



LOUISVILLE BICYCLE CLUB

FOUNDED IN 1897 AS THE LOUISVILLE WHEELMEN



Monday, June 1st

- 6:15pm 12 mi. #1. **Bike Handling Class – Bike Fit, Tire 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.*
- 6:30 pm 12 mi. #2. **Recovery Ride (RIF RAF).** St. Matthews Baptist Church. RC: *Martin Kaelin, 727-1195*

Tuesday, June 2nd

- 8:30 am 55 mi. #3. Vettiner Park. RC: *Jim Tretter, 491-7120.*
- 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, June 3rd

- 8:30 am 25/50 mi. #3. **Bernheim Ramble**, New Cut Rd. & Outer Loop RC: *Sonny Neurath, 893-2306.*
- 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*

Thursday, June 4th

- 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 17/30 mi. #3. **FRUIT RIDE**, EP Tom Sawyer Park, **GREAT WAY TO GET IN SHAPE FOR OKHT**- RC: *Mark & Lynn Luking, 423-7072.*

Friday, June 5th

- 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.*

Saturday, June 6th

- 4:00 am 600K (375 mi). #4. **600K 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 25/60/75/100 mi. #3. **Bike MS Day 1.** Churchill Downs to Frankfort. Registration and fund raising required. Details at www.bikemsky.org. RC: *Steve and Deb Sexton, 718-1181.*
- 8:30 am 8/16/38/68mi. #3. **Tour de Cave.** Oakland Elementary School, Oakland, KY. Registration Required, Info at <http://www.bglob.com/tdc.php>. Mass start at 8:15am Cental Time. RC: *Joe Kinsinger 502-889-7145*
- 9:00 am 17/35 mi. #1/2, **Slow & Easy.** Waterfront Park, Yellow Lot. RC: *Marion Hambrick 502-767-7154. GREAT WAY TO GET IN SHAPE FOR OKHT*
- 9:00 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: *Martin Kaelin, 727-1195*
- 4:00 pm 25 mi. #3. Bluegrass Bicycle. Crestwood Station shopping center. 6015 Crestwood Station, Crestwood, KY. RC: *Bob Clifford. 241-2440.*

Sunday, June 7th

- 7:30 am 25/50/75 mi. #3. **Bike MS Day 2.** Frankfort to Keenland.. Registration and fund raising required. Details at www.bikemsky.org. RC: *Steve and Deb Sexton, 718-1181.*
- 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.*
- 2:00 pm 15/25 mi #3. Heine Bros. Coffee, Chenoweth Ln. RC: *Connie Guild, 502-608-7758.*
- 3:00 pm 30 mi. #3. E.P. "Tom" Sawyer State Park. RC: *Dick Williams 426-4844*

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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Monday, June 8th

- 6:15pm 12 mi. #1. **Bike Handling Class – Rock/Hazard Dodging, Quick Turns.** 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.*
- 6:30 pm 12 mi. #2. **Recovery Ride (RIF RAF).** St. Matthews Baptist Church. RC: *Eric Sellers, 502-216-8248*

Tuesday, June 9th

- 8:30 am 60 mi. #3. Long Run Park. RC: *Jim Tretter, 491-7120.*
- 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 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, June 10th

- 8:00 am 32/50 mi. #3. Love's Travel Plaza, Memphis, IN. RC: *Alison Ewart, 584-4222.*
- 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 30 mi. #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, June 11th

- 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*
- 6:15 pm 17/30 mi. #3. **FRUIT RIDE,** Tom Sawyer Park. **GREAT WAY TO GET IN SHAPE FOR OKHT!** RC: *Mark & Lynn Luking, 423-7072.*

Friday, June 12th

- 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.*

Saturday, June 13th

- 4:00 am 200 mi. #5. **4th Annual L-D-L Double Century.** Louisville-Danville-Louisville. Ride #2420 on kybikerides.org website. Lights are required. E.P. Tom Sawyer State Park. RC: *Mike Kamenish, 386-0179.*
- 8:30 am 30/60 mi.. #3. Tom Sawyer Park. RC: *Terry & Linda Donovan, 254-3968.*
- 8:30 am 30 mi. #3. **Tour de Olmsted ride.** Iroquois Park. Meet in the amphitheater parking lot. Bak in time to enjoy the Tour de Olmsted bike festival. RC: *Mark Luking, 423-7072.*
- 9:00 am 17/35 mi. #1/2. **Slow & Easy,** Waterfront Park, Yellow Lot. RC: *Laura Trachtenberg, 905-1365. 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, June 14th

