

THE LOUISVILLE BICYCLE CLUB

Founded in 1897

www.louisvillebicycleclub.org

September/October 2006

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

Please submit articles, copy, ads and photos to Sara Ferebee, 2900 Cannons Lane, 40205, editor@louisvillebicycleclub.org, 502.473.7447.

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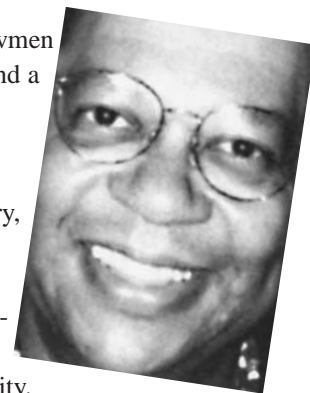
Please let us know what you think this newsletter needs. After all, it's your newsletter!



THE GOOD, THE BAD AND THE UGLY *by Earl Jones, LBC President*

You may remember the 1970's spaghetti western of that title, which despite being made in Italy, was about outlaws and lawmen in the American West. It starred Clint Eastwood (the good) and a couple of other guys who were up to no good and none too good-looking.

Anyway, in the modern and cycling-related update of the story, the (collective) good guy is the Louisville Metro administration, led by Mayor Abramson and the people at Planning and Design, especially Director Charles Cash and Assistant Director Mohammad Nouri, who have set the strategy and implementing plans to make Louisville a bicycle-friendly community.



We reported in the March-April Newsletter that Mayor Abramson had accepted the Bike Taskforce's recommendation of 3 priority corridors for improvements: Third Street-Southern Parkway-New Cut Road, Taylorville and River Road. If you've been downtown recently you saw that the bike-laning of Third Street has begun.

River Road is THE high priority corridor. That's where the most ambitious plans are being developed. Metro Government has added River Road bicycle improvements to the Horizon 2030 Transportation Plan. This plan, which will guide transportation expenditures within the greater Louisville (KIPDA) region, was amended in June 2006 to provide for bicycle and pedestrian facility improvements from downtown Louisville to Prospect Point (US 42). A total of \$2,500,000 will be spent on this 8.15-mile section. (Louisville has applied for two federal grants to make River Road a bicycle friendly corridor.)

Other new developments that will help make River Road more bicycle-friendly include the following:

Metro Louisville will take over the development of the design from KY DOT and oversee the re-construction of River Road between Beargrass Creek and Zorn Avenue. The new design will include on-road bike lanes in both directions on River Road and a separate multiuse path.

As I mentioned at the July general membership meeting, as between a complete repaving of the section from Zorn Avenue to Blankenbaker – which is on the schedule to be done this fall – the Bike Task force has asked the city to consider holding off a full repaving in favor of extensive repairs until next year. This would give time to evaluate how to include bicycling facilities from Zorn to Blankenbaker and on out to Prospect Point and allow the repaving to integrate any new facilities.

Continued on Page 11

THE MAGIC OF BARDSTOWN AWAITS YOU *by Deb Sexton*

The Magic of Bardstown Awaits You During the 29th Old Kentucky Home Tour September 9 and 10, 2006

Scenic byways, rolling hills and miles of road await to create a magical delight and challenge for this year's participants in the Louisville Bicycle Club's 29th Old Kentucky Home Tour on September 9 and 10. And, the magic doesn't end when riders arrive at the sprawling lawn of Spalding Hall in Bardstown. In fact, the land of enchantment has only just begun!

After putting away the bike and taking a refreshing shower, the enchantment of Bardstown continues with a plethora of activities to soothe, invigorate and entertain one and all from Saturday afternoon to Sunday morning. Good food, live musical entertainment, soothing massages and relaxing yoga are only the beginning of what OKHT 2006 has to offer in Bardstown.

