

Louisville Bicycle Club

Founded in 1897 as the Louisville Wheelmen

Sunday, July 1

- 8:00 am 27/60 mi. #3. Floyd's Fork Park. RC: *Dave King*, 500-7351.
 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 2

- 6:00 pm 25 mi. #3. **Happy Hour Ride**. 3850 Crandall Station Road, Crandall, Ind. Hot tub afterward IF you bring your swimsuit! RC: *Cathy Hill*, 859-509-4425.
 6:30 pm 30 mi. #4. **Monday Night Hill Jam**. Perkin's Deli (Knob Creek Rd. & Brooks Hill Rd.) RC: *Scott Kuchenbrod*, 594-8559.
 6:30 pm 12 mi. #1. **Recovery Ride (RIF RAF)**. St. Matthews Baptist Church. RC: *Kevin Jones*, 599-1981.

Tuesday, July 3

- 8:30 am 55 mi. #3. Vettiner Park. RC: *Jim Tretter*, 491-7120.
 6:30 pm 15/25 mi. #3. **Tuesday Night Ride**. Bluegrass Brewing Company (BBC). Park in the old Bacon's parking lot. RC: *Chad Green*, 291-9979.

Wednesday, July 4 – Independence Day

- 8:00 am 100 mi. #3+. **Boston-Munfordsville-Boston (BMB)** (TMD Stage #8). Boston Elementary, 295 Petersburg Rd in Boston, Ky. RC: *Dave King*, 500-7351.
 8:00 am 30/50 mi. #3. E.P. "Tom" Sawyer State Park. RC: *Dick Williams*, 426-4844.
 9:00 am 8 & 20 mi. #1. **Tour de Crescent Hill**. Peterson-Dumesnil House. 301 S. Peterson Ave. 20-mile ride leaves right after the 8-mile ride. RC: *Joe Ward*, 897-7819.

Thursday, July 5

- 9:15 am 25 mi. #3. Shelbyville Kroger. Take I-64 east to exit 35, left on KY 53, cross US 60 and Kroger is on your left. Please gather near the Kroger gas station. RC: *Marcie Klus*, mak@ka.net, 682-3358.
 6:30 pm 19/25 mi. #3. Cyclers' Café. RC: *Joe Sohm*, 451-5152.
 6:30 pm 15/30 mi. #3. **Fruit Ride**. E.P. "Tom" Sawyer State Park. RC: *Lynn Luking*, 423-7072.

Friday, July 6

- 6:30 pm 12 mi. #2. **Weekend Tune-Up and Fun Ride (RIF RAF)**. St. Matthews Baptist Church. RC: *Scott Howes*, 445-8201.

Saturday, July 7

- 7:30 am 30/60/100 mi. #3. **Madison Mad Dog Century** (TMD Stage #9). Prospect Point Shopping Center. RC: *Alan Darby*, 895-4905.
 9:00 am 17/40 mi. #1/#2. **Slow and Easy (RIF RAF)**. Waterfront Park, Yellow Lot. RC: *George Cooper*, 499-1652.
 10:00 am 17 mi. #1. **Family-Friendly Ride** - Ohio River Levee Trail. Great ride for the whole family. Start at Farnsley-Morman parking lot. RC: *Doug Klein & Tim Wright*, 724-1819.
 5:30 pm 25 mi. #4. **Taste of Bike Virginia**. Blankenbaker Station. RC: *Tom Armstrong*, bikeolounger@bellsouth.net or 523-9581.

Sunday, July 8

- 8:30 am 35 mi. #2. **My Louisville Ride (RIF RAF)**. Each ride will feature a different My Louisville mural. Twig and Leaf-Heine Bros triangle; Bardstown, Douglass and Dundee Rds in the Highlands. Limited parking. RC: *Scott Howes*, 445-8201.
 9:00 am 60 mi. #3. **Chat 'n' Nibble**. E.P. "Tom" Sawyer State Park. RC: *Tim Chilton*, 367-8946.
 2:00 pm 15/25 mi. #3. Heine Brothers' Coffee on Chenoweth Lane. RC: *Eric Sellers*, 216-8248.
 3:00 pm 30 mi. #3. E.P. "Tom" Sawyer State Park. RC: *Dick Williams*, 426-4844.

