

Louisville Bicycle Club

March 2012 Rides & Events

Ride 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

#5: Mostly long, steep hills and/or extremely long mileage

CPSC- or Snell-approved helmets are required.

All rides will begin 15 minutes after the scheduled ride time. All riders are welcome to join us!

All phone numbers are 502 area code except where noted.

For Ride Updates and Cancellations

See: <http://www.louisvillebicycleclub.org/RideUpdates>

For Basic Rider Responsibility See: <http://www.louisvillebicycleclub.org/Resources/Documents/RiderResponsibilities2011.pdf>

For information on road construction and event street closures in Louisville see: <http://twitter.com/#!/metroloustreets>

General Membership Meeting on March 18 (see schedule below). Ride Captain Training will take place immediately following the General Membership Meeting.

Thursday, March 1

- 10:00 am – 50 mi. #2 **Louisville Loop 50**. Waterfront Park to Farnsley-Moremen Landing and back via The Loop. RC: Andy Murphy 502.526.1040
- 6:30 pm – **TRAINER TOURS** (20 mile credit) 4000 Brownsboro Rd. \$ 1.00/night or \$10.00 per yr. fee required. RC A. B. Sandefur 425-9463

Friday, March 2

- 10:30 am – 15 mi. #2 Meet at the 2201 Lakeland Rd, **Sawyer-Hayes** parking lot. A lunch stop will be considered for post ride. The ride will be automatically cancelled if the temperature is below 32 degrees. RC: Connie Guild, (502) 608-7758.
- 5:00 pm – 10 miles #3 **Willow Park** (1402 Willow Ave and Cherokee Pkwy) RC: Perry Finley 852.5874

Saturday, March 3

- 7:00 am – 200K (125 mi). #5. **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_2012.pdf. RC: Steve Rice, 502-494-5288, sriceky at gmail.com
- 8:45 am – 60 miles. #4 "**Indiana Bound**" Ride Start: 1402 Willow Park (Willow Ave and Cherokee Pkwy) RC: Perry Finley 852.5874
- 9:00 am – 35 mi.#2 **IROQUOIS SPECIAL** & 17 mi. slow @ easy. Waterfront Park, yellow lot. RC Steve Highbaugh 445-1290

Sunday, March 4

- 9:00 am – 25 mi. #3 **Sunday Morning Ride** from Vic's Classic Bikes 921 Baxter Ave. RC: Perry Finley 852.5874 & Vic Miller 552.5669
- 9:00 am – **Tour de Mad Dog Prologue**. [TMD Prologue] 6 mile time trial starts the 2012 TMD! Commerce Parkway 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 Moremen Landing Parking Lot. Canceled if Below 32 degrees. RC: Doug Klein, 724-1819.
- 10:30 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 Bros.** Coffee, Chenoweth Ln. RC Connie Guild 608-7758

Monday, March 5

- 9:30 am – 40 mi. #3. **Fat Forty.** Douglas Loop (Dundee & Bardstown Rds.) In front of Heine Bros and Breadworks Coffee Shops. RC Dave Combs (724-9405).
- 6:15 pm – 20 mi #2 **Recovery Ride**, Hogan's Fountain (Lights required) Headlight & (2)taillights reflective - high visibility gear encouraged RC Perry Finley 852.5874

Tuesday, March 6

- 9am, 55 miles, #3+, **Lock Ness Monster Ride**, Floyds Fork Park, Bill Pustow, 777-2847
- 5:15 pm – 15 Miles, #2, **Adam's Short Tuesday Night Ride**, meet in Burdorf's parking lot just like last year, NOT for the "fair weather cyclist", because I rarely cancel a ride. RC: Adam Livingston, (502)287-3837.

Wednesday, March 7

- 9:00 am – 70 miles, #3. **Tom Sawyer Park to Eminence.** RC: Mark Rougeux, 494-9056.
- 10:00 am – 35 miles, #3 **Graceland Baptist Church.** RC: Alison Ewart, 541-1026.
- 6:30 pm – 26 Miles #2 **Wheeling in the Night** Hogans Fountain to Iroquois Park & return (Lights required Headlight & (2)taillights) reflective - high visibility gear encouraged RC Perry Finley 852.5874

Thursday, March 8

- 10:00 am – 50 mi. #2 **Louisville Loop 50.** Waterfront Park to Farnsley-Moremen Landing and back via The Loop. RC: Andy Murphy 502.526.1040

