



From the Desk of the ~~(Acting)~~ President

## The Time has Come (again)



This is a great bicycle club! When I was approached about becoming president I was saddened that our former president, Andy Murphy, had decided not to run for re-election. He had been president for ten years and I thought the club was enjoying growth and success. So I made a little list of what I thought the club did really well and some areas that I thought we could improve on and threw my hat in the ring.

Lucky for me most of the executive committee agreed to stay on for another year to help me with the learning curve ahead. When covid-19 reared its ugly head in early 2020 it seemed my first official duty was shutting the club down. I thought, well great, your first official act has been to close the doors. The executive committee though, helped us to get through the dark days. We tried to continue to plan for the future and deal with the cards that were dealt and eventually we were able to ride together again.

And ride together we have! You guys came back. Ride Captains eagerly filled up the schedule and even though we were sporting masks as we gathered we were hitting the roads again and the smaller groups became bigger groups and eventually we lost the masks and it seemed like the club had returned to normalcy. Through all of it you have fully supported me and I am grateful. That could've easily been a time we could've fallen apart but you weren't about to let that happen.

We've come a long way since then and I would say that most of what I had hoped we could accomplish has been realized. With a whole lot of help and a whole lot of patience on your part we introduced ride with gps to the club. We reworked the touring guidelines. You know, at first I had thought about eliminating the need for Ride Captains to sweep their rides as I thought it was an impediment to a lot of you to ask you to give up your ride to sweep everyone else in. Then came the day a gun was pulled out just ahead of me on one of the guys in a group I was riding with and it made me understand that anything can happen to any one of us out there on our own and that I wanted to ensure the best I could that nobody was left alone and vulnerable. We've tried to make our current guidelines reflect all



## From the Desk of the ~~(Acting)~~ President (cont.)

of this. We ask our Ride Captains to sweep but we also ask our participants to be sure they feel comfortable with the course and prepared to keep a minimum average pace. We redesigned our jersey. The old design served us well for many years but, yeah, it was an old design. So I put the club in the pink (romaine red actually) and you guys have enthusiastically supported the change. We had big plans to change the OKHT that in recent years had just not been enjoying the successes of the past. The Derby City Fondo we had hung our hopes on was sadly a casualty of covid but we were able to re-invent the OKHT with a lot of help from our friends at Yew Dell Gardens in Crestwood. We finally got this event back for 2022 and feel like we have a great opportunity to grow it. We changed everything including not going to Bardstown where that sad old song was written but you guys embraced the change and made it a success. The Tour de Mad Dog is back and going strong. I don't think there are very many clubs (if any) that host anything like the TMD. Twenty century stages with the focus on helping each other and finishing in a group plus an individual time trial. And I'm happy to report that our mid-range weekend rides have made a comeback. We're putting on a lot of rides between 40-60 miles allowing a long ride and a life off the bike as well. Our webpage has been redesigned and reformatted to appeal to a wider range yet still works pretty much the way we're used to it working. Our treasury has been restored. We have never been in bad shape but we had less in reserve than we used to. Although costs continue to soar we added a couple of new revenue streams and we've had the help of our wonderful sponsors to build up a little more in reserve. And we're on the grow. We have a robust Facebook group and our paid membership is growing.

There's still work to be done. One of the things that has eluded me is the rebuilding of the racing team. I was also hoping for a more robust mountain biking presence but that has just not produced many fruits. I still feel that both of these areas are a great avenue to bring future leaders into the LBC.

And so I think it's time I move on. As stated above you guys have been great in your support of me and I appreciate everything that everybody has done to help the club. I've fallen short on a few things and I've made some mistakes. To that I can only say that I've always acted on behalf of the club and even though I got some of it wrong sometimes I have always tried to act for the greater good of the members.

If you think you would like to lend your talent to this challenging position please contact our nominating chairperson Bill Bicknell. You can find his contact info in the club directory at [louisvillebicycleclub.org](http://louisvillebicycleclub.org). Any member in good standing has access to the directory.





