

## Louisville Bicycle Club

Founded in 1897 as the Louisville Wheelmen

### Wednesday, November 1

10:00 am 40 mi. #3. Iroquois Park to Mike Linnig's. RC: Betty Neurath, 893-2306.

### Saturday, November 4

10:00 am 17/40 mi. #1/#2. Slow and Easy (RIF RAF). Waterfront Park, Yellow Parking Lot. RC: Steve Anderson, 523-8592.

### Sunday, November 5

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, November 7

10:00 am 33/47 mi. #3. Floyds Fork Park. Canceled if under 40°. RC: Jim Tretter 491-7120.

### Wednesday, November 8

10:00 am 35/50 mi. #3. Essoc Parking Lot across from cement plant (in Speed, Ind). RC: Alison Ewart, 584-4222.

6:00 pm 25-mile credit. **Wednesday Night Cherokee MTB Ride.** Joint ride with KyMBA. Starts at Seneca Tennis Courts (Pee Wee Reese side). Ride is swept with frequent stops — great for first timers. Ride is weather permitting. RC: Scott Metzroth, 964-8241.

### Saturday, November 11 – Veterans Day

10:00 am 17/40 mi. #1/#2. Slow and Easy (RIF RAF). Waterfront Park, Yellow Parking Lot. RC: Steve Montgomery, 367-7103.

### Sunday, November 12

10:00 am 10-mile credit. #1. **2007 Tour de Mad Dog Prologue.** Six-mile time trial. Open to all club members. No licenses or fees required. Prizes to first male and first female. Floyd's Fork Park. Registration 8:45–9:45. First rider off at 10:00. RC: David King, 500-7351.

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.

### Tuesday, November 14

10:00 am 50 mi. #3. Long Run Park. Canceled if under 40°. RC: Jim Tretter 491-7120.

### Wednesday, November 15

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

6:00 pm 25-mile credit. **Wednesday Night Cherokee MTB Ride.** Joint ride with KyMBA. Starts at Seneca Tennis Courts (Pee Wee Reese side). Ride is swept with frequent stops — great for first timers. Ride is weather permitting. RC: Scott Metzroth, 964-8241.

### Saturday, November 18

10:00 am 17/40 mi. #1/#2. Slow and Easy (RIF RAF). Waterfront Park, Yellow Parking Lot. RC: Scott Whitehair, 538-2843.

### Sunday, November 19

2:00 pm 15/25 mi. #3. Baptist East/Milestone Fitness & Wellness Center (RIF RAF). 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, November 21

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

### Wednesday, November 22

10:00 am 35 mi. #2. Iroquois Park. RC: Sonny Neurath, 893-2306.

6:00 pm 25-mile credit. **Wednesday Night Cherokee MTB Ride.** Joint ride with KyMBA. Starts at Seneca Tennis Courts (Pee Wee Reese side). Ride is swept with frequent stops — great for first timers. Ride is weather permitting. RC: Scott Metzroth, 964-8241.

### Thursday, November 23 – Thanksgiving Day

No rides

### Saturday, November 25

10:00 am 17/40 mi. #1/#2. Slow and Easy (RIF RAF). Waterfront Park, Yellow Parking Lot. RC: Steve Anderson, 523-8592.

### 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.

# November 2006 Ride & Event Schedule

## Louisville Bicycle Club

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### Sunday, November 26

8:00 am 30/60/100 mi. #3. **Dishonest Abe Mad Dog Century** (TMD Stage #1). Iroquois Park. RC: David King, 500-7351

2:00 pm 15/25 mi. #3. Heine Brothers' Coffee on Chenoweth Lane. RC: Stewart Prather, 584-1135.

3:00 pm 30 mi. #3. E.P. "Tom" Sawyer State Park. RC: Dick Williams, 584-1135.

### Tuesday, November 28

10:00 am 40 mi. #3. Vettiner Park. Canceled if under 40°. RC: Jim Tretter, 491-7120.

### Wednesday, November 29

10:00 am 40 mi. #3. Long Run Park to Claudia Sanders. RC: AB Sandefur, 425-9463.

6:00 pm 25-mile credit. **Wednesday Night Cherokee MTB Ride**. Joint ride with KyMBA. Starts at Seneca Tennis Courts (Pee Wee Reese side). Ride is swept with frequent stops — great for first timers. Ride is weather permitting. RC: Scott Metzroth, 964-8241.

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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