



# LOUISVILLE BICYCLE CLUB

## FOUNDED IN 1897 AS THE LOUISVILLE WHEELMEN



### Sunday, June 1

- 9:00 am 25 mi. #2+. **Indian Hills Ride.** Highlands at Dundee and Bardstown Road around Heine Brothers', Breadworks, Twig and Leaf. Limited Parking. RC: *Scott Howes, 445-8201.*
- 9:30 am 50mi. #3. **Bike MS Prep Ride.** Scheller's Fitness & Cycling Middletown, 11520 Shelbyville Rd, RC: *Jesse Roberson, 502-245-1955.*
- 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.*
- 5:00 pm 15 mi. #2. **"With This Chaining, I Thee Wed" Ride.** We'd like to invite our LBC friends to come out and help us celebrate our pending nuptials! Short route with cake and punch in the park afterward. Thurman-Hutchins Park (River Road, across from Cox's Park) RC: *Leslie Weeter and Martin Kaelin, 727-1195*

### Monday, June 2

- 11:00 am 10 to 15 mi. #2. **Your Option Ride (YOR).** St. Matthews Baptist Church, 3515 Grandview Ave. Ride at workout speed, medium speed, or leisurely (e.g., your option). A lunch stop may be considered for post ride or mid-ride. Bring money for lunch (and possibly a bike lock for mid-ride lunch) if you chose to eat. This ride is automatically cancelled if roads are wet. RC: *Connie Guild, 502-608-7758 (cell).*
- 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 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. 4900 Bowling Boulevard, Next to Baptist East Wellness Center. All skill levels welcome. RC: *Steve Sarson, 499-7089, and AB Sandefur, 425-9463.*
- 6:30 pm 12 mi. #2. **Recovery Ride (RIF RAF).** St. Matthews Baptist Church. RC: *Ron & Vicky Dobbs, 500-4671.*
- 7:15 pm 15 mi #2. **Monday Night Ride through the Parks.** St. Matthews Baptist Church. Follows right after recovery ride but this is not a recovery ride. RC: *Scott Howes, 445-8201.*

### Tuesday, June 3

- 8:30 am 60 mi. #3. Long Run Park. RC: *Jim Tretter 491-7120.*
- 6:30 pm 15/25 mi. #3. **St. Matthews Tuesday Night Ride.** Burdorf Galleries parking lot (former Bacon's parking lot) RC: *Donna Connell, dgcpaint@bellsouth.net 231-5853.*

### Wednesday, June 4

- 8:00 am 20/30/50mi. #3 Memphis Travel Plaza. RC: *Dick Williams 426-4844.*
- 6:00 pm 15 mi. #1. **Wednesday Slow and Easy.** Waterfront Park, Yellow Lot. RC: *Laura Trachtenberg, 905-1365.*
- 6:00 pm 25 mi. #3+. **Sneaky Hills Ride.** Edwardsville Park. No named hills, just 25 miles of "sneaky" ones in Floyd and Harrison Counties. RC: *Cathy Hill and Kirk Roggenkamp 718-1911.*
- 6:30 pm 15/29 mi. #3. **Road Kill and One Big Hill.** Iroquois Park. RC: *Steve Montgomery 367-7103.*
- 6:30 pm 25 mi. #2+. **Indian Hills Ride.** Highlands at Dundee and Bardstown Road around Heine Brothers', Breadworks, Twig and Leaf. Limited Parking. RC: *Scott Howes, 445-8201.*

### Thursday, June 5

- 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, makbike08@insightbb.com, 682-3358.*
- 6:30 pm 18/30 #3 Southeast Christian Church/Sports & Fitness Center. Blankenbaker Pkwy & I64. RC: *Jeff White 634-9400/239-9753.*
- 7:00 pm 25 miles #3. **Wheeling into the Night.** Hogan's Fountain in Cherokee Park. Lights required for the return from Iroquois Park. RC: *John Cummings 502-239-0114, 502-553-6870.*

### Friday, June 6

- 6:45 pm 15 mi #2. **Weekend Tune-Up and Fun Ride.** St. Matthews Baptist Church. RC: *Scott Howes, 445-8201.*

