

THE LOUISVILLE BICYCLE CLUB

Founded in 1897

www.louisvillebicycleclub.org

January/February 2008

IN THIS ISSUE

President's Letter	1
LBC Officers	2
Email Newsletter Delivery	2
New Members	2
Team Louisville's Great Year	5
2008 Officer Nominees	6-7
ANNUAL AWARDS BANQUET	7
Bike Education Report	8
Bike for Louisville Fundraiser	9
Trainer Tours	9
2007 OKHT Report	10
Packman's Corner	12

**Annual Meeting, Banquet,
Awards and Officer Elections**
**** January 26, 2008 ****

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

*Please submit articles and photos to:
David Ryan ("PaCkMaN")
1906 Lower Hunters Trace
Louisville, KY 40216,
editor@louisvillebicycleclub.org,
502-447-7814.*

**Deadline for the March/April
2008 issue is Feb. 1.**
"Tempus Fugit"

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



Polar Bear or Polar Bare? *by Earl Jones, LBC President*

I'm not a superstitious person but I firmly believe that not doing the Polar Bear ride on New Year's Day is a bad omen for the new season. A lot of club members must agree because this is one of the best-attended events on the club's schedule.

And why shouldn't it be? It comes at the end of the holiday season and the beginning of the year. It's almost bound to be an adventure.

If the weather is great, as it was the year it hit 70° on New Year's Day, you're back in the wonderful days of the height of the season.

If the weather's challenging, as it was a few years back when it snowed or the year it was 16°, you can be one of the few and the brave that actually rides. That's about as extreme as it gets. No naked riding or snow wheelies.

Of course there'll be food. That's always true when two or more cyclists are gathered in the name of the sport. The featured dish is chili. There'll be several kinds. Bring a side dish or a dessert.

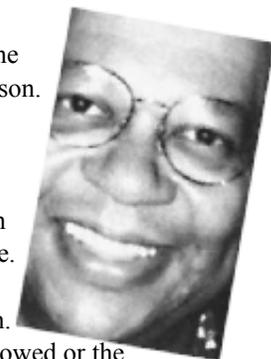
And bring something for the post-ride swap meet. Maybe something that you've grown out of and, in a fit of New Year's Day honesty, are ready to admit that you're not going to lose the pounds to get back into. Or that extra set of pedals that you'd use on that new frame, which you're not going to get anytime soon. Anyway, think of it as a big cycling yard sale. There's got to be something for you.

And if you do come, bring a big thank-you for AB and Betty Sandefur for hosting the riders at the Broadway Baptist Church on Brownsboro Road and Chenoweth Lane and for the chili and other treats that will await the frozen riders at the end of the ride.

Finally, a few good wishes for all club members as we begin the New Year. They are courtesy of our friend Dave Stewart, former VP Racing, who continues to work promoting serious racing in Louisville. Dave included these thoughts in a Newsletter article that he wrote several years ago:

1. Be an ambassador for cycling — watch your road and off-road manners.
2. Practice missionary zeal. Bring one non-cyclist "into the fold" every year.
3. Support your cycling club. They're the "fount" of our cycling culture. There's power in numbers. Be counted. Volunteer. Put your name on, and your time into, at least one cycling related event next year. A ride, a tour, a race, a board, a cleanup. Be proactive. There are lots of opportunities. Don't wait to be asked. Volunteers make it all happen. There is tremendous satisfaction in helping further a cause. If you just ride, you're a "limp stoker."
4. Shop at local bike shops. Support your local cycling merchants. They're part of the culture. Catalogs, both in paper and on-line, are pretty but they don't keep the local cycling community together the way that local merchants do.

Have a great season in 2008!



