

July 2006 Ride & Event Schedule

Louisville Bicycle Club

Founded in 1897 as the Louisville Wheelmen

Saturday, July 1

- 7:30 am 30/60/100 mi. #3. **Madison Mad Dog Century** (TMD Stage #11). Prospect Point Shopping Center. RC: Alan Darby, 895-4905.
- 9:00 am 15/30 mi. #1/#2. **Slow and Easy** (RIF RAF). Waterfront Park, Yellow Parking 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 2

- 8:00 am 60/100 mi. 3+. **Lawrenceburg Loop**. Start at the Shelbyville McDonald's. I-64 to exit 35 North (KY 53). RC: Steve Rice, 494-5288.
- 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, July 3

- 6:30 pm 12 mi. #2. **Monday Night Recovery Ride** (RIF RAF). St. Matthews Baptist Church. RC: George Cooper, 499-1652.
- 6:30 pm 35 mi. #3+. **Monday Night Hill Jam**. Perkin's Deli. RC: Dick Rauh, 896-1290.

Tuesday, July 4 – Independence Day

- 8:30 am 50/100 mi. #3/#4. **Grizzly Green River Century** (Revisited!). Meet at 407 Lebanon Ave. in Campbellsville. RC: Jim "Grizzly" Moore, 270-789-2581.
- 9:00 am 50 mi. #4. Harbortown Condominiums (Limestone Bay Yacht Club off River Road just west of Lime Kiln Lane). RC: Mike Pitt, 290-3419.
- 9:00 am 8 mi. #1. **Tour de Crescent Hill**. Peterson-Dumesnil House. 301 S. Peterson Ave. RC: Joe Ward, 897-7819.
- 10:00 am 20 mi. #3. Harbortown Condominiums (Limestone Bay Yacht Club off River Road just west of Lime Kiln Lane). RC: Mike Pitt, 290-3419.
- 11:00 am 20 mi. #1. **Tour de Crescent Hill**. Peterson-Dumesnil House. 301 S. Peterson Ave. RC: Joe Ward, 897-7819.
- 11:30 am **Touring Committee Picnic** hosted by Mike Pitt. All club members and their friends welcomed. Food and drinks provided. Swimming will also be available. For more information contact Mike Pitt (290-3419) or Chad Green (291-9979).

Wednesday, July 5

- 9:00 am 25/50 mi. #3. E.P. "Tom" Sawyer State Park to Trackside Restaurant. RC: AB Sandefur, 425-9463.
- 6:00 pm 15 mi. #1. **Mid-week Slow & Easy Ride**. Waterfront Park, Purple Lot. RC: Steve Anderson, 523-8592.
- 6:30 pm 12 mi. #2. **SMOR** (Short Miles Offered Ride). St. Matthews Baptist Church. Déjà vu Recovery Ride. RC: John Samways, 447-4277 and Connie Guild, 608-7758.
- 6:30 pm 15/30 mi. #3. E.P. "Tom" Sawyer State Park. RC: Marilyn Minnick, 412-4224.

Thursday, July 6

- 8:00 am 30/55 mi. #3. Westport Park, Westport, Ky.. RC: Larry Preble, 222-7551.
- 6:30 pm 15/25 mi. #3/#4. Prospect Point Shopping Center. 15-mile route is flat. 25-mile route goes up Goshen Hill. RC: Mike Pitt, 290-3419.
- 6:30 pm 15/30 mi. #3. **Fruit Ride**. E.P. "Tom" Sawyer State Park. RC: Mike Kamenish, 386-0179.

Friday, July 7

- 10:00 am 35 mi. 3#. Kroger in Shelby County. Take I-64 East to exit 35, left on KY 53, cross US 60, Kroger will be on your left. Gather in area near the gas station. RC: Marcie Klus, mak@ka.net, 682-3358.

Saturday, July 8

- 9:00 am 32/62 mi. #3. **Round Barn Ride**. Registration required. Brownstown Central High School (500 N Elm Street, Brownstown, Ind.). RC: Leslie Marlin: 595-4024.
- 8:00 am 30/60 mi. #3. E.P. "Tom" Sawyer State Park. RC: AB Sandefur, 425-9463.