### Saturday June 7

- 8:30 am 25/50/75/100 mi. #3. **Bike MS Day 1.** Churchill Downs to Frankfort. Registration and fund raising required. Details at [www.bikemsky.org](http://www.bikemsky.org). RC: *Steve and Deb Sexton, 718-1181.*
- 8:30 am 25/60 mi. #3. **Fixie-Friendly Southside 60.** Cherokee Park, Hogan's Fountain. All bikes welcome. The course is intended to be semi-rolly. Lunch at Southside Inn @ mile 45 (open at 11:00) if you want. Bring money for your own lunch and a bike lock if you feel you need it at lunch. RC: *David King, 500-7351.*
- 9:00 am 17/35 mi. #1/#2. **Slow and Easy.** Waterfront Park, Yellow Lot. RC: *Steve Montgomery, 367-7103.*
- 9:00 am 8/16/38/68/100mi. **Tour de Cave. Bowling Green League of Bicyclists.** Oakland Elementary School, Oakland, KY. Registration required. Details at [http://www.bglob.com/TDC\\_flyer\\_2008.pdf](http://www.bglob.com/TDC_flyer_2008.pdf). Registration is \$15 before May 17. Mass start at 8:15am central time. RC: *Jim Moore, 270-469-6407 cell.*
- 5:30 pm 25mi. #3. Bluegrass Bicycle in Crestwood Station Shopping Center. Hwy 146, Crestwood, KY. RC: *Bob Clifford, 241-2440.*

### Sunday, June 8

- 8:00 am 100 mi. #3+. **Wises Landing/Kentucky River Mad Dog Century** [Not A TMD Stage]. Ride start at YMCA in Buckner, Ky. I-71 north to Exit 17, turn left. Go two blocks and turn left again on Quality Place (before the RR tracks). Go down to the end of Quality Place, turn right and park. RC: *Larry "Gizmo" Preble, kycyclist@preble.net, 222-7551.*
- 9:00 am 25/50/75 mi. #3. **Bike MS Day 2.** Frankfort to Keenland.. Details at [www.bikemsky.org](http://www.bikemsky.org). RC: *Steve and Deb Sexton, 718-1181.*

#### 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. Start time is for eastern time zone unless otherwise noted. All rides begin 15 minutes after the scheduled ride start time (unless noted otherwise) □ 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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## Sunday, June 8 continued

- 9:00 am 17/32 mi. #1. **Family-Friendly Ride -Ohio River Levee Trail.** Great ride for the whole family. This ride is go at your own pace. The 17 mile will be swept. Start at Farnsley-Morman parking lot. RC: *David Klein & Doug Klein, 724-1819.*
- 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, June 9

- 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. 4900 Bowling Boulevard, Next to Baptist East Wellness Center. All skill levels welcome. RC: *Steve Sarson, 499-7089, and AB Sandefur, 425-9463.*
- 6:30 pm 12 mi. #2. **Recovery Ride (RIF RAF).** St. Matthews Baptist Church. RC: *Dave & Linda Burry, 297-8931.*
- 7:15 pm 15 mi #2. **Monday Night Ride through the Parks.** St. Matthews Baptist Church. Follows right after recovery ride but this is not a recovery ride. RC: *Scott Howes, 445-8201.*

## Tuesday, June 10

- 8:30 am 54 mi. #3. Vettiner Park. RC: *Jim Tretter 491-7120.*
- 11:00 am 10 to 15 mi. #2. **Connie's Birthday Your Option Ride (YOR).** E.P. Tom Sawyer State Park. Ride at workout speed, medium speed, or leisurely (e.g., your option). A lunch stop may be considered for post ride or mid-ride. Bring money for lunch (and possibly a bike lock for mid-ride lunch) if you chose to eat. This ride is automatically cancelled if roads are wet. RC: *Connie Guild, 502-608-7758 (cell).*
- 6:30 pm 15/25 mi. #3. **St. Matthews Tuesday Night Ride.** Burdorf Galleries parking lot (former Bacon's parking lot) RC: *Allison Dobbs 502-541-3886.*

