



# LOUISVILLE BICYCLE CLUB

## FOUNDED IN 1897 AS THE LOUISVILLE WHEELMEN



### Friday, May 1st

6:15 pm 12 mi #2. **Weekend TuneUp and Fun Ride.** St Matthews Baptist Church. RC: *Rick Croslin 502-387-5206.*

### Saturday, May 2nd

8:00 am 27/50 Mi. #3. **Harmonie Hundred**, New Harmony, Indiana. Registration required. Fund raiser for the New Harmony High School. More information @ [www.harmoniehundred.net](http://www.harmoniehundred.net) or 812-682-3656. RC: *John Cummings, 502-553-6870 & 502-239-0114*

8:00 am 100 mi. #5. **Fifth Annual Pam Anderson Century**, Shelbyville McDonald's at intersection of US 60 and KY 53. RC: *Steve Rice, 494-5288.*

9:00 am 17/35 mi #2. **Slow & Easy**, Yellow Lot, Waterfront Park. RC: *Laura Trachtenberg, 905-1365. GREAT WAY TO GET IN SHAPE FOR OKHT*

### Sunday, May 3rd

8:00 am 16/38/50 mi. #3. **Harmonie Hundred**, New Harmony, Indiana. Registration required. Fund raiser for the New Harmony High School. More information @ [www.harmoniehundred.net](http://www.harmoniehundred.net) and 812-682-3656. RC: *John Cummings, 502-553-6870 & 502-239-0114.*

9:00 am 17mi. #1. **Family-Friendly Ride -Ohio River Levee Trail.** Great ride for the whole family. This ride is go at your own pace. Start at Farnsley-Moreman parking lot. RC: *Doug Klein 724-1819.*

9:00 am 92 mi. #4. **Up Hwy 210.** Paraquet Springs Conference Center, to right behind the steak house. Sheperdsville, KY. RC: *Joe Kinsinger 502-889-7145*

9:30 am 40mi. #3. **Bike MS Training Ride.** Scheller's Fitness & Cycling – Clarksville, IN. RC: *Mark Newbold 812-288-6100*

2:00 pm 15/25 #3 Heine Bros Coffee, Choneweth Ln. RC *Connie Guild, 502608-7758*

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

#### Out of Town Rides

8:00 am 42 mi. #2. **Annual Five Boro Bike Tour a Bike New York event.** Ride lineup starts at Battery Park, Lower Manhattan. Registration is required. Ride closes at 30,000 riders. For details visit [www.bikenyork.org](http://www.bikenyork.org) RC: *Scott Kuchenbrod, 502-594-8559, s.kuchenbrod@insightbb.com*

### Monday, May 4<sup>th</sup>

6:00pm 12 mi. #2. **Recovery Ride (RIF RAF).** St. Matthews Baptist Church. *Donna Connell 541-4759 dgcpaint@bellsouth.net*

6:15pm 12 mi. #1. **Bike Handling Class – ABC Quick Check, Road Rules and Etiquette.** Become a better cyclist!. Participants should plan on attending as many sessions as possible. Classes will start promptly at 6:15 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: *Tom Armstrong 502-523-9581, education@louisvillebicycleclub.org.*

### Tuesday, May 5<sup>th</sup>

9:00 am 47 mi. #3. Floyd Fork Park. RC: *Jim Tretter 491-7120*

3:45 pm 20 mi. #2. **Recovery Ride (RIF RAF).** St. Matthews Baptist Church. RC: *Cathy Hamilton, 502-523-3367, cathyjhamilton@yahoo.com*

6:00 pm 25/20 mi. #2 Childplace Campus, 2420 10th St(Hwy 62),Jeffersonville. Fixie-Friendly mostly flat route thru Jeff-Utica-Sellerburg-Jeff. RC: *Kirk Roggenkamp 718-1911 and Cathy Hill 859-509-4425 kirk@childplace.org*

6:30 pm 15/25 mi. #3. **St. Matthews Tuesday Night Ride.** Burdorf Galleries parking lot (former Bacon's parking lot) RC: *John Paul, 637-1957.*