CPSC- or Snell-approved Helmets Are Required

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#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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9:00 am 15/30 mi. #1/#2. Slow and Easy (RIF RAF). Waterfront Park, Yellow Parking Lot. RC: Steve Montgomery, 367-7103.

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

Sunday, July 9

6:00 am 140 mi. #4. **Danville Century Plus**. Spencer County High School, KY 55 and KY 44 across from IGA in Taylorsville. RC: Mike Kamenish, 386-0179.

10:00 am 45 mi. 3#. Kroger in Shelby County. Take I-64 East to exit 35, left on KY 53, cross US 60, Kroger will be on your left. Gather in area near the gas station. RC: Marcie Klus, mak@ka.net, 682-3358.

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, July 10

10:00 am 35/50 mi. #3. Floyd's Fork Park. RC: Angie Hopperton, 767-8148.

6:30 pm 12 mi. #1. **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. Waterfront Park, Purple Lot. 12-mile ride follows the class. 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. RC: Dick Rauh, 896-1290.

6:30 pm 35 mi. #3+. **Monday Night Hill Jam**. Perkin's Deli. RC: Scott Kuchenbrod, 594-8559.

Tuesday, July 11

8:00 am 50 mi. #3. Long Run Park. RC: Jim Tretter, 491-7120.

9:00 am 30 mi. #3. Kroger in Shelby County. Take I-64 East to exit 35, left on KY 53, cross US 60, Kroger will be on your left. Gather in area near the gas station. RC: Marcie Klus, mak@ka.net, 682-3358.

6:30 pm 25 mi. #3. Middletown Station. RC: Linda & Terry Donovan, 254-3968.

6:30 pm 15/25 mi. #3. **Tuesday Night Ride**. New location and ride. Bluegrass Brewing Company (BBC). Park in the old Bacon's parking lot. RC: Chad Green, 291-9979.

Wednesday, July 12

8:00 am 25/50 mi. #3. Iroquois Park to Zoneton. RC: Betty Neurath, 893-2306.

6:00 pm 15 mi. #1. **Mid-week Slow & Easy Ride**. Waterfront Park, Purple Lot. RC: Steve Anderson, 523-8592.

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

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

Thursday, July 13

8:00 am 30/55 mi. #3. Westport Park, Westport, Ky. RC: Larry Preble, 222-7551.

6:30 pm 25 mi. 3#. Kroger in Shelby County. Take I-64 East to exit 35, left on KY 53, cross US 60, Kroger will be on your left. Gather in area near the gas station. RC: Marcie Klus, mak@ka.net, 682-3358.

6:30 pm 15/30 mi. #3. E.P. "Tom" Sawyer State Park. RC: Mark & Lynn Luking, 423-7072.

Friday, July 14

8:00 am 50 mi. #3. McDonald's in Shelbyville. I-64 to Exit 35, then left on KY 53. RC: Susan Howell, 724-1136.

10:00 am 30/60 mi. #3. Middletown Station. RC: Angie Hopperton, 767-8148.

Saturday, July 15

6:00 am 160 mi. #3+. **Ride Across INdiana** (RAIN) - Terre Haute to Richmond in one day! Fee required, see www.rainride.org for details. RC: Larry Preble, 222-7551.

8:00 am 30/60/110 mi. #3+. **Tour of Tall Shelby Mad Dog Century** (TMD Stage #12). A classic LBC course! Floyd's Fork Park. RC: Susan Howell, 724-1136.