YOUR CLUB OFFICERS (Executive Committee)

Earl Jones

President
502 895-4850
president@louisvillebicycleclub.org

Ed Tonini

VP Advocacy
502 897-0596
advocacy@louisvillebicycleclub.org

David Ryan (Packman)

VP Communications
502 447-7814
communications@louisvillebicycleclub.org

Steve Sarson

VP Education
502 499-7089
education@louisvillebicycleclub.org

Mark Luking

VP Racing
502 423-7072
racing@louisvillebicycleclub.org

Chad Green

VP Touring
502 291-9979
touring@louisvillebicycleclub.org

Barbara Tretter

Secretary
502 491-7120
secretary@louisvillebicycleclub.org

Jim Tretter

Treasurer
502 491-7120
treasurer@louisvillebicycleclub.org

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

EMAIL NEWSLETTER DELIVERY

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 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, you find you prefer the paper copy, you can revert back to regular mail delivery.

More than 200 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

Also, beginning with
March/April 2007:
The electronic newsletter will contain
COLOR PICTURES!

**Receive
Your Newsletter
by Email!**

NEW MEMBERS

Bailie, Dan	7408 Royal Oak Dr	Crestwood, KY	40014	(502) 243-2638
Barrett, Malcolm	133 Ransom Ave	Lexington, KY	40507	(859) 255-7928
Bartram, Mary	10303 Garlanreid Pl	Louisville, KY	40223	(502) 245-1496
Cambron, Mark	414 Lake Forest Pkwy	Louisville, KY	40245	(502) 540-2300
Cowen, Allan	11608 Little Lane	Anchorage, KY	40223	(502) 645-5512
Crabtree, Petrina	3909 Hambletonian Rd	LaGrange, KY	40031	(502) 338-8057
Hatton, Debi	3010 Meadow Farms Pl	Louisville, KY	40245	(502) 290-4131
Jarboe, David	819 Fountain Ave	Louisville, KY	40222	(502) 396-7340
King, Nancy	1104 Overview Ct	Goshen, KY	40026	
McGrew, Richard	1237 Ormsby Ct	Louisville, KY	40203	
Pfeifer, Paul	8302 Salem Church Rd	Charlestown, IN	47111	(502) 235-4710
Schmidt, Bill	5112 Long Knife Run	Louisville, KY	40207	
Waggener, Thomas	934 Main Street	Shelbyville, KY	40065	(859) 514-0795



SHELLER'S
FITNESS & CYCLING
your FITNESSPROS

Scheller's would like to wish all of the LBC a healthy and

Happy New Year.

We were proud to sponsor these events and groups in 2007:

Louisville Bicycle Club



Since 2000



Since 1992

KHF Duathlon Series



**Chips Cronen
Memorial Ride**



Team Scheller's Mountain Biking



Indiana Masters Team



SHELLER'S
FITNESS & CYCLING

www.schellers.com

Name
Address
Zip
e-mail

Save on Parts, Accessories and Clothing:

Save \$10 on any purchase \$50 to \$74.99

Save \$15 on any purchase from \$75 to \$99.99

Save \$20 on any purchase of \$100 or more



Offer Valid for current LBC members only.
Not good with any other discounts or closeout items. Coupon must be presented at time of purchase. Not valid with other offers. Limited to in stock quantities; no special orders.

Offer Valid: 01/01/08 — 02/29/08



BYERLY

Nobody Beats a Byerly Deal!



Winner of the Nissan President's Award:
CUSTOMER CARE

HUGE Selection of New and Used Cars and Trucks



Low Price Leader For Over 60 Years

**Professionally
Trained Sales &
Service Staff**



Byerly Ford 448-1661 4041 Dixie Hwy.	Byerly Nissan 448-8222 4027 Dixie Hwy.	Outside Louisville 1-877-9BYERLY www.byerly.com
---	---	--

Team Louisville's 2007 Racing Season in a Nutshell

by Brian Rhodes

The 2007 season was an amazing ride for Team Louisville. Our team training officially began in January. Once a week, we would partake in "General" Joe Collin's infamous PB&J Ride. Joe, a veteran racer, would put us through the ringer for four or five hours every Saturday in an effort to build our endurance. These rides continued until the start of the 2007 Kentuckiana Spring Training Series in March.