### Wednesday, May 6th

8:30 am 30//45mi.#3 Crestwood Station. RC: *Alison Ewart, 584-4222*

6:00 pm 17mi. #1. (RIF RAF) Ohio River Levee Trail. Start at Farnsley-Moreman parking lot. RC: *Doug Klein 724-1819.*

7:00 pm 25 mi #2. **Wheeling into the Night** – Slow and easy ride from Hogan's Fountain in Cherokee Park to Iroquois Park and return. Front white head light and rear red (blinky), required. RCs: *Eric Sellers 502-216-8248 and John Cummings 502-239-0114, 502-553-6870*

### Thursday, May 7th

10:00 am 50 mi. #2. **Louisville Loop 50**, Waterfront Park, Yellow Lot to Farnsley-Moremen House and back via The Loop. RC: *Andy Murphy, 526-1040, murphco@insightbb.com*

6:30 pm 15/25 mi. #3. Charlie Vettiner Park. RC: *Steve and Deb Sexton, 239-8521.*

### Friday, May 8<sup>th</sup>

10:00 am 25 mi.. #3. Tom Sawyer Park RC: *Terry & Linda Donovan, 254-3968.*

6:15 pm 12 mi. #2. **Weekend TuneUp and Fun Ride.** St Matthews Baptist Church. RC: *Rick Croslin 502-387-5206.*

#### 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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### Saturday, May 9<sup>th</sup>

- 4:00 am 400K (250 mi). #4. **400K Brevet** -Start at Days Inn Hwy 55 Shelbyville. Registration, lights and reflective gear required. For more information see [Louisville\\_Bicycle\\_Club\\_Brevet\\_Series\\_2009.pdf](#). These rides do not observe the 15 minute start delay (aka Wheelman Time). Please arrive early to complete the required paperwork and the bicycle/equipment inspection. RC: *Steve Rice, 502-494-5288, srice at insightbb.com*
- 8:00 am 30/60mi. #3. Thurman Hutchins Park. RC: *Peter Kemmerle, 894-9329.*
- 8:30 am 6/15/30/60mi. #3. **Ride for the Clovers**. Litchfield, KY. Registration required. Info at [http://www.graysoncountytourism.com/Ride for the Clovers.htm](http://www.graysoncountytourism.com/Ride%20for%20the%20Clovers.htm). Staggered start CST 8am/60mi 9am/15/30mi 9:15am/6mi. RC: *Joe Kinsinger, 502-889-7145.*
- 9:00 am 17/35mi. #1/2. **Slow & Easy**, Waterfront Park, Yellow Lot. RC: *Steve Montgomery, 367-7103. GREAT WAY TO GET IN SHAPE FOR OKHT*
- 12:00 pm 50 mi. #2. **Louisville Loop 50**, Waterfront Park, Yellow Lot to Farnsley-Moremen House and back via The Loop. Remember to bring lunch/snack money, or pack a snack. RC: *Cathy Hamilton 502-523-3367, cathyjhamilton@yahoo.com .*
- 4:00 pm 25 mi. #3. Bluegrass Bicycle. Crestwood Station shopping center. 6015 Crestwood Station, Crestwood, KY. RC: *Bob Clifford. 241-2440.*

### Sunday, May 10<sup>th</sup>

- 9:00 am 17mi. #1. **Family-Friendly Ride -Ohio River Levee Trail**. Great ride for the whole family. This ride is go at your own pace. Start at Farnsley-Moreman parking lot. RC: *Doug Klein 724-1819.*
- 9:00 am 25 mi #2. **Indian Hills Ride**. Douglass Loop on Bardstown Rd in front of Heine Bros Coffee and Breadworks. RC: *Scott Howes, 445-8201.*
- 9:00 am 56/90 mi. #4. **Salt Of the Earth**. Paraquet Springs Conference Center, to right behind the steak house. Sheperdsville, KY. RC: *Joe Kinsinger 502-889-7145.*
- 2:00 pm 15/25 mi. #3. Heine Bros Coffee, Chenoweth Ln. RC: *Eric Sellers, 816-8248.*
- 3:00 pm 30 mi. #3. E.P. "Tom" Sawyer State Park. RC: *Dick Williams 426-4844*

