



LOUISVILLE BICYCLE CLUB

FOUNDED IN 1897 AS THE LOUISVILLE WHEELMEN



Saturday, May 1st

- 8:00 am 100 mi. #4+. **Pam Anderson Century**. Come out and celebrate all that is wrong with the Derby. We'll eat at KFC in Frankfort in honor of Pam Anderson. McDonald's in Shelbyville at KY 53 and US 60. RC: *Steve Rice, 494-5288*.
- 9:00 am 17/35 mi. #1/2. **SLOW & EASY**. Waterfront Park, Yellow Lot. RC: *Steve Montgomery 367-7103*
- 2:00 pm 55 mi. #3+. **Weekend W.I.N.G.S.** (Westport Incremental New Goals Series). Progressive series of rides designed to bring back fitness for the spring season. "WINGS training will make you fly!" Westport Park, Westport, Ky. Ride #3018 on www.kybikerides.org RC: *Dr. Larry Preble, 509-2362*

Sunday, May 2nd

- 8:00 am 100 mi. #3. **A Good First Century**. Waterfront Park, Yellow Lot. This ride is geared toward first time century riders and will take us to Utica, IN, Farnsley-Moremey Landing and Iroquois Park. RCs: *Andy Murphy 526-1040 and John Cummings 553-6870*
- 8:00 am 51/84/106 mi. #3. **Boston, Culvertown, St. Francis**, Paroquet Springs Conference Center. To right behind steakhouse. Shepherdsville, KY, RC: *Joe Kinsinger (502)889-7145*
- 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*.
- 9:30 am 25 mi. #2. **Bike MS & Tour de Cure Training Ride**. Pow Pow Blue Route. Scheller's Fitness & Cycling – Middletown. RC: *Greg & Debbie Scheller 502-245-1955*
- 2:00 pm 15/25 mi. #3. Heine Bros. coffee, Chenoweth Ln. RC: *Joe & Carol Medley, 339-0675*
- 3:00 pm 30 mi. #3. E.P. "Tom" Sawyer State Park. RC: *Dick Williams 426-4844*

Monday, May 3rd

- 8:30am 90 mi. #3+. Long Run Park. RC: *Bill Pustow 777-2847*
- 9:30 am 40 mi. #3. **Fat Forty Ride**. Douglas Loop in front of Heine Bros and Breadworks Coffee Shops. RCs: *Tommy Sutton (777-3458) & Dave Combs (724-9405)*.
- 6:15 pm **NEW RIDER CLINIC**, 4900 Bowling Boulevard. ABC Quick Check, Bike Sizing. RC: *Tom Armstrong, 523-9581 or education@louisvillebicycleclub.org*
- 6:30 pm 12 mi. #2. **Recovery Ride (RIF RAF)**. St. Matthews Baptist Church. RC: *Kevin Webster 777-6822*.

Tuesday, May 4th

- 8:45 am 50 mi. #3. Tom Sawyer along OKHT - Taylorsville Lake, Routt, back up through Simpsonville. RC: *Mark Rougeux, 494-9056*.
- 9:00 am 50 mi. #2. **Louisville Loop 50**. Waterfront Park, Yellow Lot to Farnsley-Moremey Landing and back via The Loop. RC: *Jim Tretter 491-7120*
- 5:30 pm "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: *Bill Fible 718-8003*
- 6:30 pm 15/25 mi. #3. St. Matthews Tuesday Night Ride. Burdorf Galleries parking lot (former Bacon's parking lot). RC: *Carol & Joe Medley (502) 836-4226*

Wednesday, May 5th

- 9:00 am 25/50mi.#3 Tom Sawyer Pk. AB Sandefur 425-9463
- 6:30 pm 19/25 mi. #3. Mike Linnig's. RC: *David King 500-7351*
- 6:30 pm 26 Miles #2. 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, May 6th

- 9:30 am 55 mi. #3. W.I.N.G.S. (Westport Incremental New Goals Series). Progressively more difficult series of rides designed to bring back fitness for the spring season. Westport Park, Westport, Ky. Ride #3023 on www.kybikerides.org RC: *Larry Preble, 509-2362*
- 6:30 pm 15/25 mi. #3. Evangel Conference Center. 6900 Billtown Road. RC: *Steve and Deb Sexton, 239-8521*.