From the very beginning of the road racing season, it was evident that Team Louisville was a force to be reckoned with: our pre-season training had readied us for the upcoming races. Many of my fellow teammates had great road race finishes. Joe Klarer saw many wins during the Kentuckiana Spring Training Series, taking 1st overall. Mike Kennedy won the April 9 Lynchburg Road Race and placed 4th in the May 25 – 28 Edgar Soto Memorial Stage Race.

Between March and June, Joe Klarer, Mike Kennedy, Mitchell Kirsting, and I all upgraded from Category 5 to Category 3. Other team members, such as Dan Loescher, Scott Kuiper, and Logan McCulloch, have since upgraded categories as well. Aside from the many hours in the saddle, I attribute our successes to the instruction, experience, and guidance I received from the many members of Team Louisville. Veterans like David Berman, Joe Collins, Darrell Edwards, Steve Gaylor, Dan Loescher, and Bob Zeman have served as excellent mentors to me and my newbie cohorts.

Team Louisville continued to prove that it's not just a road racing team. Much of our team is highly competitive on the mountain biking scene. Blaine Heppner earned several overall wins in his class and several top-10 finishes during the larger DINO (Do Indiana Off-road) Series races. Brad Wunderlich won the 40 – 49 Category and the Sport Class at the Capital View Race in July.

Don Parr returned to mountain bike racing after sustaining a shoulder injury last year and had many notable finishes. Joe Collins had two great finishes before heading to Colorado for the summer. I won my first ever mountain bike race at Waverly Park. And "The Beast", Mitchell Kirsting, won the Sport Class overall at Waverly Park on a single speed!

While we were tearing it up on the road and in the dirt, Walter Lay was busy winning the Men's 60 – 64 Omnium category at the 2007 USA Cycling Masters Track National Championships in August. Walter also competed in the Masters Tandem National Championship with teammate David Berman.

As the road racing and mountain biking seasons wound down, cyclocross was just beginning. In the Ohio Valley Cyclocross series, Rick Lyons finished 3rd in the Masters 45+ category; Charles Garner placed 3rd overall in the Men's B category; in the Beginner Masters 35+, Jeff Steinrock was 1st overall in his class; and Darrell Edwards was 2nd overall in his class. Congratulations should also be given to "The Champion," Chris Nevitt, who won his first ever cyclocross race at Wendell Moore in December.

Besides participating in a ton of races, Team Louisville was also the driving force behind many cycling-oriented events in Louisville, including US Gran Prix of Cyclocross and the Mayor's Hike and Bike rides. These are just two of the local events that we have worked on. Thanks to vice president of racing Mark Luking and Darrell Edwards for all their work on the local events, as none of these would have been possible without their efforts. I also want to thank all of the members of Team Louisville who have promoted safe cycling awareness within the community throughout the year.

Now that the 2007 season is over, Team Louisville's attention has turned to the future. Team training has been underway for the past month. Soon we will be hitting the gym and scheduling the races we want to participate in this coming year. Team Louisville is also seeking a title sponsor for the 2009 season. Logan McCulloch has asked that if any of the readers of this newsletter have an idea for a possible sponsor, please contact him at loganmcc@yahoo.com.

Being a part of Team Louisville in 2007 has been an amazing experience. I joined Team Louisville in the fall of 2006 as a Category 5 cyclist with no racing experience. Since then, I've grown comfortable as a racer, made great friends, formed many wonderful memories on and off the bike, and traveled to quite a few stage races. I am proud to be a part of Team Louisville and am grateful for all that I have been taught by my fellow teammates. I could not have asked for a better team.

It's that time of year when the Louisville Bicycle Club will begin a new year with newly elected or re-elected officers to represent our great cycling club. We have the honor of serving as chairs for the Nominating Committee with the following brave souls to assist in this endeavor: Steve Montgomery, Chris White and Dan Loescher.

