

April/May 2019



# LOUISVILLE BICYCLE CLUB

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

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

*The Parklands of Floyds Fork would like to remind everyone:*

## Do not leave anything valuable in your car.

Several cars were broken into at the Egg Lawn in Beckley Creek Park on Tuesday, June 4. LMPD was notified, and The Parklands is supporting their ongoing investigation.

Additionally, we are asking park visitors to take precautionary steps to protect themselves from becoming a target. When visiting The Parklands, please Be Park Smart. If you must have valuables with you at the park, keep them with you at all times. DO NOT leave valuables unattended in your vehicle.

Also, please remember, if you see something, say something. Suspicious activity should be reported to LMPD at 502-574-2111 or 502-574-7111. To report a crime, call 911.

Thank you for your support in our efforts to keep The Parklands safe for all!



The amazing Parklands staff is on hand to help vacuum up all of the broken glass

## 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.



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**Annual Membership dues:**  
Youth (13-18): \$10  
Individual (18 & over): \$15  
Family (+ dep. Children) \$20

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## SHARE THE ROAD PLEASE!

This photo of LBC member Jimmy Fisher Jr. with Louisville Mayor Greg Fischer has a special meaning today. Jimmy was riding his bicycle on Zoneton Road last week

when a passing motorist stopped, approached Jimmy and pointed a gun in his face. Apparently the motorist thought Jimmy didn't belong on the road. Charges are pending against this motorist.

It doesn't seem that complicated--**SHARE THE ROAD!**

We're someone's husband, wife, son, daughter, friend. We're someone, not just that cyclist.

If you live in Jefferson County, please consider contacting your Metro Council Representative and ask that they support bike infrastructure spending in the FY2020 Metro Budget. Mayor Fischer has proposed spending \$400,000 on bicycling infrastructure, a 20% decrease from FY2019. This represents 5 one-hundredths of a percent of the total budget. Metro Council Representative contact information can be found by clicking this link: <https://louisvilleky.gov/government/metro-council/email-council-member>

The Elliot Street Park Bike Riders and The Metro EMS Bike Patrol agree



## LBC MEMBER HELD AT GUNPOINT

BULLITT COUNTY, Ky. (WDRB) -- A case of road rage left a cyclist held at gunpoint and the driver in jail.

While training for his first Ironman, Jimmy Fisher, of Louisville, rides his bike down Zoneton Road in Bullitt County all the time.

"It's a hobby. It's life-changing," Fisher said. "At one time, I weighed 300 pounds and lost a bunch of weight, and it's more of a healthy lifestyle."

But last week, Fisher came within inches of losing his life.

"There was no traffic coming in the other direction, so he had plenty of room to pass," Fisher said.

He said a work truck almost ran him off the road.

"Out of instinct, I yelled 'Hey' ... And then the guy stopped," Fisher said.

Bullitt County deputies said the driver was Robert Branch of Shepherdsville.



"He was telling me that the bikes did-

n't need to be on the f'ing road and the f'ing road wasn't big enough for you f'ing bikes," Fisher said. "I looked at him like dude, you know, you almost hit me. And he keeps coming closer, so I stepped off my bike."

That's when the situation escalated within seconds.

"He reaches in his pocket, pulls out a firearm, chambers a round and sticks it two to three feet from my face," Fisher said. "Immediately, I threw my hands up and started stepping back and said dude, I'm calling the police."

But before the driver could drive away, Fisher took out his phone and snapped pictures of the truck and license plate.

"I called 911, and I was in a panic," he said. "Even after spending eight years in the military training with guns, to have one pointed just a couple feet from your face — it's frightening."

Deputies used the photos to track down Branch and charged him with menacing and wanton endangerment.

Fisher said it's another reminder to drivers to share the road. Kentucky law also requires drivers to allow 3 feet to pass cyclists on roadways.

"I'm a person. I have a job. I have a family. I have friends. I have people to come home to," Fisher said. "Why would you want to take somebody's life because you don't like how they ride their bike on the road?"

Branch is due back in court next week.

