

February 2004 Ride & Event Schedule

Louisville Bicycle Club

Founded in 1897 as the Louisville Wheelmen

Sunday, February 1

2:00 pm - 15/25 mi. #3. (RIF RAF). Heine Brothers' Coffee on Chenoweth Lane. RC: Pam Davis, 368-9537.

Tuesday, February 3

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, February 4

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

Thursday, February 5

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, February 7

10:00 am - 15/30 mi. #3. Vettiner Park. RC: Jerry Gordon, 267-7084.

Sunday, February 8

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

Tuesday, February 10

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.

Wednesday, February 11

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

Thursday, February 12

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, February 14

8:00 am - 30/60/100 mi. #3. **Honest Abe Mad Dog Century**. Iroquois Park. RC: Steve Sarson, 499-7089.

Sunday, February 15

2:00 pm - 15/25 mi. #3. (RIF RAF). Baptist East/ Milestone Fitness and Wellness Center. RC: A.B. Sandefur, 425-9463.

4:00 pm - **Touring Committee Meeting**. Help complete the March/April schedule and discuss all things touring. Heine Brothers' Coffee on Chenoweth Lane.

Tuesday, February 17

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, February 18

10:00 am - 30 mi. #3. Long Run Park. RC: A.B. Sandefur, 425-9463.

Thursday, February 19

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, February 21

10:00 am - 25/40 mi. #3. E.P. "Tom" Sawyer State Park. RC: Steve Sarson, 499-7089.

Sunday, February 22

8:00 am - 45/100 mi. #3 #3+. **Salem Mad Dog Century**. Out-and-back route through Amish country! Meet at parking lot beneath the Second Street bridge at the corner of Market Street and Southern Ind. Ave in Jeffersonville. RC: Tim Chilton, 367-8946.

2:00 pm - 15/25 mi. #3. (RIF RAF). Heine Brothers' Coffee on Chenoweth Lane. RC: Stewart Prather, 895-9094 or 896-4570.

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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Tuesday, February 24

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, February 25

10:00 am - 30 mi. #3. E.P. "Tom" Sawyer Park. RC: Dick Williams, 426-4844.

Thursday, February 26

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, February 28

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

Sunday, February 29

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

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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