

May 2006 Ride & Event Schedule

Louisville Bicycle Club

Founded in 1897 as the Louisville Wheelmen

Monday, May 1

- 6:30 pm **Bike Handling Class** - *ABC Quick Check; Road Rules and Etiquette*. Become a better cyclist! Certificates of Completion will be awarded to those attending six of the eight sessions. 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. **Monday Night Recovery Ride** (*RIF RAF*). St. Matthews Baptist Church, Grandview Avenue. RC: Dick Krakowski, 637-3172.
- 6:30 pm 25-30 mi. #4. **Monday Night Hill Jam**. Perkin's Deli at the intersection of Knob Creek Road and Brooks Hill Road in Bullitt County. RC: Scott Kuchenbrod.

Tuesday, May 2

- 9:00 am 30/47 mi. #3. Vettiner Park. RC: Jim Tretter, 491-7120.
- 6:15 pm 25 mi. #3. Fast Pace Tuesday Night Ride. This ride is intended for those who can maintain a 20-mph average and will not be swept. Cyler's Café on Lexington Road. RC: Joe Sohm, 451-5152.
- 6:30 pm 15/25 mi. #3. Cyler's Café on Lexington Road. RC: Chad Green, 291-9979.

Wednesday, May 3

- 8:30 am 30-35 mi. #3. **Derby Ride**. 102 Pope St. RC: Emily Boone, 585-3430.
- 6:30 pm 15/25 mi. #3. Mike Linnig's Restaurant, 9308 Cane Run Road. RC: Barry Luckett, 810-0157.

Thursday, May 4

- 10:00 am 30/60 mi. #3. E.P. "Tom" Sawyer State Park. RC: Angie Hopperton, 767-8148.
- 6:30 pm 15/30 mi. #3. Iroquois Park. RC: Chad Green, 291-9979.

Saturday, May 6 - Derby Day

- 8:00 am 100 mi. #3. **Pam Anderson Century**. Ride to Frankfort and have lunch at KFC in honor of Pam Anderson on Derby Day. Meet at McDonald's in Shelbyville at US 60 and KY 53 (exit 35 off I-64). RC: Steve Rice, 494-5288.
- 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.
- 10:00 am 15/30 mi. #1/2. **Slow and Easy** (*RIF RAF*), Waterfront Park, Purple Lot. RC: Joe Thomas, 447-2318.

Sunday, May 7

- 8:30 am 100 mi. #4. **Grizzly Green River Century** (TMD Stage #7). Green River Lake State Park, Campbellsville, Ky. We'll gather near the beach area. RC: Jim "Grizzly" Moore, 270-789-2581.
- 9:00 am 40 mi. #3. Scheller's Fitness and Cycling, 11520 Shelbyville Rd. Third of four preparatory rides for the MS150. RC: Tom Armstrong, bikeolounger@bellsouth.net or 245-1955.
- 2:00 pm 15/25 mi. #3. 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, May 8

- 6:30 pm **Bike Handling Class** - *Bike Fit; Gearing and Shifting*. Become a better cyclist! Certificates of Completion will be awarded to those attending six of the eight sessions. 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. **Monday Night Recovery Ride** (*RIF RAF*). St. Matthews Baptist Church, Grandview Avenue. RC: Walter Lay, 228-4030.

Tuesday, May 9

- 9:00 am 33/47 mi. #3. Floyd's Fork Park. RC: Jim Tretter, 491-7120.
- 6:15 pm 25 mi. #3. Fast Pace Tuesday Night Ride. This ride is intended for those who can maintain a 20-mph average and will not be swept. Cyler's Café on Lexington Road. RC: Joe Sohm, 451-5152.
- 6:30 pm 15/25 mi. #3. Cyler's Café on Lexington Road. RC: Barry Luckett, 810-0157.

Wednesday, May 10

- 8:30 am 25/50 mi. #3. E.P. "Tom" Sawyer State Park. RC: AB Sandefur, 425-9463.
- 6:30 pm 15/25 mi. #3. E.P. "Tom" Sawyer State Park. RC: Linda & Terry Donovan, 254-3068.