Some highlights of the delights that await one and all include:

- After people have traversed around historic Bardstown's dining scene for dinner, enjoying the delectable food to be offered, be sure to gather around for live entertainment on the lawn of Spalding Hall. The "**Mad Dog Rhythm and Blues Quartet**" will be sure to have you dancing on your feet and clapping your hands to the rhythm of the music.
- *All new this year* - we are pleased to have **Dr. David Boyce**, Assistant Professor of Physical Therapy at Bellarmine University and owner of Physical Therapy Plus (located in St. Matthews, Prospect, and Henry County), **providing free six point quick bike fit screens to riders**. Bring your bike to Dr. Boyce's tent for recommendations on bike fitting.
- **Baptist East Milestone Fitness Center** will be providing yoga (light stretching to loosen up the muscles of riders after their long ride through the land of enchantment between Louisville and Bardstown). Baptist East Milestone Fitness Center has been an outstanding sponsor of yoga for the OKHT for several years.
- **Dr. Margaret Preble** and her crew, along with staff from **Advanced Massage Therapeutics**, will be offering massages to riders. There will be two tents with wonderful massage therapists who will work out all the tension and straining of muscles with their magical powers of massage.
- **Ice cream on the Spalding Hall lawn** is being offered again this year by Robert Hamilton. Look for the ice cream station and enjoy a cool, creamy soft-serve ice cream cone or sundae for a terrific price. Be sure to check out the special Caramel Bourbon Sundae.
- **Buffalo Trace Distillery** will be serving samplings of their delightful brew of bourbon to all who wander through the halls of time at Spalding Hall Museum. Buffalo Trace Distillery has been a favorite sponsor of this activity for OKHT.

• Special arrangements have been made for several museum tour opportunities:

- *St. Joseph's Proto Cathedral* (located next to Spalding Hall) – the staff at this historic cathedral has graciously offered an opportunity for a guided tour for OKHT participants from 3:00-3:30 p.m. A \$2 donation is suggested. Be sure to tell the tour guide you are an OKHT participant to take advantage of this special tour.
- *Civil War Museum* – There are five attractions to tour at this museum. Come discover the past in the Pioneer Village, Wildlife Museum, Women's Civil War Museum or Mid-America Wars Museum (exhibits include artifacts from every war since the Civil War to the present day war in Iraq). Tours are from 10:00 a.m. to 5:00 p.m. for the Pioneer Village, Wildlife Museum and Main Museum. The Mid-America War Museum and Women's Civil War Museum hours are 10:00 a.m. to 4:30 p.m. Groups of 20 are offered a special rate of \$8.50 for all five museums. Regular Museum rates are \$10.00 for all five museum tours.
- *My Old Kentucky Home & Federal Hill Mansion* – guided tours are being offered at a special price for OKHT participants: Adults are \$5.50; Seniors \$5.00; Children 6-12 years old \$3.50 and children under 6 are free. Tours begin at 9:00 a.m., with the last tour starting at 4:45 p.m.
- *Carriage rides around historic Bardstown* are always fun and interesting. Around the Town Carriages are offering free horse-drawn carriage rides from 4:00 p.m. until 8:00 p.m. on Saturday. Just come to the corner of the Spalding Hall street entrance and hop on a ride around town. LBC is pleased to have Byerly Ford as the new sponsor of this activity at the OKHT.
- **Sunday Morning Sunrise Worship Services** are being offered at the elementary school beginning at 7:00 a.m. Start your ride Sunday morning with a short inspiring message and song in your heart. Glen and Lisa Todd are our guests providing this wonderful start to your day.

Come – enjoy the day or an entire weekend – the magic of historic Bardstown awaits with events and attractions for everyone to participate in during the 29th Old Kentucky Home Tour.



OKHT SPONSORS *by Lewis Miller, OKHT Sponsor Liaison*

The 29th Old Kentucky Home Tour is just days away! And while you've been getting in shape for the greatest two days of fun on two wheels, our sponsors have been getting on board to make sure the event is well supported, organized, publicized – and affordable! Cases in point:

Scheller's Fitness and Cycling
Baptist East/Milestone Wellness Center
Buffalo Trace Distillery
Byerly Ford / Nissan

have shown their support of our favorite pastime by lining up as our Supporting Sponsors for 2006. We love 'em, we appreciate 'em, and – truth be told – we couldn't build this event without their invaluable help. They're the greatest!

