

December 2007 Ride & Event Schedule

Louisville Bicycle Club

Founded in 1897 as the Louisville Wheelmen

Saturday, December 1

9:00 am 25/60 mi. #3. Cherokee Park, Hogan's Fountain. **Fairly Fixie-Friendly Ride.** All bikes welcome. The course is intended to be semi-rolly. RC: David King, 500-7351.

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

Sunday, December 2

8:00 am 100 mi. #3+. **Puddle's Christmas Breakfast Campbellsburg Century.** Pre-ride breakfast provided if you e-mail. Ride start at Finley Firehouse in Scottsburg. Due to early darkness, riders need to be able to maintain a minimum 14.5 mph riding average. RC: Melissa "Puddle" Hall, 812-752-3973. E-mail: lissah45@yahoo.com.

2:00 pm 15/25 mi. #3. Heine Brothers' Coffee on Chenoweth Lane. RC: Connie Guild, 608-7758.

Tuesday, December 4

11:00 am 30/40 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. 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 5

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

Thursday, December 6

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 8

10:00 am 17/35 mi. #1/#2. **Slow and Easy** (RIF RAF). Waterfront Park, Yellow Lot. RC: Eric Sellers, 216-8248.

Sunday, December 9

8:00 am 62/100 mi. #3. **Quest for Bethlehem.** Ride start at Clark State Forest, Henryville, Ind. Come mail those Christmas cards from Bethlehem. ;-) I-65 North to Henryville Exit. Go right (east) on SR 160 to stop sign. Go left (north) on State Road 31. Forest is on left. RC: Melissa "Puddle" Hall, 812-752-3973. E-mail: lissah45@yahoo.com.

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.

Tuesday, December 11

11:00 am 40/47 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. 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 12

10:00 am 30 mi. #2. Ashland Park. Falls of the Ohio. RC: Alison Ewart, 584-4222.

Thursday, December 13

7:00 pm **Trainer Tour** (20-mile credit). Bring your bike and trainers (or rollers for you pros) and enjoy some wintertime indoor training. 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 15

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

Sunday, December 16

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.

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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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, December 17

7:00 pm 14 mi. #3. **Monday Night Recovery Ride**. Lights required front/rear. Meet at Heine Brothers' Coffee on Chenoweth Ln. RC: Scott Howes, 445-8201.

Tuesday, December 18

11:00 am 50 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. 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 19

10:00 am 40 mi. #3 Love's Truck Plaza, Memphis, Ind., to Scottsburg. RC: AB Sandefur, 425-9463.

Saturday, December 22

10:00 am 17/35 mi. #1/#2. **Slow and Easy** (RIF RAF). Waterfront Park, Yellow Lot. RC: Steve Montgomery, 367-7103

Sunday, December 23

8:00 am 100 mi. #3+. **West by Northwest**, in quest of a dome from Corydon to West Baden that's where we'll roam. Lights required front/rear and also be wearing reflective gear. Frisch's Big Boy parking lot, Corydon, Ind. RC Scott Howes, 445-8201.

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

Wednesday, December 26

10:00 am 35 mi. #3. Iroquois Park. RC: Sonny Neurath, 893-2306.

Saturday, December 29

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

Sunday, December 30

9:00 am 52 mi. #3. Clark State Forest, Henryville, Ind. RC: Melissa "Puddle" Hall, 812-752-3973. lissah45@yahoo.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.

Tuesday, January 1 – **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.

12:00 pm **Fifth 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.

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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