



# LOUISVILLE BICYCLE CLUB

FOUNDED IN 1897 AS THE LOUISVILLE WHEELMEN



## Thursday, April 1st

- 9:30 am 55 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 #3012 on [www.kybikerides.org](http://www.kybikerides.org) RC: *Larry Preble, 509-2362*
- 6:30 pm 15/25 mi. #3. Charlie Vettiner Park. RC: *Steve and Deb Sexton, 239-8521.*
- 8:06 pm Sunset

## Friday, April 2nd

- 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.*
- 8:07 pm Sunset

## Saturday, April 3<sup>rd</sup>

- 6:00 am 300K (186 mi). #4. **300K Brevet** -Start at Day's Inn in Shelbyville, KY. 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) . 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*
- 7:25 am Sunrise
- 8:00 am 100 mi. #3+. **Safety Net Century.** New Middletown Elementary School, New Middletown, IN. This is your chance to gauge your century fitness and ride a Mad Dog pace on an unique route that "cloverleaves" thru the starting point 6-7 times on different loops of 6-27 miles. Riders can "drop with dignity" at any of those passes for miles ridden or continue on with group till entire century is complete. Find out if you are ready for the TMD! RCs: *Cathy Hill 859-509-4425 and Kirk Roggenkamp 718-1911 anchor dog@insightbb.com*
- 9:00 am 17/35 mi. #1/2. **Slow & Easy.** Waterfront Park, Yellow Lot. RC: *Laura Trachtenberg 905-1365*
- 10:00 am 35/50 mi. #3. Outback Steakhouse, 8101 Bardstown Road (Fern Creek) RC: *Donna Connell 541-4759 dgcpaint@bellsouth.net*
- 2:00 pm 32 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 #3019 on [www.kybikerides.org](http://www.kybikerides.org) RC: *Dr. Larry Preble, 509-2362*
- 2:15 pm 35 mi. #3. **MAD PUP Post Easter Parade 35.** Nancy's Bagel Grounds, 2101 Frankfort Ave. Please park on side streets, in order to allow for customers to park in the lots. RC: *Laura Trachtenberg, 905-1365*
- 3:30 pm 24 mi. #3. Bluegrass Bicycle. Crestwood Station shopping center. 6015 Crestwood Station, Crestwood, KY. RC: *Bob Clifford. 241-2440.*

## Sunday, April 4<sup>th</sup> – Easter

- 7:24 am Sunrise
- 8:15 am 58/82/122 mi. #3/3.5. **Salt of The Earth 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.*
- 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, April 5th

- 8:30 am 90 mi. #3. Long Run Park. RC: *Bill Pustow, 777-2847*
- 9:30 am 40 mi. #3. **Fat Forty Ride.** Bardstown Road in front of Heine Bros and Breadworks Coffee shops. RCs: *Tommy Sutton 777-3458 & Dave Combs 724-9405*
- 6:15 pm 12 mi. #2. **Recovery Ride** (RIF RAF). St. Matthews Baptist Church. RC: *Ron & Vicky Dobbs 500-4671.*
- 8:10 pm Sunset

## Tuesday, April 6th

- 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 to LaGrange. Ride only cancelled in the event of 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*
- 8:11 pm Sunset

## Wednesday, April 7th

- 10:00 am 32/50mi. #3. Love's Travel Plaza, Memphis, IN. RC: *Alison Ewart 584-4222* (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.*
- 8:12 pm Sunset

### 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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## Thursday, April 8th

- 9:30 am 46 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. Westport Park, Westport, Ky. Ride #3016 on [www.kybikerides.org](http://www.kybikerides.org) RC: *Larry Preble, 509-2362*
- 6:30 pm 15/25 mi. #3. Charlie Vettiner Park. RC: *Steve and Deb Sexton, 239-8521.*
- 8:13 pm Sunset

## Friday, April 9th

- 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.*
- 8:14 pm Sunset

## Saturday, April 10th

- 7:15 am Sunrise
- 10:00 am 100 mi. #4. **New Urbane Century [TMD Stage #4]**. E.P. Tom Sawyer Park, RC: *Ron & Vicky Dobbs 500-4671/500-4655*
- 9:00 am 17/35 mi. # 1/2. **Slow & Easy.** Waterfront Park. RC: *George Cooper 499-1652*
- 2:00 pm 40 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 #3015 on [www.kybikerides.org](http://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, April 11th