## Wednesday, June 11

- 10:00 am 30/46mi. #3. Iroquois Pk. 46mi route stops at Mike Linnig's. RC: *Vicky Dobbs 500-4671.*
- 6:00 pm 15 mi. #1. **Wednesday Slow and Easy.** Waterfront Park, Yellow Lot. RC: *Laura Trachtenberg, 905-1365.*
- 6:00 pm 25 mi. #3+. **Sneaky Hills Ride.** Edwardsville Park. RC: *Cathy Hill and Kirk Roggenkamp 718-1911.*
- 6:30 pm 15/29 mi. #3. **Road Kill and One Big Hill.** Iroquois Park. RC: *David King 500-7351.*
- 6:30 pm 25 mi. #2+. **Indian Hills Ride.** Highlands at Dundee and Bardstown Road around Heine Brothers', Breadworks, Twig and Leaf. Limited Parking. RC: *Scott Howes, 445-8201.*

## Thursday, June 12

- 8:00 am 100+ mi. #4+. **TOKYO Day 1.** Hatmakers to Dry Ridge. RC: *Steve Rice, 502-494-5288, srice at 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, makbike08@insightbb.com, 682-3358.*
- 6:30 pm 15/30 mi. #3 **FRUIT RIDE.** E.P."Tom" Sawyer Park. RC: *Mark/Lynn Luking 423-7072.*

## Friday, June 13

- 8:00 am 100+ mi. #4+. **TOKYO Day 2.** Dry Ridge to Morehead. RC: *Steve Rice, 502-494-5288, srice at insightbb.com.*
- 11:00 am 10 to 15 mi. #2. **Your Option Ride (YOR).** E.P. Tom Sawyer State Park. Ride at workout speed, medium speed, or leisurely (e.g., your option). A lunch stop may be considered for post ride or mid-ride. Bring money for lunch (and possibly a bike lock for mid-ride lunch) if you chose to eat. This ride is automatically cancelled if roads are wet. RC: *Connie Guild, 502-608-7758 (cell).*
- 6:45 pm 15 mi. #2. **Weekend Tune-Up and Fun Ride.** St. Matthews Baptist Church. RC: *Scott Howes, 445-8201.*

## Saturday, June 14

- 8:00 am 100+ mi. #4+. **TOKYO Day 3.** Morehead to Berea. RC: *Steve Rice, 502-494-5288, srice at insightbb.com.*
- 8:00 am 25 mi.. #3. WalMart Market - Shelbyville and Blankenbaker Roads, behind Mark's Feed Store in Middletown. RC: *Terry & Linda Donovan, 254-3968.*
- 8:30 am 8/17/23/33/44/52/60 mi. #1/#2/#3 - **Safari Ride,** Pekin, Ind. If you bike to eat, the Safari SAGS won't disappoint! Registration required, www.safaribikeride.com Early bird registration closes May 25th. RC: *Ron & Vicky Dobbs, 500-4671.*
- 9:00 am 17/35 mi. #1/#2. **Slow and Easy.** Waterfront Park, Yellow Lot. RC: *Joe Thomas, 447-2318.*
- 9:00 am 50 mi. #3. **Sportstime Pizza Ride** - 3312 Plaza Drive, New Albany, IN (opposite Kroger's at Grant Line Road). Enjoy the roads of Southern Indiana with the option of having lunch at Sportstime Pizza. RC: *Steve Montgomery 367-7103 smontg7303@insightbb.com.*

## Sunday, June 15 – Father's Day

- 8:00 am 100+ mi. #4+. **TOKYO Day 4.** Berea to Hatmakers. RC: *Steve Rice, 502-494-5288, srice at insightbb.com.*
- 9:00 am 17/32 mi. #1. **Family-Friendly Ride -Ohio River Levee Trail.** Great ride for the whole family. This ride is go at your own pace. The 17 mile will be swept. Start at Farnsley-Morman parking lot. RC: *David Klein & Doug Klein, 724-1819.*
- 9:00 am 25 mi. #2+. **Indian Hills Ride.** Highlands at Dundee and Bardstown Road around Heine Brothers', Breadworks, Twig and Leaf. Limited Parking. RC: *Scott Howes, 445-8201.*
- 2:00 pm 15/25 mi. #3. Baptist East/Milestone Fitness & Wellness Center. 750 Cypress Station Drive. RC: *Steve Sarson, 499-7089.*
- 3:00 pm 30 mi. #3. E.P. "Tom" Sawyer State Park. RC: *Dick Williams, 426-4844.*