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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6:30 pm 12 mi. #2. **SMOR** (Short Miles Offered Ride). St. Matthews Baptist Church, Grandview Ave. Déjà vu Recovery Ride. RC: John Samways, 447-4277 and Connie Guild, 608-7758.

Thursday, May 11

10:00 am 30/60 mi. #3. E.P. "Tom" Sawyer State Park. RC: Angie Hopperton, 767-8148.

6:30 pm 10/15/25 mi. #3. Crestwood Station Shopping Center, Hwy 146, Crestwood, Ky. 10&15-mile rides will be almost entirely on secondary roads. RC: Kevin Jones, 599-1981.

Friday, May 12

6:30 pm 18/24 mi. #3. **Harrison County Happy Hour**. Warm up for your weekend with a ride over some of the best cycling roads in Southern Indiana. Wind down after ride with refreshments on Kirk and Cathy's deck in Crandall Station next to the church lot. AOG Church, 6080 Hwy 335, Crandall, Ind. RC: Kirk Roggenkamp, 718-1911 and Cathy Hill, 859-509-4425.

Saturday, May 13

8:45 am 43/70 mi. #3+. **Spring in the Bluegrass Ride**. Kentucky State Library/Archives/Vietnam Memorial in Frankfort; I-64 East, take exit 53B (to US 127 North), right at stop light on to KY 676, right on to KY 1784 (Coffee Tree Rd.), park behind the Archives Bldg. on the right. RC: Michael Crawford, 244-1213, 314-9977.

10:00 am 15/30 mi. #1/#2. **Slow and Easy (RIF RAF)**, Waterfront Park, Purple Lot. RC: Steve Montgomery, 367-7103.

10:00 am 30/60 mi. #3. E.P. "Tom" Sawyer State Park. RC: Linda & Terry Donovan, 254-3068.

1:00 pm 1 to 15 mi. #1. **Family-Friendly Ride Series - Riverwalk**. Come and enjoy a great activity with your whole family. Waterfront Park, Purple Lot. RC: Chad Green, 291-9979.

6:00 pm 25 mi. #3. Scheller's Fitness and Cycling, 11520 Shelbyville Rd. The return of the Saturday evening series, now in its sixth season! RC: Tom Armstrong, 245-1955.

Sunday, May 14 - Mother's Day

8:30 am 33/63 mi. #3+. **Mother's Day Ride**. McDonald's in Shelbyville at US 60 and KY 53. RC: Susan Howell, 724-1136.

2:00 pm 15/25 mi. #3. Heine Brothers' Coffee on Chenoweth Lane. RC: AB Sandefur, 425-9463.

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

Monday, May 15

6:30 pm **Bike Handling Class - Tire Changing; Clothing and Gear**. Become a better cyclist! Certificates of Completion will be awarded to those attending six of the eight sessions. 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. **Monday Night Recovery Ride (RIF RAF)**. St. Matthews Baptist Church, Grandview Avenue. RC: Dick Krakowski, 637-3172.

6:30 pm 25-30 mi. #4. **Monday Night Hill Jam**. Perkin's Deli at the intersection of Knob Creek Road and Brooks Hill Road in Bullitt County. RC: Scott Kuchenbrod.

Tuesday, May 16

9:00 am 50 mi. #3. Long Run Park. RC: Jim Tretter, 491-7120.

6:15 pm 25 mi. #3. Fast Pace Tuesday Night Ride. This ride is intended for those who can maintain a 20-mph average and will not be swept. Cyclers' Café on Lexington Road. RC: Joe Sohm, 451-5152.

6:30 pm 15/25 mi. #3. Cyclers' Café on Lexington Road. RC: John Paul, 637-1957.

Wednesday, May 17

8:00 am 30/60 mi. #3. Speed, Ind. Essroc lot opposite cement plant. RC: Alison Ewart, 584-4222.

6:30 pm 15/25 mi. #3. Vettiner Park. RC: Chad Green, 291-9979.

6:30 pm 12 mi. #2. **SMOR** (Short Miles Offered Ride). St. Matthews Baptist Church, Grandview Ave. Déjà vu Recovery Ride. RC: John Samways, 447-4277 and Connie Guild, 608-7758.

