



# 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).

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

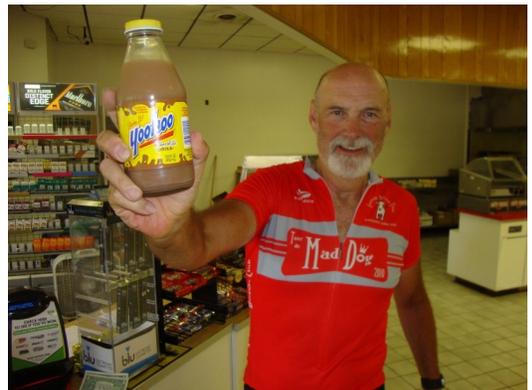
## A word from your President.

# This is our club

I was given the results of an LBC survey that was done about 3 years ago the other day. It was interesting reading. At times it made me smile. Other times sad. A few times it made me laugh out loud and a few times it made me mad.

There was a lot of good information and a lot of recurring themes. The biggest group of suggestions for our club were to make our rides more friendly, more welcoming and more social. People cited the desire for a wider variety of rides.

It was interesting to see someone asking for more beginner rides and then, two lines down someone wanting more advanced rides. It seems there was a desire for flat rides, hilly rides, rides in the city, rides in the country, slow rides, fast rides, rides on the road and rides off the road. Some folks want to ride to the rides and some want rides that start in a remote location. Some want overnights and long distance touring. Social rides that gather at or close to cafes, etc. for post ride experiences. No nonsense rides that just get it done. Everyone was sure their idea was the right one. The way the club should go.



They were right! We are a diverse group. There are many differing levels of fitness and ideas of what fitness should be. And very different ideas of how our club should operate and what types of rides we are offering. It's a daunting challenge.

Or is it? Whose responsibility is it to meet all these differing needs? Whose club is this? Well it's our club. Yours and mine. We can sit on the sideline and wonder what to do or we can get in the game and make it happen! Every member of this club has the freedom to take up the challenge of becoming a ride captain and putting a ride on the schedule that is exactly the kind of ride they are looking for. Each one of us has the ability to reach out to someone new and make them feel at ease. Every one of us can decide that today we want to lean into it and push ourselves and our friends that want to put the hammer down. We are our most valuable asset. We have the ability to make our club whatever we dream that it can be.

You know, our differences are what make us strong. And our love of bicycling is our common ground and what makes us not so different. Let's keep our schedule full of diverse and interesting rides. Let's keep turning those pedals however and wherever we choose to turn them. Let's get in the game!

Ready to take it to the next level and learn the ins and outs of leading rides? Contact Amelia Dauer at [Touring@louisvillebicycleclub.org](mailto:Touring@louisvillebicycleclub.org) She will be happy to assist you and provide all the tools you will need to put on our next great ride!

Let's ride

Jeff

## 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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**Website:**  
[www.louisvillebicycleclub.org](http://www.louisvillebicycleclub.org)

**Annual Membership dues:**  
Youth (13-18): \$10  
Individual (18 & over): \$20  
Family (+ dep. Children) \$30

## August 2020 Contents

<b>A word from your President</b>	1
<b>DCF Update</b>	2
<b>A word from me (VP of Comms)</b>	
<b>Announcements</b>	3
<i>Tour de Lou</i>	
<i>Key Documents</i>	
<i>New Rider Clinics</i>	
<i>From the Web</i>	
<b>!!! New Kits !!!</b>	
<b>Cycling thru the Pandemic</b>	6
<b>Recent Ride Photos</b>	7
<b>Louisville Cycling Podcast</b>	9
<b>Bicycle Safety</b>	10

\* All photos used with permission

## Derby City Fondo Update

While we were very disappointed to cancel the Derby City Fondo, there were many positive results in the planning process. I want to express my gratitude to you, the members of LBC, for your enthusiastic support of our new ride. With your support, the DCF presale exceeded our expectations and then some! We sold over 44% of our registrations by April.

I'd also like to thank Rick Knowles and the LBC Executive Committee for their generous donation of time and talent to help launch our new ride. This dynamic team had the DCF plans on schedule to put on a safe and fun ride. Then, along came Covid 19...

