

THE LOUISVILLE BICYCLE CLUB

Founded in 1897

www.louisvillebicycleclub.org

January/February 2009

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The Annual Awards Banquet
and election is January 17!

Bike Summit II is Feb. 12
details soon at
[http://www.louisvilleky.gov/
bikelouisville](http://www.louisvilleky.gov/bikelouisville)

*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 Mar/Apr
2009 issue is February 10**

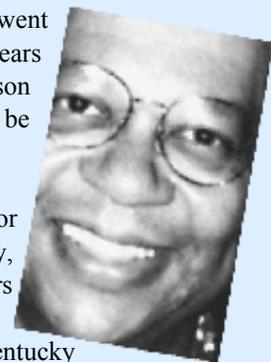
*Please let us know what you think this
newsletter needs. After all, it's your
newsletter!*



Strength in Numbers *by Earl Jones, LBC President*

LBC membership continues to increase. As the season ended we went over the 1,100 mark. That's more than double what it was eight years ago. No doubt the wonderful touring program is the principal reason most join. But some of the data points to other reasons you might be interested to learn about.

For example, more than 20 LBC members don't live in Kentucky or Indiana. A few are members who've moved away but have family, property or sentimental ties to Louisville. Others became members when they came to ride the Old Kentucky Home Tour and have kept up their support from year to year. An additional 50 or so Kentucky and Indiana residents live as far away as Lexington, Owensboro and Indianapolis.



Some of the most interesting data concerns local residents who only rarely show up in the club statistician's reports but who join the club and annually re-up their memberships. A little more than 200 rode a total of less than 100 miles in the 2008 season. Another 350 or so didn't record any club miles in 2008. No doubt some of both groups rode on their own or with friends.

So why has almost half the membership joined if they don't actively participate in the club's core activity? What else do they get from their memberships?

Since donations to LBC are not tax deductible —we are a non-profit 501(c) 4 social welfare organization not a charity— we assume that they were not motivated by eleemosynary motives. (And Treasurer Jim Tretter confirms that none has asked for their money back because they mistook LBC for the Louisville Boat Club located on frequently routed River Road.)

Riders for fitness and fun comprise the greater part of the membership. (A few may join for the same reasons that gym memberships peak at New Year's: Good intentions to get in shape. But that wouldn't account for the steady, sustained increase in LBC members.)

It's clear that cycling has tapped into other trends. One is the environmental movement: Some join because they want to see cycling promoted as an alternative to gasoline-powered motor vehicles and one way to address the climate change threat.

But I believe that the greatest reason for the increase in membership among all groups of riders --low-mileage and others-- is the success of our advocacy program.

LBC created the advocacy program in 1995 with the election of the first advocacy VP. Since then, the program has grown and, especially in the last few years, has forged relations with the Louisville Metro that have led to visible changes in the city's cycling infrastructure and promotion of cycling as emblematic of the progressive city that Louisville aspires to become.

Continued on p. 8

YOUR CLUB OFFICERS (Executive Committee)

Earl Jones

President

502 287-7770

president@louisvillebicycleclub.org

Stewart Prather

VP Advocacy

502 895-9094

advocacy@louisvillebicycleclub.org

David Ryan (Packman)

VP Communications

502 447-7814

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Steve Sarson

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502 499-7089

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Mark Luking

VP Racing

502 423-7072

racing@louisvillebicycleclub.org

Kevin Jones

VP Touring

502 599-1981

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.

As of July 2008, a majority of LBC members have signed up to receive the e-newsletter!

