

Louisville Bicycle Club

Founded in 1897 as the Louisville Wheelmen

Thursday, June 1

9:00 am 30/60 mi. #3. Long Run Park. RC: Ed Scharfenbergfer, 244-6969.

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

Friday, June 2

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, June 3

400K (250 mi) Brevet. #4 Starts in Paris, Ky. Registration, lights and reflective gear required. www.rusa.org or www.bgcycling.org. RC: Steve Rice, 494-5288.

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

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

10:00 am 15/30 mi. #1/#2. **Slow and Easy (RIF RAF)**, Waterfront Park, Purple Lot. RC: Joe Thomas, 447-2318.

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

Sunday, June 4

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

8:00 am 30/60 mi. #3. Long Run Park. RC: Paul Battle, 459-6973.

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, June 5

6:30 pm **Bike Handling Class – Bumping Tight Turns.** 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: Donna Connell, 231-5853.

6:30 pm 30-35 mi. #4. **Monday Night Hill Jam.** Perkin's Deli at the intersection of Knob Creek Road and Brooks Hill Road in Bullitt County. RC: Dick Rauh, 896-1290.

Tuesday, June 6

8:00 am 47/66 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: Chad Green, 291-9979.

Wednesday, June 7

8:30 am 30/60 mi. #3. Memphis Truck Plaza, Memphis, Ind. RC: Alison Ewart, 584-4222.

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.

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, June 8

8:30 am 30/60 mi. #3. Long Run Park. RC: Ed Scharfenbergfer, 244-6969.

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

Friday, June 9

10:00 am 35 mi. #3. **Shelby County.** Ride starts from Kroger parking lot. Take I-64E to exit 35, left on 53, cross U.S. 60 Kroger will be on your left. Gather in the area near the gas station. RC: Marcie Klus, mak@ka.net, 682-3358.

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 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, June 10**
- 8:30 am 8/17/23/33/44/52/60 mi. #1/#2/#3. **Safari Ride**, Pekin, Ind. Registration is required. www.mustdori.des.com. (Pekin is now on the same time as Louisville) RC: Ron & Vicky Dobbs, 243-9318.
- 10:00 am 15/30 mi. #1/#2. **Slow and Easy (RIF RAF)**, Waterfront Park, Purple Lot. RC: Steve Montgomery, 367-7103.
- 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, June 11**
- 8:00 am 52/100 mi. #3. **Medora Mad Dog Century** (TMD Stage #9) Clark State Forest, Henryville, Ind. RC: Melissa Hall, 812-752-3973.
- 2:00 pm 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.
- Monday, June 12**
- 6:30 pm **Bike Handling Class - Riding Tips; Nutrition.** 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: Steve Anderson, 523-8592.
- 6:30 pm 30-35 mi. #4. **Monday Night Hill Jam**. Perkin's Deli at the intersection of Knob Creek Road and Brooks Hill Road in Bullitt County. RC: Dick Rauh, 896-1290.
- Tuesday, June 13**
- 8:00 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: Barry Luckett, 810-0157.
- Wednesday, June 14 - Flag Day**
- 8:00 am 40 mi. #3. E.P. "Tom" Sawyer State Park. RC: Carole Sutton, 893-9216.
- 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.
- 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, June 15**
- 6:30 pm 15/30 mi. #3. Prospect Point Shopping Center. RC: Marilyn Minnick, 412-4224.
- Friday, June 16**
- 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, June 17**
- 4:00 am 200 mi. #4+. **Virgin Double Century** to Danville, Ky. Lights are required. E.P. "Tom" Sawyer State Park. RC: Mike Kamenish, 386-0179.
- 8:00 am 30/60 mi. #3. Vettiner Park. RC: Paul Battle, 459-6973.
- 10:00 am 15/30 mi. #1/#2. **Slow and Easy (RIF RAF)**, Waterfront Park, Purple Lot. RC: Steve Anderson, 523-8592