At the awards banquet in January, you will be voting for the LBC Executive Committee consisting of the President, VP Advocacy, VP Communications, VP Education, VP Racing, VP Touring, Treasurer and Secretary.

The Nominating Committee extends an invitation to anyone who is a member in good standing, who wishes to work diligently, who wants to bring new ideas to the club and who will give of his/her time to represent the membership of the LBC. If this description appeals to you, please contact any one of the Nominating Committee.

Candidate Statement of Earl Jones for re-election to President

LBC has made tremendous progress over the last several years. Every program is strong and the club, in partnership with Louisville Metro, is making Louisville a Bicyclist's Bicycle-friendly Community. Our education and advocacy programs are the clearest example of this partnership. And our touring program benefits the community and offers one of the strongest schedules in the country. I think I've played a positive role in achieving these results and hope that you will support me so I can continue the progress in 2008.

Earl Jones

Candidate Statement of PaCkMaN for re-election to VP Communications

It has been my privilege to serve for the past year as your VP Communications, to edit your newsletter, oversee web communications and represent various members' interests as a voting officer of the Louisville Bicycle Club. I hope that you will endorse the job I have done in those capacities by re-electing me to serve you likewise for another year. I promise to continue building onto the sturdy edifices left to me by past VP Communications Sara Ferebee and webmaster Duc Do as we put forward the pleasures and benefits of cycling to the Louisville and worldwide internet communities.

I'm PaCkMaN and I approved this message, despite initial misgivings.

Candidate Statement of Mark Luking for re-election to VP Racing

2007 has been a very exciting year for our club's Team Louisville racing team. Our squad has grown to include nearly 60 LBC members. We span all ages and our members have raced in nearly every type of competitive cycling discipline at the local, regional, and national level. Many have done quite well. TL members have also participated in, and supported both the community cycling events, such as the Mayor's Bike and Hike and the Bridge Memorial ride, as well as club events like the OKHT. Team Louisville played a key role in the success of the national level USGP cyclo-cross race held here in late October.

We are currently planning for an even better 2008 racing season, beginning with the introduction of a brand new Team Louisville website that will include a number of great features for both the general public as well as our team. We are increasing the level of organized team training, and are introducing new procedures for joining the team, as well as a new set of standards by which we will evaluate all of our members. We are actively seeking new team sponsors and are perusing new racing events for the upcoming season.

None of this could happen without the hard work, dedication and commitment of all of our members, and I would be pleased to play a part in these exciting plans by serving as the VP of racing for our club again in 2008.

Mark Luking

Candidate Statement of Kevin Jones for election to VP of Touring

I have been a member of the club for several years and have become very active in the club in the last 3 years. I have found those last 3 years of cycling extremely rewarding, building friendships in the club and putting in over 8000 club miles. However, no club works without its volunteers and I would like this opportunity to give my time back to the LBC.

The Louisville Bicycle Club has one of the most active bicycle club touring programs in the nation. I am committed to making sure that our touring program keeps that status. I will bring to the office extensive experience in the governance of other clubs, including serving our own local Viking Canoe Club in the offices of secretary and president. However, one person alone should not dictate the activities of our touring program. As VP of touring I will be visible and accessible. I need and expect input from the members of the Touring Committee and the individual ride captains to keep our touring program great.

If elected to the office of Vice President Touring I look forward to serving the club membership and the continued improvement of the LBC touring program.

Kevin Jones

Also standing for re-election are Steven Sarson for VP Education, Jim Tretter for Treasurer and Barbara Tretter for Secretary.

Ed Tonini resigned as VP Advocacy effective December 11, 2007 to accept an appointment as Kentucky's Adjutant General as well as promotion to Major General in the Kentucky National Guard. We wish him well in these important new jobs. And General Tonini has promised to continue being an advocate for cycling in state government at every opportunity.

LBC Annual Awards Banquet for 2007

Please plan to join your cycling friends at the LBC Annual Awards Banquet to reminisce on the year's activities, acknowledge our volunteers and celebrate our achievements. The banquet will be held at Big Spring Country Club, 5901 Dutchmans Lane on Saturday, January 26, 2008. Cost is \$10 per person for the buffet dinner, the facility can accommodate 200 people.