Unfortunately, the City of Louisville rejected our original event permit. In order to comply with state Covid 19 guidelines, we would have been required to make major changes to our event. These changes would have increased the cost of the ride and taken away the fun aspects of our event. Out of an abundance of caution for the safety of our participants and volunteers, as well as fiscal and community responsibility, we made the difficult decision to cancel the Derby City Fondo.

I am stepping aside as the DCF event director for 2021, but encourage any of our members to recruit some friends and put on a great event next year. I would be happy to help you as an advisor, in between out of town trips to Lexington and Derby's agility trials.

Thanks again for all of your support. Please stay healthy and ride safely!

Cheers,

Virginia Meneghetti



## A word from your VP of Communications.

So much has happened since the turn of the year that it is hard to keep it all grounded. For myself, personally, it has been one of the busiest times of my life. As one of the not- yet-retired members of the executive board and the father of two grade-school age kids this year more than others has been filled with ups and downs. Add to that my employment which happens to be on the IT side of the global pharmaceutical supply chain and you have the makings for some craziness. Unfortunately during this time some things had to go on the back burner; most noticeably to our membership one of those items was the club newsletter and for that I apologize.

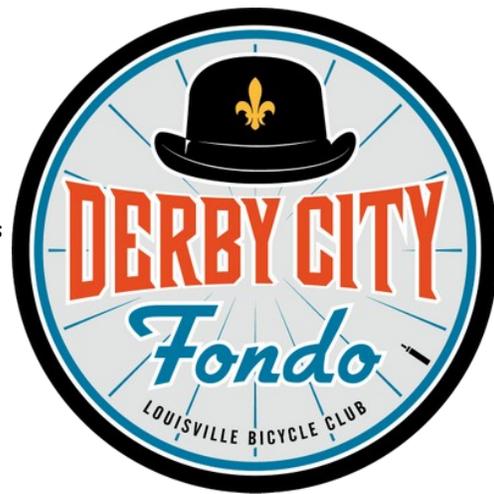
Throughout the pandemic we have tried to keep everyone apprised of the situation within our bike club via posts on Facebook and our Website. Thankfully during this time the ExComm received some excellent and motivated new blood. Amelia Dauer has done a tremendous job of revamping the LBC touring regulations and guidelines and getting the new information out to our ride captains and the club at large as well as recruiting a touring committee to help her out. Many of the exciting changes including our club account with RdeWithGPS have come from her court. Our new president, Jeff, has been a motivating force during these times and has kept the Ex-Comm meeting regularly behind the scenes so that club life continues on. Bekki and Larry are always getting up new content on our Facebook page.

As always we are constantly looking for help and if you feel that it is your time to step up and contribute simply ask any executive member and we will find a way to use the skills that you can bring to the table. Whether you think you are ready to step into a large role or small, from serving on the board to filling out a committee or needed role we need the help to keep this club going.

Lastly, I wish to express a few words of gratitude to Virginia Meneghetti and her husband Rick Knowles for the countless hours and effort that they put into trying to pull off the DCF. In my opinion it was shaping up to be a grand ride and if not for the extreme circumstances of the current pandemic we would all be working and riding it next week. If you see them out and about throw them a socially distanced elbow bump and a thank you, they earned it.

Thank you!

Steven Jent—VP of Comms



## Announcements

### Tour de Lou - Cancellation



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!



### 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)

**STRAVA**

It's free!

Over the past several months, since our initial postponement, we have been working to reschedule the 2020 PNC Tour de Lou for later this month. As we have been closely monitoring the developments surrounding COVID-19, we've gone through many different scenarios and talked to other ride directors from around the country, as well as other experts about how we could make an in-person ride happen safely.



After a very difficult and emotional decision, like the many other traditional Kentucky Derby Festival events, we have determined we will not be able to hold the PNC Tour de Lou in person in 2020. As an organization that has always put public health and safety first, we believe it is the right decision for our riders and community at this time.

While we will not be able to ride together this year, we are offering several options for our riders who were registered for the rescheduled August 30th date:

1. Ride the 2020 PNC Tour de Lou Virtually. This option allows riders to participate, but on their own time and still receive the 2020 ride shirt and SWAG pack. We will provide route options on Ride with GPS that will offer various routes throughout the city to enjoy your ride. Additionally, as a thank you for your loyalty to us in this challenging year, we will be giving you a 25% off code for your registration to the 2021 PNC Tour de Lou.
2. Defer registration to 2021. Riders who wish to defer their registration to next year can do so.
3. Make 2020 registration fee a donation. The Derby Festival's PNC Tour de Lou is a ride that has showcased our community for years. As a not-for-profit, the Festival is able to produce the ride each year through entry fees. With the 2020 event initially scheduled for April, a large portion of funds from registration have already been put toward operational expenses and rider experiences.

