

July 2004 Ride & Event Schedule

Louisville Bicycle Club

Founded in 1897 as the Louisville Wheelmen

Thursday, July 1

8:00 am 50 mi. #3. Vettiner Park. RC: Jim Tretter, 491-7120.

6:30 pm 15/30 mi. #3. **Fruit Ride/Ride Captain Jersey Night**. If you don't have one, ask how you can get one. E.P. "Tom" Sawyer State Park. RC: Marilee Martin, 423-0600.

Friday, July 2

9:00 am 30/60 mi. #3+. Long Run Park. RC: Bill Pustow, 777-2847.

Saturday, July 3

8:00 am 30/60/100 mi. #3. **Madison Mad Dog Century** (TMD Stage #9). Prospect Point Shopping Center. RC: Alan Darby, 895-4905.

6:00 pm 25 mi. #3. Scheller's Fitness and Cycling, 11520 Shelbyville Road. RC: Tom Armstrong, 253-1746.

Sunday, July 4 – Independence Day

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

9:00 am 8 mi. #1. **Tour de Crescent Hill**. Peterson-Dumesnil House. 301 S. Peterson Ave. RC: Joe Ward, 897-7819.

11:00 am 20 mi. #1. **Tour de Crescent Hill**. Peterson-Dumesnil House. 301 S. Peterson Ave. RC: Joe Ward, 897-7819.

2:00 pm 15/25 mi. #3. (RIF RAF) Cycler's Café on Lexington Road. RC: Joe Sohm, 930-2100.

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

Monday, July 5

9:00 am 25/50 mi. #3. **Cycle-Eat-Swim**. Harbortown Condominiums, Limestone Bay Yacht Club off River Road just west of Lime Kiln Lane. Food and drinks provided. RC: Mike Pitt, 290-3419.

6:30 pm 30 mi. #3. **Monday Night Hill Jam**. Paul Yost Recreation Area, Holsclaw Hill Road. RC: Jeff White, 239-9753.

6:30 pm 12 mi. #1. (RIF RAF) **Recovery Ride**. St. Matthews Baptist Church on Grandview Avenue. RC: Stewart and Deborah Prather, 896-4570.

Tuesday, July 6

8:00 am 50 mi. #3. Floyd's Fork Park. RC: Jim Tretter, 491-7120.

6:30 pm 15/25 mi. #3. Cycler's Café on Lexington Road. RC: Joe Sohm, 930-2100.

6:30 pm 15/30 mi. #3. Long Run Park. RC: Bill Pustow, 777-2847.

Wednesday, July 7

8:00 am 40 mi. #3. Greenville Elementary School, Greenville, Ind. RC: Alison Ewart, 584 4222.

6:30 pm 15/30 mi. #3. Wilt Elementary School (across the street from McNeely Lake Park). RC: Chad Green, 291-9979.

Thursday, July 8

6:30 pm 15/30 mi. #3. Middletown Station (old bigg's) parking lot at Shelbyville Road and English Station Road. RC: Jon Wheat, 451-9372.

Friday, July 9

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

Saturday, July 10

6:00 am 160 mi. #4. **RAIN** (Ride Across Indiana). Terre Haute to Richmond, Ind. — one day, one way! Must make your own overnight accommodations. <http://www.rain.org/>. RC: Tom Armstrong, 253-1746.

7:45 am 30 mi. #3. Vettiner Park. RC: Ken Williams, 499-5383.

8:00 am 25/52/75 mi. #3. Vettiner Park. RC: Jay Palmer, 267-9175.

9:00 am 20 mi. #2. (RIF RAF) E.P. "Tom" Sawyer State Park. RC: Karen Jaworski, 244-0144.

6:00 pm 25 mi. #3. Scheller's Fitness and Cycling, 11520 Shelbyville Road. RC: Terry & Linda Donovan, 254-3968.

Sunday, July 11

8:00 am 30/60/100 mi. #3/#3/#3+. **Chaplin Mad Dog Century** (TMD Stage #10). Vettiner Park. RC: Tim Chilton, 367-8946.