Thanks for your cooperation.
LBC Executive Committee

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

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

**Receive
Your Newsletter
by Email!**

NEW MEMBERS

Bain, Gregory & Family	322 Hillcrest Ave	Louisville, KY	40206
Boyd, Mary & Nolan	2927 Riedling Dr	Louisville, KY	40206
Criss, Tammy	8910 Dorrance Drive	Louisville, KY	40258 (502) 451-1901
Dauer, Amelia	2912 Richland Ave`	Louisville, KY	40220 (502) 456-5241
Decker, Mary & Family	402 Buckland Tr	Louisville, KY	40245
Deskens, Hilary	1901 Cimmaron Trail	Louisville, KY	40223 (502) 551-5859
Fible, Bill	2320 Fairmont Ave	New Albany, IN	47150 (812) 949-4812
Frew, Rex	258 Bridlewood ave	Shelbyville, KY	40065
Hambrick, Marion	5831 Haven Manor Way	Louisville, KY	40228 (502) 767-7154
Lamon, Jack	3862 Fincastle Rd	Louisville, KY	40213 (502) 458-2898
Nelson, Kylan	12031 Hunting Crest Dr	Prospect, KY	40059
Turner, Ron & Family	917 Leawood Sq	Frankfort, KY	40601 (502) 607-1445



Christmas Ride 2008

(photo courtesy Debi Hatton, more at <http://picasaweb.google.com/debihatton>)



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or

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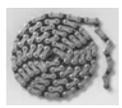
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Save \$20 on any purchase of \$100 or more



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

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CYCLING TEAM



The 2008 Ohio Valley Cyclocross Series began in Loveland, Ohio, in mid-September on a warm and very windy Sunday and ended in Indianapolis, with a dusting of snow on the ground and temperatures in the mid-twenties. High points of the series included a three-day weekend of UCI races in Ohio and the return of the USGP here in Louisville. BikeClicks/Team Louisville had a great showing throughout the series both in numbers of our team participating as well as top finishes in many of the races. In overall points won during the season, no team came close to matching BC/TL's record! Here is a list of team members who were among the top ten finishers for overall points in this season's OVC series.

<u>Elite Women</u> Teri Meek #9	<u>Elite Masters 1/2/3 35+</u> Blaine Heppner #6
<u>Category 3 Men</u> *Chris Nevitt #2 Don Parr #5 Andrew Jackson #8	<u>Elite Masters 1/2/3 45+</u> Rick Lyons #6
<u>3/4 Masters 35+</u> *Michael Seiler #1 *Steven Webster #3 Doug Roemer #8 John Harris #9 John West #10	<u>3/4 Women</u> *Teri Meek #1 Olivia Jaras #4 <u>3/4 Women Masters 35+</u> *Christina Halioris #3 Suzanne Webster #5

As we close out the 2008 season I would like to thank the members of LBC who have supported our team and bicycle racing in Louisville. Members such as Andy Murphy, Carl and Sandy Davis, David Wittry, Bob Clifford, Scott Majors, John and Denise Smith, Dan Hall and so many others have made it possible for Louisville to host national level events such as the Masters National Road Racing Championships and US Grand Prix of Cyclocross as well as many local races. We couldn't do it without your help.

2009 BikeClicks/Team Louisville Roster

Our roster is set for the upcoming 2009 racing season. We are very excited about our Funded Cat 3 squad and new women's squad. We will have close to 60 members next season. We have added some very promising new racers to the team and, along with our veteran racers, BC/TL is poised to have one of its best seasons ever.

<u>Funded Cat 3</u>	<u>Womens Squad</u>	
*Keith Aubrey	Carol Flinchbaugh	*Mark Luking
David Berman	Laura Fogt	Rick Lyons
Marty Bearden	Chrissy Halioris	Sumner MacDonald
Joe Collins	Oli Jaras	Bill Meek
*Darrell Edwards	Teri Meek	Kevin Miles
Steve Gaylor	Jen Swyers	Pope Mobley
Tim Hargrave	*Suzanne Webster	Tim Omer
Blaine Heppner		Sean Orr
Sean Kettering	<u>Open Squad</u>	Phil Patterson
Walter Lay	Will Bain (Junior)	Richard Pearson
*Dan Loescher	Glenn Fransisco	Don Parr
*Logan McCulloch	James Freeman	Sam Rock
Aaron Mundy	Charles Garner	Doug Roemer
Chris Nevitt	Eric Haas	Brian Segal
Jay Porter	Chris Halioris	Michael Seiler
Ike Wartman	John Harris	Cary Shields
*Duane Walker	Don Hasner	Spencer Walsh (Junior)
*Steven Webster	Nick Hayes	Kevin Williams
John West	Rick Hinze	Brad Wunderlich
	Jeff Keisel	<u>Medical Leave</u>
	Travis Kerns	David Klein
	Jon Lamar	Bob Zeman

