

## Louisville Bicycle Club

Founded in 1897 as the Louisville Wheelmen

### Thursday, November 1

10:30 am 40 mi. #3. Shelbyville Kroger. Take I-64 east to exit 35, then left on KY 53, cross US 60. Kroger is on your left. Park near gas station. RC: Susan Howell, 724-1136.

### Saturday, November 3

8:00 am 100 mi. #3. **Medora in November**. Ride start at Clark State Forest in Henryville, Ind. RC: Melissa "Puddle" Hall, 812-752-3973. E-mail: lissah45@yahoo.com.

10:00 am 17/35 mi. #1/#2. **Slow and Easy** (RIF RAF). Waterfront Park, Yellow Lot. RC: Laura Trachtenberg, 905-1365.

### Sunday, November 4 — Daylight Saving Time ends

8:30 am 35 mi. #2. **My Louisville Ride**. Each ride features a different route and cue sheets may not be available. Old Winn-Dixie parking lot at Breckenridge Lane and Dutchman's Lane between Home Depot and Books A Million. RC: Scott Howes, 445-8201.

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, November 5

7:00 pm 14 mi. #2. **Monday Night Recovery Ride**. Lights required front/rear. Meet at Heine Brothers Coffee on Chenoweth Ln. RC: Scott Howes, 445-8201.

### Tuesday, November 6

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

### Wednesday, November 7

10:00 am 30/50 mi. #3. Iroquois Park to Mike Linnig's. RC: Vicky Dobbs, 243-9318.

### Thursday, November 8

10:30 am 40 mi. #3. Shelbyville Kroger. Take I-64 east to exit 35, then left on KY 53, cross US 60. Kroger is on your left. Park near gas station. RC: Susan Howell, 724-1136.

### Saturday, November 10

8:00 am 100 mi. #3. **Monkey's Eyebrow Century**. Great Escape Movie Theater, 250 Brighton Circle, Shelbyville, Ky. RC: Steve Royse, 859-873-2141.

10:00 am 17/35 mi. #1/#2. **Slow and Easy** (RIF RAF). Waterfront Park, Yellow Lot. RC: George Cooper, 499-1652.

### Sunday, November 11

8:30 am 55 mi. #3. **My Louisville Ride**. Each ride features a different route and cue sheets may not be available. Old Winn-Dixie parking lot at Breckenridge Lane and Dutchman's Lane between Home Depot and Books A Million. RC: Scott Howes, 445-8201.

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.

### Tuesday, November 13

10:00 am 40/48 mi. #3. Vettiner Park. Canceled if under 40°. RC: Jim Tretter, 491-7120.

### Wednesday, November 14

10:00 am 40 mi. #3. Love's Truck Plaza, Memphis, Ind. to Scottsburg. RC: Alison Ewart, 584-4222.

### Thursday, November 15

10:30 am 40 mi. #3. Shelbyville Kroger. Take I-64 east to exit 35, left on KY 53, cross US 60. Kroger is on your left. Park near gas station. RC: Susan Howell, 724-1136.

### Saturday, November 17

10:00 am 17/35 mi. #1/#2. **Slow and Easy** (RIF RAF). Waterfront Park, Yellow Lot. RC: A.B. Sandefur, 425-9463.

### Sunday, November 18

8:30 am 35 mi. #2. **My Louisville Ride**. Each ride features a different route and cue sheets may not be available. Old Winn-Dixie parking lot at Breckenridge Lane and Dutchman's Lane between Home Depot and Books A Million. RC: Scott Howes, 445-8201

### 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 2007 Ride & Event Schedule

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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 20

11:00 am 40/58 mi. #3. Floyd's Fork Park. Canceled if under 40°. RC: Jim Tretter, 491-7120.

### Wednesday, November 21

10:00 am 30/50 mi. #3. E.P. "Tom" Sawyer State Park. RC: Dick Williams, 426-4844.

### Saturday, November 24

9:00 am 60 mi. #3. **Scenic Sixty**. Ride start at Memphis, Ind., truck stop. RC: Melissa "Puddle" Hall, 812-752-3973. E-mail: [liissah45@yahoo.com](mailto:liissah45@yahoo.com).

10:00 am 17/35 mi. #1/#2. **Slow and Easy** (RIF RAF). Waterfront Park, Yellow Lot. RC: Scott Whitehair, 303-2949.

### Sunday, November 25

8:30 am 55 mi. #3. **My Louisville Ride**. Each ride features a different route and cue sheets may not be available. Old Winn-Dixie parking lot at Breckenridge Lane and Dutchman's Lane between Home Depot and Books A Million. 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, November 26

7:00 pm 14 mi. #2. **Monday Night Recovery Ride**. Lights required front/rear. Meet at Heine Brothers' Coffee on Chenoweth Ln. RC: Scott Howes, 445-8201.

### Tuesday, November 27

11:00 am 50 mi. #3. Long Run Park. Canceled if under 40°. RC: Jim Tretter, 491-7120.

### Wednesday, November 28

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

### Thursday, November 29

10:30 am 40 mi. #3. Shelbyville Kroger. Take I-64 east to exit 35, left on KY 53, cross US 60. Kroger is on your left. Park near gas station. RC: Susan Howell, 724-1136.

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.

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