Friday, May 7th

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

Saturday, May 8th

- 4:00 am 400K (250 mi). #4. 400K Brevet -Start at Day's Inn in Shelbyville, KY. Registration, lights and reflective gear required. For more information see http://www.louisvillebicycleclub.org/touring/Louisville_Bicycle_Club_Brevet_Series_2010.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*

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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- 8:00 am 101.5 mi #3 The Virgin Century [TMD Stage #5]. Silver Creek High School, Sellersburg IN. Ride# 2601 at www.kybikerides.org. RC: Jody Patterson 502-802-3873 or email: jride@iglou.com
- 9:00 am 17/35 mi. #1/2 SLOW & EASY. Waterfront Park, Yellow Lot. RC Laura Trachtenberg 905-1365
- 2:00 pm 61 mi. #3+. Weekend W.I.N.G.S. (Westport Incremental New Goals Series). Progressive series of rides designed to bring back fitness for the spring season. "WINGS training will make you fly!" Westport Park, Westport, Ky. Ride #3020 on www.kybikerides.org RC: Dr. Larry Preble, 509-2362
- 3:30 pm 24 mi. #3. Bluegrass Bicycle. Crestwood Station shopping center. 6015 Crestwood Station, Crestwood, KY. RC: *Bob Clifford*. 241-2440.
- 5:00 pm 15/25 mi. #3. Meijer's Parking Lot, 4500 S Hurstbourne Pkwy & Watterson Trail. RC: Glenn & Lisa Todd. (502) 491-5727.

Sunday, May 9th

- 8:00 am 51/84/106 mi. #3 Boston, Culvertown, St. Francis, Paroquet Springs Conference Center. To right behind steakhouse. Shepherdsville, KY, R.C. Joe Kinsinger (502)889-7145
- 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.
- 9:30 am 33/63 mi. #3. Mother's Day Ride. McDonald's in Shelbyville at US 60 and KY 53. RC: Susan Howell, 724-1136.
- 10:00 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: John Cummings, 502-239-0114, 502-553-6870, johncummings@bellsouth.net
- 2:00 pm 15/25 #3. Heine Bros. Coffee, Chenoweth Ln. RC Eric Sellers 216-8248
- 3:00 pm 30 mi. #3. E.P. "Tom" Sawyer State Park. RC: Dick Williams 426-4844

Monday, May 10th

- 9:30 am 40 mi. #3 Fat Forty Ride. Douglas Loop in front of Heine Bros and Breadworks Coffee Shops. RCs Tommy Sutton (777-3458) & Dave Combs (724-9405).
- 6:15 pm **NEW RIDER CLINIC**, 4900 Bowling Boulevard. Tools and basic repairs. RC: *Tom Armstrong* 523-9581 or education@louisvillebicycleclub.org
- 6:30 pm 29 mi. #3. Road Kill and One Big (Optional) Hill. Iroquois Park. RC: Steve Montgomery, 367-7103
- 6:30 pm 12 mi. #2. **Recovery Ride** (RIF RAF). St. Matthews Baptist Church. RC: *Ron & Vicky Dobbs* 500-4671

Tuesday, May 11th

- 9:00 am 40 mi. #3. Floyd Fork Park. RC: Jim Tretter 491-7120.
- 5:30 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: *Bill Fible* 718-8003
- 6:15 pm 25mi. #3. E.P. Tom Sawyer Park. RC: *Terry and Linda D. Donovan* 502-254-3968
- 6:30 pm 15/25 mi. #3. **St. Matthews Tuesday Night Ride**. Burdorf Galleries parking lot (former Bacon's parking lot) RC: *Joe & Carol Medley* 836-4226

Wednesday, May 12th

- 8:00 am 32/40/50mi. #3. Love's Travel Plaza, Memphis, IN. RC: *Alison Ewart* 684-4222
- 6:30 pm 26 mi. #2. **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
- 6:30 pm 15/30 mi. #3. E.P Tom Sawyer State Park. RC: *Marilyn Minnick* 412-4224

Thursday, May 13th

- 9:30 am 55 mi. #3+. **W.I.N.G.S.** (Westport Incremental New Goals Series). Progressively more difficult series of rides designed to bring back fitness for the spring season. Westport Park, Westport, Ky. Ride #3010 on www.kybikerides.org RC: *Larry Preble*, 509-2362
- 6:30 pm 15/25 mi. #3. Evangel Conference Center. 6900 Billtown Road. RC: *Steve and Deb Sexton*, 239-8521.

Friday, May 14th

- 9:00am, 50 mi. #3. **Louisville Loop 50**. Waterfront Park Yellow Lot to Farnsley Morman Landing. RC: *Bill Pustow* 777-2847
- 10:00 am 30 mi. #3. E.P. Tom Sawyer State Park. RC: *Terry and Linda D. Donovan* 502-254-3968
- 6:15 pm 15 mi #2. **Weekend Tune-Up and Fun Ride**. St. Matthews Baptist Church. RC: *Scott Howes*, 445-8201.

Saturday, May 15th

- 7:00 am 120 mi. #5. **Mammoth Cave Overnight**. [TMD Stage #6]. Jordan Services, 2820 English Station Rd. Reserve room at Mammoth Cave Hotel (270) 758-2225 - ask for LBC discounted rate. RC: *Allison Dobbs* 502-541-3886.
- 8:00 am 5/20/40/60 mi. #1/#2/#3. **Tour de Cure**. Fundraising ride for the American Diabetes Association. Registration and fund raising required.