To make your selection:

Riders will need to email [tourdoulou@kdf.org](mailto:tourdoulou@kdf.org) by August 21, 2020, to make their selection on how they'd like to handle their registration. You must include your full name, Date of Birth, and registration ID in your email to make your selection.

Thank you for your continued support,  
Kentucky Derby Festival



## Announcements

### Document Updates!

Recently many documents have been updated concerning the day to day in and out operations of the club. Some due to Covid-19, some because they needed it. Please take the time to review the following either here or via our website.

### Key Documents

- [LBC - Ride Captain Guidelines May 2020 5.5 2020.pdf](#)
- [LBC Touring Guidelines April 2020 4.26.2020.pdf](#)
- [Sign-in Sheet 2020 FINAL.pdf](#)
- [Release and Waiver for Minors](#)
- [How To Ride In A Pace Line | Cycling Group Ride Tips](#)

### Healthy Hometown Movement

### 2019 NEW RIDER / BIKE HANDLING CLASSES

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.

### DETAILS AND REGISTRATION

**Clinic 5: Mondays, 6 - 9 pm, August 3 thru August 31, St. Matthews Baptist Church, 3515 Grandview Ave.** Maximum number of participants: 25. To Register for Clinic 5: Registration opens March 11th 2020 [LOUISVILLE BICYCLE CLUB CLINIC 5-NEW RIDER / BIKE HANDLING CLASSES](#)



### More From the Web

- ⇒ [Trainer Damage?](#)
- ⇒ [Criterium du Dauphine 2020](#)
- ⇒ [New USA Cycling Director](#)
- ⇒ [Gear Up for the Commute](#)

### From GCN:

- ⇒ [Pro vs. E-lite Dad](#)
- ⇒ [High Carb or Keto?](#)
- ⇒ [Cycling Rx?](#)
- ⇒ [Wearing a Helmet is debatable?](#)
- ⇒ [GCN goes trenching](#)

Louisville's bike share program  
is up and running!  
Read about it at [louvelo.com](http://louvelo.com)



facebook

STRAVA

### Louisville Bicycle Club on the Web:

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

<http://www.derbycityfondo.org>

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

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

## Announcements

**NEW, BOLD, BRIGHT CLOTHING - ORDER BEFORE AUGUST 26TH**

<https://via.primalcustom.com/collections/t06281a>



Clothing comes in Men's and Women's sizes. We have scheduled fittings to ensure you order the correct sizes.

Thursday evening, August 13: Pope Lick Park by the restrooms from 5pm - 7pm

Friday morning, August 14: Pope Lick Park by the restrooms from 8:30am - 10am.

Click on the below link before August 26 to order your jersey at the Special Introductory Price, along with other matching clothing options. As the store closes on August 26, no further orders may be placed until the next store offer which will be at least Spring 2021.

To order, click this link: <https://via.primalcustom.com/collections/t06281a>

When ordering, if you select the **drop ship** option, items will be shipped directly to your home address for a \$10 flat rate charge to you. If you choose the **bulk ship** option, your order will ship to the Club for you to pick up, at no extra cost to you.

**NOTE:** The shorts have a 9" inseam with E6 Carbon Chamois for long distance riding.

**Contact:** Amelia Dauer at [touring@louisvillebicycleclub.org](mailto:touring@louisvillebicycleclub.org) with questions.

## Cycling through the pandemic

Has the year 2020 been a surprise for you? It sure has been for me. Since taking the office of President in January I have managed to shut down the club, cancel The Derby City Fondo that was to be our new signature event and cancel the club picnic usually held in September. How's that for an effective first year in office?