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Original Article: [https://www.wdrb.com/news/road-rage-leads-to-cyclist-held-at-gunpoint-bullitt-county/article\\_4375d5ee-834b-11e9-a68a-a38dbf918111.html](https://www.wdrb.com/news/road-rage-leads-to-cyclist-held-at-gunpoint-bullitt-county/article_4375d5ee-834b-11e9-a68a-a38dbf918111.html)

## 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!

Get ready for the 2019



Save the dates!

**Xtreme OKHT42**

**September 7th, 2019 - Tom Sawyer Park**

**September 8th, 2019 - Yew Dell Botanical Gardens**

(all routes will start and finish in Louisville)

More information to come soon!

### Mayor's Healthy Hometown Movement

### 2019 NEW RIDER / BIKE HANDLING CLASSES

Sponsored by:



**BAPTIST HEALTH**  
SPORTS MEDICINE

### DETAILS AND REGISTRATION

These classes are offered to the public at no charge (FREE!). Riders who complete all 5 classes of a New Rider Clinic will receive a free LBC jersey and a one-year membership in the Louisville Bicycle Club.

**There are 5 clinics, each with 5 classes.**

## TIS THE SEASON--BUDGET SEASON--YOUR HELP IS NEEDED!

Louisville Mayor Greg Fischer has proposed spending \$400,000 on bicycling infrastructure in FY2020. This is a 20% decrease from FY2019. When you consider that Nashville is spending 5 million dollars on bicycle/pedestrian infrastructure and Indianapolis is spending 3 million, \$400,000 doesn't seem like that much. In fact, it is less than 5 one-hundredth of a percent of the overall budget.

If you live in Jefferson County, KY, we hope you'll consider contacting your Metro Council representative and ask that they support this funding for FY2020.

Email your Council Member here:

<https://louisvilleky.gov/government/metro-council/email-council-member>



## RIDE CAPTAIN TRAINING

...was held on THURSDAY May 9th. Would you like to start leading Louisville Bicycle Club rides but you're not sure how to go about it? There will be more Ride Captain Training Sessions this year. We'll show you just how simple it can be. We'll be offering another Ride Captain Training in the coming weeks keep an eye on the LBC Facebook page.



LBC Touring VP, Dirk Gowin conducts Ride Captain Training at The Yellow Lot at Waterfront Park.



## More From the Web

- ⇒ [Mayor's Hike and Bike with Rick Knowles](#)
- ⇒ [Bicycling For Louisville - from Chris Glasser](#)
- ⇒ [Baltimore race](#)

From GNC:

- ⇒ [The Giro!](#)
- ⇒ [New Bike Helmet Safety?](#)
- ⇒ [Mountain Vs Road](#)
- ⇒ [How hard WAS Cycling](#)

## 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/>

<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)





# 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 Barry**

## Texas Roadhouse Development Team

May 26, 2019

Today we have a fun and energetic episode with the Texas Roadhouse Jr. Development team. We talk about goals, racing with the elite team in national races, and well, a lot of other stuff! Hang on tight!

## Barry Gary

May 13, 2019

In this episode, we flip the script a little bit and your usual host, Barry Gary becomes the guest in this interview by John Dziedzic of United Financial Group. You know about a lot of people in the cycling community, now learn a little about the host of the Louisville Cycling Podcast!

## Barry-Roubaix Recap

Apr 24, 2019

In this episode we recap the Barry-Roubaix ride for a few Louisville-based riders. Barry-Roubaix is the largest gravel race in the US, registering over 3500 riders. The race takes place in Hastings, Michigan and has a 20, 32, 62 and 100 mile “Psycho Killer” routes.

In this episode I talk with John Dziedzic, Trey Oates, Kay Ohta, Jamie Whitely, Tom Burridge, and, of course, Drew Dillman (who came in 14th in the open division).

