

# September 2004 Ride & Event Schedule

## Louisville Bicycle Club

Founded in 1897 as the Louisville Wheelmen

### Wednesday, September 1

9:00 am – 35 mi. #3. Iroquois Park. RC: Sonny Neurath, 893-2306.

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

### Thursday, September 2

9:00 am – 30/60 mi. #3. Long Run Park. RC: Jay Palmer, 267-9175.

6:15 pm – 15/30 mi. #3. Mike Linnig's Restaurant, 9308 Cane Run Rd. After the ride enjoy their famous fish! RC: Jon Wheat, 379-2947.

### Friday, September 3

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

### Saturday, September 4

8:00 am – 30/60/100 mi. #3+. **Frankfort Mad Dog Century** (TMD Stage #15). Long Run Park. RC: Susan Howell, 451-1491.

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

### Sunday, September 5

8:00 am – 30/55/100 mi. #3/#3/#4 **Mad Dog Century** (TMD Stage #16). 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: Steve Sarson, 499-7089.

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

### Monday, September 6 - Labor Day

7:45 am – 25/50 mi. #3. **Nifty Fifty Ride**. YMCA in Scottsburg, Ind. Registration fee required. For info, call 812-752-7239.

8:30 am – 30/60 mi. #3. E.P. "Tom" Sawyer State Park. RC: Pam Davis, 649-4840.

### Tuesday, September 7

8:00 am – 30/70 mi. #3+. **Westport to Carrollton**. New route, new destination! Scenic river and creek roads. Westport Park at Ohio River, Westport, Ky. RC: Laurence Preble, 222-7551.

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

### Wednesday, September 8

9:00 am – 25/50 mi. #3. Memphis Travel Plaza, Memphis, Ind. RC: A.B. Sandefur, 425-9463.

6:15 pm – 15/30 mi. #3. Old bigg's in Middletown. RC: Jon Wheat, 379-2947.

### Thursday, September 9

6:00 pm – 15 mi. #2. **OKHT Safety Video Opening Night party!** Thank our new sponsor, the Swope Design Group and the writers, editors, director, producer, cast and crew for their excellent work. This year all Old Kentucky Home Tour riders must attend a pre-ride safety class to complete their registration. Get your certification early and avoid day-of-ride delays. Popcorn, prizes and more. Baptist East/Milestone Fitness Center. Contact Earl Jones, 895-4850, for info.

### Friday, September 10

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

6:00 pm – **OKHT Early Registration and pre-ride Safety Certification**. All OKHT riders must attend a pre-ride safety class to obtain their registration. Get your certification early and avoid day-of-ride delays.

### Saturday, September 11

7:00 am – **27th Annual Old Kentucky Home Tour**. Our premier cycling event! 50/70/100 mi. #3/#3+/#4 routes to Bardstown. Includes USA Cycling-sanctioned, 100-mile time trial! One-day Sunday loop is also available. See [www.okht.org](http://www.okht.org) if you haven't already registered. Registration from 7:00 to 8:45am at E.P. "Tom" Sawyer State Park. For info contact Ellen Mueller, 485-1758.

### Sunday, September 12

8:00 am – **Old Kentucky Home Tour, Day 2**. 55-mile return from Bardstown or one-day loop.

### 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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### Monday, September 13

6:15 pm – 12 mi. #1. (RIF RAF) **Recovery Ride**. St. Matthews Baptist Church on Grandview Avenue. RC: Dick Krakowski, 637-3172.

### Tuesday, September 14

8:00 am – 30/70 mi. #3+. **Westport to Carrollton**. New route, new destination! Scenic river and creek roads. Westport Park at Ohio River, Westport, Ky. RC: Laurence Preble, 222-7551.

6:15 pm – 15/25 mi. #3. Cyclers Café on Lexington Road. RC: Joe Sohm, 930-2100.

### Wednesday, September 15

9:00 am – 30/60 mi. #3. E.P. "Tom" Sawyer State Park. RC: Dick Williams, 426-4844.

6:00 pm – 17/29 mi. #3. **Road Kill and One Big Hill**. Iroquois Park. RC: Chad Green, 291-9979.

### Thursday, September 16

9:00 am – 30/60 mi. #3. Floyd's Fork Park. RC: Jay Palmer, 267-9175.

6:00 pm – 15/30 mi. #3. McNeely Lake Park (park in school lot across the street) RC: Jon Wheat, 379-2947.

