

**January 2019**



# LOUISVILLE BICYCLE CLUB

## LBC Contact Information

### Executive Committee

President

**Andy Murphy**

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

Secretary

**Bekki Livingston**

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

Treasurer

**Diane Bellafronto**

VP Advocacy

**Doug Brent**

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

VP Communications

**Steven Jent**

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

VP Education

**David Wittry**

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

VP Racing

**Kevin Williams**

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

VP Touring

**Michael Crawford**

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

### Program Chairs & Special Projects

OKHT Director

**Kirk Roggenkamp**

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

Statistician

**Valerie Pfeiffer**

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

Clothing Director

**Amelia Dauer**

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

Mad Dog Director

**Bob Grable**

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

If you have something you'd like to share in the newsletter, send it to [Steven Jent](mailto:Steven Jent).

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

## LBC AWARDS BANQUET JANUARY 26, 2019



LBC Members: Mark your calendar for Saturday, January 26, 2019 for the Annual Awards Banquet at Big Spring Country Club. \$10 for buffet dinner and if you pre-register, you are eligible for door prizes. Click on the Events tab on our website for full details and registration.

**COME TO THE LBC BANQUET AND YOU MIGHT WIN A BICYCLE!**



That's right! A 2018 ORBEA Carpe Commuter Bike will be given to an attendee at the Louisville Bicycle Club Awards Banquet on January 26, 2018. The bicycle comes to us courtesy of our friends at GRIT Cycling and is complete with a rear rack, rear pannier bags, disc brakes, a U-lock and front and rear rechargeable lights.

**WINNER MUST BE PRESENT TO WIN!**

Join your friends at the LBC Awards Banquet and get a chance to win a new bicycle! For all the information and to register, [CLICK THIS LINK](#)

## Club Information

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



**Address:** Louisville Bicycle Club

P.O. Box 35541

Louisville, KY 40232-5541

### **Contact:**

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

### **Website:**

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

### **Annual Membership dues:**

Youth (13-18): \$10

Individual (18 & over): \$15

Family (+ dep. Children) \$20

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# **ELECTIONS**

## Positions Open!

This year we have three positions open on the LBC Board...Advocacy, Touring and Racing VP. Please take a moment to read the description below and consider running for one of these positions.

Board members will attend a monthly Executive Committee meeting, usually the 2nd Tuesday of the month at 6:00 or 6:30 PM. They will attend the three general club meetings - January 1st, Banquet and Fall Picnic. There will always be conflicts but need to be available for most of the meetings and prepare a report as necessary.

- Touring VP will form a committee and meet as needed or on a regular schedule - however the VP wants to run it. Committee agenda and items will be brought to the Executive Committee for approval, etc.
- Advocacy VP will join local groups - Bicycle Louisville, etc. and go to meetings or annual conventions and anything else they want to do to promote cycling. It really is what you make it.

Racing Director runs the adult team and anything that entails.

Any other questions about the positions can be directed to club president, Andy Murphy. Please consider becoming more active in your club. If one of the above positions interests you, please contact one of the below members of the nominating committee!!

Thank you for your consideration

## **2019 Nominating Committee**

Kathy Ragland - [kmccarthyragland@hotmail.com](mailto:kmccarthyragland@hotmail.com)

Terri Buchart - [tbuchart@outlook.com](mailto:tbuchart@outlook.com)

Donna Connell - [dgcpaint@bellsouth.net](mailto:dgcpaint@bellsouth.net)



## 2019 LBC Executive Committee Candidate Statements

### **President - Andy Murphy:**

Another year has passed and I want to thank you all for your continued support. We have made great progress the past few years and I'd like to ask for your support to continue this progress. I'll do my best to continue to represent the Louisville Bicycle Club with integrity. Let's keep pedaling! Thank you again for your support!

