



LOUISVILLE BICYCLE CLUB

FOUNDED IN 1897 AS THE LOUISVILLE WHEELMEN



Monday, March 1st

- 9:00 am, 40 mi. #3. Long Run Park. RC: *Bill Pustow 777-2847*
5:45 pm 12 mi. #2. **Recovery Ride** (RIF RAF). St. Matthews Baptist Church. RC: *Ron & Vicky Dobbs 500-4671.*
6:36 pm Sunset

Tuesday, March 2nd

- 9:30 am 40 miles #3. Floyd's Fork Park. RC: *Michael Crawford 314-9977*
7:00 pm **TRAINER TOUR** (20 mile credit), Broadway Baptist Church, 4000 Brownsboro Rd. RC: *A.B. Sandefur 425-9463.*

Wednesday, March 3rd

- 10:00 am 30/50mi. #3. Tom Sawyer Pk. RC: *Dick Williams 426-4844*
6:30 pm 26 mi. #2. **Wheeling into the night.** Front headlight and rear red (blinky) taillight required. Slow and easy ride from Hogan's Fountain in Cherokee Park to Iroquois Park and return. RCs: *Eric Sellers 502-216-8248 and John Cummings 502-239-0114, 502-553-6870.*
6:38 pm Sunset

Thursday, March 4th

- 9:30 am 30 mi. #3. **W.I.N.G.S.** (Westport Incremental New Goals Series). Progressively more difficult series of rides designed to bring back fitness for the spring season. "WINGS training will make you fly!" Westport Park, Westport, Ky. Ride #3013 on www.kybikerides.org RC: *Larry Preble, 509-2362*
6:30 pm – **Bike maintenance for beginners.** Bluegrass Bicycle, 6015 Crestwood Station, Crestwood, An opportunity to learn a few fundamentals for those who haven't done repairs before. Program repeats each week. *Tom Armstrong, 523-9581 education@louisvillebicycleclub.org.* Class is free to all, but phone registration is helpful.
7:00 pm **TRAINER TOUR.** (20 mile credit) Broadway Baptist Church, 4000 Brownsboro Rd. RC: *A.B. Sandefur 425-9463*

Friday, March 5th

- 10:00 pm 30 mi. #3. From Goose Creek Cycle, LaGrange. Meet inside where it is warm. RC. *Jon Kindig 265-1808*
10:00 am 30 mi. #3. EP Tom Sawyer State Park. Ride only cancelled in the event of snow or rain. RC: *Mark Rougeux 494-9056*
10:00 am 42 mi. **South Louisville 42.** (Scotts Gap/Weaver Run) Iroquois Park to Jefferson Memorial Forest and back. RC: *Dave Combs 724-9405*
5:45 pm 15 mi #2. **Weekend Tune-Up and Fun Ride.** St. Matthews Baptist Church. RC: *Scott Howes, 445-8201.*
6:40 pm Sunset

Saturday, March 6th

- 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 [http://www.louisvillebicycleclub.org/touring/Louisville Bicycle Club Brevet Series 2010.pdf](http://www.louisvillebicycleclub.org/touring/Louisville_Bicycle_Club_Brevet_Series_2010.pdf). RC: *Steve Rice, 502-494-5288, srice at insightbb.com*
7:08 am Sunrise
9:00 am 17/35 mi. #1/2. **Slow & Easy.** Waterfront Park, Yellow, Lot. RC: *Steve Montgomery 367-7103.*
10:00 am 15/35 mi. #2/#3. Outback Steakhouse, 8101 Bardstown Road (Fern Creek) RC: *Ddonna Connell 541-4759 dgcpaint@bellsouth.net*

Sunday, March 7th

- 7:06 am Sunrise
9:15 am 58/82/105 mi. #3/3.5. **Salted Beast Ride.** Paroquet Springs Conference Center, To right behind steakhouse, Shepherdsville, KY. RC: *Joe Kinsinger (502)889-7145*
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.*
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. The 17 mile will be swept. Start at Farnsley-Morman parking lot. RC: *Doug Klein , 724-1819.*
10:00 am **2010 Tour de Mad Dog Prologue** 6 mile TT (10 mile credit) New Middletown Elementary, New Middletown, IN. A short, but challenging time trial course to determine rider seeding for the start of the 2010 TMD. All welcome, those wishing to pre-register for the TMD contact RC: *Kirk Roggenkamp anchorogdog@insightbb.com 718-1911*
11:00 am 27 mi. #3+. New Middletown Elem. Loop out to Laconia immediately following the TMD TT. Lunch option at Andy's in NM afterwards. RC: *Kirk Roggenkamp 718-1911 and Cathy Hill 859-509-4425*
2:00 pm 15/25 mi. #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, March 8th

- 5:45 pm 12 mi. #2. **Recovery Ride** (RIF RAF). St. Matthews Baptist Church. RC: *Ron & Vicky Dobbs 500-4671.*
6:43 pm Sunset

Tuesday, March 9th

- 9:00 am 40 mi. #3. Long Run Park. RC: *Bill Pustow 777-2847*
9:15 am 50 mi. #3+. Kroger Parking Lot (Shelbyville, KY). RC: *Michael Crawford 314-9977*

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.