Heard enough of the negatives for 2020? Good. So have I. There's also been a lot of positives. I live out by the Parklands and ride there frequently and I noticed early on this spring all the activity. People walking, running and of course cycling. Not only individuals but I noticed a lot of families out getting fresh air and exercise together. To me that has been a very positive thing to see. And it seems to be happening all over. I have visited with a lot of the local bike shops and their sales have been brisk to say the least. During the time that we were closed many of you made your own small groups and continued to not only ride but to stay invested in the relationships forged through many miles on the road together. People have stayed in closer contact with friends and family via the phone too. I've had many calls from people I normally see on club rides just to chat and that was really nice. So, rather than turn into a bunch of curmudgeons we've been reaching out!

And then the day finally came on June 11<sup>th</sup> when we could ride again together as a club! At first we were limited to small groups and yes, we have to wear masks and make sure our starting points didn't become a social gathering but we came out and we did it. Then came July and we could have groups of 50 and we quickly took advantage of that with some really nice groups going out on some great rides in both urban settings and out in the countryside. We have enjoyed rides put on by some of our stalwart ride captains and had a few surprises with some members stepping up to the plate for the first time and putting on some new and interesting routes for us to enjoy. Covid 19 has surged again and we are back to watching our group sizes but we are still out there doing the best we can to keep our bodies strong and ready for whatever comes next. Keep an eye on the club ride schedule and don't be afraid to try out a new ride that may be in a different area than you're used to riding. New scenery can be refreshing and renewing. We continue to serve our community with our New Rider Clinics, helping people with the skills, confidence and practical experience to get out on their bikes and make the world their own. This is one of the most rewarding things I think we do as a club and I'm so glad we could continue this year. Sure, we've had to trim down the class sizes but it's gratifying to be able to continue to give back to the community as we have for many years.

So Covid 19 has put up some roadblocks for us this year but as we all know those aren't really intended for us and we've rolled right through them! And we're going to continue to push the boundaries as much as possible while still doing our part to keep ourselves and those who may come into contact with us as safe as we can. We'll continue to follow the Kentucky and CDC guidelines during this pandemic but our spirits will not be dashed! Whether we can ride together as a club or ride in small groups of friends or by golly on our own I am convinced this virus will not put out the fire that burns in all of us!

Let's Ride

Jeff

# Pictures from recent rides



All Photos by:  
Larry Preble



# Pictures from recent rides



All  
Photos by:  
Larry  
Preble





# 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**

## Jarret Oldham

**Jun 4, 2020**

How has 2020 treated you so far as a cyclist? Are you out and about? Riding alone? How are you staying fit and motivated? I sought out one very fast dude, Jarret Oldham to ask him these and other questions about training and riding in our current, well, troubled times.

## Mobile Bike Service and Repairs

**May 16, 2020**

How's that bike doing? Chain properly cleaned? Gears shifting smoothly? Brakes stopping efficiently? Well my guest in this episode is making sure you don't have any excuses for bike maintenance and repairs! Brian Andriot is the proprietor of Field Rider Mobile Bike Service, and he's ready to come to you, whether at your home or office, to perform the bicycle maintenance and/or repairs you need.

Check 'em out at [www.fieldridermbs.com](http://www.fieldridermbs.com)

In this episode, I also talk with Kathryn Kahl. Kathryn is preparing to undertake her first big group ride this September as she tackles the 35 mile route for Bike to Beat Cancer! Listen in as Kathryn shares her plans, her goals, and even a bit of her fears!

# Everything you need to know about riding your bike during the COVID outbreak



During this very difficult moment in time, we've been thinking a lot about fighting for safer and more accessible riding. Like most organizations, our work has changed over the past few weeks—we are developing contingency plans and exploring ways to be good partners and neighbors during this ever-changing crisis.

We have also been thinking a lot about how lucky we are to live in a place that is so conducive to riding our bikes. With our amazing climate, stunning scenery and a culture that values and encourages taking advantage of the outdoors, it can be easy to take the opportunities that bicycling offers for granted.

While the COVID-19 pandemic has injected an air of the unknown into our society of late, it's also served as a reminder for us of the many benefits of bicycling. Bicycling connects people, it improves our health and the health of our neighbors, it reduces our stress levels in times of uncertainty like our current moment, and it allows us to see the world in new and unexpected ways.

***Bikes make communities more resilient in the face of the unexpected.***

As the coronavirus outbreak continues to develop and change the way we work, educate and interact with our friends, family and coworkers, it's our hope that you'll continue to get out and ride your bikes to make *your* community as resilient as possible. But we also hope you'll do so safely and with your fellow community members in mind.