Monday, July 9

- 6:00 pm 25 mi. #3. **Happy Hour Ride**. 3850 Crandall Station Road, Crandall, Ind. Hot tub afterward IF you bring your swimsuit! RC: *Cathy Hill*, 859-509-4425.
 6:30 pm 12 mi. #1. **Bike Handling Class – ABC Quick Check, Road Rules & Etiquette**. Become a better cyclist! Certificate of Completion will be awarded to those attending 6 of the 8 sessions. Participants should plan on attending as many sessions as possible. Classes will start promptly at 6:30 with a hands-on activity and conclude with a short 10- to 12-mile ride. Waterfront Park,

CPSC- or Snell-approved Helmets Are Required

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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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Yellow Parking Lot. All skill levels welcome. RC: *Steve Sarson*, 499-7089, and *AB Sandefur*, 425-9463.

6:30 pm 12 mi. #1. **Recovery Ride (RIF RAF)**. St. Matthews Baptist Church. RC: *Ed Tonini*, 897-0596.

Tuesday, July 10

8:30 am 40/58 mi. #3. Floyd's Fork Park. RC: *Jim Tretter*, 491-7120.

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

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

Wednesday, July 11

8:00 am 30/60 mi. #3 Love's Truck Plaza, Memphis, Ind. RC: *Alison Ewart*, 584-4222.

6:00 pm 15 mi. #1. **Old Fart's Ride** (Slow-and-Easy Ride). Waterfront Park, Yellow Lot. RC: *Laura Trachtenberg*, 905-1365.

6:00 pm 25 mi. #2. **Whiskey Run Wednesday Ride**. North Harrison Middle School, Ramsey, Ind. Flats and rollers on rural roads in north Harrison County. RC: *Kirk Roggenkamp*, 718-1911.

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

Thursday, July 12

9:15 am 25 mi. #3. Shelbyville Kroger. Take I-64 east to exit 35, left on KY 53, cross US 60 and Kroger is on your left. Please gather near the Kroger gas station. RC: *Marcie Klus*, mak@ka.net, 682-3358

6:30 pm 19/25 mi. #3. Cyclers' Café. RC: *Joe Sohm*, 451-5152.

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

Friday, July 13

6:30 pm 12 mi. #2. **Weekend Tune-Up and Fun Ride (RIF RAF)**. St. Matthews Baptist Church. RC: *Scott Howes*, 445-8201.

Saturday, July 14

7:00 am 160 mi. #4. **RAIN (Ride Across INdiana)**. Terre Haute, Ind. Fee ride, with rest stops and lunch stop. RC: *Tom Armstrong*, bikeolounge@bellsouth.net or 523-9581 or <http://sports.groups.yahoo.com/group/bentdogs/>.

8:00 am 100 mi. #3+. **Packman's Hint: A Journey Leading To Orleans**. Finley Firehouse. Take I-65 north to the Scottsburg exit. Go left (west) off the exit on SR 56 approx. 3 miles. Right (north) on Finley Firehouse Road and park behind the firehouse. RC: *Melissa "Puddle" Hall*, 812-752-3973 or lissah45@yahoo.com.

9:00 am 17/40 mi. #1/#2. **Slow and Easy (RIF RAF)**. Waterfront Park, Yellow Parking Lot. RC: *Steve Montgomery*, 367-7103.

2:00 pm 40 mi. #3+. **Mt. Washington Ride**. Houchens Grocery (Washington Square Shopping Center) KY 44 west of the Bardstown Rd-KY 44 intersection. RC: *Scott Whitehair*, 303-2949.

5:30 pm 25 mi. #3. Blankenbaker Station (old Buehler's) in Middletown behind Mark's Feed Store. RC: *Terry & Linda D. Donovan*, 254-3968.

Sunday, July 15

8:00 am 100 mi. #3+. **Bethlehem Century**. Ride start at Clark State Forest, Henryville, Ind. Take I-65 north to Henryville exit. Go right (east) on SR 160 to first stop sign. Go left (north) on Hwy. 31. Forest is on the left. RC: *Melissa "Puddle" Hall*, 812-752-3973 or lissah45@yahoo.com

8:30 am 50 mi. #3+. **Straight Shot to Salem**. Floyd Central High School. I-64 west to US 150W (Greenville-Paoli exit), left on Old Vincennes Road. RC: *Tim Chilton*, 367-8946.