### CPSC- or Snell-approved Helmets Are Required

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# LOUISVILLE BICYCLE CLUB

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## Monday, June 16

- 11:00 am 10 to 15 mi. #2. **Your Option Ride (YOR)**. St. Matthews Baptist Church, 3515 Grandview Ave. Ride at workout speed, medium speed, or leisurely (e.g., your option). A lunch stop may be considered for post ride or mid-ride. Bring money for lunch (and possibly a bike lock for mid-ride lunch) if you chose to eat. This ride is automatically cancelled if roads are wet. RC: *Connie Guild, 502-608-7758 (cell)*.
- 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. 4900 Bowling Boulevard, Next to Baptist East Wellness Center. All skill levels welcome. RC: *Steve Sarson, 499-7089, and AB Sandefur, 425-9463*.
- 6:30 pm 12 mi. #2. **Recovery Ride (RIF RAF)**. St. Matthews Baptist Church. RC: *Eric Sellers, 216-8248*.
- 7:15 pm 15 mi #2. **Monday Night Ride through the Parks**. St. Matthews Baptist Church. Follows right after recovery ride. RC: *Scott Howes, 445-8201*.

## Tuesday, June 17

- 8:30 am 58 mi. #3. Floyds Fork Park. RC: *Jim Tretter 491-7120*.
- 6:30 pm 15/25 mi. #3. **St. Matthews Tuesday Night Ride**. Burdorf Galleries parking lot (former Bacon's parking lot) RC: *Allison Dobbs 502-541-3886*.

## Wednesday, June 18

- 8:00 am 25/50mi. #3 Tom Sawyer Pk. *AB Sandefur 425-9463*.
- 6:00 pm 15 mi. #1. **Wednesday Slow and Easy**. Waterfront Park, Yellow Lot. RC: *Laura Trachtenberg, 905-1365*.
- 6:00 pm 25 mi. #3+. **Sneaky Hills Ride**. Edwardsville Park. RC: *Cathy Hill and Kirk Roggenkamp 718-1911*.
- 6:30 pm 15/28 mi. #3. E.P. "Tom" Sawyer State Park. RC: *Dave King, 500-7351*.
- 6:30 pm 25 mi. #2+. **Indian Hills Ride**. Highlands at Dundee and Bardstown Road around Heine Brothers', Breadworks, Twig and Leaf. Limited Parking. RC: *Scott Howes, 445-8201*.

## Thursday, June 19

- 6:30 pm 18/30 mi. #3. Southeast Christian Church/Sports & Fitness Center. Blankenbaker Pkwy & I64. RC: *Jeff White 634-9400/239-9753*.
- 7:00 pm 25 m. #3. **Wheeling into the Night**. Hogan's Fountain in Cherokee Park. Lights required for the return from Iroquois Park. RC: *John Cummings 502-239-0114, 502-553-6870*.

## Friday, June 20

- 6:45 pm 15 mi #2. **Weekend Tune-Up and Fun Ride**. St. Matthews Baptist Church. RC: *Scott Howes, 445-8201*.

## Saturday, June 21

- 4:00 am 200 mi. #5. **3rd Annual L-D-L Double Century**. Louisville-Danville-Louisville. Ride #2420 on [kybikerides.org](http://kybikerides.org) website. Lights are required. E.P. "Tom" Sawyer State Park. RC: *Mike Kamenish, 386-0179*.
- 8:00 am 30/60 mi. #3. Tom Sawyer State Park to Eminence and back. RC: *Terry & Linda Donovan, 254-3968*.
- 9:00 am 17/35 mi. #1/#2. **Slow and Easy**. Waterfront Park, Yellow Lot. RC: *George Cooper, 499-1652*.
- 12:00 pm 45 miles #3 **PRE-TRIRI Hardy Lake SRA to Dupont**. Join the early-birds assembling for tomorrow's TRIRI start for an easy-pace lunch ride loop to Dupont that takes you across a historic Indiana covered bridge. Ride starts at Hardy Lake main gate. Riders may camp/park at Hardy Lake SRA or check list serve for no-pay parking options. RC: *Kirk Roggenkamp and Cathy Hill anchorlog@insightbb.com 502-718-1911*.
- 5:30 pm 25mi. #3. Bluegrass Bicycle in Crestwood Station Shopping Center. Hwy 146, Crestwood, KY. RC: *Bob Clifford, 241-2440*.
- 7:00 pm 20 miles #2 **PRE-TRIRI "The Anniversary Ride"** Join us to celebrate our wedding anniversary with a "shakedown cruise" evening ride around Hardy Lake and good times in the campground afterwards. Ride starts at main gate. RC: *Kirk Roggenkamp and Cathy Hill anchorlog@insightbb.com (502)718-1911*.

