

August 2003 Ride & Event Schedule

Louisville Bicycle Club

Founded in 1897 as the Louisville Wheelmen

Saturday, August 2

8:00 am 30/60 mi. #3. E.P. "Tom" Sawyer Park. RC: David Wittry, 893-9475.

5:30 pm 25 mi. #3. Scheller's Fitness and Cycling, 11520 Shelbyville Road. RC: Tom Armstrong, 253-1746.

Sunday, August 3

9:00 am 25/50 mi. #3. **Wheeling Around Louisville #14.** Explore a route from Joe Ward's book. Memphis Truck Stop, Memphis, Ind. RC: Donna Connell, 231-5853.

2:00 pm 15/25 mi. #3. (RIF RAF) Heine Brothers' Coffee on Chenoweth Lane. RC: A.B. Sandefur, 425-9463.

Monday, August 4

8:00 am **Masters Nationals Time Trial.** Caesar's Casino.

6:30 pm **Bike Handling Class.** Become a better cyclist! 4500 Bowling Boulevard (office center near Milestone Fitness Center). Free access to Milestone Fitness showers and pool after the session. All skill levels welcome. RC: Steve Sarson, 499-7089.

6:30 pm 12 mi. #2. (RIF RAF) **Recovery Ride.** St. Matthews Baptist Church on Grandview Ave. RC: Mo Kilroy, 899-9767.

Tuesday, August 5

8:00 am **Masters Nationals Criterium.** Waterfront Park.

6:30 pm 15/25 mi. #3. Cherokee Park, Hogan's Fountain. RC: Bob Schindler, 499-1995.

Wednesday, August 6

8:00 am **Masters Nationals Criterium.** Waterfront Park.

9:00 am 40 mi. #3. Edwardsville Park in Southern Indiana. RC: Sonny Neurath, 893-2306.

6:30 pm 15/30 mi. #3. E.P. "Tom" Sawyer Park. RC: Marilyn Minnick, 412-4224.

Thursday, August 7

8:00 am **Masters Nationals Road Race.** Cherokee Park.

8:00 am 30/60 mi. #3. E.P. "Tom" Sawyer Park. RC: Carl Davis, 241-6220.

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

Friday, August 8

8:00 am **Masters Nationals Road Race.** Cherokee Park.

Saturday, August 9

8:00 am **Masters Nationals Road Race.** Cherokee Park.

8:00 am 30/60 mi. #3. **Rooftop Terrace Ride.** Long Run Park. RC: Ellen Mueller, 485-1758.

5:00 pm 25 mi. #3. Fairdale High School. The big hills are avoided! RC: Rick Singleton, 937-9790.

Sunday, August 10

8:00 am 50 mi. #3. **LBC Picnic Ride.** Hays-Kennedy Park on River Road.

10:00 am 30 mi. #3. **LBC Picnic Ride.** Hays-Kennedy Park on River Road.

10:30 am 15 mi. #3. **LBC Picnic Ride.** Hays-Kennedy Park on River Road.

12:00 pm **LBC Picnic.** Hays-Kennedy Park on River Road. Club to provide hamburgers, hot dogs and drinks — members to bring salad, vegetables or dessert. Contact Joe Ward, 897-7819, for information.

Monday, August 11

6:30 pm **Bike Handling Class.** Become a better cyclist! 4500 Bowling Boulevard (office center near Milestone Fitness Center). Free access to Milestone Fitness showers and pool after the session. All skill levels welcome. RC: Steve Sarson, 499-7089.

6:30 pm 12 mi. #2. (RIF RAF) **Recovery Ride.** St. Matthews Baptist Church on Grandview Ave. RC: Bob Horner, 228-4777.

Tuesday, August 12

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

6:30 pm 15/25 mi. #3. Cherokee Park, Hogan's Fountain. RC: Ellen Mueller, 485-1758.

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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Wednesday, August 13

- 9:00 am 25/50 mi. #3. E.P. "Tom" Sawyer Park. RC: A.B. Sandefur, 425-9463.
6:00 pm 15 mi. #1. (RIF RAF) **Turtle Ride**. Waterfront Park Purple Lot. RC: Bill Rich, 458-0670.
7:00 pm 15/25 mi. #2. **Earl's City Lights Ride**. Broadway Baptist Church, 4000 Brownsboro Road. RC: Earl Jones, 895-4850.

Thursday, August 14

- 9:00 am 25/50 mi. #3. Silver Creek High School in Sellersburg, Ind. RC: Max Limbocker, 583-1233.
6:30 pm 15/30 mi. #3. **Fruit Ride**. E.P. "Tom" Sawyer Park. RC: Marilee Martin, 423-0600.

Saturday, August 16

- 6:30 am 200 mi. #4. **Third Annual Mad Dog 200**. Destination: Owensboro, Ky. Kye's Convention Center, Jeffersonville, Ind. (just west of the 2nd Street Bridge). Lights required. RC: Eddie Doerr 502-821-3665.
8:00 am 35/100 mi. #3+. **Buffalo Trace Mad Dog Century**. Enjoy a great lunch at Buffalo Trace Distillery in Frankfort. Century ride begins at Long Run Park. 35-mile starts at 9:30 am from the Flying J Truck stop in Waddy. RC: Tim Chilton, 367-8946.
5:30 pm 25 mi. #3. Scheller's Fitness and Cycling, 11520 Shelbyville Road. RC: Tom Armstrong, 253-1746.