## John Maggard, Race Promoter!

Apr 9, 2019

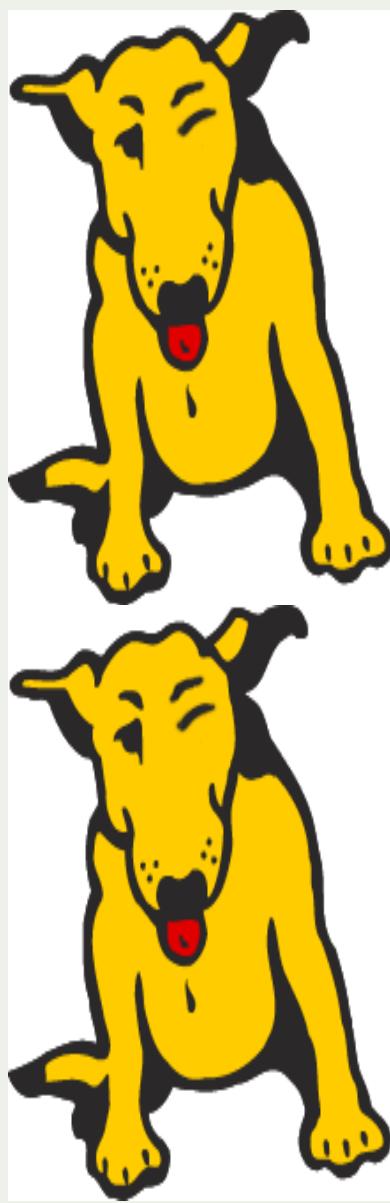
In today's episode, we talk with John Maggard who is the promoter for Kentucky's most difficult mountain bike race, War Daddy! When you hear this podcast it will be over, but it's very interesting hearing about the history of the event!

## Cortney Langdon, Nutritionist and Dietician

Mar 23, 2019

In today's episode, I talk with Cortney Langdon, a certified nutritionist and dietitian. Cortney talks about diet, performance, and how the two go together!

## 2019 Tour de Mad Dog Schedule



Stage	Course	Day	Date	Ride Captain
1.	Corydon Century	Saturday	March 2	Thomas Nance
2.	Hardinsburg Century	Saturday	March 30	Melissa Hall
3.	Suburbane	Saturday	April 6	Bekki Livingston
4.	Metro Loop	Saturday	April 13	David Dillard
5.	The Adjective Ride	Saturday	April 27	Bob Grable
6.	TBD	Saturday	May 11	Sara Collins
7.	Pottershop	Sunday	May 19	Ford Barr
8.	Muscatatuck	Sunday	June 1	Mike Kamenish
9.	Sink or Swim	Sunday	June 9	Gail Blevins and Steve Montgomery
10.	Holy Rollers	Saturday	June 22	Rick Knowles
11.	Dave's Frankfort Century	Saturday	June 29	John Pellegrino
12.	Old Gilgal Century	Saturday	July 6	Vince Livingston
13.	TBD	Saturday	July 13	Amelia Dauer
14.	TBD	Saturday	July 27	Steven Dunsford
15.	TBD	Sunday	Aug 4	Larry Preble
16.	Best of Bluegrass	Saturday	Aug 10	Carla Dearing
17.	Campbellsville Century	Saturday	Aug 17	Jim Moore
18.	TBD	Sunday	Sept 15	Dave King
19.	Edwardsville Excursion	Saturday	Sept 21	Cathy Hill
20.	TBD	Saturday	Sept 28	Michael Crawford
21.	Medora	Saturday	Oct. 12	Melissa Hall

\*Check for updates and changes @<https://louisvillebicycleclub.org/TMD/Schedule>

### Upcoming Events

Bluegrass Bourbon (Bike MS) 6/22-23

- Lawrenceburg, KY

OKHT:

9/7

- EP tom Sawyer Park

LBC Picnic:

9/8

- EP Yell Dell Botanical Gardens



## CU Denver study: Cities with protected bike lanes are safer for cyclists and drivers

*Denver is working on installing additional lanes this year.*

*Research shows that biking around a city is more dangerous than driving, so University of Colorado Denver associate professor Wesley E. Marshall decided to test out an idea: more cycling makes more dangerous cities.*

*But it turned out “the opposite is true,” Marshall said.*

*The civil engineering professor had previously published a paper looking at transit options in cities and wanted to take a closer look to learn more about the relationship between safety and transit options. His findings suggest cities with bike protection infrastructure tend to make things safer not just for cyclists but for people using all other modes of travel — and that Denver is “headed in the right direction.”*