## From the Desk of the ~~(Acting)~~ President (cont.)

In the meantime I have promised the executive committee that I wouldn't coast to the end and they will hold me to it. I'm looking forward to the next Santa Claus Giving ride, planning our annual banquet and all the great riding in the next few months. We've already begun working on the 2024 OKHT and have re-committed the club to assist the Kentucky Derby Festival with the Tour de Lou. It has been my pleasure to serve this great group of people.



Let's Ride

Jeff

## A note from the VP of Communications

If the article you just viewed reads as familiar, it is not simply déjà vu. It was originally published in the August 2022 LBC newsletter and it rings just as true now as it did then.

Jeff is a man of love, faith, dedication, and commitment. He served as president for three years until he recognized that it was his time to step aside. However, finding a member to take up the reins as club president proved more difficult than we anticipated.

Jeff was faced with a choice: Step aside or continue to serve in an "acting" capacity. This of course also did not turn out as I am sure he hoped and while Jeff tried his best to delegate many of his responsibilities he ended up not serving as an "acting" president at all but truly continued to lead our club for the entirety of an additional year's term. It takes a big heart to put your friends above your own desires and Jeff's heart is huge.

So, I know that I can speak not only for myself but the Executive Committee, as well as the entirety of the club when I simply say:

# Thank you Jeff!

Steven Jent



## LBCz is back baby!



It is that time of year again when the weather turns cold and many cyclists retreat to the pain cave to produce egregious puddles of sweat. But you are not alone! Just like last year LBC is supporting a Zwift club where we can all meet, chat and even talk on discord.

### Currently Scheduled Rides:

#### **LBCz Enduro 50 Challenge**

Hosted by John Fong. This is a 9 stage challenge. Rides are currently scheduled on Saturdays 8:00am - 11:00am (EST). The series has begun and will continue through December.

#### **LBCz Stay Motivated Sunday**

Hosted by John Fong. The purpose of this Sunday evening ride is to cultivate a community to help each other to stay motivated during the colder months.

#### **Sweaty Wednesdays**

Hosted by Steven Jent. This is a weekly random route of usually between 15 and 20 miles. The first ride will occur on November 20th and continue until it gets warm.

#### **LBCz takes on Something Terrible**

Last year 10 brave LBCz club members climbed the Alpe du Zwift (Zwift's super difficult virtual recreation of the famous Alpe d'heuz climb in France). This year we will take on some equally terrifying. Look for the this one in January.

JOIN US ON [Discord](https://discord.gg/22H3ejyv): <https://discord.gg/22H3ejyv>

**WOULD YOU LIKE TO KNOW MORE?**

[Zwift - What is Zwift](#)

[GCN - How to use Zwift](#)

[GPLama - Zwift Group Ride Etiquette / Bunch Riding Tips](#)

[How to Use Discord - Beginner's Guide](#)

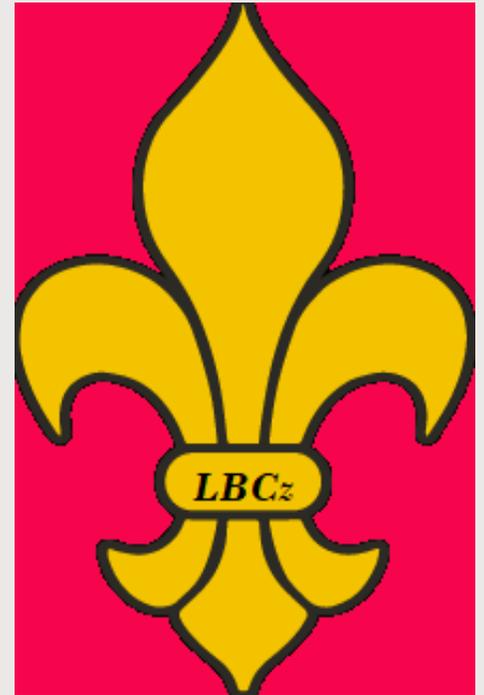


## Can I be an LBCz RC? - Yes, Yes you can.

If you wish to be a Ride Captain in LBCz simply log into the Zwift Companion app, search for the club: **LBCz** and join. Then email me at

[Communications@LouisvilleBicycleClub.org](mailto:Communications@LouisvilleBicycleClub.org)

with your Zwift name and request to be added as a Ride Captain. Once you are added you will be able schedule events. For now since only road ride captains and admins can post to our google calendar, I will monitor these and add them to the LBC Ride Schedule and supply a link to the Zwift event. Your ride will of course show up on the event schedule under LBCz for all members to see.



