



LOUISVILLE BICYCLE CLUB

FOUNDED IN 1897 AS THE LOUISVILLE WHEELMEN



Tuesday, March 1st

- 5:15 pm 15 mi. #2. **Adam's Froze Nose Ride.** Burdorf's parking lot, 3939 Shelbyville Road. RC: *Adam Livingston, 287-3837.*
7:00 pm **TRAINER TOURS** (20 mile credit) Bring your own bike and trainer or rollers for indoor training with fellow cyclists.
Broadway Baptist Church, 4000 Brownsboro Road. \$1.00/night or \$10.00 year fee required. RC: *A.B.Sandefur 425-9463*

Wednesday, March 2nd

- 10:00 am 40 mi. #3. Long Run Park. RC: *A.B. Sandefur 425-9432.*
6:30 pm 26 mi. #2. **Wheeling into the Night.** Cherokee Park/ Hogan's Fountain. Front headlight and rear red blinkie required. RC: *John Cummings, 239-0114, johncummings@bellsouth.net*

Thursday, March 3rd

- 9:30 am 30 mi. #3. **W.I.N.G.S.** (Westport Incremental New Goals Series) Progressive ride series designed to bring back fitness for the spring season. "WINGS training will make you fly!" Westport Park, Westport, Ky. Map and Cue sheet on www.kybikerides.org, Ride #3013. RC: *Dr. Larry Preble, 509-2362.*
10:00 am 30 mi. #3. Central Station Kroger, 3rd and Central. RC: *Perry Finley, 852-5874.*
7:00 pm **TRAINER TOURS** (20 mile credit) Bring your own bike and trainer or rollers for indoor training with fellow cyclists.
Broadway Baptist Church, 4000 Brownsboro Road. \$1.00/night or \$10.00 year fee required. RC: *A.B.Sandefur 425-9463*

Saturday, March 5th

- 6:00 am 300K (186 mi.) #5. 300K Brevet. Day's Inn. Hwy 55 in Shelbyville, KY. Registration, lights and gear required. For more info: http://www.louisvillebicycleclub.org/touring/Louisville_Bicycle_Club_Brevet_Series_2011.pdf. RC: *Steve Rice, 494-5299, sriceky@gmail.com*
9:00 am 17/35 mi. #1/2. **SLOW @ EASY**, Iroquois Special. Waterfront Park, Yellow Lot. RC: *Laura Trachtenberg 905-1365*
3:30 pm 25 mi. #3. Bluegrass Bicycle Shop (6015 Crestwood Station, Crestwood, KY) RC: *Bob Clifford, 241-2440. bob@luegrassbicycle.com*

Sunday, March 6th

- 9:00 am 55 mi. #3. **Joe's Double Nickel Ride.** Paraquet Springs Conference Center in Shepherdsville. Exit #117 off I65. Turn right, then quick left at light. Left at Steakhouse. RC: *Joe Kinsinger (502)889-7145*
9:30 am **Tour de Mad Dog Prologue.** 6 mile time trial starts the 2011 TMD! Commerce Parkway Park in Lagrange, KY. RC: *Dave R. King, 500-7351.*
10:00 am #17/32 mi. #1. **Family Friendly Ride** – Ohio River Levee Trail. Farnsley Moreman Landing Parking Lot. Canceled if Below 32 degrees. RC: *Doug Klein, 724-1819.*
10:00 am 30/60 mi. #3. **Steves Fifth Anniversary of his "Once in a Lifetime Fiftieth Birthday Ride and Party" Inaugural Metric Mania Ride.** Party to follow. Meijers on Hurstbourne @ Watterson Trail. RC: *Steve Sarson 645-6388.*
11:00 am 35 mi. #3. **Post Mad Dog Prologue Westport Loop** ride. KY 393 and Commerce Park in Lagrange, KY. RC: *David R. King, 500-7351.*
2:00 pm 15/25 mi. #3. Heine Brothers Coffee, Chenoweth Ln, RC: *Connie Guild 608-7758*

Tuesday, March 8th

- 7:00 pm **TRAINER TOURS** (20 mile credit) Bring your own bike and trainer or rollers for indoor training with fellow cyclists.
Broadway Baptist Church, 4000 Brownsboro Road. \$1.00/night or \$10.00 year fee required. RC: *A.B.Sandefur 425-9463*

