

Louisville Bicycle Club

Founded in 1897 as the Louisville Wheelmen

Saturday, April 1

7:00 am 125 mi. #4. **200K Brevet**. Starts in Paris, Ky. Registration is required. www.rusa.org or www.bgcycling.org. RC: Steve Rice, 494-5288.

8:00 am 30/50 mi. #3. **Rick's Fifty Year/Fifty Mile/Fixed Gear Ride**. Bring your fixie if you have one, or ride your geared bike. All are welcome. Iroquois Park. RC: Rick Croslin, 368-4415.

Lexington Spring Circuit Race presented by Promotion Cycling. Lexington, Ky. For information, call Mark Luking at 423-7072.

Sunday, April 2 – Daylight Saving Time begins

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.

Monday, April 3

6:30 pm 25 mi. #4. **Monday Night Hill Jam**. Perkin's Deli at the intersection of Knob Creek Road and Brooks Hill Road in Bullitt County. RC: Chad Green, 291-9979.

6:00 pm 12 mi. #2. **Monday Night Recovery Ride** (RIF-RAF). St. Matthews Baptist Church, Grandview Avenue. RC: Stewart Prather, 895-9094.

Tuesday, April 4

10:00 am 30/50 mi. #3. Vettner Park. Cancelled if under 40°. RC: Jim Tretter, 491-7120.

5:45 pm 25 mi. #3. Fast Pace Tuesday Night Ride. This ride is intended for those who can maintain a 20-mph average and will not be swept. Cyclers' Café on Lexington Road. RC: Joe Sohm, 451-5152.

6:00 pm 15/25 mi. #3. Cyclers' Café on Lexington Road. RC: Barry Luckett, 810-0157.

Wednesday, April 5

9:30 am 25/50 mi. #3. E.P. "Tom" Sawyer State Park. RC: AB Sandefur, 425-9463.

6:00 pm 25 mi. #3. E.P. "Tom" Sawyer State Park. RC: Chris Williams, 231-0526.

Thursday, April 6

9:30 am 30/60 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.

6:00 pm 17/22 mi. #3. **Weeble Wobble Wibble**. E.P. "Tom" Sawyer State Park. RC: Dave King, 500-7351.

Friday, April 7

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

6:00 pm 18/24 mi. #3. **Harrison County Happy Hour**. Warm-up for your weekend with a ride over some of the best cycling roads in Southern Indiana. Wind down after ride with refreshments on Kirk and Cathy's deck in Crandall Station next to the church lot. AOG Church, 6080 Hwy 335, Crandall, Ind. RC: Kirk Roggenkamp (718-1911) and Cathy Hill (859-509-4425).

Saturday, April 8

8:00 am 50/100 mi. #3. **Urbane Century**. (TMD Stage #4). E.P. "Tom" Sawyer State Park. RC: Jon Wheat, 379-2947.

Sunday, April 9

9:00 am 60 mi. #3. **Scenic Sixty**. Memphis Truck Plaza, Memphis, Ind. RC: Melissa Hall, 812-752-3973.

10:00 am 25 mi. #2. Scheller's Fitness and Cycling, 11520 Shelbyville Road. First of four preparatory rides for the MS150 – novice riders welcome! RC: Tom Armstrong, bikeolounger@bellsouth.net or 245-1955.

2:00 pm 15/25 mi. #3. Heine Brothers' Coffee on Chenoweth Lane. RC: AB Sandefur, 425-9463.

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

Monday, April 10

6:00 pm 25 mi. #4. **Monday Night Hill Jam**. Perkin's Deli at the intersection of Knob Creek Road and Brooks Hill Road in Bullitt County. RC: Chad Green, 291-9979.

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.

April 2006 Ride & Event Schedule

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6:30 pm 12 mi. #2. **Monday Night Recovery Ride** (RIF-RAF). St. Matthews Baptist Church, Grandview Avenue. RC: Dave King, 500-7351.

Tuesday, April 11

10:00 am 33/47 mi. #3. Floyd's Fork Park. Cancelled if under 40°. RC: Jim Tretter, 491-7120.