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Wednesday, March 10th

- 10:00 am 40 mi. #3. Edwardsville Pk., IN. RC: *Sonny Neurath 893-2306*
- 6:30 pm 26 mi. #2. **Wheeling into the night.** Front headlight and rear red (blink) taillight required. Slow and easy ride from Hogan's Fountain in Cherokee Park to Iroquois Park and return. RCs: *Eric Sellers 502-216-8248 and John Cummings 502-239-0114, 502-553-6870.*
- 6:45 pm Sunset

Thursday, March 11th

- 9:30 am 30 mi. #3. **W.I.N.G.S.** (Westport Incremental New Goals Series). Progressively more difficult series of rides designed to bring back fitness for the spring season. "WINGS training will make you fly!" Westport Park, Westport, Ky. Ride #3000 on www.kybikerides.org RC: *Larry Preble, 509-2362*
- 6:30 pm – **Bike maintenance for beginners.** Bluegrass Bicycle, 6015 Crestwood Station, Crestwood, An opportunity to learn a few fundamentals for those who haven't done repairs before. Program repeats each week. *Tom Armstrong, 523-9581 education@louisvillebicycleclub.org.* Class is free to all, but phone registration is helpful.

Friday, March 12th

- 10:00 am 30 mi. #3. From Goose Creek Cycle, LaGrange. Meet inside where it is warm. RC: *Jon Kindig 265-1808*
- 5:45 pm 15 mi #2. **Weekend Tune-Up and Fun Ride.** St. Matthews Baptist Church. RC: *Scott Howes, 445-8201.*
- 6:47 pm Sunset

Saturday, March 13th

- 6:57 am Sunrise
- 9:00 am 17/35 mi. # 1/2. **Slow & Easy.** Waterfront Park, Yellow Lot. RC. Laura Trachtenberg, 905-1365
- 9:00 am **Wayside Park Clean-up.** Southern Parkway and Oakdale Avenue. We will be continuing our clean-up efforts at Wayside Park, the location of "Ruff's Memorial Wheelmen's Bench". There will be a club ride after the clean-up. RC: *Andy Murphy 526-1040*
- 12:00 pm 35 mi. #2. **Wheelmen's Bench Ride.** Wayside Park, Southern Parkway and Oakdale Avenue. The route will take us to Shawnee Park, Iroquois Park and back to Wayside Park. RC: *John Cummings, 553-6870*
- 2:00 pm 30 mi. #3. **Weekend 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!" WINGS training will make you fly! Westport Park, Westport, Ky. Ride #3000 on www.kybikerides.org RC: *Dr. Larry Preble, 509-2362*
- 3:30 pm 24 mi. #3. Bluegrass Bicycle. Crestwood Station shopping center. 6015 Crestwood Station, Crestwood, KY. RC: *Bob Clifford. 241-2440.*
- Out of Town Rides**
- 7:00 am 100 mi. #3. **Texas Hell Week.** Registration required. www.HellWeek.com. RC: Bill Pustow 777-2847

Sunday, March 14th - Daylight Savings Time Begins

- 7:56 am Sunrise
- 8:00 am 100 mi. #3. **Honest Abe Century [TMD Stage#1].** Outer loop and Newcut road (k-mart parking lot). RC: *John & Susan Pyron 494-3553/541-8694*
- 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.*
- 9:15 am 58/82/105 mi. #3/3.5. **Salted Beast Ride.** Paroquet Springs Conference Center, To right behind steakhouse, 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. The 17 mile will be swept. Start at Farnsley-Morman parking lot. RC: *Doug Klein , 724-1819.*
- 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*
- Out of Town Rides**
- 7:00 am 100 mi. #3. **Texas Hell Week.** Registration required. www.HellWeek.com. RC: Bill Pustow 777-2847

