

Louisville Bicycle Club

Founded in 1897 as the Louisville Wheelmen

Wednesday, June 1

8:00 am 25/50 mi. #3. **Bernheim Forest Ride.** K-Mart at New Cut Rd. & Outer Loop. RC: Sonny Neurath, 893-2306.

6:30 pm 15/25 mi. #3. Vettiner Park. RC: Steve Sarson, 499-7089.

Thursday, June 2

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

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

6:30 pm 15/25 mi. #3. Mike Linnig's Restaurant, 9308 Cane Run Road. RC: Jon Wheat, 379-2947.

Saturday, June 4

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

9:00 am 20/40/80 mi. #3. Vettiner Park. RC: Jay Palmer, 267-9175.

Sunday, June 5

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

9:00 am 30/60 mi. #3. Floyd's Fork Park. RC: Bob Schindler, 499-1995.

2:00 pm 15/25 mi. #3. (RIF RAF). Heine Brothers' Coffee, Chenoweth Ln. RC: Connie Guild, 608-7758.

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

Monday, June 6

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, June 7

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, June 8

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

6:30 pm 25 mi. #3. **Connie's Birthaversary Ride.** Buehler's in Middletown. RC: Connie Guild, 608-7758.

Thursday, June 9

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

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

6:30 pm 15/25 mi. #3+. Vettiner Park. Just a little more climbing than usual! RC: Jon Wheat, 379-2947.

6:30 pm 15/20 mi. #2. **Dinner Ride** (RIF RAF). Bluegrass Brewing Company. You must pay for your own dinner! RC: Karen Jaworski, 244-0144.

Saturday, June 11

8:00 am 48/100 mi. #3. **Bridgeport Century** (TMD Stage # 10). Bridgeport School, Bridgeport, Ky. (I-64 East to Exit 48, left on KY 151, right on US 60, right on Bridgeport Rd. to school). RC: Tim Chilton, 367-8946.

8:00 am 23/33/44/52/60 mi. #3. **Safari Ride.** Pekin, Ind. For those who love cycling and eating! Lunch and SAG stops. Registration fee required. Internet: www.mustdorides.com. RC: Lori Boone, 459-2314.

10:00 am 18 mi. #1. **Slow and Easy Ride** (RIF RAF). Waterfront Park, Purple Parking Lot. RC: Joe Thomas, 447-2318.

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

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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Sunday, June 12

- 9:00 am 30/55 mi. #3. **Trimble County Tour.** Westport Park in Westport, Ky. RC: Larry Preble, 222-7551; cell, 386-7618.
- 2:00 pm 15/25 mi. #3. (RIF RAF). Heine Brothers' Coffee, Chenoweth Ln. RC: Jim Preston, 339-1637.
- 3:00 pm 30 mi. #3. E.P. "Tom" Sawyer State Park. RC: Dick Williams, 426-4844.

Monday, June 13

- 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, June 14

- 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. 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.

Wednesday, June 15

- 8:00 am 20/30/50 mi. #3. Memphis Truck Plaza, Memphis, Ind. RC: Dick Williams, 426-4844.
- 6:30 pm 20 mi. #2. **Dinner Ride** (RIF RAF). You must pay for your own dinner! Mark's Feed Store in Middletown (park at the Buehler's Market). RC: Karen Jaworski, 244-0144.

Thursday, June 16

- 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. Vettiner Park. RC: Steve Sarson, 499-7089.

Friday, June 17

- 7:00 am 70 mi. #4. **Gatlinburg to Cades Cove.** Start at Ogle's Vacation Motel in Gatlinburg, Tenn. RC: Chad Green, 291-9979.

Saturday, June 18

- 8:00 am 30/60 mi. #3/#3+. E.P. "Tom" Sawyer State Park. RC: A.B. Sandefur, 425-9463.
- 8:00 am 36/65/100 mi. #3+/#4/#4. **Walden Creek Century.** Walden Creek, Tenn. We will carpool from Ogle's Vacation Motel leaving at 7:30 am. RC: Chad Green, 291-9979.
- 2:00 pm **Touring Committee Meeting.** Help with the July/August Touring Schedule. Cyler's Café on Lexington Road.
- 5:30 pm 25 mi. #3. Scheller's Fitness and Cycling, 11520 Shelbyville Road. RC: Tom Armstrong, 253-1746.