Program:

6:00 Reception and Cash Bar

7:15 Buffet Dinner

8:00 General Meeting: Awards, Elections of Officers for 2008

10:00 Adjournment

To provide an accurate count of attendees I must receive your reservation by Sunday, January 20. Please send to:

Jim Tretter, 9004 Willowood Way, Louisville, KY 40299.

----- (cut or copy) -----

Yes, I/we will be attending the 2007 LBC Awards Banquet.

Enclosed is my check (payable to the Louisville Bicycle Club) for \$10 per person.

Name(s): _____

Phone Number: _____

Number of Persons Attending: _____

Bike Education Has Successful 2007

by Steven Sarson, LBC VP Education

What a year it was for bicycle education in Louisville. In an effort to attract more new cyclists to the summer New Rider Classes and support the city's efforts to become a League of American Bicyclists Silver Level "Bike Friendly Community", the Education Committee modified our activities for 2007.

In March, we offered the LAB Road 1 class in cooperation with Barry Zalph and Bicycling for Louisville. We offered two classes and participation was good at both, with over thirty people completing it. These classes gave our new League Cycling Instructors (LCI) a chance to use their skills, and encouraged two participants to take the LCI course later in the year. Special thanks to Barry for organizing the Road 1 course and to all the LCI's who offered assistance.

Our summer classes once again experienced the biggest changes. In an effort to reach more new cyclists from around Louisville, we again offered two eight-week sessions instead of the traditional summer long sixteen week course. These sessions were offered in two different downtown Louisville locations – the TARC Building on West Broadway and the Waterfront Park yellow parking lot. The first session ran during May and June at TARC and the second session from July to August at the Waterfront Park. Both sessions were very successful, with well over 200 cyclists attending. The Waterfront Park location was the most popular venue, averaging around 60 cyclists each week. This was one of the largest average groups we have had. Lessons learned from the larger than normal 2006 participation prepared us in how to handle this large turnout. We were able to effectively teach the larger group and the training rides went off without any problems. Many of the Bike Ed volunteers have been helping with these classes for many years. Their knowledge and commitment allowed us to break up into smaller groups on the rides, with two or three instructors per group of ten to twelve new cyclists. This allowed some more one-on-one training and less of the pack mentality that seemed to aggravate downtown drivers in the past.

In an effort to recognize those who participated in the new rider classes, Certificates of Completion were given out to those who attended at least six of the eight weekly sessions. Over fifty Certificates of Completion were planned to be awarded as part of the Mayor's Ride festivities on Labor Day. Unfortunately, a scheduling glitch prevented us from recognizing these people at the ride. Certificates will be sent to the participants. Many new

riders had set a goal of receiving a certificate and committed themselves to attending the classes and becoming better riders. Additionally, we used some of the grant money received from the City of Louisville to award four participants new bicycles. In order to be eligible for a new bike, participants again had to attend at least six of the eight classes. Many made a special effort to qualify, and those who won bikes really appreciated them. I would like to welcome all those who participated in the Monday night New Rider classes to the club. Many have joined the club, become regular riders, and volunteered for OKHT. Special thanks to all the volunteers who committed themselves to teaching sessions, mentoring new riders and being ride captains for the training rides. Their commitment makes this program successful.

In October, the League of American Bicyclists held a League Cycling Instructor (LCI) certification course in Louisville. This course was put together by Bicycling for Louisville and taught by a certified trainer from the League of American Bicyclists (LAB). The LCI course is an intensive three day course designed to train bicycle educators to be effective cyclists and teachers. Three club members successfully completed the course and have been added to the nationwide registry of LAB instructors. Congratulations to Tom Armstrong, Steve Sexton and Dave Wittry for successfully completing the course. We now have ten League Cycling Instructors as members of the Louisville Bicycle Club. These ten instructors are available to teach bike education and are already actively doing so in the community.

