





Friday, August 1

6:30 pm 15 mi #2. Weekend Tune-Up and Fun Ride. St. Matthews Baptist Church. RC: Scott Howes, 445-8201.

Saturday, August 2

8:00 am 30/60/100 mi. #4. Salt River Ford Mad Dog Century [TMD Stage 14]. Floyds Fork Park. RC: Susan Howell, 724-1136.

9:00 am 17/35 mi. #1/#2. Slow and Easy. Waterfront Park, Yellow Lot. RC: AB Sandefur 425-9463.

5:30 pm 25mi. #3. Bluegrass Bicycle in Crestwood Station Shopping Center. Hwy 146, Crestwood, KY. RC: Bob Clifford, 241-2440.

Sunday, August 3

10:00 am 50mi. #3. LBC Picnic Ride, Hays-Kennedy Park, 7303 Beachland Beach Rd.(Bass Road off River Road), RC: Steve Sarson, 499-7089.

12:00 pm 25mi. #3. LBC Picnic Ride, Hays-Kennedy Park, 7303 Beachland Beach Rd.(Bass Road off River Road), RC: Scott Howes, 445-8201.

12:30 pm 15mi. #2. LBC Picnic Ride, Hays-Kennedy Park, 7303 Beachland Beach Rd.(Bass Road off River Road), RC: Connie Guild, 502-608-7758

(cell).

2:00 pm LBC Picnic. Hays-Kennedy Park, 7303 Beachland Beach Rd.(Bass Road off River Road). Club to provide meat and drinks, members to bring

salad, vegetables or dessert.

Monday, August 4

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 Lot. 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. RC: Scott Howes, 445-8201.

Tuesday, August 5

8:30 am 59 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: Dick Rauh, 896-1290.

6:30 pm Beginner Cyclocross Training. Champions Park (Zorn Ave & River Road) Riders should have a moderate level of fitness and a bike suitable for

cross country or trail riding. Mileage Credit: 12mi. RC: Mark Luking, 423-7072.

Wednesday, August 6

9:00 am 30/45mi. #3. Tom Sawyer Pk. to Lagrange. 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 26 mi. #3. **Sneaky Hills Ride**. Edwardsville Park. RC: *Cathy Hill and Kirk Roggenkamp*, 718-1911.

6:30 pm 25 mi. #2+. **Indian Hills Ride**. Graeters Ice Cream Shop in St.Matthews. Limited Parking. Additional parking available at St. Matthews Baptist

Church or Burdorf Galleries. RC: Scott Howes, 445-8201.

Out of Town Rides

20 mi. #3. **Fixed Gear Symposium**. Traverse City, MI. Registration Required. www.fixedgeargallery.com/2008Symposium. RC: Dave King, 500-7351.

Thursday, August 7

9:00 am 25 mi. #3. Floyds Fork Park, with store stop available at 15 miles. RC: Connie Guild, 502-608-7758 (cell).

10:00 am 50 mi. #3. Louisville Loop 50. Waterfront Park, Yellow Lot to Farnsley Moremen House and back via The Riverwalk with lunch at Mike

Linnig's. RC: Andy Murphy, 526-104,0 murphco@insightbb.com.

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

Out of Town Rides

20 /50/70 mi. #3. Fixed Gear Symposium. Traverse City, MI. Registration Required. www.fixedgeargallery.com/2008Symposium. RC: Dave

King, 500-7351.

Friday, August 8

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.

6:30 pm 15 mi #2. Weekend Tune-Up and Fun Ride. St. Matthews Baptist Church. RC: Scott Howes, 445-8201.

Out of Town Rides

15 mi. #3. **Fixed Gear Symposium**. Traverse City, MI. Registration Required. <u>www.fixedgeargallery.com/2008Symposium</u>. RC: *Dave King*, 500-7351.

Saturday, August 9

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





FOUNDED IN 1897 AS THE LOUISVILLE WHEELMEN

8:15 am 27/58 mi. #3/3+. Ride Across Oldham County - Twice. EP Tom Sawyer State Park. RC: Kevin Jones, 599-1981.

9:00 am 17/35 mi. #1/#2. Slow and Easy. Waterfront Park, Yellow Lot. RC: Eric Sellers, 216-8248.

9:00 am 30/60 mi. #3. **Cathy's Country Kegger**. 518 Riverview Drive in Salem. Additional parking available at the nearby Fairgrounds. Rural bike rides followed by cookout and Keg Party. Bring a dish and 5 bucks to offset beer cost. Live music possible! Facilities for showers and camping. This is

a real Party Ride! RC: Tim Chilton, 457-8337.

5:00 pm 25 mi.. #3. WalMart Market - Shelbyville and Blankenbaker Roads. RC: Terry & Linda Donovan, 254-3968.

Out of Town Rides

30/64/100 mi. #3. **Fixed Gear Symposium**. Traverse City, MI. Registration Required. <u>www.fixedgeargallery.com/2008Symposium</u>. RC: *Dave King*, 500-7351.

