

December 2006 Ride & Event Schedule

Louisville Bicycle Club

Founded in 1897 as the Louisville Wheelmen

Saturday, December 2

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

Sunday, December 3

8:00 am 100 mi. #3. **Campbellsburg Century**. Start at Finley Firehouse, Scottsburg, Ind. I-65 to Scottsburg exit, west on Hwy. 56. Finley Firehouse (white block building) is on your right in about 3 miles. Parking is behind the firehouse. Please don't block firehouse doors. RC: Melissa "Puddle" Hall, lissah45@yahoo.com, 812-752-3973.

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 Park. RC: Dick Williams, 426-4844.

Tuesday, December 5

11:00 am 32 mi. #3. Long Run Park. Canceled if under 40°. RC: Jim Tretter 491-7120.

7:00 pm **Trainer Tour** (20-mile credit). Bring your bike and trainers (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 Rd. \$1/night or \$10/year fee required. RC: A.B. Sandefur, 425-9463.

Wednesday, December 6

10:00 am 20/30/50 mi. #3. Love Truck Plaza (Memphis, Ind). 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.

Thursday, December 7

7:00 pm **Trainer Tour** (20-mile credit). Bring your bike and trainers (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 Rd. \$1/night or \$10/year fee required. RC: A.B. Sandefur, 425-9463.

Saturday, December 9

8:00 am 30/60/100 mi. #3. **Willisburg Mad Dog Century** (TMD Stage #2). Vettiner Park. RC: David King, 500-7351.

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

Sunday, December 10

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, December 12

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

7:00 pm **Trainer Tour** (20-mile credit). Bring your bike and trainers (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 Rd. \$1/night or \$10/year fee required. RC: A.B. Sandefur, 425-9463.

Wednesday, December 13

10:00 am 45 mi. #3 Long Run Park to Simpsonville. 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.

Thursday, December 14

7:00 pm **Trainer Tour** (20-mile credit). Bring your bike and trainers (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 Rd. \$1/night or \$10/year fee required. RC: A.B. Sandefur, 425-9463.

Saturday, December 16

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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- 10:00 am 17/40 mi. #1/#2. Slow and Easy (RIF RAF). Waterfront Park, Yellow Parking Lot. RC: Steve Anderson, 523-8592.
- Sunday, December 17**
- 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, December 19**
- 11:00 am 32 mi. #3. Long Run Park. Canceled if under 40°. RC: Jim Tretter, 491-7120.
- 7:00 pm **Trainer Tour** (20-mile credit). Bring your bike and trainers (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 Rd. \$1/night or \$10/year fee required. RC: A.B. 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.
- Wednesday, December 20**
- 10:00 am 40 mi. #3. Graceland Baptist Church (3600 Kamer Miller Rd., New Albany, Ind). Canceled if under 40°. RC: Alison Ewart, 584-4222.
- Saturday, December 23**
- 10:00 am 17/40 mi. #1/#2. Slow and Easy (RIF RAF). Waterfront Park, Yellow Parking Lot. RC: Steve Montgomery, 367-7103.
- Sunday, December 24**
- 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, 426-4844.
- Wednesday, December 27**
- 10:00 am 30 mi. #3 Arby's in Sellersburg, Ind. Canceled if under 40°. 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.
- Saturday, December 30**
- 10:00 am 17/40 mi. #1/#2. Slow and Easy (RIF RAF). Waterfront Park, Yellow Parking Lot. RC: Scott Whitehair, 538-2843.
- Sunday, December 31**
- 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, 426-4844.
- Monday, January 1, 2007 – New Year's Day**
- 11:00 am **Polar Bear Ride and Potluck**. (RIF RAF) Help us ring in the New Year! 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. Broadway Baptist Church, 4000 Brownsboro Rd. RC: A.B. Sandefur, 425-9463.

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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