

## Louisville Bicycle Club

Founded in 1897 as the Louisville Wheelmen

### Saturday, July 2

- 7:30 am 30/60/100 mi. #3. **Madison Mad Dog Century** (TMD Stage #10). Prospect Point Shopping Center. RC: Alan Darby, 895-4905.  
 9:00 am 18 mi. #1. **Slow & Easy**. Waterfront Park, Purple Lot. RC: Joe Thomas, 447-2318.  
 6:00 pm 25 mi. #3. Scheller's Fitness and Cycling, 11520 Shelbyville Road. RC: Terry & Linda Donovan, 254-3968.

### Sunday, July 3

- 8:00 am 30/60 mi. #3. McNeely Lake Park. RC: Barry Luckett, 810-0157.  
 2:00 pm 15/25 mi. #3. (RIF RAF) Heine Brothers' Coffee on Chenoweth Lane. RC: Connie Guild, 608-7758.  
 3:00 pm 30 mi. #3. E.P. "Tom" Sawyer State Park. RC: Dick Williams, 426-4844.

### Monday, July 4 – Independence Day

- 8:00 am 30/60/100 mi. #3. **Tour DuPont Mad Dog Century** (TMD Stage #11). Charlestown Middle School, 8804 High Jackson Rd., Charlestown, Ind. RC: Tim Chilton, 367-8946.  
 9:00 am 20 mi. #2. (RIF RAF) Buehler's in Middletown. RC: Karen Jaworski, 244-0144.  
 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.

### Tuesday, July 5

- 4:45 am 25 mi. #3. **Furly Ride**. Seneca Park Tennis Courts. Lights required! RC: Paul Baldwin, 495-1506.  
 6:15 pm 15/25 mi. #3. Cyclers' Café on Lexington Road. RC: Joe Sohm, 930-2100.  
 6:30 pm 15/25 mi. #3. Buehler's Market in Middletown. RC: Steve Sarson, 499-7089.

### Wednesday, July 6

- 9:00 am 40 mi. #3. Edwardsville Park near Georgetown, Ind. RC: Sonny Neurath 893-2306.  
 6:00 pm 15 mi. #1. **Slow & Easy**. (RIF RAF), Waterfront Park, Purple Lot. RC: Steve Anderson, 523-8592.  
 6:30 pm 15/30 mi. #3. Vettiner Park. RC: David & Linda Burry, 297-8931.

### Thursday, July 7

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

### Saturday, July 9

- 8:00 am 30/60 mi. #3. E.P. "Tom" Sawyer State Park. RC: Lori Boone, 459-2314.  
 6:00 pm 25 mi. #3. Scheller's Fitness and Cycling, 11520 Shelbyville Road. RC: Tom Armstrong, 245-1955.

### Sunday, July 10

- 9:00 am 55/100 mi. #3. Scenic new century to points east. Meet at Westport Park at Ohio River; ½ mile past Westport General Store on KY 524. RC: Larry Preble, 222-7551; cell: 386-7618.  
 2:00 pm 15/25 mi. #3. (RIF RAF) 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, July 11

- 6:30 pm 30 mi. #4. **Monday Night Hill Jam**. Perkin's Deli at the intersection of Knob Creek Road and Brooks Hill Road (KY 1526) in Northern Bullitt County. RC: Chad Green, 291-9979.  
 6:30 pm 12 mi. #2. **Recovery Ride**. (RIF RAF) St. Matthews Baptist Church on Grandview Ave. RC: Vicky Dobbs, 243-9318.  
 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.

### 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 ½ hills ♦ #4: Rolling, mostly hills, some long, steep grades and/or long mileage.

# July 2005 Ride & Event Schedule

## Louisville Bicycle Club

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### Tuesday, July 12

- 4:45 am 25 mi. #3. **Furly Ride**. Seneca Park Tennis Courts. Lights required! RC: Paul Baldwin, 495-1506.  
6:15 pm 15/25 mi. #3. Cyclers' Café on Lexington Road. RC: Joe Sohm, 930-2100.  
6:30 pm 27 mi. #3. E.P. "Tom" Sawyer State Park. RC: Linda & Terry Donovan, 254-3968.

### Wednesday, July 13

- 9:00 am 50 mi. #3. E.P. "Tom" Sawyer State Park. Lunch at The Colonel's Lady in Shelbyville. RC: A.B. Sandefur, 425-9463.  
6:00 pm 15 mi. #1. **Slow & Easy**. (RIF RAF), Waterfront Park, Purple Lot. RC: Steve Anderson, 523-8592.  
6:30 pm 15/30 mi. #3. Prospect Point Shopping Center. RC: Marilyn Minnick, 412-4224.

### Thursday, July 14

- 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. Floyd's Fork Park. RC: Jay Palmer, 267-9175.  
7:30 pm 20 mi. #2. St. Matthews Baptist Church on Grandview Ave. RC: Earl Jones, 895-4850.