Sunday, August 10

8:00 am 100 mi. #3+ Hot Century Sink or Swim--an LBC favorite Mad Dog Century [TDM Stage 15]. Westport Park, Westport, Ky. Scenic, often shady, relaxed, moderate ride to points east. Lunch in Carrollton with optional dip in Ohio River to cool off for ride home. Ride # 3021 on

www.kybikerides.org RC: Larry Preble, 222-7551.

8:00 am 60mi. #3. E.P Tom Sawyer State Park. RC: Mark Luking, 423-7072.

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.

2:00pm 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 11

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 Lot. 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, August 12

8:30 am 60 mi. #3. Vettiner 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: *Dick Rauh*, 896-1290.

6:30 pm **Beginner Cyclocross Training**. Champions Park (Zorn Ave & River Road) Riders should have a moderate level of fitness and a bike suitable for cross country or trail riding. Mileage Credit: 12mi. contact: *Mark Luking*, 423-7072.

Wednesday, August 13

8:00 am 20/30/50mi.#3 Love's Travel Plaza, Memphis, IN. 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 26 mi. #3. Sneaky Hills Ride. Edwardsville Park. RC: Cathy Hill and Kirk Roggenkamp, 718-1911.

6:30 pm 15/30mi. #3. Prospect Point Shopping Center. RC: Marilyn Minnick, 412-4224.

6:30 pm 25 mi. #2+. **Indian Hills Ride**. Graeters Ice Cream Shop in St.Matthews. Limited Parking. Additional parking available at St. Matthews Baptist

Church or Burdorf Galleries. RC: Scott Howes, 445-8201.

Thursday, August 14

10:00 am 50 mi. #3. Louisville Loop 50, Waterfront Park, Yellow Lot to Farnsley Moremen House and back via The Riverwalk with lunch at Mike

Linnig's.RC: Andy Murphy, 526-1040, murphco@insightbb.com.

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

Friday, August 15

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.

6:30 pm 15 mi #2. Weekend Tune-Up and Fun Ride. St. Matthews Baptist Church. RC: Scott Howes, 445-8201.

Saturday, August 16

8:00 am 30/60 mi. #3. Charlie Vettiner Park. RC: *Dave King*, 500-7351.

7:00- 5/27/43/62/100 mi. **Back 2 School Ride**.. Registration required. www.active.com. Ride start at Seymour, Indiana High School. Supported ride. 9:00am Seymour Bicycle Club. Info at http://www.rideb2.com. Showers available following the ride. RC: *Melissa "Puddle" Hall, 812-752-3973*.

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





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lissah45@yahoo.com

9:00 am 17/35 mi. #1/#2. Slow and Easy. Waterfront Park, Yellow Lot. RC: Steve Montgomery, 367-7103.

11:00 am 50 mi. #3. **Underground Railroad Dedication Ceremony**. Corydon, IN. Ride starts at north end of 2nd St. Bridge and follows part of the Adventure Cycling Underground Railroad Bicycle Route to downtown Corydon for a lunch opportunity and a 2pm ceremony dedicating a

historical marker to a 1850s local "conductor" of the UR before returning to Louisville. RCs: Kirk Roggenkamp, 718-1911 and Cathy Hill, 859-

509-4425

5:30 pm 25mi. #3. Bluegrass Bicycle in Crestwood Station Shopping Center. Hwy 146, Crestwood, KY. RC: Tom Armstrong, 523-9581

Sunday, August 17

8:00 am 30/60/110 mi. #4+. **Tour of Tall Shelby Mad Dog Century [TMD Stage 16].** A classic LBC course! Floyd's Fork Park. RC: *Susan Howell,* 724-1136.

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.

4:30 pm **Joe's Older Than Dirt**. 8131 New LaGrange Rd. Lyndon.

Monday, August 18

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 Lot. 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: Martin Kaelin, 727-1195 & Leslie Weeter, 767-5665.

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, August 19

8:30 am 47 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: *Dick Rauh*, 896-1290.

6:30 pm **Beginner Cyclocross Training. Champions Park** (Zorn Ave & River Road) Riders should have a moderate level of fitness and a bike suitable for cross country or trail riding. Mileage Credit: 12mi. RC: *Mark Luking*, 423-7072.

Wednesday, August 20

8:00 am 26/45/60mi. #3. Crestwood Station. RC: *Alison Ewart*, 584-4222.

6:00 pm 15 mi. #1. Wednesday Slow and Easy. Waterfront Park, Yellow Lot. RC: Laura Trachtenberg, 905-1365.

6:00 pm 26 mi. #3. **Sneaky Hills Ride**. Edwardsville Park. RC: Cathy Hill and Kirk Roggenkamp, 718-1911.

6:30 pm 25 mi. #2+. **Indian Hills Ride**. Graeters Ice Cream Shop in St.Matthews. Limited Parking. Additional parking available at St. Matthews Baptist

Church or Burdorf Galleries. RC: Scott Howes, 445-8201.

6:30 pm 17/25 mi. #3. Mike Linnig's. RC: Dave King, 500-7351.

