

June 2004 Ride & Event Schedule

Louisville Bicycle Club

Founded in 1897 as the Louisville Wheelmen

Tuesday, June 1

9:00 am 50 mi. #3. **My First Day of Retirement Ride.** Vettiner Park. RC: Jim Tretter, 491-7120.

6:30 pm 15/25 mi. #3. Cherokee Park, Hogan's Fountain. RC: Stewart Prather, 584-1135.

Wednesday, June 2

9:00 am 35-45 mi. #3. Heine Brothers' Coffee on Chenoweth Lane. RC: Carole Sutton, 893-9216.

6:30 pm 15/30 mi. #3. **My Second Day of Retirement Ride.** E.P. "Tom" Sawyer State Park. RC: Jim Tretter, 491-7120.

Thursday, June 3

9:00 am 50 mi. #3. **My Third Day of Retirement Ride.** Floyd's Fork Park. RC: Jim Tretter, 491-7120.

6:30 pm 15/25 mi. #3. Vettiner Park. RC: Susan Howell, 451-1491.

Saturday, June 5

8:00 am 50/75 mi. #3. **MS 150 Ride.** Toyota Plant in Georgetown, Ky. Ride beautiful roads in the Bluegrass while helping to beat MS. Overnight in Danville. Fundraising required. RC: Phil Patterson, 266-6321.

8:00 am 30/60 mi. #3. E. P. "Tom" Sawyer State Park. RC: A.B. Sandefur, 425-9463.

10:00 am 18 mi. #1. (RIF RAF). **Slow and Easy!** Waterfront Park, Purple Lot. RC: Leslie Marlin, 893-5277.

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

Sunday, June 6

8:00 am 50/75 mi. #3. **MS 150 Ride.** Return Ride from Danville to Georgetown. RC: Phil Patterson, 266-6321.

8:00 am 30/60/100 mi. #3. Vettiner Park. RC: Susan Howell, 451-1491.

2:00 pm 15/25 mi. #3. (RIF RAF). Heine Brothers' Coffee on Chenoweth Lane. RC: Jim Preston, 339-1637.

3:00 pm 30 mi. #3. E.P. "Tom" Sawyer State Park. RC: Dick Williams, 426-4844.

Monday, June 7

6:30 pm 12 mi. #2. (RIF RAF) **Recovery Ride.** St. Matthews Baptist Church. RC: Barbara Tretter, 491-7120.

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.

Tuesday, June 8

6:30 pm 15/25 mi. #3. Cherokee Park, Hogan's Fountain. RC: Chad Green, 291-9979.

Wednesday, June 9

8:00 am 35/55 mi. #3. Winn-Dixie at Shepherdsville Square on KY 44. RC: Sonny Neurath, 893-2306.

6:30 pm 15/30 mi. #3. Prospect Point Shopping Center. RC: Alan Darby, 895-4904.

Thursday, June 10

9:00 am 30/60 mi. #3. Floyd's Fork Park. RC: Bill Pustow, 777-2847.

6:30 pm 15/30 mi. #3. McNeely Lake Park. RC: Jon Wheat, 451-9372.

Saturday, June 12

8:00 am 48/100 mi. #3+. **Bridgeport Century** (TMD Stage # 7). Bridgeport School, Bridgeport, Ky. (I-64 East to Exit 48, left on KY 151, right on US 60, right on Bridgeport Rd. to school). Joint ride with the Bluegrass Cycling Club. RC: Tim Chilton, 367-8946.

8:00 am 23/33/44/52/60 mile #3. **Safari Ride.** Pekin, Ind. For those who love cycling and eating! Lunch and SAG stops. Registration fee required. Internet: <http://www.mustdorides.com/>. RC: Marilee Martin, 423-0600.

5:30 pm 25 mi. #3. Scheller's Fitness and Cycling, 11520 Shelbyville Road. RC: Donna Connell, 231-5853.

Sunday, June 13

9:00 am 32/50 mi. #3. Long Run Park. RC: Ron & Vicky Dobbs, 243-9318.

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.

