

# September 2006 Ride & Event Schedule

## Louisville Bicycle Club

Founded in 1897 as the Louisville Wheelmen

### Saturday, September 2

- 8:30 am 30/56/100 mi. #3/#3+. **The Sacred and the Profane Ride** (TMD Stage #18). Idle Hour Park in Springfield, Ky. See the Abbey of Gethsemane and Maker's Mark Distillery. Joint ride with the Bluegrass Cycling Club. RC: Mark Medley, 859-806-7613.
- 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, [bi keol ounger@bell south. net](mailto:bi keol ounger@bell south. net) or 245-1955.

### Sunday, September 3

- 8:00 am 100 mi. #3. **Salvisa Mad Dog Century** (TMD Stage #19). Spencer County High School in Taylorsville (across from IGA and Dairy Queen @ KY 55 and KY 44). RC: Mike Kamenish, 386-0179.
- 9:00 am 60 mi. #3. **Chat 'n' Nibble Ride**. E.P. "Tom" Sawyer State Park. RC: Chad Green, 291-9979.
- 2:00 pm 15/25 mi. #3. **Cheryl Brawner Dedication Ride**. Donations will be collected for the Cheryl Brawner Fund ([www.cheryl brawner. com](http://www.cheryl brawner. com)). 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, September 4 — Labor Day

- 7:45 am 25/50 mi. #3. **6th Annual Labor Day Nifty Fifty Ride**. Ride starts at Scott County YMCA, Scottsburg, Ind. Registration fee required. [www.scfy.org](http://www.scfy.org). RC: Melissa "Puddle" Hall, 812-752-3973, [lissah45@yahoo.com](mailto:lissah45@yahoo.com)
- 10:00 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, September 5

- 8:00 am 50 mi. #3. Long Run Park. RC: Jim Tretter, 491-7210.
- 6:15 pm 15/25 mi. #3. **Tuesday Night Ride**. Bluegrass Brewing Company. Park in the old Bacon's parking lot. RC: Chad Green, 291-9979.

### Wednesday, September 6

- 9:00 am 25/50 mi. #3. Memphis Christian Church, Memphis, Ind. RC: A.B. Sandefur, 425-9463.
- 6:00 pm 15/30 mi. #3. **Hump Day Hills!** Vettiner Park. Prizes for those riders who complete the monthly series! Ride captains will sweep 30 miler. Last good warm up for Pottershop before OKHT! RC: Dave & Linda Burry, 297-8931.
- 6:15 pm 10/15/25 mi. #3. Crestwood Station Shopping Center, Hwy 146, Crestwood, Ky. RC: Kevin Jones, 599-1981.
- 6:15 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.

### Thursday, September 7

- 10:00 am 32/48 mi. #3. Floyd's Fork Park. RC: Angie Hopperton, 767-8148.
- 6:00 pm 15 mi. #2. **OKHT Safety Video Opening Night Party!** All Old Kentucky Home Tour riders must attend a pre-ride safety class to complete their registration. Get your certification early and avoid day-of-ride delays. Popcorn, prizes and more. Baptist East/Milestone Fitness Center. Contact Earl Jones, 895-4850, for info.

### Friday, September 8

- 7:00 pm **OKHT Early Registration and Pre-Ride Safety Certification**. E.P. "Tom" Sawyer State Park. All OKHT riders must attend a pre-ride safety class to obtain their registration. Get your certification early and avoid day-of-ride delays.

### Saturday, September 9

- 7:00 am **29th Annual Old Kentucky Home Tour**. Our premier cycling event! 50/70/100 mi. #3/#3+/#4 routes to Bardstown. One-day Sunday loop is also available. See [www.okht.org](http://www.okht.org) if

### 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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you haven't already registered. Registration from 7:00 to 8:45 am at E.P. "Tom" Sawyer State Park.

### Sunday, September 10

8:00 am **29th Annual Old Kentucky Home Tour, Day Two.** 55-mile return from Bardstown or one-day loop. E.P. "Tom" Sawyer State Park.

### Monday, September 11

6:15 pm 12 mi. #2. **Monday Night Recovery Ride** (RIF RAF). St. Matthews Baptist Church, Grandview Ave. RC: Dick Krakowski, 637-3172.

### Tuesday, September 12

8:00 am 40/58 mi. #3. Floyd's Fork Park. RC: Jim Tretter, 491-7210.

