



LOUISVILLE BICYCLE CLUB

FOUNDED IN 1897 AS THE LOUISVILLE WHEELMEN



Sunday, March 1st – Sunrise 7:15am

- 8:00 am 100 mi. #3+. **Carl's Ride.** Ride start in Jeffersonville, IN under the Second Street Bridge. Please bring plenty of spare tubes as cinder use in Indiana means you may need them. RC: *Melissa "Puddle" Hall. lissah45@yahoo.com or (812) 752-3973.* Cancellation due to weather or other reason posted on kycyclist.
- 9:00 am 46/80 mi. #4. **Boston and Bardstown.** Park & Tarc Lot. Paraquet Springs Dr. Sheperdsville, KY. RC: *Joe Kinsinger 502-889-7145*
- 9:15 am **2009 TMD Prologue** (10 miles credit) #2. New Middletown Elementary School, New Middletown, IN. New 5.3 mile flat to rolling time trial course to test your speed and kick off the Tour de Mad Dog! RC: *Kirk Roggenkamp and Cathy Hill anchorog@insightbb.com 718-1911 or 859-509-4425*
- 10:00 am 17/32 mi. #1. **Family-Friendly Ride -Ohio River Levee Trail.** Great ride for the whole family. This ride is go at your own pace. Start at Farnsley-Moreman parking lot. Canceled if under 40 degrees. RC: *Doug Klein 724-1819.*
- 11:15 am 27 miles. #3. New Middletown Elem. School, New Middletown, IN. Loop out to Laconia after your record-setting time trial then lunch at Andy's Coffee Shop/Cafe back at the start. RC: *Kirk Roggenkamp 718-1911 and Cathy Hill 859-509-4425*
- 2:00 pm 15/25 mi. #3. **Season Opener Ride and Celebration.** Broadway Baptist Church, 4000 Brownsboro Rd.. RC: *Connie Guild, 502-608-7758*
- 3:00 pm 30 mi. #3. E.P. "Tom" Sawyer State Park. RC: *Dick Williams 426-4844*
- 4:00 pm **General Membership Meeting.** Broadway Baptist Church, , 4000 Brownsboro Rd, after the 2:00pm ride.

Monday, March 2nd – Sunset 6:38pm

- 4:00 pm 12 mi. #2. **Recovery Ride** (RIF RAF). St. Matthews Baptist Church. RC: *Cathy Hamilton 502-523-3367 cathyjhamilton@yahoo.com* (ride canceled if under 32 degrees.)

Tuesday, March 3rd – Sunset 6:39pm

- 1:00 pm 35 mi. #3. Vettiner Park. (cancelled if under 40 degrees) 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 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. Great way to get in shape for OKHT.*

Wednesday, March 4th – Sunset 6:40pm

- 10:00 am 40mi. #3. Love's Truck Plaza, Memphis, IN. RC: *AB Sandefur, 425-9463.* (ride canceled if under 40 degrees)
- 7:00 pm 25 mi. #2. **Wheeling into the Night** – Slow and easy ride from Hogan's Fountain in Cherokee Park to Iroquois Park and return. Front white head light and rear red (blinkly), required. RCs: *Eric Sellers 502-216-8248 and John Cummings 502-239-0114, 502-553-6870*

Thursday, March 5th – Sunset 6:41pm

- 9:30 am 40 mi. #3. **W.I.N.G.S.** (Westport Incremental New Goals Series). Progressive series of rides designed to bring back fitness for the spring season. WINGS training will make you fly! Westport Park, Westport, Ky. Ride #3015 on www.kybikerides.org RC: *Dr. Larry Preble, 724-8477*
- 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. Great way to get in shape for OKHT.*

Friday, March 6th – Sunset 6:42pm

- 10:00 am 42 mile #3. **South Louisville 42.** Iroquois Park to Jefferson Memorial Forest and return. RC's: *Andy Murphy, 526-1040, murphco@insightbb.com and John Cummings, 239-0114 or 553-6870.*

