



Call for Ride Captains

Greetings to all and a big Thank-You to the Ride Captains who continued to offer and lead rides throughout the cold winter months. Also, thanks to those who offered alternative ride opportunities. The LBC ride schedule continues to be one of the best in the country in terms of the number and variety of rides offered. This would not be possible without your efforts.

In order to continue as one of the best cycling clubs around, we need additional Ride Captains. Our traditional Saturday morning ride from State Street is attended by 25 - 50 people, yet is captained by the same three Ride Captains month after month. Laura sure could use some help staffing this ride. The Fish Ride on Wednesdays offers both a short and long route, yet only has one Ride Captain. We need a Ride Captain for the shorter route as outlined in the LBC Touring guidelines. Chris would appreciate your help.

Becoming a ride captain is not a difficult endeavor. Existing ride captains will take you under their wing and guide you through training and address any questions or concerns that you may have. As an added benefit, you will receive a beautiful Louisville Bicycle Club Ride Captain jersey after captaining five rides. If you are an existing Ride Captain and have not led a ride in a while, the Touring program could use your help as well.

If you are interested in becoming a Ride Captain, contact:

Steven Sarson, VP Touring at touring@louisvillebicycleclub.org .

Thanks in advance for stepping up to help us continue our legacy of providing great rides for the Louisville Bicycle Club.

Steven Sarson

VP Touring / Louisville Bicycle Club

touring@louisvillebicycleclub.org



Louisville
Bicycle Club



Friday April, 5th at 6:00 PM

Louisville Bicycle Club Lexington Road Cleanup Day

We're excited to announce an upcoming event that embodies the spirit of community and environmental stewardship! The Louisville Bicycle Club is organizing a road cleanup day along Lexington Road, a route we traverse frequently during our rides.

Why is this important? Lexington Road, from Grinstead Drive to Spring Street, serves as a vital artery for our club's activities. It's not just a road; it's part of our cycling experience. Diane Bellafronto proposed the idea to give back to our city by organizing a cleanup day. Let's work together to beautify our community and prepare for the upcoming Derby Festival events and the iconic Derby itself.

Join Us! We invite you to join us on Friday, April 5th, starting at 6:00 PM. We'll convene at the Girl Scouts of Kentuckiana at 2115 Lexington Rd, Louisville, KY 40206. Together, let's make a difference! The LBC will provide trash bags, so all you need to bring is your enthusiasm and willingness to contribute.

Mark Your Calendar:

Date: Friday, April 5th, 2024

Time: 6:00 PM

Location: Girl Scouts of Kentuckiana, 2115 Lexington Rd, Louisville, KY 40206

Register here => <https://louisvillebicycleclub.org/event-5665330>



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.

2024 New Rider Clinic Session 1: Goodwill Industries - Broadway

Location: Goodwill Industries, 909 E Broadway, Louisville, KY 40204

Session 1 begins on Monday April 22nd at 6:00PM EST:

April 22nd - Bike basics - bike/helmet fit; traffic laws; ABC Quick Check.

April 29th - Gearing/shifting; lane positioning; parking lot drills.

May 6th - Five layers of safety; riding in groups; parking lot drills.

May 13th - Tools & basic repairs; tire changing.

May 20th - Nutrition/hydration/clothing; parking lot drills. Evaluations & Presentation of Tech T-shirt.

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

REGISTER

Session 2:

St. Matthews Baptist Church

3515 Grandview Ave

May 29, June 5, 12, 19 & 26

Classes begin at 6:00PM EST.

Session 3:

Baptist Health Eastpoint

2400 Eastpoint Pkwy

July 7, 14, 21, 28 & Aug 4

Classes begin at 2:00PM EST.

Thank You To Our New Rider & Bike Handling Class Partners



BAPTIST HEALTH



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 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





2024 LBC Sponsors





Old Kentucky Home Bicycle Tour

The Old Kentucky Home Bicycle Tour registration is officially open!

Thanks to our Old Kentucky Home Bicycle Tour sponsor, Alex White Lawyers PLLC, the first 100 adults to register will receive a free SueDistractedDriver.com cycling kit that includes a jersey and shorts. Don't forget to also purchase your official OKHT jersey.



Information

OKHT Start Location: Yew Dell Botanical Garden Pavilion, 6220 Old LaGrange Road in Crestwood, KY

OKHT Parking: 6220 Old LaGrange Road, Crestwood, KY **OVERFLOW PARKING** at 3rd Turn Oldham Gardens, 6300 Old LaGrange Road, Crestwood, KY

Want to Become a Sponsor of the Old Kentucky Home Bicycle Tour?