There is also a terrific group of Product and SAG Sponsors in our lineup. These folks add the sizzle to our tour – all of it mighty delicious.

They include:

Tony Boombozz Pizzeria
Nancy's Bagel Grounds
Heine Brothers Coffee
Breadworks
The Bardstown/Nelson County Tourist & Convention Commission
Five Star Food Marts
Laura Proctor / Semonin Realtors
Kelly Lee / Home Services Lending
Flaget Memorial Hospital
Wild Oats

Your appreciation of these sponsors will assure their participation in future years, and attract new sponsors as well. So let 'em know – whether you see them on the road or in your neighborhood – that we're their biggest fans.

With their help, and yours, this is shaping up to be the best tour – with the greatest support – ever!

YOUR EXECUTIVE COMMITTEE

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 Treasurer
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 treasurer@louisvillebicycleclub.org

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

LBC POLICY NOTE *by LBC Executive Committee*

In accordance with the ByLaws of the Louisville Bicycle Club's policy regarding LBC involvement and endorsement of outside cycling and cycling-related activities, small notices concerning rides that are hosted by other clubs, organizations or charitable entities will be allowed in the Louisville Bicycle Club's newsletter only

if an LBC member in good standing acts as the LBC liaison/ride captain for the ride and puts it on the official LBC ride schedule. The LBC member in question will request that a member of the Executive Committee act as the LBC's sponsor for the event.



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CYCLOCROSS RACING *by Mark Luking, VP Racing*

It will soon be autumn; the days are getting shorter and we are beginning to think about winding down another season of cycling. That is unless you have discovered the exciting and sometimes excruciating fun of cyclocross (CX) racing. In that case, the real bicycle season is just getting cranked up.

Cyclocross is a form of bicycle racing that takes place on a closed loop course that is between 1 and 2 miles in length and includes a mixture of different riding surfaces, from pavement to grass and just about anything in between. These races generally last anywhere from 30 to 60 minutes depending on the categories that are competing and are quite intense. The real challenge of this type of racing comes with the barriers. These barriers may be natural, like a steep hill, a stream or a log, or they may be man-made such as stairs, sand pits or boards. The racers will generally have to dismount, swing the bikes up on their shoulder, run up or leap over the obstacle, then remount and speed off to the next challenge. When done well, this is poetry in motion; when done badly – well, it can be very painful!

Locally, CX racing has grown in popularity over the past couple of years. More and more racers are finding it a great way to maintain their fitness and bike handling skills in the off-season as well as to have some fun.

But cyclocross is not just for experienced racers; just about anyone at any age can participate. All you need, besides an adventurous spirit, is a bike with enough clearance between the brakes to be able to handle a slightly fatter tire than the usual road tire and a frame that can take a little abuse. Mountain bikes will work, but keep in mind that you may have to pick it up and carry it. I started on a hybrid bike with no modifications other than changing the tires. Even sturdy road bikes with 700-25 tires can be used if there are not a lot of soft areas on the course.

One of the best features of cyclocross racing is that it is very spectator friendly. Because the courses are short and usually contain some large open areas, it is easy to see much of the race. It is particularly fun to hang out by the sections of barriers and watch the various styles and the impressive skill racers use to get up or over the obstacles.

This fall the Ohio Valley CX series will have 15 races, several of these will be in Kentucky, and 3 will be held in Louisville. These will include the Todd Tour of Louisville on October 1; The Kentucky State Championships on December 3; and our own Team Louisville's 'Ville-Billy CX Race at Iroquois Park on October 22. On that day, the club will also be starting many of its rides from the park so you will be able to join in the fun, watch a race and cheer for the LBC racing team when you return from your ride. You can find more information and the complete schedule for the Ohio Valley CX series at kentuckycyclocross.com.

