

July 2002 Ride & Event Schedule

Louisville Bicycle Club

Founded in 1897 as the Louisville Wheelmen

Monday, July 1

- 6:30 pm **Bike Handling Class.** 6:30 to 9:00 pm. St. Matthews Elementary School, 601 Browns Lane. Come and learn riding skills every rider should know, followed by a short ride. Tonight's topic is Tight Turns. For more info contact A.B. Sandefur, 425-9463
- 6:30 pm 12 mi. #2. **Recovery Ride** (RIF ☺ RAF). It's Tandem Night! Dust off your tandem and your stoker. St. Matthews Baptist Church, 3515 Grandview Ave. RCs: Glenn & Lisa Todd, 897-5406

Tuesday, July 2

- 7:00 am 30/60/100 mi. #3. Happy Church, 3018 Middle Rd., Jeffersonville, Ind. RC: Eddie Doerr, 285-0017
- 6:30 pm 19/26 mi. #3. **Fruit Ride.** Cherokee Park, Hogan's Fountain. RC: Marilee Martin, 423-0600

Wednesday, July 3

- 8:30 am 30-35 mi. #3. 102 Pope St. RC: Emily Boone, 585-3430
- 6:30 pm 10/20 mi. #3. **Tour De Gil. New Start Location – Vettiner Park.** RC: Louisville Bicycle Club. Even though we won't be at Gil's house, we will have hot dogs, soft drinks – and no red stuff! Volunteers needed! Contact Alan Darby for info, 895-4904.

Thursday, July 4 – Independence Day

- 8:00 am 30/60 mi. #3. Vettiner Park. RC: Jay Palmer, 267-9175
- 9:00 am 12-15 mi. #2. (RIF ☺ RAF). Cherokee Park parking lot at Lexington and Ledges Rd. RC: Karen Jaworski, 244-0144 or kjawor@iglou.com
- 9:15 am 100 mi. #4. **The 4th Century Ride in Campbellsville, Ky.** Beautiful country roads, sparse traffic, a great route, a great experience. We'll lead the Fourth of July parade and enjoy unusual sag stops (including Maker's Mark Distillery and the Kentucky Railway Museum). Registration fee \$15 after June 27. Includes T-shirt. Meet at Elmhurst Plaza Shopping Center. RC: Jim Moore, (270) 789-2581, jmoore@campbellsvil.edu, web: <http://www.campbellsvil.edu/4thc>.

Friday, July 5

- 8:00 am 30/60 mi. #3. Vettiner Park. RC: Pennie DuBarry, 263-7215

Saturday, July 6

- 8:00 am 30/65/100 mi. #3/3+. **Madison Century.** Prospect Point Shopping Center. RC: Alan Darby, 895-4904
- 5:15 pm 25 mi. #3. Scheller's Fitness and Cycling, 11520 Shelbyville Road. RC: Tom Armstrong, 253-1746 or bi keolounger@prodi gy.net or tarmstrong@schellers.com

Sunday, July 7

- 8:00 am 30/60 mi. #3. Long Run Park. RC: Jay Palmer, 267-9175
- 2:00 pm 15/25 mi. #3. Heine Bros. Coffee on Chenoweth Lane. RC: Scott Slusher, 456-2107

Monday, July 8

- 6:30 pm **Bike Handling Class.** 6:30 to 9:00 pm. St. Matthews Elementary School, 601 Browns Lane. Tonight's topic is Track Stands. For more info contact A.B. Sandefur, 425-9463
- 6:30 pm 12 mi. #2. **Recovery Ride** (RIF ☺ RAF). St. Matthews Baptist Church, 3515 Grandview Ave. RCs: Glenn & Lisa Todd, 897-5406

Tuesday, July 9

- 7:00 am 30/60/100 mi. #3. Happy Church, 3018 Middle Rd., Jeffersonville, Ind. RC: Eddie Doerr, 285-0017
- 6:30 pm 19/26 mi. #3. Cherokee Park, Hogan's Fountain. RCs: Glenn & Lisa Todd, 897-5406

