

August 2006 Ride & Event Schedule

Louisville Bicycle Club

Founded in 1897 as the Louisville Wheelmen

Tuesday, August 1

8:00 am 40/58 mi. #3. Floyd's Fork 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: Chad Green, 291-9979.

Wednesday, August 2

8:00 am 30/60 mi. #3. E.P. "Tom" Sawyer State Park. 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. Iroquois Park. RC: Chad Green, 291-9979.

Thursday, August 3

8:00 am 30/60 mi. #3. Long Run Park. RC: Larry Preble, 222-7551.

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

Saturday, August 5

8:00 am 60/100 mi. #3+. McDonald's in Shelbyville at US 60 and KY 53 (Exit 35 off of I-64). RC: Susan Howell, 724-1136.

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, August 6

9:00 am 10 mi. #4. **King of the Mad Dog Mountain** (TMD Stage #6). Uphill Time Trial! No entry fees or licenses. Open to all LBC members. Prize to first place male and female. Perkin's Deli. Registration 7:45-8:45. First rider off at 9:00. RC: Chad Green, 291-9979.

11:00 am 25 mi. #3. **Mad Dog Recovery Ride.** Cool down after your leg-burning performance. Perkin's Deli at intersection of Knob Creek Road and Brooks Hill Road in Bullitt County. RC: Chad Green, 291-9979.

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, August 7

6:30 pm 12 mi. #1. **Bike Handling Class** – *Bumping Tight Turns*. 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, Grandview Avenue. RC: Steve Anderson, 523-8592.

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

Tuesday, August 8

8:00 am 50 mi. #3. Long Run 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: Lynn Luking, 423-7072.

Wednesday, August 9

9:00 am 25/50 mi. #3. New Cut Rd. & Outer Loop to Bernheim Forest. 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 15/25 mi. #3. Mike Linnig's Restaurant, 9308 Cane Run Road. RC: Dave King, 500-7351.

Thursday, August 10

10:00 am 30/44 mi. #3. Long Run Park. RC: Angie Hopperton, 767-8148.

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.

August 2006 Ride & Event Schedule

Louisville Bicycle Club

Founded in 1897 as the Louisville Wheelmen

6:30 pm 10/15/25 mi. #3. Crestwood Station Shopping Center, Hwy 146, Crestwood, Ky. RC: Kevin Jones, 599-1981.

Saturday, August 12

8:00 am 30/60/100 mi. #3+. Long Run Park. RC: Susan Howell, 724-1136.

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, August 13

8:00 am 55/100 mi. #3. **Hot Century Sink or Swim** (TMD Stage #15). Westport Park, Westport, Ky. Scenic, often shady, relaxed pace century to points east. Lunch in Carrollton--optional dip in Ohio River to cool off for ride home. RC: Larry Preble, 222-7551.

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, August 14

6:30 pm 12 mi. #1. **Bike Handling Class** – *Riding Tips; Nutrition*. 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, August 15

8:00 am 47/66 mi. #3. Floyd's Fork 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, August 16

8:00 am 30/62 mi. #3. Speed, Ind. Essroc parking lot across from cement plant. 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 10/15/25 mi. #3. Crestwood Station Shopping Center, Hwy 146, Crestwood, Ky. RC: Kevin Jones, 599-1981.

Thursday, August 17

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

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

Saturday, August 19

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 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, August 20

9:00 am 25 mi. #3. **Mad Dog Time Trial** (TMD Stage #16) Open to all LBC members. Prize to first three males and females. Shelbyville East Middle School. Registration 7:45–8:45. First rider off at 9:00. RC: Chad Green, 291-9979.

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.

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.

August 2006 Ride & Event Schedule

Louisville Bicycle Club

Founded in 1897 as the Louisville Wheelmen

Monday, August 21

- 6:30 pm 12 mi. #1. **Bike Handling Class** – *Track Stand; Pacelines*. 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: Mark & Lynn Luking, 423-7072.
- 6:30 pm 35 mi. #3+. **Monday Night Hill Jam**. Perkin's Deli. RC: Scott Kuchenbrod, 594-8559.

Tuesday, August 22

- 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: Lynn Luking, 423-7072.

Wednesday, August 23

- 9:00 am 40 mi. #3. Iroquois Park to Mike Linnig's. 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. Vettiner Park. RC: Dick Rauh, 896-1290.

Thursday, August 24

- 10:00 am 35/50 mi. #3. Floyd's Fork Park. RC: Angie Hopperton, 767-8148.
- 6:30 pm 10/15/25 mi. #3. Crestwood Station Shopping Center, Hwy 146, Crestwood, Ky. RC: Kevin Jones, 599-1981.

Saturday, August 26

- 7:30 am 32/66/103 mi. #3/#3/#4. **Tour de Corydon** (TMD Stage #17). Registration fee (\$5.00) required. Harrison County Annex Building, 124 Mulberry St, Corydon, Ind. RC: Kirk Roggenkamp, 718-1911 and Cathy Hill, 859-509-4425.
- 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, August 27

- 9:00 am 25 mi. #3. **Cyclocross Clinic**. Learn the basic of cyclocross racing from the experts. River Road Country Club. RC: Mark Luking, 423-7072.
- 10:00 am 50 mi. #3. **LBC Picnic Ride**. Hays-Kennedy Park on River Road. RC: Larry Preble, 222-7551.
- 12:00 pm 30 mi. #3. **LBC Picnic Ride**. Hays-Kennedy Park on River Road. RC: Scott Whitehair, 538-2843.
- 12:30 pm 15 mi. #3. **LBC Picnic Ride**. Hays-Kennedy Park on River Road. RC: Mike Kamenish, 386-0179.
- 2:00 pm **LBC Picnic**. Hays-Kennedy Park on River Road. Club to provide meat and drinks, members to bring salad, vegetables or dessert. Contact Sara Ferebee, 473-7447, for information.
- 3:00 pm 30 mi. #3. E.P. "Tom" Sawyer State Park. RC: Dick Williams, 426-4844.

Monday, August 28

- 6:30 pm 12 mi. #1. **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. 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: Mark & Lynn Luking, 423-7072.
- 6:30 pm 35 mi. #3+. **Monday Night Hill Jam**. Perkin's Deli. RC: Scott Kuchenbrod, 594-8559.

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.

August 2006 Ride & Event Schedule

Louisville Bicycle Club

Founded in 1897 as the Louisville Wheelmen

Tuesday, August 29

8:00 am 40/58 mi. #3. Floyd's Fork 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, August 30

9:00 am 40 mi. #3. Edwardsville Park, Edwardsville, Ind. Sonny 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. McNeely Lake Park (park across the street at Wilt Elementary School). RC: Chad Green, 291-9979.

Thursday, August 31

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

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

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.

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.