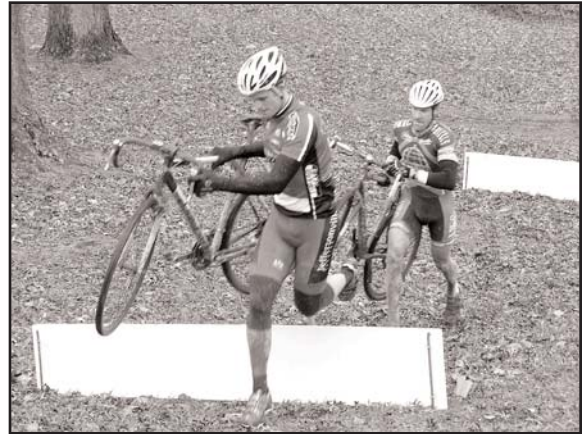


Photo courtesy Craig Dooley, Kentucky Backroads Photography

Besides cyclocross racing, fall is also the best time to become a member of Team Louisville. We order next season's uniforms in early September and will begin training for the 2007 season in October and November. If you think that you would like to give bicycle racing a try, contact me or talk with any of the members of the team for more information on how to join our team.

At this time of year, we are also looking for sponsors for Team Louisville to help defray the cost of uniforms and entry fees and to help with the expenses of organizing races. Wouldn't it be great to see your company's logo on a racing team jersey! If you or your company are interested in helping our team in this way, again, you can contact me or any of our team members. We appreciate any and all support we can get from individuals as well as the business community!

NEW MEMBERS

Allen, Cole	1508 Polo Fields Ct	Louisville, KY	40245	502 254-2482
Andriakos, Andy & Bobbi	126 N Bellaire Ave	Louisville, KY	40206	502 894-8874
Ashley, Thomas	3515 Warner Ave	Louisville, KY	40207	502 741-9219
Bayler, Sharon	237 Sweet Bay Ct	Harvest, AL	35749	
Bruce, Paul & Lori	2642 Cleveland Blvd Apt 50	Louisville, KY	40206	502 819-8472
Burnham, Dale, Kathy, Meredith, Erin	704 Lake Forest Pkwy	Louisville, KY	40245	
Byrd, Jennifer	817 Exmoor Ave	Louisville, KY	40223	502 291-9336
Caswell, Clara	3302 Heather Lane	Louisville, KY	40218	502 454-3184
Caudill, Michael	1412 Willow Ave # 66	Louisville, KY	40204	270 791-6593
Cooke, Jeff	1315 Castlewood Ave	Louisville, KY	40204	502 458-4437
Darst, Annie	3211 Norma Lane	Louisville, KY	40220	502 458-7824
Des Jardin, Hunter	3515 Warner Ave	Louisville, KY	40207	
Dobbs, Nathan	8307 Trakia Ct	Louisville, KY	40219	502 966-3747
Dunn, Robert	7400 Bamboo Court Apt 5	Louisville, KY	40258	502 933-1960
Fairfield, Craig	8105 Breeland Ct	Louisville, KY	40241	502 339-0494
Flynn, Mike & DJ	300 Cliffwood Hill Way	Louisville, KY	40206	502 836-2482
Freibert, Don	3530 Norbourne Blvd	Louisville, KY	40207	502 897-1052
Green, Chris	3228 Cheval Way	Louisville, KY	40299	502 553-8793
Hauser, Jennifer & Karl, Jordan, Graham	9019 Bingham Dr	Louisville, KY	40242	502 426-9570
Helm, Jane & William	406 Rolling Lane	Louisville, KY	40207	502 721-8953
Hulan, Harper & Nancy	1 Maple Crest Ct	Louisville, KY	40206	
Jones, Walter	6805 Chimney Hill Rd	Crestwood, KY	40014	502 243-9538
Kaelin, Martin	2121 Maryland Ave #2	Louisville, KY	40205	
Kapp, Fred	1248 Bourbon Ave	Louisville, KY	40213	502 361-0801
Karia, Wanda	6918 Windham Pkwy	Prospect, KY	40059	502 552-8638
Kemp, Jim	13302 Knoll Wind Way	Louisville, KY	40299	502 974-2778
Koenig, Leigh	10707 Hobbs Station Rd	Louisville, KY	40223	502 550-6252
Kowalczyk, Kelly	1924 Emerson Ave	Louisville, KY	40205	502 552-0896
Lawson, Brian	4617 S Rutland Ave	Louisville, KY	40215	865 524-2713
Lemme, Matthew	921 Fenley Ave	Louisville, KY	40222	502 326-3792
Lenfert, Julie	21 Lake Ave	Louisville, KY	40206	
Medley, Carol & Joe	2800 Avenue of the Woods	Louisville, KY	40241	502 339-0675
Patton, Kyle, Ryan, Jami	11000 Bardstown Woods Blvd	Louisville, KY	40291	502 231-6405
Porter, Kelly, Bill Barclay	2811 Woods Club Rd	Louisville, KY	40241	502 420-9863
Robinson, Scott	14002 Hickory Ridge Rd	Louisville, KY	40245	502 245-2038
Ruhe, Betsy	1100 Carlisle Ave	Louisville, KY	40215	502 361-0622
Scheid, Michael	3718 Crocus Lane	Louisville, KY	40207	
Smith, Kelly	4730 Crittenden Dr	Louisville, KY	40209	502 375-5544
Smith, Vertner	34 Stonebridge Rd	Louisville, KY	40207	502 897-7890
Smithers, John	3308 Belmont Rd	Louisville, KY	40218	
Taylor, Glenn	421 Cannons Lane	Louisville, KY	40206	502 897-5840
Taylor, Betty	7021 Wooded Meadow Rd	Louisville, KY	40241	502 429-6575
Todnem, Nathan	1034 Harmony Landing Rd	Goshen, KY	40026	502 387-2194
VanRyan, Alec & Harriet	316 Pinewood Lane	Ridgeland, MS	39157	601 497-7212
Wagner, David	6601 Windhurst Rd	Louisville, KY	40207	502 896-2933
Wigley, Joey	8903 Honor Ave	Louisville, KY	40219	502 583-2398
Wine, Jeff	11613 Easum Rd	Louisville, KY	40299	
Xiang, Richard	7836 Royatly Ave Apt # G	Louisville, KY	40222	502 533-7194

