

August 2005 Ride & Event Schedule

Louisville Bicycle Club

Founded in 1897 as the Louisville Wheelmen

Monday, August 1

- 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: Lori Boone, 459-2314.
- 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, August 2

- 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, August 3

- 8:00 am 30/60 mi. #3. Long Run Park. RC: Sonny Neurath, 893-2306.
- 6:00 pm 15 mi. #1. (RIF RAF) 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.
- 7:30 pm 20 mi. #2. Mid-City Mall. RC: Earl Jones, 895-4850.

Thursday, August 4

- 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, August 6

- 8:00 am 30/55 mi. #3. Floyd's Fork Park. RC: Ed Tonini, 897-0596.
- 9:00 am 25/40/62 mi. #3. **Sunshine Ride.** For info: <http://www.sunshineride.org/>
- 6:00 pm 25 mi. #3. Scheller's Fitness & Cycling, 11520 Shelbyville Road. RC: Tom Armstrong, 245-1955.

Sunday, August 7

- 8:00 am 100 mi. #3. **BMB Mad Dog Century** (TMD Stage #13). Boston General Store at the intersection of KY 61 and US 62 in Boston, Ky. RC: Tim Chilton, 367-8946.
- 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, August 8

- 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.

Tuesday, August 9

- 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, August 10

- 8:00 am 30/60 mi. #3. Speed, Ind. Essoc parking lot opposite cement plant. RC: Alison Ewart, 584-4222.
- 6:00 pm 15 mi. #1. (RIF RAF) Waterfront Park, Purple Lot. RC: Steve Anderson, 523-8592.
- 6:30 pm 15/30 mi. #3. **Hump Day Hills!** Vettiner Park. RC: Dave & Linda Burry, 297-8931.

Thursday, August 11

- 8:00 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.

Friday, August 12

- 6:30 pm 25 mi. #3. **Dinner Ride.** (RIF RAF) Vince Staten's Barbecue, 9291 US 42 in Prospect. 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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Saturday, August 13

- 8:00 am 30/62 mi. #3. **Metric Century.** Vettiner Park. RC: Steve Sarson, 499-7089.
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, August 14

- 9:00 am 55/100 mi. #3+. Scenic 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. **Earl's Ice Cream Ride.** Free Ice Cream! Widow's Walk in Jeffersonville, Ind. RC: Earl Jones, 895-4850.
3:00 pm 30 mi. #3. E.P. "Tom" Sawyer State Park. RC: Dick Williams, 426-4844.

Monday, August 15

- 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: Steve Anderson, 523-8592.
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, August 16

- 8:00 am 40/60 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.
6:30 pm 27 mi. #3. E.P. "Tom" Sawyer State Park. RC: Linda & Terry Donovan, 254-3968.

Wednesday, August 17

- 9:00 am 30/60 mi. #3. E.P. "Tom" Sawyer State Park. RC: Dick Williams, 426-4844.
6:00 pm 15 mi. #1. (RIF RAF) Waterfront Park, Purple Lot. RC: Steve Anderson, 523-8592.
6:30 pm 15/30 mi. #3. **Hump Day Hills!** Vettiner Park. RC: Dave & Linda Burry, 297-8931.

Thursday, August 18

- 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, August 20

- 8:00 am 30/60 mi. #3. Long Run Park. RC: Donna Connell, 231-5853.
2:00 pm **Touring Committee Meeting.** Cyclers' Café on Lexington Road.
6:00 pm 25 mi. #3. Scheller's Fitness & Cycling, 11520 Shelbyville Road. RC: Tom Armstrong, 245-1955.

Sunday, August 21

- 8:00 am 60/100 mi. #4. **Salt River Ford Century** (TMD Stage #14). Floyd's Fork Park. RC: Susan Howell, 451-1491.
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, August 22

- 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.

Tuesday, August 23

- 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.

CPSC- or Snell-approved Helmets Are Required

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Wednesday, August 24

- 9:00 am 25/50 mi. #3. Memphis Truck Plaza in Memphis, Ind. RC: A.B. Sandefur, 425-9463.
6:00 pm 15 mi. #1. **Slow & Easy**. Waterfront Park, Purple Lot. RC: Steve Anderson, 523-8592.
6:30 pm 15/30 mi. #3. **Hump Day Hoot 'n' Holler Hillier!** Vettiner Park. RC: Dave & Linda Burry, 297-8931.

Thursday, August 25

- 8:00 am 30/60 mi. #3. Long Run Park. RC: Jay Palmer, 267-9175.
6:30 pm 15/24/30 mi. #3. Vettiner Park. RC: Steve Sarson, 499-7089.

Saturday, August 27

- 8:30 am 30/60 mi. #3, #4. **Clark State Forest Fire Tower Hill Challenge**. (The hill is optional). Silver Creek High School in Sellersburg, Ind. RC: Alan Darby, 895-4905.
9:00 am 18 mi. #1. **Slow & Easy**. Waterfront Park, Purple Lot. RC: Joe Thomas, 447-2318.
9:00 am 25 mi. #3. (RIF RAF) Buehler's Market, Main St., Middletown. RC: Karen Jaworski, 244-0144.
6:00 pm 25 mi. #3. Scheller's Fitness & Cycling, 11520 Shelbyville Road. RC: Terry & Linda Donovan, 254-3968.

Sunday, August 28

- 8:00 am 45/100 mi. #3/#3+. **Salem Mad Dog Century** (TMD Stage #15). Meet beneath the Clark bridge at Market St. and So. Indiana Ave. in Jeffersonville, Ind. RC: Tim Chilton, 367-8946.
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, August 29

- 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: Lori Boone, 459-2314.
6:30 pm **Bike Handling Class**. Graduation Night! 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, August 30

- 8:00 am 40/60 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, August 31

- 8:00 am 25/50 mi. #2. **Bernheim Forest Ride**. K-Mart at New Cut Road & Outer Loop. RC: Sonny Neurath, 893-2306.
6:00 pm 15 mi. #1. **Slow & Easy**. Waterfront Park, Purple Lot. RC: Steve Anderson, 523-8592.
6:30 pm 15/30 mi. #3. **Hump Day Hoot 'n' Holler Hilliest!** Vettiner Park. RC: Dave & Linda Burry, 297-8931.

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 maceast@earthlink.net.

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