

August 2007 Ride & Event Schedule

Louisville Bicycle Club

Founded in 1897 as the Louisville Wheelmen

Wednesday, August 1

8:00 am 30/45/60 mi. #3. Crestwood Station Shop. Center, Crestwood, Ky. 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. RC: *Kirk Roggenkamp*, 718-1911.

6:30 pm 30 mi. #3. Vettiner Park. RC: *John Smith*, 489-0988.

Thursday, August 2

8:30 am 55 mi. #3. Westport Park, Westport, Ky. RC: *Larry Preble*, home: 222-7551, cell: 724-8477, kycyclist@preble.net.

6:30 pm 19/25 mi. #3. Cycler's 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, August 3

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

Saturday, August 4

8:00 am 52/100 mi. #3. **Big Boy's Century** (TMD Stage #11). Frisch's Big Boy parking lot, Corydon, Ind. RC: *Kirk Roggenkamp*, 718-1911 and *Cathy Hill*, 859-509-4425.

9:00 am 17/40 mi. #1/#2. **Slow and Easy (RIF RAF)**. Waterfront Park, Yellow Lot. RC: *Laura Trachtenberg*, 897-7056.

5:30 pm 25 mi. #3. Blankenbaker Station. "Dutch Treat" dinner after the ride. RC: *Tom Armstrong*, bikeolounger@bellsouth.net or 523-9581.

Sunday, August 5

8:00 am 60/100 mi. #4. **Salt River Ford Mad Dog Century** (TMD Stage #12). Floyd's Fork Park. RC: *Steve Rice*, 494-5288.

9:00 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: *Connie Guild*, 608-7758.

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

4:00 pm **Touring Committee Meeting**. Heine Brothers' Coffee.

Monday, August 6

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 - Rock-Hazard Dodging, Quick Turns**. 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 12 mi. #1. **Recovery Ride (RIF RAF)**. St. Matthews Baptist Church. RC: *Ed Tonini*, 897-0596.

Tuesday, August 7

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, August 8

8:00 am 20/30/50 mi. #3. Love's Truck Plaza, Memphis, Ind. RC: *Dick Williams*, 426-4844.

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 Shop. Center, Crestwood, Ky. RC: *Kevin Jones*, 599-1981.

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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Thursday, August 9

8:30 am 55 mi. #3. Westport Park, Westport, Ky. RC: *Larry Preble*, home: 222-7551, cell: 724-8477, kycyclist@preble.net.

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, August 10

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

Saturday, August 11

8:00 am 30/60 mi. #3. E.P. "Tom" Sawyer State Park. RC: *Dick Rauh*, 896-1290.

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

5:30 pm 25 mi. #3. Old Buehler's parking lot, behind Mark's Feed Store in Middletown. RC: *Terry & Linda Donovan*, 254-3968.

Sunday, August 12

8:00 am 55/100 mi. #3. **Hot Century Sink or Swim (TMD Stage #13)**. Westport Park, Westport, Ky. Scenic, often shady, relaxed pace century to points east. Lunch in Carrollton with 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: *Eric Sellers*, 216-8248.

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

Monday, August 13

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 – Emergency Stops, Jumping**. 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 12 mi. #1. **Recovery Ride (RIF RAF)**. St. Matthews Baptist Church. RC: *Ed Tonini*, 897-0596.

Tuesday, August 14

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: *Dick Rauh*, 896-1290.

Wednesday, August 15

9:00 am 30/50 mi. #3. Long Run Park. 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.

Thursday, August 16

8:30 am 55 mi. #3. Westport Park, Westport, Ky. RC: *Larry Preble*, home: 222-7551, cell: 724-8477, kycyclist@preble.net.

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, August 17

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

Saturday, August 18

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.

CPSC- or Snell-approved Helmets Are Required

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

5:30 pm 25 mi. #3. Blankenbaker Station. "Dutch Treat" dinner afterwards. RC: *Tom Armstrong*, bikeolounger@bellsouth.net or 523-9581.

Sunday, August 19

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.

9:00 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. 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, August 20

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 - Bumping, Track Stand**. 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: *Doug Klein & Tim Wright*, 724-1819.

Tuesday, August 21

8:30 am 40/58 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.

Wednesday, August 22

8:30 am 25/50 mi. #3. E.P. "Tom" Sawyer Park to LaGrange. 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 Shop. Center, Crestwood, Ky. RC: *Kevin Jones*, 599-1981.

Thursday, August 23

8:30 am 55 mi. #3. Westport Park, Westport, Ky. RC: *Larry Preble*, home: 222-7551, cell: 724-8477, kycyclist@preble.net.

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, August 24

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

Saturday, August 25

8:00 am 15/35/62 mi. #3. **Tour de Cure**. E.P. "Tom" Sawyer State Park. Registration fee required. Bagels, coffee, fruit, juice, SAGs, lunch, music, massages, entertainment. All for a good cause. For more information go to www.diabetes.org/tour. RC: *Norm Minnick*, 452-6699.

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- 8:00 am 15/25/65 mi. #3+. **Third Annual Tour de Corydon.** All routes start/end at Old Capitol Bicycle Shop, 212 S. Mulberry St. in historic downtown Corydon, Ind. \$15 registration fee includes marked routes, SAG support, rest stops, and after-ride lunch. More info available at www.oldcapitolbikes.com or at 812-738-6888. RC: *Kirk Roggenkamp*, 718-1911, and *Cathy Hill*, 859-509-4425.
- 9:00 am 17/40 mi. #1/#2. **Slow and Easy (RIF RAF).** Waterfront Park, Yellow Lot. RC: *AB Sandefur*, 425-9463.
- 1:45 pm 35 mi. #3. Old Capitol Bike Shop, 212 S. Mulberry St., Corydon, Ind. An after-lunch opportunity to finish out a century from the morning Tour de Corydon. This route will be unsupported and take you on different roads from the morning tour. RC: *Kirk Roggenkamp*, 718-1911, and *Cathy Hill*, 859-509-4425.
- 5:30 pm 25 mi. #3 - #4. Old Buehler's parking lot behind Mark's Feed Store in Middletown. Routt Rd and Gelhaus Hill. RC: *Terry and Linda Donovan*, 254-3968.
- Sunday, August 26**
- 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.
- 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 27**
- 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 – Basic Bike Maintenance, Riding Tips, Nutrition.** 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, August 28**
- 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, August 29**
- 8:00 am 25/50 mi. #2+. **Bemheim Ramble.** New Cut Rd. & Outer Loop. RC: *Sonny Neurath*, 893-2306.
- 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, August 30**
- 8:30 am 55 mi. #3. Westport Park, Westport, Ky. RC: *Larry Preble*, home: 222-7551, cell: 724-8477, kycyclist@preble.net.
- 6:30 pm 19/25 mi. #3. Cycler's 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, August 31**
- 6:30 pm 12 mi. #2. **Weekend Tune-Up and Fun Ride (RIF RAF).** St. Matthews Baptist Church. RC: *Scott Howes*, 445-8201.

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