



LOUISVILLE BICYCLE CLUB

FOUNDED IN 1897 AS THE LOUISVILLE WHEELMEN



Saturday, August 1st

- 7:30 am 25 mi. #2. **BEAT THE HEAT!** Meet at Hogan's Fountain/Cherokee Park. RC: *Dianna Decker (850) 415-0755.*
- 8:00 am 100 mi. #4. **Lawrenceburg Loop [TMD Stage #13].** Starts at McDonald's at the corner of US 60 and Hwy 53 in Shelbyville. Exit 35 of I-64 and then north about 2 miles. RC: *Steve Rice - srice AT insightbb.com 502-494-5288*
- 9:00 am 17/35 mi. #1/2. **Slow & Easy.** Waterfront Park, Yellow Lot. RC: *Steve Montgomery 367-7103. 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, August 2nd

- 7:30 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.*
- 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.** Parquet 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: *Connie Guild 608-7758*
- 3:00 pm 30 mi. #3. E.P. "Tom" Sawyer State Park. RC: *Dick Williams 426-4844*

Monday, August 3rd

- 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: Rock / Hazards 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. 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.*
- 7:15 pm 15 mi. #2. **BEAT THE HEAT!** St. Matthew's church parking lot. RC: *Dianna Decker (850) 415-0755.*

Tuesday, August 4th

- 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, August 5th

- 9:00 am 25/50 mi. #3. Tom Sawyer Park to Claudia Sanders. RC: *AB Sandefur 425-9463*
- 6:00 pm 15/20 mi. #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 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: *Ron Dobbs 500-4655 & 500-4671*
- 7:00 pm 25 mi. #3. **Wheeling in the summertime.** Slow and easy ride from Hogan's Fountain in Cherokee Park to Iroquois Park and return. RCs: *Eric Sellers 502-216-8248 and John Cummings 502-239-0114, 502-553-6870.*

Thursday, August 6th

- 10:00 am 50 mi. #2. **Louisville Loop 50.** Waterfront Park, Yellow Lot to Farnsley-Moreman 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*

Friday, August 7th

- 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 TuneUp and Fun Ride.** St Matthews Baptist Church. RC: *Rick Croslin 502-387-5206.*

Saturday, August 8th

- 7:30 am 25 mi. #2. **BEAT THE HEAT!** Meet at Hogan's Fountain/Cherokee Park. RC: *Dianna Decker (850) 415-0755.*
- 8:30 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: *Eric Sellers 216-8248. GREAT WAY TO GET IN SHAPE FOR OKHT*
- 6:00 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

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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Sunday, August 9th

- 8:30 am 50 mi. #3+. Farnsley-Moorman Parking Lot. RC: *Tim Chilton 367-8946*
9:30 am 30 mi. #1. Farnsley Moorman Parking Lot to Shawnee Park. RC: *Doug Klein 742-1819*
10:15 am 17 mi or less, #1. Farnsley Moorman Parking Lot to Lee's Lane along Levy Trail (no streets). RC: *Joe Thomas 447-2318*
12:00 pm **LBC PICNIC** at Farnsley-Moorman Pavilion, off 10900 Lower River Rd near the Greenbelt Hwy on the Ohio River. *Joe Thomas 447-2318*

Monday, August 10th

- 6:15 pm 12 mi. #1. **Bike Handling Class: Emergency Stops – Bumping.** 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*
7:15 pm 15 mi. #2. **BEAT THE HEAT!** St. Matthew's church parking lot. RC: *Dianna Decker (850) 415-0755.*

Tuesday, August 11th

- 8:00 am 60 mi. #3 (48 mi. if forecast over 90 degrees). Vettiner 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, August 12th

- 8:00 am 40mi. #3 Graceland Baptist Church, New Albany, IN. RC: *Allison Ewart 584-4222.*
6:00 pm 15/20 mi. #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*
7:00 pm 25 mi. #3. **Wheeling in the summertime.** Slow and easy ride from Hogan's Fountain in Cherokee Park to Iroquois Park and return. RCs: *Eric Sellers 502-216-8248 and John Cummings 502-239-0114, 502-553-6870.*

Thursday, August 13th

- 10:00 am 50 mi. #2. **Louisville Loop 50.** Waterfront Park, Yellow Lot to Farnsley-Moorman House and back via The Loop. RC: *Andy Murphy 526-1040*
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*
6:45 pm 15 mi. #3+. **Happy Hills Ride.** Hogan's Fountain, Cherokee Park. Will hit every hill in Cherokee and Seneca parks. RC: *Tommy Sutton 777-3458.*
7:15 pm 19 mi. #2. **BEAT THE HEAT!** Meet at Hogan's Fountain/Cherokee Park, RC: *Dianna Decker (850) 415-0755.*

Friday, August 14th

- 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*
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 TuneUp and Fun Ride.** St Matthews Baptist Church. RC: *Rick Croslin 502-387-5206.*