*Leadership Team Member

Old Kentucky Home Tour: It Was Another Great Year

by Cathy Kinberger

The 31st Annual Old Kentucky Home Tour is over and it was wonderful. There were over 1050 riders this year. Though this wasn't our biggest ride, those that did ride got some of the best weather you could ask for. We had sunny skies on Sunday, with temps in the low 80's; Saturday was 77 and light clouds. I was jealous!

We Have Great Sponsors!

Byerly Ford and **Scheller's Fitness & Cycling** came back this year as Major Sponsors. They have come to our call for quite a few years now. David and Greg both rode this year, I saw them out there and they had smiles on their faces. **Milestone Fitness and Wellness Center** gave their support, their Yoga classes a huge success again this year. Tammy did the classes and she stayed until we forced her to leave. We had a last minute sponsor this year: **MoonBow Muffins**. Jenn called me up at the last minute asking if she could donate muffins. I never guessed that she would stay all weekend and give away her muffins both days. She went through 500 energy muffins in those two days. **Heine Bros. Coffee** and **Nancy's Bagels** came through again. What would Saturday morning be without a carbo load and caffeine? All the bread at all the sags was provided by **Breadworks**. **Flaget Hospital** was back in Bardstown taking care of our cuts and scrapes. They did not get busy at all and that means we all had a good day. Our Pizza Sag would not have been possible without the support of **BoomBazz pizza**. They got them to us timely and still hot.

The volunteers this year did a great job. (they always do!)

Paul Klein took Bardstown for the first time this year and he nailed it. Nothing was overlooked, he took my checklist to heart and did even more than he was asked. I am sure that Paul will agree with me when I say that his job was made much easier by Howie. We would never be able to pull off the Bardstown portion of the OKHT without the help of Howie Wycliff. Howie was the guy that you asked for something and he never failed us. I told him this year that IF he ever decides to retire, he has to train his replacement for US.

Our numbers man Jim Tretter; between being the treasurer for the LBC and the registration man for the OKHT Jim put in more hours than almost any member of the club. Jim is another one that if I need a number, he gets me the number. Not only does Jim lead the registration for OKHT, he gets his own volunteers and that helps me more than his other jobs.

Then there was my right hand, and your new director... Lynn Luking. Lynn is the consummate volunteer; she can anticipate what you want before you ask. Lynn covered my backside for two years now. I hope that next year I give her as much help as she gave me these last two years. You will see my presence next year; I will be going back to Sag Coordinator and anything else that our new Director wants me to do.

I want to thank each and every volunteer that helped make the 2008 OKHT as good as it was this year. This type of ride could never be done without the help of each of you.

That being said... it is NEVER too early to volunteer for the 2009 OKHT. The OKHT is in a bit of trouble, the OKHT TEAM needs volunteers. There are key areas that went vacant this year. This meant that people on the TEAM had to double and triple up on their jobs. The TEAM needs you. Contact Lynn Luking if you want to join the TEAM. All the TEAM positions that need to be filled are jobs that allow you to ride both days of the OKHT, but the jobs need to be filled NOW. I can't impress upon you enough that if these jobs don't get filled the OKHT may not be able to continue.

