



LOUISVILLE BICYCLE CLUB

FOUNDED IN 1897 AS THE LOUISVILLE WHEELMEN



Wednesday, July 1st

- 8:00 am 32/62mi. #3. Speed, IN. lot opposite cement plant. RC: *Alison Ewart 584-4222*.
- 6:00 pm 15/20mi. #1/2. **Midweek Slow and Easy**. Waterfront Park, Yellow Lot. (20 mile option: 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*
- 8 am – 4 pm **Masters National Championship Time Trials**, Taylorsville, Ky.

Thursday, July 2nd

- 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*
- 6:30 pm 17/30mi.#3. **FRUIT RIDE**, Tom Sawyer Park,**GREAT RIDE TO GET IN SHAPE FOR OKHT!**RC: *Mark/Lynn Luking 423-7072*
We are collecting PAPER products for OKHT. If you can bring a package of towels, plates, cups, T-paper, table covers with you to the ride.
- 10 am – 6 pm **Masters National Championship Critriums**, Churchill Downs Infield. Come out and enjoy the races, bicycle as well as horses. Volunteers Needed.

Friday, July 3rd

- 8:00 am 100 mi. #3+. **Campbellsburg Century**. Ride start at Finley Firehouse, Scottsburg, IN. Lunch at the Amish Sandwich Shop. RC: *Melissa "Puddle" Hall, lissah45@yahoo.com. 812-752-3973*.
- 10:00 am 42 mi. #3. **South Louisville 42**. (Scott's Gap) Iroquois Park to Jefferson Memorial Forest and return. RC's: *Andy Murphy 526-1040 and John Cummings 239-0114 or 553-6870*
- 6:15 pm 12 mi. #2. **Weekend Tune Up and Fun Ride**. St Matthews Baptist Church. RC: *Rick Croslin 502-387-5206*.
- 10 am – 5 pm **Masters National Championship Critriums**, Churchill Downs Infield. Come out and enjoy the races, bicycle as well as horses. Volunteers Needed.

Saturday, July 4th

- 7:30 am 60/100 mi. #3. **Madison Century** [TMD Stage #10]. Prospect Point Shopping Center. RC: *Allen Darby & Ellen Mueller 485-1758*
- 9:00 am 30/60 mi. #3. Tom Sawyer Park. RC: *Terry & Linda Donovan, 254-3968*.
- 9:00 am 17/35 mi. #1/2. **Slow & Easy**. Waterfront Park, Yellow Lot. RC: *AB Sandefur 425-9463*. **GREAT WAY TO GET IN SHAPE FOR OKHT**
- 10 am – 6 pm **Masters National Championship Critriums**, Churchill Downs Infield. Come out and enjoy the races , bicycle as well as horses. Volunteers Needed.

Sunday, July 5th

- 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. Start at Farnsley-Moreman parking lot. RC: *Doug Klein 724-1819*.
- 9:00 am 69 mi. #3+. **Salted Flats**. Paraquet Springs Conference Center, to right behind the steak house. Sheperdsville, KY. RC: *Joe Kinsinger 502-889-7145*
- 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. Coffe, Chenoweth Ln. RC: *Connie Guild 608-7758*
- 3:00 pm 30 mi. #3. E.P. "Tom" Sawyer State Park. RC: *Dick Williams 426-4844*

Monday, July 6th

- 9:45 am 40mi. #3. **Fat Forty Ride**. Douglass Loop on Bardstown Rd in front of Heine Bros Coffee and Breadworks near Fat Jimmy's. RC: *Tommy Sutton 777-3458*.
- 6:15 pm 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. Jillian's Office Center, Bolling Boulevard. 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 & Vicky Dobbs 500-4671*.
- 7:30 pm 15 mi. #2. **BEAT THE HEAT!** St. Matthew's church parking lot. RC: *Dianna Decker (850) 415-0755*.

Tuesday, July 7th

- 8:00 am 50 mi. #3. Long Run Park. RC: *Jim Tretter, 491-7120*.
- 6:00 pm 20/25 mi. #2. **"Planes, Trains, Boats, and Bicycles"** Childplace Campus, 2420 E. 10th St., Jeffersonville, IN. Flat to rolling route along scenic Ohio River, thru the Clark Co. Airport, and across every RR track in Southern IN. RC: *Kirk Roggenkamp and Cathy Hill 718-1911*
- 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, July 8th

- 8:00 am 30/50mi. #3. Tom Sawyer Park. RC: *Dick Williams 426-4844*
- 6:00 pm 15/20 #1/2. **Midweek Slow and Easy**. Waterfront Park, Yellow Lot. (20 mile option: 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*

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.