6:15 pm 15/25 mi. #3. **Tuesday Night Ride.** Bluegrass Brewing Company. Park in the old Bacon's parking lot. RC: Steve Anderson, 523-8592.

### Wednesday, September 13

9:00 am 40 mi. #3. Iroquois Park to West Point. RC: Marge Johannemann, 368-6338.

6:00 pm 15 mi. #1. **Mid-week Slow & Easy Ride.** Waterfront Park, Purple Lot. RC: Laura Trachtenberg, 897-7056/905-1365.

5:45 pm 15/30 mi. #3. **Hump Day Hillier!** Vettiner Park. Prizes for those riders who complete the monthly series! Ride captains will sweep 30 miler. RC: Dave & Linda Burry, 297-8931.

6:15 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.

### Thursday, September 14

10:00 am 32/60 mi. #3. Floyd's Fork Park. RC: Angie Hopperton, 767-8148.

6:15 pm 15/25 mi. #3. E.P. "Tom" Sawyer State Park. RC: Mike Kamenish, 386-0179.

### Friday, September 15

9:00 am 65 mi. #3. **Clifty Falls Campout Ride.** Ride to Clifty Falls State Park and camp until Sunday. Must bring own tent/sleeping bag and funds for meals. Small fee for camping/sag collected at the start of the ride. Families and non-riders welcomed. Please contact ride captain prior to ride to assure ample camping space, etc. New start location: Beneath the 2nd Street Bridge, Jeffersonville, Ind. RC: Donna Connell, dgcpai nt@bell south. net, 231-5853.

### Saturday, September 16

8:00 am 30/60/100 mi. #4. **Willisburg Century.** Vettiner Park. RC: Susan Howell, 724-1136.

8:00 am 15/30 mi. #2/#3. **Tour de Gaslight.** Skyview Park in Jeffersontown. A scenic tour of historic Jeffersontown. Entry fee required. Register on-line at <http://www.jtownchamber.com/> or day of ride beginning at 7:15 am. RC: Linda Kratt, 894-8810.

9:00 am 15/30 mi. #1/#2. **Slow and Easy** (RIF RAF). Waterfront Park, Yellow Parking Lot. RC: Joe Thomas, 447-2318.

9:00 am 38/63 mi. #3. **21th Annual Bike Trek to Shakertown.** Start at Ft. Harrod in Harrodsburg, Ky. Destination: Pioneer Playhouse in Danville. Fundraising event for American Lung Association of Kentucky. RC: David Runge, 749 5675.

10:00 am 40 mi. #3. Clifty Falls Lodge. Clifty Falls area loop for campers and others. Please contact RC prior to ride for more information. RC: Donna Connell, dgcpai nt@bell south. net, 231-5853.

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, September 17

8:00 am 60/100 mi. #4+. Long Run Park. RC: Susan Howell, 724-1136

9:00 am 65 mi. #3. **Clifty Falls Campout Return Ride.** Please contact ride captain prior to ride for more information. Clifty Falls State Park Lodge. RC: Donna Connell, dgcpai nt@bell south. net, 231-5853.

