

October 2006 Ride & Event Schedule

Louisville Bicycle Club

Founded in 1897 as the Louisville Wheelmen

Sunday, October 1

- 6:00 am 120 mi. #4+. **Fall Mammoth Cave Overnight Return.** Starts at Mammoth Cave Hotel and returns to Louisville. RC: Michael Pitt, 290-3419, and Susan Howell, 724-1136.
- 9:00 am 20/40/60 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.cherylbrawner.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, October 2

- 10:00 am 30/44 mi. #3. Long Run Park. RC: Angie Hopperton, 767-8148.
- 5:45 pm 12 mi. #2. **Monday Night Recovery Ride** (RIF RAF). St. Matthews Baptist Church, Grandview Ave. RC: Sarah White, 608-1030.

Tuesday, October 3

- 8:30 am 30/55 mi. #3. St. Luke's Episcopal Church, 1204 Maple Lane, Anchorage (park in the lower lot behind the church). RC: Michael Crawford, 244-1213, 314-9977 (cell).
- 5:45 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, October 4

- 9:00 am 25/50 mi. #3. E.P. "Tom" Sawyer State Park to Colonel's Lady. RC: A.B. Sandefur, 425-9463.
- 5:30 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. RC: Dave & Linda Burry, 297-8931.
- 5:45 pm 15 mi. #1. **Mid-week Slow & Easy Ride.** Waterfront Park Purple Lot. RC: Laura Trachtenberg, 897-7056/905-1365.
- 5:45 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, October 5

- 5:45 pm 15/25 mi. #3. Cherokee Park to Iroquois Park. Hogan's Fountain. RC: Donna Connell, dgcpaint@bellsouth.net, 231-5853.

Friday, October 6

- 8:30 am 43/70 mi. #3. **Fall in the Bluegrass.** Vietnam Veterans Memorial in Frankfort. Take I-64 east to exit 53B to US 127 north, turn right at light onto KY 676, after crossing bridge turn right onto KY 1784 (Coffee Tree Rd.), right into Vietnam Memorial parking lot. RC: Michael Crawford, 244-1213, 314-9977 (cell).

Saturday, October 7

- 8:00 am 60/100 mi. #4+. Floyd's Fork Park. RC: Steve Rice, 494-5288.
- 8:00 am 50 mi. #3. **Hilly Hundred** - Central Indiana Bicycling Association's Classic Event! Ellettsville, Ind. Registration fee required at www.hillyhundred.org. RC: Ron & Vicky Dobbs, 243-9318.
- 9:00 am 15/30 mi. #1/#2. **Slow and Easy** (RIF RAF). Waterfront Park, Yellow Parking Lot. RC: Steve Montgomery, 367-7103.

Sunday, October 8

- 8:00 am 52/98 mi. #3. **Medora Revisited.** Ride starts at Clark State Forest, Henryville, Ind. Please call if there is much rain as the route floods easily. RC: Melissa Hall, 812-752-3973, lissah45@yahoo.com.
- 8:00 am 40/50 mi. #3. **Hilly Hundred** - Central Indiana Bicycling Association's Classic Event! Ellettsville, Ind. Registration fee required at www.hillyhundred.org. RC: Ron & Vicky Dobbs, 243-9318.
- 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.

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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Monday, October 9

5:45 pm 12 mi. #2. **Monday Night Recovery Ride** (RIF RAF). St. Matthews Baptist Church, Grandview Ave. RC: Sarah White, 608-1030.

Tuesday, October 10 — Columbus Day

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

5:45 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, October 11

9:00 am 25/50 mi. #3. New Cut Road & Outer Loop to Bernheim Forest. RC: Sonny Neurath, 893-2306.

5:30 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.

5:45 pm 15 mi. #1. **Mid-week Slow & Easy Ride**. Waterfront Park, Purple Lot. RC: Laura Trachtenberg, 897-7056/905-1365.

5:45 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, October 12

5:45 pm 15/25 mi. #3. Iroquois Park. RC: Steve Montgomery, 367-7103.