Wednesday, July 10

- 8:00 am 30/60 mi. #3. Speed Community Center across from factory in Sellersburg, Ind. RC: Alison Ewart, 584-4222
- 6:30 pm 15/25 mi. #2/3. Dinner Ride (RIF ☺ RAF). Mike Linnig's, 9308 Cane Run Road. Stay for dinner after the ride (buy your own dinner). RC: Lewis Miller, 897-9198

Thursday, July 11

- 6:30 pm 15/30 mi. #3. **Fruit Ride.** E.P. 'Tom' Sawyer Park. RC: Marilee Martin, 423-0600

CPSC- or Snell-approved Helmets Are Required

Call the LBC Voice-Tel line, 502-329-1848, or see our web site at <http://www.louisvillebicycleclub.org/> for more information.

All rides begin 15 minutes after the scheduled ride start time ♦ 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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Friday, July 12

8:00 am 30/60 mi. #3. Long Run Park. RC: Pennie DuBarry, 263-7215

Saturday, July 13

8:00 am 60/112 mi. #3. Floyds Fork Park. RC: Bill Pustow, 245-1349

9:00 am 30 mi. #3. E. P. 'Tom' Sawyer. RC: Marilyn Minnick, 412-4224

Sunday, July 14

8:00 am 30/60 mi. #3. Long Run Park. RC: Paul Battle, 459-6973

2:00 pm 15/25 mi. #3. Heine Bros. Coffee on Chenoweth Lane. RC: Scott Slusher, 456-2107

Monday, July 15

6:30 pm **Bike Handling Class.** 6:30 to 9:00 pm. St. Matthews Elementary School, 601 Browns Lane. Tonight's topic is Bumping. For more info contact A.B. Sandefur, 425-9463

6:30 pm 12 mi. #2. **Recovery Ride** (RIF ☺ RAF). Vintage Jersey night! Wear your oldest Club or OKHT jersey. St. Matthews Baptist Church, 3515 Grandview Ave. RCs: Glenn & Lisa Todd, 897-5406

Tuesday, July 16

8:00 am 25/50/75 mi. #3. Vettiner Park. RC: Jay Palmer, 267-9175

6:30 pm 19/26 mi. #3. Cherokee Park, Hogan's Fountain. RC: Rich Kratt, 895-3020

Wednesday, July 17

8:00 am 30/60 mi. #3. Memphis Truck Plaza, Memphis, Ind. RC: Alison Ewart, 584-4222

6:30 pm 15/30 mi. #3. **Bike and Swim** (RIF ☺ RAF), Baptist East/Milestone Wellness Center, located at 750 Cypress Station Drive (off Bowling Boulevard). This OKHT sponsor is offering free use of their lap pool after the ride, free lockers will also be available. RC: Ellen Mueller, 485-1758

Thursday, July 18

6:30 pm 15/30 mi. #3. Floyds Fork Park. RC: Jerry Gordon, 267-7084

Friday, July 19

8:00 am 30/60 mi. #3. Vettiner Park. RC: Pennie DuBarry, 263-7215

Saturday, July 20

9:00 am 15/30/50 mi. #3. Walsh Park, LaGrange, Ky. Join in the Oldham County Day Celebration. I-71 North to Ballardsville LaGrange Exit, left on KY 53, cross tracks, left on KY 146, right on 4th St., Walsh Park is up a few blocks on the left. For info contact Alan Darby, 895-4904.