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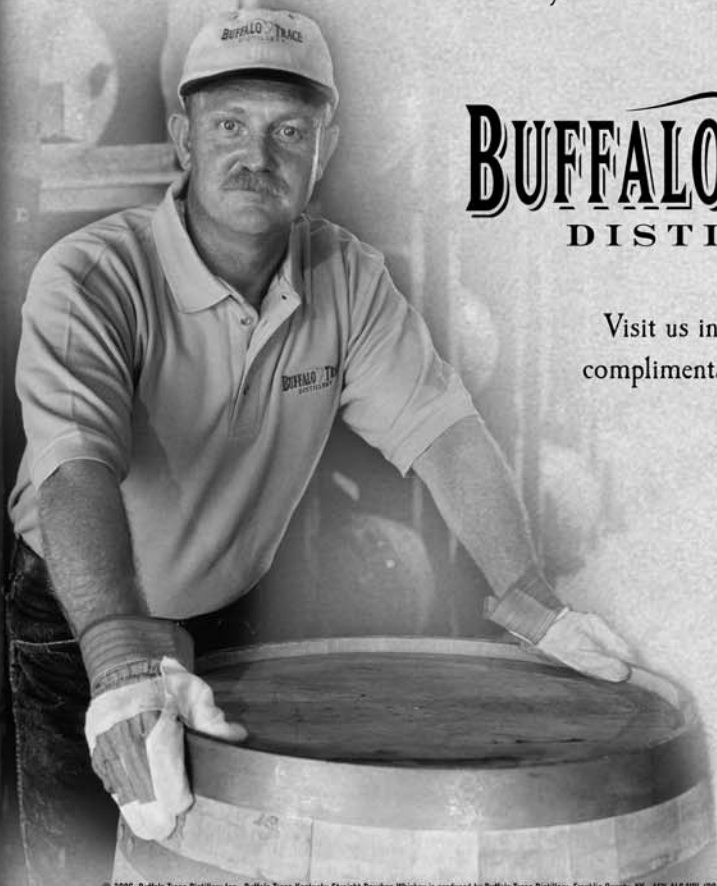
MALT ADVOCATE MAGAZINE
2005
 DISTILLERY *of the Year*
Buffalo Trace Distillery
 FRANKLIN COUNTY, KENTUCKY
 THE MALT SOCIETY