LOUISVILLE BICYCLE CLUB

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Thursday, July 9th

- 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*
- 6:30 pm 17/30 mi. #3. **FRUIT RIDE**, Tom Sawyer Park. **GREAT RIDE TO GET IN SHAPE FOR OKHT!** RC: *Mark/Lynn Luking 423-7072*
We are collecting HAND SANITIZER for OKHT. If you can, please bring a bottle tonight.
- 7:30 pm 19 mi. #2. **BEAT THE HEAT!** Meet at Hogan's Fountain/Cherokee Park, RC: *Dianna Decker (850) 415-0755*.

Friday, July 10th

- 10:00 am 46 mi. #3. **South Louisville 46**. Iroquois Park to Jefferson Memorial Forest and return. RC's: *Andy Murphy 526-1040, John Cummings 239-0114 or 553-6870*
- 11:00 am 10-18 mi. #2. **Your Option Ride (YOR)**. Tom Sawyer Park. Meet at the NEW Sawyer-Hays Comm.Center off LAKELAND Rd. Ride at work out speed or leisure pace (e.g. your own speed). A lunch stop will be considered for post ride. Bring cash and bike lock if you choose to eat. The ride is AUTOMATICALLY CANCELLED IF ROADS ARE WET. RC: *Lynn Luking 423-7072*
- 6:15 pm 12 mi #2. **Weekend Tune Up and Fun Ride**. St Matthews Baptist Church. RC: *Rick Croslin 502-387-5206*.

Saturday, July 11th

- 7:00 am 25 mi. #2. **BEAT THE HEAT!** Meet at Hogan's Fountain/Cherokee Park. RC: *Dianna Decker (850) 415-0755*.
- 9:00 am 17/35 mi. #1/2, **Slow & Easy**. Waterfront Park, Yellow Lot. RC: *Laura Tractenburg 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, July 12th

- 7:00 am 25 mi. #2. **BEAT THE HEAT!** Meet at the Interpretive Center of Falls of the Ohio for a nice, cool morning ride along the Ohio River. Few cars, fewer lights, and very few hills. Great for the beginner/intermediate. RC: *Dianna Decker (850) 415-0755*.
- 8:00 am 30/60/100 mi. #3/#4. **Pottershop Mad Dog Century** [TMD Stage #11]. Floyd's Fork Park. RC: *Allison Dobbs, 541-3886*.
- 9:00 am 69 mi. #3+. **Salted Flats**. Paraquet Springs Conference Center, to right behind the steak house. Shepherdsville, KY. RC: *Joe Kinsinger 502-889-7145*
- 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: *Eric Sellers 216-5248*
- 3:00 pm 30 mi. #3. E.P. "Tom" Sawyer State Park. RC: *Dick Williams 426-4844*

Monday, July 13th

- 9:45 am 40mi. #3. **Fat Forty Ride**. Douglass Loop on Bardstown Rd in front of Heine Bros Coffee and Breadworks near Fat Jimmy's. RC: *Tommy Sutton 777-3458*.
- 6:15 pm 12 mi. #1. **Bike Handling Class: Helmet Fit / Clothing and Gear – Gearing and 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. Jillian's Office Center, Bolling Boulevard. 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*
- 7:30 pm 15 mi. #2. **BEAT THE HEAT!** St. Matthew's church parking lot. RC: *Dianna Decker (850) 415-0755*.

Tuesday, July 14th

- 8:00 am 58 mi. #3. (47 mi. if forecast over 90 degrees). Floyds Fork Park. RC: *Jim Tretter, 491-7120*.
- 6:00 pm 20/25 mi. #2. **"Planes, Trains, Boats, and Bicycles"** Childplace Campus, 2420 E. 10th St., Jeffersonville, IN. Flat to rolling route along scenic Ohio River, thru the Clark Co. Airport, and across every RR track in Southern IN. RC: *Kirk Roggenkamp and Cathy Hill 718-1911*
- 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, July 15th

- 9:00 am 25/50mi. #3 Love's Travel Stop, Memphis, IN. to Scottsburg. RC: *AB Sandefur 425-9463*
- 6:00 pm 6:00 pm: 15/20 #1/2. **Midweek Slow and Easy**. Waterfront Park, Yellow Lot. (20 mile option: 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*
- 6:30 pm 25 mi. #3. **Bluegrass Bicycle**. Crestwood Station shopping center. 6015 Crestwood Station, Crestwood, KY. RC: *Ron Dobbs 500-4655 & 500-4671*
- 7:30 pm 19 mi. #2. **BEAT THE HEAT!** Meet at Hogan's Fountain/Cherokee Park, RC: *Dianna Decker (850) 415-0755*.