5:45 pm 25 mi. #3. Fast Pace Tuesday Night Ride. This ride is intended for those who can maintain a 20-mph average and will not be swept. Cyclers Café on Lexington Road. RC: Joe Sohm, 451-5152.

6:00 pm 15/25 mi. #3. Cyclers Café on Lexington Road. RC: Dave King, 500-7351.

Wednesday, April 12

9:30 am 50 mi. #3. **Bernheim Ramble**. New Cut Rd. & Outer Loop. RC: Sonny Neurath, 893-2306.

6:00 pm 15/25 mi. #3. E.P. "Tom" Sawyer State Park. RC: Marilyn Minnick, 412-4224.

Thursday, April 13

9:30 am 30/65 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.

6:00 pm 15/25 mi. #3. E.P. Tom Sawyer State Park. RC: Chris Williams, 231-0526

Friday, April 14 – Good Friday

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

6:00 pm 225 mi. 4+. **Fleche**. Registration, lights, and reflective gear required. See www.rusa.org or www.bgcycling.org for details. RC: Steve Rice, 494-5288.

Saturday, April 15

10:00 am 32/50 mi. #3. **Double the Fun, Tandem Friendly**. Half bikes welcome too! Buffalo Crossing, Long Run Park. RC: Ron & Vicky Dobbs, 243-9318.

Crescent Hill Easter Parade. 10-mi. credit. RC: Kathy Schmitt, 561-4779.

Shawnee Park Criterium presented by Louisville Bicycle Club Racing Team. Louisville, Ky. For information, call Mark Luking at 423-7072.

Sunday, April 16 – Easter Sunday

9:30 am 30 mi. #3. Come ride the beautiful back roads of Shelby County. Ride starts from Kroger parking lot. Take I-64 east to Exit 35, left on KY 53, cross US 60 and Kroger will be on your left. Please gather in area near the gas station. RC: Marcie Klus, mak@ka.net, 682-3358.

2:00 pm 15/25 mi. #3. (RIF-RAF) Baptist East/Milestone Fitness & Wellness Center. 750 Cypress Station Drive. Free use of shower and pool after the ride! RC: Steve Sarson, 499-7089.

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

Monday, April 17

6:30 pm 25 mi. #4. **Monday Night Hill Jam**. Perkin's Deli at the intersection of Knob Creek Road and Brooks Hill Road in Bullitt County. RC: Chad Green, 291-9979.

6:30 pm 12 mi. #2. **Monday Night Recovery Ride** (RIF-RAF). St. Matthews Baptist Church, Grandview Avenue. RC: Vicky Dobbs, 243-9318.

Tuesday, April 18

9:00 am 30/50 mi. #3. Vettiner Park. RC: Jim Tretter, 491-7120.

5:45 pm 25 mi. #3. Fast Pace Tuesday Night Ride. This ride is intended for those who can maintain a 20-mph average and will not be swept. Cyclers Café on Lexington Road. RC: Joe Sohm, 451-5152.

6:00 pm 15/25 mi. #3. Cyclers Café on Lexington Road. RC: Chad Green, 291-9979.

Wednesday, April 19

9:30 am 30/50 mi. #3. Memphis Truck Plaza, Memphis, Ind. RC: Alison Ewart, 584-4222.

6:00 pm 15/25 mi. #3. E.P. "Tom" Sawyer State Park. RC: Marilyn Minnick, 412-4224.

Thursday, April 20

9:30 am 30/70 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

CPSC- or Snell-approved Helmets Are Required

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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.

6:00 pm 15/29 mi. #3. **Mid-Life Crisis Ride**. Iroquois Park. RC: Tim Chilton, 367-8946.

Friday, April 21

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

6:00 pm 18/24 mi. #3. **Harrison County Happy Hour**. Warm-up for your weekend with a ride over some of the best cycling roads in Southern Indiana. Wind down after ride with refreshments on Kirk and Cathy's deck in Crandall Station next to the church lot. AOG Church, 6080 Hwy 335, Crandall, Ind. RC: Kirk Roggenkamp (718-1911) and Cathy Hill (859-509-4425).

