

# December 2004 Ride & Event Schedule

## Louisville Bicycle Club

Founded in 1897 as the Louisville Wheelmen

### Wednesday, December 1

10:00 am 25 mi. #3. Meet at 102 Pope Street. RC: Emily Boone, 585-3430.

### Thursday, December 2

4:45 am 25 mi. #3. **Furly Ride**. Seneca Park Tennis Courts. Lights required! RC: Paul Baldwin, 495-1506.

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

7:00 pm **Trainer Tour** (20-mile 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, December 4

9:00 am 30/55 mi. #3+. **Loch Ness Monster/Five Dober Doggies**. Floyd's Fork Park. RC: Bill Pustow, 777-2847.

6:00 pm **LBC Annual Awards Banquet**. Captain's Quarters on River Road. Help celebrate another great year of riding and cheer on your friends (or yourself!) as the touring and volunteer awards are announced. This is also the official Annual Meeting, where next year's officers are elected. \$12.00 a plate – What a bargain!

### Sunday, December 5

8:00 am 100 mi. #3. **Mad Dog BMB Century** (TMD Stage #2). The Classic Boston-Munfordville route! Meet at the Boston store at the intersection of KY 61 and US 62. RC: Tim Chilton, 367-8946.

2:00 pm 15/25 mi. #3. (RIF-RAF) Heine Brothers' Coffee on Chenoweth Lane. RC: Connie Guild, 243-2809.

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

### Tuesday, December 7

4:45 am 25 mi. #3. **Furly Ride**. Seneca Park Tennis Courts. Lights required! RC: Paul Baldwin, 495-1506.

5:45 pm Ride with the MTB Champ (20-mile credit). NORBA Women's National Mountain Bike Champ will join us for a Seneca-Cherokee ride! Seneca Park, gravel parking lot across road from restrooms. Lights required. RC: Mark French, 541-6547.

### Wednesday, December 8

10:00 am 25/50 mi. #3. E.P. "Tom" Sawyer State Park. RC: A.B. Sandefur, 425-9463.

### Thursday, December 9

4:45 am 25 mi. #3. **Furly Ride**. Seneca Park Tennis Courts. Lights required! RC: Paul Baldwin, 495-1506.

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

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

### Saturday, December 11

9:00 am 30/65 mi. #3. **Old Mini-Raid on Bagdad**. Long Run Park. RC: Bill Pustow, 777-2847.

### Sunday, December 12

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

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

### Tuesday, December 14

4:45 am 25 mi. #3. **Furly Ride**. Seneca Park Tennis Courts. Lights required! RC: Paul Baldwin, 495-1506.

10:00 am 33/47 mi. #3. Floyd's Fork Park. Cancelled if below 40 degrees. RC: Jim Tretter, 491-7120.

5:45 pm Ride with the MTB Champ (20-mile credit). NORBA Women's National Mountain Bike Champ will join us for a Seneca-Cherokee ride! Seneca Park, gravel parking lot across road from restrooms. Lights required. RC: Mark French, 541-6547.

### Wednesday, December 15

10:00 am 35 mi. #3. Meet at 930 Franklin Street. RC: Alison Ewart, 584-4222.

### CPSC- or Snell-approved Helmets Are Required

See our web site at <http://www.louisvillebicycleclub.org/> for more information. Area code is 502 unless otherwise noted.

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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### Thursday, December 16

4:45 am 25 mi. #3. **Furly Ride**. Seneca Park Tennis Courts. Lights required! RC: Paul Baldwin, 495-1506.

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

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

### Saturday, December 18

10:00 am 15/30 mi. #3. **Hot Chocolate Ride**. Cocoa after the ride! Bowman Field parking lot. RC: Ellen Mueller, 485-1758.

### Sunday, December 19

2:00 pm 15/25 mi. #3. (RIF-RAF) Baptist East/Milestone Fitness and Wellness Center, 750 Cypress Station Drive. Free use of shower and pool after the ride! RC: Steve Sarson, 499-7089.

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

### Tuesday, December 21

4:45 am 25 mi. #3. **Furly Ride**. Seneca Park Tennis Courts. Lights required! RC: Paul Baldwin, 495-1506.

### Wednesday, December 22

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

### Thursday, December 23

4:45 am 25 mi. #3. **Furly Ride**. Seneca Park Tennis Courts. Lights required! RC: Paul Baldwin, 495-1506.

### Saturday, December 25 – Christmas Day

\*\*\* no rides \*\*\*

### Sunday, December 26

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

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

### Tuesday, December 28

4:45 am 25 mi. #3. **Furly Ride**. Seneca Park Tennis Courts. Lights required! RC: Paul Baldwin, 495-1506.

10:00 am 33/47 mi. #3. Floyd's Fork Park. Cancelled if below 32 degrees. RC: Jim Tretter, 491-7120.

### Wednesday, December 29

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

### Thursday, December 30

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

### Saturday, 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.

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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