

# JANUARY 2006 RIDE & EVENT SCHEDULE

## LOUISVILLE BICYCLE CLUB

FOUNDED IN 1897 AS THE LOUISVILLE WHEELMEN

### Sunday, January 1 – New Year's Day

- 2:00 pm **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. St. Paul's Methodist Church RC: A.B. Sandefur, 425-9463.
- 3:00 pm **Third 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. St. Paul's Methodist Church.
- 3:30 pm **General Membership Meeting** following lunch. St. Paul's Methodist Church.

### Monday, January 2

- 4:00 pm 12-mi. #2. **Chilly Recovery Ride.** Will cancel if there is precipitation and/or slippery roads. St. Matthews Baptist Church on Grandview Avenue. RC: Dick Krakowski, 637-3172.

### Tuesday, January 3

- 11:00 am 33-mi. #3. Floyd's Fork Park. Canceled if under 40°. RC: Jim Tretter, 491-7120
- 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. Cyclist 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 4

- 10:00 am 25-mi. #3. Riverwalk (930 Franklin St.) Canceled if under 40°. RC: Alison Ewart 584-4222.

### Thursday, January 5

- 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. Cyclist of all levels can benefit! Broadway Baptist Church, 4000 Brownsboro Road. \$1/night or \$10/year fee required. RC: Steve Anderson, 523-8592.

### Friday, January 6

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

### Sunday, January 8

- 8:00 am 100-mi #3+. **Grasshopper Century.** Floyd's Fork Park. RC: Dick Krakowski, 637-3172.
- 2:00 pm 15/25-mi. #3. Heine Brothers' Coffee on Chenoweth Lane. RC: Connie Guild, 608-7758.
- 3:00 pm 30-mi. #3. E.P. "Tom" Sawyer State Park. RC: Dick Williams, 426-4844.

### Tuesday, January 10

- 11:00 am 30-mi #3. Vettiner Park. Canceled if under 40°. RC: Jim Tretter, 491-7120
- 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. Cyclist 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 11

- 10:00 am 35-mi. #3 Iroquois Park. Canceled if under 40°. Sonny Neurath 893-2306.

### 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, January 12

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. Cyclist of all levels can benefit! Broadway Baptist Church, 4000 Brownsboro Road. \$1/night or \$10/year fee required. RC: Steve Anderson, 523-8592.

### Friday, January 13

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

### Sunday, January 15

8:00 am 100-mi. #3. **Mad Dog Fifth Anniversary Century** (TMD Stage #3). Boston General Store at the intersection of KY 61 and US 62 in Boston, KY. RC: Chad Green 291-9979.

2:00 pm 15/25-mi. #3. 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.

### Monday, January 16 – **Martin Luther King Day**

10:00 am 35-mi. #3. Iroquois Park. RC: Chad Green, 291-9979.

### Tuesday, January 17

11:00 am 33-mi. #3. Floyd's Fork Park. Canceled if under 40°. RC: Jim Tretter, 491-7120

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. Cyclist of all levels can benefit! Broadway Baptist Church, 4000 Brownsboro Road. \$1/night or \$10/year fee required. RC: Stewart Prather, 895-9094.

### Wednesday, January 18

10:00 am 40-mi. #3 Long Run Park. Cancelled if under 40°. AB Sandefur 425-9463.

### Thursday, January 19

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. Cyclist of all levels can benefit! Broadway Baptist Church, 4000 Brownsboro Road. \$1/night or \$10/year fee required. RC: Steve Anderson, 523-8592.

### Friday, January 20

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

### Saturday, January 21

10:00 am 25/50-mi. #3. Floyd's Fork Park. Cancelled if below 32°. RC: Barry Luckett, 810-0157.

### Sunday, January 22

2:00 pm 15/25-mi. #3. Heine Brothers' Coffee on Chenoweth Lane. RC: Stewart Prather, 895-9094.

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

4:00 pm **Touring Committee Meeting**. Help with the March/April Touring Schedule and discuss the 2006 Touring program. Heine Brother's Coffee on Chenoweth Lane.

### Monday, January 23

4:00 pm 12-mi. #2. **Chilly Recovery Ride**. Will cancel if there is precipitation and/or slippery roads. St. Matthews Baptist Church on Grandview Avenue. RC: Dick Krakowski, 637-3172.

### Tuesday, January 24

11:00 am 30-mi. #3. Vettiner Park. Canceled if under 40°. RC: Jim Tretter, 491-7120

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. Cyclist of all levels can benefit! Broadway Baptist Church, 4000 Brownsboro Road. \$1/night or \$10/year fee required. RC: Pam Davis, 649-4840.

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## LOUISVILLE BICYCLE CLUB

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### Wednesday, January 25

10:00 am 30/60-mi. #3 EP "Tom" Sawyer Park. Canceled if under 40°. RC: Dick Williams 426-4844.

### Thursday, January 26

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. Cyclist of all levels can benefit!  
Broadway Baptist Church, 4000 Brownsboro Road. \$1/night or \$10/year fee required. RC: Steve Anderson, 523-8592.

### Friday, January 27

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

### Saturday, January 28

9:00 am 25/50-mi. #3. E.P. "Tom" Sawyer State Park. Cancelled is below 10°. RC: Steve Sarson, 499-7089.

### Sunday, January 29

8:00 am 55/100-mi #3/3+. Little Twirl and Lavonia thru Hardinsburg, Finley Fire House, Scottsburg, IN. RC: Melissa Hall, 812-752-3973.

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 31

11:00 am 33-mi. #3. Floyd's Fork Park. Canceled if under 40°. RC: Jim Tretter, 491-7120

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. Cyclist of all levels can benefit!  
Broadway Baptist Church, 4000 Brownsboro Road. \$1/night or \$10/year fee required. RC: Stewart Prather, 895-9094.

*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 rating (#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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