Louisvil le Bicycle Club

Founded in 1897 as the Louisville Wheelmen

Monday, October 1

8:30 am 65 mi. #3. Long Run Park. RC: Bill Pustow, 777-2847.

5:45 pm 12 mi. #1. **Recovery Ride** (*RIF RAF*). St. Matthews Baptist Church. RC: *Connie Guild*, 608-7758.

Tuesday, October 2

9:00 am 55 mi. #3. Vettiner Park. RC: *Jim Tretter*, 491-7120.

5:45 pm 15/25 mi. #3. **Tuesday Night Ride**. Bluegrass Brewing Company (BBC). Park in the old Bacon's parking lot. RC: *John Paul*, 637-1957.

Wednesday, October 3

9:00 am 40 mi. #3. Edwardsville Park, Ind. RC: Sonny Neurath, 893 2306.

5:30 pm 25 mi. #3. Long Run Park. Training Ride for KHF Championship Duathlon! RC: *Linda Burry*, 297-8931.

5:45 pm 12 mi. #2. **Mid-Week Recovery Ride** (*RIF RAF*). St. Matthews Baptist Church. RC: *Connie Guild*, 608-7758.

Thursday, October 4

9:15 am 50 mi. #3. Shelbyville Kroger. Take I-64 east to exit 35, left on KY 53, cross US 60. Kroger is on your left. Park near gas station. RC: Susan Howell, 724-1136.

5:45 pm 19/25 mi. #3. Cycler's Café. RC: *Joe Sohm*, 451-5152.

Friday, October 5

5:45 pm 12 mi. #2. **Weekend Tune-Up and Fun Ride** (*RIF RAF*). St. Matthews Baptist Church. RC: *Scott Howes*, 445-8201.

Saturday, October 6

7:00 am 24/52/70/100 mi. #3. **MS Bike the Bluegrass**. Masterson Station Park in Lexington, Ky. Rider check-in 7:00, ride at 8:30, Fundraiser for MS Society, details at www. bi kethebl uegrass. org. RC: *Tom Armstrong*, bi keol ounger@bellsouth. net or 523-9581.

10:00 am 17/40 mi. #1/#2. **Slow and Easy** (*RIF RAF*). Waterfront Park, Yellow Lot. RC: *Laura Trachtenberg*, 897-7056.

Sunday, October 7

8:00 am 50/100 mi. #3+. **General Butler's Assault** (TMD Stage #18). Westport Park. Ride #3009/3017 at www.kybikerides.org. Scenic, challenging century traveling the eastern side of the KY River. Lunch in Carrollton. RC: *Larry Preble*, 222-7551.

9:00 am 17 mi. #1. **Family-Friendly Ride – Ohio River Levee Trail**. Great ride for the whole family. Start at Farnsley-Moremen parking lot. RC: *Doug Klein 724-1819* and *Tim Wright*.

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 Brother's Coffee.

Monday, October 8

8:30 am 65 mi. #3. Long Run Park. RC: Bill Pustow, 777-2847.

5:45 pm 12 mi. #1. **Recovery Ride** (*RIF RAF*). St. Matthews Baptist Church. RC: *Connie Guild*, 608-7758.

Tuesday, October 9

9:00 am 40/58 mi. #3. Floyd's Fork Park. RC: *Jim Tretter*, 491-7120.

5:45 pm 15/25 mi. #3. **Tuesday Night Ride**. Bluegrass Brewing Company (BBC). Park in the old Bacon's parking lot. RC: *John Paul*, 637-1957.

Wednesday, October 10

9:30 am 25/50 mi. #3. E.P. "Tom" Sawyer State Park. RC: *AB Sandefur*, 425 9463.

5:30 pm 25 mi. #2. **Whiskey Run Wednesday Ride**. North Harrison Middle School, Ramsey, Ind. Flats and rollers between Ramsey and Bradford, Ind., at relaxed pace. RC: *Kirk Roggenkamp*, 718-1911.