Saturday, March 7th – Sunrise 7:06am

- 7:00 am 200K (125 mi). #4. **200K Brevet** -Start at Days Inn Hwy 55 Shelbyville. Registration, lights and reflective gear required. For more information see [Louisville_Bicycle_Club_Brevet_Series_2009.pdf](#). These rides do not observe the 15 minute start delay (aka Wheelman Time). Please arrive early to complete the required paperwork and the bicycle/equipment inspection. RC: *Steve Rice, 502-494-5288, srice at insightbb.com*
- 9:00 am 17/35 mi. #1/#2. **Slow and Easy.** Waterfront Park, Yellow Lot. RC: *Steve Montgomery, 367-7103*
- 9:30 am **Mad Dog Team In Training Series.** 40 mi. max. #2. New Middletown, IN Elementary School. Opportunity to mix and match several short to moderate loops that all cloverleaf back thru common starting point to progressively work towards century fitness. Riders may drop on any loop they wish and receive credit for all miles they do ride up to max listed. RCs: *Kirk Roggenkamp anchorog@insightbb.com 718-1911 and Cathy Hill 859-509-4425*

Sunday, March 8th – Sunrise 8:04am Daylight Savings Time Begins

- 7:45 a.m 100/56 miles. 3+. **Carl's Ride, AKA Maple Syrup Ride** [TMD Stage 1]. Ride start under second street bridge on Indiana side. Please remember to bring at least two spare tubes and a pump or cartridges. Indiana uses cinders on the road and there are normally lots of flats on this ride. The 56 mile ride is just TO the festival. YOU are responsible for providing your own transportation home from the festival if you pick the shorter option. Web site for festival: <http://www.lmsugarbush.com/>. RC's: *Melissa "Puddle" Hall (lissah45@yahoo.com) and Dick "Grasshopper" Krakowski (502) 640-1963.*

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. Start time is for eastern time zone unless otherwise noted. All rides begin 15 minutes after the scheduled ride start time (unless noted otherwise) □ Route Difficulty Ratings are approximate □ #1: Family/Beginner ride #2: Mostly flat to rolling, up to 1/3 hills □ #3: Rolling, up to ½ hills □ #4: Rolling, mostly hills, some long, steep grades and/or long mileage.



LOUISVILLE BICYCLE CLUB

FOUNDED IN 1897 AS THE LOUISVILLE WHEELMEN



Sunday, March 8th Continued Daylight Savings Time Begins

- 9:00 am 56/119 mi. #4. **Salt of the Earth Ride.** Park & Tarc Lot past Kart County. Paraquet Springs Dr. Shepherdsville, KY. RC: *Joe Kinsinger 502-889-7145*
- 10:00 am 17/32 mi. #1. **Family-Friendly Ride -Ohio River Levee Trail.** Great ride for the whole family. This ride is go at your own pace. Start at Farnsley-Moreman parking lot. Canceled if under 40 degrees. RC: *Doug Klein 724-1819.*
- 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*

Monday, March 9th – Sunset 7:45pm

- 6:00 pm 12 mi. #2. **Recovery Ride (RIF RAF).** St. Matthews Baptist Church. RC: *Ron & Vic Dobbs 500-4671.*
- 6:00 pm 15 mi. #2. **Recovery Ride (RIF RAF).** McNeely Lake Park. RC: *Scott Howes 445-8201.*

Tuesday, March 10th – Sunset 7:46pm

- 1:00 pm 32 mi. #3 Long Run Park. (cancelled if under 40 degrees) RC: *Jim Tretter 491-7120*

