

## Louisville Bicycle Club

Founded in 1897 as the Louisville Wheelmen

### Monday, January 1 – Happy New Year!

10:00 am **Polar Bear Ride.** Start at Highland Cyclery, 1737 Bardstown Rd. Come ring in the New Year (the TRUE new millennium!) with all your cold weather cycling friends. RC: Gil Morris, 239-7921.

### Tuesday, January 2

7:00 pm **Trainer Tour.** 20-mi. credit. Bring your bike and trainer (or rollers for you pros!) and enjoy some wintertime indoor training with fellow cyclists. Everyone is welcome! Broadway Baptist Church Family Life Center, 4000 Brownsboro Rd. RC: Cheryl Brawner, 896-8109, [bi kecoack@aol . com](mailto:bi kecoack@aol . com)

### Wednesday, January 3

10:00 am 25-30 mi. #3. 102 Pope St. **Falling into 2001 - Tour of The Falls of the Ohio.** RC: Emily Boone 585-3430

### Thursday, January 4

7:00 pm **Trainer Tour.** 20-mi. credit. Interval workout with tempo work and sprint sets. Big screen TV with Spinervals cycling videos. Trainers and rollers welcome! Broadway Baptist Church, Family Life Center, 4000 Brownsboro Road. RC: Michael Pitt, 454-4559 (H), 895-9900 (O), [mmspitt@aol . com](mailto:mmspitt@aol . com)

### Saturday, January 6

11:00 am 15/30 mi. #3. Vettiner Park. RC: Steven Sarson, 499-4089

### Sunday, January 7

11:00 am 44 mi. #2-3. Long Run Park. RC: Bill Pustow, 245-1349

2:00 pm 6.5 mi. #3++. (30-mi. credit). Briar Hill Park Mountain Bike Trails, KY 22, 4 miles east of I-265. RC: Ken Hoff, 425-3212 and Jim McDonald, 244-0931.

### Tuesday, January 9

7:00 pm **Trainer Tour.** 20-mi. credit. Bring your bike and trainer (or rollers for you pros!) and enjoy some wintertime indoor training with fellow cyclists. Everyone is welcome! Broadway Baptist Church Family Life Center, 4000 Brownsboro Rd. RC: Cheryl Brawner, 896-8109, [bi kecoack@aol . com](mailto:bi kecoack@aol . com)

### Wednesday, January 10

10:00 am 30 mi. #3. Arby's in Sellersburg, Ind. RC: Sonny Neurath 893-2306

### Thursday, January 11

7:00 pm **Trainer Tour.** 20-mi. credit. Interval workout with tempo work and sprint sets. Big screen TV with Spinervals cycling videos. Trainers and rollers welcome! Broadway Baptist Church, Family Life Center, 4000 Brownsboro Road. RC: Michael Pitt, 454-4559 (H), 895-9900 (O), [mmspitt@aol . com](mailto:mmspitt@aol . com)

### Friday, January 12

7:00 pm It's **LBC on Ice!** Strengthen those ankles! Meet at Pantherland Ice Rink, 1701 UPS Dr. \$4.50 to skate, \$2.50 for skate rental. Contact Alan Darby, 895-4904, for more info.

### Saturday, January 13

8:00 am 100 mi. #3. **Eddie's Big Dog January Century**, Boston Store, Boston, Ky. Enjoy an unexpected break from the winter blahs with a leisurely century over a portion of the famous WACKY route. No drop policy will be strictly enforced on this ride. RC: Eddie Doerr and Michael Pitt, 454-4559 (H), 895-9900 (W), [mmspitt@aol . com](mailto:mmspitt@aol . com)

11:00 am 15/30 mi. #3. E.P. "Tom" Sawyer State Park. RC: A.B. Sandefur, 425-9463

### Sunday, January 14

2:00 pm 6.5 mi. #3++. (30-mi. credit). Briar Hill Park Mountain Bike Trails, KY 22, 4 miles east of I-265. RC: Ken Hoff, 425-3212 and Jim McDonald, 244-0931.

2:00 pm 15 mi. #2. Broadway Baptist Church. 4000 Brownsboro Rd. RC: Earl Jones, 895-4850.

3:30 pm **General Membership Meeting.** Broadway Baptist Church Family Life Center, 4000 Brownsboro Rd.

### Tuesday, January 16

#### ANSI- or Snell-approved Helmets Are Required

Call the LBC Voice-Tel line, 502-329-1848, or see our web site at <http://www.louisvillebicycleclub.org/> for more information.