Saturday, April 22 – Earth Day

8:00 am 30/60/100 mi. #3. **Tour Dupont Mad Dog Century** (TMD Stage #6). Charlestown Middle School, 8804 High Jackson Rd., Charlestown, Ind. RC: Tim Chilton, 367-8946.

2:00 pm 15/27 mi. #3. E.P. "Tom" Sawyer State Park. RC: Linda & Terry Donovan, 254-3068.

7:30 pm 15 mi. #1. **6th Annual LBC Thunder Over Louisville**. Meet at the Distillery Commons, Lexington Rd. and Payne St. Ride to Thunder Over Louisville! Watch the fireworks in comfort and enjoy the ride back past the gridlocked cars. Lights recommended (a limited number available for lending). Secure bike parking. RC: Earl Jones, 895-4850.

Sunday, April 23

9:00 am 52 mi. #3. Clark State Forest, Henryville, Ind. RC: Melissa Hall, 812-752-3973.

10:00 am 25 mi. #3. Scheller's Fitness and Cycling, 11520 Shelbyville Road. Second of four preparatory rides for those doing the MS150. RC: Tom Armstrong, bikeolounger@bellsouth.net or 245-1955.

2:00 pm 15/25 mi. #3. Heine Brothers' Coffee on Chenoweth Lane. RC: Scott Whitehair, 538-2843.

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

Monday, April 24

6:00 pm 25 mi. #4. **Monday Night Hill Jam**. Perkin's Deli at the intersection of Knob Creek Road and Brooks Hill Road in Bullitt County. RC: Chad Green, 291-9979.

6:30 pm 12 mi. #2. **Monday Night Recovery Ride** (RIF-RAF). St. Matthews Baptist Church, Grandview Avenue. RC: Vicky Dobbs, 243-9318.

Tuesday, April 25

9:00 am 33/47 mi. #3. Floyd's Fork Park. RC: Jim Tretter, 491-7120.

5:45 pm 25 mi. #3. Fast Pace Tuesday Night Ride. This ride is intended for those who can maintain a 20-mph average and will not be swept. Cyclers' Café on Lexington Road. RC: Joe Sohm, 451-5152.

6:00 pm 15/25 mi. #3. Cyclers' Café on Lexington Road. RC: Barry Luckett, 810-0157.

Wednesday, April 26

9:00 am 35/45 mi. #3. Long Run Park. RC: AB Sandefur, 425-9463.

6:00 pm 15/25 mi. #3. **Wheeling by the Wheelmen's Bench**. Ride your oldest bike; wear your oldest jersey. Hogan's Fountain in Cherokee Park. RC: Donna Connell, 231-5853.

Thursday, April 27

9:30 am 30/70 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.

6:00 pm 15/25 mi. #3. E.P. "Tom" Sawyer State Park. RC: Barry Luckett, 810-0157.

Friday, April 28

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

Saturday, April 29

6:00 am 190 mi. #4+. **300K Brevet**. Starts in Paris, Ky. Registration, lights and reflective gear required. www.rusa.org or www.bgcycling.org. RC: Steve Rice, 494-5288.

8:00 am 30/50 mi. #3. E.P. "Tom" Sawyer State Park. RC: Steve Sarson, 499-7089.

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April 2006 Ride & Event Schedule

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Sunday, April 30

- 9:30 am 30 mi. #3. Come ride the beautiful back roads of Shelby County. Ride starts from Kroger parking lot. Take I-64 east to Exit 35, left on KY 53, cross US 60 and Kroger will be on your left. Please gather in area near the gas station. RC: Marcie Klus, mak@ka.net, 682-3358.
- 10:00 am 10 mi. #4. **King of the Mad Dog Mountain** (TMD Stage #5). Uphill Time Trial! No entry fees or licenses. Open to all LBC members. Prize to first place male and female. Perkin's Deli at intersection of Knob Creek Road and Brooks Hill Road in Bullitt County. RC: Chad Green, 291-9979.
- 11:30 am 25 mi. #3. **Mad Dog Recovery Ride**. Cool down after your leg-burning performance. Perkin's Deli at intersection of Knob Creek Road and Brooks Hill Road in Bullitt County. RC: Chad Green, 291-9979.
- 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.

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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