

March 2007 Ride & Event Schedule

Louisville Bicycle Club

Founded in 1897 as the Louisville Wheelmen

Thursday, March 1

9:30 am 40 mi. #3. Westport Park through Sulphur. RC: Larry Preble, 222-7551, kycyclist@preble.net.

Saturday, March 3

6:00 am 187 mi. #4+. **300K Brevet**. Days Inn Hotel, Shelbyville, Ky. This is located just north of I-64 Exit 32 (Hwy 55). These brevets are timed non-competitive events and will not be swept. Lights, reflective gear and registration are required. Please see the Bluegrass Cycling Club's brevet page or contact Steve Rice at srice@nsightbb.com or 502-494-5288 for details.

9:00 am 38/54 mi. #3. **"Get Off the Porch" Endurance Training Series**, North Harrison Middle School, Ramsey, Ind. RC: Kirk Roggenkamp, 718-1911, anchordog@nsightbb.com & Cathy Hill, 859-509-4425.

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

10:00 am **L'Esprit Road Race**, LaGrange, Ky. Registration opens at 10:00 am, first race starts at noon. For more details visit: www.kyanaseries.com.

Sunday, March 4

8:00 am 56/100 mi. #3+. **Carl's Maple Syrup Ride, Again** ;-). Starts under the Second Street Bridge in Jeffersonville. The 56-mile ride is one way and goes only to the festival. You are responsible for having someone meet you at the festival and bring you home. While we don't mind sweeping, please be sure you can maintain a pace to allow us to get in prior to dusk. RCs: Dick "Grasshopper" Krakowski, 637-3172, dkbi kes@nsightbb.com, and Melissa "Puddle" Hall, 812-752-3973, lissah@yahoo.com. Web site for the festival is www.lmsugarbush.com.

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, March 6

11:00 am 30 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, March 7

10:00 am 40 mi. #3. Graceland Baptist Church, New Albany, Ind. Canceled if below 40°. RC: Alison Ewart, 584-4222.

5:00 pm 26 mi. #2. **"Get Off the Porch" Endurance Training Series**, North Harrison Middle School, Ramsey, Ind. RC: Kirk Roggenkamp, 718-1911, anchordog@nsightbb.com & Cathy Hill, 859-509-4425.

Thursday, March 8

9:30 am 45 mi. #3. Westport Park through Bedford. RC: Larry Preble, 222-7551, kycyclist@preble.net.

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, March 10

Texas Hell Week. RC: Dave King, 500-7351.

9:00 am 43/59 mi. #3. **"Get Off the Porch" Endurance Training Series**, North Harrison Middle School, Ramsey, Ind. RC: Kirk Roggenkamp, 718-1911, anchordog@nsightbb.com & Cathy Hill, 859-509-4425.

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

10:00 am **Henryville Classic Road Race**, Henryville High School. Registration opens at 10:00 am, first race starts at noon. For more details visit: www.kyanaseries.com.

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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Sunday, March 11 – Daylight Saving Time begins

Texas Hell Week. RC: Dave King, 500-7351.

9:00 am 50 mi. #3+. **Straight Shot to Salem.** Floyd Central High School. I-64 West to US 150W (Greenville-Paoli exit), left on Old Vincennes Road. RC: Tim Chilton, 367-8946.

2:00 pm 15/25 mi. #3. Heine Brothers' Coffee on Chenoweth Lane. RC: Eric Sellers, 216-8248.

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

Monday, March 12

Texas Hell Week. RC: Dave King, 500-7351.

Tuesday, March 13

Texas Hell Week. RC: Dave King, 500-7351.

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

5:30 pm 26 mi. #3. Silver Creek High School, Sellersburg, Ind. Yellow Arrow route, joint ride with SIW club, dual mileage not allowed. RC: Kirk Roggenkamp, 718-1911, anchor@insightbb.com & Cathy Hill, 859-509-4425.

Wednesday, March 14

Texas Hell Week. RC: Dave King, 500-7351.

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

5:30 pm 26 mi. #2. **"Get Off the Porch" Endurance Training Series**, North Harrison MS, Ramsey, Ind. RC: Kirk Roggenkamp, 718-1911, anchor@insightbb.com & Cathy Hill, 859-509-4425.

Thursday, March 15

Texas Hell Week. RC: Dave King, 500-7351.