5:30 pm 25 mi. #3. Long Run Park. Training Ride for KHF Championship Duathlon! RC: *Linda Burry*, 297-8931

7:00 pm 20 mi. #2. **Old Louisville by Moonlight**. St. Matthews Baptist Church. Lights required! (Some loaners available) RC: *Earl Jones*, 895-4850.

Thursday, October 11

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 ½ hills
#4: Rolling, mostly hills, some long, steep grades and/or long mileage.

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9:15 am 50 mi. #3. Shelbyville Kroger. Take I-64 east to exit 35, left on KY 53, cross US 60. Kroger is on your left. Park near gas station. RC: Susan Howell, 724-1136.

5:45 pm 15/25 mi. #3. E.P. "Tom" Sawyer Park. RC: Steve Anderson, 523-8592.

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

Friday, October 12

5:45 pm 12 mi. #2. **Weekend Tune-Up and Fun Ride** (*RIF RAF*). St. Matthews Baptist Church. RC: *Scott Howes*, 445-8201.

Saturday, October 13

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: *Scott Whitehair*, 303-2949.

10:00 am 17/40 mi. #1/#2. **Slow and Easy** (*RIF RAF*). Waterfront Park, Yellow Lot. RC: *George Cooper*, 499-1652.

Sunday, October 14

8:00 am 100 mi. #4. **MinnerDick's Doolittle Hill Mad Dog Adventure** (TMD Stage #19). Floyd Central High School. Southern Indiana riding at its finest. RC: *Dick Rauh*, 896-1290.

8:00 am 50 mi. #3. **Hilly Hundred**. Central Indiana Bicycling Association's classic event! Ellettsville, Ind. Registration fee required at www. hi 11 yhundred. org. RC: Swtt Whitehair, 303-2949.

9:00 am 17 mi. #1. **Family-Friendly Ride – Ohio River Levee Trail**. Great ride for the whole family. Start at Farnsley-Moremen parking lot. RC: *Doug Klein* 724-1819 and *Tim Wright*.

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, October 15

8:30 am 65 mi. #3. Long Run Park. RC: Bill Pustow, 777-2847.

5:30 pm 25 mi. #3. **Happy Hour Ride**. 3850 Crandall Station Rd, Crandall, Ind. Hot tub afterwards IF you bring your swimsuit! RC: *Cathy Hill*, 859-509-4425.

5:45 pm 12 mi. #1. **Recovery Ride** (*RIF RAF*). St. Matthews Baptist Church. RC: *Connie Guild*, 608-7758.

Tuesday, October 16

10:00 am 50 mi. #3. Long Run Park. RC: *Jim Tretter*, 491-7120.

5:45 pm 15/25 mi. #3. **Tuesday Night Ride**. Bluegrass Brewing Company (BBC). Park in the old Bacon's parking lot. RC: *John Paul*, 637-1957.

Wednesday, October 17

9:30 am 41 mi. #3. Graceland Church, Ind. RC: Alison Ewart, 584 4222.

5:30 pm 25 mi. #2. **Whiskey Run Wednesday Ride**. North Harrison Middle School, Ramsey, Ind. Flats and rollers between Ramsey and Bradford, Ind., at relaxed pace. RC: *Kirk Roggenkamp*, 718-1911.

Thursday, October 18

9:15 am 50 mi. #3. Shelbyville Kroger. Take I-64 east to exit 35, left on KY 53, cross US 60. Kroger is on your left. Park near gas station. RC: *Susan Howell*, 724-1136.

5:45 pm 19/25 mi. #3. Cycler's Café. RC: *Joe Sohm*, 451-5152.

Friday, October 19

5:45 pm 12 mi. #2. **Weekend Tune-Up and Fun Ride** (*RIF RAF*). St. Matthews Baptist Church. RC: *Scott Howes*, 445-8201.

Saturday, October 20

10:00 am 17/35 mi. #1/#2. **Slow and Easy** (*RIF RAF*). Waterfront Park, Yellow Lot. RC: *Steve Montgomery*, 367-7103.

