

## Louisville Bicycle Club

Founded in 1897 as the Louisville Wheelmen

### Tuesday, March 1

- 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 40 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, March 2

- 10:00 am 30/40/50 mi. #3. Memphis Truck Plaza, Memphis, Ind. RC: Alison Ewart, 584 4222.

### Thursday, March 3

- 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: Lori Boone, 459-2314.

### Saturday, March 5

- 8:00 am 30/60/100 mi. #3+. **Lawrenceburg Loop** (TMD Stage #4) McDonald's in Shelbyville (I-64 East to Exit #35, north on KY 53. RC: Steve Rice, (502) 494-5288.

### Sunday, March 6

- 10:00 am 25 mi. #3+. **Tom's Fourteenth Birthday Ride**. Celebrate with Tom by enjoying his favorite short, hilly loops. Scheller's Fitness and Cycling, 11520 Shelbyville Road. RC: Tom Armstrong, 245-1955.  
 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, March 8

- 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 40 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, March 9

- 10:00 am 30/60 mi. #3. E. P. "Tom" Sawyer State Park. RC: Dick Williams, 426 4844.

### Thursday, March 10

- 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.

### Saturday, March 12

- Texas Hellweek**. www.hellweek.com (March 12–March 19). Registration \$120 after February 28. RC: Jim Tretter, 491-7120.

- 8:00 am 100 mi. #3+. **Flint Hill Century**. Ride some of the nicest parts of the WACKY route! Begins and ends at the Lodge in Otter Creek Park. RC: Michael Pitt, 290-3419.  
 9:00 am 30/60 mi. #3. E. P. "Tom" Sawyer State Park. RC: Kevin Brown, 551-8423.  
 10:00 am 27 mi. #3. Buehler's parking lot on Main Street in Middletown. RC: Terry & Linda Donovan, 254-3968.

### Sunday, March 13

- 10:00 am 30/65 mi. #3/#3+. **Chad's Birthday Ride**. Floyd's Fork Park. RC: Chad Green, 291-9979.  
 2:00 pm 15/25 mi. #3. (RIF-RAF) Baptist East/ Milestone Fitness and Wellness Center. RC: Jim Preston, 339-1637.  
 4:00 pm **General Membership Meeting**. Baptist East/ Milestone Fitness and Wellness Center.

### Tuesday, March 15

- 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 1/2 hills ♦ #4: Rolling, mostly hills, some long, steep grades and/or long mileage.

# March 2005 Ride & Event Schedule

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1:00 pm **Show-n-Go #3.** Mileage depends on weather - canceled if below 40 degrees. Floyd's Fork Park.  
RC: Jim Tretter, 491-7120.

### Wednesday, March 16

10:00 am 30/45 mi. #3. Long Run Park. RC: A.B. Sandefur, 425 9463.

### Thursday, March 17

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.

### Saturday, March 19

**Bike Florida** (March 19–March 24) Registration is closed. RC: Barbara Tretter, 491-7121.

9:00 am 50/100 mi. #3/#3+. Floyd's Fork Park. RC: Mike Pitt, 290-3419.

### Sunday, March 20

9:00 am 40 mi. #3. Scheller's Fitness and Cycling, 11520 Shelbyville Road. Canceled if temperature will be under 30 F at 11 am) RC: Tom Armstrong, 245-1955.

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

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

### Tuesday, March 22

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

### Wednesday, March 23

10:00 am 30 mi. #3. E.P. "Tom" Sawyer State Park. RC: Carole Sutton, 893 9216.

### Thursday, March 24

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

### Saturday, March 26

9:00 am 42/56 mi. #3+. **Ostrich Hill Ride.** Thurman-Hutchins Park on River Road (across from Cox's Park). A classic Oldham County route. RC: Tim Chilton, 367-8946.

10:00 am 30 mi. #3. E. P. "Tom" Sawyer State Park. RC: Terry and Linda Donovan, 254-3968.

### Sunday, March 27 - Easter Sunday

8:00 am 30/70/100 mi. #4. **Westport-Eminence-Carrollton-Bedford Tour.** Scenic river and creek roads. Meet at Westport Park at Ohio River; ½ mile past Westport General Store on KY 524. RC: Laurence Preble, 222-7551.

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, March 29

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 40 degrees. Floyd's Fork Park.  
RC: Jim Tretter, 491-7120.

### Wednesday, March 30

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

### Thursday, March 31

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

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 [macheast@earthlink.net](mailto:macheast@earthlink.net).

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#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.