9:30 am 50 mi. #3. Long Run Park to Eminence. RC: Larry Preble, 222-7551, kyccyclist@preble.net.

Friday, March 16

Texas Hell Week. RC: Dave King, 500-7351.

6:00 pm 12 mi. #2. **Weekend Tune-up and Fun Ride** (RIF RAF). St. Matthews Baptist Church. RC: Scott Howes, 445-8201.

Saturday, March 17

Texas Hell Week. RC: Dave King, 500-7351.

Bike Florida. RC: Stewart Prather, 895-9094.

9:00 am 49/65 mi. #3. **"Get Off the Porch" Endurance Training Series**, North Harrison MS, Ramsey, Ind. RC: Kirk Roggenkamp, 718-1911, anchor@insightbb.com & Cathy Hill, 859-509-4425.

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

11:00 am Green River Road Race, Columbia, Ky. Purdy Separate Baptist Church, Hwy 206. Registration opens at 10:00 a.m. (central time), first race starts at noon. For more details visit: www.kyanaseries.com.

Sunday, March 18

Bike Florida. RC: Stewart Prather, 895-9094.

10:00 am 30/60 mi. #3. Floyd's Fork Park. RC: Barry Lockett, 810-0157.

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.

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

Monday, March 19

Bike Florida. RC: Stewart Prather, 895-9094.

6:00 pm 12 mi. #2. **Recovery Ride** (RIF RAF). St. Matthews Baptist Church. RC: Chad Green, 291-9979.

6:30 pm **LAB Road 1 Adult Bicycling Skills Course** (Session 1.1). Class will start promptly at 6:30 PM! \$20.00 fee covers all four sessions, materials, and Certificate of Completion from the League of American Bicyclists. Must complete all four parts to receive certificate. To register, contact Bicycling for Louisville at info@bicyclingforlouisville.org or 582-1814. Mention that you want to sign up for Road 1 and give your name, daytime telephone number, email address, and

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the Road 1 class schedule you choose. Classes will be at the Air Pollution Control District Board Room, 850 Barret Ave. (corner of Barret Ave. & Breckinridge St.).

Tuesday, March 20

Bike Florida. RC: Stewart Prather, 895-9094.

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

5:30 pm 26 mi. #3. Silver Creek High School, Sellersburg, Ind. Yellow Arrow route. Joint ride with SIW club, no dual mileage credit allowed. RC: Kirk Roggenkamp, 718-1911, anchor dog@insightbb.com & Cathy Hill, 859-509-4425.

Wednesday, March 21

Bike Florida. RC: Stewart Prather, 895-9094.

10:00 am 45 mi. #3. Long Run Park. RC: AB Sandefur, 425-9463.

5:30 pm 26 mi. #2. **"Get Off the Porch" Endurance Training Series**, North Harrison MS, Ramsey, Ind. RC: Kirk Roggenkamp, 718-1911, anchor dog@insightbb.com & Cathy Hill, 859-509-4425.

6:00 pm 15/25 mi. #3. Floyd's Fork Park. RC: Chad Green, 291-9979.

Thursday, March 22

Bike Florida. RC: Stewart Prather, 895-9094.

9:30 am 50 mi. #3. Westport Park. RC: Larry Preble, 222-7551, kycyclist@preble.net.

6:30 pm **LAB Road 1 Adult Bicycling Skills Course** (Session 2.1). Class will start promptly at 6:30 PM! \$20.00 fee covers all four sessions, materials, and Certificate of Completion from the League of American Bicyclists. Must complete all four parts to receive certificate. To register, see information on March 19.

Friday, March 23

Bike Florida. RC: Stewart Prather, 895-9094.

6:00 pm 12 mi. #2. **Weekend Tune-up and Fun Ride** (RIF RAF). St. Matthews Baptist Church. RC: Scott Howes, 445-8201.

Saturday, March 24

8:00 am 30/60/100 mi. #3+. **Lawrenceburg Loop** (TMD Stage #5). Start at the Shelbyville McDonald's. I-64 to Exit 35 North (Hwy 53). RC: Steve Rice, 494-5288.

9:00 am **LAB Road 1 Adult Bicycling Skills Course** (Session 1.2). Class will start promptly at 9:00 AM! \$20.00 fee covers all four sessions, materials, and Certificate of Completion from the League of American Bicyclists. Must complete all four parts to receive certificate. To register, see information on March 19.