Sunday, October 21

8:00 am 110 mi. #4+. **Original Crestwood Killer** (TMD Stage #20), Crestwood Station Shopping Center, Crestwood, Kv. RC: *Bill Pustow*, 777-2847.

9:00 am 17 mi. #1. **Family-Friendly Ride – Ohio River Levee Trail**. Great ride for the whole family. Start at Farnsley-Moremen parking lot. RC: *Doug Klein*, 724-1819 and *Tim Wright*.

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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 22

8:30 am 65 mi. #3. Long Run Park. RC: *Bill Pustow*, 777-2847.

5:45 pm 12 mi. #1. **Recovery Ride** (*RIF RAF*). St. Matthews Baptist Church. RC: *Ed Tonini*, 897-0596.

Tuesday, October 23

10:00 am 40 mi. #3. Vettiner Park. RC: *Jim Tretter*, 491-7120.

5:45 pm 15/25 mi. #3. **Tuesday Night Ride**. Bluegrass Brewing Company (BBC). Park in the old Bacon's parking lot. RC: *John Paul*, 637-1957.

Wednesday, October 24

9:30 am 25/50 mi. #2. **Bernheim Ramble.** New Cut Rd. & Outer Loop. RC: *Sonny Neurath*, 893 2306. 5:30 pm 25 mi. #2 **Whiskey Run Wednesday Ride**. North Harrison Middle School, Ramsey, Ind. Flats

and rollers between Ramsey and Bradford, Ind., at relaxed pace. RC: Kirk Roggenkamp, 718-1911.

Thursday, October 25

9:15 am 50 mi. #3. Shelbyville Kroger. Take I-64 east to exit 35, left on KY 53, cross US 60. Kroger is on your left. Park near gas station. RC: Susan Howell, 724-1136.

5:45 pm 19/25 mi. #3. Cycler's Café. RC: *Joe Sohm*, 451-5152.

Friday, October 26

5:45 pm 12 mi. #2. **Weekend Tune-Up and Fun Ride** (*RIF RAF*). St. Matthews Baptist Church. RC: *Scott Howes*, 445-8201.

Saturday, October 27

Papa John's Derby City Cup Cyclocross Races. Pre-registration and license required. See 2wheel sports. comfor more information.

9:00 am 100 mi. #3+. **Red River Gorge Mad Dog Century** (TMD Stage #21). New century route has been added to the Red River Gorge ride! Meet at the rest stop at the Slade exit (Exit 33, on the Mountain Parkway, a two-hour drive from Louisville). Join us for a pot luck dinner on Saturday, call for details. Stay overnight and hike on Sunday. Make your reservations at the Lil' Abner Motel (606-663-5384), LBC has a block of rooms reserved. RC: *Ellen Mueller*, 485-1758.

10:00 am 17/40 mi. #1/#2. **Slow and Easy** (*RIF RAF*). Waterfront Park, Yellow Lot. RC: *Joe Thomas*, 447-2318.

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 28

Papa John's Derby City Cup Cyclocross Races. Pre-registration and license required. See 2wheel sports. com for more information.

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, October 29

8:30 am 65 mi. #3. Long Run Park. RC: Bill Pustow, 777-2847.

5:45 pm 12 mi. #1. **Recovery Ride** (*RIF RAF*). St. Matthews Baptist Church. RC: *Ed Tonini*, 897-0596.

Tuesday, October 30

10:00 am 40/47 mi. #3. Floyd's Fork Park. RC: Jim Tretter, 491-7120.

5:45 pm 15/25 mi. #3. **Tuesday Night Ride**. Bluegrass Brewing Company (BBC). Park in the old Bacon's parking lot. RC: *John Paul*, 637-1957.

Wednesday, October 31

10:00 am 20/30/50 mi. #3. Love's Truck Plaza, Memphis, Ind. RC: *Dick Williams*, 426 4844.

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