8:30 am 35 mi. #2. **My Louisville Ride (RIF RAF)**. Each ride will feature a different My Louisville mural. Twig and Leaf-Heine Bros triangle; Bardstown, Douglass and Dundee Rds in the Highlands. Limited parking. RC: *Scott Howes*, 445-8201.

10:00 am 13 mi. #2. **Jefferson Forest Elf Ride** from Joe Ward's book *Wheeling Around Louisville* Meet at Medora Park on Pendleton Road. RC: *Doug Klein & Tim Wright*, 724-1819.

2:00 pm 15/25 mi. #3. **Earl's Ice Cream Ride**. Free ice cream after ride! Widow's Walk Ice Cream Shop in Jeffersonville, Ind. RC: *Earl Jones*, 895-4850.

CPSC- or Snell-approved Helmets Are Required

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- 3:00 pm 30 mi. #3. E.P. "Tom" Sawyer State Park. RC: *Dick Williams*, 426-4844.
- Monday, July 16**
- 6:00 pm 25 mi. #3. **Happy Hour Ride**. 3850 Crandall Station Road, Crandall, Ind. Hot tub afterward IF you bring your swimsuit! RC: *Cathy Hill*, 859-509-4425.
- 6:30 pm 12 mi. #1. **Bike Handling Class – Helmet Fit, Clothing & Gear, Gearing & Shifting**. Become a better cyclist! Certificate of Completion will be awarded to those attending 6 of the 8 sessions. Participants should plan on attending as many sessions as possible. Classes will start promptly at 6:30 with a hands-on activity and conclude with a short 10- to 12-mile ride. Waterfront Park, Yellow Parking Lot. All skill levels welcome. RC: *Steve Sarson*, 499-7089, and *AB Sandefur*, 425-9463.
- 6:30 pm 30 mi. #4. **Monday Night Hill Jam**. Perkin's Deli (Knob Creek Rd. & Brooks Hill Rd.) RC: *Scott Kuchenbrod*, 594-8559.
- 6:30 pm 12 mi. #1. **Recovery Ride (RIF RAF)**. St. Matthews Baptist Church. RC: *Ed Tonini*, 897-0596.
- Tuesday, July 17**
- 8:30 am 50 mi. #3. Long Run Park. RC: *Jim Tretter*, 491-7120.
- 6:30 pm 15/25 mi. #3. **Tuesday Night Ride**. Bluegrass Brewing Company (BBC). Park in the old Bacon's parking lot. RC: *Chad Green*, 291-9979.
- Wednesday, July 18**
- 9:30 am 30/50 mi. #3. Iroquois Park to Mike Linnig's. RC: *Vicky Dobbs*, 243-9318.
- 6:00 pm 15 mi. #1. **Old Fart's Ride** (Slow-and-Easy Ride). Waterfront Park, Yellow Lot. RC: *Laura Trachtenberg*, 905-1365.
- 6:00 pm 25 mi. #2. **Whiskey Run Wednesday Ride**. North Harrison Middle School, Ramsey, Ind. RC: *Kirk Roggenkamp*, 718-1911.
- 6:30 pm 17/25 mi. #3. Mike Linnig's. RC: *Dave King*, 500-7351.
- Thursday, July 19**
- 9:15 am 25 mi. #3. Shelbyville Kroger. Take I-64 east to exit 35, left on KY 53, cross US 60 and Kroger is on your left. Please gather near the Kroger gas station. RC: *Marcie Klus*, mak@ka.net, 682-3358.
- 6:30 pm 19/25 mi. #3. Cyclers' Café. RC: *Joe Sohm*, 451-5152.
- 6:30 pm 15/30 mi. #3. **Fruit Ride**. E.P. "Tom" Sawyer State Park. RC: *Mark & Lynn Luking*, 423-7072.
- Friday, July 20**
- 9:15 am 35 mi. #3. Shelbyville Kroger. Take I-64 east to exit 35, left on KY 53, cross US 60 and Kroger is on your left. Please gather near the Kroger gas station. RC: *Marcie Klus*, mak@ka.net, 682-3358
- Saturday, July 21**
- 6:00 am 140 mi. #4. **Danville Century Plus** (TMD Stage 10). Spencer County High School, located in Taylorsville, Ky., at the intersection of KY 44 and KY 55. RC: *Mike Kamenish*, 386-0179.
- 9:00 am 17/40 mi. #1/#2. **Slow and Easy (RIF RAF)**. Waterfront Park, Yellow Lot. RC: *AB Sandefur*, 425-9463.
- 5:30 pm 25 mi. #3. Blankenbaker Station. "Dutch Treat" dinner after the ride! RC: *Tom Armstrong*, bikeolounger@bellsouth.net or 523-9581.
- Sunday, July 22**
- 8:00 am 52 mi. #2+. **Bernheim Ramble**. K-mart, New Cut Road & Outer Loop. Tandem- and fixie-friendly, but all half-bikes and geared bikes welcome. RC: *Ron & Vicky Dobbs*, 243-9318.
- 10:00 am 17 mi. #1. **Family-Friendly Ride** - Ohio River Levee Trail. Great ride for the whole family. Start at Farnsley-Morman parking lot. RC: *Doug Klein & Tim Wright*, 724-1819.
- 2:00 pm 15/25 mi. #3. Heine Brothers' Coffee on Chenoweth Lane. RC: *AB Sandefur*, 425-9463.
- 3:00 pm 30 mi. #3. E.P. "Tom" Sawyer State Park. RC: *Dick Williams*, 426-4844.
- Monday, July 23**
- 6:00 pm 25 mi. #3. **Happy Hour Ride**. 3850 Crandall Station Road, Crandall, Ind. Hot tub afterward IF you bring your swimsuit! RC: *Cathy Hill*, 859-509-4425.
- 6:30 pm 12 mi. #1. **Bike Handling Class – Bike Fit, Tire Changing**. Become a better cyclist! Certificate of Completion will be awarded to those attending 6 of the 8 sessions. Participants