CPSC- or Snell-approved Helmets Are Required

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- 9:00 am 15/30 mi. #1/2. **Slow and Easy** (RIF RAF). Waterfront Park, Yellow Parking 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, July 16**
- 2:00 pm 15/25 mi. #3. **Earl's Ice Cream Ride**. Free ice cream after ride! 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.
- 4:00 pm **General Membership Meeting**. Widow's Walk Ice Cream Shop in Jeffersonville, Ind.
- Monday, July 17**
- 6:30 pm 12 mi. #1. **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 Waterfront Park, Purple Lot. 12-mile ride follows the class. 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. RC: Steve Anderson, 523-8592.
- 6:30 pm 35 mi. #4. **Monday Night Hill Jam**. Perkin's Deli. RC: Dick Rauh, 896-1290.
- Tuesday, July 18**
- 8:00 am 47/66 mi. #3. Floyd's Fork Park. RC: Jim Tretter, 491-7120.
- 6:30 pm 10/15/25 mi. #3. Crestwood Station Shopping Center, Hwy 146, Crestwood, Ky. RC: Kevin Jones, 599-1981.
- 6:30 pm 15/25 mi. #3. **Tuesday Night Ride**. New location and ride. Bluegrass Brewing Company (BBC). Park in the old Bacon's parking lot. RC: Chad Green, 291-9979.
- Wednesday, July 19**
- 8:00 am 30/60/100 mi. #3. Long Run Park to Newcastle. RC: Alison Ewart, 584-4222.
- 6:00 pm 15 mi. #1. **Mid-week Slow & Easy Ride**. Waterfront Park, Purple Lot. RC: Steve Anderson, 523-8592.
- 6:30 pm 12 mi. #2. **SMOR** (Short Miles Offered Ride). St. Matthews Baptist Church. Déjà vu Recovery Ride. RC: John Samways, 447-4277 and Connie Guild, 608-7758.
- 6:30 pm 15/30 mi. #3. E.P. "Tom" Sawyer State Park. RC: Marilyn Minnick, 412-4224.
- Thursday, July 20**
- 8:00 am 100 mi. #4. TOKYO. Hatmakers. This is Day 1 of a 4-day 400+ mile tour of Kentucky. Please e-mail srice@insightbb.com for more lodging details. RC: Steve Rice, 494-5288.
- 8:00 am 30/55 mi. #3. Westport Park, Westport, Ky. RC: Larry Preble, 222-7551.
- 6:30 pm 15/30 mi. #3. **Fruit Ride**. E.P. "Tom" Sawyer State Park. RC: Mike Kamenish, 386-0179.
- Friday, July 21**
- 8:00 am 100 mi. #4. TOKYO. Dry Ridge. This is Day 2 of a 4-day 400+ mile tour of Kentucky. Please e-mail srice@insightbb.com for more lodging details. RC: Steve Rice, 494-5288.
- Saturday, July 22**
- 8:00 am 100 mi. #4. TOKYO. Morehead. This is Day 3 of a 4-day 400+ mile tour of Kentucky. Please e-mail srice@insightbb.com for more lodging details. RC: Steve Rice, 494-5288.
- 8:30 am 30/50 mi. #3. **Double the Fun, Tandem Friendly**. Half bikes welcome too! Iroquois Park. RC: Ron & Vic Dobbs, 243-9318.
- 9:00 am 15/30 mi. #1/#2. **Slow and Easy** (RIF RAF). Waterfront Park, Yellow Parking Lot. RC: George Cooper, 499-1652.
- 6:00 pm 25 mi. #3. Scheller's Fitness and Cycling, 11520 Shelbyville Road. RC: Tom Armstrong, bikeolounger@bellsouth.net or 245-1955.
- Sunday, July 23**
- 8:00 am 100 mi. #3+. **Buffalo Trace Mad Dog Century** (TMD Stage #13). Enjoy a great lunch at Buffalo Trace Distillery in Frankfort. Long Run Park. RC: Chad Green, 291-9979.