- 8:30 am 100 mi. #4. **Green River Mad Dog Century.** [TMD Stage 8]. A beautiful tour of south-central Kentucky, going past Green River Lake and on through Taylor, Adair, Casey, and Marion counties. Starts at Campbellsville University. For directions, go to <http://www.campbellsville.edu/jmoore/directions-to-cu.htm>. RC: *Jim "Grizzly" Moore, jwmcu@yahoo.com, cell: 270-469-6407,* Cancellation due to weather will be announced on the KyCyList; please call if in doubt.
- 9:00 am 103 mi. #4. **Salted Beast.** Paraquet Springs Conference Center, to right behind the steak house. Sheperdsville, KY. RC: *Joe Kinsinger 502-889-7145*
- 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.*
- 2:00 pm 15/25 mi. #3. Heine Bros Coffee, Chenoweth Ln. RC: *Eric Sellers, 216-5248.*
- 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 15th

- 6:15pm 12 mi. #1. **Bike Handling Class – Emergency Stops, Jumping.** 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.*
- 6:30 pm 12 mi. #2. **Recovery Ride (RIF RAF).** St. Matthews Baptist Church. RC: *Ron & Vic Dobbs 500-4671.*

Tuesday, June 16th

- 8:30 am 60 mi. #3. Floyd Fork Park. RC: *Jim Tretter, 491-7120.*
- 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 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, June 17th

- 9:00 am 25/50 mi. #3. Tom Sawyer Pk. 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 - GREAT WAY TO TRAIN FOR THE OKHT). RC: *Laura Trachtenberg, 905-1365*
- 6:15 pm 30 mi. #3. Scheller's Fitness & Cycling, 1000 Veterans Parkway, Clarksville, IN, RC: *Mark Newbold, 812-288-6100*
- 6:30 pm 15/29 mi. #3. **Road Kill and One Big (Optional) Hill.** Iroquois Park. RC: *Steve Montgomery, 367-7103*

Thursday, June 18th

- 8:00 am 100 mi #4+. **TOKYO Day 1** - Day 1 of 4 of the annual 400+ mile adventure. New starting location this year - Jordan Services 2820 S. English Station Rd - location of first SAG on OKHT - Please contact RC: *Steve Rice at srice AT insightbb.com for lodging details. 502-494-5288*
- 10:00 am 50 mi. #2. **Louisville Loop 50,** Waterfront Park, Yellow Lot to Farnsley-Moremeyn House and back via The Loop. RC: *Andy Murphy, 526-1040, murphco@insightbb.com*
- 6:30 pm 17/30 mi. #3. **FRUIT RIDE,** Tom Sawyer Park, **GREAT WAY TO GET IN SHAPE FOR OKHT!** RC: *Mark & Lynn Luking, 423-7072*

Friday, June 19th

- 8:00 am 100 mi. #4+. **TOKYO Day 2** of 4 of the annual 400+ mile adventure. Starts in Dry Ridge today. Please contact RC: *Steve Rice at srice AT insightbb.com for lodging details. 502-494-5288*
- 9:00 am 30mi.. #3. Floyds Fork 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.*

Saturday, June 20th

- 7:00 am 110 mi. #4. **Summer Solstice Overnight** to Berea, Ky. Ride starts at 2820 S. English Station Rd (Jordan Services) Overnight accommodations may be made at the Berea Super 8, LBC group rate available (859-986-8426) Group will meet up with TOKYO riders for tomorrow's return leg and TMD stage back to Louisville. RCs: *Kirk Roggenkamp anchorlog@insightbb.com 718-1911 and Cathy Hill*
- 8:00 am 60 mi. #3. Floyds Fork Park. RC: *Ellen Mueller, 485-1758.*
- 8:00 am 100mi. #4+. **TOKYO Day 3** of 4 of the annual 400+ mile adventure. Starts in Morehead today. Please contact RC: *Steve Rice at srice AT insightbb.com for lodging details. 502-494-5288*
- 9:00 am 17/35mi #1/2, **Slow & Easy,** Waterfront Park, Yellow Lot. RC: *George Cooper 499-1652. ,GREAT WAY TO GET IN SHAPE FOR OKHT*
- 12:00 pm 50 mi. #2. **Louisville Loop 50,** Waterfront Park, Yellow Lot to Farnsley-Moremeyn 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.*