Thursday, July 16th

- 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*
- 6:30 pm 17/30 mi. #3. **FRUIT RIDE**. Tom Sawyer Park. **GREAT RIDE TO GET IN SHAPE FOR OKHT!** RC: *Mark/Lynn Luking 423-7072*
This is PLASTIC BAG night for OKHT-- Please bring a box or 2 of BIG garbage can bags and all sizes of ZIPLOCK bags.

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.



LOUISVILLE BICYCLE CLUB

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Friday, July 17th

- 10:00 am 43 mi. #3. **South Louisville 43.** (Weavers Run) Iroquois Park to Jefferson Memorial Forest and return. RC's: *Andy Murphy 526-1040 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, July 18th

- 7:00 am 160 mi. #4. **RAIN (Ride Across Indiana).** Terre Haute to Richmond, Ind. - one day, one way, 160 miles. Registration required. Must make your own overnight accommodations. <http://www.rainride.org/>. RC: *Larry Preble (502) 724-8477*
- 8:45 am 40 mi. #3. **Joe Thomas Cookout Ride.** Ride start at 4807 Dover Road 40216, off Rockford Lane. Cookout following the ride. Please bring a dish. Call Joe for details. RC: *Joe Thomas, 447-2318.*
- 10:30 am 20 mi. #3. **Joe Thomas Cookout Ride.** Ride start at 4807 Dover Road 40216, off Rockford Lane. Cookout following the ride. Please bring a dish. Call Joe for details. RC: *Joe Thomas, 447-2318.*
- 4:00 pm 25 mi. #3. **Bluegrass Bicycle.** Crestwood Station shopping center. 6015 Crestwood Station, Crestwood, KY. RC: *Bob Clifford. 241-2440.*

Sunday, July 19th

- 8:00 am 30/60 mi. #3. **Charlie Vettiner Park.** RC: *David 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. Start at Farnsley-Moreman parking lot. RC: *Doug Klein 724-1819.*
- 9:00 am 69 mi. #3+. **Salted Flats.** Paraquet Springs Conference Center, to right behind the steak house. Shepherdsville, KY. RC: *Joe Kinsinger 502-889-7145*
- 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. **Baptist 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, July 20th

- 4:30 pm 20 mi. #2. **Recovery Ride (RIF RAF).** St. Matthews Baptist Church. RC: *Cathy Hamilton, 502-523-3367, cathyjhamilton@yahoo.com*
- 6:15 pm 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. Jillian's Office Center, Bolling Boulevard. 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: *Allison Dobbs 541-3886.*
- 7:30 pm 15 mi. #2. **BEAT THE HEAT!** St. Matthew's church parking lot. RC: *Dianna Decker (850) 415-0755.*

Tuesday, July 21st

- 8:00 am 60 mi. #3. (48 mi. if forecast over 90 degrees). **Vettiner Park.** RC: *Jim Tretter, 491-7120.*
- 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 20/25 mi. #2. **"Planes, Trains, Boats, and Bicycles"** Childplace Campus, 2420 E. 10th St., Jeffersonville, IN. Flat to rolling route along scenic Ohio River, thru the Clark Co. Airport, and across every RR track in Southern IN. RC: *Kirk Roggenkamp and Cathy Hill 718-1911*
- 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, July 22nd

- 9:00 am 30/55 mi. #3. **Tom Sawyer Park.** to "Our Best" restaurant. RC: *Vicky Dobbs 500-4671*
- 6:00 pm 30 mi. #3. **Tom Sawyer Park.** RC: *Terry & Linda Donovan, 254-3968.*
- 6:00 pm 15/20 #1/2. **Midweek Slow and Easy.** Waterfront Park, Yellow Lot. (20 mile option: 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*
- 6:15 pm 19/25 mi. #3. **Mike Linnig's.** RC: *David King 500-7351*
- 6:30 pm 25 mi. #3. **Bluegrass Bicycle.** Crestwood Station shopping center. 6015 Crestwood Station, Crestwood, KY. RC: *Kevin Jones, 599-1981*

Thursday, July 23rd

- 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*
- 6:30 pm 17/30 mi. #3. **FRUIT RIDE.** Tom Sawyer Park. **GREAT RIDE TO GET IN SHAPE FOR OKHT!** RC: *Mark/Lynn Luking 423-7072*
This is OKHT GORP/TRAIL MIX night! Please bring bags/cans of raisins-craisins-plain and peanut M&M's-various types of nuts and flavored peanuts-salted/unsalted/honey roasted.