Wednesday, March 9th

- 9:00 am 60 mi. #3. E.P. "Tom" Sawyer Park. RC: *Mark Rougeux, 494-9056.*
10:00 am 35 mi. #3. Graceland Baptist Church. RC: *Alison Ewart, 584-4222.*
6:30 pm 26 mi. #2. **Wheeling into the Night.** Cherokee Park/ Hogan's Fountain. Front headlight and rear red blinkie required. RC: *John Cummings, 239-0114, johncummings@bellsouth.net*

Thursday, March 10th

- 9:30 am 40 mi. #3. **W.I.N.G.S.** (Westport Incremental New Goals Series) Progressive ride series designed to bring back fitness for the spring season. "WINGS training will make you fly!" Westport Park, Westport, Ky. Map and Cue sheet on www.kybikerides.org, Ride #3015. RC: *Dr. Larry Preble, 509-2362.*
10:00 am 30 mi. #3. Central Station (Kroger @ 3rd St & Central Ave) RC: *Perry Finley, 852-5874.*

Saturday, March 12th

- 100 mi. Hell Week. <http://www.hellweek.com> RC: *Bill Pustow, 777-2847.*
8:00 am 30 mi. #3. From Goose Creek Cycle, La Grange. RC: *Jon Kindig 265-1808*
9:00 am 17/35 mi. #1/2 **SLOW @ EASY**, Iroquois Special, Waterfront Park, Yellow Lot. RC: *Steve Highbaugh, 445-1290*
9:00 am 70 mi. #3. E.P. "Tom" Sawyer Park. RC: *Mark Rougeux, 494-9056.*

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, March 12th (cont.)

- 10:15 am 28 mi. #3+. Prospect Point Optional Gelato Stop. RC: *Timothy Stephen, 608-6174.*
3:30 pm 25 mi. #3. Bluegrass Bicycle Shop (6015 Crestwood Station, Crestwood, KY) RC: *Bob Clifford, 241-2440.*
Bob@luegrassbicycle.com

Sunday, March 13th

- 100 mi. Hell Week. <http://www.hellweek.com> RC: *Bill Pustow, 777-2847.*
9:00 am 72 mi. #3. **Joe's Double Nickel Ride.** Paraquet Springs Conference Center in Shepherdsville. Exit#117 off I65. Turn right, then quick left. Left at Steakhouse. RC: *Joe Kinsinger (502) 889-7145.*
9:00 am 25 mi. #3. **Indian Hills Ride.** Heine Brothers @ The Douglass Loop. RC: *Perry Finley, 852-5874.*
2:00 pm 15/25 mi. #3. Heine Brothers Coffee @ Chenoweth Lane. RC: *Eric Sellers, 216-8248.*

Monday, March 14th

- 100 mi. Hell Week. <http://www.hellweek.com> RC: *Bill Pustow, 777-2847.*
6:00 pm 12 mi. #1. **Recovery Ride.** St. Matthews Baptist Church, Grandview Avenue. RC: *Vicky Dobbs, 500-4671.*

Tuesday, March 15th

- 100 mi. Hell Week. <http://www.hellweek.com> RC: *Bill Pustow, 777-2847.*
5:15 pm 15 mi. #2. **Adam's Froze Nose Ride.** Burdorf's parking lot, 3939 Shelbyville Road. RC: *Adam Livingston, 287-3837*

Wednesday, March 16th

- 100 mi. Hell Week. <http://www.hellweek.com> RC: *Bill Pustow, 777-2847.*
10:00 am 39/55 mi. #3. E. P. "Tom" Sawyer Park. RC: *John Larson, 245-2374.*
6:30 pm 26 mi. #2. **Wheeling into the Night.** Cherokee Park/ Hogan's Fountain. Front headlight and rear red blinkie required. RC: *John Cummings, 239-0114, johncummings@bellsouth.net*

