

Louisville Bicycle Club

Founded in 1897 as the Louisville Wheelmen

Saturday, March 1

6:00 am 200 km. #4. **RUSA Brevet**. Qualify for Paris-Brest-Paris! Begins at Days Inn, Exit 129 on I-75, north of Georgetown, KY. \$25 fee required. RUSA membership required. Bicycle must pass inspection. Rules available at: <http://www.bgcycling.org/brevets/>. RC: Johnny Bertrand, (502) 863-9975; Tim Chilton, 367-8946.

10:00 am 20/30mi. #3. Floyd's Fork Park. RC: Jerry Gordon: 267-7084.

Sunday, March 2

2:00 pm 15/25 mi. #3. (RIF RAF). Heine Brothers' Coffee on Chenoweth Lane. RC: A.B. Sandefur 425-9463.

Tuesday, March 4

7:00 pm **Bicycle Maintenance Clinic**. Learn basic bike maintenance and/or attend a Ride Captain Training Session. Refreshments and door prizes are provided! Broadway Baptist Church, 4000 Brownsboro Road. For information call Steve Sarson, 499-7089.

Wednesday, March 5

10:00 am 30-35 mi. #3. Falls of the Ohio Interpretive Center. RC: Alison Ewart, 584-4222.

Thursday, March 6

7:00 pm **Trainer Tour** (20-mi. credit). Bring your bike and trainers (or rollers for you pros!) and enjoy some wintertime indoor training with fellow cyclists. Cyclists of all levels can benefit! Broadway Baptist Church, 4000 Brownsboro Rd. \$1/night or \$10/year fee required. RC: A.B. Sandefur, 425-9463.

Saturday, March 8

6:00 am 300/200 km #4. **RUSA Brevet**. Begins at Days Inn, Exit 129 on I-75, north of Georgetown, KY. \$25 fee required. RUSA membership required. Bicycle must pass inspection (lights and reflective vests required). Rules available at: <http://www.bgcycling.org/brevets/>. RC: Johnny Bertrand, (502) 863-9975; Tim Chilton, 367-8946.

10:00 am 15/30 mi. #3. **Jennifer Wills' Birthday Ride**. Vettiner Park. RC: Jennifer Wills, (859) 335-1345.

12:00 pm **L'Esprit Road Race**. For information call Cary Shields at (502) 895-4812.

2:00 pm 16 mi. #1. (RIF RAF) **"Wheeling Around Louisville"** ride. Explore a route from Joe Ward's new book. Waterfront Park, Purple Lot. RC: Donna Connell, 231-5853.

Sunday, March 9

9:00 am 40 mi. #3. Scheller's Fitness and Cycling on Shelbyville Road. RC: Tom Armstrong, 253-1746.

2:00 pm 15/25 mi. #3. (RIF RAF). Heine Brothers' Coffee on Chenoweth Lane. RC: Stewart Prather, 895-9094.

Tuesday, March 11

7:00 pm **Bicycle Maintenance Clinic**. Learn about proper fit, crucial for comfortable cycling. Refreshments and door prizes are provided! Broadway Baptist Church, 4000 Brownsboro Road. For information call Steve Sarson, 499-7089.

Wednesday, March 12

10:00 am 35/45 mi. #3. E.P. "Tom" Sawyer Park. RC: A.B. Sandefur, 425-9463.

Thursday, March 13

7:00 pm **Trainer Tour** (20-mi. credit). Bring your bike and trainers (or rollers for you pros!) and enjoy some wintertime indoor training with fellow cyclists. Cyclists of all levels can benefit! Broadway Baptist Church, 4000 Brownsboro Rd. \$1/night or \$10/year fee required. RC: A.B. Sandefur, 425-9463.

Saturday, March 15

10:00 am 20/40 mi. #3. Vettiner Park. RC: Jerry Gordon, 267-7084.

1:30 pm **Iroquois Park Criterium**. For information call Todd Wieringa at (502) 797-6642.

Sunday, March 16

2:00 pm 15/25 mi. #3. (RIF RAF). Milestone Wellness Center, 750 Cypress Station off Bowling Blvd. RC: Lewis Miller, 897-9198.

4:00 pm **General Membership Meeting**. Milestone Wellness Center.

CPSC- 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.

March 2003 Ride & Event Schedule

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Tuesday, March 18

7:00 pm **Bicycle Maintenance Clinic.** Training and nutrition. Ride Captain Training offered, too. Refreshments and door prizes are provided! Broadway Baptist Church, 4000 Brownsboro Road. For information call Steve Sarson, 499-7089.

Wednesday, March 19

10:00 am 30-35 mi. #3. Blue Dog Cafe on Frankfort Avenue. RC: Carole Sutton, 893-9216.

Thursday, March 20

7:00 pm **Trainer Tour** (20-mi. credit). Bring your bike and trainers (or rollers for you pros!) and enjoy some wintertime indoor training with fellow cyclists. Cyclists of all levels can benefit! Broadway Baptist Church, 4000 Brownsboro Rd. \$1/night or \$10/year fee required. RC: A.B. Sandefur, 425-9463.

Saturday, March 22

10:00 am 40 mi. #3. E.P. "Tom" Sawyer Park. RC: Bob Schindler, 499-1995.

2:00 pm 13 mi. #1. (RIF RAF) **"Wheeling Around Louisville"** ride. Explore a route from Joe Ward's new book. Waterfront Park, Purple Lot. RC: Donna Connell, 231-5853

Sunday, March 23

2:00 pm 15/25 mi. #3. (RIF RAF). Heine Brothers' Coffee on Chenoweth Lane. RC: Moe Kilroy, 899-9767.

Tuesday, March 25

7:00 pm **Bicycle Maintenance Clinic.** Mysteries of cycling clothing and gear revealed! Refreshments and door prizes are provided! Broadway Baptist Church, 4000 Brownsboro Road. For information call Steve Sarson, 499-7089.

Wednesday, March 26

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

Thursday, March 27

7:00 pm **Trainer Tour** (20-mi. credit). Bring your bike and trainers (or rollers for you pros!) and enjoy some wintertime indoor training with fellow cyclists. Cyclists of all levels can benefit! Broadway Baptist Church, 4000 Brownsboro Rd. \$1/night or \$10/year fee required. RC: A.B. Sandefur, 425-9463.

Saturday, March 29

10:00 am 15/30 mi. #3. **Celebrate Spring Ride.** E.P. "Tom" Sawyer Park. RC: Tom Hall, 636-5674.

12:00 pm **Harrison County Road Race,** Elizabeth, Ind. For information call Todd Wieringa at (502) 797-6642.

Sunday, March 30

2:00 pm 15/25 mi. #3. (RIF RAF). Heine Brothers' Coffee on Chenoweth Lane. RC: Stewart Prather, 895-9094.

RIF ⚙️ RAF (Riders into Fitness, Recreation and Fun) – Look for this symbol, which identifies rides and events screened to include clear directions and/or well marked routes, and a 'pack at the back' whose goal is to support and encourage each other. Great for newer riders! NOTE: These may not be easy rides—refer to the difficulty ratings (#1, #2, #3, etc). They will be opportunities for improvement, exercise and friendship at a relaxed pace. For more information on this program, contact Lewis Miller at 897-9198.

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