### Monday, May 11<sup>th</sup>

- 4:00 pm 15 mi. #2. **Recovery Ride (RIF RAF)**. St. Matthews Baptist Church. RC: *Cathy Hamilton, 502-523-3367, cathyjhamilton@yahoo.com*
- 6:00 pm 12 mi. #2. **Recovery Ride (RIF RAF)**. St. Matthews Baptist Church. RC: *Cathy Hamilton, 502-523-3367, cathyjhamilton@yahoo.com*
- 6:15pm 12 mi. #1. **Bike Handling Class – Clothing & Gear, Gearing & Shifting**. Become a better cyclist!. Participants should plan on attending as many sessions as possible. Classes will start promptly at 6:15 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: *Tom Armstrong 502-523-9581, education@louisvillebicycleclub.org.*

### Tuesday, May 12<sup>th</sup>

- 3:45 pm 15 mi. #2. **Recovery Ride (RIF RAF)**. St. Matthews Baptist Church. RC: *Cathy Hamilton, 502-523-3367, cathyjhamilton@yahoo.com*
- 9:00 am 48 mi. #3. Vettiner Park. RC: *Jim Tretter, 491-7120.*
- 6:00 pm 25/20 miles. #2 Childplace Campus, 2420 10th St (Hwy 62),Jeffersonville. Fixie-Friendly mostly flat route thru Jeff-Utica-Sellerburg-Jeff. RC: *Kirk Roggenkamp, 718-1911 and Cathy Hill, 859-509-4425 kirkrc@childplace.org*
- 6:30 pm 15/25 mi. #3. **St. Matthews Tuesday Night Ride**. Burdorf Galleries parking lot (former Bacon's parking lot) RC: *John Paul, 637-1957.*

### Wednesday, May 13<sup>th</sup>

- 9:00 am 40mi. #3. Edwardsville Pk.,IN. RC: *Sonny Neurath, 893-2306.*
- 10:00 am 30/60 mi.. #3. Tom Sawyer Park. RC: *Terry & Linda Donovan, 254-3968.*
- 4:00 pm 20 mi. #2. **Recovery Ride (RIF RAF)**. St. Matthews Baptist Church. RC: *Cathy Hamilton, 502-523-3367, cathyjhamilton@yahoo.com*
- 6:00 pm 17mi. #1. (RIF RAF) **Ohio River Levee Trail**. Start at Farnsley-Moreman parking lot. RC: *Doug Klein, 724-1819.*
- 6:15 pm 15/29 mi. #3. **Road Kill and One Big (Optional) Hill**. Iroquois Park. RC: *Steve Montgomery, 367-7103*
- 6:15 pm 30mi. #3. Scheller's Fitness & Cycling, 1000 Veterans Parkway, Clarksville, IN, RC: *Mark Newbold, 812-288-6100.*

### Thursday, May 14<sup>th</sup>

- 10:00 am 50 mi. #2. **Louisville Loop 50**, Waterfront Park, Yellow Lot to Farnsley-Moremen House and back via The Loop. RC: *Andy Murphy, 526-1040, murphco@insightbb.com*
- 6:30 pm 15/25 mi. #3. Charlie Vettiner Park. RC: *Steve and Deb Sexton, 239-8521.*

### Friday, May 15<sup>th</sup>

- 10:00 am 55 mi. #3. **South Louisville 55**. Iroquois Park to Levee Trail and return. RC's: *Andy Murphy, 526-1040 murphco@insightbb.com and John Cummings, 239-0114 or 553-6870.*
- 6:15 pm 12 mi. #2. **Weekend TuneUp and Fun Ride**. St Matthews Baptist Church. RC: *Rick Croslin,502-387-5206.*

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

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### Saturday, May 16th

- 8:00 am 100 mi. #3. **Medora** [TMD Stage 5]. Ride start at Clark Forestry in Henryville, IN. Please call or check before heading out if there has been much rain as this route floods easily. RC: *Melissa "Puddle" Hall, lissah45@yahoo.com. (812) 752-3973.*
- 8:30 am 50 mi. #3. EP Tom Sawyer Park. RC: *Ellen Mueller, 485-1758.*
- 9:00 am 17/35 mi. #1/2. **Slow & Easy**. Waterfront Park, Yellow Lot. RC: *George Cooper, 499-1652. GREAT WAY TO GET IN SHAPE FOR OKHT*
- 4:00 pm 25 mi. #3. **Bluegrass Bicycle**. Crestwood Station shopping center. 6015 Crestwood Station, Crestwood, KY. RC: *Bob Clifford, 241-2440.*