Wednesday, March 11th – Sunset 7:47pm

- 10:00 am 26/46mi. #3. Iroquois Pk. to Mike Linnigs. RC: *Vicky Dobbs 500-4671.* (ride canceled if under 40 degrees.)
- 7:00 pm 25 miles #2. **Wheeling into the Night** – Slow and easy ride from Hogan's Fountain in Cherokee Park to Iroquois Park and return. Front white head light and rear red (blinkly), required. RCs: *Eric Sellers 502-216-8248 and John Cummings 502-239-0114, 502-553-6870*

Thursday, March 12th – Sunset 7:48pm

- 9:30 am 45 mi. #3. **W.I.N.G.S.** (Westport Incremental New Goals Series). Progressive series of rides designed to bring back fitness for the spring season. WINGS training will make you fly! Westport Park, Westport, Ky. Ride #3016 on www.kybikerides.org RC: *Dr. Larry Preble, 724-8477*
- 6:00 pm 15/25 mi. #3. Charlie Vettiner Park. RC: *Steve and Deb Sexton, 239-8521.*

Friday, March 13th – Sunset 7:48pm

- 10:00 am 46 mile #3. **South Louisville 46.** Iroquois Park to Jefferson Memorial Forest and return. RC's: *Andy Murphy, 526-1040 murphco@insightbb.com and John Cummings, 239-0114 or 553-6870.*

Saturday, March 14th – Sunrise 7:55am

- 9:00 am 17/35 mi. #1/#2. **Slow and Easy.** Waterfront Park, Yellow Lot. RC: *Laura Trachtenberg, 905-1365*
- 9:30 am **Mad Dog Team In Training Series.** 55 miles max. #2. New Middletown, IN Elementary School. Opportunity to mix and match several short to moderate loops that all cloverleaf back thru common starting point to progressively work towards century fitness. Riders may drop on any loop they wish and receive credit for all miles they do ride up to max listed. RCs: *Kirk Roggenkamp anchordog@insightbb.com 718-1911 and Cathy Hill 859-509-4425*
- 12:00 pm 45 mi. #2. **Louisville Loop 50,** Waterfront Park, Yellow Lot to Farnsley-Moremen House and back via The Loop. RC *Cathy Hamilton 502-523-3367, cathyjhamilton@yahoo.com,* (ride canceled if under 32 degrees.)

Out of Town Rides

- 100 mi. **Texas Hell Week.** Fredericksburg, TX. Registration required. <http://www.hellweek.com/>. RC: *Bill Pustow 777-2847*

Sunday, Match 15th – Sunrise 7:54am

- 8:00 am 70 mi #3. **Seventy at Sunrise Series,** Westport Park. Three strikingly gorgeous routes will be offered in this series of rides from Westport Park, Westport, Ky. Ride #3003 on www.kybikerides.org RC: *Dr. Larry Preble, 724-8477*
- 9:00 am 25 mi. #2+. **Indian Hills Ride.** Highlands at Dundee and Bardstown Road around Heine Brothers', Breadworks, Twig and Leaf. Limited Parking. RC: *Scott Howes, 445-8201.*
- 9:00 am 50/82 mi. #4. **Boston and Culvertown.** Park & Tarc Lot past Kart County. Paraquet Springs Dr. Shepherdsville, KY. RC: *Joe Kinsinger 502-889-7145*
- 10:00 am 17/32 mi. #1. **Family-Friendly Ride -Ohio River Levee Trail.** Great ride for the whole family. This ride is go at your own pace. Start at Farnsley-Moreman parking lot. Canceled if under 40 degrees. RC: *Doug Klein 724-1819.*
- 2:00 pm 15/25 mi. #3. Baptist East/Milestone Fitness & Wellness Center. 750 Cypress Station Drive. RC: *Steve Sarson, 499-7089*
- 3:00 pm 30 mi. #3. E.P. "Tom" Sawyer State Park. RC: *Dick Williams 426-4844*

Out of Town Rides

- 100 mi. **Texas Hell Week.** Fredericksburg, TX. Registration required. <http://www.hellweek.com/> RC: *Bill Pustow 777-2847.*