CPSC- or Snell-approved Helmets Are Required

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- 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. Riverview Park. RC: Chad Green, 291-9979.
- 6:00 pm 25 mi. #3. Scheller's Fitness and Cycling, 11520 Shelbyville Road. RC: Terry & Linda Donovan, 254-3968.
- Sunday, June 18 – Father's Day**
- 8:30 am 80 mi. #3+. **Tobes of Hades Ride.** E.P. "Tom" Sawyer State Park. RC: Tim Chilton, 357-8946.
- 2:00 pm 15/25 mi. #3. Heine Brothers' Coffee on Chenoweth Lane. RC: Scott Whitehair, 538-2843.
- 3:00 pm 30 mi. #3. E.P. "Tom" Sawyer State Park. RC: Dick Williams, 426-4844.
- Monday, June 19**
- 6:30 pm **Bike Handling Class - Track Stand; Pacelines.** 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 Rauh, 896-1290.
- 6:30 pm 30-35 mi. #4. **Monday Night Hill Jam.** Perkin's Deli at the intersection of Knob Creek Road and Brooks Hill Road in Bullitt County. RC: Scott Kuchenbrod, .
- Tuesday, June 20**
- 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: Dick Rauh, 896-1290.
- Wednesday, June 21**
- 8:30 am 20/40 mi. #3. 3523 Coronado Dr. Ride & Eat. RC: AB Sandefur, 425-9463.
- 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, June 22**
- 8:30 am 30/60 mi. #3. Long Run Park. RC: Ed Scharfenbergfer, 244-6969.
- 6:30 pm 15/30 mi. #3. Floyd's Fork Park. RC: Chad Green, 291-9979.
- Friday, June 23**
- 10:00 am 45 mi. #3. **Shelby County.** Ride starts from Kroger parking lot. Take I-64E to exit 35, left on 53, cross U.S. 60 Kroger will be on your left. Gather in the area near the gas station. RC: Marcie Klus, mak@ka.net, 682-3358.
- Saturday, June 24**
- 600K (375 mi) Brevet. #4 Starts in Paris, Ky. Registration, lights and reflective gear required. www.rusa.org or www.bgcycling.org. RC: Steve Rice, 494-5288.
- 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.
- 7:00 am 100 mi. #3. **Frankfort Mad Dog Century** (TMD Stage #10). Ride to Frankfort to be part of the Share the Road Rally. Floyd's Fork Park. RC: Chad Green, 291-9979.
- 9:00 am 40 mi. #3. **Waddy to Frankfort.** Ride to Frankfort to be part of the Share the Road Rally. Flying J Truck Stop in Waddy. RC: Stewart Prather, 895-9094.
- 11:00 am **Share the Road Rally.** To showcase Kentucky's efforts to make the Commonwealth one of the nation's most friendly states for cyclists and runners. Capitol Grounds, Frankfort.
- 6:00 pm 25 mi. #4 Scheller's Fitness and Cycling, 11520 Shelbyville Road. Taste of Bike Virginia, a salute to the Bike Virginia summer tour (Yes, Virginia, there are some little hills). RC: Tom Armstrong, bikeolounger@bellsouth.net or 245-1955.

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Sunday, June 25

- 6:00 am (CDT) 140 mi. #4. **TACKY**. Franklin, Ky. Return from downstate across scenic Kentucky. RC: Duc M. Do, 893-8780.
- 9:30 am 50 mi. #3+. **Straight Shot to Salem**. Floyd Central High School. RC: Chad Green, 291-9979.
- 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, June 26

- 6:30 pm **Bike Handling Class** - *Basic Bike Maintenance; Riding with the LBC*. 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: Dave King, 500-7351.
- 6:30 pm 30-35 mi. #4. **Monday Night Hill Jam**. Perkin's Deli at the intersection of Knob Creek Road and Brooks Hill Road in Bullitt County. RC: Scott Kuchenbrod, .

Tuesday, June 27

- 8:00 am 30/57 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: John Paul, 637-1957.

Wednesday, June 28

- 9:30 am 32/50 mi. #3. Long Run Park. Ride to Buffalo Crossing. RC: Vicky Dobbs, 243-9318.
- 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 15/30 mi. #3. McNeely Lake Park (park across the street at Wilt Elementary School). RC: Chad Green, 291-9979.

Thursday, June 29

- 8:30 am 30/60 mi. E.P. "Tom" Sawyer State Park. RC: Jim Tretter, 491-7120.
- 6:30 pm 15/30 mi. #3. Floyd's Fork Park. 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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