Friday, March 9

- 9:30 am – 43 mi. #3. **Iroquois Park thru Jefferson Memorial Forest** and return. Meet at Iroquois Park Amphitheater on Newcut Rd. RC: Dave Combs 724-9405.
- 10:30 am – 15 mi. #2 Meet at the 2201 Lakeland Rd, **Sawyer-Hayes** parking lot. A lunch stop will be considered for post ride. The ride will be automatically cancelled if the temperature is below 32 degrees. RC: Connie Guild, (502) 608-7758.
- 5:00 pm – 10 miles #3 **Willow Park** (1402 Willow Ave and Cherokee Pkwy) RC: Perry Finley 852.5874

Saturday, March 10

- 8am, 100 miles, #3, **Hell Week**, www.hellweek.com, Bill Pustow, 777-2847
- 8:45 am – 60 miles. #4 "**Indiana Bound**" Ride Start: 1402 Willow Park (Willow Ave and Cherokee Pkwy) RC: Perry Finley 852.5874
- 9:00 am – 35 mi. #2 **IROQUOIS SPECIAL** & 17 mi. slow & easy. Waterfront Park, Yellow L. RC George Cooper, 499-1652

Sunday, March 11

- 8:00 am – 100 miles, **Hell Week**, www.hellweek.com, Bill Pustow, 777-2847
- 8:00 am – 100 miles #3 **Dishonest Abe Century [TMD Stage #1]** Iroquois Park Amphitheater Parking Lot. A mostly flat out-and-back route from Iroquois Park with one significant climb up Holsclaw Hill going to New Haven, Ky. and the same hill from the other side coming back. Pace will be geared for riders doing their first century of the year. Remember to "spring ahead" your clocks one hour to be on time and enjoy the first day of daylight savings time for the year. RC: Kirk Roggenkamp 718-1911 and Cathy Hill 859-509-4425
- 9:00 am – 25 mi. #3 **Sunday Morning Ride** from Vic's Classic Bikes 921 Baxter Ave. RC: Perry Finley 852.5874 & Vic Miller 552.5669
- 9:00 am – 55 miles - **Shepherdsville Double Nickel**, #3, Take I65 to exit #117, right at ramp and left at light. Left at steakhouse to Paraquet Center. RC: John Larson 553-8107.
- 10:00 am – 17/32 mi. #1. **Family Friendly Ride** – Ohio River Levee Trail. Farnsley Moremen Landing Parking Lot. Canceled if Below 32 degrees. RC: Tim Wright, 716-2048
- 2:00 pm – 15/25 mi. #3. **Heine Bros.** Coffee, Chenoweth Ln. RC Eric Sellers 216-8248

Monday, March 12

- 8:00 am – 125 miles, #3, **Hell Week**, www.hellweek.com, Bill Pustow, 777-2847
- 9:30 am – 40 mi. #3. **Fat Forty**. Douglas Loop (Dundee & Bardstown Rds.) In front of Heine Bros and Breadworks Coffee Shops. RC Dave Combs (724-9405).
- 6:00 pm – 12 mi. #2. **Recovery Ride**. St. Matthews Baptist Church, Grandview Avenue. RC: Ron, Vic & Bitsy Dobbs, 500-4671.

Tuesday, March 13

- 8:00 am – 100 miles, #3, **Hell Week**, www.hellweek.com, Bill Pustow, 777-2847
- 5:00 pm – 10 miles #3 **Willow Park** (1402 Willow Ave and Cherokee Pkwy) RC: Perry Finley 852.5874

Wednesday, March 14

- 8:00 am – 100 miles, #3, **Hell Week**, www.hellweek.com, Bill Pustow, 777-2847
- 9:00 am – 63 miles - **L'Espirit63**, #3+, Prospect Point shopping center, ride captain - John Larson 553-8107.
- 6:30 pm – 26 Miles #2 **Wheeling in the Night** Hogans Fountain to Iroquois Park & return (Lights required Headlight & (2)taillights) reflective - high visibility gear encouraged RC Perry Finley 852.5874

Thursday, March 15

- 8:00 am – 100 miles, #3, **Hell Week**, www.hellweek.com, Bill Pustow, 777-2847
- 10:00 am – 50 mi. #2 **Louisville Loop 50**. Waterfront Park to Farnsley-Moremen Landing and back via The Loop. RC: Andy Murphy 502.526.1040
- 6:00 pm – 15/25mi #3. **Evangel Conference Center**, 6900 Billtown Road. (just outside the Gene Snyder) RC: Steve and Deb Sexton, 239-8521.