Thursday, March 17th

- 100 mi. Hell Week. <http://www.hellweek.com> RC: *Bill Pustow, 777-2847*
9:30 am 55mi #3. **W.I.N.G.S.** (Westport Incremental New Goals Series) Progressive ride series designed to bring back fitness for the spring season. "WINGS training will make you fly!" Westport Park, Westport, Ky. Map and Cue sheet on www.kybikerides.org, Ride #3012. RC: *Dr. Larry Preble, 509-2362.*
10:00 am 30mi. #3. Central Station (Kroger @ 3rd St & Central Ave) RC: *Perry Finley, 852-5874.*
6:00 pm 15/25mi #3. Evangel Conference Center, 6900 Billtown Road. RC: *Steve and Deb Sexton, 239-8521.*

Friday, March 18th

- 100 mi. Hell Week. <http://www.hellweek.com> RC: *Bill Pustow, 777-2847.*
5:45 pm 15 mi. #2. Weekend Tune Up & Fun Ride St Matthews Baptist Church RC: *Perry Finley 852-5874*

Saturday, March 19th

- 8:00 am 30 mi. #3. Goose Creek Cycle, La Grange, KY RC: *Jon Kindig, 265-1808.*
9:00 am 17/35 mi. #1/2. **SLOW @ EASY, Iroquois Special.** Waterfront Park, Yellow Lot. RC: *George Cooper 499-1652*
9:30 am 62 mi. #3+. **Mad Iron Pup Metric.** Prospect Point. Backwards Loop of the IronMan course. RC: *Timothy Stephen, 608-6174.*
11:30 am 20 mi. #2. Bike To Beat Cancer Training Ride. Starts @ Yum Center, 2nd and Main. Kicks off the Main Event. RC: *Dan Delph, 807-0158.*
3:30 pm 25 mi. #3. Bluegrass Bicycle Shop (6015 Crestwood Station, Crestwood, KY) RC: *Bob Clifford, 241-2440.*
Bob@luegrassbicycle.com

Sunday, March 20th

- 9:00 am 72 mi. #3. **Joe's Double Nickel Ride.** Paraquet Springs Conference Center in Shepherdsville. RC: *Joe Kinsinger 889-7145.*
9:00 am 25 mi. #3. **Indian Hills Ride.** Heine Brothers @ The Douglass Loop. RC: *Perry Finley, 852-5874.*
9:30 am 6 mi. #1. Tour De Mad Dog Prologue MAKEUP [TMD Prologue MAKEUP] Will occur only if March 6 TMD event is cancelled. Commerce Park in Lagrange, KY. RC: *David R. King, 500-7351.*
10:00 am 17/32 mi. #1. **Family Friendly Ride** – Ohio River Levee Trail. Farnsley Moreman Landing Parking Lot. Canceled if Below 32 degrees. RC: *Doug Klein, 724-1819.*
2:00 pm 15/25 mi. #3. Baptist East/ Milestone Fitness and Wellness Center, 750 Cypress Dr. RC: *Steve Sarson 499-7089.*
4:00 pm **General Membership Meeting.** Baptist East/Milestone Fitness and Wellness Center, 750 Cypress Station Drive.

Monday, March 21st

- 6:00 pm 12 mi. #1. **Recovery Ride.** St. Matthews Baptist Church, Grandview Avenue. RC: *Vicky Dobbs, 500-4671.*

CPSC- or Snell-approved Helmets Are Required

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Tuesday, March 22nd

6:00 pm 17 mi. #2. **Short Urban Ride.** Burdorf's, 3939 Shelbyville Rd. RC: *Andy Murphy, 526-1040.*

Wednesday, March 23rd

9:00 am 70 mi. #3. E.P. "Tom" Sawyer Park. Route to Eminence. RC: *Mark Rougeux, 494-9056.*

10:00 am 20/40 mi. #3. Edwardsville Park, Georgetown, IN. RC: *Carole Sutton, 893-9216.*

5:30 pm 20/25 mi. #3. **Bike to Beat Cancer Training Ride.** VO2 Multisport Store, 131 St. Matthews Ave. RC: *Dan Delph, 807-0158.*

6:30 pm 26 mi. #2. **Wheeling into the Night.** Cherokee Park/ Hogan's Fountain. Front headlight and rear red blinkie required. RC: *John Cummings, 239-0114, johncummings@bellsouth.net*