Contact Ride Directors: Dee Schreur & Rebecca Dimon

Email: OKHT@LouisvilleBicycleClub.org

Register for the Old Kentucky Home Bicycle Tour

[2024 Old Kentucky Home Bicycle Tour \(OKHT\)](#)
Saturday, October 19, 2024 7:00 AM | Yew Dell Botanical Gardens - 6220 Old Lagrange Rd, Crestwood, KY 40014



Goodwill Industries of Kentucky

Do you have a bike laying around that is no longer being used? How about donating it to the Goodwill Industries of Kentucky? They have a great program that puts people on bikes so that they can get to work. The Louisville Bicycle Club has several volunteers that help support this great program.



Urgent call for bike donations! In 2023, our Last Mile to Work program helped connect 311 people with bicycles to aid in their commutes to work, but due to recent demand, our bike supply is depleted.

If you are able to help, you can donate two ways—either drop the bike(s) off at any of our Louisville stores and let them know it is for the Last Mile to Work program and the employees will tag the bikes for transportation, or you can drop off at the bike shop located at 909 E. Broadway in Louisville.

Bikes of all conditions are accepted. Our staff and volunteer team repairs them at the shop.



LBC In the Community

Members of the [Louisville Bicycle Club](#) assist with the Triple Crown of Running as Course Marshalls. This group of riders is CPR certified to help runners until EMS arrives if needed. [Erik Helton](#) and [Scott William Harrington](#) led the men's winner while [Steven Sarson](#) and Dave Wittry led the women's winner. [Brooks Hillenbrand](#), [Rebecca Dimon](#), [Jen Stanfield](#), [Laura Trachtenberg](#), [Andy Murphy](#), [Glenn Todd](#), and [Bekki Livingston](#), among others were also out on the course. **Apologies if we missed someone!*



Bekki Livingston



For our participation in the Louisville Triple Crown of Running event, Ventures Endurance will be making a donation to the Louisville Bicycle club.





Photos from recent rides

Locks and Bagels Ride!

It was a beautiful morning for the "Locks and Bagels Ride" with 10 riders starting from St Matthews and heading down to the McAlpine Locks and Dam before heading back with a stop at the Payne Street Bakehouse. Yep, some of had Lox and Bagels on the Locks and Bagels ride. Good times!
—[Larry Preble](#)



LBCz—Alpe Du Zwift

It was an honor sweeping this group of climbers up the Alpe Du Zwift today. 5 of us finished atop the 7.6 mile. 3,400 ft @8.5% climb to close out the second LBCz season. Thank you for coming and see you again online next fall.

—[Steven Jent](#)

ROAD TO SKY

12.3mi (19.9km)
3,753ft (1,144m)

ZWIFT

Alpe du Zwift
7.69 mi - 3,398 ft - 8.6%

Louisville Bicycle Club

J.ohnF	2.5 w/kg	6.3 KM
C.Dean (LBC)	2.6 w/kg	2.1 KM
F.Kopatz 3081	2.6 w/kg	6.3 KM
D.Wasserzug	1.7 w/kg	5.7 KM
S.Jent (LBCz)	2.4 w/kg	5.6 KM



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 / 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.



2024 Tour De Mad Dog Schedule

STAGE	DATE	RIDE CAPTAIN	ROUTE
1	Saturday, January 6, 2024	Jon Wineland	Paulhenge-Century
2	Saturday, January 27, 2024	Steve Puckett	MoTC Moderate-Century
3	Saturday, February 10, 2024	Steve Puckett	MoTC Moderate-Century
4	Saturday, February 24, 2024	Thomas Nance	Maple-Syrup
5	Saturday, March 9, 2024	Steve Sarson	Honest Abe
6	Saturday, March 23, 2024	Jon Wineland	Paulhenge-Century
7	Saturday, April 6, 2024	John Pellegrino	Boston to Munfordville to Boston
8	Saturday, April 20, 2024	Steve Puckett	TBD
9	Saturday, May 11, 2024	Melissa Hall	Story
10	Saturday, May 18, 2024	Bob Grable	TBD
11	Saturday, June 1, 2024	Larry Preble	Two Bridges
12	Saturday, June 8, 2024	Michael K.	TBD
13	Saturday, July 6, 2024	Thomas Nance	TBD
14	Saturday, July 13, 2024	Fritz Kopatz	Old Gilgal
15	Saturday, August 17, 2024	Steve Puckett	A Good Second Century
16	Saturday, August 31, 2024	Clint Philips	TBD
17	Saturday, September 14, 2024	Dee Schreur	Sink or Swim
18	Saturday, September 21, 2024	Fritz Kopatz	Twice Boston
19	Saturday, October 5, 2024	Chris Embry	TBD
20	Saturday, October 12, 2024	Melissa Hall	Medora Goes Pink

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

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





The 2nd LBCz season has come to a close.
Thank you to everyone that participated!