## Sunday, June 22

- 65mi. #3. **Touring Ride In Rural Indiana (TRIRI)**. Scottsburg to O'Bannon State Park. Registration required. Info at [www.triri.org](http://www.triri.org). RC: *Kirk Roggenkamp and Cathy Hill 718-1911*.
- 8:00 am 27/60 mi. #3. Floyd's Fork Park. RC: *Dave King, 500-7351*
- 9:00 am 25 mi. #2+. **Indian Hills Ride**. Highlands at Dundee and Bardstown Road around Heine Brothers', Breadworks, Twig and Leaf. Limited Parking. RC: *Scott Howes, 445-8201*.
- 11:45 pm 12/20mi #1/#3. **Just Pedal 2008 Catholic Charities Bike Tour**. Bellarmine University Knight's Hall. \$25 includes dinner and Comedy Caravan show. Pre-registration through June 7th includes t-shirt. For info Mark Bouchard 502-637-9786 ,Mike Whiting 502-821-8957. RC: *Mike Whiting 502-821-8957*.
- 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*.
- 5:00 pm **Touring Committee Meeting**. Joe's Older Than Dirt. 8131 New LaGrange Rd. Lyndon.

## Monday, June 23

- 25/50/85/mi. #3. **Touring Ride In Rural Indiana (TRIRI)**. Loops from O'Bannon State Park. Registration required. Info at [www.triri.org](http://www.triri.org). RC: *Kirk Roggenkamp and Cathy Hill 718-1911*.
- 11:00 am 10 to 15 mi. #2. **Your Option Ride (YOR)**. E.P. Tom Sawyer State Park. Ride at workout speed, medium speed, or leisurely (e.g., your option). A lunch stop may be considered for post ride or mid-ride. Bring money for lunch (and possibly a bike lock for mid-ride lunch) if you chose to eat. This ride is automatically cancelled if roads are wet. RC: *Lynn Luking, 423-7072*.

### CPSC- or Snell-approved Helmets Are Required

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# LOUISVILLE BICYCLE CLUB

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### Monday, June 23 continued

- 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. 4900 Bowling Boulevard, Next to Baptist East Wellness Center. All skill levels welcome. RC: *Steve Sarson, 499-7089, and AB Sandefur, 425-9463.*
- 6:30 pm 12 mi. #2. **Recovery Ride (RIF RAF).** St. Matthews Baptist Church. RC: *Ron & Vicky Dobbs, 500-4671.*
- 7:15 pm 15 mi #2. **Monday Night Ride through the Parks.** St. Matthews Baptist Church. Follows right after recovery ride but this is not a recovery ride. RC: *Scott Howes, 445-8201.*

### Tuesday, June 24

- 55mi. #3. **Touring Ride In Rural Indiana (TRIRI).** O'Bannon to Sprig Mill State Park. Registration required. Info at [www.triri.org](http://www.triri.org). RC: *Kirk Roggenkamp and Cathy Hill 718-1911.*
- 8:30 am 59 mi. #3. Long Run Park. *Jim Tretter 491-7120.*
- 6:30 pm 15/25 mi. #3. **St. Matthews Tuesday Night Ride.** Burdorf Galleries parking lot (former Bacon's parking lot) RC: *Kevin Jones, 599-1981.*