Saturday, August 15th

- 7:30 am 25 mi. #2. **BEAT THE HEAT!** Meet at Hogan's Fountain/Cherokee Park. RC: *Dianna Decker (850) 415-0755.*
8:00 am 49.91 mi. #3 Hogan's Fountain in Cherokee Park. RC: *Allison Dobbs 502-541-3886*
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*
4:00 pm 25 mi. #3. Bluegrass Bicycle. Crestwood Station shopping center. 6015 Crestwood Station, Crestwood, KY. RC: *Bob Clifford. 241-2440.*

Sunday, August 16th

- 7:00 am 100 mi. #3+. **Wises Landing/Kentucky River Mad Dog Century [TMD Stage #14].** 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 at preble.net, 222-7551 Home, 724-8477 Cell*
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-Moorman 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. 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*

CPSC- or Snell-approved Helmets Are Required

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LOUISVILLE BICYCLE CLUB

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Monday, August 17th

- 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: Slow Turn – 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. 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.*
- 7:00 pm 15 mi. #2. **BEAT THE HEAT!** St. Matthew's church parking lot. RC: *Dianna Decker (850) 415-0755.*

Tuesday, August 18th

- 8:00 am 60 mi. #3 (50 mi. if forecast over 90 degrees). 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, August 19th

- 8:00 am 35/50 mi. #3. Long Run Park. to McKinley's. RC: *Vicky Dobbs 500-4671*
- 6:00 pm 15/20 mi. #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*
- 7:00 pm 25mi. #3. **Wheeling in the summertime.** Slow and easy ride from Hogan's Fountain in Cherokee Park to Iroquois Park and return. RCs: *Eric Sellers 502-216-8248 and John Cummings 502-239-0114, 502-553-6870.*

Thursday, August 20th

- 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 WAY TO GET IN SHAPE FOR OKHT!** RC: *Mark/Lynn Luking 423-7072*
- 6:45 pm 15 mi. #3+. **Happy Hills Ride.** Hogan's Fountain, Cherokee Park. Will hit every hill in Cherokee and Seneca parks. RC: *Tommy Sutton 777-3458.*

Friday, August 21st

- 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. B ring 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, August 22nd

- 7:30 am 25 mi. #2. **BEAT THE HEAT!** Meet at Hogan's Fountain/Cherokee Park. RC: *Dianna Decker (850) 415-0755.*
- 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 & Easy.** Waterfront Park, Yellow Lot. RC: *Joe Thomas 447-2318. 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, August 23rd

- 7:00 am 100/55 mi. #3+. **Hot Century Sink or Swim--an LBC favorite Mad Dog Century** [TDM Stage #15]. Westport Park, Westport, Ky. Rides #3021/3022 at www.kybikerides.org. 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 Home, 724-8477 Cell.*
- 7:30 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.*
- 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: *A.B.Sandefur 425-9463*
- 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, August 24th

- 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: 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. 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*
- 7:00 pm 15 mi. #2. **BEAT THE HEAT!** St. Matthew's church parking lot. RC: *Dianna Decker (850) 415-0755.*

Tuesday, August 25th

- 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, August 26th

- 8:00 am 20/30/50mi. #3. Love's Travel Stop, Memphis, IN. RC: *Dick Williams 426-4844*
- 6:00 pm 15/20 mi. #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*
- 6:00 pm 30mi. #3. Tom Sawyer Park. RC: *Terry & Linda Donovan, 254-3968.*
- 6:15 pm 30mi. #3. Scheller's Fitness & Cycling, 1000 Veterans Parkway, Clarksville, IN, RC: *Mark Newbold 812-288-6100*
- 7:00 pm 25 mi. #3. **Wheeling in the summertime.** Slow and easy ride from Hogan's Fountain in Cherokee Park to Iroquois Park and return. RCs: *Eric Sellers 502-216-8248 and John Cummings 502-239-0114, 502-553-6870.*

Thursday, August 27th

- 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*
- 6:45 pm 15 mi. #3+. **Happy Hills Ride.** Hogan's Fountain, Cherokee Park. Will hit every hill in Cherokee and Seneca parks. RC: *Tommy Sutton 777-3458.*

Friday, August 28th

- 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.*
- 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, August 29th

- 7:00 am 25 mi. #2. **BEAT THE HEAT!** Meet at Hogan's Fountain/Cherokee Park. RC: *Dianna Decker (850) 415-0755.*
- 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: *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, August 30th

- 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. Charlie Vettiner Park. RC: *David King 500-7351*
- 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 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, August 31st

- 6:30 pm 12 mi. #2. **Recovery Ride (RIF RAF).** St. Matthews Baptist Church. RC: *Ron & Vicky Dobbs 500-4671.*
- 7:00 pm 15 mi. #2. **BEAT THE HEAT!** St. Matthew's church parking lot. RC: *Dianna Decker (850) 415-0755.*

CPSC- or Snell-approved Helmets Are Required

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