Sunday, August 17

- 9:00 am 30/50 mi. #3. **Wheeling Around Louisville #15**. Explore a route from Joe Ward's book. Huber Winery. Take I-64 to US 150W (Greenville-Paoli exit) to Navilleton Road. Follow signs to Huber Winery. RC: Donna Connell, 231-5853.
2:00 pm 15/25 mi. #3. (RIF RAF) Heine Brothers' Coffee on Chenoweth Lane. RC: Mimi Beilman, 636-5392.

Monday, August 18

- 6:30 pm **Bike Handling Class**. Become a better cyclist! 4500 Bowling Boulevard (office center near Milestone Fitness Center). Free access to Milestone Fitness showers and pool after the session. All skill levels welcome. RC: Steve Sarson, 499-7089.
6:30 pm 12 mi. #2. (RIF RAF) **Recovery Ride**. St. Matthews Baptist Church on Grandview Ave. RC: Mo Kilroy, 899-9767.

Tuesday, August 19

- 9:00 am 20/50 mi. #3. Holiday Inn in New Albany, Ind. RC: Max Limbocker, 583-1233.
6:30 pm 15/25 mi. #3. Cherokee Park, Hogan's Fountain. RC: Stewart Prather, 895-9094.

Wednesday, August 20

- 8:00 am 30/60 mi. #3. Memphis Truck Plaza, Memphis, Ind. RC: Dick Williams, 426 4844.
6:00 pm 15 mi. #1. (RIF RAF) **Turtle Ride**. Waterfront Park Purple Lot. RC: Bill Rich, 458-0670.
6:30 pm 15/30 mi. #3. **Road Kill Ride**. Iroquois Park. RC: Tim Chilton, 367-8946.

Thursday, August 21

- 9:00 am 20/30/50 mi. #3. Memphis Truck Plaza, Memphis, Ind. RC: Max Limbocker, 583-1233.
6:30 pm 15/30 mi. #3. **Fruit Ride**. E.P. "Tom" Sawyer Park. RC: Marilee Martin, 423-0600.

Friday, August 22

- 9:00 am 50 mi. #3. **Jerry's Birthday Ride**. Ride a mile for every year of Jerry's life! Vettiner Park. RC: Jerry Gordon, 267-7084.

Saturday, August 23

- 8:30 am 30/60 mi. #3. **Clark State Forest Fire Tower Challenge**. SAG stop with food and drinks in Clark State Forest. Silver Creek High School in Sellersburg, Ind. RC: Ellen Mueller, 485-1758.

Sunday, August 24

- 8:30 am 40 mi. #3. **Wheeling Around Louisville #16**. Explore a route from Joe Ward's book. Iroquois Park. RC: Donna Connell, 231-5853.
2:00 pm 15/25 mi. #3. (RIF RAF) Milestone Fitness and Wellness Center, 750 Cypress Station Drive. Free use of shower and pool after the ride! RC: Lewis Miller, 897-9198.

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Monday, August 25

6:30 pm **Bike Handling Class.** Become a better cyclist! 4500 Bowling Boulevard (office center near Milestone Fitness Center). Free access to Milestone Fitness showers and pool after the session. All skill levels welcome. RC: Steve Sarson, 499-7089.

6:30 pm 12 mi. #2. (RIF RAF) **Recovery Ride.** St. Matthews Baptist Church on Grandview Ave. RC: Bob Horner, 228-4777.

Tuesday, August 26

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

6:00 pm 15 mi. #1. (RIF RAF) **Turtle Ride.** Waterfront Park Purple Lot. RC: Bill Rich, 458-0670.

6:30 pm 15/25 mi. #3. Cherokee Park, Hogan's Fountain. RC: Stewart Prather, 895-9094.

Wednesday, August 27

9:00 am 35/55 mi. #3+. Winn-Dixie at Shepherdsville Shopping Center. RC: Sonny Neurath, 893-2306.

5:30 pm **Caesar's Time Trial Series.** For info, call David Schmidt, 502-417-6617 or Clarksville Cyclery, 812-948-BIKE.

6:30 pm 15/30 mi. #3. Prospect Point Shopping Center. RC: Marilyn Minnick, 412-4224.

Thursday, August 28

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

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

Saturday, August 30

8:00 am 30/60 mi. #3. E.P. "Tom" Sawyer Park. RC: Bob Schindler, 499-1995.

5:30 pm 25 mi. #3. Scheller's Fitness and Cycling, 11520 Shelbyville Road. RC: Tom Armstrong, 253-1746.


Sunday, August 31

8:00 am 30/60/100 mi. #3. **Tour DuPont Mad Dog Century.** Charlestown Middle School, 8804 High Jackson Rd., Charlestown, Ind. RC: Tim Chilton, 367-8946.

2:00 pm 15/25 mi. #3. (RIF RAF) Heine Brothers' Coffee on Chenoweth Lane. RC: Sara Ferebee, 664-2642.

Monday, September 1 - Labor Day

8:00 am 25/52/100 mi. #3. Vettiner Park. RC: Jay Palmer, 267-9175.

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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