Friday, October 13

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

Saturday, October 14

8:00 am 100 mi. #4+. **Lawrenceburg Century**. Meet at McDonald's in Shelbyville (Exit 35 off I-64, left onto KY 53 to intersection at US 60 and KY 53). RC: Steve Rice, 494-5288.

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

Sunday, October 15

8:00 am 55/100 mi. #3. **Hardinsburg/Livonia Century**. Ride starts at Finley Firehouse, Scottsburg, Ind. RC: Melissa Hall, 812-752-3973.

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

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

Monday, October 16

5:45 pm 12 mi. #2. **Monday Night Recovery Ride** (RIF RAF). St. Matthews Baptist Church, Grandview Ave. RC: Steve Anderson, 523-8592.

Tuesday, October 17

5:45 pm 15/25 mi. #3. **Tuesday Night Ride**. Beer tasting, education, social gathering at BBC after the ride. Bluegrass Brewing Company. Park in the old Bacon's parking lot. RC: John Paul, 637-1957.

Wednesday, October 18

9:00 am 30/50 mi. #3. Memphis Christian Church, Memphis, Ind. RC: Alison Ewart, 584-4222.

5:30 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.

5:45 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, October 19

5:45 pm 15/25 mi. #3. Prospect Point Shopping Center, Prospect, Ky. RC: Dick Rauh, 896-1290.

Saturday, October 21

9:00 am 25/50 mi. **Ted Morris Memorial Ride**. Highland Cycle on Bardstown Road. 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.

Sunday, October 22

8:00 am 30/55/100 mi. #3. **Carrollton Mad Dog Century** (TMD Stage #21). Westport Park, Westport, Ky. RC: Larry Preble, 222-7551.

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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, October 23

5:45 pm 12 mi. #2. **Monday Night Recovery Ride** (RIF RAF). St. Matthews Baptist Church, Grandview Ave. RC: Mark & Lynn Luking, 423-7072.

Tuesday, October 24

9:00 am 33/47 mi. #3. Floyd's Fork Park. RC: Jim Tretter, 491-7210.

5:45 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, October 25

9:30 am 30/60 mi. #3. E.P. "Tom" Sawyer State Park. RC: Dick Williams, 426-4844.

5:45 pm 15 mi. #1. **Mid-week Slow & Easy Ride**. Waterfront Park Purple Lot. RC: Laura Trachtenberg, 897-7056/905-1365.

5:45 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, October 26

5:45 pm 15/30 mi. #3. E.P. "Tom" Sawyer State Park. RC: Mark & Lynn Luking, 423-7072.

Saturday, October 28

8:00 am 110 mi. #4. **L-B-L Overnight Century** (Louisville-Berea-Louisville). Start at Hatmaker's Convenience Store. This is Day 1 of a two-day 220-mile overnight trek to Berea and back. Full SAG support. Please email michaelpitt@insightbb.com for lodging details. RC: Mike Pitt, 290-3419.

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

10:30 am 30/40/60 mi. #3/#4. **Red River Gorge Ride**. Meet at the rest stop at the Slade exit (Exit 33, Mountain Parkway). Experience the Nada Tunnel and Sky Bridge. Join us for a pot luck dinner on Saturday - call for details. Ride Saturday only or stay and ride or hike with us on Sunday. Make your own reservations. LBC has a block of rooms reserved at the Lil' Abner Motel (606-663-5384). RC: Ellen Mueller, 485-1758.

Sunday, October 29 — Daylight Saving Time ends

7:00 am 110 mi. #4. **L-B-L Overnight Century** (Louisville-Berea-Louisville). Start at Berea, Ky. This is Day 2 of a two-day 220-mile trek, returning from Berea to Louisville. Please email michaelpitt@insightbb.com for details. RC: Mike Pitt, 290-3419.

10:00 am 50 mi. #3. Heine Brothers' Coffee on Chenoweth Lane. RC: Chad Green, 291-9979.

2:00 pm 15/25 mi. #3. Heine Brothers' Coffee on Chenoweth Lane. RC: Stewart Prather, 426-4844.

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

Tuesday, October 31

9:00 am 32 mi. #3. Long Run Park. RC: Jim Tretter, 491-7210.

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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