, Rick
 Cummings, John
 Davis, Carl
 - Statistician
 Davis, Sandy
 - Statistician
 Decker, Dianna
 Do , Duc
 Dobbs, Allison
 Dobbs, Ron
 Dobbs, Vicky
 Donovan, Linda
 Donovan, Terry
 Ewart, Alison
 Fible, Bill
 Finley, Perry
 Gordon, Jamie
 Gordon, Jerry
 Hall, Dan
 Hall, Melissa
 Hamilton, Cathy
 Hill, Cathy
 Horvay, Andy
 Howes, Scott
 Johnson, Jeffrey
 Jones, Earl
 - Past President
 Jones, Kevin
 - VP Touring
 Kerns, Travis
 - VP Racing
 Kindig, Jonathan
 King, Dave
 Kinsinger, Joe

Volunteer of the Year *Sandy Davis*



President Andy Murphy (right) presents Sandy Davis, retiring 8-year Statistician (center), with the Club Volunteer of the Year award.
 Carl Davis, her #1 Assistant, is on the left.

(photo courtesy Larry Preble)

LBC Program Volunteers

Richard Heckler	Advocacy
Jerry Gordon	Communications
David Wittry	Education
David Jarboe	Racing
Jim Tretter	Secretarial
Dick Williams	Touring
Mark Luking	OKHT

"mugged" or "sooked"

Larson, John
 Leslie, Bobbie
 Luking, Lynn
 - OKHT Director
 Luking, Mark
 McGill, Bernice
 Medley, Carol
 Medley, Joe
 Montgomery, Steve
 Murphy, Andy
 - President
 Murphy, Laurie
 Newbold, Mark
 Prather, Stewart
 Preble, Larry
 Pustow, Bill
 Pyron, John
 Rice, Steve
 Roggenkamp, Kirk
 Rougeux, Mark
 Ryan, David
 "PaCkMaN"
 - VP Comm./Webm.
 Samways, John
 Sandefur, AB
 Sarson, Steve
 Schindler, Bob
 Sellers, Eric
 Sexton, Deb
 Sexton, Steve
 Stephen, Timothy
 Sutton, Tommy
 Thomas , Joe
 Thompson, Terry
 Todd, Glenn
 Todd, Lisa
 Trachtenberg, Laura
 - VP Advocacy
 Tretter, Barbara
 - Secretary
 Tretter, Jim
 - Treasurer
 Webster, Steven
 Williams, Dick
 Wittry, Dave

THE 2011 LBC AWARDS BANQUET (for 2010) #2 - THE RIDE CAPTAINS

Ride Captain of the Year: Dick Williams

Top Ride Captains (10 or more rides)

Combs, Dave	81	Pustow, Bill	29	Fible, Bill	17	Cooper, George	13
Kinsinger, Joe	64	Clifford, Bob	28	Rougeux, Mark	17	Dobbs, Ronald	13
Finley, Perry	62	Trachtenberg, Laura	26	Sexton, Steve	17	Hill, Cathy	13
Williams, Dick	57	Rice, Steve	25	Kindig, Jonathan	16	Roggenkamp, Kirk	13
Murphy, Andy	53	Decker, Dianna	21	Luking, Lynn	16	Sarson, Steven	13
Sandefur, A B	52	Todd, Glenn	21	Medley, Joe	16	Ewart, Alison	12
Cummings, John	51	Dobbs, Vicky	20	Montgomery, Steve	16	Leslie, Bobby	12
Tretter, Jim	35	Todd, Lisa M	20	Medley, Carol	15	McGill, Bernice	12
Sutton, Tommy	34	King, David R	19	Sexton, Deb	15	Barr, Ford	11
Howes, Scott	31	Johnson, Jeffrey	18	Connell, Donna	14	Donovan, Linda	10
Preble, Laurence	30	Hall, Melissa	18	Newbold, Mark	14	Donovan, Terry	10
Sellers, Eric	30	Prather, Stewart	18	Stephen, Timothy	14	Larson, John	10
Hamilton, Cathy	29	Armstrong, Tom	17	Bernat, Renita	13	Wittry, David	10