Monday, March 15th

- 9:00 am 40 mi. #3. Long Run Park. RC: *Dave Combs 724-9405*
- 6:15 pm 12 mi. #2. **Recovery Ride (RIF RAF).** St. Matthews Baptist Church. RC: Ron & Vicky Dobbs 500-4671.
- 7:50 pm Sunset
- Out of Town Rides**
- 6:00 am 200k Brevet. #3. **Texas Hell Week.** Registration required. www.HellWeek.com. RC: Bill Pustow 777-2847

Tuesday, March 16th

- 10:00 am 50 mi. #2. **Louisville Loop 50.** Waterfront Park, Yellow Lot to Farnsley-Moremens Landing and back via The Loop. RC: *Andy Murphy 502-526-1040*
- Out of Town Rides**
- 7:00 am 100 mi. #3. **Texas Hell Week.** Registration required. www.HellWeek.com. RC: Bill Pustow 777-2847

CPSC- or Snell-approved Helmets Are Required

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Wednesday, March 17th

- 10:00 am 35 mi. #3. Graceland Church. New Alban, IN. RC: *Alison Ewart 584-4222*
- 6:30 pm 26 mi. #2. **Wheeling into the night.** Front headlight and rear red (blinky) taillight required. Slow and easy ride from Hogan's Fountain in Cherokee Park to Iroquois Park and return. RCs: *Eric Sellers 502-216-8248 and John Cummings 502-239-0114, 502-553-6870.*
- 7:52 pm Sunset
- Out of Town Rides**
- 7:00 am 100 mi. #3. **Texas Hell Week.** Registration required. www.HellWeek.com. RC: *Bill Pustow 777-2847*

Thursday, March 18th

- 9:30 am 30 mi. #3. **W.I.N.G.S.** (Westport Incremental New Goals Series). Progressively more difficult series of rides designed to bring back fitness for the spring season. "WINGS training will make you fly!" Westport Park, Westport, Ky. Ride #3005 on www.kybikerides.org RC: *Larry Preble, 509-2362*
- 6:00 pm 15 mi. #3. Charlie Vettiner Park. RC: *Steve and Deb Sexton, 239-8521.*
- 6:30 pm – **Bike maintenance for beginners.** Bluegrass Bicycle, 6015 Crestwood Station, Crestwood, An opportunity to learn a few fundamentals for those who haven't done repairs before. Program repeats each week. *Tom Armstrong, 523-9581 education@louisvillebicycleclub.org.* Class is free to all, but phone registration is helpful.
- 9:30 pm
- 7:53 pm Sunset
- Out of Town Rides**
- 7:00 am 100 mi. #3. **Texas Hell Week.** Registration required. www.HellWeek.com. RC: *Bill Pustow 777-2847*

Friday, March 19th

- 10:00 am 30 mi. #3. From Goose Creek Cycle, LaGrange. RC: *Jon Kindig 265-1808*
- 10:00 am 42 mi. **South Louisville 42.** (Scotts Gap/Weaver Run) Iroquois Park to Jefferson Memorial Forest and back. RC: *Dave Combs 724-9405*
- 6:00 pm 15 mi. #2. **Weekend Tune-Up and Fun Ride.** St. Matthews Baptist Church. RC: *Scott Howes, 445-8201.*
- 7:54 pm Sunset
- Out of Town Rides**
- 5:00 am 300k Brevet. #3. **Texas Hell Week.** Registration required. www.HellWeek.com. RC: *Bill Pustow 777-2847*

Saturday, March 20th

- 7:47 am Sunrise
- 9:00 am 17/35 mi. #1/2. **Slow & Easy.** Waterfront Park, Yellow Lot. RC: *George Cooper 499-1652*
- 2:00 pm 30 mi. #3. **Weekend 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 #3013 on www.kybikerides.org RC: *Dr. Larry Preble, 509-2362*
- 3:30 pm 24 mi. #3. Bluegrass Bicycle. Crestwood Station shopping center. 6015 Crestwood Station, Crestwood, KY. RC: *Bob Clifford. 241-2440.*

Sunday, March 21st

- 7:45 am Sunrise
- 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.*
- 9:15 am 58/82/105 mi. #3/3.5. **Salted Beast Ride.** Paroquet Springs Conference Center, To right behind steakhouse, 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. The 17 mile will be swept. Start at Farnsley-Morman parking lot. RC: *Doug Klein , 724-1819.*
- 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*
- 4:00 pm **General Membership Meeting** - Baptist East/Milestone Wellness Center after the 2pm ride.

