

April 2007 Ride & Event Schedule

Louisville Bicycle Club

Founded in 1897 as the Louisville Wheelmen

Sunday, April 1

2:00 pm **LAB Road 1 Adult Bicycling Skills Course** (Session 2.4). 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, contact Bicycling for Louisville at info@bicyclingforlouisville.org or 582-1814, leave your name, daytime telephone number, email address, and the Road 1 class schedule you choose. Classes will be at the New Directions Housing Corp, 1000 E. Liberty St., at the eastern end of E. Liberty St.

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 2

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

Tuesday, April 3

11:00 am 40 mi. #3. Vettiner 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. RC: Kirk Roggenkamp, 718-1911, anchordog@insightbb.com & Cathy Hill, 859-509-4425.

6:00 pm 15/25 mi. #3. **Tuesday Night Ride**. Bluegrass Brewing Company (BBC). Park in the old Bacon's parking lot. RC: Chad Green, 291-9979.

Wednesday, April 4

9:30 am 30/60 mi. #3. E.P. "Tom" Sawyer State Park. RC: Dick Williams, 426-4844.

5:30 pm 26/32 mi. #2/#3. **"Get Off the Porch" Endurance Training Series**. North Harrison MS, Ramsey, Ind. RC: Kirk Roggenkamp, 718-1911, & Cathy Hill, 859-509-4425.

6:00 pm 15/22 mi. #3. E.P. "Tom" Sawyer State Park. RC: Dave King, 500-7351.

Thursday, April 5

9:30 am 55 mi. #3. Westport Park to Eminence. RC: Larry Preble, 222-7551, kycyclist@preble.net.

6:00 pm 15/25 mi. #3. Charlie Vettiner Park. RC: Steve Sexton, 239-8521.

Friday, April 6

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

Saturday, April 7

8:00 am 50/100 mi. #3. **Urbane Century**. (TMD Stage #5). E.P. "Tom" Sawyer State Park. RC: David R. King, 500-7351.

10:00 am 25 mi. #3. **MS-150 Prep**, Floyd's Fork Park. RC: Tom Armstrong, 253-1746.

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

12 noon **Fallen Heroes Circuit Race**, Iroquois Park. First race starts at noon. For more details visit: www.kyanaseries.com

Sunday, April 8 – Easter

9:00 am 42/56 mi. #3. **Ostrich Hill Ride**. Thurman-Hutchins Park. 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.

4:00 pm **Touring Committee Meeting**, Heine Brothers' Coffee on Chenoweth Lane.

Monday, April 9

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

Tuesday, April 10

11:00 am 33/47 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. RC: Kirk Roggenkamp, 718-1911, anchordog@insightbb.com & Cathy Hill, 859-509-4425.

6:00 pm 15/25 mi. #3. Tuesday Night Ride. Bluegrass Brewing Company (BBC). Park in the old Bacon's parking lot. RC: Donna Connell.

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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Wednesday, April 11

- 9:30 am 25/50 mi. #3. Love's Truck Plaza, Memphis, Ind. (ride canceled if below 40°) RC: Alison Ewart, 584-4222.
- 5:30 pm 26/32 mi. #2/#3. **"Get Off the Porch" Endurance Training Series**, North Harrison MS, Ramsey, Ind. RC: Kirk Roggenkamp, 718-1911, & Cathy Hill, 859-509-4425.
- 6:00 pm 10/15/25 mi. #3. Crestwood Station Shopping Center, Hwy 146, Crestwood, Ky. 10&15-mile rides will be almost entirely on secondary roads. RC: Kevin Jones, 599-1981.

Thursday, April 12

- 9:30 am 60 mi. #3. Long Run Park to Sulphur. RC: Larry Preble, 222-7551, kycyclist@preble.net.
- 6:00 pm 15/25 mi. #3. Charlie Vettiner Park. RC: Steve Sexton, 239-8521.