Utility Cycling Thoughts

by Tom Armstrong, LBC VP Education

Louisville applied for Silver-level Bicycle Friendly Community status last year, and was turned down. One reason was that we as a community do not have a huge cycling mode-share presence for utilitarian cycling—commuting, errand-running, and such. To that end, the Louisville Bicycle Club is working to quantify what commuting is being done by our membership—you and me. We recognize that we will want to improve our mode-share numbers (among other reasons: Mayor Fisher is a statistics-driven kind of guy), but to do that, we have to have a baseline of some sort. So, Club President Andrew Murphy has been talking up our commuter program quite a bit since announcing it at the Club Banquet in January. Let me reinforce his comments: If you ride your bike to the corner grocery, or to the ice cream stand, or wherever, instead of driving, log your miles for us. Please. Help us help the community at large recognize that bicycles are very good for our transportation needs.

I'm one of those folks who rides instead of driving whenever it is practical for me, and I helped the Louisville Bicycle Club earn the Golden Handlebars in last May's "Bike Commuter Challenge" that was part of Bike to Work Month/Week/Day in Louisville. I ride to work regularly—from my home in Lyndon to Bluegrass Bicycle in Crestwood—a distance of less than thirteen miles. I've been riding to work more and more often over the last few years, and find that I have to think harder and harder to justify driving instead of riding. Besides, doing one's errands (like grocery runs, post office trips, hauling cat food or dog food, library visits and more) is easily accomplished by bike.

I say this mostly to show that it can be done—and that it doesn't take SuperDuck to do it. Clif Bars has their 2-mile challenge (site: <http://2milechallenge.com/>)—a site that gives you a two-mile radius map based on your address (through the wonders of Google Maps), and shows you what manner of local markets, restaurants and other good businesses you can patronize without having to use your car. As an example, from my own house, I can reach the three or four large grocery stores within three miles of cycling (two miles as a crow would fly). Jenn and I have a couple of kid trailers that we bought used (one for \$50, found on Craig's List, another—a Burley Lite, no less—found at Goodwill for \$25), and they work quite well for carrying things that are too heavy or bulky to carry in a backpack or in panniers, yet not so big that I need a car to haul them. We even used them to help Andy Dyson, Executive Director of Bicycling for Louisville, move his household from Shelby Park to Schnitzelburg a few weeks ago!

Folks who seemingly gape in awe at me for riding to work as much as I do are often quite capable of the distances and the few acclivities (thanks to Joe Ward for reminding me of that word) I travel daily, but are reluctant to ride solo or ride in what they perceive my traffic experiences to be. What I have found is that if one pays reasonable attention, one can learn the majority of the skills necessary to commute safely in the Traffic Skills 101 course that is the basis for our New Rider Clinics. The only remaining things are generally a level of confidence borne of time on the bike and willingness to stretch one's boundaries.

THE 2011 LBC AWARDS BANQUET (for 2010) #3 - TOURING JERSEY WINNERS

100,000 Lifetime Club Miles

Jim Tretter

50,000 Lifetime Club Miles

Vicky Dobbs

Ellen Mueller

Glenn Todd

25,000 Lifetime Club Miles

Dave Combs

Scott Kuchenbrod

Steve Montgomery

Stewart Prather

Jim Preston

Barb Tretter

Jeff White

2010 Yellow Jersey

Carol Medley 5,097 miles

Dave Combs 11,045 miles

2010 Blue Jersey

Melissa Hall 5,113 miles

Bill Pustow 8,647 miles

The 2010 Hundred Ride Club

McGill, Bernice	261
Finley, Perry	248
Combs, Dave	244
Medley, Joe	207
Sandefur, A B	195
Cooper, George	180
Brown, Charles	164
Medley, Carol	158
Hitselberger, Joseph	149
Murphy, Andrew	145
Tretter, Jim	145
Dobbs, Vicky	142
Larson, John	135
Todd, Glenn	133
Preble, Laurence	132
McGill, Kelly	129
Sutton, Tommy	126
Chilton, Tim	124
Lamon, Jack	122
Trachtenberg, Laura	122
Gordon, Jerry	121
Kaufman, Michael	121
Pustow, Bill	120
Leslie, Bobbie	119
Myers, Larry	119
Cummings, John	117
Johnson, Jeffrey	117
Luckett, Sara	114
Luckett, Barry	110
King, David R.	108
Tretter, Barbara	105
Howes, Scott	104
Bernat, Renita	102
Battle, Paul	100
Preston, Jim	100