I really enjoyed the Sag Stops this year, we got a new crew at **Jordan Technologies** (sat. sag 1) this year. The **Spoke n Word** crew from **Southeast Christian** took over from the MS squad. They did great and almost all of them rode after closing the sag. The **KMRO Motorcycle club** came back to Lincoln Homestead. They had fun and were making sandwiches to order for the riders. Ride the century and meet the KMRO crew next year. They might even bring out the bikes in 2009. The **MS Team** moved to the cookie stop for 2008, and **Debi Hatton** (our Ms. Ironwoman) and her team took Mt. Zion. What would Sunday morning be without the surprise at Harmony Habitat? The **Sarson/Sexton** team outdid themselves again, what will they come up with for 2009? The **LBC Racing Team** came back to Lily Pike again this year. This is another group that rides after they are done at their sag, some of them not even stopping for lunch, and they just like riding. Of course we cannot forget **Team Bag Balm**. They had a long line while I was there, but they do enjoy themselves. You haven't lived until Ted Bag Balms you. This is just another great way to volunteer, turn a sag into your SAG. I hear that Leslie already is making plans for the cookie stop for 2009. Contact the OKHT TEAM and grab your sag today. Don't get caught late. Get off the couch, go to your computer and volunteer today!

Do you want to get a unique gift?

You can pre-order the 2009 OKHT Jersey. We will send you a gift card with a picture of the 32nd Annual OKHT Jersey for your favorite rider. Your jersey will be sent to you upon receipt, there will be no need to wait for the OKHT, you will be the first on your block with your jersey. The OKHT jersey has sold out the last 3 years and I am sure that the 2009 jersey will not be any different.

The 2009 OKHT Web Page

The OKHT web page is always being updated. We also added a section for donations. There are many items that we have to buy annually that you might be able to provide for us. Check out the news sections of the web page to see what we need. As soon as the registrations form is ready the web page will be the first place that gets updated. You will be able to print out your form and be the first to register.

As I said earlier, Lynn is taking over the Director duties for me. 2008 was my 3rd year as director. It is a busy job but when things go right, it is a great job. I enjoyed my time doing the Director's job and learned from the experience. Give Lynn all the help you gave me and more so that she enjoys her job.

Your new Sag Coordinator
Cathy Kinberger

The 2009 OKHT Jersey

by Lynn Luking, OKHT Director

Congratulations to John Mahorney -the winning designer of the 2009 OKHT JERSEY.

The committee had a very hard time choosing only 1 design from the 13 designs submitted. They met several times and spent a lot of time discussing several aspects of each design.

Several of the designers have expressed an interest in submitting their designs again next year after they make some minor changes . I was extremely pleased to have so many wonderful designs entered in the 2009 contest. I am looking forward to seeing the 2010 entries!

I would like to thank the members of the jersey contest committee : Earl Jones, Lewis Miller, Marilee Martin, Deb Sexton, Norm Minnick, Lori Boone and Sandy Davis for volunteering to work on this committee.

Lynn Luking
2009 OKHT Director



Strength in Numbers (cont. from p.1)*by Earl Jones, LBC President*

In the last edition of the Newsletter I wrote that the city's efforts were at a crossroad, that a loss of focus put us at risk of losing the progress that had been made since the Mayor's first Bike Summit in 2005, a lack of focus that had led to the postponement of Bike Summit II, which had been scheduled for November. I'm glad to say things have improved a lot since then and the summit is back on track and set for February 12.

The summit can accommodate about 500 people. I hope that all LBC members who can spend at least a part of that day at the summit can participate. We'll start with a review of progress to date and then look at the criteria that the city will use to measure its progress towards the silver level bicycle-friendly designation of the League of American Bicyclists and your input on the steps that need to be taken to get there. Finally, we'll work on mapping routes for signage, lane creation and

other bicycle facilities with the goal of each Louisville resident being able to bike his/her way to nearby commercial centers and to the network of arterial roads that will take them throughout the county.

It is an ambitious program that cannot succeed without participation of cyclists from all over the city. Mark your calendars and look for information soon on <http://www.louisvilleky.gov/bikelouisville> about how to register.

Helping to make Louisville bicycle-friendly will help make LBC an even larger organization, which in turn will allow its members to improve bicycle facilities and programs, which in turn will increase membership, which...