### **Secretary - Bekki Livingston:**

I have completed four years as club secretary (2015-18). The secretary takes the minutes at meetings, makes sure the bylaws are followed, maintains club membership and coordinates volunteers. I appreciate all the volunteer hours from so many of you that go into running and maintaining such a diverse and successful club. I would be glad to serve for another year.

### **Treasurer - Diane Bellafronto:**

I am happy to serve a third year.

### **VP Advocacy:**

**Open Position!**

### **VP Communications - Steven Jent:**

My first election! I was honored to be asked to volunteer and subsequently be appointed as the 2018 Communications VP. To date I have worked hard on bringing the club a consistent newsletter and hope to begin fulfilling more of the responsibilities that this position entails in 2019. Therefore, I ask for your support in continuing in this role.

### **VP Education - David Wittry:**

I am writing to indicate my intention to run for the position of VP of Education. It is my desire to continue to teach the Bike Handling Classes and to continue to try to improve our outreach.

### **VP Racing:**

**Open Position!**

### **VP Touring: Open**

**Open Position!**

### **Continuing in appointed positions:**

**Clothing: Amelia Dauer**

**Statistics: Val Pfeifer**

**Mad Dog: Bob Grable**

**OKHT: Open Position!**

## A Note concerning awards at this year's banquet

Each year the club tries to award our star volunteers that have gone above and beyond the call of duty in their dedication to the club as well as those members that show a consistent participation in club activities. These people help keep the Louisville Bicycle Club cycling along and it is important for us to continue to recognize and celebrate their efforts and hard work.

At this year's banquet outstanding volunteers will be recognized and rewarded by the program director or event organizer. These star volunteers from the following events and or programs will receive a \$25 gift certificate from the director or organizer. The award recipients will be announced at the banquet.

<u>Program / Event</u>	<u>Director / Organizer</u>
<b>Education</b>	David Wittry
<b>OKHT</b>	Kirk Roggenkamp
<b>Tour de Mad Dog</b>	Bob Grable
<b>Polar Bear Ride</b>	Kelly McGill
<b>LBC Picnic</b>	Andy Murphy

In addition, our consistent club ride participants and leaders will be recognized and rewarded as follows:

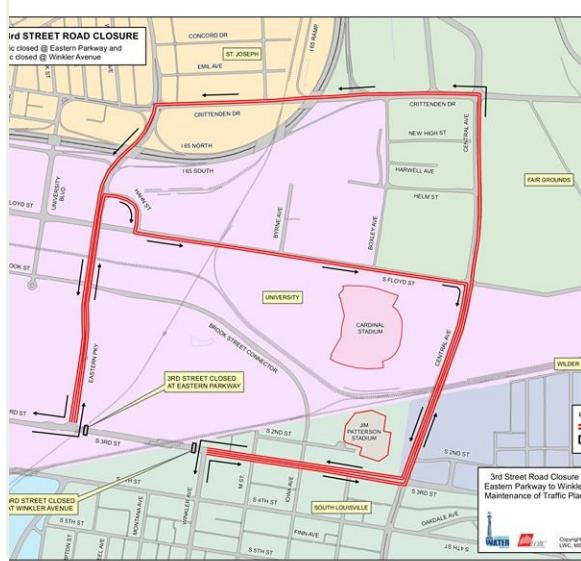
- ♦ If you rode 100 or more rides you will receive one LBC water bottle.  
(Large and Small versions are available / No substitutions please).
- ♦ If you served as a Ride Captain for 10 or more club rides you receive a \$25 gift certificate.

While the club would love to reward and recognize every single volunteer, rider and ride captain to all rides and events it is simply not financially feasible to do so. Please join us then in celebrating our consistent participants and star volunteers for the 2018 calendar year and to any and every one that rode and or volunteered to help out this past year, we say THANK YOU!

Steven Jent  
Communications VP

## Road Work

### Louisville H2O Closures and Detours



Starting on Monday, January 7 all southbound and northbound lanes of South Third Street will be closed between Eastern Parkway and Winkler. Planned re-opening of the road is no later than the morning of Monday, January 14.



