

May 2005 Ride & Event Schedule

Louisville Bicycle Club

Founded in 1897 as the Louisville Wheelmen

Sunday, May 1

- 9:00 am 55/100 mi. #3. Westport Park in Westport, Ky. New century to points east. RC: Larry Preble, 222-7551; cell: 386-7618.
- 2:00 pm 15/25 mi. #3. (RIF RAF). Baptist East/Milestone Fitness and Wellness Center. RC: Connie Guild, 243-2809.
- 3:00 pm 30 mi. #3. E.P. "Tom" Sawyer State Park. RC: Dick Williams, 426-4844.

Monday, May 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. #2. **Recovery Ride** (RIF RAF). St. Matthews Baptist Church. RC: Jeff White, 239-9753.
- 6:30 pm 25 mi. #4. **Monday Night Hill Jam.** Perkin's Deli at the intersection of Knob Creek Road and Brooks Hill Road in Bullitt County. RC: Chad Green, 291-9979.

Tuesday, May 3

- 4:45 am 25 mi. #3. **Furly Ride.** Seneca Park Tennis Courts. Lights required! RC: Paul Baldwin, 495-1506.
- 9:00 am 60 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 25 mi. #3. Buehler's in Middletown. RC: Linda & Terry Donovan, 254-3968.

Wednesday, May 4

- 8:30 am 30-35 mi. #3. **Derby Ride.** 102 Pope Street. RC: Emily Boone, 585-3430.
- 6:30 pm 15/25 mi. #3. Floyd's Fork Park. RC: Jerry Gordon, 267-7084.

Thursday, May 5

- 4:45 am 25 mi. #3. **Furly Ride.** Seneca Park Tennis Courts. Lights required! RC: Paul Baldwin, 495-1506.
- 9:00 am 30/60 mi. #3. Long Run Park. RC: Bill Pustow, 777-2847.
- 6:30 pm 15/25 mi. #3. Mike Linnig's Restaurant, 9308 Cane Run Road. RC: Jon Wheat, 379-2947.

Saturday, May 7

- 8:30 am 30/65 mi. #3. **Derby Day Ride to Bagdad.** Our annual Derby Day cycling celebration. Long Run Park. RC: Tim Chilton, 367-8946.

Sunday, May 8

- 9:00 am 33/63 mi. #3. **Shelby County Tour.** McDonald's in Shelbyville (US 60 at KY 53). RC: Susan Howell, 451-1491.
- 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, May 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. #2. **Recovery Ride** (RIF RAF). St. Matthews Baptist Church. RC: Lori Boone, 459-2314.
- 6:30 pm 25 mi. #4. **Monday Night Hill Jam.** Perkin's Deli at the intersection of Knob Creek Road and Brooks Hill Road in Bullitt County. RC: Chad Green, 291-9979.

Tuesday, May 10

- 4:45 am 25 mi. #3. **Furly Ride.** Seneca Park Tennis Courts. Lights required! RC: Paul Baldwin, 495-1506.
- 9:00 am 65 mi. #3. Vettiner Park. RC: Jim Tretter, 491-7120.
- 6:30 pm 15/25 mi. #3. Cyclers' Café on Lexington Road. RC: Joe Sohm, 930-2100.

Wednesday, May 11

- 9:00 am 25/50 mi. #3. Memphis Truck Plaza, Memphis, Ind. RC: Sonny Neurath, 893-2306.
- 6:30 pm 15/25 mi. #3. Vettiner Park. RC: Linda Burry, 297-8931.

Thursday, May 12

- 4:45 am 25 mi. #3. **Furly Ride.** Seneca Park Tennis Courts. Lights required! RC: Paul Baldwin, 495-1506.

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

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

Saturday, May 14

8:00 am 100 mi. #3+. **Breaking Away Mad Dog Century** (TMD Stage #8). Jeffersonville to Bloomington, Ind. Overnight stay at the Indiana Memorial Union Hotel on the IU campus. Start at Clarksville Schwinn on Lewis and Clark Parkway. For reservations, call 1-800-209-8145. RC: Tim Chilton, 367-8946.

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

9:00 am 15 mi. #2. **Slow and Easy Ride** (RIF RAF). Cyclers Café on Lexington Road. RC: Karen Jaworski, 244-0144.