A vicious cycle only to the cyclophobic.

LBC Annual Awards Banquet, January 17, 2009**LBC Annual Awards Banquet – January 17, 2009**

Please join your cycling friends at the LBC Annual Awards Banquet to reminisce on the year's activities, acknowledge our volunteers, celebrate our achievements, and elect club officers for the upcoming year. The banquet will be held again at:

Big Spring Country Club

5901 Dutchmans Lane

Saturday, January 17, 2009. Cost is \$10 per person for the buffet dinner.

6:00 p.m. - Reception and Cash Bar

7:15 p.m. - Buffet Dinner

8:00 p.m. - General Meeting, Awards, and Election of Officers for 2009

10:00 p.m. - Adjournment

To provide an accurate count of attendees I must receive your reservation(s) by Sunday, January 11.

Phone Number _____

Number attending _____ @ \$10/ each = _____ Total Enclosed

Please send to:

**Jim Tretter
9004 Willowood Way
Louisville KY 40299**

2009 CANDIDATE STATEMENTS

Nominating Committee: Dr. Larry Preble, Chairman; Connie Guild, Laura Trachtenberg

Candidate for President: Earl Jones

We have made great progress as a club, which has benefited LBC members and the entire cycling community. We are a national model for other clubs because the variety, success and the integrated nature of our touring, education, racing and advocacy programs. We're more financially secure, have more than 1,100 members and a much envied web presence.

These things don't just happen. They take dedication, a commitment of time and leadership. I hope you'll give me the opportunity to continue leading LBC because I believe we can become an even better club.

Candidate for V.P. Advocacy: Andrew Murphy

My fellow cyclists:

I am asking you to support my candidacy for VP-Advocacy. I've been an avid bicyclist for 11 years and a Louisville Bicycle Club member for 2 years. I've gotten to know many of you while riding the last couple of years. Those that know me know I am an advocate of safe cycling for all skill levels. If elected to this position, I will continue to build on the solid foundation Stewart Prather and VP's before him have laid.

I retired September 1, 2007 after a 30 year career at Ford Motor Company where I was a team leader in the Paint Department, a member of the Emergency Response Team as well as the recording secretary, and an instructor for the GRASP (Guidelines Responsibilities And Safe Practices) program. Being retired, I have the time to devote to the job and as much as I enjoy riding a bicycle, I feel I have the sincere motivation to do this job well.

Thank you for your consideration.
Life is good

Candidate for V.P. Communications: David "PaCkMaN" Ryan

It has been two years and I have not seen too many pitchforks yet. I take that as a good omen. I would therefore appreciate the opportunity to serve again as communications VP. I hope that you, the general membership, have seen my corner as your corner and will allow me another year to promote cycling through this office. I am consistently available as your sounding board and conduit to other members and that will not change no matter what else does.

Candidate for V.P. Communications: Cathryn Kinberger

I want to be Officer of Communications
Because I like graphic design, and I do love to ride the bike.
My interest in a newsletter goes back to my college days.
I always like to improve things that I see.
As for experience I have been doing graphic design since the 70's.
I have been schooling myself in web page design for a couple of years.
I have been keeping the OKHT web page up to date for the last two years.
And have been updated a newsletter for the senior center.
My goal is to ---- get the newsletter to more people.
How... Insure that the newsletter gets updated on the Bicycle club web page,
Also put a link on the Old Kentucky Home web page, and any other bike
Related sites that would like to trade links for their newsletters.
The other thing I would try to do is get more variety into the newsletter,
How, I am not sure, but expansion will not hurt our newsletter.
Thanks for the consideration towards this job.

Candidate for V.P. Education: Tom Armstrong

Many of you know me as a shop guy, arch recumbent enthusiast, and assistant instructor for the summer "new Rider" clinics. I have accepted the nomination to be the next VP Education. It is time for me to step up to serve the club in this position, and help the club grow with new safe riders.

