

Louisville Bicycle Club

Founded in 1897 as the Louisville Wheelmen

Thursday, January 1 - Happy New Year!

11:00 am - **Polar Bear Ride and Potluck.** (RIF RAF) Help us ring in the New Year! Ride mileage will depend on the weather -- Potluck lunch will not! After the ride, chili and drinks will be provided. Bring a side dish or dessert. Broadway Baptist Church, 4000 Brownsboro Rd. RC: A.B. Sandefur, 425-9463.

12:00 pm - **First Annual New Year's Day Swap Meet.** Go down into the cellar and dig out some of those old bike components that you don't need and trade them in for something you can use. Broadway Baptist Church, 4000 Brownsboro Rd.

Saturday, January 3

8:00 am - 26/60/100 mi. #3+. **Frankfort via Waddy Mad Dog Century.** Floyd's Fork Park. RC: Tim Chilton, 367-8946.

Sunday, January 4

2:00 pm - 15/25 mi. #3. (RIF RAF). Heine Brothers' Coffee on Chenoweth Lane. RC: Jim Preston, 339-1637.

Tuesday, January 6

10:00 am - **Show-n-Go** #3. (Mileage depends on weather - canceled if below 30 degrees.) Vettiner Park. RC: Jay Palmer, 267-9175.

7:00 pm - **Trainer Tour** (20-mile credit). Bring your bike and trainer (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 Road. \$1/night or \$10/year fee required. RC: A.B. Sandefur, 425-9463.

Wednesday, January 7

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

Thursday, January 8

7:00 pm - **Trainer Tour** (20-mile credit). Broadway Baptist Church, 4000 Brownsboro Road. \$1/night or \$10/year fee required. RC: A.B. Sandefur, 425-9463.

Saturday, January 10

10:00 am - 15/30 mi. #3. Vettiner Park. RC: Steve Sarson, 499-7089.

Sunday, January 11

2:00 pm - 15/25 mi. #3. (RIF RAF). Heine Brothers' Coffee on Chenoweth Lane. RC: Leslie Marlin, 893-5277.

Tuesday, January 13

10:00 am - **Show-n-Go** #3. (Mileage depends on weather - canceled if below 30 degrees.) Vettiner Park. RC: Jay Palmer, 267-9175.

7:00 pm - **Trainer Tour** (20-mile credit). Broadway Baptist Church, 4000 Brownsboro Road. \$1/night or \$10/year fee required. RC: A.B. Sandefur, 425-9463.

Wednesday, January 14

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

Thursday, January 15

7:00 pm - **Trainer Tour** (20-mile credit). Broadway Baptist Church, 4000 Brownsboro Road. \$1/night or \$10/year fee required. RC: Sara Ferebee, 473-7447.

Saturday, January 17

10:00 am - 25/40 mi. #3. Vettiner Park. RC: Donna Connell, 231-5853.

Sunday, January 18

2:00 pm - 15/25 mi. #3. (RIF RAF). Broadway Baptist Church, 4000 Brownsboro Road. RC: A.B. Sandefur, 425-9463.

4:00 pm - **General Membership Meeting** following the ride. Broadway Baptist Church, 4000 Brownsboro Road.

Tuesday, January 20

10:00 am - **Show-n-Go** #3. (Mileage depends on weather - canceled if below 30 degrees.) Vettiner Park. RC: Jay Palmer, 267-9175.

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.

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7:00 pm - **Trainer Tour** (20-mile credit). Broadway Baptist Church, 4000 Brownsboro Road. \$1/night or \$10/year fee required. RC: Pam Davis, 368-9537.

Wednesday, January 21

10:00 am - 20/30/50 mi. #3. Memphis Truck Plaza. RC: Dick Williams, 426-4844.

Thursday, January 22

7:00 pm - **Trainer Tour** (20-mile credit). Broadway Baptist Church, 4000 Brownsboro Road. \$1/night or \$10/year fee required. RC: Pam Davis, 368-9537.

Saturday, January 24

11:00 am - 22 mi. #3. **Weeble Wobble Wibble**. E. P. "Tom" Sawyer Park. RC: Tim Chilton, 367-8946.

Sunday, January 25

8:00 am - 30/55/100 mi. #3/#3/#4 **Mad Dog Century. Ride to Bardstown** and tackle Pottershop! Floyd's Fork Park. RC: Tim Chilton, 367-8946.

2:00 pm - 15/25 mi. #3. (RIF RAF). Heine Brothers' Coffee on Chenoweth Lane. RC: Jim Preston, 339-1637.

Tuesday, January 27

10:00 am - **Show-n-Go** #3. (Mileage depends on weather - canceled if below 30 degrees.) Vettiner Park. RC: Jay Palmer, 267-9175.

7:00 pm - **Trainer Tour** (20-mile credit). Broadway Baptist Church, 4000 Brownsboro Road. \$1/night or \$10/year fee required. RC: A.B. Sandefur, 425-9463.

Wednesday, January 28

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

Thursday, January 29

7:00 pm - **Trainer Tour** (20-mile credit). Broadway Baptist Church, 4000 Brownsboro Road. \$1/night or \$10/year fee required. RC: Steve Sarson, 499-7089.

Saturday, January 31

10:00 am - 15/30 mi. #3. Prospect Point Shopping Center. RC: David Wittry, 893-9475.

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 or macbeast@earthlink.net.

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