



# LOUISVILLE BICYCLE CLUB

FOUNDED IN 1897 AS THE LOUISVILLE WHEELMEN



## Friday, January 1st

- 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 **Sixth 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.

## Saturday, January 2nd

- 8:00 am 100 mi. #4. Ride start at Finley Firehouse, Scottsburg, IN. ATTENTION: this ride is also scheduled for Sunday, January 3rd. I will pick whichever date has the best weather and CANCEL the other date. I will post it on the kycyclist listserve no later than 8:00 p.m. on Friday evening. I will only do this during the months of January and February. Due to darkness and safety concerns, please be capable of maintaining a 14 mph. moving average. If you do not have internet service, please call. RC: *Melissa "Puddle" Hall, lissah45@yahoo.com. (812) 752-3973.*
- 10:00 am 17/35 mi. **Slow and Easy.** Waterfront Park, Yellow Lot. RC: *Steve Montgomery, 367-7103*
- 1:00 pm 35 mi. #2. **KY to IN ride.** (Cancelled if under 40 degrees). Meet at Yellow Lot - we will ride from Yellow Lot over the Clark Memorial Bridge (aka 2nd Street Bridge) then east to Utica and back to Yellow Lot. RC: *Dianna Decker (850) 415-0755*

## Sunday, January 3rd

- 8:00 am 100 mi. #4. Ride start at Finley Firehouse, Scottsburg, IN. ATTENTION: this ride is also scheduled for Saturday, January 2. I will pick whichever date has the best weather and CANCEL the other date. I will post it on the kycyclist listserve no later than 8:00 p.m. on Friday evening. I will only do this during the months of January and February. Due to darkness and safety concerns, please be capable of maintaining a 14 mph. moving average. If you do not have internet service, please call. RC: *Melissa "Puddle" Hall, lissah45@yahoo.com. (812) 752-3973.*
- 9:15 am 12mi. #3. "Mountain Biking" Ride. Starts at Dog Hill in Cherokee Park, trail riding through Cherokee and Seneca Parks RC: *Perry Finley 314-4243*
- 11:00 am 40 mi. #2. **Rooster Run Ride.** Paroquet Springs Conference Center. To right behind steakhouse. Shepherdsville, KY RC: *Joe Kinsinger (502)889-7145*
- 2:00 pm 15/25mi. #3. Heine Bros. Coffee, Chenoweth Ln. RC: *Connie Guild 608-7758*
- 3:00 pm 30 mi. #3. E.P. "Tom" Sawyer State Park. RC: *Dick Williams 426-4844*

## Monday, January 4th

- 9:30 am 40 mi. #3. **Fat Forty Ride.** Douglas Loop on Bardstown Road in front of Heine Bros and Breadworks Coffee shops. Ride cancelled if temperature below 40 degree. RC: *Dave Combs 724-9405*

## Tuesday, January 5th

- 1:00 pm 40 mi. #3. Floyds Fork Park. (cancelled if under 40 degrees) RC: *Jim Tretter 491-7120*
- 7:00 pm **Trainer Tour.** (20 mile Credit) Bring your own bike and trainer or rollers and enjoy some winter indoor training with fellow cyclist. Cyclist of all levels will benefit. Broadway Baptist Church, 4000 Brownsboro Rd. \$1/ night or \$10/yr. RC: *A.B. Sandefur,425-9463*

## Wednesday, January 6th

- 10:00 am 40mi. #3. Love's Travel Stop, Memphis, IN. ride canceled if under 40F RC: *AB Sandefur 425-9463*

## Thursday, January 7th

- 10:00 am 50 mi. #2. **Louisville Loop 50.** Waterfront Park, Yellow Lot to Farnsley-Moremen Landing and back via The Loop. RC: *Andy Murphy 502-526-1040*
- 7:00 pm **Trainer Tour.** 20 mile Credit) Bring your own bike and trainer or rollers and enjoy some winter indoor training with fellow cyclist. Cyclist of all levels will benefit. Broadway Baptist Church, 4000 Brownsboro Rd. \$1/ night or \$10/yr. RC: *A.B. Sandefur,425-9463*