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- 9:00 am 26/56 mi. #3. **21st Annual Bike Trek to Shakertown.** Danville to Shaker Village. RC: David Runge, 749 5675.
- 2:00 pm 15/25 mi. #3. **Earl's Ice Cream Ride.** Free ice cream! Widow's Walk Ice Creamery in Jeffersonville, Ind. RC: Earl Jones, 895-4850.
- 4:00 pm **General Membership Meeting.** Widow's Walk Ice Creamery, 415 W. Riverside Dr., Jeffersonville, Ind.
- Monday, September 18**
- 9:00 am 20/38 mi. #3. **21st Annual Bike Trek to Shakertown.** Optional day. Shakertown to Ft. Harrod. RC: David Runge, 749 5675.
- 6:00 pm 12 mi. #2. **Monday Night Recovery Ride (RIF RAF).** St. Matthews Baptist Church, Grandview Ave. RC: Dick Krakowski, 637-3172.
- Tuesday, September 19**
- 8:00 am 40/60 mi. #3. Vettiner Park. RC: Jim Tretter, 491-7210.
- 6:00 pm 15/25 mi. #3. **Cheryl Brawner Dedication Ride.** Donations will be collected for the Cheryl Brawner Fund ([www.cherylbrawner.com](http://www.cherylbrawner.com)). Bluegrass Brewing Company. Park in the old Bacon's parking lot. RC: Steve Anderson, 523-8592.
- Wednesday, September 20**
- 9:00 am 20/30/50 mi. #3. Memphis Christian Church, Memphis, Ind. RC: Dick Williams, 426-4844.
- 5:45 pm 15/30 mi. #3. **Hump Day Hilliest!** Vettiner Park. Prizes for those riders who complete the monthly series! Ride captains will sweep 30 miler. RC: Dave & Linda Burry, 297-8931.
- 6:00 pm 15 mi. #1. **Mid-week Slow & Easy Ride.** Waterfront Park, Purple Lot. RC: Laura Trachtenberg, 897-7056/905-1365.
- 6:00 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.
- 6:00 pm 10/15/25 mi. #3. Crestwood Station Shopping Center, Hwy 146, Crestwood, Ky. RC: Kevin Jones, 599-1981.
- Thursday, September 21**
- 10:00 am 30/44 mi. #3. Long Run Park. RC: Angie Hopperton, 767-8148.
- 6:00 pm 15/25 mi. #3. **Boxer Shorts Ride.** Tired of wearing basic black? Wear the best pair of undies on the outside and become infamous! E.P. "Tom" Sawyer State Park. RC: Jerry Gordon, 267-7084.
- Friday, September 22 — World Car-Free Day**
- Saturday, September 23**
- 8:00 am 30/60/100 mi. #3. **Virgin Mad Dog Century (TMD Stage #20).** Silver Creek High School in Sellersburg, Ind. The route is designed for first-time century riders. We'll be gentle! RC: Ellen Mueller, 485-1758, and Alan Darby, 895-4904.
- 9:00 am 15/30 mi. #1/#2. **Slow and Easy (RIF RAF).** Waterfront Park, Yellow Parking Lot. RC: Steve Anderson, 523-8592.
- Sunday, September 24**
- 7:30 am 5/25/40/65 mi. #3/#3+. **Harvest Homecoming Bicycle Tour.** Day-of-ride registration from 7:30 to 9:00 am at The Forest Discovery Center, Starlight, Ind. For info contact the Southern Indiana Wheelmen at 812-948-2453 or [www.siwheelmen.org](http://www.siwheelmen.org).
- 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.
- Monday, September 25**
- 6:00 pm 12 mi. #2. **Monday Night Recovery Ride (RIF RAF).** St. Matthews Baptist Church, Grandview Ave. RC: Sarah White, 608-1030.
- Tuesday, September 26**
- 8:00 am 33/47 mi. #3. Floyd's Fork Park. RC: Jim Tretter, 491-7210.
- 6:00 pm 15/25 mi. #3. **Tuesday Night Ride.** Bluegrass Brewing Company. Park in the old Bacon's parking lot. RC: Donna Connell, [dgcpaint@bellsouth.net](mailto:dgcpaint@bellsouth.net), 231-5853.

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### Wednesday, September 27

9:00 am 30/45/60 mi. #3. Crestwood Station Shopping Center, Crestwood, Ky. RC: Alison Ewart, 584-4222.

6:00 pm 15 mi. #1. **Mid-week Slow & Easy Ride**. Waterfront Park Purple Lot. RC: Laura Trachtenberg, 897-7056/905-1365.

6:00 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.

### Thursday, September 28

6:00 pm 15/25 mi. #3. E.P. "Tom" Sawyer State Park. RC: Mike Kamenish, 386-0179.

### Saturday, September 30

7:00 am 120 mi. #4+. **Fall Mammoth Cave Overnight**. Starts at Hatmaker's Convenience Store. Special beer and wine reception in the evening. Make your own reservations at Mammoth Cave Hotel, 270-758-2225, and tell them you're a Mad Dog Cyclist. RC: Michael Pitt, 290-3419, and Susan Howell, 724-1136.

9:00 am 15/30 mi. #1/#2. **Slow and Easy** (RIF RAF). Waterfront Park, Yellow Parking Lot. RC: Scott Whitehair, 538-2843.

9:00 am 10/25/40 mi. #3. **Tour de Spirit**. Fundraiser for Urban Spirit. J.B. Atkinson Elementary School (2800 Alford Avenue). RC: Joe Ward, 897-7819.

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 [macheast@earthlink.net](mailto:macheast@earthlink.net).

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