*Mileage Touring Champions
David Combs & Carol Medley*



VP Touring Kevin Jones (center) presenting the yellow jerseys to
Touring Champions Dave Combs and Carol Medley.
(photo courtesy Andy Murphy)

The Second 100,000-Miler Jim Tretter



Jim Tretter (left) is presented with his 100,000 mile jersey
by VP Touring Kevin Jones.
(photo courtesy Larry Preble)

THE 2011 LBC AWARDS BANQUET (for 2010) #4

*Racer of the Year, Male: Larry Pethick
Racer of the Year, Female: Laura Bohler*



50,000 Mile Jersey recipients being presented with their award jersey's from VP Touring Kevin Jones, L to R; Ellen Mueller, Vicky Dobbs and Glenn Todd

(photo courtesy Larry Preble)



25,000 Mile Jersey recipients; L to R Scott Kuchenbrod, Steve Montgomery, Jeff White, Dave Combs, Barb Tretter, Stewart Prather and Jim Preston

(photo courtesy Larry Preble)

Tour de Mad Dog Top Finishers

Men

1. Bob Grable (*yellow jersey*)
2. Steve Meredith
3. Steve Rice

Women

1. Janice Theriot (*yellow jersey*)
2. Bernice McGill
3. Susan Pyron

White Jerseys: Nate Callaway & Nita Bernat

Lantern Rouge: Chaz Dunlevy

The 2010 Century Club

Rice, Steve	64	Bernat, Renita	18	Patterson, Jody	11	Bradford, Roger	8
Hall, Melissa	48	Callaway, Nathan	18	Leslie, Bobbie	11	Warren, Wes	8
King, David R.	46	McGill, Bernice	17	Luckett, Sara	11	Hillenbrand, Brooks	8
Pustow, Bill	37	Chilton, Tim	16	Horvay, Andy	11	Binzer, Scott	7
Quirey, Chris	33	Lobred, Joe	16	Dobbs, Ronald	11	Hitselberger, Joseph	7
Combs, Dave	27	Rougeux, Mark	16	Dobbs, Vicky	11	Medley, Joe	7
Meredith, Steve	22	White, Jeff	16	Luckett, Barry	11	Hubbard, Sandra	7
Finley, Perry	22	Montgomery, Steve	15	Heichelbech, Bruce	10	Stephen, Timothy	7
Preble, Laurence	22	Barr, Ford	15	Royse, Stephen	10	Cooper, George	6
Pyron, Susan	22	Hill, Cathy	15	Medley, Carol	10	Willis, Jason	6
Theriot, Janice	22	Meredith, Ben	14	Roggenkamp, Kristin	10	Pfeister, Rob	6
Larson, John	21	Dobbs, Allison	14	Dunlevy, Charles	10	Dearing, Carla	6
Pyron, John	21	Roggenkamp, Kirk	14	Sarson, Steven	9	Roberts, Lynn	6
Murphy, Andrew	20	Lamon, Jack	13	Jenkins, Mike	9	Battle, Paul	6
Croslin, Rick	19	Davis, Randall	13	Meade, Rick	9	Cummings, John	5
Sexton, Steve	19	Moore, Jim	13	Gootee, Ed	9	Ingram, Dave	5
Kamenish, Mike	19	Rauh, Dick	13	Kinsinger, Joe	9	Matthews, Ray	5
Grable, Bob	19	Pitt, Mike	13	Hubbard, Cameron	8	Zaborac, Gregory	5
Howell, Susan	19	Kuchenbrod, Scott	12				