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should plan on attending as many sessions as possible. Classes will start promptly at 6:30 with a hands-on activity and conclude with a short 10- to 12-mile ride. Waterfront Park, Yellow Parking Lot. All skill levels welcome. RC: *Steve Sarson*, 499-7089, and *AB Sandefur*, 425-9463.

6:30 pm 12 mi. #1. **Recovery Ride (RIF RAF)**. St. Matthews Baptist Church. RC: *Ed Tonini*, 897-0596.

Tuesday, July 24

8:30 am 60 mi. #3. Vettiner Park. RC: *Jim Tretter*, 491-7120.

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

Wednesday, July 25

8:30 am 25/50 mi. #3. E.P. "Tom" Sawyer Park. to Claudia Sander's. RC: *AB Sandefur*, 425-9463.

6:00 pm 15 mi. #1. **Old Fart's Ride** (Slow-and-Easy Ride). Waterfront Park, Yellow Lot. RC: *Laura Trachtenberg*, 905-1365.

6:00 pm 25 mi. #2. **Whiskey Run Wednesday Ride**. North Harrison Middle School, Ramsey, Ind. RC: *Kirk Roggenkamp*, 718-1911.

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

Thursday, July 26

8:00 am 100+ mi. #4+. **TOKYO** - Day 1 of a 4-day 400-mile cross-state ride. This is an unsupported tour. Day 1 starts at Hatmakers and goes to Dry Ridge, Ky. Please contact Steve Rice for hotel and ride details. RC: *Steve Rice*, 494-5288 or *srice@insightbb.com*.

9:15 am 25 mi. #3. Shelbyville Kroger. Take I-64 east to exit 35, left on KY 53, cross US 60 and Kroger is on your left. Please gather near the Kroger gas station. RC: *Marcie Klus*, *mak@ka.net*, 682-3358

6:30 pm 19/25 mi. #3. Cyclers' Café. RC: *Joe Sohm*, 451-5152.

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

Friday, July 27

7:00 am 100+ mi. #4+. **TOKYO** - Day 2 of a 4-day 400-mile cross-state ride. This is an unsupported tour. Day 2 starts at Dry Ridge and goes to Morehead. Please contact Steve Rice for hotel and ride details. RC: *Steve Rice*, 494-5288 or *srice@insightbb.com*.