6:00 pm 25 mi. #3. The Saturday Evening Series returns! Scheller's Fitness and Cycling, 11520 Shelbyville Road, RC: Tom Armstrong, 245-1955.

Sunday, May 15

8:00 am 100 mi. #3. Return to Jeffersonville from Bloomington. RC: Tim Chilton, 367-8946.

9:00 am 40 mi. #3. MS 150 Prep. Scheller's Fitness and Cycling, 11520 Shelbyville Road. RC: Tom Armstrong, 245-1955.

2:00 pm 15/25 mi. #3. **Earl's Ice Cream Ride** (RIF RAF). Falls of the 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.

Monday, May 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 25 mi. #4. **Monday Night Hill Jam**. Perkin's Deli at the intersection of Knob Creek Road and Brooks Hill Road in Bullitt County. RC: Chad Green, 291-9979.

6:30 pm 12 mi. #2. **Recovery Ride** (RIF RAF). St. Matthews Baptist Church. RC: Steve Anderson, 523-8592.

Tuesday, May 17

4:45 am 25 mi. #3. Furlly Ride. Seneca Park Tennis Courts. Lights required! RC: Paul Baldwin, 495-1506.

9:00 am 65 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.

Wednesday, May 18

8:00 am 30/60 mi. #3. E.P. "Tom" Sawyer State Park. RC: Dick Williams, 426-4844.

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

7:00 pm 10 mi. #1. **Ride of Silence**. Cox's Park on River Road. Join cyclists in over 50 cities riding to remember those injured or killed in accidents on public roads. Details at www.rideofsilence.org. RC: Lewis Miller, 897-9198.

Thursday, May 19

4:45 am 25 mi. #3. **Furly Ride**. Seneca Park Tennis Courts. Lights required! RC: Paul Baldwin, 495-1506.

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

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

Friday, May 20

Metro Louisville Bike-to-Work Celebration. Festivities at Jefferson Square. Bicycling Magazine will announce the winners of the BikeTown bicycles!

Bike-to-Work Hubs: (all times 7:30 am sharp! Mileage credit TBA. Try commuting!)

- St. Matthews/Seneca Park to downtown: Cheryl Brawner, cbrawner@bellsouth.net (preferred) or 291-0524.
- Central Park/Old Louisville to downtown: John Paul, jp@johnpaul.com or 637-1957.
- Highlands (Mid-City Mall) to U of L area: Steve Anderson, sdande02@louisville.edu.
- Bowman Field to U of L area: Mike Reilly, mfreilly@bellsouth.net.
- Highlands/Mid-City Mall to downtown: Barry Zalph, barry@bicyclingforlouisville.org.
- Prospect/Java Brewing to downtown: Sean Luitjens, Sean.Luitjens@mercer.com or 287-2058.

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.

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Saturday, May 21

- 8:00 am 65 mi. #3. **Spring Camp-out Ride** to Spring Mills State Park. Meet at 8913 Stonemour Way in Charlestown, Ind. Bring your own tent and camping supplies. There will be a small charge for a campsite and, possibly, food. RC: Donna Connell, 231-5853.
- 9:00 am **Regional Senior Games.** 5K and 10K races at Shawnee Park. \$5 registration fee. Come out and work or race. For info, contact Marilyn Minnick, 412-4224.
- 9:00 am 15 mi. #2. **Slow and Easy Ride** (RIF RAF). Cyclers' Café on Lexington Road. RC: Karen Jaworski, 244-0144.
- 9:00 am 35/60 mi. #3. **Mitchell Plain Ride.** Paoli, Ind. Meet at the Paoli United Methodist Church on SR 56 East. Take I-64 West to US 150W. Straight at stop sign in Paoli onto SR 56. Church is 1.5 miles up on the left. RC: Jay Palmer, 267-9175.
- 6:00 pm 25 mi. #3. Scheller's Fitness and Cycling, 11520 Shelbyville Road. RC: Terry & Linda Donovan, 254-3968.