74 Riders

Centuries: 1100

A Cold and Icy Winter

January has been a challenge this year, mentally and physically. I am used to getting regular exercise and soaking up the outdoors to carry me through the sometimes dreary work day. I am used to some sun, however muted and infrequent, in the midst of winter rather than an oppressive gray sky that will not yield. I am used to spending time on the road with a few, close friends that know the “riding” me rather than those that don’t understand the love of the bike and the road and the freedom that it not only promises but delivers. When Brian Borgman was helping me put together my fixed gear (something that I often think of when I begin to feel there is no kindness left in the world), he let me pick a saying to put on my bike. It reads: “My bike takes me places that school never could.” I have found this to be true.

While there was a day befitting a century the first week-end of the month allowing me to get my January century in, there have been few days fit for even a short ride since. This has not been because of the cold. I can deal with cold and freezing gears; it was because of the ice and snow that covered the roads claiming them as their own. Every time the roads would clear, Old Man Winter would strike back, tatting furiously to lace the world with white, panting his hoary breath in ragged gasps that chilled to the bone. At one point, I contemplated joining the SIW rides at Deem Lake, but trips to Cincinnati to deal with an aging parent who had fallen always seemed to interfere when Old Man Winter did not. My poor husband dealt with my sour mood as I tried to temper it by slipping on running shoes to travel the roads on foot that were not easily traversable by wheel. Yes, I have an appreciation for running and the blessed relief it can bring, the sound of my feet on the pavement, my breath steaming warmly into the cold air, the chance to soak up scenery in a way that riding does not allow, but it is no longer my first love.

by Melissa “Puddle” Hall

This week-end promises temperatures in the 40's and mostly clear roads, however, and I am elated. There are no available club rides that tempt, but a small group of friends intend to ride. These are my favorite rides anyway, the ones where I am totally comfortable with all the riders and don't have to worry about stilted conversation and the other things that go along with new relationships. I have traveled so many miles with these men and spent so many hours with them that they are like family. Because of this I know they will be patient with me on the steeper climbs when I tend to lag despite my best efforts. I worry about my ability to keep up with so few miles in my legs. I know the route and I know that it is going to hurt. Larry “Gizmo” Preble, when speaking of hills, once stated to me that pain is “an acquired taste.” And indeed, part of me relishes the thought of the ache in my thighs and the rasping in my lungs that I am anticipating as a surety for this is a course that is demanding even when it is midsummer and the legs are strong and hardened by endless miles and challenges.

We meet at the ride start and as always I am surprised at the ease of conversation despite the lapse in time since we have met. I giggle to myself when Dave “Bam Bam” is late and many times during the ride I think how nice it is that some things never change, of how sometimes the foibles that define individuals become part of their personalities and somehow endearing rather than annoying, particularly and maybe because of being tempered by absence. These are good friends, and I never cease to wonder that they are my friends. I love the sound of their voices, their laughter, and their jokes that cause laughter to gush out of the deepest part of me, wholesome and real. I know I will remember this and draw upon it to get me through the rest of this winter, or at least until Hell Week where there will be shorts, short sleeved jerseys, and friends.

NOTICES

MetroCall – 311 or 574-5000

It's been brought to our attention that not all cell phones recognize 311 as a legitimate phone number. If you have a problem on a bike path, bike lane or in a park you can report the problem to MetroCall at 311 OR 574-5000. When you report a problem, you'll be given a tracking number so you can follow-up to make sure the problem has been addressed.





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TREK[®] USA

897-2611

Louisville Bicycle Club Contacts:

The Louisville Bicycle Club

P.O. Box 35541
Louisville, KY 40232-5541

Statistician

Ron DePrez
statistician@louisvillebicycleclub.org
11526 W Highway 42
Goshen, KY 40026

Website

www.louisvillebicycleclub.org

Facebook

[facebook.com/group.php?
gid=233519648724](https://facebook.com/group.php?gid=233519648724)

Listserve (*unofficial*)

kycyclist@louisvillebicycleclub.org

Webmaster

David "PaCkMaN" Ryan
webmaster@louisvillebicycleclub.org

Newsletter Editor

David "PaCkMaN" Ryan
editor@louisvillebicycleclub.org

Bicyclist circles the Earth on his way to work

by JOE WARD

I was riding to work one chilly morning on my old blue Schwinn, cranking right along, when I noticed a car with a frosty windshield approaching. The tiniest patch had been cleared for a viewing hole.