7:00 pm 10 mi. #1. **Ride of Silence**. Cox's Park, River Rd. across from police substation. Louisville's participation in a national event: a silent procession to honor cyclists killed and injured while riding on public roadways. www.rideofsilence.org. RC: Lewis Miller, 262-6827.

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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Thursday, May 18

- 10:00 am 30/60 mi. #3. E.P. "Tom" Sawyer State Park. RC: Angie Hopperton, 767-8148.
 6:30 pm 10/15/25 mi. #3. Crestwood Station Shopping Center, Hwy 146, Crestwood, Ky. 10&15-mile rides will be almost entirely on secondary roads. RC: Kevin Jones, 426-6155.

Friday, May 19 – Bike-to-Work Day

Bike-to-Work Day Hubs (No Wheelmen time!). See online schedule for any additional hubs. Try commuting!

- 4:30 am 20-mi credit. Stony Brook to Woodlawn Avenue. RC: *Tim Meyer*, 491-3263.
 6:00 am 20-mi credit. Germantown to the West End via Oak St. RC: Dick Krakowski, 637-3172.
 6:45 am 20-mi credit. Seneca Park to downtown (Kindred Healthcare). RC: Glenn Francisco, 895-0570.
 7:00 am 25-mi credit. Crestwood to downtown. RC: Sean Luitjens.
 7:00 am 35-mi credit. Jefferson Mall (Sears parking lot) to Southern Dixie Hwy/Ft. Knox. RC: Chad Green, 291-9979.
 7:30 am 20-mi credit. Clifton/Crescent Hill to downtown. RC: Kirk Kandle, 897-1259.
 7:30 am 20-mi credit. Seneca Park to Downtown. RC: Peter Kemmerle, 894-9329.
 7:30 am 20-mi credit. Highlands/Mid-City Mall to downtown. RC: Jackie Green, 583-2232.
 7:45 am 20-mi credit. Prospect (Java Brewing) to downtown. RC: Sean Luitjens.
 8:00 am 20-mi credit. Central Park/Old Louisville to downtown (leaving from St. James Ct. & Magnolia). RC: John Paul, 637-1957.
 11:00 am **Metro Louisville Bike-to-Work Celebration.** Come and join the festivities celebrating "Bicycle Friendly Louisville." Festivities at Jefferson Square. Free admission and valet bicycle parking. Booths with free food, drinks, music, T-Shirts and water bottles while supplies last. Jefferson Square. Contact Nancy Braxton-White at 574-5175 for more information.

Saturday, May 20

- 7:00 am 15/31/62 mi. #3. **American Diabetes Tour de Cure.** Eastern High School, 12400 Old Shelbyville Road. Registration required. RC: Norm Minnick, 452-6699.
 7:00 am 120 mi. #4. **Spring Mammoth Cave Overnight** (TMD Stage #8). Hatmaker's Convenience Store near Floyd's Fork Park. Reservations: Mammoth Cave Hotel, 270-758-2225. RC: Michael Pitt, 290-3419, and Susan Howell, 724-1136.
 10:00 am 15/30 mi. #1/#2. **Slow and Easy (RIF RAF)**, Waterfront Park, Purple Lot. RC: Steve Anderson, 523-8592.
 6:00 pm 25 mi. #3. Scheller's Fitness and Cycling, 11520 Shelbyville Road. RC: Terry & Linda Donovan, 254-3968.

Sunday, May 21

- 7:00 am 120 mi. #4. **Spring Mammoth Cave Return.** Mammoth Cave Hotel to Louisville. RC: Michael Pitt, 290-3419, and Susan Howell, 724-1136.
 9:00 am 50 mi. #3. Scheller's Fitness and Cycling, 11520 Shelbyville Road. Last of four preparatory rides for the MS150. RC: Tom Armstrong, bikeolounger@bellsouth.net or 245-1955.
 9:00 am **Louisville's 50-and-Over Games,** Cycling races, 5K, 10K, 20K. Shawnee Park. Registration fee required. Arrive 30 minutes prior to races. Go to www.metro-parks.org for registration information or contact Marilyn Minnick, 412-4224.
 2:00 pm 15/25 mi #3. Baptist East/Milestone Fitness & Wellness Center (RIF RAF). 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.
 4:00 pm **General Membership Meeting.** Baptist East/Milestone Fitness and Wellness Center.