### Friday, October 17

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

### Saturday, September 18

8:00 am – 35/62 mi. #3. **Bike Trek to Shakertown**. Start at Old Fort Harrod, Harrodsburg, Ky., and overnight in Shakertown. Benefits the American Lung Association. Fund raising required. For information, call the American Lung Association at 502-363-2652 or Dave Runge at 454-7563.

8:00 am – 100 mi. #3+. **Flint Hill Century**. Ride some of the nicest parts of the WACKY route! Begins and ends at the Lodge in Otter Creek Park. RC: Michael Pitt, 290-3419.

8:00 am – 65 mi. #3. **Clifty Falls Camp-out**. Heine Brothers Coffee on Chenoweth Lane. A small fee (\$10-\$15) will be collected for camping space. Please contact the RC so that enough spaces are reserved. RC: Donna Connell, 231-5853.

9:00 am – 30/60 mi. #3. E.P. "Tom" Sawyer State Park. RC: Chad Green, 291-9979.

### Sunday, September 19

8:00 am – 35/55 mi. #3. **Bike Trek to Shakertown**. Return to Old Fort Harrod. For information, call the American Lung Association at 502-363-2652 or Dave Runge at 454-7563.

8:00 am – 48/100 mi. #3+. **Salem Mad Dog Century** (possible Tour de Mad Dog make-up). Meet at parking lot beneath the Second Street bridge at the corner of Market Street and Southern Ind. Ave in Jeffersonville, Ind. RC: Michael Pitt, 290-3419.

8:00 am – 65 mi. #3. **Clifty Falls Camp-out Return**. RC: Donna Connell, 231-5853.

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, September 20

6:00 pm – 12 mi. #1. (RIF RAF) **Recovery Ride**. St. Matthews Baptist Church on Grandview Avenue. RC: Dave Wittry, 893-9475.

### Tuesday, September 21

8:00 am – 30/70 mi. #3+. **Westport to Carrollton**. New route, new destination! Scenic river and creek roads. Westport Park at Ohio River, Westport, Ky. RC: Laurence Preble, 222-7551.

6:00 pm – 15/25 mi. #3. Cyclers Café on Lexington Road. RC: Joe Sohm, 930-2100.

### Wednesday, September 22

9:00 am – 20/30/50 mi. #3. Memphis Travel Plaza, Memphis, Ind. RC: Dick Williams, 426-4844.

6:00 pm – 15/30 mi. #3. Vettiner Park. RC: Jon Wheat, 379-2947.

### Thursday, September 23

6:00 pm – 15/25 mile #3. **Boxer Shorts Ride**. Tired of wearing basic black? Wear the best pair of undies on the outside and become infamous! E.P. "Tom" Sawyer State Park. RC: Nita Bernat, 426-8712.

### Friday, September 24

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

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## Saturday, September 25

8:00 am – 30/60/100 mi. #3. **Virgin Mad Dog Century** (TMD Stage #17). Silver Creek High School in Sellersburg, Ind. The route is designed for first-time century riders. We'll be gentle! RC: Alan Darby, 895-4904 and Ellen Mueller, 485-1758.

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

## Sunday, September 26

7:30 am – 25/40/60 mi. #3/#3+. **Harvest Homecoming Bicycle Tour**. Day-of-ride registration from 7:30 to 9:00 am at The Forest Discovery Center, Starlight, Ind. For info contact the Southern Indiana Wheelmen at 812-948-2453 or <http://www.siwheelmen.org/>.

## Monday, September 27

6:00 pm – 2 mi. #1. (RIF RAF) **Recovery Ride**. St. Matthews Baptist Church on Grandview Avenue. RC: Stewart & Deborah Prather, 896-4570.

## Tuesday, September 28

9:00 am – 50 mi. #3. Floyd's Fork Park. RC: Jim Tretter, 491-7120.

6:00 pm – 15/25 mi. #3. Cyclers' Café on Lexington Road. RC: Joe Sohm, 930-2100.

## Wednesday, September 29

9:00 am – 25/50 mi. #3. New Cut Road & Outer Loop. RC: Sonny Neurath, 893-2306.

6:30 pm – 15/25 mi. #2. **Earl's City Lights Ride**. St. Matthews Baptist Church on Grandview Avenue. RC: Earl Jones, 895-4850.

## Thursday, September 30

9:00 am – 30/60 mi. #3. Vettiner Park. RC: Jay Palmer, 267-9175.

6:00 pm – 15/25 mi. #3. St. Matthews Baptist Church on Grandview Avenue. RC: Chad Green, 291-9979.

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](mailto:macbeast@earthlink.net).

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