### Sunday, May 17th

- 9:00 am 17mi. #1. **Family Friendly Ride - Ohio River Levee Trail**. Great ride for the whole family. This ride is go at your own pace. Start at Farnsley-Moreman parking lot. RC: *Doug Klein 724-1819.*
- 9:00 am 46/80 mi. #4. **Boston & Bardstown**. Paraquet Springs Conference Center, to right behind the steak house. Sheperdsville, KY. RC: *Joe Kinsinger, 502-889-7145.*
- 9:00 am 50 mi. #2. **Louisville Loop 50**, Waterfront Park, Yellow Lot to Farnsley-Moremen House and back via The Loop. Remember to bring lunch/snack money, or pack a snack & WATER. RC: *Cathy Hamilton 502-523-3367, cathyjhamilton@yahoo.com*
- 9:30 am 40mi. #3. **Bike MS Training Ride**. Scheller's Fitness & Cycling – Middletown. RC: *Jesse Roberson, 502-245-1955.*
- 2:00 pm 15/25 mi. #3. **Earl's Ice Cream Ride**. Free ice cream after ride! Widow's Walk Ice Cream Shop, 415 E Riverside Dr, Jeffersonville, Ind. RC: *Earl Jones, 287-7770.*
- 3:00 pm 30 mi. #3. E.P. "Tom" Sawyer State Park. RC: *Dick Williams 426-4844*
- 4:00 pm **General Membership Meeting**. Widow's Walk Ice Cream Shop after the 2pm ride.

### Monday, May 18th

- 4:00 pm 12 mi. #2. **Recovery Ride** (RIF RAF). St. Matthews Baptist Church. RC: *Cathy Hamilton, 502-523-3367, cathyjhamilton@yahoo.com*
- 6:00 pm 12 mi. #2. **Recovery Ride** (RIF RAF). St. Matthews Baptist Church. RC: *Cathy Hamilton, 502-523-3367, cathyjhamilton@yahoo.com*
- 6:15pm 12 mi. #1. **Bike Handling Class – Lane Positioning, Scanning/Lane Changing**. Become a better cyclist!. Participants should plan on attending as many sessions as possible. Classes will start promptly at 6:15 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: *Tom Armstrong 502-523-9581, education@louisvillebicycleclub.org.*

### Tuesday, May 19th

- 8:30 am 52 mi. #3. Long Run Park. RC: *Jim Tretter, 491-7120.*
- 3:45 pm 15 mi. #2. **Recovery Ride** (RIF RAF). St. Matthews Baptist Church. RC: *Cathy Hamilton, 502-523-3367, cathyjhamilton@yahoo.com.*
- 6:00 pm 25/20 mi. #2 Childplace Campus, 2420 10th St (Hwy 62), Jeffersonville. Fixie-Friendly mostly flat route thru Jeff-Utica-Sellerburg-Jeff. RC: *Kirk Roggenkamp 718-1911 and Cathy Hill 859-509-4425 kirk@childplace.org*
- 6:30 pm 15/25 mi. #3. **St. Matthews Tuesday Night Ride**. Burdorf Galleries parking lot (former Bacon's parking lot) RC: *John Paul, 637-1957.*

### Wednesday, May 20th

- 8:00 am 30/50mi. #3. E.P. Tom Sawyer Pk. RC: *Dick Williams, 426-4844.*
- 5:00 pm 17mi. #1. **Slow and Easy**. Waterfront Park, Yellow Lot. RC: *Cathy Hamilton, cathyjhamilton@yahoo.com, 502-523-3367*
- 6:15 pm 30mi. #3. Scheller's Fitness & Cycling, 1000 Veterans Parkway, Clarksville, IN, RC: *Mark Newbold, 812-288-6100.*
- 6:45 pm 15 mi. #1. **Ride of Silence**. Waterfront Park, Witherspoon Way at Brook Street. Join cyclists worldwide in a silent slow-paced ride (max. 12 mph) in honor of those who have been injured or killed while cycling on public roadways. Be advised this ride will leave promptly at 7 PM. RC: *Andy Murphy 526-1040, murphco@insightbb.com*