CPSC- or Snell-approved Helmets Are Required

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- 8:00 am 100 mi. #4. TOKYO. Berea. This is Day 4 of a 4-day 400+ mile tour of Kentucky. Please email srice@insightbb.com for more lodging details. RC: Steve Rice, 494-5288.
- 9:30 am 35 mi. #3. **Buffalo Trace Lunch Ride**. Meet up with the century riders in Waddy and proceed to Buffalo Trace for a great lunch. Flying J Truck Stop, Waddy, Ky. RC: Chad Green, 291-9979.
- 2:00 pm 15/25 mi. #3. Heine Brothers' Coffee on Chenoweth Lane. RC: Mark & Lynn Luking, 423-7072.
- 3:00 pm 30 mi. #3. E.P. "Tom" Sawyer State Park. RC: Dick Williams, 426-4844.
- Monday, July 24**
- 10:00 am 12 mi. #1. 15/30 mi. #1/2. **Slow and Easy** (RIF RAF), Waterfront Park, Purple Lot. RC: George Cooper, 499-1652.
- 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 Waterfront Park, Purple Lot. 12-mile ride follows the class. 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. RC: Kevin Jones, 599-1981.
- 6:30 pm 35 mi. #3+. **Monday Night Hill Jam**. Perkin's Deli. RC: Scott Kuchenbrod, 594-8559.
- Tuesday, July 25**
- 8:00 am 40/60 mi. #3. Vettiner Park. RC: Jim Tretter, 491-7120
- 6:30 pm 15/25 mi. #3. **Tuesday Night Ride**. New location and ride. Bluegrass Brewing Company (BBC). Park in the old Bacon's parking lot. RC: Linda & Terry Donovan, 254-3968.
- Wednesday, July 26**
- 8:00 am 20/30/50 mi. #3. Memphis Christian Church, Memphis, Ind. RC: Dick Williams, 426-4844.
- 6:00 pm 15 mi. #1. **Mid-week Slow & Easy Ride**. Waterfront Park, Purple Lot. RC: Steve Anderson, 523-8592.
- 6:30 pm 12 mi. #2. **SMOR** (Short Miles Offered Ride). St. Matthews Baptist Church. 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, July 27**
- 8:00 am 30/55 mi. #3. Westport Park, Westport, Ky. RC: Larry Preble, 222-7551.
- 6:30 pm 15/25 mi. #3/#4. Prospect Point Shopping Center. 15-mile route is flat. 25-mile route goes up Goshen Hill. RC: Mike Pitt, 290-3419.
- Friday, July 28**
- 10:00 am 45 mi. #3. Kroger in Shelby County. Take I-64 East to exit 35, left on KY 53, cross US 60, Kroger will be on your left. Gather in area near the gas station. RC: Marcie Klus, mak@ka.net, 682-3358.
- 10:00 am 30/60 mi. #3. Middletown Station. RC: Angie Hopperton, 767-8148.
- Saturday, July 29**
- 8:00 am 30/60 mi. #3. E.P. "Tom" Sawyer State Park. RC: Dick Rauh, 896-1290.
- 9:00 am 15/30 mi. #1/#2. **Slow and Easy** (RIF RAF). Waterfront Park, Yellow Parking Lot. RC: Joe Thomas, 447-2318.
- 10:00 am 35 mi. #3. Kroger in Shelby County. Take I-64 East to exit 35, left on KY 53, cross US 60, Kroger will be on your left. Gather in area near the gas station. RC: Marcie Klus, mak@ka.net, 682-3358.
- 6:00 pm 25 mi. #3. Scheller's Fitness and Cycling, 11520 Shelbyville Road. RC: Terry & Linda Donovan, 254-3968.
- Sunday, July 30**
- 8:00 am 30/60/100 mi. #3+. **Salt River Ford Mad Dog Century** (TMD Stage #14). Floyd's Fork Park. RC: Susan Howell, 724-1136.
- 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.

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Monday, July 31

- 10:00 am 30/60 mi. #3. Middletown Station. RC: Angie Hopperton, 767-8148.
- 6:30 pm 12 mi. #1. **Bike Handling Class** - *Rock Dodging, Jumping*. Become a better cyclist! Certificates of Completion will be awarded to those attending six of the eight sessions Waterfront Park, Purple Lot. 12-mile ride follows the class. 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. RC: Donna Connell, 231-5853.
- 6:30 pm 35 mi. #3+. **Monday Night Hill Jam**. Perkin's Deli. RC: Scott Kuchenbrod, 594-8559.

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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