

Louisville Bicycle Club

Founded in 1897 as the Louisville Wheelmen

Tuesday, January 1 – New Year's Day

- 11:00 am **Polar Bear Ride and Potluck.** 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.

Wednesday, January 2

- 10:00 am 30 mi. #3 Arby's in Sellersburg, Ind. Cancelled if under 40°. RC: Sonny Neurath, 893-2306.

Thursday, January 3

- 6:00 pm 20 mi. #3. Heine Brothers' Coffee on Chenoweth Lane. Front and rear lights required; no "Wheelmen time." RC: John Cummings, 239-0114/553-6870 and Eric Sellers, 216-8248.
- 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 5

- 8:00 am 100 mi. #4. **Hardinsburg Century.** Ride start in Scottsburg, Ind., at Finley Firehouse. RC: Melissa "Puddle" Hall, 812-752-3973, lissah45@yahoo.com.
- 10:00 am 17/35 mi. #1/#2. **Slow and Easy.** Waterfront Park, Yellow Lot. RC: Steve Montgomery, 367-7103.

Sunday, January 6

- 9:00 am 30 mi. #3. **My Louisville Ride.** Each ride features a different route and cue sheets may not be available. Highlands at Dundee and Bardstown Road around Heine Brothers, Breadworks, Twig and Leaf. Limited parking. RC: Scott Howes, 445-8201.
- 2:00 pm 15/25 mi. #3. Heine Brothers' Coffee on Chenoweth Lane. RC: David R. King 50-7351.
- 3:00 pm 30 mi. #3. E.P. "Tom" Sawyer State Park. RC: Dick Williams, 426-4844.

Monday, January 7

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

Tuesday, January 8

- 11:00 am 35 mi. #3. Vettiner Park. Canceled if under 40°. RC: Jim Tretter, 491-7120.
- 6:00 pm 20 mi. #3. Heine Brothers' Coffee on Chenoweth Lane. Front and rear lights required; no "Wheelmen time." RC: John Cummings, 239-0114/553-6870 and Eric Sellers, 216-8248.
- 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 9

- 10:00 am 30 mi. #3. Long Run Park. Ride canceled if under 40°. RC: AB Sandefur, 425-9463.

Thursday, January 10

- 6:00 pm 20 mi. #3. Heine Brothers' Coffee on Chenoweth Lane. Front and rear lights required; no "Wheelmen time." RC: John Cummings, 239-0114/553-6870 and Eric Sellers, 216-8248.
- 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.

Friday, January 11

- 2:00 pm 15/30 mi. #2/3. E.P. "Tom" Sawyer State Park. RC: Ron & Vicky Dobbs, 243-9318/500-4671.

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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Saturday, January 12

9:00 am 48 mi. #3. Floyd's Fork Park. RC: Dick Rauh, 896-1290.

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

2:00 pm 10/15/25 mi. #3+. Crestwood Station Shopping Center, Hwy 146, Crestwood, Ky. RC: Kevin Jones, 599-1981.

Sunday, January 13

10:00 am 60 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: Eric Sellers, 216-8248.

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

Tuesday, January 15

11:00 am 33/47 mi. #3. Floyd's Fork Park. Canceled if under 40°. RC: Jim Tretter, 491-7120.

6:00 pm 20 mi. #3. Heine Brothers' Coffee on Chenoweth Lane. Front and rear lights required; no "Wheelmen time." RC: John Cummings, 239-0114/553-6870 and Eric Sellers, 216-8248.

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 16

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

Thursday, January 17

6:00 pm 20 mi. #3. Heine Brothers' Coffee on Chenoweth Lane. Front and rear lights required; no "Wheelmen time." RC: John Cummings, 239-0114/553-6870 and Eric Sellers, 216-8248.

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 19

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

Sunday, January 20

8:00 am 94 mi. #4. **Short Frankfort Century.** Floyd's Fork Park. RC: Melissa "Puddle" Hall, 812-752-3973, lissah45@yahoo.com, and Dick "Grasshopper" Krakowski, dkbi kes@insightbb.com, 637-3172.

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, January 22

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

6:00 pm 20 mi. #3. Heine Brothers' Coffee on Chenoweth Lane. Front and rear lights required; no "Wheelmen time." RC: John Cummings, 239-0114/553-6870 and Eric Sellers, 216-8248.

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 23

10:00 am 15/30 mi. #2. Ashland Park, Falls of the Ohio State Park. RC: Alison Ewart, 584-4222.

Thursday, January 24

6:00 pm 20 mi. #3. Heine Brothers' Coffee on Chenoweth Lane. Front and rear lights required; no "Wheelmen time." RC: John Cummings, 239-0114/553-6870 and Eric Sellers, 216-8248.

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#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 2008 Ride & Event Schedule

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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.

Friday, January 25

2:00 pm 15/22/26 mi. #3. **Weeble, Wobble, Wibble**. E.P. "Tom" Sawyer State Park.. RC: Ron & Vicky Dobbs, 243-9318/500-4671.

Saturday, January 26

9:00 am 60 mi. #3. E.P. "Tom" Sawyer State Park. RC: Dick Rauh, 896-1290.

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

6:00 pm **LBC Annual Awards Banquet**. Big Springs Country Club. Celebrate another great year of cycling and cheer on your friend (or yourself) as the Touring and Volunteer Awards are announced. This is also the Annual Meeting where the club officers for 2008 are elected.

Sunday, January 27

9:00 am 30 mi. #3. **My Louisville Ride**. Each ride features a different route and cue sheets may not be available. Highlands at Dundee and Bardstown Road around Heine Brothers', Breadworks, Twig and Leaf. Limited Parking. RC: Scott Howes, 445-8201.

2:00 pm 15/25 mi. #3. Heine Brothers' Coffee on Chenoweth Lane. RC: David R. King 500-7351.

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

Monday, January 28

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

Tuesday, January 29

11:00 am 35 mi. #3. Vettiner Park. Canceled if under 40°. RC: Jim Tretter, 491-7120.

6:00 pm 20 mi. #3. Heine Brothers' Coffee on Chenoweth Lane. Front and rear lights required; no "Wheelmen time." RC: John Cummings, 239-0114/553-6870 and Eric Sellers, 216-8248.

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 30

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

Thursday, January 31

6:00 pm 20 mi. #3. Heine Brothers' Coffee on Chenoweth Lane. Front and rear lights required; no "Wheelmen time." RC: John Cummings, 239-0114/553-6870 and Eric Sellers, 216-8248.

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.

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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