Honored on the worldwide stage with over 140 awards, Buffalo Trace is proud to be part of a long and storied history of Kentucky's most famous spirit. Over 200 of your fellow Kentuckians handcraft award-winning bourbons every day at Buffalo Trace Distillery in Frankfort.

So here's a toast to the hard-working craftsmen of Buffalo Trace Distillery who make Kentucky shine around the globe.

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Visit us in Frankfort for a complimentary distillery tour.



BIKE TREK TO SHAKERTOWN American Lung Association of KY

Come September, the American Lung Association's Bike Trek to Shakertown will be launching its 3rd decade of bicycle trekking for the fight against lung disease! The spectacular at-your-own-pace Kentucky tour is scheduled for September 16-18. If you can't ride all three days, choose the two-day trek, Sept. 16 and 17.

The round-trip route begins and ends in historic Harrodsburg, with the first night's stay at Danville's Pioneer Playhouse. Sunday's ride takes cyclists on to Shakertown, where participants can tour the village, dine on fabulous "country gourmet" cooking, enjoy live entertainment and spend the night in the village's beautifully restored 19th century dwelling houses. The two-day trek includes Sunday's visit to Shakertown (excluding Sun. dinner and overnight stay) and a shuttle back to Harrodsburg.

No matter the level of cycling ability, there's something for everyone. Beginners can opt for the basic route of 30-35 miles each day, while those wanting a greater challenge will enjoy a 61-mile, moderately hilly ride on Saturday and a similar option on Sunday. Monday's routes will both be shorter. Each day's rides feature gorgeous rolling countryside, as well as historical and cultural points of interest along the way.

Whatever the route, riders can expect first class service with experienced tour leaders, on-the-road bike repair service, gear

trucks for luggage, rest stops with high-energy snacks, free massages and other amenities to make the ride fun and hassle-free.

Founded in 1904, the American Lung Association has worked for over 100 years to prevent lung disease and promote lung health. In support of the cause, each rider pays a \$50 registration fee and agrees to raise a minimum of \$300 (\$175 for 2-day ride). It's not hard and ALA staff will offer fund raising tips, assistance in collecting pledges and outstanding incentive prizes.

Brochures are available at all the local bike shops. For more information, call 363-2652 (toll free: 800-586-4872) or check the Lung Association's website: www.kylung.org.

NEWSFLASH: The 2006 trekker who recruits the most NEW riders wins a \$300 gift certificate from Bicycle Sport!



L B C Banquet

Mark your calendars.

The LBC Banquet will be
Saturday, November 25, 2006, Big Spring Country Club.

- | | |
|------------|---|
| 6:00 p.m. | Reception & Cash bar |
| 7:15 p.m. | Buffet Dinner |
| 8:00 p.m. | General Meeting, Awards,
Election of Officers for 2007 |
| 10:00 p.m. | Adjournment |



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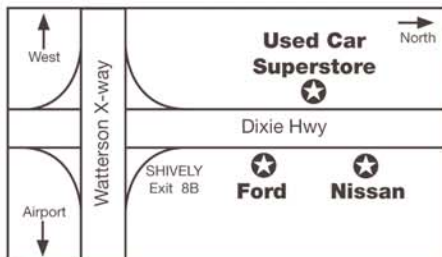
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THE GOOD, THE BAD AND THE UGLY by Earl Jones

Continued from Page 1

The bad of this story is the ugly reportage of WLKY Channel 32, which, in a series of "news" broadcasts on July 24 and 26, dramatically misled viewers by asserting that cyclists were at fault in the majority of cyclist-motorist collisions.