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

10:00 am **Clark State Forest Circuit Race**, Henryville, Ind. Registration opens at 10:00 am, first race starts at 11:00 am. For more details visit: www.kyanaseries.com.

Sunday, March 25

9:00 am 30/60-mi #3. **Chat 'n' Nibble**. E.P. "Tom" Sawyer State Park. RC: Tim Chilton, 367-8946.

9:00 am 59/75 mi. #3. **"Get Off the Porch" Endurance Training Series**, North Harrison MS, Ramsey, Ind. RC: Kirk Roggenkamp, 718-1911, anchor dog@insightbb.com & Cathy Hill, 859-509-4425.

2:00 pm 15/25 mi. #3. Heine Brothers' Coffee on Chenoweth Lane. RC: Stewart Prather, 895-9094.

2:00 pm **LAB Road 1 Adult Bicycling Skills Course** (Session 2.2). Class will start promptly at 2:00 PM! \$20.00 fee covers all four sessions, materials, and Certificate of Completion from the League of American Bicyclists. Must complete all four parts to receive certificate. To register, see information on March 19.

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

Monday, March 26

6:00 pm 12 mi. #2. **Recovery Ride** (RIF RAF). St. Matthews Baptist Church. RC: Dick Krakowski, 637-3172, dkbi kes@insightbb.com.

6:30 pm **LAB Road 1 Adult Bicycling Skills Course** (Session 1.3). Class will start promptly at 6:30 PM! \$20.00 fee covers all four sessions, materials, and Certificate of Completion from the League of

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American Bicyclists. Must complete all four parts to receive certificate. To register, see information on March 19.

Tuesday, March 27

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

5:30 pm 26 mi. #3. Silver Creek High School, Sellersburg, Ind. Yellow Arrow route, joint ride with SIW club, and no dual mileage credit allowed. RC: Kirk Roggenkamp, 718-1911, anchordog@insightbb.com & Cathy Hill, 859-509-4425.

Wednesday, March 28

10:00 am 30 mi. #2. Arby's in Sellersburg, Ind. (canceled if below 40°) RC: Sonny Neurath, 893-2306.

5:30 pm 26 mi. #2. **"Get Off the Porch" Endurance Training Series**, North Harrison MS, Ramsey, Ind. RC: Kirk Roggenkamp, 718-1911, anchordog@insightbb.com & Cathy Hill, 859-509-4425.

6:00 pm 15/25 mi. #3. Bluegrass Brewing Company (BBC). Park in the old Bacon's parking lot. RC: Scott Howes, 445-8201.

Thursday, March 29

9:30 am 57 mi. #3. Long Run Park to Bagdad. RC: Larry Preble, 222-7551, kycyclist@preble.net.

6:30 pm **LAB Road 1 Adult Bicycling Skills Course** (Session 2.3). Class will start promptly at 6:30 PM! \$20.00 fee covers all four sessions, materials, and Certificate of Completion from the League of American Bicyclists. Must complete all four parts to receive certificate. To register, see information on March 19.

Friday, March 30

1:30 pm 15/25 mi. #3. E.P. "Tom" Sawyer State Park. RC: Ron & Vicky Dobbs, 243-9318.

6:00 pm 12 mi. #2. **Weekend Tune-up and Fun Ride** (RIF RAF). St. Matthews Baptist Church. RC: Scott Howes, 445-8201.

Saturday, March 31

4:00 am 249 mi. #4+. **400K Brevet**. Days Inn Hotel, Shelbyville, Ky. This is located just north of I-64 Exit 32 (Hwy 55). These brevets are timed non-competitive events and will not be swept. Lights, reflective gear and registration are required. Please see the Bluegrass Cycling Club's brevet page or contact Steve Rice at srice@insightbb.com or 502-494-5288 for details.

8:00 am 30/50/60 mi. #3. **Rick's 2nd Annual 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.

8:00 am 66/82 mi. #3. **"Get Off the Porch" Endurance Training Series**, North Harrison MS, Ramsey, Ind. RC: Kirk Roggenkamp, 718-1911, anchordog@insightbb.com & Cathy Hill, 859-509-4425.

9:00 am **LAB Road 1 Adult Bicycling Skills Course** (Session 1.4). Class will start promptly at 6:30 PM! \$20.00 fee covers all four sessions, materials, and Certificate of Completion from the League of American Bicyclists. Must complete all four parts to receive certificate. To register, see information on March 19.

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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