Thursday, March 24th

9:30 am 55 mi. #3. **W.I.N.G.S.** (Westport Incremental New Goals Series) Progressive ride series designed to bring back fitness for the spring season. Westport Park, Westport, Ky. Map and Cue sheet on www.kybikerides.org, Ride #3017. RC: *Dr. Larry Preble, 509-2362.*

10:00 am 30 mi. #3. Central Station (Kroger @ 3rd St & Central Ave) RC: *Perry Finley, 852-5874.*

6:00 pm 15/25 mi. #3. Evangel Conference Center, 6900 Billtown Road. RC: *Steve and Deb Sexton, 239-8521.*

Friday, March 25th

5:45 pm 15 mi. #2. **Weekend Tune Up & Fun Ride.** St Matthews Baptist Church. RC: *Perry Finley, 852-5874.*

Saturday, March 26th

8:00 am 30 mi. #3. Goose Creek Cycle, La Grange, KY RC: *Jon Kindig, 265-1808.*

9:00 am 60 mi. #3. **M&M Ride.** E.P. "Tom" Sawyer Park. RC: *Ron & Vicky Dobbs, 500-4671.*

9:00 am 17/35 mi. #1/2. **SLOW @ EASY, Iroquois Special.** Waterfront Park, Yellow Lot. RC: *Gil Crenshaw, 418-1507.*

3:30 pm 25 mi. #3. Bluegrass Bicycle Shop (6015 Crestwood Station, Crestwood, KY) RC: *Bob Clifford, 241-2440.*
Bob@bluegrassbicycle.com

Sunday, March 27th

8:00 am 65/100 mi. #3. **Honest Abe Century** [TMD Stage #1]. KMart on Newcut and Outer Loop. RC: *John and Susan Pyron, 541-8694.*

8:00 am 72 mi. #3. **Joe's Double Nickel Ride.** Paraquet Springs Conference Center in Shepherdsville. RC: *Joe Kinsinger, 889-7145.*

9:00 am 25 mi. #3. **Bike to Beat Cancer Training Ride @** Scheller's Middletown, 11520 Shelbyville Road. RC: *Dan Delph, 807-0158.*

10:00 am 17/32mi. #1. **Family-Friendly Ride** – Ohio River Levee Trail. Farnsley-Moreman Landing Parking Lot. Canceled if Below 32 degrees. RC: *Doug Klein, 724-1819.*

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

Monday, March 28th

6:00 pm 12 mi. #1. **Recovery Ride.** St. Matthews Baptist Church, Grandview Avenue. RC: *Vicky Dobbs, 500-4671.*

Tuesday, March 29th

5:15 pm 15 mi. #2. **Adam's Froze Nose Ride.** Burdorf's parking lot, 3939 Shelbyville Road. Adam Livingston, 287-3837

Wednesday, March 30th

10:00 am 32/40 mi. #3. Memphis Travel Plaza. RC: *Alison Ewart, 584-4222.*

6:30 pm 26 mi #2. **Wheeling into the Night.** Cherokee Park/ Hogan's Fountain. Front headlight and rear red blinkie required. RC: *John Cummings, 239-0114, johncummings@bellsouth.net*

Thursday, March 31st

9:30 am 55 mi. #3. **W.I.N.G.S.** (Westport Incremental New Goals Series) Progressive ride series designed to bring back fitness for the spring season. Westport Park, Westport, Ky. Map and Cue sheet on www.kybikerides.org, Ride #3018. RC: *Dr. Larry Preble, 509-2362.*

10:00 am 30 mi. #3. Central Station (Kroger @ 3rd St & Central Ave) RC: *Perry Finley, 852-5874.*

5:30 pm 18/25 mi. #3. **Ride to Beat Cancer Training Ride.** Starts @ Texas Roadhouse HQ, 6040 Dutchmans Lane, 40205. RC: *Dan Delph 807-0158.*

6:00 pm 15/25 mi. #3. Evangel Conference Center. 6900 Billtown Road. (just outside the Gene Snyder) RC: *Steve and Deb Sexton, 239-8521.*

CPSC- or Snell-approved Helmets Are Required

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