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Let the Good Times Roll!



It's January as I write this. I'm looking out the window at snow on the ground and doing anything I can think of as an excuse to not trudge down to the basement and climb aboard the bike that doesn't go anywhere. I'm thinking about the club and what direction we'll be going this year. And I'm thinking we're still going to be riding into the wind for 2021. The outlook looks promising for the long run but I believe we're going to have to continue to be patient. For now I think we're going to have stay with the peloton rather than look for the breakaway.

And the peloton is where it's at anyway! That's where the teamwork happens. That's where the support comes from. I believe we can all support each other and make the team work this year even though we may not be sure of the big picture yet. Last year we weren't able to put on a lot of our usual events but we had 40 Ride Captains step up to the plate anyway and put on over 500 rides. We didn't have our full schedule of New Rider Clinics but we had what was possible and volunteers showed up to help make it happen. This year we're planning to have another great year of touring on the schedule. Our valuable community service, the New Rider Clinic, should be able to be expanded and we have the framework in place for a return of Team Louisville Racing! I'm getting excited and I hope you are too because we're going to need the peloton to make it happen. The peloton is you and I'm issuing a challenge to put your legs into it! Consider what you can do this year to help carry the team forward.

Have you been a Ride Captain lately? Have you ever given it a shot? Our Ride Captains are the backbone of this club. It is a great way to carry some of the load and is a lot of fun. The club is open to nearly any kind of ride you would want to put on. Road, mountain bike, gravel, easy, hard, long or short. When you're the captain you make the call. If you would like to explore the possibilities contact Amelia Dauer at touring@louisvillebicycleclub.org and she'll get you rolling.

The New Rider Clinic is always in need of experienced mentors to help newbies to be comfortable riding on the road. It's such a rewarding experience to ride along and watch the skill and confidence of these beginner cyclists grow. You already possess everything you need. It's easy to jump in and serve with no training needed. If you can follow a cue sheet you're in! Contact Dave Wittry at education@louisvillebicycleclub.org if you're willing to lend a hand.

Or maybe you're curious about Team Louisville Racing. Whether you're ready to enter the fray or serve in a supporting role check out Jon Kindig and Kevin Williams at racing@louisvillebicycleclub.org.

How about this newsletter? Do you have something to say? Would you enjoy covering an event or club interest story? We're always looking for content our readers would enjoy. Know a good story or a funny joke? It's your chance to get the ole creative juices flowing. Contact Katie Rowe at communication@louisvillebicycleclub.org. She is also responsible for our social media content if that's where your passion lies.

There's no crystal ball sitting on my desk but we're really hoping to be able to add some of our staple events back this year and if so there will be more opportunities to serve. Why wait though? Consider taking up one of these challenges today. I can assure you the water is just fine so jump on in! - **Jeff White, President**



Last Mile to Work

Author: Theresa Swann, Goodwill Industries of KY

Glenn Todd started the Last Mile to Work Program in 2017. Through his work at Goodwill, Glenn saw a need in helping Goodwill employees and participants branch the last mile (or two!) between the bus stop and their place of employment. Glenn began repairing bicycles donated to Goodwill to bridge this gap, and soon after, the Last Mile to Work Program was official! Each participant in the program is provided with a bicycle, lock, light, helmet, and safety vest. They are also provided with information on safety and maintenance.

Goodwill has just completed building a new workshop for the program and is interested in connecting with volunteers to assist with repair work. Bikes receive an 8-point checkup that includes servicing bearings, truing wheels, lubrication, adjustments to brakes and shifting and replacing parts as needed. We are also in need of used adult bikes and parts for the program. Bikes can be donated at the Goodwill workshop located at 909 E Broadway. For donation questions, please contact Glenn Todd at 502-475-2640 or glenn.todd@goodwillky.org. For volunteer information, please contact Theresa Swann at 502-689-3641 or Theresa.swann@goodwillky.org.



Volunteering with SOS

Author: Diane Bellafronto

A huge thank-you and "shout-out" to Paula Radmacher, Alison and Carson Torpey, Chris White and David Wittry! On Monday, February 8, this group of intrepid and kind-hearted Louisville Bicycle Club members generously volunteered at SOS. For three hours they came together to assist with the reprocessing and sorting of surplus medical supplies. Provided with protective personal equipment, the group worked through 8 pallets of expired medical trays and surgical packs, salvaging items such as surgical gowns, masks and gloves, syringes and needles, lidocaine vials and instruments.

Because all work and no play, may make for a dull time, refreshments were served and a good time was had for good work!



AA Clay Studio

Author: Katie Rowe, VP Communications

Recently, President Jeff White “mugged” some of our members—with coffee mugs that is! The mugs were created by local artist Alex Adams with AA Clay—Ceramics Studio, which has been a feature of the community for over seven years. AA Clay provides space where people can be successful making art, which is a recurring theme of the studio, supporting not only professional artists through classes as well as open studio and resident memberships, but also up and coming artists through the internship program and anyone who is interested in learning about making clay art through introductory and “date night” classes. AA Clay provides all of the tools, wheels, worktables, and glazes for artists to be successful.