I have been involved in the various education programs the club has presented for several years, and formalized my teaching skills by earning my League Cycling Instructor certificate in October 2007.

As Education VP, my goal is to build on the hard work of those before me and reach more members of the community at large, to encourage them to ride safely and often. I want to work with Louisville Metro Government in a joint effort to educate all road users on how bicycles fit in the city's traffic plan, and to earn the next level of "Bicycle Friendly Community."

I am, as the expression goes, "all about getting people on bikes." Part of what I do toward that end is help folks learn about cycling.

I hope I can earn your vote to be the next VP Education.

Tom Armstrong is a life-long cyclist who has been active in the Club since 1997. He rides for transportation, camaraderie, and fitness, and has active in the Club's education programs since 2000.

2009 CANDIDATE STATEMENTS

Candidate for V.P. Racing: Mark Luking

In the past year there has been a tremendous amount of effort put into the racing program by the members of Team Louisville. We have refined our goals for the team and developed a clear set of standards for our members. We have developed a partnership with BikeClicks.com who will be our prime sponsor next season, and this has allowed us to bring in many new sponsors and greatly increase our funding for the racing program.

We have totally re-designed our uniforms for 2009 and have organized what promises to be a very competitive Cat III squad of racers. We have promoted or help promote several local races, including road, mountain and cyclocross events, and two national level races, the Master's National Road Races and the US Grand Prix of Cyclocross. And all of this was done while our members continued to train hard and competed well in race throughout the region.

It has been a busy, exciting and, at times, exhausting year. I am very proud of what our team has accomplished this season and, with the club members support, would like to continue my roll as the VP of Racing for 2009.

Candidate for V.P. Touring: Kevin Jones

[Statement not available, but I'll vouch for him :-)- Ed.]

Candidate for Secretary: Barbara Tretter

NAME: Barbara Tretter

REASON TO BE NOMINATED: I think i have done this "job" since 2002. Apparently, the membership numbers & dues have increased significantly since I have taken over, so I guess that is a good thing. Of course, this means you have to have close contact with the treasurer!!!!

INTEREST IN/EXPERIENCE IN: have done it for a long time, whether people like it or not!!!! I try to take care of any problems ----when I know about them.

GOALS: I guess to keep doing it until some more qualified steps in to take over the position.

Candidate for Treasurer: Jim Tretter

I want to be Treasurer to continue the legacy I've built since the early 1990's when the club had no financial accountability, reportability or government compliance. My education and job experience qualify me for this position. My goal is to maintain a solid business accountability base that enables growth in club programs and projects.

Proposed By-Law Amendment

by Ian Schill

The following Amendment to the club By-Laws is offered by Ian Schill. The Executive Committee takes no position on it at press time.

Be it enacted by membership, insert into By-Law ARTICLE IV: "Absentee voting will be afforded to all members in good standing who will be unable to attend the annual meeting. Inability to attend the meeting will be described as being out of town or incapacitated due to sickness or injury. A request for the absentee ballot will be made to the secretary at least 7 calendar days prior to the annual meeting. Witnesses may vouch for only one absent member at any meeting. Witness must sign the request for the ballot. Witness is a member in good standing. Existing banquet preregistration will be cancelled without refund for any member making an absent request. The banquet fee shall apply to anyone who votes absentee and then is admitted to the annual meeting in person whether voting or participating or not and their absentee vote shall not count. (Non-refund is due to the double work required in both cases.) An absentee ballot may be denied by majority vote of the Executive Committee. The reason for the denial will be given to the member within 24 hours of the denial."

The Amendment process is specified in ARTICLE VIII — AMENDMENTS of the By-Laws:

"These By-Laws may be amended by a majority of the membership at any membership meeting at which a quorum is present, provided that written notice of the proposed amendment is given at least fifteen (15) days prior to the meeting."

The initial draft of this proposed Amendment was received by the President on November 27, 2008 for publication in the January Newsletter and consideration at the Annual Meeting on January 17, 2009.