Sunday, May 22

- 8:00 am 65 mi. #3. Return from Spring Mills State Park. RC: Donna Connell, 231-5853.
- 8:00 am 50/100 mi. #3+. **Washington County, Ind., Mad Dog Century.** I-65 North to Scottsburg Exit. Left (West) on SR 56 for approximately 3 miles. 4038 W. SR 56. Park in the north parking lot of the fire station next door. No blocking the fire station doors, please. RC: Melissa Hall, 812-752-3973.
- 9:00 am 40 mi. #3. **MS 150 Prep.** Get a taste of what it takes to complete the MS ride! Scheller's Fitness and Cycling, 11520 Shelbyville Road. RC: Tom Armstrong, 245-1955.
- 2:00 pm 15/25 mi. #3. **Glenn's Birthday Ride.** Meijers on Hurstbourne Ln. Lunch and drinks provided. RC: Lisa Todd, 762-5429.
- 3:00 pm 30 mi. #3. E.P. "Tom" Sawyer State Park. RC: Dick Williams, 426-4844.

Monday, May 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. #2. **Recovery Ride** (RIF RAF). St. Matthews Baptist Church. RC: Jeff White, 239-9753.
- 6:30 pm 25 mi. #4. **Monday Night Hill Jam.** Perkin's Deli at the intersection of Knob Creek Road and Brooks Hill Road in Bullitt County. RC: Chad Green, 291-9979.

Tuesday, May 24

- 4:45 am 25 mi. #3. **Furly Ride.** Seneca Park Tennis Courts. Lights required! RC: Paul Baldwin, 495-1506.
- 9:00 am 65 mi. #3. Vettiner 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 25 mi. #3. Buehler's in Middletown. RC: Linda & Terry Donovan, 254-3968.

Wednesday, May 25

- 9:00 am 25/50 mi. #3. Sellersburg Community Park, Sellersburg, Ind. RC: A.B. Sandefur, 425-9463.
- 6:30 pm 15/29 mi. #3. **Road Kill and One Big Hill.** Iroquois Park. RC: Tim Chilton, 367-8946.

Thursday, May 26

- 4:45 am 25 mi. #3. **Furly Ride.** Seneca Park Tennis Courts. Lights required! RC: Paul Baldwin, 495-1506.
- 9:00 am 30/60 mi. #3. Floyd's Fork Park. RC: Jay Palmer, 267-9175.
- 6:30 pm 15/30 mi. #3. E.P. "Tom" Sawyer State Park. RC: Marilyn Minnick, 412-4224.

Saturday, May 28

Horsey Hundred Weekend - Bluegrass Cycling Club's signature event. Georgetown, Ky. Registration fee required. For information, see www.bgcycling.org/horsey/

- 8:30 am 30/60 mi. #3. **Rooftop Terrace Ride,** Long Run Park. RC: Alan Darby & Ellen Mueller, 485-1758.
- 10:00 am 18 mi. #1. **Slow and Easy Ride** (RIF RAF). Waterfront Park, Purple Parking Lot. RC: Joe Thomas, 447-2318.

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6:00 pm 25 mi. #3. Scheller's Fitness and Cycling, 11520 Shelbyville Road, RC: Tom Armstrong, 245-1955.

Sunday, May 29

9:00 am 42/56 mi. #3+. **Ostrich Hill Ride**. Thurman-Hutchins Park, River Road just east of Zorn Ave. RC: Tim Chilton, 367-8946.

2:00 pm 15/25 mi. #3. (RIF RAF). Baptist East/Milestone Fitness and Wellness Center. RC: Steve Sarson, 499-7089.

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

Monday, May 30 - Memorial Day

8:30 am 30/56/100 mi. #3/#3+. **The Sacred and the Profane Ride** (TMD Stage #9). Idle Hour Park in Springfield, Ky. See the Abbey of Gethsemane and Maker's Mark Distillery. Joint ride with the Bluegrass Cycling Club. RC: Mark Medley, 859-806-7613.

8:30 am 15 mi. #2. **Memorial Day Bike Fest**. Join the city-wide celebration of cycling in Louisville. Booths, food and drink vendors, skills demonstrations, etc. Cyclers Café on Lexington Road. Ride back with a group or on your own. RC: Earl Jones, 895-4850.

9:30 am 10 mi. #1. Easy, flat route to the Bike Fest. Home of the Innocents. RC: Earl Jones, 895-4850.

Tuesday, May 31

4:45 am 25 mi. #3. **Furly Ride**. Seneca Park Tennis Courts. Lights required! RC: Paul Baldwin, 495-1506.

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

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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