## Announcements



**LOUISVILLE  
METRO311**

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

Ride safe! Thanks!!



### !!! Contributors Needed !!!

Do you fancy yourself a journalist? Do you have a Cycling interest, event or opinion you wish to share?

The LBC newsletter committee is always in search of quality article submissions and content.

To contribute contact:

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

### Did you Know...



...that LBC has a robust and active Strava Club?

Join the community at:

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

It's free!

### A statement from your Executive Committee

#### Back to the "Fifties & Sixties"

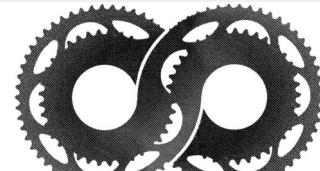


No this is not an article about old rock n' roll songs. A few months ago I decided to scale back my participation in the 2019 Tour de Mad Dog Challenge rides. The reasons varied from age (as in old) to suffering on the hotter than Hades rides. For sometime I (along with some others) have talked about getting some of the mid distance rides going again on a more consistent basis. I have recruited a small group of your LBC members to jump-start some medium distance rides during the 2019 riding season. All LBC rides—be they 10 miles, 100 miles, & every distance in between have much to offer. The ride distances this group will focus on will mainly be in the 50-60 miles with an occasional outlier distance either a little shorter or longer than this range of miles. The rides will be scheduled at least 2-3 days during the week and also on certain weekend days. There will be some old familiar routes and also some new routes, e.g., in Elizabethtown, Grafenburg, and Elizabeth, Indiana just to name a few.

This is just to give those of you who may be interested a heads up about the "Back to the Fifties & Sixties" rides that are now being planned for the 2019 ride season. If you have either questions or suggestions for this group please don't hesitate to let me know.

H. Michael Crawford  
VP of Touring

Let us keep our frequent sponsors in mind as they help us year in and year out.



On Your Left Cycles  
*Bike forever*



**CLARKSVILLE**  
**SCHWINN**



#### More From the Web

- ⇒ [Larry's Awesome 2018 Video!](#)
- ⇒ [Safety Notice: Specialized](#)
- ⇒ [90 year old to be stripped of WR?](#)
- ⇒ [Was He targeted?](#)

From GNC:  
[Zero to Hero!](#)

- ⇒ [GCN 2019 Predictions](#)
- ⇒ [5 Core Exercises for Cyclists](#)
- ⇒ [Speed vs Style](#)
- ⇒ [Seated vs Out The Saddle](#)

Louisville's bike share program

is up and running!

Read about it at [louvelo.com](http://louvelo.com)



#### Louisville Bicycle Club on the Web:

<http://www.louisvillebicycleclub.org/>



[facebook](#)

[STRAVA](#)

<http://www.okht.org/>

<https://www.facebook.com/LouisvilleBicycleClub/>

<https://www.facebook.com/OKHT/>

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

## **TOUR de LOU REGISTRATION NOW OPEN!**

The 6<sup>th</sup> Annual PNC TOUR de LOU will be Sunday, April 28<sup>th</sup>, 2019.

For all the details and to register, click this link;

[https://discover.kdf.org/tour-de-lou/? \\_ga=2.184057766.1879355397.1542609662-523587522.1540531026](https://discover.kdf.org/tour-de-lou/?_ga=2.184057766.1879355397.1542609662-523587522.1540531026)



**Registration is now open for the 6th annual PNC Tour de Lou.**

Enjoy a 20-, 35-, or 62.1-mile bike tour past Louisville's most beautiful landmarks.

### **Course highlights:**

- Downtown Louisville
- Churchill Downs
- South End
- Highlands
- Various parks

Hurry before we sell out! This year's event caps at 1,500 cyclists.

For more information, visit **KDF.ORG**.