### Thursday, May 21st

- 10:00 am 50 mi. #2. **Louisville Loop 50**, Waterfront Park, Yellow Lot to Farnsley-Moremen House and back via The Loop. RC: *Andy Murphy, 526-1040, murphco@insightbb.com*
- 6:30 pm 15/25 mi. #3. Charlie Vettiner Park. RC: *Steve and Deb Sexton, 239-8521.*

### Friday, May 22nd

- 10:00 am 30/60 mi. #3. Tom Sawyer Park. RC: *Terry & Linda Donovan, 254-3968.*
- 6:15 pm 12 mi. #2. **Weekend TuneUp and Fun Ride**. St Matthews Baptist Church. RC: *Rick Croslin, 502-387-5206.*

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## Saturday, May 23<sup>rd</sup>

- 8:00 am 100 mi. #3. **Tour de Green**. St. Matthews Baptist Church. RC: *Scott Howes, 445-8201*.
- 8:00 am 30/60 mi. #3. Thurman Hutchins Park. RC: *Peter Kemmerle, 894-9329*.
- 9:00 am 17/35 mi. #1/2. **Slow & Easy**, Waterfront Park, Yellow Lot. RC: *Joe Thomas, 447-2318*. **GREAT WAY TO GET IN SHAPE FOR OKHT**
- 12:00 pm 50 mi. #2. **Louisville Loop 50**, Waterfront Park, Yellow Lot to Farnsley-Moremen House and back via The Loop. Remember to bring lunch/snack money, or pack a snack. RC: *Laura Trachtenberg, 905-1365*
- 4:00 pm 25 mi. #3. **Bluegrass Bicycle**. Crestwood Station shopping center. 6015 Crestwood Station, Crestwood, KY. RC: *Bob Clifford, 241-2440*.

## Sunday, May 24<sup>th</sup>

- 8:00 am 100 mi. #4+. **Marengo Mangler**. Ride start at Love's Travel Plaza, Memphis, IN. RC: *Melissa "Puddle" Hall, 812-752-3973 or lissah45@yahoo.com*.
- 9:00 am 17mi. #1. **Family Friendly Ride - Ohio River Levee Trail**. Great ride for the whole family. This ride is go at your own pace. Start at Farnsley-Moreman parking lot. RC: *Doug Klein, 724-1819*.
- 9:00 am 25 mi. #2. **Indian Hills Ride**. Douglass Loop on Bardstown Rd in front of Heine Bros Coffee and Breadworks. RC: *Scott Howes, 445-8201*.
- 9:00 am 56/90 mi. #4. **Salt of the Earth**. Paraquet Springs Conference Center, to right behind the steak house. Sheperdsville, KY. RC: *Joe Kinsinger 502-889-7145*
- 2:00 pm 15/25 #3 Heine Bros. Coffee, Chonewith Ln. RC: *A.B. Sandefur, 425-9463*.
- 3:00 pm 30 mi. #3. E.P. "Tom" Sawyer State Park. RC: *Dick Williams 426-4844*

## Monday, May 25<sup>th</sup> - Memorial Day

- 9:00 am **Mayor's Healthy Hometown Hike & Bike**. Waterfront Park. Booths open at 9:00am, ride begins at 10:00am. Sign in at the LBC booth.
- 2:00 pm 20 mile credit. #2+. **TMD Flat to Rolling Time Trial** [TMD Stage #6] New Middletown, IN. Park at elementary school. 15-16 mile marked course will start at east town sign and finish at west town sign. RC: *Kirk Roggenkamp, 718-1911, anchorlog@insightbb.com*

## Tuesday, May 26<sup>th</sup>

- 3:45 pm 15 mi. #2. **Recovery Ride** (RIF RAF). St. Matthews Baptist Church. RC: *Cathy Hamilton, 502-523-3367, cathyjhamilton@yahoo.com*
- 8:30 am 60 mi. #3. Floyd Fork Park. RC: *Jim Tretter, 491-7120*.
- 6:00 pm 25/20 mil. #2. Childplace Campus, 2420 10th St (Hwy 62), Jeffersonville. Fixie-Friendly mostly flat route thru Jeff-Utica-Sellerburg-Jeff. RC: *Kirk Roggenkamp 718-1911 and Cathy Hill 859-509-4425 kirkr@childplace.org*
- 6:30 pm 15/25 mi. #3. **St. Matthews Tuesday Night Ride**. Burdorf Galleries parking lot (former Bacon's parking lot) RC: *John Paul, 637-1957*.