Monday, March 16th – Sunset 7:51pm

- 4:00 pm 12 mi. #2. **Recovery Ride (RIF RAF).** St. Matthews Baptist Church, RC: *Cathy Hamilton 502-523-3367 cathyjhamilton@yahoo.com* (ride canceled if under 32 degrees.)
- 6:00 pm 12 mi. #2. **Recovery Ride (RIF RAF).** St. Matthews Baptist Church. RC: *Ron & Vic Dobbs 500-4671.*
- 6:00 pm 15 mi. #2. **Recovery Ride (RIF RAF).** McNeely Lake Park. RC: *Scott Howes 445-8201.*

Out of Town Rides

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. Start time is for eastern time zone unless otherwise noted. All rides begin 15 minutes after the scheduled ride start time (unless noted otherwise) □ Route Difficulty Ratings are approximate □ #1: Family/Beginner ride #2: Mostly flat to rolling, up to 1/3 hills □ #3: Rolling, up to ½ hills □ #4: Rolling, mostly hills, some long, steep grades and/or long mileage.



LOUISVILLE BICYCLE CLUB

FOUNDED IN 1897 AS THE LOUISVILLE WHEELMEN



100 mi/200k brevet. **Texas Hell Week**. Fredericksburg, TX. Registration required. <http://www.hellweek.com/> RC: *Bill Pustow 777-2847*.

Tuesday, March 17th – Sunset 7:52pm

1:00 pm 32 mi. #3 Long Run Park. (cancelled if under 40 degrees) RC: *Jim Tretter 491-7120*

Out of Town Rides

100 mi. **Texas Hell Week**. Fredericksburg, TX. Registration required. <http://www.hellweek.com/>. RC: *Bill Pustow 777-2847*

Wednesday, March 18th – Sunset 7:53pm

10:00 am 40mi. #3. Graceland Baptist Church, IN. RC: *Alison Ewart 584-4222*. (ride canceled if under 40 degrees)

7:00 pm 25 miles #2. **Wheeling into the Night** – Slow and easy ride from Hogan's Fountain in Cherokee Park to Iroquois Park and return. Front white head light and rear red (blinky), required. RCs: *Eric Sellers 502-216-8248 and John Cummings 502-239-0114, 502-553-6870*

Out of Town Rides

100 mi. **Texas Hell Week**. Fredericksburg, TX. Registration required. <http://www.hellweek.com/>. RC: *Bill Pustow 777-2847*

Thursday, March 19th – Sunset 7:54pm

9:30 am 50 mi. #3. **W.I.N.G.S.** (Westport Incremental New Goals Series). Progressive series of rides designed to bring back fitness for the spring season. WINGS training will make you fly! Westport Park, Westport, Ky. Ride #3017 on www.kybikerides.org RC: *Dr. Larry Preble, 724-8477*

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

Out of Town Rides

100 mi. **Texas Hell Week**. Fredericksburg, TX. Registration required. <http://www.hellweek.com/>. RC: *Bill Pustow 777-2847*

Friday, March 20th – Sunset 7:55pm

10:00 am 43 mile #3. **South Louisville 43**. Iroquois Park to Jefferson Memorial Forest and return. RC's: *Andy Murphy, 526-1040 murphco@insightbb.com and John Cummings, 239-0114 or 553-6870*.

Out of Town Rides

100 mi/300k brevet. **Texas Hell Week**. Fredericksburg, TX. Registration required. <http://www.hellweek.com/>. RC: *Bill Pustow 777-2847*

Saturday, March 21st – Sunrise 7:45am

9:00 am 17/35 mi. #1/#2. **Slow and Easy**. Waterfront Park, Yellow Lot. RC: *George Cooper, 499-1652*

12:00 pm 45 mi. #2. **Louisville Loop 50**, Waterfront Park, Yellow Lot to Farnsley-Moremen House and back via The Loop. RC: *Cathy Hamilton 502-523-3367, cathyjhamilton@yahoo.com, (ride canceled if under 32 degrees.)*