You may have wondered what terrible accident had caused all this attention. And that was the problem: Nothing had happened. Except that maybe the station managers had poll numbers that led them to believe that cyclist-hatred was high enough that they could get a few rating points if they aired a cyclist-bashing report.

And bash they did. From the opening shot of the stack of police reports confirming the cyclist-caused accidents were about 2/3 of the car-bike total, to pictures of new riders at the LBC Bike Handling class – some of whom were clearly, and understandably, just learning the rules of the road – to out-of-context quotes of cyclists complaining about improper riding, the report grossly misrepresented how most cyclists – especially LBC members – conduct themselves on the road. (The big expose of the report was that the City had contracted with LBC for about \$10,000 to conduct classes for adult cyclists at two locations. The implication was that since the new riders were filmed not observing traffic laws, we were teaching them to violate the law. Brilliant deduction. There was no mention of the 150 or so people who attended that class.)

The reporters' non-news, "instigative" purpose, a phrase used by Glenn Todd, was apparent from what the report did not say: riding on the road may be inconvenient to some drivers but is far safer for cyclists than the perceived safety of riding on sidewalks because, almost as an aside, the report noted that most of the cyclists involved in car-bike accidents were riding on the sidewalk!

The reporter might have pointed out that we don't support sidewalk riding by adults and that none of the Bike Handling riders were on the sidewalk but that would not have delegitimized the resentment that the majority non-cycling viewers were being encouraged to express towards cyclists.

Dorn Crawford, who knows better than most the pleasures and risks of cycling, sent a comment to WLKY that neatly summed up the off-point report:

"The report says there've been 155 car-bike crashes in the last 12 months and the most frequent cause is cyclists illegally riding on the sidewalk.

"The frightening part is, "what are all those cars doing on the sidewalk?" Be on the lookout for ugly, dangerous journalists. Avoid them, especially when they're hungry.

Please join us for

Cheryl's FUNd Night

featuring the **Mad Dog Rhythm and Blues Quartet.**

Clifton's Pizza on Monday, October 16, 2006 from 6:00 to 9:00 p.m.

Clifton's Pizza is located at 2230 Frankfort Avenue.

Proceeds from this event will benefit Cheryl Brawner. Tickets are \$15.00 and will include all-you-can-eat pizza, salad and soft drinks. Cash bar available. You are encouraged to buy your tickets in advance by filling out the form below and mailing it, along with your check made payable to Cheryl Brawner, to:

Cheryl Brawner
c/o Kinetic Corporation
200 Distillery Commons, Ste 400
Louisville, KY 40206-1990

For more info or to print out your order form online, please visit www.cherylbrawner.com.

I would like to attend Cheryl's FUNd Night at Clifton's Pizza on Monday, October 16.

Enclosed is my payment of _____ for _____ tickets.

Name: _____

Email: _____ (optional)

Phone: _____ (optional)

EMAIL NEWSLETTER DELIVERY

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 to Sara Ferebee, VP Communications (see cover for addresses) or hand to any club officer.

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

See cover for deadlines.

The newsletter is sent third class. The post office will not forward to your new address. Please notify Barbara Tretter, club secretary, of any address changes.

The LBC 2006 budget for newsletter costs is \$5,000, which represents nearly 25% of our total program costs. In an attempt to reduce this cost so monies can be used by other programs, the Executive Committee has introduced email newsletter delivery. This optional service began with the newsletter for May/June 2006. The newsletter is sent in PDF format to those who have signed up for this service. Each delivery saves the club \$1.25 in printing and mailing costs per issue per membership. Those who choose this email delivery will typically receive their newsletter 4-7 days before those who receive their newsletters via regular mail.

Club membership applications and membership reminder postcards will be modified to include this option. If, after trying email delivery, members don't like this method, they may revert back to regular mail delivery.

More than 100 LBC members have already signed up to receive the e-newsletter.

To sign up for this option please go to <http://www.louisvillebicycleclub.org/forms/enewsletter.htm>.

Thanks for your cooperation.
LBC Executive Committee

**Receive
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Louisville Bicycle Club Contacts:

Statistician

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