## Friday, January 8th

- 10:30 am 25 mi. #3. From Goose Creek Cycle, LaGrange. Meet inside where it is warm. Ride Canceled if Snowing or Raining. RC: *Jon Kindig 265-1808*
- 11:00 am 42 mi. #3. **South Louisville 42.** (Scotts Gap-Weaver Run) Iroquois Park to Jefferson Memorial Forest and return. (Ride cancelled if temperature is below 40 degrees) RC: *Dave Combs 724-9405*

### 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 1/2 hills □ #4: Rolling, mostly hills, some long, steep grades and/or long mileage.



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## Saturday, January 9th

- 8:00 am 100 mi. #3. **Boston-Munfordville-Boston Mad Dog Century**. [Not a TMD Stage]. Celebrate the 8th Anniversary of the first Mad Dog event! Boston Elementary School (I-65 South to Lebanon Jct exit, left to US 61/62, left on KY 733.) RC: *David R. King 500-7351*
- 10:00 am 17/35 mi. #1/2. **Slow and Easy**. Waterfront Park, Yellow Lot. RC: *Laura Trachtenberg, 905-1365*
- 1:00 pm 35 mi. #2. **KY to IN ride**. (Cancelled if under 40 degrees). Meet at Yellow Lot - we will ride from Yellow Lot over the Clark Memorial Bridge (aka 2nd Street Bridge) then east to Utica and back to Yellow Lot. RC: *Dianna Decker (850) 415-0755*

## Sunday, January 10th

- 9:15 am 12 mi. #3. "Mountain Biking" Ride starts at Dog Hill in Cherokee Park, trail riding through Cherokee and Seneca Parks. RC: *Perry Finley 314-4243*
- 11:00 am 40 mi. #2. **Rooster Run Ride**. Paroquet Springs Conference Center. To right behind steakhouse. Shepherdsville, KY RC: *Joe Kinsinger (502)889-7145*
- 2:00 pm 15/25 mi. #3. Heine Bros Coffee, Chenoweth Ln. RC: *Eric Sellers 216-8248*
- 3:00 pm 30 mi. #3. E.P. "Tom" Sawyer State Park. RC: *Dick Williams 426-4844*

## Monday, January 11th

- 9:30 am 40 mi. #3. **Fat Forty Ride**. Bardstown Road in front of Heine Bros and Breadworks Coffee shops. Ride cancelled if temperature below 40 degree. RC: *Dave Combs 724-9405*
- 9:45am 40 mi. #4. Long Run Park. All Monday morning rides in January will only be cancelled if there is snow or ice on roads. RC: *Bill Pustow, 777-2847*

## Tuesday, January 12th

- 7:00 pm **Trainer Tour**. (20 mile Credit) Bring your own bike and trainer or rollers and enjoy some winter indoor training with fellow cyclist. Cyclist of all levels will benefit. Broadway Baptist Church, 4000 Brownsboro Rd. \$1/ night or \$10/yr. RC: *A.B. Sandefur, 425-9463*

## Wednesday, January 13th

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

## Thursday, January 14th

- 10:00 am 50 mi. #2. **Louisville Loop 50**. Waterfront Park, Yellow Lot to Farnsley-Moremey Landing and back via The Loop. RC: *Andy Murphy 502-526-1040*
- 7:00 pm **Trainer Tour**. (20 mile Credit) Bring your own bike and trainer or rollers and enjoy some winter indoor training with fellow cyclist. Cyclist of all levels will benefit. Broadway Baptist Church, 4000 Brownsboro Rd. \$1/ night or \$10/yr. RC: *Donna Connell 231-5853*

## Friday, January 15th

- 10:30 am 30 mi. #3. From Goose Creek Cycle, LaGrange. Meet inside where it is warm. Ride Canceled if Snowing or Raining. RC: *Jon Kindig 265-1808*
- 11:00 am 42 mi. #3. **South Louisville 42** (Scotts Gap-Weaver Run) Iroquois Park to Jefferson Memorial Forest and return. (Ride cancelled if temperature is below 40 degrees) RC: *Dave Combs 724-9405*