## A few things to keep in mind:

- 1.) Zwift is a paid online / internet based service. You will need internet, a computer or phone and you pay a subscription to use their application. It is essentially an online game world in which you control your avatar via a trainer, be that a smart trainer, exercise bike or smart rollers—so you will need that as well.
- 2.) Why Zwift? There are many other training applications out there: Trainer Road, Sufferfest, Ful Gaz & Rouvy to name a few. Zwift is one of the most popular and includes a robust feature set for clubs.
- 3.) Do I get club miles? Starting in 2024 official club hosted LBCz rides will also be included in our touring statistics.

## Look for LBCz rides on the LBC Ride Schedule

Louisville Bicycle Club  
Ride Schedule





## 2023 LBC Sponsors





## NEW RIDER & BIKE HANDLING CLASSES

The 2023 New Rider Clinic series of classes has completed.

While we remain under our pre-covid attendance levels, participation did increase and we surpassed the attendance seen in 2022.

A total of forty-two students completed the five-class course. This is ten more than the previous year. We have welcomed many of our graduates into the fold and they are now out on the roads riding with the club at-large.

The 2024 edition of the new rider and bike handling classes will be announced in March. Three sessions are being planned with the first class starting in late April.

Let me present a big **Thank you** to all of the students and volunteers who helped make our 2023 series not only possible but an outstanding success!

*\* These classes are offered to the public at no charge (FREE!) thanks to Baptist Health and Mayor's Healthy Hometown.*

Education VP: David Wittry

Email: [Education@LouisvilleBicycleClub.org](mailto:Education@LouisvilleBicycleClub.org)

### Thank You To Our New Rider & Bike Handling Class Partners



BAPTIST HEALTH®



Riders who complete all 5 classes of a New Rider Clinic receive a free Louisville Bicycle Club tech t-shirt and a one-year membership to 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.



*Let's Support our Local Dare to Care Food Bank*

## Kenya Turner's 4th Annual Cranksgiving



**When:** Saturday, November 18, 2023  
11:00 AM - 3:00 PM

**Location:** Willow Park  
1402 Willow Ave, Louisville, KY 40204

[REGISTER NOW](#)

[Click Here for Details](#)



LOUISVILLE BICYCLE CLUB HOLIDAY FUNDRAISING DRIVE  
BENEFITTING THE CABBAGE PATCH SETTLEMENT HOUSE

The Cabbage Patch Settlement House



As of 11/09/2023

DONATE

Goal: \$5,000.00

Collected: \$800.00

16%

## Santa Claus Giving Ride, a Holiday Fundraiser for The Cabbage Patch Settlement House Inc.

The Louisville Bicycle Club is partnering again this holiday season with The Cabbage Patch Settlement House for a fundraiser and ride. The ride and check presentation will be on Saturday December 2nd at Fante's Coffeehouse. Fundraising will conclude on November 31st.

[Learn More](#)



CYCLOCROSS  
NATIONAL CHAMPIONSHIPS  
DECEMBER 2023 - LOUISVILLE, KY

## DECEMBER 5-10



## EVENT VOLUNTEERS NEEDED

Join us as we host the 2023 USA Cycling Cyclocross National Championship. With more than 1,500 competitors expected to attend, this year's national championship will feature 36 championship races where Juniors, Collegiate, Masters and Elites will be crowned.

Available positions as follows:

- Set up Crew
- Gate Attendant
- Parking / Expo Check-in
- Course Marshall
- Packet Pick-up Attendant
- Results Runner
- Clean up Crew



**VOLUNTEER**  
SIGN UP HERE

Thank you for your support!