Here's what we've learned, and what we think you should know, about riding your bike during the COVID outbreak

## **Let's start with the basics of the virus**

COVID-19 is a new strain of the coronavirus for which there is no known cure or vaccine at this time. It's likely that most of us have had some form of the coronavirus at some time in our lives—it typically presents as a common cold with minor respiratory symptoms. Like many viruses, COVID-19 is spread through contact and “droplet transmission,” and research indicates that it can survive [as long as three days](#) on plastic, glass or metal surfaces.

## + What makes COVID-19 unique?

While most coronavirus strains present with mild symptoms, COVID-19 can lead to far more severe symptoms in some individuals, and especially in older adults and those with underlying immune conditions ([take diabetics, for example](#)). The most common symptoms are fever and dry cough. Very few people with COVID-19 will have a runny or stuffy nose.

- No one is known to be immune to this strain of the virus at this time.
- It has a long asymptomatic period, usually around 5 days but up to 12 days, where individuals who have come into contact with the virus are unaware they may have it, show no symptoms and still be contagious.
- It is highly contagious if steps aren't taken to prevent its transmission. While individuals with illnesses like the flu are expected to infect an average of 1.3 other individuals (this is called the Reproduction Number, or r-naught), people carrying COVID-19 are expected to infect 2.2-2.5 others unless steps are taken to mitigate the spread.
- The virus attaches to cells in the lungs, heart and intestines, but it is most severe in lung cells and can lead to pneumonia in even mild cases.

There are simple steps that everyone can take to make sure they are not spreading the virus, or contracting it themselves. If you've heard the term "social distancing" lately, and it's a safe bet that you have, this is what it's all about (*please note, this list is not exhaustive, but it's a good starting place*):

[Reports suggest](#) the virus may be able to spread in the air. Best practice is to wear masks in public to protect yourself and others.

**Wash your hands** with warm, soapy water for at least 20 seconds after touching any surfaces you don't know to be sterile. Our friends at the League of American Bicyclists recommend [singing this song](#) while washing your hands to keep track of time.

- **Hand sanitizer also works well.**

## Alcohol handrub hand hygiene technique – for visibly clean hands



Bicycle, bicycle, bicycle



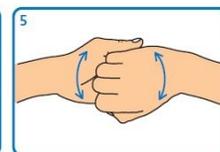
I want to ride my



Bicycle, bicycle, bicycle



I want to ride my bicycle



I want to ride my bike



I want to ride my bicycle



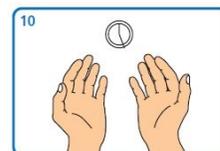
I want to ride it where I like



You say black, I say white



You say bark, I say bite



You say shark, I say, hey, man

Create your own  
<https://washyourlyrics.com>

Bicycle Race  
Queen

Adapted from National Health Service, who adapted from the World Health Organization Guidelines on Hand Hygiene in Health Care.  
Created under the Open Government License. See <http://www.nationalarchives.gov.uk/doc/open-government-licence/version/3/> for details

- **Don't touch your face** unless you know you have clean hands!
- **Cover coughs and sneezes** with a tissue (and then throw that tissue in the trash) or your elbow or shoulder.
- If your employer allows, **work from home** to avoid unnecessary interaction with other individuals.
- **Avoid public areas** as much as possible.
- Keep at least a 6 foot distance from others when out in public areas.
- **Stay home** if you think you're sick or starting to feel sick.
- **Avoid unnecessary travel.**

**Do your best not to interact with people who have had—or even may have had—contact with others who may be contaminated.** As a general rule, unless you know a person *very* well (and know where they've been and who they've been in touch with over the past 14 days), it's in your best interest not to risk spending time with them right now. [Hello, video chat!](#) This is what social distancing is all about, and it's not just for you: when you take steps to social distance, you are also protecting the older adults and other at-risk individuals you interact with and care about.

You can find CDPHE's official COVID-19 recommendations [here](#). One note that stands out in particular is the following (emphasis added):

“Recognize signs of stress in yourself. Identify what you are afraid of. Figure out if what you fear is something that you can address right now. If not, **know what activities help you release energy from stress and fear, such as physical activity**, listening to music, or talking with someone you trust. **Do something that puts you in a positive mood.**” At times like these, it's important to remember that taking care of our mental health is as important as taking care of our physical health.