See you in the Fall!

"Just Ride your bike!"

2024 Statistics

Rank	Name	Miles	Rides	Captain
1	John Fong	755.3	24	21
2	Fritz Kopatz	730.6	26	5
3	David Mueller	482.7	11	0
4	Vince Garcia	400.8	13	0
5	John Dippold	384.3	14	0
6	Taylor Smith	312.7	7	0
7	Sam Bland	300.0	6	0
8	Dominic Wasserzug	249.9	12	1
9	Bob Norcross	248.9	8	0
10	Tommy Paulin	240.9	7	0
11	Tom Askew	232.9	6	0
12	Steven Jent	222.1	12	9
13	Clinton Phillips	221.0	5	0
14	Mark Salling	123.4	5	0
15	David Pierson	100.0	2	0
16	Phil Mattingly	95.4	5	0
17	Ed Scharfenberger	84.3	5	0
18	Joel Gano	70.0	2	0
19	Melvin Simmons	53.4	3	0
20	Shayne Berrier	50.0	1	0
21	Harley Wise	50.0	1	0
22	Christopher Dean	46.2	3	0
23	James Braden	40.9	2	0
24	Rod Erfani	35.5	2	0
25	Scott Corbin	34.2	2	0
26	Alan McCoy	25.2	1	0
27	Jody Gillenwater	20.0	1	0
28	Jesse Roberson	20.0	1	0
29	John Killebrew	14.8	1	0

Top 10 All Time

Rank	Name	Miles	Rides	Captain
1	Fritz Kopatz	1298.2	60	9
2	John Fong	1037.8	41	35
3	David Mueller	604.7	20	0
4	Steven Jent	559.2	35	26
5	John Dippold	547	24	0
6	Bob Norcross	536.9	26	0
7	Tommy Paulin	465.1	21	0
8	Vince Garcia	416.1	14	0
9	Taylor Smith	359.5	10	0
10	Anthony Rickert	317.9	21	0



Since the temperature is warming up and the days are longer, more of us will be on bikes. As a reminder, Wheelmen Time is no longer used.



**NO WHEELMEN TIME
RIDES START AT THE POSTED TIME**





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?



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.



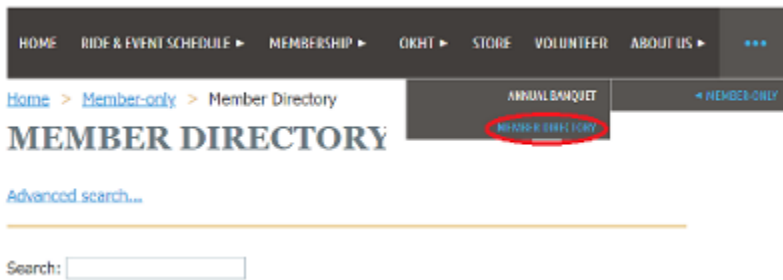
!!! Contributors Needed !!!

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



In case you did not know: Louisville's bike share program was shut down last year:

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

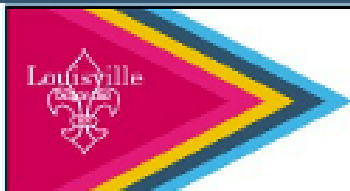


Louisville Bicycle Club's
44th Annual

OKHT

Saturday, October 19th, 2024

More information here: <https://louisvillebicycleclub.org/okht>



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

Website:

www.louisvillebicycleclub.org

Annual Membership Dues:

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

Louisville Bicycle Club Newsletter

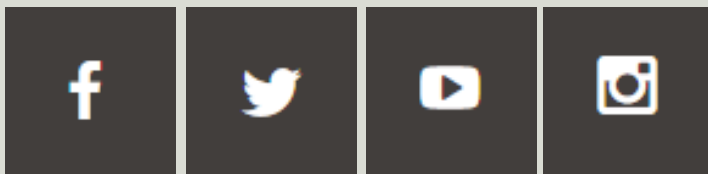
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