Monday, May 22

- 6:30 pm **Bike Handling Class - Rock Dodging; Jumping.** Become a better cyclist! Certificates of Completion will be awarded to those attending six of the eight sessions. 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. **Monday Night Recovery Ride (RIF RAF).** St. Matthews Baptist Church, Grandview Avenue. RC: Vicky Dobbs, 243-9318.

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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: Scott Kuchenbrod.

Tuesday, May 23

8:00 am 40/58 mi. #3. Floyd's Fork Park. RC: Jim Tretter, 491-7120.

6:15 pm 25 mi. #3. Fast Pace Tuesday Night Ride. This ride is intended for those who can maintain a 20-mph average and will not be swept. Cyclers Café on Lexington Road. RC: Joe Sohm, 451-5152.

6:30 pm 15/25 mi. #3. Cyclers Café on Lexington Road. RC: Donna Connell, 231-5853.

6:30 pm 15/25 mi. #3. E.P. "Tom" Sawyer State Park. RC: Terry & Linda Donovan, 254-3968.

Wednesday, May 24

8:00 am 35/50 mi. #3. Iroquois Park. RC: Doris Herp, 635-1888.

6:30 pm 12 mi. #2. **SMOR** (Short Miles Offered Ride). St. Matthews Baptist Church, Grandview Ave. Déjà vu Recovery Ride. RC: John Samways, 447-4277 and Connie Guild, 608-7758.

6:30 pm 15/25 mi. #3. Mike Linnig's Restaurant, 9308 Cane Run Road. RC: Barry Luckett, 810-0157.

Thursday, May 25

10:00 am 30/60 mi. #3. E.P. "Tom" Sawyer State Park. RC: Angie Hopperton, 767-8148.

6:30 pm 15/25 mi. #3. Prospect Point Shopping Center. RC: Dick Rauh, 896-1290.

Saturday, May 27

8:00 am 50/75/100 mi. #3. **Horseyc Hundred**. Georgetown, Ky. Registration is required. www.bgcycling.org. RC: Steve Rice, 494-5288.

8:00 am 45/100 mi. #3/#3+. **Salem Mad Dog Century**. See Amish Country! Meet at parking lot beneath the Second Street bridge at the corner of Market Street and Southern Indiana Ave. in Jeffersonville, Ind. RC: Tim Chilton, 367-8946.

10:00 am 15/30 mi. #1/#2. **Slow and Easy (RIF RAF)**, Waterfront Park, Purple Lot. RC: George Cooper, 499-1652.

1:00 pm 1 to 15 mi. #1. **Family-Friendly Ride Series – Ohio River Levee Trail**. Come and enjoy a great activity with your whole family. Farnsley-Moreman Landing. RC: Chad Green, 291-9979.

6:00 pm 25 mi. #3. Scheller's Fitness and Cycling, 11520 Shelbyville Road. RC: Tom Armstrong, bi keol ounger@bell south.net or 245-1955.

Sunday, May 28

2:00 pm 15/25 mi. #3. Heine Brothers' Coffee on Chenoweth Lane. RC: Stewart Prather, 895-9094.

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

Monday, May 29 – Memorial Day

9:00 am **Mayor's Healthy Hometown Hike & Bike**. Slugger Field.

1:00 pm 30 mi. #3. **Emerald Necklace**. Slugger Field. RC: Chad Green, 291-9979.

Tuesday, May 30

8:00 am 30/48 mi. #3. Vettiner Park. RC: Jim Tretter, 491-7120.

6:15 pm 25 mi. #3. Fast Pace Tuesday Night Ride. This ride is intended for those who can maintain a 20-mph average and will not be swept. Cyclers Café on Lexington Road. RC: Joe Sohm, 451-5152.

6:30 pm 15/25 mi. #3. Cyclers Café on Lexington Road. RC: Barry Luckett, 810-0157.

Wednesday, May 31

8:00 am 30/45 mi. #3. E.P. "Tom" Sawyer State Park. RC: Vicky Dobbs, 243-9318.

6:30 pm 15/30 mi. #3. McNeely Lake Park (park across the street at Wilt Elementary School). 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.

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