*A portion of every entry fee will benefit the Louisville Bicycle Club.*



**REGISTER NOW**

**KDF.ORG • #KYDERBYFESTIVAL**

PRESENTED BY



\* Remember, a portion of the registration goes to the Louisville Bicycle Club, which allows us to support our charitable partners; The National MS Society, the Olmsted Parks Conservancy, the Juvenile Diabetes Research Foundation and Bike to Beat Cancer.



# The Louisville Cycling Podcast

The Louisville Cycling Podcast is dedicated to celebrating the people, rides, and events that make Louisville and the surrounding area a great place to be a cyclist!

Hosted By: **Gary Berry**

## Winter Preparation

Winter time is great for the holidays and a warm cup of hot chocolate, but it's not necessarily the best time for anxious cyclists trying to get a jump on the upcoming season. In this episode, we talk with several cyclists and coaches to explore ways to make your winter as productive as it can be, and hopefully to give you some ideas that will help you roll into the 2019 season on the right pedal stroke.

**Marketplace**

**MEMBERS ONLY**

A black shopping cart icon containing a white bicycle. A yellow circular badge on the cart reads "LOUISVILLE BICYCLE CLUB 1897".

**LBC member: Roger Bradford Estate sale**

Contact: Chris Williams  
(502) 727-6631

Items for sale:

	Bikes:	
	55cm Cannondale EN 14781	\$1500
	53cm Lemond	\$850
	50cm Giant	\$400
	50cm Santana Tandem	\$1000
	Other:	
	Wahoo bike computer	\$225
	Floor Bike Rack—upright	\$10
	Helmets	\$30 ea.
	Cycling Shoes	\$30

**Check out the store at LBC.org as well!**  
<https://louisvillebicycleclub.org/Store>

The (Members Only) **LBC Marketplace** will be a new addition to the newsletter going forward. If you are an active LBC member and wish to advertise any cycling related items for sale please contact the VP of communications: [communications@louisvillebicycleclub.org](mailto:communications@louisvillebicycleclub.org) for item listing. All contact and transactions of merchandise and any agreements, warranties pursuant to shall be between the buyer and seller.



### CYCLOCROSS NATIONAL CHAMPIONSHIPS

DECEMBER 2018 • LOUISVILLE, KY



Now that the USA Cycling Cyclocross National Championships are over, we would like to thank all of the volunteers, Metro Parks employees and anyone else who helped make this one of the best National Championship events in the history of the sport. THANK YOU!

**What a ride!**



"A huge shout out to Andy Murphy and the entire Louisville cycling community who have supported all of the Championship events over the years and especially the last two weeks! You all helped deliver one of the most memorable CX Championships ever with over 2100 riders from across America!"

**Greg Fante**

Vice President of Sports Development at Louisville Sports Commission

## To Stop or to Idaho. Delaware?

Ever see a bicyclist roll through a stop sign after slowing down at an intersection? Or ride through a red light after stopping and yielding? It's called the "Idaho stop," and until recently only one state allowed it: Idaho.

But that's changing. In October, Delaware became the second state to make it legal for cyclists to yield instead of stopping at stop signs on some roads. Some are calling it the "Delaware yield." And several other states are considering Idaho-stop-type legislation.

The practice is controversial, said Douglas Shinkle, transportation program director for the National Conference of State Legislatures (NCSL). "There's a perception among some people that this is giving special rights to bicyclists and legalizing an unsafe behavior."

Many bicycle advocates see the Idaho stop as codifying what they already do at stop signs. They say it's easier to slow down and yield at each sign than to stop and restart, regaining momentum over and over, and slowing traffic. And some say it's better to get out in front of traffic at red-light intersections to avoid being "right hooked" — sideswiped by a car in the next lane that turns into theirs.

"There's the misperception out there that these laws will make it legal for bicyclists to blow through intersections," said Ken McLeod, policy director for the League of American Bicyclists, a national bicycling advocacy group based in Washington, D.C. "That's not the intent. If someone did that, they would still be cited."