### Wednesday, June 25

- 28/69/94 mi. #3. **Touring Ride In Rural Indiana (TRIRI).** Loops from Sprig Mill State Park. Registration required. Info at [www.triri.org](http://www.triri.org). RC: *Kirk Roggenkamp and Cathy Hill 718-1911.*
- 8:00 am 33/60mi. #3 Memphis Travel Stop. *Alison Ewart 584-4222.*
- 6:00 pm 15 mi. #1. **Wednesday Slow and Easy.** Waterfront Park, Yellow Lot. RC: *Laura Trachtenberg, 905-1365.*
- 6:30 pm 17/25 mi. #3. Mike Linnig's. RC: *Dave King, 500-7351.*
- 6:30 pm 25 mi. #2+. **Indian Hills Ride.** Highlands at Dundee and Bardstown Road around Heine Brothers', Breadworks, Twig and Leaf. Limited Parking. RC: *Scott Howes, 445-8201.*

### Thursday, June 26

- 68 mi. #3. **Touring Ride In Rural Indiana (TRIRI).** Spring Mill to Brown County State Park. Registration required. Info at [www.triri.org](http://www.triri.org). RC: *Kirk Roggenkamp and Cathy Hill 718-1911.*
- 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, makbike08@insightbb.com, 682-3358.*
- 6:30 pm 15/30 mi. #3 **FRUIT RIDE.** E.P."Tom" Sawyer Park R.C. *Mark/Lynn Luking 423-7072.*

### Friday, June 27

- 38/49/60 mi. #3. **Touring Ride In Rural Indiana (TRIRI).** Loops from Brown County State Park. Registration required. Info at [www.triri.org](http://www.triri.org). RC: *Kirk Roggenkamp and Cathy Hill 718-1911.*
- 11:00 am 10 to 15 mi. #2. **Your Option Ride (YOR).** E.P. Tom Sawyer State Park. Ride at workout speed, medium speed, or leisurely (e.g., your option). A lunch stop may be considered for post ride or mid-ride. Bring money for lunch (and possibly a bike lock for mid-ride lunch) if you chose to eat. This ride is automatically cancelled if roads are wet. RC: *Lynn Luking, 423-7072.*
- 6:45 pm 15 mi #2. **Weekend Tune-Up and Fun Ride.** St. Matthews Baptist Church. RC: *Scott Howes, 445-8201.*

### Saturday, June 28

- 60 mi. #3. **Touring Ride In Rural Indiana (TRIRI).** Brown County State Park to Scottsburg. Registration required. Info at [www.triri.org](http://www.triri.org). RC: *Kirk Roggenkamp and Cathy Hill 718-1911.*
- 9:00 am 17/35 mi. #1/#2. **Slow and Easy.** Waterfront Park, Yellow Lot. RC: *Laura Trachtenberg, 905-1365.*
- 9:00 am 30/60 mi. #3+. **Chat 'n' Nibble Ride.** E.P. Tom Sawyer State Park. RC: *Tim Chilton, 457-8337.*

### Sunday, June 29

- 8:00 am 100 mi. #3. **Boston-Munfordville-Boston Mad Dog Century [TMD Stage #11].** Boston Elementary School on KY 733 in Boston. RC: *Tim Chilton, 457-8337.*
- 9:00 am 25 mi. #2+. **Indian Hills Ride.** Highlands at Dundee and Bardstown Road around Heine Brothers', Breadworks, Twig and Leaf. 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.*
- 5:30 pm 25mi. #3. Bluegrass Bicycle in Crestwood Station Shopping Center. Hwy 146, Crestwood, KY. RC: *Tom Armstrong, 523-9581.*

### Monday, June 30

- 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. 4900 Bowling Boulevard, Next to Baptist East Wellness Center. All skill levels welcome. RC: *Steve Sarson, 499-7089, and AB Sandefur, 425-9463.*
- 6:30 pm 12 mi. #2. **Recovery Ride (RIF RAF).** St. Matthews Baptist Church. RC: *Dave & Linda Burry 297-8931.*
- 7:15 pm 15 mi #2. **Monday Night Ride through the Parks.** St. Matthews Baptist Church. Follows right after recovery ride but this is not a recovery ride. RC: *Scott Howes, 445-8201.*

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