9:15 am 50 mi. #3. Shelbyville Kroger. Take I-64 east to exit 35, left on KY 53, cross US 60 and Kroger is on your left. Please gather near the Kroger gas station. RC: *Marcie Klus*, *mak@ka.net*, 682-3358

6:30 pm 12 mi. #2. **Weekend Tune-Up and Fun Ride (RIF RAF)**. St. Matthews Baptist Church. RC: *Scott Howes*, 445-8201.

Saturday, July 28

7:00 am 100+ mi. #4+. **TOKYO** - Day 3 of a 4-day 400-mile cross-state ride. This is an unsupported tour. Day 3 starts at Morehead and goes to Berea. Please contact Steve Rice for hotel and ride details. RC: *Steve Rice*, 494-5288 or *srice@insightbb.com*.

8:00 am 30/60 mi. #3. E.P. "Tom" Sawyer State Park. RC: *Linda & Terry Donovan*, 254-3968.

9:00 am 17/40 mi. #1/#2. Slow and Easy (RIF RAF). Waterfront Park, Yellow Lot. RC: *Joe Thomas*, 447-2318.

Sunday, July 29

7:00 am 100+ mi. #4+. **TOKYO** - Day 4 of a 4-day 400-mile cross-state ride. This is an unsupported tour. Day 4 starts at Berea and goes to Hatmakers. Please contact Steve Rice for hotel and ride details. RC: *Steve Rice*, 494-5288 or *srice@insightbb.com*.

8:30 am 35 mi. #2. **My Louisville Ride (RIF RAF)**. Each ride will feature a different My Louisville mural. Twig and Leaf-Heine Bros triangle; Bardstown, Douglass and Dundee Rds in the Highlands. Limited parking. RC: *Scott Howes*, 445-8201.

10:00 am 13 mi. #2. **Jefferson Forest Elf Ride** from Joe Ward's book *Wheeling Around Louisville* Meet at Medora Park on Pendleton Road. RC: *Doug Klein & Tim Wright*, 724-1819.

10:00 am 50 mi. #3. **LBC Picnic Ride**. E.P. "Tom" Sawyer State Park. RC: *TBD*.

12:00 pm 30 mi. #3. **LBC Picnic Ride**. E.P. "Tom" Sawyer State Park. RC: *Chad Green*, 291-9979.

12:30 pm 15 mi. #2. **LBC Picnic Ride**. E.P. "Tom" Sawyer State Park. RC: *Ed Tonini*, 897-0596.

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July 2007 Ride & Event Schedule

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- 2:00 pm **LBC Picnic.** E.P. "Tom" Sawyer State Park. Club to provide meat and drinks, members to bring salad, vegetables or dessert.
- 3:00 pm **General Membership Meeting.** E.P. "Tom" Sawyer State Park.
- Monday, July 30**
- 6:00 pm 25 mi. #3. **Happy Hour Ride.** 3850 Crandall Station Road, Crandall, Ind. Hot tub afterward IF you bring your swimsuit! RC: *Cathy Hill*, 859-509-4425.
- 6:30 pm 12 mi. #1. **Bike Handling Class – Lane Positioning, Scanning & Lane Changing.** Become a better cyclist! Certificate of Completion will be awarded to those attending 6 of the 8 sessions. Participants should plan on attending as many sessions as possible. Classes will start promptly at 6:30 with a hands-on activity and conclude with a short 10- to 12-mile ride. Waterfront Park, Yellow Parking Lot. All skill levels welcome. RC: *Steve Sarson*, 499-7089, and *AB Sandefur*, 425-9463.
- 6:30 pm 30 mi. #4. **Monday Night Hill Jam.** New location tonight: Iroquois Park. RC: *Scott Kuchenbrod*, 594-8559.
- 6:30 pm 12 mi. #1. **Recovery Ride (RIF RAF).** St. Matthews Baptist Church. RC: *Doug Klein & Tim Wright*, 724-1819.
- Tuesday, July 31**
- 8:30 am 47 mi. #3. Floyd's Fork Park. RC: *Jim Tretter*, 491-7120.
- 6:30 pm 15/25 mi. #3. **Tuesday Night Ride.** Bluegrass Brewing Company (BBC). Park in the old Bacon's parking lot. 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.

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