Friday, March 16

- 8:00 am – 100 miles, #3, **Hell Week**, www.hellweek.com, Bill Pustow, 777-2847
- 10:30 am – 15 mi. #2 Meet at the 2201 Lakeland Rd, **Sawyer-Hayes** parking lot. A lunch stop will be considered for post ride. The ride will be automatically cancelled if the temperature is below 32 degrees. RC: Connie Guild, (502) 608-7758.
- 5:00 pm – 10 miles #3 **Willow Park** (1402 Willow Ave and Cherokee Pkwy) RC: Perry Finley 852.5874

Saturday, March 17

- 8:00 am – 100 miles, **Hell Week**, www.hellweek.com, Bill Pustow, 777-2847
- 8:45 am – 50 miles #3 **"Big Loop"** Ride Start: Waterfront Park Yellow Lot. RC: Perry Finley 852.5874
- 9:00 am – **Long Run Park Circuit Race**. Team Louisville and The Louisville Bicycle Club are presenting the first local race of the season. Registration for the 2012 Long Run Park Circuit Race is open at bikereg.com at <https://www.bikereg.com/Net/15531>.
- 9:00 am – 35mi.#2 **IROQUOIS SPECIAL** & 17 mi. slow & easy, Waterfront Park, Yellow Lot. RC Laura Trachtenberg 905-1365
- 9:45 am – **St Patrick's Populaire** 100K #3+. LaGrange, KY. 2nd and Main St. This populaire will be run just like a brevet, but there is no entry fee. We do ask that you notify the ride captains in advance so that we may prepare brevet cards for you. If you have questions, please ask me or Steve and we will be glad to attempt to answer them for you. RC: Timothy Stephen 502-608-6174 barturtle at gmail.com or Steve Rice sriceky at gmail.com

Sunday, March 18

- 9:00 am – 25 mi. #3 **Sunday Morning Ride** from Vic's Classic Bikes 921 Baxter Ave. RC: Perry Finley 852.5874 & Vic Miller 552.5669
- 9:00 am – 55 miles - **Shepherdsville Double Nickel**, #3, Take I65 to exit #117, right at ramp and left at light. Left at steakhouse to Paraquet Center. Ride captain John Larson 553-8107
- 10:00 am – 17/32 mi. #1. **Family Friendly Ride** – Ohio River Levee Trail. Farnsley Moremen Landing Parking Lot. Canceled if Below 32 degrees. RC: Doug Klein, 724-1819.
- 10:00 am – 6 mi. #1. **Tour De Mad Dog Prologue MAKEUP** [TMD Prologue MAKEUP] Will occur only if March 4 TMD event is cancelled. Commerce Park in Lagrange, KY. RC: David R.King, 500-7351
- 2:00 pm – 15/25 mi. #3. **Baptist East/Milestone Fitness Center**, 750 Cypress St. Dr. RC Steve Sarson

499-7089

- 4:00 pm – **General Membership Meeting, Baptist East/Milestone Wellness Center**, 750 Cypress Station Drive, 40207 After the 2 PM ride. **Ride Captain Training** for new ride captains will immediately follow the General Membership Meeting.

Monday, March 19

- 9:30 am – 40 mi. #3. **Fat Forty**. Douglas Loop (Dundee & Bardstown Rds.) In front of Heine Bros and Breadworks Coffee Shops. RC Dave Combs (724-9405).
- 6:00 pm – 12 mi. #2. **Recovery Ride**. St. Matthews Baptist Church, Grandview Avenue. RC: Ron, Vic & Bitsy Dobbs, 500-4671.

Tuesday, March 20

- 8:45 am, 63 miles, #3+, **Loop de Loop Ride**, Floyds Fork , Bill Pustow, 777-2847
- 5:15 pm – 15 Miles, #2, **Adam's Short Tuesday Night Ride**, meet in Burdorf's parking lot just like last year, NOT for the "fair weather cyclist", because I rarely cancel a ride. RC: Adam Livingston, (502)287-3837.

Wednesday, March 21

- 9:00 am – 70 miles, #3. **Tom Sawyer to Eminence**. RC: Mark Rougeux, 494-9056.
- 10:00 am – **Memphis Truck Stop 36 Miles #3**
- 6:30 pm – 26 Miles #2 **Wheeling in the Night** Hogans Fountain to Iroquois Park & return (Lights required Headlight & (2)taillights) reflective - high visibility gear encouraged RC Perry Finley 852.5874

Thursday, March 22

- 10:00 am – 50 mi. #2 **Louisville Loop 50**. Waterfront Park to Farnsley-Moremen Landing and back via The Loop. RC: Andy Murphy 502.526.1040
- 6:00 pm – 15/25mi #3. **Evangel Conference Center**, 6900 Billtown Road. (just outside the Gene Snyder) RC: Steve and Deb Sexton, 239-8521.