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Sunday, June 21st

- 7:30 am 110mi. **TOKYO Day 4** of 4 of the annual 400+ mile adventure [TMD Stage 9]. Starts in Berea at the Super 8 Motel at exit 76 of I-75. Please contact RC: *Steve Rice or Kirk Roggenkamp at [srice AT insightbb.com](mailto:srice@insightbb.com) or anchordog@insightbb.com for details. 502-494-5288*
- 8:30 am 50 mi. #3. EP Tom Sawyer Park. RC: *Mark Luking, 423-7072.*
- 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. Bpt.East Milestone, 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*

Monday, June 22nd

- 6:15pm 12 mi. #1. **Bike Handling Class – Bumping, Track Stand**. 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.*
- 6:30pm 12 mi. #2. **Recovery Ride (RIF RAF)**. St. Matthews Baptist Church. RC: *Donna Connell 541-4759 dgcpaint@bellsouth.net*

Tuesday, June 23rd

- 8:30 am 60 mi. #3. Vettiner Park. RC: *Jim Tretter, 491-7120.*
- 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, June 24th

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

Thursday, June 25th

- 10:00 am 50 mi. #2. **Louisville Loop 50**, Waterfront Park, Yellow Lot to Farnsley-Moremeyn House and back via The Loop. RC: *Andy Murphy, 526-1040, murphco@insightbb.com*
- 6:30 pm 16/30 mi. #3. **FRUIT RIDE**, Tom Sawyer Park, **GREAT WAY TO GET IN SHAPE FOR OKHT!** RC: *Mark & Lynn Luking, 423-7072*

Friday, June 26th

- 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.*

Saturday, June 27th

- 8:00 am 100 mi. #3. **Tour de Green**. St. Matthews Baptist Church. RC: *Scott Howes, 445-8201.*
- 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*
- 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 Floyds Knobs in Southern Indiana with the option of having lunch at Sportstime Pizza. RC: *Steve Montgomery, 367-7103*
- 12pm-8pm **USA Cycling Master National Championship**; Registration at the Galt House, 140 N Fourth St.
- 4:00 pm 25 mi. #3. Bluegrass Bicycle. Crestwood Station shopping center. 6015 Crestwood Station, Crestwood, KY. RC: *Bob Clifford, 241-2440.*

CPSC- or Snell-approved Helmets Are Required

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Sunday, June 28th

- 8am – 5pm **USA Cycling Master National Championship;** Women's & Tandem road races, Cherokee Park. Volunteers are needed. If you would like to help with this event, register online at <http://www.louisvillesports.org/>, click on volunteer and indicate cycling as preferred event or contact mluking@msn.com.
- 8:00 am 102 mi 3+ **Packman's Hint.** A Journey to Orleans. Ride start at Finley Firehouse, Scottsburg, IN. RC: *Melissa "Puddle" Hall, (812) 752-3973 or lissah45@yahoo.com*
- 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 46/80 mi. #4. **Boston & Bardstown.** 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: *Stewart Prather, 895-9094.*
- 3:00 pm 30 mi. #3. E.P. "Tom" Sawyer State Park. RC: *Dick Williams 426-4844*

Monday, June 29th

- 8am – 7pm **USA Cycling Master National Championship;** Men's road races, Cherokee Park. Volunteers are needed. If you would like to help with this event, register online at <http://www.louisvillesports.org/>, click on volunteer and indicate cycling as preferred event or contact mluking@msn.com.
- 4:00 pm 15 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 – Basic Bike Maintenance, Riding Tips, Nutrition.** 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.*
- 6:30 pm 12 mi. #2. **Recovery Ride (RIF RAF).** St. Matthews Baptist Church. RC: *Eric Sellers, 502-216-8248*

Tuesday, June 30th

- 8am – 5pm **USA Cycling Master National Championship;** Men's road races, Cherokee Park. Volunteers are needed. If you would like to help with this event, register online at <http://www.louisvillesports.org/>, click on volunteer and indicate cycling as preferred event or contact mluking@msn.com.
- 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 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.*

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