## Saturday, January 16th

- 10:00 am 17/35 mi. #1/2. **SLOW & EASY**. Waterfront Park, Yellow Lot. RC: *George Cooper 499-1652*
- 1:00 pm 35 mi. #2. **KY to IN ride**. (cancelled if under 40 degrees). Meet at Yellow Lot - we will ride from Yellow Lot over the Clark Memorial Bridge (aka 2nd Street Bridge) then east to Utica and back to Yellow Lot. RC: *Dianna Decker (850) 415-0755*
- 6:00 pm **LBC Annual Awards Banquet**. Mastersons, 1830 South 3rd Street. 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 2010 are elected.

## Sunday, January 17th

- 9:15 am 12mi. #3. "Mountain Biking" Ride starts at Dog Hill in Cherokee Park. Trail riding through Cherokee and Seneca Parks. RC: *Perry Finley 314-4243*
- 11:00 am 40 mi. #2. **Rooster Run Ride**. Paroquet Springs Conference Center. To right behind steakhouse. Shepherdsville, KY RC: *Joe Kinsinger (502)889-7145*
- 2:00 pm 15/25 mi. #3. Baptist East/Milestone 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*

### CPSC- or Snell-approved Helmets Are Required

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## Monday, January 18th

- 9:30 am 40 mi. #3. **Fat Forty Ride.** Bardstown Road in front of Heine Bros and Breadworks Coffee shops. Ride cancelled if temperature below 40 degrees. RC: *Dave Combs 724-9405*
- 9:45am 40 mi. #4. Long Run Park. All Monday morning rides in January will only be cancelled if there is snow or ice on roads. RC: *Bill Pustow, 777-2847*
- 11:00 am 40 mi. #2. **Rooster Run Ride.** Paroquet Springs Conference Center. To right behind steakhouse. Shepherdsville, KY RC: *Joe Kinsinger (502)889-7145*

## Tuesday, January 19th

- 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 own bike and trainer or rollers and enjoy some winter indoor training with fellow cyclist. Cyclist of all levels will benefit. Broadway Baptist Church, 4000 Brownsboro Rd. \$1/ night or \$10/yr. RC: *A.B. Sandefur,425-9463*

## Wednesday, January 20th

### Thursday, January 21st

- 10:00 am 50 mi. #2. **Louisville Loop 50.** Waterfront Park, Yellow Lot to Farnsley-Moremey Landing and back via The Loop. RC: *Andy Murphy 502-526-1040*
- 7:00 pm **Trainer Tour.** (20 mile Credit) Bring your own bike and trainer or rollers and enjoy some winter indoor training with fellow cyclist. Cyclist of all levels will benefit. Broadway Baptist Church, 4000 Brownsboro Rd. \$1/ night or \$10/yr. RC: *A.B. Sandefur,425-9463*

### Friday, January 22nd

- 10:30 am 30 mi. #3. From Goose Creek Cycle, LaGrange. Meet inside where it is warm. Ride Canceled if Snowing or Raining. RC: *Jon Kindig 265-1808*
- 11:00 am 42 mi. #3. **South Louisville 42.** (Scotts Gap-Weaver Run) Iroquois Park to Jefferson Memorial Forest and return. (Ride cancelled if temperature is below 40 degrees) RC: *Dave Combs 724-9405*

### Saturday, January 23rd

- 8:00 am 100 mi. #4. Shelbyville McDonald's - North on 53 (exit 35 from I-64) The parking lot is behind McDonald's at the intersection of US 60 and Hwy 53. This is a winter century and will be swept at 14 mph. Please be considerate of others and only show up if you can keep this pace. RC: *Steve Rice srice@insightbb.com 502-494-5288*
- 10:00 am 17/35 mi. #1/2. **SLOW & EASY.** Waterfront Park, Yellow Lot. RC: *A. B. Sandefur 425-9463*
- 1:00 pm 35 mi. #2. **KY to IN ride.** (cancelled if under 40 degrees). Meet at Yellow Lot - we will ride from Yellow Lot over the Clark Memorial Bridge (aka 2nd Street Bridge) then east to Utica and back to Yellow Lot. RC: *Dianna Decker (850) 415-0755.*