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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- 2:00 pm 15/25 mi. #3. (RIF RAF). Heine Brothers' Coffee on Chenoweth Lane. RC: Steve Sarson, 499-7089.
- 3:00 pm 30 mi. #3. E.P. "Tom" Sawyer State Park. RC: Dick Williams, 426-4844.
- Monday, June 14**
- 6:30 pm 25 mi. #4. **Monday Night Hill Jam.** Paul Yost Center on Holsclaw Hill Road. RC: Jeff White, 239-9753.
- 6:30 pm 12 mi. #2. (RIF RAF) **Recovery Ride.** St. Matthews Baptist Church. RC: Ron & Vicky Dobbs, 243-9318.
- 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.
- Tuesday, June 15**
- 6:30 pm 15/30 mi. #3. New route! Cherokee Park, Hogan's Fountain. RC: Michael Radmacher, 458-8503.
- Wednesday, June 16**
- 8:00 am 20/30/50 mi. #3. Memphis Truck Plaza, Memphis, Ind. RC: Dick Williams, 426-4844.
- 6:30 pm 15/30 mi. #3. Floyd's Fork Park. RC: Bob Schindler, 499-1995.
- Thursday, June 17**
- 9:00 am 30/60 mi. #3. Long Run Park. RC: Bill Pustow, 777-2847.
- 6:30 pm 15/30 mi. #3. **Fruit Ride/Club Jersey Night.** Wear your LBC Jersey! E.P. "Tom" Sawyer State Park. RC: Marilee Martin, 423-0600.
- Friday, June 18**
- Bike Virginia.** June 18 through June 23. Starts in Bridgewater, Va. Registration fee \$199 before May 15. Go to www.bikevirginia.org for registration info.
- Saturday, June 19**
- 7:45 am 15/25 mi. #3. Southeast Christian Youth Activities Center. Spoke-n-Word Cycling. RC: Jeff White, 239-9753.
- 8:30 am 30/60 mi. #4. **Tour de Rocky Top.** Floyd Central High School. I-64 West to US 150W. Turn left onto Old Vincennes Road. RC: Alan Darby, 895-4904.
- 10:00 am 18 mi. #1. (RIF RAF). Slow and Easy! Waterfront Park, Purple Lot. RC: Leslie Marlin, 893-5277.
- 2:00 pm **Touring Committee Meeting.** Help with the July/August Touring Schedule. Panera Bread on Breckinridge Lane.
- 5:30 pm 25 mi. #3. Scheller's Fitness and Cycling, 11520 Shelbyville Road. RC: Tom Armstrong, 253-1746.
- Sunday, June 20**
- 8:00 am 30/55/100 mi. #3/#3/#4 **Mad Dog Century** (TMD Stage #8). Ride to Bardstown and tackle Pottershop! Floyd's Fork Park. RC: Tim Chilton, 367-8946.
- 2:00 pm 15/25 mi. #3. Baptist East/Milestone Fitness and Wellness Center, 750 Cypress Station Drive. Free use of shower and pool after the ride! RC: Stewart Prather, 584-1135.
- 3:00 pm 30 mi. #3. E.P. "Tom" Sawyer State Park. RC: Dick Williams, 426-4844.
- Monday, June 21**
- 6:30 pm 25 mi. #4. **Monday Night Hill Jam.** Paul Yost Center on Holsclaw Hill Road. RC: Jeff White, 239-9753.
- 6:30 pm 12 mi. #2. (RIF RAF) **Recovery Ride.** St. Matthews Baptist Church. RC: Ron & Vicky Dobbs, 243-9318.
- 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.
- Tuesday, June 22**
- 6:30 pm 15/25 mi. #3. Cherokee Park, Hogan's Fountain. RC: Chad Green, 291-9979.
- Wednesday, June 23**
- 8:00 am 30/60 mi. #3. E.P. "Tom" Sawyer State Park. RC: Alison Ewart, 584-4222.

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

Thursday, June 24

9:00 am 30/60 mi. #3. Floyd's Fork Park. RC: Bill Pustow, 777-2847.

6:30 pm 15/30 mi. #3. Prospect Point Shopping Center. RC: Sara Ferebee, 473-7447.

Saturday, June 26

7:00 am 140 mi. #4. **WACKY**. The best way to see Kentucky! Begins at the Lodge in Otter Creek Park (25 miles and 30 minutes from I-65 and the Snyder Freeway junction) and ends in Franklin, Ky. after a dip into Tennessee. One-day riders must make their own arrangements for transport home. Contact Duc for hotel options in Franklin. RC: Duc M. Do, 893-8780.

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

Sunday, June 27

6:00 am CDT (local time) 140 mi. #4. **TACKY**. Franklin, Ky. Return from downstate across scenic Kentucky. RC: Duc M. Do, 893-8780.

8:00 am 20/40/60 mi. #3. E. P. "Tom" Sawyer State Park. RC: Chad Green, 291-9979.

2:00 pm 15/25 mi. #3. (RIF RAF). Heine Brothers' Coffee on Chenoweth Lane. RC: Leslie Marlin, 893-5277.

2:45 pm 10 mi. #1. Joe's Crab Shack on the Waterfront. Spoke-n-Word Cycling. RC: Ken Williams, 499-5383.

3:00 pm 30 mi. #3. E. P. "Tom" Sawyer State Park. RC: Dick Williams, 426-4844.

Monday, June 28

6:30 pm 12 mi. #2. (RIF RAF) **Recovery Ride**. St. Matthews Baptist Church. RC: Ron & Vicky Dobbs, 243-9318.

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.

Tuesday, June 29

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

Wednesday, June 30

8:30 am 20/40 mi. #3. 3523 Coronado Drive. RC: A.B. Sandefur, 425-9463.

6:30 pm 15/22 mi. #2/#3. E.P. "Tom" Sawyer State Park. RC: Ron & Vicky Dobbs, 243-9318.

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 or macbeast@earthlink.net.

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