Monday, March 22nd

- 9:00 am 40 mi. #3. Long Run Park. RC: *Dave Combs 724-9405*
- 6:15 pm 12 mi. #2. **Recovery Ride (RIF RAF).** St. Matthews Baptist Church. RC: *Ron & Vicky Dobbs 500-4671.*
- 7:57 pm Sunset

Tuesday, March 23rd

- 10:00 am 45 mi. #3. EP Tom Sawyer State Park. Ride only cancelled in the event of snow or rain. RC: *Mark Rougeux 494-9056*
- 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*

CPSC- or Snell-approved Helmets Are Required

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Wednesday, March 24th

- 10:00 am 40mi. #3. Love's Travel Plaza, Memphis, IN. RC: *AB Sandefur 425-9463. (ride canceled if under 40F)*
- 6:30 pm 26 Miles. #2. **Wheeling into the night.** Front headlight and rear red (blinky) taillight required. Slow and easy ride from Hogan's Fountain in Cherokee Park to Iroquois Park and return. RCs: *Eric Sellers 502-216-8248 and John Cummings 502-239-0114, 502-553-6870.*
- 7:59 pm Sunset

Thursday, March 25th

- 9:30 am 40 mi. #3. **W.I.N.G.S.** (Westport Incremental New Goals Series). Progressively more difficult 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: *Larry Preble, 509-2362*
- 6:00 pm 15 mi. #3. Charlie Vettiner Park. RC: *Steve and Deb Sexton, 239-8521.*
- 8:00 pm Sunset

Friday, March 26th

- 10:00 am 30 mi. #3. From Goose Creek Cycle, LaGrange. RC. *Jon Kindig 265-1808*
- 6:00 pm 15 mi #2. **Weekend Tune-Up and Fun Ride.** St. Matthews Baptist Church. RC: *Scott Howes, 445-8201.*
- 8:01 pm Sunset

Saturday, March 27th

- 7:36 am Sunrise
- 8:00 am 100 mi. #4. **Lawrenceburg Loop [TMD Stage #2].** McDonald's in Shelbyville at KY 53 and US 60. RC: *Steve Rice, 494-5288.*
- 9:00 am 17/35 mi. # 1/2. **Slow & Easy.** Waterfront Park, Yellow Lot. RC. *Eric Sellers 216-8248*
- 2:00 pm 30 mi. #3. **Weekend 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 #3005 on www.kybikerides.org RC: *Dr. Larry Preble, 509-2362*
- 3:30 pm 24 mi. #3. Bluegrass Bicycle. Crestwood Station shopping center. 6015 Crestwood Station, Crestwood, KY. RC: *Bob Clifford. 241-2440.*

Sunday, March 28th

- 7:34 am Sunrise
- 8:00 am 100 mi #4. Floyd's Fork Park. RC: *Steve Rice srice@insightbb.com 502-494-5288*
- 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*
- 9:15 am 58/82/105 mi. #3/3.5. **Salted Beast Ride.** Paroquet Springs Conference Center, To right behind steakhouse, 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. The 17 mile will be swept. Start at Farnsley-Morman parking lot. RC: *Doug Klein , 724-1819.*
- 10:30 am 23 mi. #2. **Bike MS & Tour de Cure Training Ride.** Yellow Route. Scheller's Fitness & Cycling – Middletown. RC: *Marty Scheller 502-245-1955*
- 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*

Monday, March 29th

- 6:15 pm 12 mi. #2. **Recovery Ride (RIF RAF).** St. Matthews Baptist Church. RC: *Ron & Vicky Dobbs 500-4671.*
- 8:03 pm Sunset

Tuesday, March 30th

- 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*
- 10:00 am 50 mi. #3. EP Tom Sawyer State Park. Ride only cancelled in the event of snow or rain. RC: *Mark Rougeux 494-9056*
- 6:00 pm 15/25 mi. #3. **St. Matthews Tuesday Night Ride.** Burdorf Galleries parking lot (former Bacon's parking lot) RC: *Timothy Stephen 608-6174*
- 6:30 pm – **Bike maintenance for beginners.** Bluegrass Bicycle, 6015 Crestwood Station, Crestwood, An opportunity to learn a few fundamentals for those who haven't done repairs before. Program repeats each week. *Tom Armstrong, 523-9581 education@louisvillebicycleclub.org.* Class is free to all, but phone registration is helpful.
- 9:30 pm
- 8:04 pm Sunset

Wednesday, March 31st

- 10:00 am 30/40mi. #3. Long Run Pk. RC: *Vicky Dobbs 500-4671. (ride canceled if under 40F.)*
- 6:30 pm 26 mi. #2. **Wheeling into the night.** Front headlight and rear red (blinky) taillight required. Slow and easy ride from Hogan's Fountain in Cherokee Park to Iroquois Park and return. RCs: *Eric Sellers 502-216-8248 and John Cummings 502-239-0114, 502-553-6870.*
- 8:05 pm Sunset

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