### Sunday, January 24th

- 9:15 am 12 mi. #3 "Mountain Biking" Ride starts at Dog Hill in Cherokee Park. Trail riding through Cherokee and Seneca Parks. RC: *Perry Finley 314-4243*
- 11:00 am 40 mi. #2. **Rooster Run Ride.** Paroquet Springs Conference Center. To right behind steakhouse. Shepherdsville, KY RC: *Joe Kinsinger (502)889-7145*
- 2:00 pm 15/25 mi. #3. Heine Bros Coffee, Chenoweth Ln. RC: *A.B. Sandefur 425-9463*
- 3:00 pm 30 mi. #3. E.P. "Tom" Sawyer State Park. RC: *Dick Williams 426-4844*

### Monday, January 25th

- 9:30 am 40 mi. #3. **Fat Forty Ride.** Bardstown Road in front of Heine Bros and Breadworks Coffee shops. Ride cancelled if temperature below 40 degrees. RC: *Dave Combs 724-9405*
- 9:45am 40 mi. #4. Long Run Park. All Monday morning rides in January will only be cancelled if there is snow or ice on roads. RC: *Bill Pustow, 777-2847*

### Tuesday, January 26th

- 1:00 pm 40 mi. #3. Floyd Fork Park. (cancelled if under 40 degrees) RC: *Jim Tretter 491-7120*
- 7:00 pm **Trainer Tour.** (20 mile Credit) Bring your own bike and trainer or rollers and enjoy some winter indoor training with fellow cyclist. Cyclist of all levels will benefit. Broadway Baptist Church, 4000 Brownsboro Rd. \$1/ night or \$10/yr. RC: *A.B. Sandefur,425-9463*

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## Wednesday, January 27th

10:00 am 28 mi. #2. Ashland Pk., IN. Ride canceled if under 40F. RC: *Alison Ewart 584-4222*

## Thursday, January 28th

10:00 am 50 mi. #2. **Louisville Loop 50**. Waterfront Park, Yellow Lot to Farnsley-Moremey Landing and back via The Loop. RC: *Andy Murphy 502-526-1040*

7:00 pm **Trainer Tour**. 20 mile Credit) Bring your own bike and trainer or rollers and enjoy some winter indoor training with fellow cyclist. Cyclist of all levels will benefit. Broadway Baptist Church, 4000 Brownsboro Rd. \$1/ night or \$10/yr. RC: *Donna Connell 231-5853*

## Friday, January 29th

10:30 am 30 mi. #3. From Goose Creek Cycle, LaGrange. Meet inside where it is warm. Ride Canceled if Snowing or Raining. RC. *Jon Kindig 265-1808*

11:00 am 42 mi. #3. **South Louisville 42**. (Scotts Gap-Weaver Run) Iroquois Park to Jefferson Memorial Forest and return. (Ride cancelled if temperature is below 40 degrees) RC: *Dave Combs 724-9405*

## Saturday, January 30th

10:00 am 17/35 mi. #1/2. **SLOW & EASY**. Waterfront Park, Yellow Lot. RC: *Eric Sellers 216-8248*

## Sunday, January 31st

9:15 am 12mi. #3 "Mountain Biking" Ride starts at Dog Hill in Cherokee Park, trail riding through Cherokee and Seneca Parks RC: *Perry Finley 314-4243*

11:00 am 40 mi. #2. **Rooster Run Ride**. Paroquet Springs Conference Center. To right behind steakhouse. Shepherdsville, KY RC: *Joe Kinsinger (502)889-7145*

2:00 pm 15/25 mi. #3. Heine Bros Coffee, Chenoweth Ln. RC: *Stewart Prather 895-9094*

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

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