



That's a wrap – OKHT 2023 was a great day for everyone.

THANK YOU!

This was the Louisville Bicycle Club's 43rd Old Kentucky Home Tour. After Covid and being off the grid for a few years we brought the OKHT back, creating a brand new event hosted by Yew Dell Gardens in Crestwood, KY. Now that we've experienced the hospitality from the community of Oldham County for the past two years this is where we want to be!



SPONSORS:

We couldn't do this without our community partners. Please patronize our sponsors when you can.

Yew Dell Botanical Gardens – Paul Cappiello
Oldham County Tourism – Kim Hydes
Middle of Town Cycling – Nira Kinkhabwala, Richard Way
Clarksville Schwinn – Bob Peters
Sternberg Truck & Van Rental – Donnie Fultz
Alex R. White, Lawyers PLLC – Alex White
Red Cross of Oldham County – Cathy Kinberger
Kentucky Derby Festival – Jenn Churik
Southeast Christian Church, Crestwood for the use of their parking lot
Chamois Butt'r
Road ID

Special thanks goes to the Oldham County Government and the Oldham County Police Department for working with us to provide a safe event.



REST STOPS:

Circle Bar C Ranch:

with gourmet popcorn

Acorn Lane Farm:

featured homemade cookies by our club members

Hermitage Farm:

provided all things chocolate

TRF Sanctuary at Chestnut Hall:

offered root beer floats



RIDERS:

What a great group of cyclists. Our youngest rider was 6 and our oldest rider was 80 and you represented 12 states. We can't wait to see you next year. Your support of our ride enables us to make donations to several organizations and charities. On Saturday afternoon, we were able to take lunch to the South Oldham Fire Department, provide lunch on Monday for the people that count on Highpoint Charitable Services for food and the rest of the sealed food went to Red Cross of Oldham County for their food bank and community days serving seniors and the less advantaged in Oldham County.

MUSIC:



Ford Barr at Acorn Lane Farm



Allen Lane
at Chestnut Hall



Tom Landry at Yew Dell



VOLUNTEERS:

We had 74+ club members who volunteered. There was set-up and organization on Friday together with a club ride before packet-pick up. Saturday was another day of organization and making sure everything was in place for a safe and fun ride.

CORE COMMITTEE MEMBERS:

- Jeff White, acting President, was instrumental in just about everything. His leadership has been invaluable.
- Glenn Todd coordinated the Roving Sag Vehicles and the Dead Last Riders
- Phil Mattingly, Club Treasurer, took care of registration and all things financial
- Diane Bellafronto handled all the food together with Kelly McGill who specialized in breakfast
- Dave Wittry, VP Education, took care of parking and also drove a SAG vehicle
- Steve Sarson, VP Touring, handled all the logistics with loading and unloading of equipment, food and getting things where they needed to be – when they needed to be there
- Erik Helton, VP Information Technology, coordinated the routes, gps files, marking the routes with signs and making sure they were all picked up.
- Kim Hydes, Director of Tourism for Oldham County is priceless and willing to do whatever is needed to make this ride a success and showcase Oldham County to everyone.
- Larry Preble – was our roving photographer and used his drone to make a video which can be seen on our facebook page
- Rebecca Dimon was our coordinator for Circle Bar C Ranch
- Barbara Martin was our coordinator for Acorn Lane Farm
- Margaret Preble was our coordinator for Hermitage Farm and offered free massages for riders. She and her husband own Preble Chiropractic in LaGrange
- Thomas & Nancy Nance coordinated the Chestnut Hall rest stop.

Our Dead Last Riders stay on the course with the very last riders and made sure everyone gets in safe and is encouraged along the way

- Tom Askew & Amelia Dauer swept the 62 mile course
- Ross Allen & Ron Lauter swept the 50 mile course
- Dee Schreur & Dennis Branson swept the 40 mile course
- Eric Sellers, Bob Norcross & Richard Heckler swept the 20 mile course



- **Our Drivers in the SAG vehicles:**

- ◇ Laura Trachtenberg
- ◇ Dave Wittry
- ◇ Steve Sexton
- ◇ Tommy Sutton
- ◇ Brooke Willis
- ◇ Bob Knaster

- **Our Parking Crew:**

- ◇ Dave Wittry
- ◇ Tom Chynoweth
- ◇ Brian Borgmann
- ◇ Paul Battle
- ◇ Bill & Michelle Stader
- ◇ Richard Heckler
- ◇ Steven Jent

- **Food Servers:**

- ◇ Diane Bellafronto
- ◇ Kelly McGill
- ◇ Steve & Cara Kraus
- ◇ Christina Harrington
- ◇ Chris White
- ◇ Rita Sarson
- ◇ Brian Borgmann
- ◇ Gail Blevins
- ◇ Mike Kaufman
- ◇ Mary Ann Heckler

- **Registration & Packets**

- ◇ Phil & Paula Mattingly
- ◇ Joe & Carol Medley
- ◇ Fred Shuck
- ◇ Jenn Churik
- ◇ Nira Kinkhabwala
- ◇ Sonia Poirier

