

March 2006 Ride & Event Schedule

Louisville Bicycle Club

Founded in 1897 as the Louisville Wheelmen

Wednesday, March 1

10:00 am 35 mi. #3. Graceland Baptist Church, 3600 Kamer Miller Rd., New Albany, Ind. Cancelled if under 40°. RC: Alison Ewart, 584-4222.

Thursday, March 2

9:30 am 20/40 mi. #3. **W.I.N.G.S.** (Westport Incremental New Goals Series). Progressively more difficult series of rides designed to bring back fitness for the spring season. Cyclists of all levels can benefit! A drawing will be held at end of series. Up to 12 participants will be offered a sightseeing airplane flight over the Westport area. To be eligible for drawing, you must complete six of the nine rides. Westport Park, Westport, Ky. RC: Larry Preble, 222-7551.

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. Cyclists of all levels can benefit! Broadway Baptist Church (4000 Brownsboro Road). \$1/night or \$10/year fee required. RC: AB Sandefur, 425-9463.

Friday, March 3

9:30 am 44 mi. #3. Long Run Park. RC: Bill Pustow, 777-2847.

Saturday, March 4

8:00 am 30/60/100 mi. #3+. **Lawrenceburg Loop** (TMD Stage #3). Start at the Shelbyville McDonald's. I-64 to Exit 35 North (Hwy 53). RC: Steve Rice, 494-5288.

L'Esprit Road Race presented by Louisville Bicycle Club Racing Team. LaGrange, Ky. For information, call Mark Luking at 423-7072.

Sunday, March 5

8:00 am 100 mi. #3+. **Maple Syrup Ride** (Weather Make-up). 2nd Street Bridge RC: Melissa Hall, 812-752-3973 and Dick Krakowski, 637-3172.

2:00 pm 15/25 mi. #3. **Steve's Once in a Lifetime 50th Birthday Ride and Party**. Meijer on Hurstbourne Parkway. Party afterward at 4824 Nottinghamshire Dr. RC: Steve Sarson, 499-7089.

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

Monday, March 6

4:30 pm 12 mi. #2. **Not So Chilly Recovery Ride**. St. Matthews Baptist Church, Grandview Avenue. RC: Dick Krakowski, 637-3172.

7:00 pm **Maintenance of the Bike and Rider**. Topics: Training and Nutrition, Bike Fit, Road Rules, and Etiquette. Class will start promptly at 7:00 PM. St. Paul Methodist Church, 2000 Douglass Blvd. RC: Steve Sarson, 499-7089.

Tuesday, March 7

11:00 am 30 mi. #3. Vettiner Park. Cancelled 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. Cyclists of all levels can benefit! Broadway Baptist Church, 4000 Brownsboro Road. \$1/night or \$10/year fee required. RC: AB Sandefur, 425-9463.

Wednesday, March 8

10:00 am 35 mi. #2+. Iroquois Park. Cancelled if under 40°. RC: Sonny Neurath, 893-2306.

Thursday, March 9

9:30 am 20/45 mi. #3. **W.I.N.G.S.** (Westport Incremental New Goals Series). Progressively more difficult series of rides designed to bring back fitness for the spring season. Cyclists of all levels can benefit! A drawing will be held at end of series. Up to 12 participants will be offered a sightseeing airplane flight over the Westport area. To be eligible, you must complete six of the nine rides. Westport Park, Westport, Ky. RC: Larry Preble, 222-7551.

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. Cyclists of all levels can benefit! Broadway Baptist Church, 4000 Brownsboro Road. \$1/night or \$10/year fee required. RC: AB Sandefur, 425-9463.

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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Saturday, March 11

9:00 am 30/62 mi. #3. Vettiner Park. RC: Steve Sarson, 499-7089.

8:00 am 100 mi. #3. Texas Hell Week. Fredericksburg, Tex. Registration required – www.hellweek.com.
RC: Steve Rice, 494-5288.

New Washington Road Race presented by Ohio Valley Racing. New Washington, Ind. For information, call Mark Luking at 423-7072.

Sunday, March 12

8:00 am 100 mi. #3. Texas Hell Week. Fredericksburg, Tex. Registration required – www.hellweek.com.
RC: Steve Rice, 494-5288.

10:00 am 30/65 mi. #3. **Chad's Birthday Ride**. Floyd's Fork Park. RC: Chad Green, 291-9979.

2:00 pm 25/25 mi. #3. (RIF RAF) Baptist East/Milestone Fitness & Wellness Center. 750 Cypress Station Drive. Free use of shower and pool after the ride! RC: Connie Guild, 608-7758.

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

4:00 pm **General Membership Meeting**. Baptist East/Milestone Fitness and Wellness Center.

Monday, March 13

8:00 am 100/125 mi. #3. Texas Hell Week. Fredericksburg, Tex. Registration required – www.hellweek.com. RC: Steve Rice, 494-5288.

7:00 pm **LAB Road 1 Course, Part 1 of 3**. Class will start promptly at 7:00 PM! Certificate of Completion from the League of American Bicyclists. Must complete all three parts to receive certificate. St. Paul Methodist Church, 2000 Douglass Blvd. Please pre-register by March 6 by contacting Barry Zalph at 897-7199.

Tuesday, March 14

8:00 am 100 mi. #3. Texas Hell Week. Fredericksburg, Tex. Registration required – www.hellweek.com.
RC: Steve Rice, 494-5288.

11:00 am 33 mi. #3. Floyd's Fork Park. Cancelled 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. Cyclists of all levels can benefit! Broadway Baptist Church, 4000 Brownsboro Road. \$1/night or \$10/year fee required. RC: AB Sandefur, 425-9463.