### **So, what does this have to do with riding a bike?**

Riding your bike is a great way to stay healthy—physically *and mentally*—while living in a socially-distanced world. Health experts from around the country [strike the same tone](#), and citizens have been [taking advantage of the benefits](#) around the country.

In a USA Cycling conference call with bicyclists and bicycling event organizers on March 17, 2020, Dr. Michael Roshon noted that riding bikes also carries little risk of contamination or infection. For bicyclists, Roshon notes that you are *very unlikely to contract COVID-19 while riding outside, and especially not while riding by yourself*. His recommendations include:

- **First and foremost: if you think you've been exposed, self-quarantine. Including being outdoors. Do not ride outside.**
- **Maintain a minimum of six feet** of distance when riding around others.
- **Do not go for group rides with people who live outside of your household.** Only ride with people you are already staying at home with and, when passing someone else on the road or trail, leave as much space as you can to ensure you are adhering to social distancing best practices.
- If you are going for a bike ride, **ride from your place of residence.**
- **Wear a mask, buff or other face covering** while riding to protect yourself and others, regardless of your age and health.
- **Practice good hand hygiene** at all times.
- **Get your sleep!** Your immune system is stronger when you practice healthy sleep habits. Roshon recommends 8-9 hours.
- **Eat healthily.** Now is not the time to fast; fasting hinders your immune system.
- **Exercise!**
- But keep in mind that it's important not to overdo it. When you push yourself too hard, you can limit your immune system's response to a virus.
- **Do not spit or snot-rocket** on rides or around other people walking or biking. Carrying a kerchief or bandana in your pocket is a good alternative that will mitigate the risk of any spread.
- If you have to do so and don't have bandana or kerchief, make sure no one else is around you. Check out [this article](#) from Bicycling Magazine which dives deeper into the topic.
- If you're in a **shelter-in-place or stay-at-home area that prohibits you from riding your bike**, it's important to **heed those rules** and stay home. Don't put yourself or your loved ones at risk because you want to go for a ride. For a list of communities with shelter-in-place orders, scroll down to the "What We're Hearing" section.

Finally, **don't ride risky**. This is an especially bad time to be in a bike crash. You don't want to go to the hospital right now, and doctors don't want to see you unless they need to, so taking reasonable precautions while riding is especially important right now.

## And what about getting my bike fixed or repaired?

Now that bike repair is considered an essential service, you can still support your local bike shop by visiting for fixes and repairs. If and when you visit a bike shop, it's **incredibly important that you take precautions not to endanger bike shop employees**. If you plan to visit a bike shop, do so only when necessary and make sure you are taking all steps to keep yourself and shop employees from catching the virus, including all the steps listed above.

Additionally, many of the bike shops we have spoken with have taken quick steps and precautions that have changed the way they are doing business. Many shops are services bikes by appointment only, and some are diagnosing mechanical problems over the phone before customers can bring their bikes to the shop.

**It is best to call your local bike shop ahead of your visit to ensure that they are open and ready to take your bike in for service.**

Additional precautions that we've heard bike shops are taking include:

- Diagnosing as many problems as possible over the phone or by having customers text a photo of their bike to the shop and providing a service quote over the phone or text.
- Having people wait outside of the shop if they are checking in a bike, especially when customers bring kids (one shop told us, "Normally it's great that kids touch everything when they're in the shop, just not right now").
- Spraying every bike that comes in with isopropyl alcohol to ensure it is sanitary, but asking customers to bring clean bikes to the shop.
- Limit number of people in the shop.
- Limiting retail service to bike purchases only (not accessories).

At any time, and *especially* during the COVID-19 outbreak, it's important to listen to your bike mechanics and ensure you're keeping them safe. If you *are* allowed in a shop, make sure you are still practicing social distancing best practices when inside. If you *aren't* allowed in shop, please respect your mechanics' wishes and the precautions they are taking. Also recognize the extra times that these precautions take. The bike shops we've heard from so far are as busy as they've ever been ensuring that you can ride safely. Add to that the time it takes to clean and sanitize the bikes and tools, and you've got some hard-working mechanics. Be sure to give them an extra thanks!

We hope you'll go out and support your local bike shop when necessary. If you can throw an extra tip in for your mechanics when you visit, we're sure they'd appreciate that, too!

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