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) **A.B.'s Birthday Ride**. Heine Brothers' Coffee on Chenoweth Lane. RC: A.B. Sandefur, 425-9463.
- 3:00 pm 30 mi. #3. E.P. "Tom" Sawyer State Park. RC: Dick Williams, 426-4822.
- Monday, July 12**
- 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. #1. (RIF RAF) **Recovery Ride**. St. Matthews Baptist Church on Grandview Avenue. RC: Stewart and Deborah Prather, 896-4570.
- Tuesday, July 13**
- 8:00 am 30/60 mi. #3. Floyd's Fork Park. RC: Jay Palmer, 267-9175.
- 6:30 pm 15/25 mi. #3. Cherokee Park, Hogan's Fountain. RC: Tim Chilton, 367-8946.
- 6:30 pm 15/30 mi. #3. Long Run Park. RC: Bill Pustow, 777-2847.
- Wednesday, July 14**
- 8:00 am 30/60 mi. #3. E.P. "Tom" Sawyer State Park. RC: Dick Williams, 426-4844.
- 6:30 pm 15/30 mile #3. Prospect Point Shopping Center. RC: Marilyn Minnick, 412-4224
- Thursday, July 15**
- 8:00 am 50 mi. #3. Vettiner Park. RC: Jim Tretter 491-7120.
- 6:30 pm 15/30 mi. #3. **Fruit Ride/OKHT Jersey Night**. E.P. "Tom" Sawyer State Park. RC: Marilee Martin, 423-0600.
- Friday, July 16**
- 8:00 am 30/60 mi. #3/#3+. **Wheeling to Westport**. Prospect Point Shopping Center. RC: Ron & Vicky Dobbs, 243-9318.
- Saturday, July 17**
- 8:00 am 20/40/80 mi. #3+. Vettiner Park. RC: Jay Palmer, 267-9175.
- 6:00 pm 25 mi. #3. Scheller's Fitness and Cycling, 11520 Shelbyville Road. RC: Tom Armstrong, 253-1746.
- Sunday, July 18**
- 8:00 am 50 mi. #3+. **Straight Shot to Salem**. Floyd Central High School. Take I-64 West to US 150 West (Paoli-Greenville exit), then left on Old Vincennes Road. RC: Chad Green, 291-9979.
- 2:00 pm 15/25 mi. #3. Meijers on Hurstbourne Lane. RC: Glenn and Lisa Todd, 491-5727.
- 3:00 pm 30 mi. #3. E.P. "Tom" Sawyer State Park. RC: Dick Williams, 426-4844.
- 5:45 pm 12 mi. #3. Hogan's Fountain, Cherokee Park. RC: Eric & Carolyn Gordon, 893-7945.
- Monday, July 19**
- 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. #1. (RIF RAF) **Recovery Ride**. St. Matthews Baptist Church on Grandview Avenue. RC: Stewart and Deborah Prather, 896-4570.
- 6:30 pm 30 mi. #3. **Monday Night Hill Jam**. Paul Yost Recreation Area, Holsclaw Hill Road. RC: Jeff White, 239-9753.
- Tuesday, July 20**
- 8:00 am 50 mi. #3. Floyd's Fork Park. RC: Jim Tretter, 491-7120.
- 6:30 pm 15/25 mi. #3. Cyclers' Café on Lexington Road. RC: Joe Sohm, 930-2100.
- 6:30 pm 15/30 mi. #3. Long Run Park. RC: Bill Pustow, 777-2847.
- Wednesday, July 21**
- 8:00 am 30/60 mi. #3. Speed Community Center in Sellersburg, Ind. RC: Alison Ewart, 584-4222.
- 6:30 pm 15/30 mi. #3. E.P. "Tom" Sawyer State Park. RC: Marilyn Minnick, 412-4224.
- Thursday, July 22**
- 9:00 am 30/60 mi. #3+. Floyd's Fork Park. RC: Bill Pustow, 777-2847.
- 6:30 pm 15/30 mi. #3. Mike Linnig's Restaurant, 9308 Cane Run Road. RC: Jon Wheat, 451-9372.

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8:00 am 25/45 mi. #3. E.P. "Tom" Sawyer State Park. RC: Ron & Vicky Dobbs, 243-9318.

Saturday, July 24

8:00 am 30/50/100 mi. #3+. **Tour of Tall Shelby Mad Dog Century** (TMD Stage #11). A classic LBC course! Floyd's Fork Park. RC: Susan Howell, 451-1491.

9:00 am 25 mi. #2. (RIF RAF) E.P. "Tom" Sawyer State Park. RC: Karen Jaworski, 244-0144.

Sunday, July 25

8:00 am 42/56 mi. #3+. **Ostrich Hill Ride**. Thurman-Hutchins Park on River Road. RC: Tim Chilton, 367-8946.

2:00 pm 15/25 mile #3. (RIF RAF). **Earl's Ice Cream Ride**. Falls of Ohio Interpretive Center. Earl buys cool treats after the ride! RC: Earl Jones, 895-4850.

4:00 pm **General Membership Meeting**. Widow's Walk Ice Cream Shop in Jeffersonville, Ind.

Monday, July 26

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 Avenue. RC: Glenn and Lisa Todd, 491-5727.

Tuesday, July 27

6:30 pm 15/25 mi. #3. Cherokee Park, Hogan's Fountain. RC: Tim Chilton, 367-8946.

6:30 pm 15/30 mi. #3. Long Run Park. RC: Bill Pustow, 777-2847.

Wednesday, July 28

8:00 am 25/50 mi. #3. E.P. "Tom" Sawyer State Park. Lunch at the Colonel's Lady in Shelbyville. RC: A.B. Sandefur, 425-9463.

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

Thursday, July 29

8:00 am 50 mi. #3. Vettiner Park. RC: Jim Tretter, 491-7120.

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

Friday, July 30

9:00 am 30/60 mi. #3+. Long Run Park. RC: Bill Pustow, 777-2847.

Saturday, July 31

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

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

6:00 pm 25 mi. #3. Scheller's Fitness and Cycling, 11520 Shelbyville Road. RC: Tom Armstrong, 253-1746.

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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