All rides begin 15 minutes after the scheduled ride start time ♦ Route Difficulty Ratings are approximate ♦ #1: Family/Beginner ride  
#2: Mostly flat to rolling, up to 1/3 hills ♦ #3: Rolling, up to 1/2 hills ♦ #4: Rolling, mostly hills, some long, steep grades and/or long mileage.

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### Wednesday, January 17

10:00 am 25-30 mi. #3. 930 Franklin St. RC: Alison Ewart 584-4222

### Thursday, January 18

7:00 pm **Trainer Tour.** 20-mi. credit. Interval workout with tempo work and sprint sets. Big screen TV with Spinervals cycling videos. Trainers and rollers welcome! Broadway Baptist Church, Family Life Center, 4000 Brownsboro Road. RC: Michael Pitt, 454-4559 (H), 895-9900 (O), [mmspitt@aol . com](mailto:mmspitt@aol . com)

### Saturday, January 20

1:00 pm 15/30 mi. #3. Big Spring Country Club on Dutchmans Lane (rear lot behind clubhouse). In event of inclement weather, we will ride indoors in the Practice Lounge, so bring your trainer or rollers along—We will ride rain or shine. RC: Mike Pitt, 454-4559 (H), 895-9900 (W), [mmspitt@aol . com](mailto:mmspitt@aol . com)

### Sunday, January 21

11:00 am 25/66 mi. #3. Floyds Fork Park. RC: Bill Pustow, 245-1349

2:00 pm 6.5 mi. #3++. (30-mi. credit). Briar Hill Park Mountain Bike Trails, KY 22, 4 miles east of I-265. RC: Ken Hoff, 425-3212 and Jim McDonald, 244-0931.

### Tuesday, January 23

7:00 pm **Trainer Tour.** 20-mi. credit. Bring your bike and trainer (or rollers for you pros!) and enjoy some wintertime indoor training with fellow cyclists. Everyone is welcome! Broadway Baptist Church Family Life Center, 4000 Brownsboro Rd. RC: Cheryl Brawner, 896-8109, [bi kecoack@aol . com](mailto:bi kecoack@aol . com)

### Wednesday, January 24

10:00 am 30 mi. #3. E. P. "Tom" Sawyer State Park. RC: A.B. Sandefur, 425-9463

### Thursday, January 25

7:00 pm **Trainer Tour.** 20-mi. credit. Interval workout with tempo work and sprint sets. Big screen TV with Spinervals cycling videos. Trainers and rollers welcome! Broadway Baptist Church, Family Life Center, 4000 Brownsboro Road. RC: Michael Pitt, 454-4559 (H), 895-9900 (O), [mmspitt@aol . com](mailto:mmspitt@aol . com)

### Friday, January 26

7:00 pm It's **LBC on Ice!** Strengthen those ankles! Meet at Pantherland Ice Rink, 1701 UPS Dr. \$4.50 to skate, \$2.50 for skate rental. Contact Alan Darby, 895-4904, for more info.

### Saturday, January 27

1:00 pm 15/30 mi. #3. Big Spring Country Club on Dutchmans Lane (rear lot behind clubhouse). In event of inclement weather, we will ride indoors in the Practice Lounge, so bring your trainer or rollers along—We will ride rain or shine. RC: Mike Pitt, 454-4559 (H), 895-9900 (W), [mmspitt@aol . com](mailto:mmspitt@aol . com)

### Sunday, January 28

2:00 pm 6.5 mi. #3++. (30-mi. credit). Briar Hill Park Mountain Bike Trails, KY 22, 4 miles east of I-265. RC: Ken Hoff, 425-3212 and Jim McDonald, 244-0931.

2:00 pm 20 mi. #3. Heine Bros. Coffee on Chenoweth Lane. RC: Steven Sarson, 499-4089

### Tuesday, January 30

7:00 pm **Trainer Tour.** 20-mi. credit. Bring your bike and trainer (or rollers for you pros!) and enjoy some wintertime indoor training with fellow cyclists. Everyone is welcome! Broadway Baptist Church Family Life Center, 4000 Brownsboro Rd. RC: Cheryl Brawner, 896-8109, [bi kecoack@aol . com](mailto:bi kecoack@aol . com)

### Wednesday, January 31

10:00 am 25-50 mi. #3. Memphis (Ind.) Truck Plaza. RC: Dick Williams 426-4844

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