

Louisville Bicycle Club

Founded in 1897 as the Louisville Wheelmen

Tuesday, February 1

- 4:45 am 25 mi. #3. **Furly Ride**. Seneca Park Tennis Courts. Lights required! RC: Paul Baldwin, 495-1506.
 1:00 am **Show-n-Go** #3. (Mileage depends on weather - canceled if below 30 degrees.) Floyd's Fork Park. RC: Jim Tretter, 491-7120.
 7:00 am **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: Donna Connell, 231-5853.

Wednesday, February 2

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

Thursday, February 3

- 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 am **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, February 4

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

Saturday, February 5

- 9:30 am 50 mi. #3+. **Straight Shot to Salem**. Floyd Central High School. I-64 West to US 150W (Greenville-Paoli exit), left on Old Vincennes Road. RC: Tim Chilton, 367-8946.

Sunday, February 6

- 2:00 am 15/25 mi. #3. (RIF RAF). Heine Brothers' Coffee, Chenoweth Ln. RC: Connie Guild, 243-2809.
 3:00 am 30 mi. #3. E.P. "Tom" Sawyer State Park. RC: Dick Williams, 426-4844.

Tuesday, February 8

- 4:45 am 25 mi. #3. **Furly Ride**. Seneca Park Tennis Courts. Lights required! RC: Paul Baldwin, 495-1506.
 1:00 am **Show-n-Go** #3. (Mileage depends on weather - canceled if below 30 degrees.) McNeely Lake Park. RC: Jim Tretter, 491-7120.
 7:00 am **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 9

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

Thursday, February 10

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

Friday, February 11

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

Saturday, February 12

- 10:00 am 30/60 mi. #3. Vettiner Park. RC: Steve Sarson, 499-7089.

Sunday, February 13

- 2:00 am 15/25 mi. #3. (RIF RAF). Heine Brothers' Coffee, Chenoweth Lane. RC: Jim Preston, 339-1637.
 3:00 am 30 mi. #3. E.P. "Tom" Sawyer State Park. RC: Dick Williams, 426-4844.

Tuesday, February 15

- 4:45 am 25 mi. #3. **Furly Ride**. Seneca Park Tennis Courts. Lights required! RC: Paul Baldwin, 495-1506.
 1:00 am **Show-n-Go** #3. (Mileage depends on weather - canceled if below 30 degrees.) Floyd's Fork Park. RC: Jim Tretter, 491-7120.

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.

February 2005 Ride & Event Schedule

Louisville Bicycle Club

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7:00 am **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 16

10:00 am 30-35 mi. #3. Heine Brothers' Coffee on Chenoweth Lane. RC: Carole Sutton, 893-9216.

Thursday, February 17

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

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

Friday, February 18

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

Saturday, February 19

10:00 am 15/30 mi. #3. Vettiner Park. RC: Donna Connell, 231-5853.

2:00 am **Touring Committee Meeting**. Help with the March-April Touring Schedule. Cyclers Café on Lexington Road.

Sunday, February 20

8:00 am 100 mi. #3+. **Washington County, Ind., Mad Dog Century** (TMD Stage#4). I-65 North to Scottsburg Exit. Left (west) on SR 56 for approximately 3 miles. 4038 W. SR 56. Park in the north parking lot of the fire station next door. No blocking the fire station doors, please. RC: Melissa Hall, 812-752-3973.

2:00 am 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: Stewart Prather, 896-4570.

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

Tuesday, February 22

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

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

7:00 am **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 23

10:00 am 25/50 mi. #3. Long Run Park. RC: Vicky Dobbs, 243-9318.

Thursday, February 24

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

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

Friday, February 25

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

Saturday, February 26

9:00 am 30/60/80 mi. #3/#3+. **Bike the Burg**. E. P. "Tom" Sawyer Park. RC: Tim Chilton, 367-8946.

2:00 am 25 mi. #3. Winn-Dixie parking lot on Main Street in Middletown. RC: Terry & Linda Donovan, 254-3968.

Sunday, February 27

2:00 am 15/25 mi. #3. (RIF RAF). Heine Brothers' Coffee, Chenoweth Ln. RC: Steve Sarson, 499-7089.

3:00 am 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.