Opponents, including some police and traffic safety groups, view the Idaho stop as an unsafe practice that could increase the risk of crashes. They say it gives cyclists an unfair advantage over motorists and can create confusion for drivers and law enforcement.

"We believe that bicycles on the roads should follow the same traffic safety laws as motor vehicles. One road, one rule," said John Moreno, spokesman for AAA Northern California, Nevada and Utah. "There's a reason there's a stop sign there. Planners put it there because of traffic safety reasons."

This year, at least six states — California, Colorado, Minnesota, New York, Oklahoma and Utah — considered measures that would create some type of Idaho stop law. The Colorado, Minnesota, New York and Oklahoma bills are pending; the others failed.

The bipartisan Colorado bill, which passed the Senate last month and is in a House committee, would provide standard language for cities and counties that want to adopt an ordinance allowing the Idaho stop.

In Utah, a bicycling measure that would have allowed cyclists to treat stop signs as yield signs and red lights on one- and two-lane roads as stop signs came close to passing. The House passed it by a 58-11 vote in February. And it cleared the Senate transportation committee this month, but the session ended before it could reach the floor for a vote.

"It would have just normalized the current practice," said Utah Democratic state Rep. Carol Spackman Moss, the bill's sponsor, who plans to reintroduce the measure next year. "Most cyclists are really responsible, and they don't want to be at odds with law enforcement or motorists."

### Research Needed

Since 1982, Idaho has allowed bicyclists to treat stop signs as yield signs. In 2005, legislators amended the law to let cyclists proceed through red lights at intersections after they stop, yield and proceed with caution.

While many cyclists favor such laws, not all do. Some think motorists will see it as a special privilege, adding tension between drivers and bicyclists.





"We haven't seen any compelling statistical evidence to show that this would actually make the roads safer," said AAA's Moreno, whose club lobbied against the California bill.

Moreno said intersections already can be dangerous for cyclists, and allowing Idaho stop laws could make it worse. He points to a federal report that found 28 percent of bicycle fatalities occurred at intersections in 2015.

Shinkle, with NCSL, said more research is needed to determine how Idaho stop laws impact both safety and mobility. What is known is that many bicyclists don't fully stop at stop signs. A 2016 DePaul University study in Chicago, for example, found that only about 1 in 25 complied with the law to come to a complete stop.

Cyclists say it also can be frustrating when they're stopped at a red light and there is no other vehicle next to them. They often wait a long time because their bike doesn't trigger underground road sensors that tell traffic signals to turn the light green.

More than a dozen states now allow cyclists to proceed through a red light, usually after waiting a certain amount of time, if the signal is broken or sensors fail to detect them, according to the League of American Bicyclists.

The league's McLeod said his group doesn't have an official position on Idaho stop laws, but it did back Bike Utah in its efforts to pass legislation this year. "We support state and local experimentation," he said. "It can be a good thing, if done appropriately."

### The 'Delaware Yield'

Cycling advocates hailed it as a big win when Delaware Democratic Gov. John Carney signed an Idaho-stop-like measure into law nearly six months ago.

The legislation, which includes other bike-friendly provisions, allows bicyclists to treat stop signs as yield signs on one- and two-lane streets. Advocates dubbed it the "Delaware yield."

Bike Delaware, an advocacy group, lobbied heavily for the bill and collaborated with the Delaware State Police on the language before it was introduced.

That's what made the difference, said James Wilson, the group's executive director. "It was essential to have the state police on board," he said. "It's a recipe for disaster to have the police opposed to it."

As part of the negotiations, the advocacy group agreed to a four-year sunset provision as well as eliminating red-light signals from the bill.

"We want to be law-abiding," Wilson said. "But there's no need, unless there is really heavy traffic, for bicycles to come to a complete stop at stop signs. None of us ride that way. And it's not good for cyclists to go out every day and break the law three dozen times."