CPSC- or Snell-approved Helmets Are Required

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Info at <http://main.diabetes.org> . Staggered start from Norton Commons. RC: TBD.

- 9:00 am 17/35 mi. #1/2. **SLOW & EASY**. Waterfront Park, Yellow Lot. RC: *George Cooper 499-1652*
- 9:30 am / 50/30 mi. #3. **Ride with the Red**, To raise funds for the Bluegrass Chapter of Red Cross. Route is Rolling hills. Registration required. \$18.00 before May 15, \$24.00 day of event. Note There will be a SAG, and food after the ride included. @ EquusRun Vineyard, 1280 Moores Mill Road - Midway, KY RC: *Kevin Webster 502-777-8622*
- 10:00 am 35/50 mi. #3. **OUTBACK** Steakhouse 8101 Bardstown Road. (Fern Creek). RC: *Donna Connell dgcpaint@bellsouth.net 541-4759 & Stewart Prather 895-9094*
- 3:30 pm 24 mi. #3. **Bluegrass Bicycle**. Crestwood Station shopping center. 6015 Crestwood Station, Crestwood, KY. RC: *Bob Clifford. 241-2440.*
- 5:00 pm 15/25 mi. #3. **Meijer's Parking Lot**, 4500 S Hurstbourne Pkwy & Watterson Trail. RC: *Glenn & Lisa Todd. (502) 491-5727.*

Sunday, May 16th

- 7:00 am CDT 120 mi. #4. **Mammoth Cave Overnight**, return trip. Mammoth Cave Hotel. RC: *Allison Dobbs 502-541-3886.*
- 8:00 am 51/84/106 mi. #3. **Boston, Culvertown, St. Francis**, Paroquet Springs Conference Center. To right behind steakhouse. Shepherdsville, KY, RC: *Joe Kinsinger (502)889-7145*
- 8:30 am **Cycling Races for Metro Parks 50 and Over Games**. 5K and 10K time trials. Shawnee Park. Contact Marilyn Minnick 412-4224 for information.
- 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.*
- 9:30 am 40 mi. #3. **Bike MS Training Ride**. Scheller's Fitness & Cycling – Clarksville. RC: *Mark Newbold 812-288-6100*
- 2:00 pm 15/25 #3. **Baptist/Milestone Wellness Center**, 750 Cypress St. Drive. RC: *Steve Sarson 499-7089*
- 3:00 pm 30 mi. #3. **E.P. "Tom" Sawyer State Park**. RC: *Dick Williams 426-4844*

Monday, May 17th

- 8:30am 90 mi. #3+. Long Run Park. RC: *Bill Pustow 777-2847*
- 9:30 am 40 mi. #3. **Fat Forty Ride**. Douglas Loop in front of Heine Bros and Breadworks Coffee Shops. RCs: *Tommy Sutton (777-3458) & Dave Combs (724-9405).*
- 6:15 pm **NEW RIDER CLINIC**. 4900 Bowling Boulevard. Helmet selection and fit, clothing and accessories, nutrition and hydration. RC: *Tom Armstrong, 523-9581 or education@louisvillebicycleclub.org*
- 6:00 pm 30 mi. #3. E. P. Tom Sawyer Park. RC: *Terry and Linda D. Donovan 502-254-3968*
- 6:30 pm 12 mi. #2. **Recovery Ride (RIF RAF)**. St. Matthews Baptist Church. RC: *Kevin Webster 777-8622*

Tuesday, May 18th

- 8:30 am 40 mi. #3. **Vettiner Park**. RC: *Jim Tretter 491-7120.*
- 5:30 pm 20/25 miles #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: *Allison Dobbs 541-3886*
- 6:30 pm 15/25 mi. #3. **St. Matthews Tuesday Night Ride**. Burdorf Galleries parking lot (former Bacon's parking lot) RC: *Carol & Joe Medley, 836-4226*

Wednesday, May 19th

- 9:00 am 37/53mi. #3 Tom Sawyer Pk. RC: *John Larson 245-2374*
- 6:30 pm 15/30 mi. #3. E.P Tom Sawyer State Park. RC: *Marilyn Minnick 412-4224*
- 6:45 pm 10 Mi. #1. **RIDE OF SILENCE**- Waterfront Park. Witherspoon and Brook. Join cyclists worldwide in this silent, slow paced ride (12 mph max) in honor of those who have been killed or injured while cycling on public roadways. Ride leaves promptly at 7:00. If you choose, wear a BLACK armband in memory of those killed. Wear a RED armband if YOU have been injured. RC: *Richard Heckler, 931-2067, RoS.Louisville@gmail.com*