Thursday, August 21

9:00 am 20 mi. #3. Leaving from Connie's house at 3909 Meadowfield Drive (off Reamer's Road, Fairfield Subdivision). RC: *Connie Guild*, 502-608-7758 (cell).

6:30 pm 15/30 mi. #3. FRUIT RIDE. E.P."Tom" Sawyer Park. RC: Mark/Lynn Luking 423-7072.

Friday, August 22

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.

6:30 pm 15 mi #2. Weekend Tune-Up and Fun Ride. St. Matthews Baptist Church. RC: Scott Howes, 445-8201.

Saturday, August 23

8:00 am 100 mi. 3+. **Hardinsburg Century**. Ride start at Finley Firehouse in Scottsburg, IN unless otherwise noted on list/forum. RC: *Melissa "Puddle" Hall, 812-752-3973, lissah45@yahoo.com.*

8:00 am 15/36/62mi. #3. **ADA Tour de Cure**, EP Tom Sawyer Park. Registration and fund rasing required. Details at http://tour.diabetes.org. RC:*Norm Minnick*, (502) 494-8470.

8:30 am 30/60 mi. #3. **Clark State Forest Fire Tower Hill Challenge**. (The hill is optional!) Snacks and drinks will be provided in the park. Silver Creek High School in Sellersburg, Ind. RC: *Ellen Mueller*, 485-1758.

9:00 am 17/35 mi. #1/#2. **Slow and Easy**. Waterfront Park, Yellow Lot. RC: *Joe Thomas*, 447-2318.

5:30 pm 25mi. #3. Bluegrass Bicycle in Crestwood Station Shopping Center. Hwy 146, Crestwood, KY. RC: Bob Clifford, 241-2440.

CPSC- or Snell-approved Helmets Are Required

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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.





FOUNDED IN 1897 AS THE LOUISVILLE WHEELMEN

Sunday, August 24

8:00 am 30/60/100 mi. #3. Charlie Vettiner Park. RC: Dave King, 500-7351.

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. 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, August 25

6:30 pm 12 mi. #1. Bike Handling Class - Basic Bike Maintenace, 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 Lot. 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. RC: Scott Howes, 445-8201.

Tuesday, August 26

8:30 am 50 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: *Dick Rauh*, 896-1290.

6:30 pm Beginner Cyclocross Training. Champions Park (Zorn Ave & River Road) Riders should have a moderate level of fitness and a bike suitable for

cross country or trail riding. Mileage Credit: 12mi. RC: Mark Luking, 423-7072.

Wednesday, August 27

9:00 am 25/50mi. #3. Tom Sawyer Pk. To Claudia Sanders. RC: 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 26 mi. #3. **Sneaky Hills Ride**. Edwardsville Park. RC: *Cathy Hill and Kirk Roggenkamp*, 718-1911.

6:30 pm 25 mi. #2+. Indian Hills Ride. Graeters Ice Cream Shop in St.Matthews. Limited Parking. Additional parking available at St. Matthews Baptist

Church or Burdorf Galleries. RC: Scott Howes, 445-8201.

Thursday, August 28

10:00 am 50 mi. #3. Louisville Loop 50. Waterfront Park, Yellow Lot to Farnsley Moremen House and back via The Riverwalk with lunch at Mike

Linnig's. RC: Andy Murphy, 526-1040, murphco@insightbb.com

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

Friday, August 29

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.

6:30 pm 15 mi #2. Weekend Tune-Up and Fun Ride. St. Matthews Baptist Church. RC: Scott Howes, 445-8201.

Saturday, August 30

8:00 am 100 mi. #3+. Salvisa Mad Dog Century [TMD Stage 17]. Spencer Co. High School (520 Taylorsville Rd., Taylorsville, KY 40071) At

intersection on KY 44 & KY 55. Ride # 6081 on kybikerides.org website RC: Mike Kamenish, 386-0179.

9:00 am 17/35 mi. #1/#2. Slow and Easy. Waterfront Park, Yellow Lot. RC: George Cooper, 499-1652.

3:30 pm [CANCELLED] Ride Captain Training. Bluegrass Bicycle in Crestwood Station Shopping Center. Hwy 146, Crestwood, KY. Limited Seating, brin

chair. Contact: Kevin Jones, 599-1981.

5:30 pm 25mi. #3. Bluegrass Bicycle in Crestwood Station Shopping Center. Hwy 146, Crestwood, KY. RC: Tom Armstrong, 523-9581.

Sunday, August 31

8:00 am 60 mi. #3. E.P. "Tom" Saywer State Park, 3734 River Rd. RC:*Peter Kemmerle, 894-9329*.

8:00 a.m. 100 mi. (108 if other start) #3. **Packman's Hint: Orleans**. Ride start at Finley Firehouse, Scottsburg, IN unless otherwise noted on the list serve.

If you are not on the list serve, please call before heading out. RC: Melissa "Puddle" Hall, 812-752-3973 or lissah45@yahoo.com.

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.

CPSC- or Snell-approved Helmets Are Required

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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.