

Louisville Bicycle Club

Founded in 1897 as the Louisville Wheelmen

Monday, January 1 – Happy New Year!

- 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.
- 12:00 pm **Fourth 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. Broadway Baptist Church, 4000 Brownsboro Rd.
- 1:00 pm **General Membership Meeting** following lunch. Broadway Baptist Church, 4000 Brownsboro Rd.

Tuesday, January 2

- 11:00 am 33/47 mi. #3. Floyd's 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, January 3

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

Thursday, January 4

- 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: Donna Connell, 231-5853.

Saturday, January 6

- 10:00 am 17/40 mi. #1/#2. Slow and Easy (RIF RAF). Waterfront Park, Yellow Parking Lot. Check forum prior to ride for update. RC: Scott Howes, 445-8201.

Sunday, January 7

- 8:00 am 100 mi. #3+. **Quest for Bethlehem.** Ride starts at Clark State Forest, Henryville, Ind. I-65 N to Henryville exit. Right (east) off exit to stop sign. Left (north) Hwy. 31 N. The Forest is on the left within one mile. 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 State Park. RC: Dick Williams, 426-4844.

Tuesday, January 9

- 11:00 am 40 mi. #3. Vettiner 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, January 10

- 10:00 am 35 mi. #3. Iroquois Park. Ride canceled if below 40°. RC: Sonny Neurath, 893-2306.

Thursday, January 11

- 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: Donna Connell, 231-5853.

Saturday, January 13

- 10:00 am 17/40 mi. #1/#2. Slow and Easy (RIF RAF). Waterfront Park, Yellow Parking Lot. RC: Steve Montgomery, 367-7103.
- 2:00 pm 10/15/25 mi. #3. Crestwood Station Shopping Center, KY 146, Crestwood, Ky. RC: Kevin Jones, 599-1981.

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.

January 2007 Ride & Event Schedule

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Sunday, January 14

- 8:00 am 100 mi. #3+. **Grasshopper Century.** Floyd's Fork Park. Yes, a green Grasshopper can be blue in the winter. Only extreme cold or traction issues will cancel this ride. Dress accordingly and be sure of your fitness. RC: Dick Krakowski, 637-3172, dkbikes@insightbb.com.
- 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, January 16

- 11:00 am 33/47 mi. #3. Floyd's 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, January 17

- 10:00 am 30 mi. #2. Falls of the Ohio, Jeffersonville, Ind. Ride canceled if below 40°. RC: Alison Ewart, 584-4222.

Thursday, January 18

- 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: Donna Connell, 231-5853.

Saturday, January 20

- 10:00 am 17/40 mi. #1/#2. Slow and Easy (RIF RAF). Waterfront Park, Yellow Parking Lot. RC: Scott Howes, 445-8201.
- 10:00 am 57 mi. #3. Prospect Point Shopping Center. RC: Dick Rauh, 896-1290.

Sunday, January 21

- 10:00 am 60 mi. #3. **Scenic 60-Miler.** Ride start at Love's Travel Plaza, Memphis, Ind. RC: Melissa "Puddle" Hall, lissah45@yahoo.com, 812-752-3973.
- 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.

Monday, January 22

- 4:00 pm 12 mi. #2. **Chilly Recovery Ride.** St Matthews Baptist Church. Keep a little winter fitness going. Will cancel if extreme weather conditions exist. RC: Dick Krakowski, 637-3172, dkbikes@insightbb.com.

Tuesday, January 23

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

Wednesday, January 24

- 10:00 am 30 mi. #3. E.P. "Tom" Sawyer State Park. RC: A.B. Sandefur, 425-9463.

Thursday, January 25

- 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, January 27

- 10:00 am 17/40 mi. #1/#2. Slow and Easy (RIF RAF). Waterfront Park, Yellow Parking Lot. RC: Steve Anderson, 523-8592
- 6:00 pm **LBC Annual Awards Banquet.** Big Springs Country Club. Celebrate another great year of cycling and cheer on your friends (or yourself!) as the Touring and Volunteer Awards are announced. This is also the Annual Meeting where the club officers for 2007 are elected.

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Sunday, January 28

8:00 am 30/60/100 mi. #3. **Willisburg Mad Dog Century** (TMD Stage #3). Vettiner 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, 426-4844.

Tuesday, January 30

11:00 am 40 mi. #3. Vettiner 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, January 31

10:00 am 20/30/50 mi. #3. Love's Travel Plaza, Memphis, Ind. 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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