- **Our Rest Stop Volunteers:**

- ◇ Dave King
- ◇ Michael Crawford
- ◇ Lynn Roberts
- ◇ MJ Foster
- ◇ Wayne Childers
- ◇ Val Pfeifer
- ◇ Jeff Filcik
- ◇ John & Susan Pyron
- ◇ Fritz & Brenda Kopatz
- ◇ Ned Putnam
- ◇ Lisa Fluhr
- ◇ Margaret Preble
- ◇ Sam Bland
- ◇ Thomas & Nancy Nance
- ◇ Barbara Tretter
- ◇ Marilyn Minnick
- ◇ Lori Boone
- ◇ Craig Dooley
- ◇ Vicky Bridges
- ◇ Barbara Martin
- ◇ Rebecca Dimon





- **Route Marking**

- ◇ Erik Helton
- ◇ Sam Bland
- ◇ John Fong
- ◇ Clint Phillips
- ◇ Sonia Poirier
- ◇ Tom Hall

- **All Things Logistic – loading, set up, sorting, organizing, clean up**

- ◇ Steve Sarson
- ◇ Bob Schindler
- ◇ Percy Black
- ◇ George Cooper
- ◇ Ron Heuglin
- ◇ Tommy Sutton
- ◇ Chad Hughlett
- ◇ Phil Samuel
- ◇ Diane Bellafronto
- ◇ Susan Wentzel
- ◇ Dave Leist
- ◇ Laura Trachtenberg
- ◇ Glenn Leach
- ◇ Rita Sarson
- ◇ Karen Kostecki



Louisville Bicycle Club members are very supportive of the OKHT. We had to turn volunteers away this year – as we just had too many! Putting on an event like this is a lot of work, but is a great way to get to know one another. AND teamwork makes it fun and shares the load.

We will have a new Director for 2024. I am a firm believer in having multiple people know each position and responsibility. It's not healthy to have the same people do things year after year. And new leadership in various positions brings new ideas and welcome changes. So get ready to raise your hand to help Dee Schreur, Director, OKHT 2024. I will still be around to assist and help with a seamless transition. We are already planning the 2024 tour and will have some exciting news to share with you soon!

Thank you again to everyone for a great OKHT 2023.

Bekki Livingston
Director, OKHT 2023

Larry's video link on youtube

<https://www.youtube.com/watch?v=WqGBQL9-QC0>

John Michaud's link to his pictures

<https://www.jmichaudphoto.com/Archives/2022-2023/Old-KY-Home-Bike-Tour/>





2023 LBC Sponsors





Remembering John Cummings



According to the LBC website, John rode 25,419 club miles, but those miles don't begin to reflect his impact on the club. Laura and Donna sat down together to write this article and hopefully convey the kind of person he was and his impact on us. He was a friend to many cyclists and will be remembered by those who knew him for his positive attitude.

John was a humble person and accepted any award he received by noting others who were deserving for their efforts. He loved cycling and giving of himself but couldn't care less about awards and mileage milestones. His club mileage could probably be doubled or tripled if you add on all the extra miles he rode on his own. He was well known for riding his bike to gatherings of friends and family. His wife, Doe, would arrive and folks would ask if John was coming. She would answer, "He'll be here, he's coming by bicycle!" Before he found his passion in bicycles, he ran numerous marathons, and played golf.

He worked his way up from lineman to engineer at Bellsouth Inc. But could be heard commenting his success was "luck". John was always volunteering for the club. He served as VP of Advocacy, drove SAG for the OKHT and the Mayor's ride, helped clean and landscape the Wheelmen's Bench and put in many hours as a ride captain. He inspired his wife, Doe, to volunteer at the OKHT, positioned her at the top of Lilly Pike with a microphone, where she welcomed and cajoled riders as they crept up the long, arduous hill. She probably got a lot of colorful, varied responses from riders, but it was all in fun. For several years Doe and John hosted a beautiful ride and post ride cook-out at their farm on Markwell Lane. John was a regular volunteer at many, many new rider clinics. He was cheerful, patient and truly helped new riders get more proficient. Laura writes, "It's because of John and A.B. that I am still riding today! They took such a personal interest in seeing me succeed and making sure I stuck with it. John was like that with all the students, but the women were his favorite. He was well known for lending a helping hand to push a new rider up a hill to inspire the rider to go faster!"

For anyone who has done the "Good First Century", the creators of this route were John and Murphy. Laura writes, "Many years back, John decided it was time for some of us newer riders to stretch ourselves and do a century. He and Murphy put together a great route that consisted of several loops that passed close to the start allowing the option of dropping out if needed. If you ever ride this route, think of John."