### Saturday, July 16

- 7:00 am 140 mi. #4. **Danville Century Plus**. Spencer County High School across from Dairy Queen in Taylorsville. RC: Mike Kamenish, 386-0179.  
8:00 am 30/60 mi. #3. Long Run Park. RC: Donna Connell, 231-5853.  
9:00 am 18 mi. #1. **Slow & Easy**. Waterfront Park, Purple Lot. RC: Joe Thomas, 447-2318.  
6:00 pm 25 mi. #3. Scheller's Fitness and Cycling, 11520 Shelbyville Road. RC: Terry & Linda Donovan, 254-3968.

### Sunday, July 17

- 8:00 am 35/100 mi. #3+. **Buffalo Trace Mad Dog Century** (TMD Stage #12). Enjoy a great lunch at Buffalo Trace Distillery in Frankfort. Century ride begins at Long Run Park. 35-mile route starts at 9:30 am from the Flying J Truck Stop in Waddy. RC: Tim Chilton, 367-8946.  
2:00 pm 15/25 mi. #3. (RIF RAF) Heine Brothers' Coffee on Chenoweth Lane. RC: Jim Preston, 339-1637.  
3:00 pm 30 mi. #3. E.P. "Tom" Sawyer State Park. RC: Dick Williams, 426-4844.

### Monday, July 18

- 6:30 pm 12 mi. #2. **Recovery Ride**. (RIF RAF) St. Matthews Baptist Church on Grandview Ave. RC: Steve Anderson, 523-8592.  
6:30 pm 30 mi. #4. **Monday Night Hill Jam**. Perkin's Deli at the intersection of Knob Creek Road and Brooks Hill Road (KY 1526) in Northern Bullitt County. RC: Chad Green, 291-9979.  
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.

### Tuesday, July 19

- 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. Floyd's Fork Park. RC: Jim Tretter, 491-7120.  
6:15 pm 15/25 mi. #3. Cyclers' Café on Lexington Road. RC: Joe Sohm, 930-2100.

### Wednesday, July 20

- 8:00 am 30/45/60 mi. #3. Crestwood Station. RC: Alison Ewart, 584-4222.  
6:00 pm 15 mi. #1. **Slow & Easy**. (RIF RAF), Waterfront Park, Purple Lot. RC: Steve Anderson, 523-8592.  
6:30 pm 15/30 mi. #3. E.P. "Tom" Sawyer State Park. RC: Marilyn Minnick, 412-4224.

### Thursday, July 21

- 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. E.P. "Tom" Sawyer State Park. RC: Jay Palmer, 267-9175.  
6:30 pm 15/30 mi. #3. **Fruit Ride**. E.P. "Tom" Sawyer State Park. RC: Marilee Martin, 423-0600.

### Saturday, July 23

- 8:00 am 30/62 mi. #3. **Metric Century**. Vettiner Park. RC: Steve Sarson, 499-7089.

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

### Sunday, July 24

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 pm **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.

2:00 pm **General Membership Meeting.** Hays-Kennedy Park on River Road.

### Monday, July 25

6:30 pm 12 mi. #2. **Recovery Ride.** (RIF RAF) St. Matthews Baptist Church on Grandview Ave. RC: Vicky Dobbs, 243-9318.

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.

### Tuesday, July 26

8:00 am 30/60 mi. #3. Vettiner Park. RC: Jim Tretter, 491-7120.

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

6:30 pm 27 mi. #3. E.P. "Tom" Sawyer State Park. RC: Linda & Terry Donovan, 254-3968.

### Wednesday, July 27

8:00 am 20/30/50 mi. #3. Memphis Truck Plaza in Memphis, Ind. RC: Dick Williams, 426-4844.

6:00 pm 15 mi. #1. **Slow & Easy.** (RIF RAF), Waterfront Park, Purple Lot. RC: Steve Anderson, 523-8592.

6:30 pm 20 mi. #2. **Dinner Ride.** (RIF RAF) Clifton Pizza on Frankfort Ave. RC: Karen Jaworski, 244-0144.

### Thursday, July 28

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

6:30 pm 15/30 mi. #3. Prospect Point Shopping Center. RC: Sara Ferebee, 473-7447.

### Saturday, July 30

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

9:00 am 18 mi. #1. **Slow & Easy.** Waterfront Park, Purple Lot. RC: Joe Thomas, 447-2318.

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

### Sunday, July 31

9:00 am 55/100 mi. #3. Scenic low-traffic century. Meet at Westport Park at Ohio River; ½ mile past Westport General Store on KY 524. RC: Larry Preble, 222-7551; cell: 386-7618.

2:00 pm 15/25 mi. #3. (RIF RAF) Heine Brothers' Coffee on Chenoweth Lane. RC: Stewart Prather, 584-1135.

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

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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