*“I guess our hypotheses was maybe safety in numbers,” Marshall said. “Like, you’ve got a lot more cyclists on the road, drivers behave differently. There might be some sort of traffic calming in themselves, in terms of slowing.”*

*What they found was that it wasn’t so much that more cyclists meant safer roads, it was that the infrastructure built for them. That includes protected bike lines including cycle tracks, which Marshall said were the biggest factors in overall road safety. The bike lane infrastructure act as “calming” mechanisms on traffic, slowing cars and reducing fatalities.*

*“The reality is that the whole city ends up being safer when you have a city with a lot of bicycling, and the infrastructure you build to bring cyclists seems to be the biggest factor,” Marshall said.*

*The study didn’t set out to “rank” cities from bad to worse. The researchers looked at 12 major cities, including six who had significant increases in bike mode share and six who had not had a significant increase over the period between 2000 and 2012. Denver was among those who saw an increase over that period.*

*The study focused on that 13-year time period based on the availability of non-fatal crash data, but also included a wider look: from 1990 to 2010. In that time, Denver saw fatal crashes drop 40.3 percent. Portland, Oregon saw the biggest change. Bike mode share increased from 1.2 percent to 6 percent while the road fatality rate dropped by 75 percent.*

*Marshall cited New York City and Davis, California, as cities where they’re doing a good job of improving protective bike lanes.*

*Marshall said they used both federal and state data to complete their research while speaking to local planners and getting crash data from individual cities.*

*His research is set to be published Wednesday in the Journal of Transport & Health. The study was conducted jointly by Marshall and University of New Mexico assistant professor Nicholas N. Ferencak. They believe the study is one of the most comprehensive looks at bicycle and roads safety in the country.*

*Denver has 10 protected bike lanes, according to the city’s website.*

*The city defines protected bike lanes as a “dedicated path for people on bikes to travel along on a street that provides a buffer of protection between them and passing traffic.”*



## LBC Safety Series

*There are plans for additional bike lanes. Marshall thinks it's a step in the right direction, coupled with the city's Vision Zero initiative, but he believes this process is too slow.*

*"We've added a handful of sort of protected bike lanes," Marshall said. He added, "I think Denver needs to do a better job of building real, protective bike infrastructure."*



*The city will be installing 16.9 new bikeways miles along nine city streets this year, according to the Public Works Department. Funding for the new bike lanes comes through the Elevate Denver Bond Program and the department's own annual bike program. The bond program will provide \$18 million to partially fund Denver Public Works' plans to install 125 miles of new bikeways over the next five years.*

*David Pulsipher focuses on pedestrian and bicycling planning as a supervisor with the city's public works department. Their biggest goal is getting everyone in Denver within a quarter mile of a "high comfort bike facility," which is defined as a protected bike lane with some kind of vertical element separating cyclists from vehicle traffic and neighborhood bikeways with streets designed to encourage bike travel.*

*Pulsipher said U.S. Census data suggests less than 3 percent of Denver residents commute to work on a bike. But he feels this number is probably underreported.*

*"We find that people generally like to ride in their local streets," Pulsipher said. "We really want to encourage people to ride bikes that may not be riding bikes right now. We feel like giving people high comfort facilities will encourage them to do that now."*

*Overall, Denver currently has 184 lane miles of on-street bikeways in the city. That includes 39 miles of sharrows, which Marshall said are shared lanes with chevron markings on roads that don't include a physical barrier. They were invented in Denver, but Marshall said he doesn't think they're very effective. A study he completed examining at Chicago's lanes showed they were doing more harm than good.*

*Last month, bike activists calling for safer lanes placed red Solo cups stuffed with tomatoes along bike lanes to show how easily the lines are breached by cars. It was part of a worldwide day of action commemorating a bike advocate in Washington who was killed by a driver last month while riding inside a painted bike lane.*

Original Publication: <https://denverite.com/2019/05/29/cu-denver-study-cities-with-protected-bike-lanes-are-safer-for-cyclists-and-drivers/>