Out of Town Rides

100 mi. **Texas Hell Week**. Fredericksburg, TX. Registration required. <http://www.hellweek.com/>. RC: *Bill Pustow 777-2847*

Sunday, March 22nd – Sunset 7:57pm

8:00 am 70 mi #3. **Seventy at Sunrise Series**, Westport Park. Three strikingly beautiful routes will be offered in this series of rides from Westport, Ky. Ride #3002 on www.kybikerides.org RC: *Dr. Larry Preble, 724-8477*

9:00 am 119 mi. #4. **Salt and Sulphur**. Park & Tarc Lot. Park & Tarc Lot past Kart County. Paraquet Springs Dr. Shepherdsville, KY. RC: *Joe Kinsinger 502-889-7145*

9:00 am 17/32 mi. #1. **Family-Friendly Ride -Ohio River Levee Trail**. Great ride for the whole family. This ride is go at your own pace. Start at Farnsley-Moreman parking lot. Canceled if under 40 degrees. RC: *Doug Klein 724-1819*.

9:00 am 25 mi. #2+. **Indian Hills Ride**. Highlands at Dundee and Bardstown Road around Heine Brothers', Breadworks, Twig and Leaf. Limited Parking. RC: *Scott Howes, 445-8201*.

9:00 am **Mad Dog Team In Training Series**. 65 mi max. #3. New Middletown, IN Elementary School. Opportunity to mix and match several short to moderate loops that all cloverleaf back thru common starting point to progressively work towards century fitness. Riders may drop on any loop they wish and receive credit for all miles they do ride up to max listed. RCs: *Kirk Roggenkamp anchordog@insightbb.com 718-1911 and Cathy Hill 859-509-4425*

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, March 23rd – Sunset 7:58pm

4:00 pm 12 mi. #2. **Recovery Ride** (RIF RAF). St. Matthews Baptist Church. RC: *Cathy Hamilton 502-523-3367 cathyjhamilton@yahoo.com (ride canceled if under 32 degrees.)*

6:00 pm 12 mi. #2. **Recovery Ride** (RIF RAF). St. Matthews Baptist Church. RC: *Ron & Vic Dobbs 500-4671*.

6:00 pm 15 mi. #2. **Recovery Ride** (RIF RAF). McNeely Lake Park. RC: *Scott Howes 445-8201*.

Tuesday, March 24th – Sunset 7:59pm

11:00 am 40 mi. #3 Floyd Fork Park. (cancelled if under 40 degrees) RC: *Jim Tretter 491-7120*

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. Start time is for eastern time zone unless otherwise noted. All rides begin 15 minutes after the scheduled ride start time (unless noted otherwise) □ Route Difficulty Ratings are approximate □ #1: Family/Beginner ride #2: Mostly flat to rolling, up to 1/3 hills □ #3: Rolling, up to ½ hills □ #4: Rolling, mostly hills, some long, steep grades and/or long mileage.



LOUISVILLE BICYCLE CLUB

FOUNDED IN 1897 AS THE LOUISVILLE WHEELMEN



Wednesday, March 25th – Sunset 8:00pm

10:00 am 30/50mi. #3. Tom Sawyer Pk. RC: *Dick Williams 426-4844*

7:00 pm 25 miles #2. **Wheeling into the Night** – Slow and easy ride from Hogan's Fountain in Cherokee Park to Iroquois Park and return. Front white head light and rear red (blink), required. RCs: *Eric Sellers 502-216-8248 and John Cummings 502-239-0114, 502-553-6870*

Thursday, March 26th – Sunset 8:01pm

9:30 am 55 mi. #3. **W.I.N.G.S.** (Westport Incremental New Goals Series). Progressive series of rides designed to bring back fitness for the spring season. WINGS training will make you fly! Westport Park, Westport, Ky. Ride #3022 on www.kybikerides.org RC: *Dr. Larry Preble, 724-8477*