Article IV states: "A quorum shall consist of twenty- five (25) dues paying regular members.", which is expected at the Annual Meeting.

The Year of the Mad Dog

by Kirk Roggenkamp, TMD Director

2009 – “The year of the Mad Dog,” or at least that’s what it says on my new calendar. This coming touring season will bring the sixth edition of the LBC Tour de Mad Dog (TMD) and you are invited to participate.

The TMD is a friendly, but challenging, cycling competition organized by our club that mimics the Tour de France in that participants ride a prologue and 21 stages over 2000 total miles in pursuit of a spot on the final podium and the glory of claiming the Yellow Jersey as overall leader and champion of the LBC Tour de Mad Dog Challenge. However, the TMD differs from Le Grande Tour in that stages are spread out on selected weekends and holidays over an eight month touring season and that you don’t need to be a pro, or even a “racerdude” to compete and even win the challenge. You must be fit enough to complete a typical century stage in the allotted time of ten hours, but a stage winner is randomly drawn from among all course finishers, and your assigned finish time has more to do with the size of your finish group and proximity to the stage winner than your actual time on the course. The TMD rules are many and seriously taken with multiple opportunities for both time bonuses and penalties alike, but emphasize fun, fellowship, strategy, persistence, and some luck, over just strength and speed on your bike to win or even finish the tour. A link to the complete and updated TMD Challenge Rules will soon be available through the touring page of the LBC website.

Stage finish times are cumulative for each participant for a General Classification that will be updated and posted after each stage. Rider standings in the current GC will determine the podium leaders for both men and women and the owner of the coveted Yellow Jersey for the overall leaders in both categories. New this year will be the addition of the White Jersey for both men and women to signify the tour leader among those who qualify as a “new” rider. You are eligible to compete for the White Jersey if you are under 25 years old by tour’s end or if you have never completed a prior TMD Challenge regardless of your age.

The individuals who have won the TMD Challenge the past few years have ridden all or nearly all of the stages offered. However, to officially finish the 2009 TMD Challenge, and not be declared “abandoned,” you must complete at least nine stages without missing more than four in a row. Complete your first TMD stage of the season and earn a Mad Dog tattoo! Qualify as an official tour finisher and earn the right to wear the ’09 TMD jersey. Or, make this your year to finish atop the podium and wear yellow before the adoring crowds.

Any LBC member can participate in the TMD Challenge (and you must be a LBC member to be counted in the GC standings), and there are no entry fees to ride any stage or be part of the competition. However, official entry to the TMD Challenge will close after Stage 5 (The Medora Century on Saturday, May 16). The tour starts with a short time trial prologue on Sunday, March 1 and Stage 1 will be the Maple Syrup Festival Century the following Sunday, March 8. There are 2-3 stages scheduled per month including two overnight trip opportunities. The tour concludes with Stage 21, The Original Crestwood Killer, perhaps the most difficult century on the LBC schedule, on Sunday, October 18. All TMD stage dates and ride specifics are posted on the LBC Scheduler and current month ride schedules. You can also find the entire ’09 TMD Schedule and a brief history of the Mad Dogs at John Paul’s website: <http://jpaul.us/maddogs>. Most of the TMD stages map and cue sheets either are currently or soon will be posted on Larry Preble’s website: www.kybikerides.org as well.

Besides the “usual suspects” and established Mad Dogs, I hope to see lots of new faces on this year’s tour. Make no mistake, many of these rides are difficult, and to successfully complete the TMD Challenge is, well, a challenge. However, I guarantee it’s the most fun you will ever have with a chamois between your legs. Make it your New Year’s resolution to train and ride like a mad dog in ’09. Riders wanting more information about the LBC Mad Dogs or joining us for the next Tour de Mad Dog may contact me at anchordog@insightbb.com.

See you in the Spring!
Kirk Roggenkamp, TMD Director

MAD DOG ScieNtIst's CORNER (cont. from p.12)

by Laurence D. Preble, D.C.

bottle, to 43 degrees.