- 7:13 am Sunrise
- 8:00 am 100 mi. #4. Long Run Park. RC: *Steve Rice srice@insightbb.com 502-494-5288*
- 8:15 am 58/82/122 mi. #3/3.5. **Salt of The Earth Ride.** Paroquet Springs Conference Center, To right behind steakhouse, Shepherdsville, KY. RC: *Joe Kinsinger (502)889-7145*
- 9:30 am 60 mi. #3. **Chat & Nibble Ride.** E.P. Tom Sawyer Park. [kybikerides.org](http://kybikerides.org) #2401 RC: *Timothy Stephen 608-6174*
- 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. The 17 mile will be swept. Start at Farnsley-Morman parking lot. 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.*
- 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, April 12th

- 8:30 am 90 mi. #3. Long Run Park. RC: *Bill Pustow 777-2847*
- 9:30 am 40 mi. #3. **Fat Forty Ride.** Bardstown Road in front of Heine Bros and Breadworks Coffee shops. RCs: *Tommy Sutton 777-3458 & Dave Combs 724-9405*
- 6:15 pm 12 mi. #2. **Recovery Ride (RIF RAF).** St. Matthews Baptist Church. RC: *Ron & Vicky Dobbs 500-4671.*
- 8:16 pm Sunset

## Tuesday, April 13th

- 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*
- 6:15 pm 15/25 mi. #3. **St. Matthews Tuesday Night Ride.** Burdorf Galleries parking lot (former Bacon's parking lot) RC: *Timothy Stephen 608-6174*
- 8:17 pm Sunset

## Wednesday, April 14th

- 9:30 am 40mi.#3. Long Run Pk. RC: *AB Sandefur 425-9463*
- 6:30 pm **Louisville Bicycle Club sponsored Mayoral Candidate Forum.** at The Clifton Center, 2117 Payne Street in the Crescent Hill neighborhood. There will be bicycle parking available at The Clifton Center. There will be a meet and greet session with the candidates in the Community Room at The Clifton Center after the forum. Light refreshments will be served.

## Thursday, April 15th

- 9:30 am 50 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. Westport Park, Westport, Ky. Ride #3017 on [www.kybikerides.org](http://www.kybikerides.org) RC: *Larry Preble, 509-2362*
- 6:30 pm 15/25 mi. #3. Charlie Vettiner Park. RC: *Steve and Deb Sexton, 239-8521.*
- 8:19 pm Sunset

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

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## Friday, April 16th

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.*  
8:20 pm Sunset

## Saturday, April 17th

7:05 am Sunrise  
8:00 am 24/40/73/105 mil. #1/2/3. **Redbud Ride.** London, Ky. Registration required., [www.redbudride.com](http://www.redbudride.com), RC: *Bill Pustow 777-2847*  
8:00 am 106 mi. #4. **Midway Century.** Starts at the Shelbyville McDonald's at the intersection of Hwy 53 and US 60. RC: Steve Rice  
*srice@insightbb.com 494-5288*  
9:00 am 17/35 mi. # 1/2. **Slow & Easy.** Waterfront Park, Yellow Lot. RC. *Seve Montgomery 367-7103*  
2:00 pm 55 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 #3012 on [www.kybikerides.org](http://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, April 18th

7:03 am Sunrise  
8:00 am 100 mi. #4. **General Butler's Assault [TMD Stage #4].** Westport Park. Ride# 3009 at [www.kybikerides.org](http://www.kybikerides.org). Scenic, challenging century traveling the eastern side of the KY River. Lunch in Carrollton. RC: *Larry Preble 509-2362*  
8:15 am 58/82/122 mi. #3/3.5. **Salt of The Earth Ride.** Paroquet Springs Conference Center, To right behind steakhouse, 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. The 17 mile will be swept. Start at Farnsley-Morman parking lot. 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.*  
10:30 am 30 mi. #3. **Bike MS & Tour de Cure Training Ride.** Scheller's Fitness & Cycling – Clarksville. RC: *Mark Newbold 812-288-6100*  
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*

## Monday, April 19th

8:30 am 90 mi. #3. Long Run Park. RC: *Bill Pustow 777-2847*  
9:30 am 40 mi. #3. **Fat Forty Ride.** Bardstown Road in front of Heine Bros and Breadworks Coffee shops. RCs: *Tommy Sutton 777-3458 & Dave Combs 724-9405*  
6:15 pm 12 mi. #2. **Recovery Ride** (RIF RAF). St. Matthews Baptist Church. RC: *Ron & Vicky Dobbs 500-4671.*  
8:23 pm Sunset