There was time for just an instant of apprehension before the driver whipped into a left turn.

I could clearly see what was happening next, but I couldn't do anything about it. The car's rear quarter panel was in my face, and then I was doing a full gainer over the roof. Then I was spread-eagled on my back in the intersection.

The driver of the car turned out to be a medical student in a hurry, but he checked me out for broken bones, without charge. I wasn't hurt, and I wasn't late for work.

Still, I don't recommend that readers try this at home.

I do recommend that you ride a bicycle to work though. That was the only time that ever happened to me in 13 years of cycle commuting, and I learned a lot from it.

And consider this:

I was inspired to start cycling to work on the original Earth Day, in 1970. I actually started doing it in 1977.

On many a day when it rained or snowed or I was lazy, I found an excuse to drive my car instead.

But I kept careful track of all my miles back and forth. And last month, July 10, somewhere on Lexington Road near Distillery Commons, I passed 24,902.45 miles.

That's the circumference of the Earth at the equator.

In 13 short years.

I did some math on that. I heard on ABC-TV's "20/20" that the average car emits 10,000 pounds of pollutants a year. Guides to buying used cars say the average car is driven 15,000 miles a year.

(I figure information from such sources may not be totally precise but does give a ballpark idea.)

So I came up with 0.667 pounds of pollutants per mile, or 16,609.93 pounds for my 24,902.45 miles. That's more than 8 tons of pollution I didn't emit. I figured 20 miles a gallon would be fair and came up with 1,245.12 gallons of gasoline I didn't use.

The truth is, all but a handful of the rides have been very pleasant - cruising

through bands of aroma when the trees bloom in the spring, hearing small girls sing their jump-rope songs on summer sidewalks.

I've had a lot more pleasant rides to work than I've had pleasant drives.

I have ridden in rain and in cold, and felt a bit adventurous for it. I've learned a lot about where to be in traffic and how to negotiate with other drivers to move smoothly along my way.

I've learned all about patching tires and other repairs. In fact, when I sold the old blue Schwinn recently and moved up to a fancier bike, most of its parts had been replaced at least once, including the frame.

I've gotten along with motorists for the most part. A few have mistreated me a little with horns, roaring engines or near sideswipes. Lacking a horn of my own, I occasionally have had to acknowledge such communication by voice and hand signals.

One driver got out of his car and punched me in the mouth. It didn't hurt, but I took him to court anyway. He turned out to be a lawyer. We eventually parted on reasonably friendly terms though. Did I mention that you meet a lot of professional people while cycling?

The main point here is, all of those years ago on that first Earth Day, I was young and I was thinking in terms of saving the entire Earth, a notion I have gradually become disabused of.

But I didn't think about saving a little chunk of it. It occurred to me after I rode around the Earth that it's actually pretty easy.

"Great works," Samuel Johnson said, "are performed not by strength but by perseverance."

And I have demonstrated that you can procrastinate and wimp-out quite a bit and still persevere enough to arrive at moderately impressive statistics.

Lately I've noticed other riders on the streets - quite a few, in fact - racking up those miles, keeping the air clean.

I'd like to suggest that you join us. There are a few things to keep in mind as you start, and you now have the benefit of all my experience.

Watch out for people who don't scrape their windshields. And if a guy in a suit and a Saab suggests that you pull over and discuss things, don't do it.

(Originally appeared August 21, 1990 in the Louisville Courier-Journal First Person feature. Reprinted by permission of the author.)

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, hardcopy print-outs or articles on disk (Word documents preferred), or e-mail.

Send them to David Ryan (Packman), VP Communications (see cover for addresses) or hand them to any club officer.

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

See cover for deadlines.

The newsletter is sent by email only. Please notify Barry Luckett, club secretary, of email address changes.