45 Minutes: the heated bottle had cooled to 97 degrees, the unheated bottle to 31 degrees. Ice was beginning to form on the nipple of the unheated bottle. Sharp agitation freed the nipple from icing.

One Hour 15 minutes: the heated bottle is still perceptibly warm and reads 73 degrees. The unheated bottle has equilibrated at the freezing point and continues to form ice on the nipple, now difficult to dislodge.

One Hour 45 Minutes: the heated bottle reads 53 degrees. The unheated bottle is now completely unusable. The nipple is frozen solid. There is visible slush in the bottle when shaken.

Two Hours: The heated bottle reads 49 degrees. The unheated water bottle continues to freeze more solidly.

In the real world, I would expect to be near a store stop by now. Experiment ended.

Conclusions: The microwave heated bottle remained far above the freezing point for the duration of the test while the unheated bottle froze and became unusable. While the "Mpemba Effect" may be a real phenomenon that predicts hot water will freeze before cold water in certain circumstances, my test did not show this to be the case when applied to a real world cyclist's water bottle.

Dr. Larry Preble is LBC's resident Mad (Dog) Scientist and a graduate of both Vanderbilt University and Logan College of Chiropractic. He has headed research projects in computer science, psychology and biomechanics. After moving to Louisville, he wrote for both PCM and Rainbow Magazines for several years and continues in the practice of chiropractic in the Louisville area. Larry is an enthusiastic LBC Mad Dog cyclist and is often spotted riding either his Bacchetta recumbent or Trek upright bicycle.

Guest: MAD DOG Scientist's CORNER

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.

By Laurence D. Preble, D.C.

Duc Do's kycyclist.org e-mail list server is a source of fun, controversy, and (sometimes) fascinating information. Cycling topics range from the mundane to the sublime. Here is a great example:

011/26/2008: I Wrote: One good measure against (water bottle) freeze-up is to heat the bottles in a microwave at each store stop along the way. The water may be uncomfortably warm at ride start, but "just right" a little later on. It buys some time before freezing.

11/26/2008: Lucy Linet referenced an article on the Mpemba effect in response to my suggestion to heat a (microwave safe) water bottle in the microwave to extend the time before the bottle freezes. The Mpemba article suggests that hot water may freeze before cold water under certain circumstances.

11/26/2008: Joe Ward wrote: Hey Larry, google "Mpemba." You will find that "The fact that hot water freezes faster than cold has been known for many centuries. The earliest reference to this phenomenon dates back to Aristotle in 300 B.C."

Mad Dog Scientist Report #1

12/21/2008: Today, Perry Finley, Peter Kemmerle and I rode out of Thurman-Hutchins Park for a delightful ride in sub-

freezing temperatures. Long before we got back to the park, I noted that my water and Gatorade both had turned to slush. As I returned to the park, I thought, "Hey, it looks like a good day to do a controlled test of the Mpemba effect on cyclists' water bottles!"

So here I am with the experiment and result.

Hypothesis: "Mpemba" effect suggests that an initially heated water bottle will freeze before an unheated water bottle.

Materials: 600 grams of water in each of two ordinary identical LDPE plastic water bottles obtained from Bluegrass Bicycle.

Test Equipment: a microwave oven, a bike with two water bottle holders mounted at the same angle, left and right behind the seat, a ThermoHAWK Pro632 Remote Infrared Pyrometer, (or heat gun sensor.) Experiment: One bottle was heated to 206 degrees Fahrenheit in a microwave oven, stopping just as liquid began to boil. The second bottle was left unheated with water straight out of the faucet at 53 degrees Fahrenheit. Both bottles were placed in holders on the bike. The outdoor temperature at my house was 17 degrees Fahrenheit. I decided to agitate (shake) both bottles every fifteen minutes to simulate the motion of drinking.

Observations:

15 minutes: the heated bottle had cooled to 140 degrees, the unheated (*continued p.11*)

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