\*Food will be provided

Date: Nov. 29 - Dec. 12, 2023  
Location: Joe Creason Park  
1297 Trevilian Way  
Louisville, Ky. 40213

Contact: Corbin Maynard  
Director of Event Operations  
cmaynard@louisvillesports.org  
(502) 587-6730



## 2024 Bike to Beat Cancer

Start planning now and register for 2024 [Bike to Beat Cancer](#) . Make sure to join our [Louisville Bicycle Club](#) team at the link below. This year, we raised over \$16,000 for the great cause! Our goal in 2024 is **\$20,000**. Thank you again to all who joined and supported us in 2023!



Louisville Bicycle Club

FEATURING ANGELA BAILEY, BOB EVANCHO, CRAIG DOOLEY AND DAVID PIERSON

HELP US REACH OUR GOAL OF RAISING  
\$20,000.

**Bike to Beat Cancer**  
**Saturday, Sept. 7, 2024**  
**Norton Cancer Institute - Brownsboro**  
**4955 Norton Healthcare Blvd.**  
**Louisville, KY 40241**



GOAL:  
**\$20,000**

[Donate Now](#)



LOUISVILLE BICYCLE CLUB  
ANNUAL POLAR BEAR RIDE - JANUARY 1ST

## 2024 Annual Polar Bear Ride, Chili Cookoff & General Membership Meeting

**When** Monday, January 01, 2024  
10:00 AM - 2:00 PM

**Location:** Goodwill Resource Center  
909 E Broadway  
Louisville, KY 40204, USA

**Distance:** 11-miles

**RideWithGPS:** <https://ridewithgps.com/routes/41557283>

**Ride Captain:** Larry Preble

[Learn More](#)



## The 2024 LBC Election Cycle is approaching!

With the fall season upon us, it is time to identify candidates to fill the open positions of the LBC executive committee. Fortunately this year, most of the committee members have volunteered to serve another term in 2024. The club does however need to elect a new club President.

The current president, Jeff White is stepping down at the end of the 2023 term. He has held the position for the last 4 years and we are grateful for the time and efforts al LBC President.

If you enjoy collaborating with other people and community organizations and desire to give back to the club, this is your opportunity. We are actively looking for a candidate(s) to fill the role of LBC President for 2024.

The club President position is responsible for the following duties:

- Provide club leadership
- Define the direction of club initiatives.
- Oversee the executive board.
- Lead monthly leadership meetings.
- Recruit chairpersons for:
  - OKHT
  - LBC Picnic
  - KDF Festival events.
- Interface with community organizations such as:
  - Louisville Metro Government
  - KDF
  - Local bike shops
  - Local charities.

If you have questions regarding the role or would like to submit yourself as a candidate, feel free to reach out to me William Bicknell, Jeff White, or any member of the executive committee."



William Bicknell  
LBC Election Committee Chair



## 2024 Tour de Lou

Registration for the 2024 Tour de Lou is open! LBC members get a 25% discount

The 2024 Tour de Lou will take place on Sunday April 14th, 2024. The Tour de Lou will once again go through historic Churchill Downs, the home of the Kentucky Derby. The 35 and metric century will go through all of the Olmsted Parks. This year Louisville Bicycle Club members get 25% off their registration. Click the link below to get the discount code for LBC members only.



Discount: <https://louisvillebicycleclub.org/club-discounts>



## Juneteenth 2024

Save the Date: June 15th, 2024

Raise your water bottle to the newly designed Juneteenth Solidarity Ride logo!!!

**WHY?** The 5th Annual Juneteenth Solidarity needed a fresh look.

**WHAT'S NEW?** Notable buildings from our city skyline were added, new font, traditional Juneteenth flag colors, bike wheel, crank was kept because it is cool, and homage was made to Texas with the lone star.

- Kenya Turner

### Even Details: 5th Annual—Juneteenth Solidarity Ride

- WHEN:** Saturday, June 15, 2024. On-site registration at 8am.  
On-line registration closes on Friday at 5pm EST. Wheels down at 9am.
- WHERE:** Shawnee Park. Meet at restrooms across from football field.