## Tuesday, April 20th

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*  
9:30 am 70 mi. #3. EP Tom Sawyer State Park. Ride to Eminence. Ride cancelled if rain. RC: *Mark Rougeux 494-9056*  
6:15 pm 15/25 mi. #3. **St. Matthews Tuesday Night Ride.** Burdorf Galleries parking lot (former Bacon's parking lot) RC: *Joe Medley 599-2200*  
8:24 pm Sunset

## Wednesday, April 21st

9:30 am 25/45 mi. #3. Crestwood Station. *Vicky Dobbs 500-4671*  
6:15 pm 15/20 mi. #3. EP Tom Sawyer State Park. RC: *Marilyn Minnick, 412-4224*  
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.*  
8:25 pm Sunset

## Thursday, April 22nd

9:30 am 55mi. #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. Westport Park, Westport, Ky. Ride #3018 on [www.kybikerides.org](http://www.kybikerides.org) RC: *Larry Preble, 509-2362*  
6:30 pm 15/25 mi. #3. Charlie Vettiner Park. RC: *Steve and Deb Sexton, 239-8521.*  
8:26 pm Sunset

## Friday, April 23rd

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.*  
8:27 pm Sunset

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

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# LOUISVILLE BICYCLE CLUB

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## Saturday, April 24th

- 6:55 am Sunrise
- 7:00 am 200K (125 mi). #4. **200K Brevet** -Start at Finley Firehouse in Scottsburg, IN. 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*
- 9:00 am 17/35 mi. #1/2. **Slow & Easy**. Waterfront Park, Yellow Lot. RC: *Eric Sellers 216-8248*
- 2:00 pm 45 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 #3016 on [www.kybikerides.org](http://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, April 25th

- 6:54 am Sunrise
- 8:00 am 100mi. #4 Shelbyville McDonald's at intersection of Hwy 53 and US 60. Continuation of the TTTBB series. RC: *Steve Rice srice@insightbb.com 502-494-5288*
- 8:00 am 75 mi. #3. **Ride to Leavenworth, IN.** (Eat at the Overlook Restaurant). Start New Albany, Riverfront Amphitheater on W. Water St. Ride cancelled if rain. RC: *Charlie Drexler 499-9854*
- 8:15 am 58/82/122 mi. #3/3.5. **Salt of The Earth Ride**. Paroquet Springs Conference Center, To right behind steakhouse, 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. The 17 mile will be swept. Start at Farnsley-Morman parking lot. 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.*
- 9:30 am 25 mi. #2. **Bike MS & Tour de Cure Training Ride**. Pow Pow Blue Route. Scheller's Fitness & Cycling – Middletown. RC: *Jesse Roberson 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, April 26th

- 8:30 am 90 mi. #3. Long Run Park. RC: *Bill Pustow 777-2847*
- 9:30 am 40 mi. #3. **Fat Forty Ride**. Bardstown Road in front of Heine Bros and Breadworks Coffee shops. RCs: *Tommy Sutton 777-3458 & Dave Combs 724-9405*
- 6:15 pm 12 mi. #2. **Recovery Ride** (RIF RAF). St. Matthews Baptist Church. RC: *Ron & Vicky Dobbs 500-4671.*
- 8:30 pm Sunset

## Tuesday, April 27th

- 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*
- 10:00 am 50 mi. #3. Long Run Park. (cancelled if under 40 degrees) RC: *Jim Tretter 491-7120*
- 6:30 pm 15/25 mi. #3. St. Matthews Tuesday Night Ride. Burdorf Galleries parking lot (former Bacon's parking lot) RC: *Carol Medley 836-4226*
- 8:31 pm Sunset

## Wednesday, April 28th

- 9:00 am 20/30/50mi. #3. Love's Travel Plaza, Memphis, IN. RC: *Dick Williams 426-4844.*
- 6:30m 15/20 mi. #3. EP Tom Sawyer State Park. RC: *Marilyn Minnick, 412-4224*
- 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.*
- 8:31 pm Sunset

## Thursday, April 29th

- 9:30 am 61 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. Westport Park, Westport, Ky. Ride #3020 on [www.kybikerides.org](http://www.kybikerides.org) RC: *Larry Preble, 509-2362*
- 6:30 pm 15/25 mi. #3. Charlie Vettiner Park. RC: *Steve and Deb Sexton, 239-8521.*
- 8:32 pm Sunset

## Friday, April 30th

- 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.*
- 8:33 pm Sunset

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