John was known as a lover of rock music, and his rock band bike jerseys were legendary. If you saw someone in an AC/DC or KISS jersey it was most likely John Cummings. He shared his love of music with his children, Adriane and Richard. He took his children to just about every major rock concert that came to town. He loved to listen to Richard play the piano and booked him for the LBC awards banquet once. Donna writes, "He was was so very proud of Adriane and Richard and often relayed to me that they had never gotten in trouble, and were good people. He never took credit for this when he bragged on them. But he was a good father and husband who loved his family and was always there for them. The only time I ever saw John even close to angry occurred on a week long bike tour in Florida, when miles threatened to come between him and his family. About halfway through the tour and over 100 miles from our cars, John learned one of his children had been hospitalized. He was always there for them and the distance was not going to stop him that time. He packed up his tent, bike and belongings to go home. But, the tour director and team was not at all helpful when he asked for help getting back to his car so he could drive home. No one on the entire team was willing to drive him back to the ride start. He had to find a cab who could accommodate his bike and pay them to drive the many miles back to his car so he could get to his family. He had nothing good to say about that tour group and I don't think he ever got over their lack of concern."



When John could no longer ride with us he stayed in touch on Facebook awhile. Donna writes, "It always brought a smile to my face to see one of his kind comments about what a good rider and friend someone was. I miss seeing those just as I miss seeing him on the bike."

Anyone who has come to know John is most likely a little better person for having done so. He was just that kind of quiet but positive force. We'll remember John, with a big smile saying "It don't get any better than this!" John's family requested that he be remembered with donations to the Cystic Fibrosis Foundation.



2023 Tour De Mad Dog Schedule

DATE	ROUTE	RIDE CAPTAIN
Saturday, January 21, 2023	SMBC Moderate-Century aka "Blame it on Phil"	Clinton-Phillips
Saturday, January 28, 2023	Hibernia-100	Thomas-Nance
Saturday, February 11, 2023	Honest Abe	Phil-Mattingly
Saturday, February 25, 2023	Puddle's Maple Syrup-Century	Thomas-Nance
Saturday, March 4, 2023	Sink-or-Swim	Dee-Schreur
Sunday, March 19, 2023	Tour-De-DuPont-Century-Pt. Deux	Steve-Puckett
Saturday, April 22, 2023	Surburbane	John-Pellegrino
Saturday, April 29, 2023	Crawdaddy's Atypical (Beaucoup Facile) Tour-de-Kentuckiana	Michael-Crawford
Sunday, May 7, 2023	Story	Melissa-Hall
Saturday, May 20, 2023	The-Harrison	Bob-Grable
Saturday, June 3, 2023	Muscatatucky-Century	Michael-Kamenish
Saturday, June 10, 2023	Crestwood-Killer	Fritz-Kopatz
Saturday, July 8, 2023	Adjective Ride	Sam Bland
Saturday, July 15, 2023	A Good Second Century	Andy Murphy
Saturday, August 5, 2023	Wises Landing Century	Larry Preble
Saturday, August 19, 2023	Two Bridges Century	Larry Preble
Saturday, September 16, 2023	BMB	Tom Askew
Saturday, September 23, 2023	Twice Boston Century	John Fong
Saturday, October 7, 2023	Wheels of Screams	Thomas Nance
Saturday, October 14, 2023	Medora Goes Pink	Melissa Hall

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

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

2023 Tour De Mad Dog Sponsors





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.

2023 New Rider Clinic Session 2: St. Matthews Baptist Church

Location: 3515 Grandview Ave, Louisville, KY 40207

May 31st	Bike basics - bike/helmet fit; traffic laws; ABC Quick Check.
June 7th	Gearing/shifting; lane positioning; parking lot drills.
June 14th	Five layers of safety; riding in groups; parking lot drills.
June 21st	Tools & basic repairs; tire changing.
June 28th	Nutrition/hydration/clothing; parking lot drills.
	Evaluations & Presentation of Tech T-shirt.

REGISTER

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

Session 3: *Baptist Healthcare Eastpoint
2400 Eastpoint Pkwy.
Sunday afternoons 2-5
July 6, 23, 30 August 6 & 13*

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

Education VP: David Wittry
Email: Education@LouisvilleBicycleClub.org

Thank You To Our New Rider & Bike Handling Class Partners





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?



LOUISVILLE
METRO311

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

2023 Bike to Beat Cancer is Saturday, Sept. 9th.



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

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Louisville's bike share program

is up and running!

Read about it at louvelo.com



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Join our fast growing LBC Facebook Group:

<https://www.facebook.com/groups/louisvillebicycleclub>

Louisville Bicycle Club Cycling Group



Louisville Bicycle Club's
44th Annual

Information

Coming

Soon!



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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.

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Contact:

communications@louisvillebicycleclub.org

Website:

www.louisvillebicycleclub.org

Annual Membership Dues:

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

Louisville Bicycle Club Newsletter

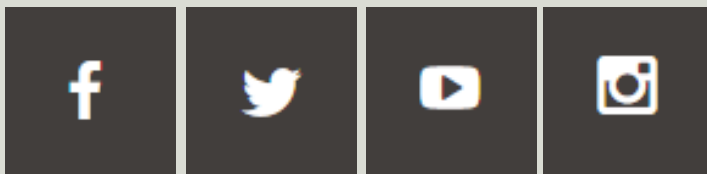
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Editor: Steven Jent

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



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