5:15 pm 25 mi. #3. Scheller's Fitness and Cycling, 11520 Shelbyville Road. RC: Tom Armstrong 253-1746 or bi keol ounger@prodi gy. net or tarmstrong@schel lers. com

Sunday, July 21

10:00 am 15/25 mi. #2. **President's Ice Cream Ride** (RIF ☺ RAF). The ice cream is on Earl! Falls of the Ohio Interpretive Center. RC: Earl Jones, 895-4850

12:00 pm **General Membership Meeting.** Widow's Walk Ice Cream Shop (near Falls of the Ohio Interpretive Center)

Monday, July 22

6:30 pm **Bike Handling Class.** 6:30 to 9:00 pm. St. Matthews Elementary School, 601 Browns Lane. Tonight's topics are Riding Tips and Techniques. For more info contact A.B. Sandefur, 425-9463

6:30 pm 12 mi. #2. **Recovery Ride** (RIF ☺ RAF). St. Matthews Baptist Church, 3515 Grandview Ave. RCs: Glenn & Lisa Todd, 897-5406

Tuesday, July 23

8:00 am 30/60 mi. #3. Floyds Fork Park. RC: Jay Palmer, 267-9175

6:30 pm 19/26 mi. #3. Cherokee Park, Hogan's Fountain. RC: Mimi Beilman, 636-5392

Wednesday, July 24

8:30 am 40 mi. #3. Blue Dog Cafe on Frankfort Ave. RC: Carole Sutton, 893-9216

6:30 pm 15/25 mi. #2/3. **Dinner Ride** (RIF ☺ RAF). The Grape Leaf, 2217 Frankfort Avenue (park at Nancy's Bagel Grounds, 2101 Frankfort Avenue). Stay for dinner after the ride (buy your own dinner). RC: Lewis Miller, 897-9198

Thursday, July 25

6:30 pm 15/30 mi. #3. **Fruit Ride**, E.P. 'Tom' Sawyer Park. RC: Marilee Martin, 423-0600

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Friday, July 26

8:00 am 30/60 mi. #3. Long Run Park. RC: Pennie DuBarry, 263-7215

Saturday, July 27

8:00 am 60/100 mi. #3. **Mad Dog Frankfort Century**. Long Run Park. RC: Adrian Freund, 231-1083

9:00 am 30 mi. #3. E. P. 'Tom' Sawyer Park. RC: Mimi Beilman, 636-5392

Sunday, July 28

8:00 am 50 mi. #3. **Picnic Ride**, E.P. 'Tom' Sawyer Park


10:00 am 30 mi. #3. **Picnic Ride**, E.P. 'Tom' Sawyer Park

10:30 am 15 mi. #3. **Picnic Ride**, E.P. 'Tom' Sawyer Park

12:00 pm **LBC Picnic**. E.P. 'Tom' Sawyer Park, Main Pavilion. Club to provide BBQ & drinks – members to bring salad, vegetables or dessert. Contact Norm Minnick, 452-6699, for information.

Monday, July 29

6:30 pm **Bike Handling Class**. 6:30 to 9:00 pm. St. Matthews Elementary School, 601 Browns Lane. Tonight's topics are Training and Nutrition. For more info contact A.B. Sandefur, 425-9463

6:30 pm 12 mi. #2. **Recovery Ride** (RIF  RAF). St. Matthews Baptist Church, 3515 Grandview Ave. RCs: Glenn & Lisa Todd, 897-5406

Tuesday, July 30


7:00 am 30/60/100 mi. #3. Happy Church, 3018 Middle Rd., Jeffersonville, Ind. RC: Eddie Doerr, 285-0017

6:30 pm 19/26 mi. #3. Cherokee Park, Hogan's Fountain. RC: Sara Ferebee, 637-1429

Wednesday, July 31

8:00 am 45-50 mi. #3/#4. Iroquois Park. RC: Dick Williams, 426-4844

6:30 pm 15/30 mi. #3. Vettiner Park. RC: Jerry Gordon, 267-7084

RIF  RAF (Riders into Fitness, Recreation and Fun) – Look for this symbol, which identifies rides and events screened to include clear directions and/or well marked routes, and a 'pack at the back' whose goal is to support and encourage each other. Great for newer riders! NOTE: These may not be easy rides—refer to the difficulty ratings (#1, #2, #3, etc). They will be opportunities for improvement, exercise and friendship at a relaxed pace. For more information on this program, contact Lewis Miller at 897-9198.

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