Friday, April 13

- 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, April 14

- 10:00 am 40 mi. #3. Houchens Grocery in Mt. Washington. RC: Scott Whitehair, 303-2949.
- 2:00 pm 25 mi. #3. E.P. "Tom" Sawyer State Park. RC: Linda & Terry Donovan, 254-3068

Sunday, April 15

- 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.
- 8:30 am **Navy Week Criterium**, Brook and Witherspoon St. Registration opens at 8:30 am, first race starts at 10:00 am. For more details visit: www.kyanaseries.com.
- 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 16

- 6:00 pm 12 mi. #2. **Recovery Ride** (RIF RAF). St. Matthews Baptist Church. RC: Steve Anderson, 523-8592.

Tuesday, April 17

- 11:00 am 50 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. RC: Kirk Roggenkamp, 718-1911, anchordog@insightbb.com & Cathy Hill, 859-509-4425.
- 6:00 pm 15/25 mi. #3. **Tuesday Night Ride**. Bluegrass Brewing Company (BBC). Park in the old Bacon's parking lot. RC: Dick Rauh, 896-1290.

Wednesday, April 18

- 9:30 am 25/50 mi. #3. E.P. "Tom" Sawyer State Park. RC: AB Sandefur, 425-9463.
- 6:00 pm 15/30 mi. #3. McNeely Lake Park (park across the street at Wilt Elementary School). RC: Barry Luckett, 810-0157.

Thursday, April 19

- 9:30 am 55 mi. #3. Westport Park to Campbellsburg. RC: Larry Preble, 222-7551, kycyclist@preble.net.
- 6:00 pm 15/25 mi. #3. Charlie Vettiner Park. RC: Steve Sexton, 239-8521.

Friday, April 20

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

Saturday, April 21

- 4:00 am 373 mi. #4+. **600K 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.
- 9:00 am 30/60 mi. #3. E.P. "Tom" Sawyer State Park. RC: Barry Luckett, 810-0157.

CPSC- or Snell-approved Helmets Are Required

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- 10:00 am **Lexington Spring Circuit Race**, Lexington, Ky. Registration opens at 8:30 am, first race starts at 10:00 am. For more details visit: www.kyanaseri.es.com.
- 7:30 pm 15 mi. #1. **7th Annual LBC Thunder Over Louisville**. Meet at 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 provided by the City of Louisville. RC: Earl Jones, 895-4850.
- Sunday, April 22**
- 10:00 am 25 mi. #3. **MS-150 Prep**, Floyd's Fork Park. RC: Tom Armstrong, 253-1746.
- 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 23**
- 6:00 pm 12 mi. #2. **Recovery Ride** (RIF RAF). St. Matthews Baptist Church. RC: Scott Howes, 445-8201.
- Tuesday, April 24**
- 10:00 am 33/47 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, no dual mileage credit. RC: Kirk Roggenkamp, 718-1911.
- 6:00 pm 15/25 mi. #3. **Tuesday Night Ride**. Bluegrass Brewing Company (BBC). Park in the old Bacon's parking lot. RC: Dick Rauh, 896-1290.
- Wednesday, April 25**
- 9:00 am 40 mi. #3. Edwardsville Park, Edwardsville, Ind. RC: Sonny Neurath, 893-2306.
- 6:00 pm 17/26 mi. #3. E.P. "Tom" Sawyer State Park. RC: David King, 500-7351.
- Thursday, April 26**
- 9:30 am 55 mi. #3. Westport Park to New Castle. RC: Larry Preble, 222-7551, kycyclist@preble.net.
- 6:00 pm 15/25 mi. #3. Charlie Vettiner Park. RC: Steve Sexton, 239-8521.
- Friday, April 27**
- 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, April 28**
- 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.
- Sunday, April 29**
- 9:00 am 15/25 mi. #3. **Bring Home the Bacon Ride**. Twig and Leaf, Bardstown Rd. at Douglass Blvd. RC: Scott Howes, 445.8201
- 2:00 pm 15/25 mi. #3. Heine Brothers' Coffee on Chenoweth Lane. RC: Stewart Prather, 895-9094.
- 3:00 pm 30 mi. #3. E.P. "Tom" Sawyer State Park. RC: Dick Williams, 426-4844.
- Monday, April 30**
- 6:00 pm 12 mi. #2. **Recovery Ride** (RIF RAF). St. Matthews Baptist Church. RC: Scott Howes, 445-8201.

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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