Alex has arranged the space to continue offering classes and studio space during the pandemic, with smaller class numbers and mask requirements. Classes fill up quickly, so schedule ahead of time to get your date night locked in!

LBC is incredibly thankful for the talented Alex, who helped President Jeff White create the ceramic coffee cups for the “muggings”, and we encourage everyone to check out the studio!

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We Want YOU...
To be a ride captain!

Author: Amelia Dauer, VP Touring

Without ride captains, we would not have rides and rides are why we exist as a club. 99 members are currently set up as ride captains, with 40 of those captaining a ride in the 2019-2020 season and 24 captaining 10+ rides. About 10 of those ride captains captained at least one ride weekly. 533 rides were put on the schedule from 11/1/2019-10/31/2020 and the club was closed for three months of the season. WOW!

Guess what? We need more people captaining rides.

Would you like to be a ride captain? It can be a fun experience, plus, you get to create the route you want to ride and put it on the schedule at the time you want to ride it. You can meet lots of new, friendly, fun people. Also, new ride captains earn a nice ride captain jersey (while their size lasts) after captaining 5 rides during the season.

Do you feel you need a ride captain mentor before taking on the challenge by yourself? Would you like to be a ride captain mentor or a ride mentor? If so, contact me at touring@louisvillebicycleclub.org and we will get you set up.

Many ride captains have become familiar with the club's RideWithGPS account. If you have trouble using it, contact me and I can assist or find someone that can. Routes must be in the club RWGPS for everyone to be able to download and navigate it. It is also helpful to name routes by the start location and destination to make it easy to find the route in the route library.

If you have trouble adding rides to the Google calendar, contact me and we will get you set up.

Google Calendar/RWGPS Hint: If you are accessing the Google calendar schedule from the LBC home page and the RWGPS link is not hot (in blue), click on "more details" which will show the link as hot and; therefore, accessible. **Thanks again to all ride captains!**



Author: David Wittry, VP Education

The 2021 New Rider Clinic is scheduled to start Monday, April 26 at the yellow lot (1401 River Road). Clinics are also tentatively planned for Olmstead Academy South (Iroquois), St. Stephen Baptist Church, St. Matthews Baptist Church and Baptist Healthcare East. Exact times and dates will be announced in early April on our website and Facebook.

We expect to be adhering to the prevailing covid 19 guidelines for groups. At this time we are planning for classes of no more than 20 students per class. Facemasks are to be worn before and after class and during the lecture and social distancing will be required.

Hopefully the pandemic will recede and we will be able to have a full slate of classes this year.

New Rider Clinics Coming Up!

Not just for new riders, everyone can benefit from a New Rider Clinic!



E-Bikes: “Run What You Brung”

Author: Jeff White, President

My good friend and prolific ride captain Cara Sue Kraus showed up for a club ride the other day with a very different bike than she usually rides. Cara has been riding with the club for a few years now and has grown in leaps and bounds with both her cycling power and handling skills. Her usual ride is a carbon fiber beauty replete with disc brakes and tubeless tires and she can rock it! This day though I looked over and saw her standing next to a rather portly looking mountain bike as we were all preparing to roll out on a brisk road ride. My interest was piqued and when I walked over to see what was up with that I learned she had brought an E-bike!

This was not the first time we had seen these strange and unsettling contraptions invading our sacred peloton reserved for those with sinewy musculature in our synchronized rhythm of pain, guts and glory but it was the first time Cara Sue had shown up with one. And we wept. Oh how we wept. Where did we go wrong? Why have you gone to the other side? How long is your extension cord? This of course was all in fun and Cara Sue let us have our laugh at her expense and then promptly exploded up the first hill leaving us to toil and curse the confines of our mortal human bodies.

But seriously, as the ride progressed I had several conversations about the growing surge of e bikes. It seems that even though some of the purists scoff the e bike is gaining popularity and is here to stay. We have seen lifelong cyclists transitioning on them as their bodies change allowing them to still get out there and do what they love and spend time with their friends getting exercise and fresh air. Cycling weekly reported that Tour de France winner Geraint Thomas has said that electric bikes are a great way for people to get into cycling. Cara Sue and her husband Steve (a lifer with the club) bought theirs last year to take on a trip out west to include a few trail riding adventures but today she was using it because she had an injured hand making it a wee bit uncomfortable shifting the gears on her road bike.

Whatever the reason for rocking your e bike even if it's because it's just a grin we want you to know that we welcome you to join in the fun of the Louisville Bicycle club. Technology is changing a lot of things and if we can use it to start or continue to get out with our friends and ride then let's charge that puppy up and go for it! The way I see it whenever you swing a leg over that steed, whatever that steed may be, it's a good thing and I'll ride with ya any time.