Wednesday, March 15

8:00 am 100 mi. #3. Texas Hell Week. Fredericksburg, Tex. Registration required – www.hellweek.com.
RC: Steve Rice, 494-5288.

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

Thursday, March 16

8:00 am 100 mi. #3. Texas Hell Week. Fredericksburg, Tex. Registration required – www.hellweek.com.
RC: Steve Rice, 494-5288.

9:30 am 30/50 mi. #3. **W.I.N.G.S.** (Westport Incremental New Goals Series). Progressively more difficult series of rides designed to bring back fitness for the spring season. Cyclists of all levels can benefit! A drawing will be held at end of series. Up to 12 participants will be offered a sightseeing airplane flight over the Westport area. To be eligible, you must complete six of the nine rides. Westport Park, Westport, Ky. RC: Larry Preble, (502) 222-7551.

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. Cyclists of all levels can benefit! Broadway Baptist Church, 4000 Brownsboro Road. \$1/night or \$10/year fee required. RC: AB Sandefur, 425-9463.

Friday, March 17

8:00 am 100/190 mi. #4. Texas Hell Week. Fredericksburg, Tex. Registration required – www.hellweek.com. RC: Steve Rice, 494-5288.

Saturday, March 18

9:00 am 30/60 mi. #3. Floyd's Fork Park. RC: Barry Luckett, 810-0157.

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8:00 am 100 mi. #3. Texas Hell Week. Fredricksburg, Tex. Registration required – www.hellweek.com.
RC: Steve Rice, 494-5288.

St. Peter's Road Race presented by 2WheelSports. Elizabeth, Ind. For information, call Mark Luking at 423-7072.

Sunday, March 19

2:00 pm 15/25 mi. #3. **Pam's Birthday Ride.** Celebrate her birthday by decorating your bodies and bikes in the spirit of the first day of spring. Heine Brothers' Coffee on Chenoweth Lane. RC: Pam Davis, 649-4840.

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

4:00 pm **Touring Committee Meeting.** Heine Brothers' Coffee on Chenoweth Lane.

Monday, March 20 – First Day of Spring

4:30 pm 12 mi. #2. **Not So Chilly Recovery Ride.** St. Matthews Baptist Church, Grandview Avenue.
RC: Dick Krakowski, 637-3172.

7:00 pm **LAB Road 1 Course, Part 2 of 3.** Class will start promptly at 7:00 PM! Must complete Part 1 to attend. St. Paul Methodist Church, 2000 Douglass Blvd.

Tuesday, March 21

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

Wednesday, March 22

10:00 am 32/50 mi. #3. Long Run Park. Cancelled if under 40°. RC: Vicky Dobbs, 243-9318.

Thursday, March 23

9:30 am 30/55 mi. #3. **W.I.N.G.S.** (Westport Incremental New Goals Series). Progressively more difficult series of rides designed to bring back fitness for the spring season. Cyclists of all levels can benefit! A drawing will be held at end of series. Up to 12 participants will be offered a sightseeing airplane flight over the Westport area. To be eligible, you must complete six of the nine rides. Westport Park, Westport, Ky. RC: Larry Preble, 222-7551.

Friday, March 24

9:30 am 44 mi. #3. Long Run Park. RC: Bill Pustow, 777-2847.

Saturday, March 25

8:00 am 50/100 mi. #3+. Floyd's Fork Park. RC: Steve Rice, 494-5288.

9:00 am **Road 1 Course, Part 3 of 3.** On-the-road ride/skills test. Must have completed parts 1 and 2 to attend. Class will last 5 hours with a ½ -hour lunch break. 4500 Bowling Blvd (next to Baptist East Wellness Center). RC: Steve Sarson, 499-7089.

2:00 pm 27 mi. #3. Former Buehlers, Middletown, Blankenbaker Parkway and Shelbyville Road. RC: Linda & Terry Donovan, 254-3068.

Clark State Forest Circuit Race presented by Team Bolla/Rapid Transit. Henryville, Ind. For information, call Mark Luking at 423-7072.

Sunday, March 26

9:00 am 15/30/45 mi. #3. **Double the Fun, Tandem Friendly.** Half bikes welcome too! E.P. "Tom" Sawyer State Park. RC: Ron & Vicky Dobbs, 243-9318.

2:00 pm 15/25 mi. #3. Heine Brothers' Coffee on Chenoweth Lane. RC: Stewart Prather, 426-4844.

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

Monday, March 27

7:00 pm **Maintenance of the Bike and Rider.** Topics: Basic Maintenance, Tire Changing, Ride Captain Training. Class will start promptly at 7:00 pm. St. Paul Methodist Church, 2000 Douglass Blvd. RC: Steve Sarson, 499-7089.

Tuesday, March 28

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

Wednesday, March 29

10:00 am 20/30/50 mi. #3. Memphis Truck Plaza, Memphis, Ind. RC: Dick Williams, 426-4844.

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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.

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Thursday, March 30

9:30 am 30/55 mi. #3. **W.I.N.G.S.** (Westport Incremental New Goals Series). Progressively more difficult series of rides designed to bring back fitness for the spring season. Cyclists of all levels can benefit! A drawing will be held at end of series. Up to 12 participants will be offered a sightseeing airplane flight over the Westport area. To be eligible, you must complete six of the nine rides. Westport Park, Westport, Ky. RC: Larry Preble, 222-7551.

Friday, March 31

9:30 am 44 mi. #3. Long Run Park. RC: Bill Pustow, 777-2847.

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.