

August 2004 Ride & Event Schedule

Louisville Bicycle Club

Founded in 1897 as the Louisville Wheelmen

Sunday, August 1

8:00 am 60/100 mi. #3+. **Salt River Ford Mad Dog Century** (TMD Stage #12). Floyd's Fork Park. RC: Susan Howell, 451-1491.

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.

Monday, August 2

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, August 3

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.

Bike America - Crater Lake Tour. August 3 through August 14. RC: Mike Pitt, 290-3419 or michaelpitt@insightbb.com.

Wednesday, August 4

9:00 am 40 mi. #3. Edwardsville Park in Georgetown, Ind. RC: Sonny Neurath, 893 2306.

6:30 pm 25 mi. #3. (RIF-RAF) **Dinner Ride.** Bluegrass Brewing Co. on Shelbyville Road. RC: Karen Jaworski, 244-0144.

Thursday, August 5

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

Friday, August 6

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

Saturday, August 7

7:45 am 15/30 mi. #3. Prospect Point Shopping Center. RC: Jeff White, 239-9753.

8:30 am 30/60 mile #3+. **Milltown Ride.** Holiday Inn in New Albany, Ind. RC: Ellen Mueller and Alan Darby, 485-1758.

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

Sunday, August 8

8:30 am 60 mi. #3. E.P. "Tom" Sawyer State Park. RC: Tim Chilton, 367-8946.

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

2:00 pm 15/25 mi. #3. **Sunday MTB Excursion.** Meet with regular group at Cycler's Café. RC: Jerry Gordon, 267-7084.

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

Monday, August 9

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. **Recovery Ride.** St. Matthews Baptist Church on Grandview Avenue. RC: Glenn and Lisa Todd, 491-5727.

Tuesday, August 10

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: Tim Chilton, 367-8946.

6:30 pm 25 mi. #3. (RIF-RAF) **Dinner Ride.** Mark's Feed Store. Park in Winn Dixie lot on Main St. in Middletown. RC: Karen Jaworski, 244-0144.

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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Wednesday, August 11

9:00 am 25/50 mi. #3. **Trek to Bernheim Forest.** K-Mart at the corner of New Cut Road & Outer Loop. RC: Sonny Neurath, 893 2306.

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

Thursday, August 12

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

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

Saturday, August 14

8:00 am 50/100 mi. #3. **Urbane Century.** A very civilized event — perfect for first time century riders. E.P. "Tom" Sawyer State Park. RC: Jon Wheat, 451-9372.

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 September-October Touring Schedule. Cyler's Café on Lexington Road..

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

Sunday, August 15

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

5:45 pm 12 mi. #2. E. P "Tom" Sawyer State Park. RC: Jeff White, 239-9753.

Monday, August 16

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, August 17

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

6:30 pm 15/25 mi. #3. Cyler'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, August 18

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. E.P. "Tom" Sawyer State Park. RC: Marilyn Minnick, 412-4224.

Thursday, August 19

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

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

Friday, August 20

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

Saturday, August 21

8:00 am 45/100 mi. #3 #3+. **Salem Mad Dog Century** (TMD Stage #13). See Amish country! Meet at parking lot beneath the Second Street bridge at the corner of Market Street and Southern Indiana Ave. in Jeffersonville, Ind. RC: Tim Chilton, 367-8946.

8:00 am 25/50/70/120 mi. #4. **To Tell and Back Tour.** An event for the entire family. Registration Fee required. Overlook Restaurant in Leavenworth, Ind. RC: Jerry Juliot and David Schaftlein, (812) 739-4033.

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

Sunday, August 22

9:00 am 50 mi. #3. **Jerry's Birthday Ride.** Vettiner Park. RC: Jerry Gordon, 267-7084.

2:00 pm 15/25 mi. #3. (RIF-RAF). Heine Brothers' Coffee on Chenoweth Lane. RC: Stewart Prather, 896-4570.

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

Monday, August 23

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, August 24

8:00 am 30/60 mi. #3. Vettiner 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, August 25

8:30 am 25/50 mi. #3. E.P. "Tom" Sawyer State Park. RC: A.B. Sandefur, 425 9463.

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

Thursday, August 26

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

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

Friday, August 27

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

Saturday, August 28

8:30 am 30/60 mi. #3. **Clark State Forest Fire Tower Hill Challenge.** (The hill is optional!). Silver Creek High School in Sellersburg, Ind. RC: Ellen Mueller, 485-1758.

9:00 am 35 mi. #3. (RIF-RAF). Winn-Dixie Parking lot, Main Street in Middletown. RC: Karen Jaworski, 244-0144.

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

Sunday, August 29

8:00 am 100 mi. #3+. **BMB Mad Dog Century** (TMD Stage #14). Meet at the Boston store at the intersection of KY 61 and US 62 in Boston, Ky. RC: Tim Chilton, 367-8946.

8:00 am 30/60 mi. #3. Blake Elementary School, 3801 Bonaventure Blvd. in Okolona. RC: Chad Green, 291-9979.

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: Jim Preston, 339-1637.

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

Monday, August 30

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, August 31

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

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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.

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 mabeast@earthlink.net.

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