

Louisville Bicycle Club

Founded in 1897 as the Louisville Wheelmen

Tuesday, March 2

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

Wednesday, March 3

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

Thursday, March 4

10:00 am 30/60 mi. #3. Long Run Park. RC: Bill Pustow, 245-1349.

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. Cyclists of all levels can benefit! Broadway Baptist Church, 4000 Brownsboro Road. \$1/night or \$10/year fee required. RC: AB Sandefur, 425-9463.

Saturday, March 6

10:00 am 25/50 mi. #3. **Highland Cycle Touring Season Kickoff.** Highland Cycle on Bardstown Road. Come early and enjoy coffee and doughnuts with Gil and Ted. Parking in adjacent church lots is OK. RC: Stewart Prather, 895-9094 or 896-4570.

Sunday, March 7

10:00 am 10-mi. credit. #1. **2004 Tour de Mad Dog Prologue.** 6-mile time trial. Open to all club members. No licenses or fees required. Prizes to first male and to first female. Floyd's Fork Park. Registration 8:45-9:45. First rider is off at 10:00 am.

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

Tuesday, March 9

7:00 pm **Bicycle Maintenance Clinic.** Learn about proper bike 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 10

10:00 am 30-35 mi. #3. 5622 Elmer Lane. RC: Sonny Neurath, 893-2306.

Thursday, March 11

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

Friday, March 12

9:00 am 30/60 mi. #3/3+. **Wheeling to Westport.** Prospect Point Shopping Center. RC: Ron & Vicky Dobbs, 243-9318.

Saturday, March 13

8:30 am CST. 60 mi. Texas Hell Week. Registration \$120 after February 28. RC: Jim Tretter, 491-7120.

10:00 am 30/60 mi. #3. **Mike Pitt's Birthday Ride.** Come out and celebrates Mike's, um, 35th birthday. Prospect Point Shopping Center. RC: Mike Pitt, 290-3419.

12:00 pm **Shawnee Park Criterium.** Spring Racing Series. For info, call Cary Shields at 895-4812.

Sunday, March 14

8:30 am CST. 40 mi. Texas Hell Week. Registration \$120 after February 28. RC: Jim Tretter, 491-7120.

9:00 am 40 mi. #3. Scheller's Fitness and Cycling, 11520 Shelbyville Rd. 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 or 896-4570.

Tuesday, March 16

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

Wednesday, March 17

8:30 am CST. 50 mi. Texas Hell Week. Registration \$120 after February 28. RC: Jim Tretter, 491-7120.

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

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 2004 Ride & Event Schedule

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Thursday, March 18

8:30 am CST. 20 mi. Texas Hell Week. Registration \$120 after February 28. RC: Jim Tretter, 491-7120.

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

Saturday, March 20

8:30 am CST. 40 mi. Texas Hell Week. Registration \$120 after February 28. RC: Jim Tretter, 491-7120.

10:00 am 25/40 mi. #3. **Pink Pedal Power Ride**. Celebrate Pam's birthday, the First Day of Spring, and all girls on bikes. Riders are encouraged to decorate their bodies and their bikes. Special tattoos available. Birthday treats following the event. E.P. "Tom" Sawyer State Park. RC: Pam Davis, 649-4840.

1:30 pm **Iroquois Park Criterium**. Spring Racing Series. For info, call Todd Wieringa at 797-6642.

Sunday, March 21

10:00 am 42/56 mi. #3+. **Ostrich Hill Ride**. A classic Oldham County route. Thurman-Hutchins Park on River Road (across from Cox's Park). RC: Tim Chilton, 367-8946.

2:00 pm 15/25 mi. #3. (RIF RAF) Baptist East/Milestone Fitness and Wellness Center. RC: Leslie Marlin, 893-5277.

4:00 pm **General Membership Meeting**. Baptist East/Milestone Fitness and Wellness Center.

Tuesday, March 23

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 24

10:00 am 35-40 mi. #3. Long Run Park. RC: AB Sandefur, 425-9463.

Thursday, March 25

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

Friday, March 26

10:00 am 30/60 mi. #3. Floyd's Fork Park. RC: Bill Pustow, 245-1349.

Saturday, March 27

8:00 am 30/60/100 mi. #3/#3/#3+. **Dishonest Abe Mad Dog Century** (Tour de Mad Dog Stage #1). Iroquois Park. RC: Tim Chilton, 367-8946.

Sunday, March 28

10:00 am 40 mi. #3. E.P. "Tom" Sawyer State Park. RC: Mary Brice, 412-4001.

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

Tuesday, March 30

7:00 pm **Performance Enhancement Specialist**. Reach your goals for 2004! Refreshments and door prizes are provided! Broadway Baptist Church, 4000 Brownsboro Road. For information call Steve Sarson, 499-7089.

7:00 pm **Bicycle Maintenance Clinic**. Intermediate Bike Maintenance. Hands-on clinic for seasoned riders and basement mechanics. Broadway Baptist Church, 4000 Brownsboro Road. For information call Steve Sarson, 499-7089.

Wednesday, March 31

10:00 am 40 mi. #3. Edwardsville Park, Edwardsville, Ind. RC: Sonny Neurath, 893-2306.

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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