Join us for the 5th Annual Juneteenth Solidarity Ride. This FREE bike ride commemorates Juneteenth, now observed as a federal holiday. This is an inclusive, family friendly, casual, no-drop ride. Helmets required. Traffic laws will be followed. Snacks and water provided.

**RIDE OVERVIEW:**

- Routes: [13 MILE ROUTE](#)  
[24 MILE ROUTE](#)  
[50 MILE ROUTE](#)

**REGISTER**

SPONSORSHIP Information: Email: [info@iamsweetonyou.com](mailto:info@iamsweetonyou.com) / Call: 502-888-1920

**HISTORY OF JUNETEENTH:** Although the Emancipation Proclamation was signed January 1, 1863, it would be 2.5 years later that Texas the most remote of the union states would receive the news. It would be on June 19, 1865, that enslaved African Americans in Galveston, TX received news that they were free. Juneteenth became a federal holiday in 2020.



## Recent Ride Pictures and Videos



Here is a video of our Teeny Halloweeny Bicycle Ride that took place on October 31st.. Despite the cold weather, we had a blast riding around Louisville and Jeffersonville, enjoying the spectacular Halloween decorations and the company of fellow riders. You can watch the video and see for yourself how much fun we had. It was a boo-tiful day for cycling and having fun!

—[Larry Preble](#)





## Recent Ride Pictures and Videos



“Great time at the red river gorge today bikin an hikin !!!!! thankx everybody who came out hope you enjoyed the awesome autumn weather !!”

—[Craig Dooley](#)





## 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](http://www.strava.com/clubs/louisville-bicycle-club)

### Did you also Know...

...that LBC has a club Ride with GPS Account?



We'd like to remind all of our cycling friends in Louisville, that it's important to report issues w/ our bike lanes and paths to Metro311. Just call 311 during the week, 7 a.m. - 7 p.m. They now have a full-time sweeping contract and the time from call to completion is shorter than ever.  
- Ride safe! Thanks!!



### Join the LBC's Bike to Beat Cancer Team

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



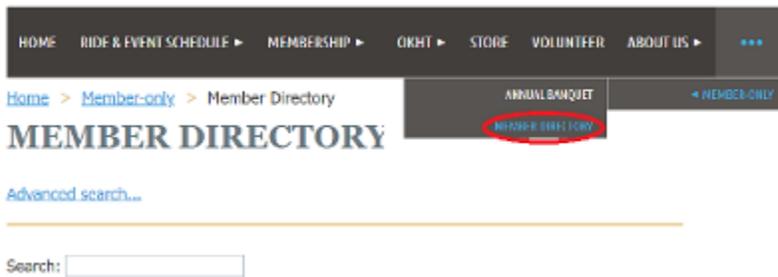
## !!! Contributors Needed !!!

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](mailto:communications@louisvillebicycleclub.org)



Louisville's bike share program is up and running! Read about it at [louvelo.com](http://louvelo.com)



## VeloInk Custom Bike Decals

Custom Name Decals with LBC Logo for your Bicycle or Helmet

[Click here to order](#)





Join our fast growing LBC Facebook Group:

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

## Louisville Bicycle Club Cycling Group



Louisville Bicycle Club's  
44th Annual

**Information**

**Coming**

**Soon!**



# 20% Off Road ID

ROAD ID and Louisville Bicycle Club Have Partnered to Benefit You!





## Club Information:

The Louisville Bicycle Club (formerly Louisville Wheelmen) is a cycling club in Louisville, Kentucky, USA, and serves the greater Louisville metropolitan area, including Southern Indiana. We are dedicated to promoting the sport of bicycling and advocating for the rights of all cyclists. Since its founding in 1897, the Louisville Bicycle Club has been one of the most active and progressive clubs in the Midwest.

## Address:

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

## Contact:

[communications@louisvillebicycleclub.org](mailto:communications@louisvillebicycleclub.org)

## Website:

[www.louisvillebicycleclub.org](http://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.



## Executive Committee

President

**Open—We Want YOU!**

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Mad Dog Director

**Steve Puckett**

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