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

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

Friday, March 27th – Sunset 8:02pm

10:00 am 55 mi. #3. **South Louisville 55.** Iroquois Park to The Levee Trail and return. RC's: *Andy Murphy, 526-1040 murphco@insightbb.com and John Cummings, 239-0114 or 553-6870.*

Saturday, March 28th – Sunrise 7:31am

8:00 am 70/100 mi. #3+. **Boston-Munfordsville-Boston (BMB)** [TMD Stage #2]. Boston Elementary School (I-65 South to Lebanon Jct exit, left to US 61/62, left on KY 733.) RC: *Dave King, 500-7351.*

9:00 am 17/35 mi. #1/#2. **Slow and Easy.** Waterfront Park, Yellow Lot. RC: *AB Sandefur, 425-9463*

Sunday, March 29th – Sunrise 7:32am

8:00 am 70 mi #3. **Seventy at Sunrise Series**, Westport Park. Three strikingly beautiful routes will be offered in this series of rides from Westport, Ky. Ride #3001 on www.kybikerides.org RC: *Dr. Larry Preble, 724-8477*

9:00 am 103 mi. #4. **Salted Beast.** Park & Tarc Lot past Kart County. Paraquet Springs Dr. Shepherdsville, KY. RC: *Joe Kinsinger 502-889-7145*

9:00 am 17/32 mi. #1. **Family-Friendly Ride -Ohio River Levee Trail.** Great ride for the whole family. This ride is go at your own pace. Start at Farnsley-Moreman parking lot. Canceled if under 40 degrees. RC: *Doug Klein 724-1819.*

9:00 am 25 mi. #2+. **Indian Hills Ride.** Highlands at Dundee and Bardstown Road around Heine Brothers', Breadworks, Twig and Leaf. Limited Parking. RC: *Scott Howes, 445-8201.*

9:00 am **Mad Dog Team In Training Series.** 70 mi max. #3. New Middletown, IN Elementary School. Opportunity to mix and match several short to moderate loops that all cloverleaf back thru common starting point to progressively work towards century fitness. Riders may drop on any loop they wish and receive credit for all miles they do ride up to max listed. RCs: *Kirk Roggenkamp anchordog@insightbb.com 718-1911 and Cathy Hill 859-509-4425*

10:30 am 22mi. #3. **Tour de Cure & Bike MS Training Ride.** Scheller's Fitness & Cycling – Middletown: RC: *Jesse Roberson 502-245-1955.*

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, March 30th – Sunset 8:05pm

4:00 pm 12 mi. #2. **Recovery Ride** (RIF RAF). St. Matthews Baptist Church, *Cathy Hamilton 502-523-3367 cathyjhamilton@yahoo.com* (ride canceled if under 32 degrees.)

6:00 pm 12 mi. #2. **Recovery Ride** (RIF RAF). St. Matthews Baptist Church. RC: *Ron & Vic Dobbs 500-4671.*

6:00 pm 15 mi. #2. **Recovery Ride** (RIF RAF). McNeely Lake Park. RC: *Scott Howes 445-8201.*

Tuesday, March 31st – Sunset 8:05pm

11:00 am 40 mi. #3. Vettiner Park. (cancelled if under 40 degrees) RC: *Jim Tretter 491-7120*

6:00 pm 15/25 mi. #3. **St. Matthews Tuesday Night Ride.** Burdorf Galleries parking lot (former Bacon's parking lot) RC: *John Paul, 637-1957.*

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. Start time is for eastern time zone unless otherwise noted. All rides begin 15 minutes after the scheduled ride start time (unless noted otherwise) □ Route Difficulty Ratings are approximate □ #1: Family/Beginner ride #2: Mostly flat to rolling, up to 1/3 hills □ #3: Rolling, up to ½ hills □ #4: Rolling, mostly hills, some long, steep grades and/or long mileage.