I would like to take an opportunity to again thank all those who made bike education a success in 2007 and to congratulate those who completed the New Rider, Road 1 and LCI courses. I would also like to take this opportunity to thank Mohammad Nouri for his untiring support of bicycling in Louisville. Mohammad has left the Metro government for the private sector. His support and enthusiasm toward cycling will be missed. I would also like to thank the city of Louisville and the Bicycle Task Force for their work in maintaining Louisville as a Bronze recipient of the League of American Bicyclists "Bike Friendly Community" designation and their continuing efforts in working toward the silver designation. Special thanks to the Louisville Metro government for their support of the Louisville Bicycle Club's Bike Education program. Working together will result in better, safer bicycling for all bicyclists in and around Louisville.

Save the Date: Dream Machine Bicycle Makeover!

Join us on Saturday March 1 from 7 - 10 PM for the Dream Machine Bicycle Makeover party to raise funds for Bicycling for Louisville. The party will feature:

- the Dream Machine Bicycle Makeover raffle with great prizes:
 - First Grand Prize: a complete component upgrade for the winner's bicycle
 - Second Grand Prize: a new bicycle (see www.bicyclingforlouisville.org for details)
- Thanks to our sponsors: Planet Bike, SRAM, Bicycle Sport, Clarksville Schwinn, Bike Couriers Bike Shop, and Bluegrass Bicycles. Stay tuned for more prizes as more sponsors come on board!
- a Bicycle Show featuring equipment from local bicycle shops
- a Fashion Show featuring bicycling clothing and footwear from local retailers
- Hors d'oeuvres and desserts by regionally renowned chef Finbar Kinsella
- Quality beer from Bluegrass Brewing Company and fine wine (cash bar)
- Live entertainment
- a Silent Auction, including items from Bicycle Sport, Bardstown Road Bicycles, Quest Outdoors, Highland Cleaners, and other area businesses, as well as four passes to Disney World!
- Displays of advocacy and education successes and work in progress from Bicycling for Louisville.

The party will take place on Saturday March 1, 2008 from 7 - 10 PM in the Undercroft at the Cathedral of the Assumption, 433 S. 5th Street in downtown Louisville. Admission (\$15/person) includes food, non-alcoholic beverages, and entertainment. Purchase your admission tickets and raffle tickets (\$10 each) at the door or in advance. Check www.bicyclingforlouisville.org or call 582-1814 for a list of ticket sellers.

This is a great opportunity to get to know the staff, volunteers, and programs of Bicycling for Louisville, the professionally-staffed bicycle advocacy and education organization working full-time, year-round to make bicycling in our region safer, more enjoyable, and more popular. To volunteer, donate, or learn more, contact us at 582-1814 or info@bicyclingforlouisville.org.

TRAINER TOURS!

by A. B. Sandefur

It's January, it's cold. You are bored and have cabin fever. You have only ridden occasionally since the season ended. Have you also gained weight over the holiday season? Don't become a couch potato because of the weather. There is a solution!! TRAINER TOURS. You may have even gotten a trainer for Christmas. But it is so lonely and boring to train by yourself.

Why not start out riding better in March than you did in October? Every winter, the LBC has sponsored Trainer Tours at Broadway Baptist Church, 4000 Brownsboro Rd. from 7:00 p.m. to 9:00 p.m. Tuesdays and Thursdays in December, January and February.

The fee is \$1.00 per session or \$10.00 for the entire season (fee includes spouse and children at no extra cost.) You ride your own bike or trainer (or rollers) and watch a 45-minute to 90-minute video. As a bonus, you get 20 miles easy credit. (riiight) If you do not have a trainer, come anyway and use one of the extras we already have, or use mine - please.

So come and join a group of fellow riders, work out, sweat and socialize and make the winter pass a little faster.

Also, Earl, if you come to the trainer tours, you will get 400 of the 600 miles you need for a 25,000-mile jersey.