## Wednesday, May 27<sup>th</sup>

- 9:00 am 25/50 mi. #3. Love's Travel Plaza, Memphis, IN. RC: *AB Sandefur, 425-9463*.
- 6:00 pm 15/20 mi. #1/2. **Midweek Slow and Easy**. Waterfront Park, Yellow Lot. (Park loop option for those wishing to do a slightly harder ride - hills - to train for the OKHT). RC: *Laura Trachtenberg, 905-1365*.
- 6:15 pm 30mi. #3. Scheller's Fitness & Cycling, 1000 Veterans Parkway, Clarksville, IN, RC: *Mark Newbold, 812-288-6100*.
- 6:30 pm 25 mi. #3. **Bluegrass Bicycle**. Crestwood Station shopping center. 6015 Crestwood Station, Crestwood, KY. RC: *Kevin Jones, 599-1981..*

## Thursday, May 28<sup>th</sup>

- 10:00 am 50 mi. #2. **Louisville Loop 50**, Waterfront Park, Yellow Lot to Farnsley-Moremen House and back via The Loop. RC: *Andy Murphy, 526-1040, [murphco@insightbb.com](mailto:murphco@insightbb.com)*.
- 6:30 pm 15/25 mi. #3. Charlie Vettiner Park. RC: *Steve and Deb Sexton, 239-8521*.

## Friday, May 29<sup>th</sup>

- 10:00 am 55 mi. #3. **South Louisville 55**. Iroquois Park to Levee Trail and return. RC's: *Andy Murphy, 526-1040 [murphco@insightbb.com](mailto:murphco@insightbb.com) and John Cummings, 239-0114 or 553-6870*.
- 6:15 pm 12 mi. #2. **Weekend TuneUp and Fun Ride**. St. Matthews Baptist Church. RC: *Rick Croslin, 502-387-5206*.

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## Saturday, May 30<sup>th</sup>

- 7:00 am 100 mi. #4+. **Carefree Century** [TMD stage #7] Pilot Service Center I-64, Exit 92, Carefree, IN Scenic route that winds along ridges high above the Ohio River and steep climbs in the Hoosier National Forest. Lunch in Cannelton. RC: *Kirk Roggenkamp and Cathy Hill 718-1911 or 859-509-4425 [anchordog@insightbb.com](mailto:anchordog@insightbb.com)*
- 8:00 am 60 mi. #3. Long Run Park. RC: Ellen Mueller, 485-1758.
- 9:00 am 17/35 mi. #1/2. **Slow & Easy**, Waterfront Park, Yellow Lot. RC: *A.B. Sandefur 425-9463. GREAT WAY TO GET IN SHAPE FOR OKHT*
- 4:00 pm 25 mi. #3. Bluegrass Bicycle. Crestwood Station shopping center. 6015 Crestwood Station, Crestwood, KY. RC: *Bob Clifford. 241-2440.*

## Sunday, May 31<sup>st</sup>

- 8:00 am 65 mi. #3+. **Salem 65**. Ride start at Clark Forestry in Henryville, IN. RC: *Melissa "Puddle" Hall, lissah45@yahoo.com. (812) 752-3973.*
- 9:00 am 25 mi. #2. **Indian Hills Ride**. Douglass Loop on Bardstown Rd in front of Heine Bros Coffee and Breadworks. RC: *Scott Howes 445-8201.*
- 9:30 am 40 mi. #3. **Bike MS Training Ride**. Scheller's Fitness & Cycling – Middletown. RC: *Jesse Roberson, 502-245-1955.*
- 2:00 pm 15/25 mi. #3. Heine Bros Coffee, Chenoweth Ln. RC: *Stewart Prather*
- 3:00 pm 30 mi. #3. E.P. "Tom" Sawyer State Park. RC: *Dick Williams 426-4844*

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