

Louisville Bicycle Club

Founded in 1897 as the Louisville Wheelmen

Thursday, February 1 – Happy Groundhog Day! How many more weeks 'til Spring?

7:00 pm **Trainer Tour.** 20-mi. credit. Interval workout with tempo work and sprint sets. Big screen TV with Spinerval cycling videos. It may be cold outside, but we'll be warm! Broadway Baptist Church, Family Life Center, 4000 Brownsboro Road. RC: Michael Pitt, 454-4559 (H), 895-9900 (O), mmspitt@aol.com

Saturday, February 3

11:00 am 15/30 mi. #3. St. Matthews Baptist Church, 3515 Grandview Ave. RC: Alan Darby, 895-4904.

2:00 pm **March/April Touring and Ride Scheduling Meeting.** After the ride, meet at Panera Bread on Dutchmans Lane at Breckenridge. Contact Alan Darby for more information, 895-4904.

Sunday, February 4

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, February 6

7:00 pm **Trainer Tour.** 20-mi. credit. Trainers and rollers welcomed! Broadway Baptist Church, 4000 Brownsboro Rd. RC: Cheryl Brawner, 896-8109, bi kecoack@aol.com

Wednesday, February 7

10:00 am 25-35 mi. #3. 930 Franklin St. RC: Alison Ewart. 585-4222

Thursday, February 8

7:00 pm **Trainer Tour.** 20-mi. credit. Interval workout with tempo work and sprint sets. Big screen TV with Spinerval cycling videos. It may be cold outside, but we'll be warm! Broadway Baptist Church, Family Life Center, 4000 Brownsboro Road. RC: Michael Pitt, 454-4559 (H), 895-9900 (O), mmspitt@aol.com

Friday, February 9

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, February 10

11:00 am 15/30 mi. #3. **Jane's Birthday "Urban Assault" Ride.** St. Matthews Baptist Church, 3515 Grandview Ave. Meet at Heine Bros. Coffee on Chenoweth Lane after the ride for a hot beverage. RC: Jane Tyler, 897-3786

Sunday, February 11

11:00 am 15-25 mi. #3. Vettiner Park. RC: Adrian Freund, 231-1083

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, February 13

7:00 pm **Trainer Tour.** 20-mi. credit. Trainers and rollers welcomed! Broadway Baptist Church, 4000 Brownsboro Rd. RC: Cheryl Brawner, 896-8109, bi kecoack@aol.com

Wednesday, February 14 – Happy © Day!

10:00 am 35 mi. #3. Iroquois Park. RC: Sonny Neurath. 893-2306

Thursday, February 15

7:00 pm **Trainer Tour.** 20-mi. credit. Interval workout with tempo work and sprint sets. Big screen TV with Spinerval cycling videos. It may be cold outside, but we'll be warm! Broadway Baptist Church, Family Life Center, 4000 Brownsboro Road. RC: Michael Pitt, 454-4559 (H), 895-9900 (O), mmspitt@aol.com

Saturday, February 17

11:00 am 15/30 mi. #3. St. Matthews Baptist Church, 3515 Grandview Ave. RC: Alan Darby, 894-4904.

Sunday, February 18

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

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.

February 2001 Ride & Event Schedule

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rollers along—We will ride rain or shine. RC: Mike Pitt, 454-4559 (H), 895-9900 (W),
mmspitt@aol.com

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, February 20

7:00 pm **Trainer Tour.** 20-mi. credit. Trainers and rollers welcomed! Broadway Baptist Church, 4000
Brownsboro Rd. RC: Cheryl Brawner, 896-8109, bikecoack@aol.com

Wednesday, February 21

10:00 am 25-30 mi. #3. St. Matthews Baptist Church. RC: A B Sandefur 425-9463

Thursday, February 22

7:00 pm **Trainer Tour.** 20-mi. credit. Interval workout with tempo work and sprint sets. Big screen TV
with Spinerval cycling videos. It may be cold outside, but we'll be warm! Broadway Baptist
Church, Family Life Center, 4000 Brownsboro Road. RC: Michael Pitt, 454-4559 (H), 895-9900
(O), mmspitt@aol.com

Friday, February 23

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, February 24

11:00 am 15/30 mi. #3. Vettiner Park. RC: Steven Sarson, 499-7089

Sunday, February 25

11:00 am 15-25 mi. #3 **Pavé Ride.** Mid-City Mall. Hybrid or mountain bikes recommended! RC: Adrian
Freund, 231-1083

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, February 27

7:00 pm **Trainer Tour.** 20-mi. credit. Trainers and rollers welcomed! Broadway Baptist Church, 4000
Brownsboro Rd. RC: Cheryl Brawner, 896-8109, bikecoack@aol.com

Wednesday, February 28

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

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