Friday, March 23

- 10:30 am – 15 mi. #2 Meet at the 2201 Lakeland Rd, **Sawyer-Hayes** parking lot. A lunch stop will be considered for post ride. The ride will be automatically cancelled if the temperature is below 32 degrees. RC: Connie Guild, (502) 608-7758.
- 5:00 pm – 10 miles #3 **Willow Park** (1402 Willow Ave and Cherokee Pkwy) RC: Perry Finley 852.5874

Saturday, March 24

- 8:45 am – 60 miles. #4 **"Indiana Bound"** Ride Start: 1402 Willow Park (Willow Ave and Cherokee Pkwy) RC: Perry Finley 852.5874
- 9:00 am – 35 mi. #2 **IROQUOIS SPECIAL** & 17 mi. Slow & easy. Waterfront Park, Yellow Lot. RC A. B. Sandefur 425-9463
- 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

Sunday, March 25

- 8:00 am – 30/60/100 mi. #3. **Vettiner Park**. RC: David King 500-7351
- 9:00 am – 25 mi. #3 **Sunday Morning Ride** from Vic's Classic Bikes 921 Baxter Ave. RC: Perry Finley 852.5874 & Vic Miller 552.5669
- 10:00 am – 17/32 mi. #1. **Family Friendly Ride** – Ohio River Levee Trail. Farnsley Moremen Landing Parking Lot. Canceled if Below 32 degrees. RC: Tim Wright, 716-2048
- 2:00 pm – 15/25 mi. #3 **Heine Bros**. Coffee, Chenoweth Ln. RC Stewart Prather 609-6339

Monday, March 26

- 9:30 am – 40 mi. #3. **Fat Forty**. Douglas Loop (Dundee & Bardstown Rds.) In front of Heine Bros and Breadworks Coffee Shops. RC Dave Combs (724-9405).
- 6:00 pm – 12 mi. #2. **Recovery Ride**. St. Matthews Baptist Church, Grandview Avenue. RC: Ron, Vic & Bitsy Dobbs, 500-4671.

Tuesday, March 27

- 8:30am, 57 miles, #3+, **Tire Breaker Ride**, Floyds Fork Park, Bill Pustow, 777-2847

- 5:00 pm – 10 miles #3 **Willow Park** (1402 Willow Ave and Cherokee Pkwy) RC: Perry Finley 852.5874

Wednesday, March 28

- 9:00 am – 52 miles, #3, **Bernheim Ramble**. New Cut Road and Outer Loop K-mart. Ride Captain - John Larson 553-8107.
- 6:30 pm – 26 Miles #2 **Wheeling in the Night** Hogans Fountain to Iroquois Park & return (Lights required Headlight & (2)taillights) reflective - high visibility gear encouraged RC Perry Finley 852.5874

Thursday, March 29

- 10:00 am – 50 mi. #2 **Louisville Loop 50**. Waterfront Park to Farnsley-Moremen Landing and back via The Loop. RC: Andy Murphy 502.526.1040
- 6:00 pm – 15/25mi #3. **Evangel Conference Center**, 6900 Billtown Road. (just outside the Gene Snyder) RC: Steve and Deb Sexton, 239-8521.

Friday, March 30

- 9:30 am – 43 mi. #3. **Iroquois Park thru Jefferson Memorial Forest** and return. Meet at Iroquois Park Amphitheater on Newcut Rd. RC: Dave Combs 724-9405.
- 10:30 am – 15 mi. #2 Meet at the 2201 Lakeland Rd, **Sawyer-Hayes** parking lot. A lunch stop will be considered for post ride. The ride will be automatically cancelled if the temperature is below 32 degrees. RC: Connie Guild, (502) 608-7758.
- 5:00 pm – 10 miles #3 **Willow Park** (1402 Willow Ave and Cherokee Pkwy) RC: Perry Finley 852.5874

Saturday, March 31

- 6:00 am – 300K (186 mi). #5. **300K 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_2012.pdf. RC: Steve Rice, 502-494-5288, sriceky at gmail.com
- 8:45 am – 60 miles. #4 **"Indiana Bound"** Ride Start: 1402 Willow Park (Willow Ave and Cherokee Pkwy) RC: Perry Finley 852.5874
- 9:00 am – 35 mi. #2 **IROQUOIS SPECIAL** & 17 mi. slow & easy. Waterfront Park, Yellow Lot. RC Gil Crenshaw 418-1507
- 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 RC: Dr. Larry Preble, 509-2362