For information, contact A. B. Sandefur at 425-9463.

30th Annual OKHT Was a Rousing (but Wet) Success

by Cathy Kinberger, Director 2008 OKHT

The last thing that I said to the OKHT TEAM on Sunday September 9th: "I am not thinking about this ride until January". True to my word, I did not give this ride much thought. But alas, January is upon us and I am thinking about OKHT.

We had a wonderful ride this year. Yes, it rained, people got wet, but through it all I saw smiles. Lots and lots of smiles.

From my vantage point, it looked as though everything ran smoothly. When the rain came we were ready with tarps and extra tents. Oates Flags supplied all our tents and they did not let us down when I called at 4 pm on Saturday asking for more tents for Sunday.

The sag stops keep getting better with each passing year. We have some wonderful people that take over the sag stops and decorate them or give them themes. The sags become more entertaining each year and it brings out more people to our ride. It also seems to bring out the best in the Sag Leaders as they try to outdo each other.

All the Century riders got a treat this year. The KMRO motorcycle club has taken over Lincoln Homestead both this year and they are coming back in 2008. Century riders were treated to Ice Cream this year, and I hear that there will be more surprises next year.

Lunch was really well run again this year. The Boy Scouts bend over backwards for the riders and do a wonderful job getting everyone fed quickly. We are open to suggestions for lunch, well not open to suggestions, but if there is a type of sandwich that you would like we can look into seeing if it will work.

Bardstown was a challenge this year. The Vogt's took over the Bardstown duties and did a wonderful job. They went in blind and did everything by the seat of their pants. As usual, if it weren't for Howie I don't know how Bardstown would ever have been accomplished. Bardstown is getting better with each passing year. The vendors enjoy themselves and give the riders some really good deals.

Flaget Hospital, Margaret Preble, Ice Cream, food and music, Oh wait, I forgot the Bourbon. All of these make for a wonderful afternoon and evening in Bardstown. I hope you didn't miss the Carriage rides, they are always a fun way to see the town.

We had Chris Cakes back again this year, Sunday morning catching pancakes. It is an interesting sight watching people catch the pancakes, especially those that tried the Bourbon the evening before. This year Steve and I were doing sprint

pancakes. Sprint Pancakes are where you grab your plate and start running, Steve tosses the pancake and you catch it on the run. All I can say... it is a good thing pancakes don't cost a lot.

Sunday Sag One, Habitat for Humanity. They are wonderful there, and the MASH theme was great. The best thing that ever happened to the OKHT was when Kathy Schmidt found this sag.

You really missed out if you didn't stop at the cookie stop this year. Everything was under a tarp, no one got wet and the cookies were dry also, well as dry as they are supposed to be. We had a new sag leader at the cookie stop this year and she did great, rain and all.

Bag Balm was at it again... They even seemed to get more needy riders this year, I guess wet and spandex don't go well together.

Tom Sawyer on Sunday was a day of last minutes. With this being the first year of bad weather, at least my first year, it necessitated a lot of creative thinking. With help from the TEAM everything went well and most of the luggage stayed dry.

All in all, the ride was great. It was another one of our top years for riders. Well Saturday was, on Sunday I think at least 40% of the riders opted out. I am not sure how they got back to Louisville but we only had about 600 riders on Sunday. We'd had over 1100 on Saturday.

I hope that everyone that participated had a good time. I also want to get the word out early: Volunteer now; get the job you want and still be able to ride. As I keep on saying, just because you volunteer does not mean you do not get to ride.

As far as the volunteers go, I can't do this without them. The OKHT TEAM is the backbone to this ride. If you ever see a TEAM member, always say thank you.

If you want to volunteer, we can fill some spots right now. Want to compete in the sag themes, contact me and we will get you a sag to work your magic on.

Thank You to all my volunteers. A special thanks to my TEAM.

I hope to see a lot of repeat riders in 2008, and bring your friends that haven't ridden before.