CPSC- or Snell-approved Helmets Are Required

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LOUISVILLE BICYCLE CLUB

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Friday, July 24th

- 10:00 am 55 mi. #3. **South Louisville 55.** Iroquois Park to Levee Trail and return. RC's: *Andy Murphy 526-1040 and John Cummings 239-0114 or 553-6870*
- 11:00 am 10-18 mi. #2. **Your Option Ride.** (YOR) Tom Sawyer Park. Meet at the NEW Sawyer-Hays Comm. Center off LAKELAND Rd. Ride at work out speed or leisure pace (e.g. your own speed). A lunch stop will be considered for post ride. Bring cash and bike lock if you choose to eat. The ride is AUTOMATICALLY CANCELLED IF ROADS ARE WET. RC: *Lynn Luking 423-7072*
- 6:15 pm 12 mi #2. **Weekend Tune Up and Fun Ride.** St Matthews Baptist Church. RC: *Rick Croslin 502-387-5206.*

Saturday, July 25th

- 8:00 am 100 mi. #3. **Medora Century.** Ride start at Clark Forestry in Henryville, IN. Third store stop will be closed. RC: *Melissa "Puddle" Hall, lissah45@yahoo.com. (812) 752-3973.*
- 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, July 26th

- 7:00 am 112 mi. #4. **Mad Irondog.** [TMD stage #12] Waterfront Park (Yellow Lot) Course follows the Louisville Ironman route to LaGrange and back RC: *Kirk Roggenkamp 718-1911 anchorog@insightbb.com*
- 9:00 am 17/32mi. #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 69 mi. #3+. **Salted Flats.** Paraquet Springs Conference Center, to right behind the steak house. Shepherdsville, KY. RC: *Joe Kinsinger 502-889-7145*
- 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: *Stewart Prather 895-9094*
- 3:00 pm 30 mi. #3. E.P. "Tom" Sawyer State Park. RC: *Dick Williams 426-4844*

Monday, July 27th

- 9:45 am 40mi. #3. **Fat Forty Ride.** Douglass Loop on Bardstown Rd in front of Heine Bros Coffee and Breadworks near Fat Jimmy's. RC: *Tommy Sutton 777-3458.*
- 4:00 pm 20 mi. #2. **Recovery Ride** (RIF RAF). St. Matthews Baptist Church. RC: *Cathy Hamilton, 502-523-3367, cathyjhamilton@yahoo.com*
- 6:15 pm 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. Jillian's Office Center, Bolling Boulevard. 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*
- 7:30 pm 15 mi. #2. **BEAT THE HEAT!** St. Matthew's church parking lot. RC: *Dianna Decker (850) 415-0755.*

Tuesday, July 28th

- 8:00 am 60 mi. #3 (50 mi. if forecast over 90 degrees). Long Run Park. RC: *Jim Tretter, 491-7120.*
- 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 20/25 mi. #2. **"Planes, Trains, Boats, and Bicycles"**. Childplace Campus, 2420 E. 10th St., Jeffersonville, IN. Flat to rolling route along scenic Ohio River, thru the Clark Co. Airport, and across every RR track in Southern IN. RC: *Kirk Roggenkamp and Cathy Hill 718-1911*
- 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, July 29th

- 9:00 am 25/50mi. #2. **"Bernheim Ramble"**. Newcut Rd & Outer Loop. RC: *Sonny Neurath 893-2306*
- 6:00 pm 15/20 #1/2. **Midweek Slow and Easy.** Waterfront Park, Yellow Lot. (20 mile option: 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*
- 6:30 pm 29 mi. #3. **Road Kill and One Big (Optional) Hill.** Iroquois Park. RC: *Steve Montgomery, 367-7103*
- 7:30 pm 19 mi. #2. **BEAT THE HEAT!** Meet at Hogan's Fountain/Cherokee Park, RC: *Dianna Decker (850) 415-0755.*

Thursday, July 30th

- 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*
- 6:30 pm 17/30 mi. #3. **FRUIT RIDE.** Tom Sawyer Park, **GREAT RIDE TO GET IN SHAPE FOR OKHT!** RC: *Mark/Lynn Luking 423-7072*
This is PEANUT BUTTER&JELLY night for OKHT!! Please bring a jar or 2.

Friday, July 31st

- 10:00 am 42 mi. #3. **South Louisville 42** (Scott's Gap). Iroquois Park to Jefferson Memorial Forest and return. RC's: *Andy Murphy 526-1040 and John Cummings 239-0114 or 553-6870*
- 6:15 pm 12 mi #2. **Weekend Tune Up and Fun Ride.** St Matthews Baptist Church. RC: *Rick Croslin 502-387-5206.*

CPSC- or Snell-approved Helmets Are Required

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