

Louisville Bicycle Club

Founded in 1897 as the Louisville Wheelmen

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.

12:00 pm **Second 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

1:00 pm **General Membership Meeting** following lunch. Broadway Baptist Church, 4000 Brownsboro Road.

Sunday, January 2

8:00 am 100 mi. #3+. **Grizzly Century.** Start the New Year right!!! Floyd's Fork Park. RC: Jim Moore, 270-789-2581.

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

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

Tuesday, January 4

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

1:00 pm Show-n-Go #3. (Mileage depends on weather - canceled if below 30 degrees.) Floyd's Fork Park. RC: Jim Tretter, 491-7120.

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 5

10:00 am 30-40 mi. #3. Memphis Truck Plaza, Memphis, Ind. RC: Alison Ewart, 584-4222.

Thursday, January 6

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

9:30 am 30/70 mi. #3. **Westport-Carrollton Tour.** Scenic river and creek roads. Meet at Westport Park at Ohio River; ½ mile past Westport General Store on KY 524, Westport, Ky. RC: Laurence Preble, 222-7551.

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.

Friday, January 7

9:30 am 30/60 mi. #3. Long Run Park. RC: Bill Pustow, 777-2847.

Saturday, January 8

8:00 am 26/60/100 mi. #3+. **Frankfort Century** (TMD Stage #3). Floyd's Fork Park. RC: Tim Chilton, 367-8946.

Sunday, January 9

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

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

Tuesday, January 11

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

1:00 pm **Show-n-Go** #3. (Mileage depends on weather - canceled if below 30 degrees.) McNeely Lake Park. RC: Jim Tretter, 491-7120.

7:00 pm **Trainer Tour** (20-mile credit). Broadway Baptist Church, 4000 Brownsboro Road. \$1/night or \$10/year fee required. RC: Donna Connell, 231-5853.

Wednesday, January 12

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

Thursday, January 13

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

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 ½ hills ♦ #4: Rolling, mostly hills, some long, steep grades and/or long mileage.

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9:30 am 30/70 mi. #3. **Westport-Carrollton Tour.** Scenic river and creek roads. Meet at Westport Park at Ohio River; ½ mile past Westport General Store on KY 524, Westport, Ky. RC: Laurence Preble, 222-7551.

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.

Friday, January 14

9:30 am 30/60 mi. #3. Long Run Park. RC: Bill Pustow, 777-2847.

Saturday, January 15

10:00 am 25/50 mi. #3. E.P. "Tom" Sawyer State Park. RC: Steve Sarson, 499-7089.

Sunday, January 16

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

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

Tuesday, January 18

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

1:00 pm **Show-n-Go** #3. (Mileage depends on weather - canceled if below 30 degrees.) Floyd's Fork Park. RC: Jim Tretter, 491-7120.

7:00 pm **Trainer Tour** (20-mile credit). Broadway Baptist Church, 4000 Brownsboro Road. \$1/night or \$10/year fee required. RC: Lori Boone, 459-2314.

Wednesday, January 19

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

Thursday, January 20

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

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.

Friday, January 21

9:30 am 30/60 mi. #3. Long Run Park. RC: Bill Pustow, 777-2847.

Saturday, January 22

9:00 am 50-55 mi. #3. E.P. "Tom" Sawyer State Park. RC: Bernie Keene, 551-1062.

2:00 pm 15/30 mi. #3. Louisville Pizza Company, 3910 Ruckriegel Parkway. RC: Donna Connell, 231-5853.

Sunday, January 23

9:30 am 30/70 mi. #3. **Westport-Carrollton Tour.** Scenic river and creek roads. Meet at Westport Park at Ohio River; ½ mile past Westport General Store on KY 524, Westport, Ky. RC: Laurence Preble, 222-7551.

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, January 25

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

1:00 pm **Show-n-Go** #3. (Mileage depends on weather - canceled if below 30 degrees.) McNeely Lake Park. RC: Jim Tretter, 491-7120.

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 26

10:00 am 30-40 mi. #3. Falls of the Ohio Park in Southern Indiana. RC: Alison Ewart, 584-4222.

Thursday, January 27

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

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.

Friday, January 28

9:30 am 30/60 mi. #3. Long Run Park. RC: Bill Pustow, 777-2847.

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January 2005 Ride & Event Schedule

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Saturday, January 29

8:00 am 50/75/100 mi. #3. **Brass Monkey Century.** Walton-Verona Middle School on Porter Road in Verona, Ky. Cincinnati Cycle Club ride. Free but you must pre-register at RMittc59274@aol.com or 859-384-1828. RC: Bill Pustow, 777-2847.

Sunday, January 30

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.

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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#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.