It will be fun

Cathy Kinberger, Director 2008 OKHT

Improve stamina and stay fit year-round



Attention all cyclists!

Join the Wellness Center and enjoy unlimited access to our fabulous facility and new cycling studio with LeMond RevMaster bikes, 25+ classes per week taught by champion instructors, plus a wide variety of cross-training opportunities.

- ~ 70,000-square-foot, state-of-the-art facility
- ~ 25-yard lap pool; large, warm-therapy pool; whirlpool
- ~ 140+ classes for all fitness levels: cardio-combo to yoga
- ~ 60+ award-winning aquatic classes
- ~ 1/11th mile walking/jogging track
- ~ Fully equipped Pilates studio
- ~ Cardio theatre with individual TVs, CD and DVD players
- ~ Hammer Strength, Life Fitness, Free Motion, Cybex, and Keiser equipment
- ~ Spacious fitness areas with Stairmasters, Precor Ellipticals and free weights
- ~ The Oasis Spa: massage, facials, pedicures and manicures
- ~ Certified personal training and sports conditioning
- ~ Healthy Solutions® weight management center
- ~ Arthritis, fibromyalgia and joint pain programs
- ~ Baptist East Spine and Sport Therapy
- ~ Pre- and post-natal exercise
- ~ Child-care, The Center Café, free parking

Join today!

Take a tour of our beautiful facility – just stop by or call for information, 896-3900 x302, 750 Cypress Station Dr., off Bowling Blvd., behind the Mall St. Matthews. See more at www.baptistmilestone.com



Baptist East/Milestone
**wellness
center**



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 them to David Ryan (Packman), VP Communications (see cover for addresses) or hand them 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.

What is a "PaCkMaN"?

It has been nine years since I have been able to ride with you, so I have not had a lot of contact with members who have joined recently. And some people just never saw me at the time since I generally only came out for centuries.

It is a pretty simple etymology to Packman:

It was, from what I have heard, invented by then-LBC member Don Williams (since relocated), in or about 1994-5 as a reference to the large red backpack I carried on most club rides. It certainly distinguished me, along with my mountain bike, on club centuries and made me easy to spot.

The backpack weighed 20-25 pounds and held a variety of spare parts which I had found useful to have by experience, particularly when riding alone as most of my riding was, and usually enough supplies and groceries for a century or more without stopping at any stores. I sometimes gave out a bottle of sports drink or candybars to others in dire condition or produced refreshments in the middle of nowhere to other's surprise.

On bike trips I took across the USA and into Canada, the backpack also held dozens of maps, rolls of film (It was in the days before digital), clothes, music tapes and more spare parts, as well as souvenirs collected along the way. It was better than panniers for delicate things because through the seat, my back and the way it hung, the contents were more cushioned. A month in panniers tended to chew paper items up in particular.

That marker made the nickname known to many people who saw me at club rides who never knew me by name. I took it very much to heart as a badge of honor to be so well-known by any name and so that people even today can attach an experience, conversation or sighting back then with my name. Packman, with a 'k' as I spell it, had to do with the video game Pac-man only in its homophony as a pun.

The style I currently use of alternate capitals and lower case is an affectation with a symmetry I find pleasing and is not really important. But if you split up the letters by case, you get a somewhat subtle mnemonic of a/k/a (also known as) PCMN, still phonetically 'Packman' without any vowels, as some ancient languages were constructed.

Louisville Bicycle Club Contacts:

Statistician

Carl and Sandy Davis
statistician@louisvillebicycleclub.org
3001 Lincoln Trail Court
Crestwood, KY 40014

Website

www.louisvillebicycleclub.org

Listserve

kycyclist@louisvillebicycleclub.org

Webmaster

Duc Do
webmaster@louisvillebicycleclub.org

Newsletter Editor

David Ryan
editor@louisvillebicycleclub.org

The Louisville Bicycle Club

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

**PRSR STD
US POSTAGE
PAID
NEW ALBANY, IN
Permit No. 62**