Sunday, June 19

- 7:00 am 45 mi. #4. **The Climb.** Ascend Clingman's Dome; 23 miles up and then coast! Start at Ogle's Vacation Model. RC: Chad Green, 291-9979.
- 9:00 am 30/55/70 mi. #3. Westport Park in Westport, Ky. RC: Larry Preble, 222-7551; cell: 386-7618.
- 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 20

- 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: Steve Anderson, 523-8592.
- 6:30 pm 35 mi. #4. **Monday Night Hill Jam.** Perkin's Deli at the intersection of Knob Creek Road and Brooks Hill Road in Bullitt County. RC: Jeff White, 239-9753.

CPSC- or Snell-approved Helmets Are Required

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Tuesday, June 21

- 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, June 22

- 8:30 am 20/40 mi. #3. **Ride & Eat**. 3523 Coronado Drive. RC: A.B. Sandefur, 425-9463.
 6:00 pm 15 mi. #3. **Fun Ride** (RIF RAF), Waterfront Park, Purple Lot. Great for new cyclists. RC: Steve Anderson, 573-8592.
 6:30 pm 15/25 mi. #3. Hogan's Fountain in Cherokee Park. RC: Tim Chilton, 367-8946.

Thursday, June 23

- 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. Fruit Ride. E.P. "Tom" Sawyer State Park. RC: Marilee Martin, 423-0600.

Saturday, June 25

- 7:00 am 140 mi. #4. **WACKY**. The best way to see Kentucky! Ride 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.
 8:30 am 30/60 mi. #3/#4. **Tour de Rocky Top**. A classic LBC ride! RC: Ellen Mueller & Alan Darby, 485-1758.
 10:00 am 18 mi. #1. **Slow and Easy Ride** (RIF RAF). Waterfront Park, Purple Parking Lot. RC: Joe Thomas, 447-2318.
 6:00 pm 25 mi. #3. Scheller's Fitness and Cycling, 11520 Shelbyville Road, RC: Tom Armstrong, 245-1955.

Sunday, June 26

- 6:00 am CDT (local time) 140 mi. #4. **TACKY**. Franklin, Ky. Return across Kentucky. RC: Duc M. Do, 893-8780.
 9:00 am 25/50 mi. #3. E.P. "Tom" Sawyer State Park. RC: Bob Schindler, 499-1995.
 2:00 pm 15/25 mi. #3. (RIF RAF). Heine Brothers' Coffee, Chenoweth Ln. RC: Stewart Prather, 584-1135.
 3:00 pm 30 mi. #3. E. P. "Tom" Sawyer State Park. RC: Dick Williams, 426-4844.

Monday, June 27

- 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.

Tuesday, June 28

- 4:45 am 25 mi. #3. **Furly Ride**. Seneca Park Tennis Courts. Lights required! RC: Paul Baldwin, 495-1506.
 9:00 am 30/55 mi. #3. **Trimble County Tour**. Westport Park in Westport, Ky. RC: Larry Preble, 222-7551; cell: 386-7618.
 6:30 pm 15/25 mi. #3. Cyclers' Café on Lexington Road. RC: Joe Sohm, 930-2100.

Wednesday, June 29

- 8:00 am 30/60/100 mi. #3. Long Run Park. RC: Alison Ewart, 584-4222.
 6:00 pm 15 mi. #1. **Fun Ride** (RIF RAF), great for new cyclists. Waterfront Park, Purple Lot. RC: Steve Anderson, 523-8592.
 6:30 pm 15/29 mi. #3+. **Road Kill and One Big Hill**. Iroquois Park. RC: Tim Chilton, 367-8946.

Thursday, June 30

- 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.

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June 2005 Ride & Event Schedule

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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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