

February 2008 Ride & Event Schedule

Louisville Bicycle Club

Founded in 1897 as the Louisville Wheelmen

Saturday, February 2

10:00 am 17/35 mi. #1/#2. **Slow and Easy.** Waterfront Park, Yellow Lot.

2:15 pm 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

Sunday, February 3

8:00 am 100 mi. #4+. **Marengo Mangler: Not Your Mama's Century.** Love's Truck Plaza, Memphis, Ind. This is a new route. Expect that you might get lost, ride on gravel: expect the unexpected. Compare cheeseburgers with those at Willisburg. This is *not* a good century for beginners. RC: Melissa "Puddle" Hall, li ssah45@yahoo.com, 812-752-3973.

2:00 pm 15/25 mi. #3. Heine Brothers' Coffee on Chenoweth Lane.

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

Monday, February 4

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

Tuesday, February 5

10:30 am 40 mi. #3. Long Run Park to "Our Best" restaurant. RC: Vicky Dobbs, 500-4671.

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, February 6

10:30 am 40 mi. #3. Long Run Park to "Our Best" restaurant. RC: Vicky Dobbs, 500-4671.

Thursday, February 7

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, February 8

2:00 pm 25 mi. #3. Crestwood Station Shopping Center, Hwy 146, Crestwood, Ky.. RC: Ron & Vicky Dobbs, 243-9318/500-4671.

Saturday, February 9

9:00 am 25/60 mi. #3. **Fixie-Friendly Southside 60.** Cherokee Park, Hogan's Fountain. All bikes welcome. The course is intended to be semi-rolly. Lunch at Southside Inn if you want. Bring money for lunch and a bike lock if you chose to eat. RC: David King, 500-7351.

10:00 am 17/35 mi. #1/#2. **Slow and Easy.** Waterfront Park, Yellow Lot.

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

Sunday, February 10

10:00 am 63 mi. #4. Clark State Forest, Henryville, Ind. RC: Melissa "Puddle" Hall, 812-752-3973, li ssah45@yahoo.com.

2:00 pm 15/25 mi. #3. Heine Brothers' Coffee on Chenoweth Lane.

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

Tuesday, February 12

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.

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.

Louisville Bicycle Club

Founded in 1897 as the Louisville Wheelmen

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, February 13

10:00 am 35 mi. #3. Iroquois Park. Ride canceled if under 40°. RC: Sonny Neurath, 893-2306.

Thursday, February 14

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, February 16

8:00 am 100 mi. #3+. **Dick Rauh's 50th Birthday Century**. Come ride with me to get a birthday cheeseburger in Willisburg. Vettiner Park. RC: Dick Rauh, 896-1290.

10:00 am 17/35 mi. #1/#2. Slow and Easy. Waterfront Park, Yellow Lot.

Sunday, February 17

10:30 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: David R. King, 500-7351.

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

Tuesday, February 19

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, February 20

10:00 am 30 mi. #3. E.P. "Tom" Sawyer State Park. Ride canceled if under 40°. RC: AB Sandefur, 425-9463.

Thursday, February 21

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, February 23

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, February 24

8:00 am 56/100 mi. #4. **Carl's Maple Syrup Ride**. Ride starts under 2nd Street bridge in Jeffersonville. The 56-mile route will end at the festival. If you ride the 56-mile option, you will need to arrange your own transportation home from the festival. Expect a bit of a wait at the lunch stop. Festival website: www.lmsugarbush.com. RC: Melissa "Puddle" Hall, lissah45@yahoo.com, 812-752-3973, and Dick "Grasshopper" Krakowski, 637-3172.

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.

February 2008 Ride & Event Schedule

Louisville Bicycle Club

Founded in 1897 as the Louisville Wheelmen

10:00 am 10-mile credit. #1. **2008 Tour de Mad Dog Prologue.** Six-mile time trial. Open to all club members. No licenses or fees required. Prizes to first male and first female. Floyd's Fork Park. Registration 8:45-9:45. First rider off at 10:00. RC: Tim Chilton, 367-8946.

2:00 pm 15/25 mi. #3. Heine Brothers' Coffee on Chenoweth Lane.

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

Monday, February 25

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

Tuesday, February 26

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, February 27

10:00 am 30 mi. #3. Graceland Church, New Albany, Ind. RC: Alison Ewart, 584-4222.

Thursday, February 28

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.

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.