Thursday, May 20th

- 9:30 am 55 mi. #3. **W.I.N.G.S.** (Westport Incremental New Goals Series). Progressively more difficult series of rides designed to bring back fitness for the spring season. Westport Park, Westport, Ky. Ride #3007 on www.kybikerides.org RC: *Larry Preble, 509-2362*
- 6:30 pm 15/25 mi. #3. **Evangel Conference Center**. 6900 Billtown Road. RC: *Steve and Deb Sexton, 239-8521.*

Friday, May 21st

- 9:00 am 42 mi. #3. **South Louisville 42/43**. (Scotts Gap/Weaver Run). Iroquois Park to Jefferson Memorial Forest and back. RC: *Dave Combs 724-9405.*
- 6:15 pm 15 mi #2. **Weekend Tune-Up and Fun Ride**. St. Matthews Baptist Church. RC: *Scott Howes, 445-8201.*

CPSC- or Snell-approved Helmets Are Required

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Saturday, May 22nd

- 7:00 am 200K (125 mi). #4. 200K Brevet -Start at Finley Firehouse in Scottsburg, IN. Registration, lights and reflective gear required. For more information see http://www.louisvillebicycleclub.org/touring/Louisville_Bicycle_Club_Brevet_Series_2010.pdf □
- 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*
- 10:15 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*
- 2:00 pm 55 mi. #3. **Weekend W.I.N.G.S.** (Westport Incremental New Goals Series). Progressive series of rides designed to bring back fitness for the spring season. "WINGS training will make you fly!" Westport Park, Westport, Ky. Ride #3023 on www.kybikerides.org RC: *Dr. Larry Preble, 509-2362*
- 3:30 pm 24 mi. #3. Bluegrass Bicycle. Crestwood Station shopping center. 6015 Crestwood Station, Crestwood, KY. RC: *Bob Clifford. 241-2440.*
- 5:00 pm 15/25 mi. #3. Meijer's Parking Lot, 4500 S Hurstbourne Pkwy & Watterson Trail. RC: *Glenn & Lisa Todd. (502) 491-5727.*

Sunday, May 23rd

- 8:00 am 100 mi. #3. Salem Century [TMD Stage #7]. 2nd St. Bridge, Jeff, IN. RC: *Steve Montgomery 367-7103*
- 8:00 am 51/84/106 mi. #3. **Boston, Culvertown, St. Francis**. Paroquet Springs Conference Center. To right behind steakhouse. Shepherdsville, KY, RC: *Joe Kinsinger (502)889-7145*
- 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 #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*

Monday, May 24th

- 8:30am 90 mi. #3+. Long Run Park. RC: *Bill Pustow, 777-2847*
- 9:30 am 40 mi. #3. **Fat Forty Ride**. Douglas Loop in front of Heine Bros and Breadworks Coffee Shops. RCs: *Tommy Sutton (777-3458) & Dave Combs (724-9405).*
- 6:15 pm **NEW RIDER CLINIC**. 4900 Bowling Boulevard. Bike handling drills--learn to avoid crashes! RC: *Tom Armstrong, 523-9581 or education@louisvillebicycleclub.org*
- 6:30 pm 12 mi. #2. **Recovery Ride** (RIF RAF). St. Matthews Baptist Church. RC: *Ron & Vicky Dobbs 500-4671 .*

Tuesday, May 25th

- 8:30 am 50 mi. #3. Long Run Park. RC: *Jim Tretter 491-7120.*
- 5:30 pm 20/25 miles #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: *Bill Fible 718-8003*
- 6:30 pm 15/25 mi. #3. **St. Matthews Tuesday Night Ride**. Burdorf Galleries parking lot (former Bacon's parking lot) RC: *Carol & Joe Medley 836-4226*

Wednesday, May 26th

- 9:00 am 25/50mi. #3 Love's Travel Plaza, Memphis, IN. RC: *AB Sandefur 425-9463*
- 6:00 pm 15 mi. #1. **MAD Pup Waterfront Weds**. Start parking lot at Seneca Park walking track. Slow and Easy Ride to Waterfront Park for WFPK Concert. Stay as long as you like and then ride back. Front Headlight and rear red (blinky) taillight required. You will need a means to lock your bike at the Waterfront. RC: *Charlie Drexler 499-9854*
- 6:15 pm 19/25 mi. #3. Mike Linnig's. RC: *Barry Luckett 810-0157*
- 6:30 pm 6:30 pm 26 Miles #2. **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, May 27th

- 10:00 am 50 mi. #2. **Louisville Loop 50**. Waterfront Park, Yellow Lot to Farnsley-Moremen Landing and back via The Loop. RC: *Andy Murphy 502-526-1040*
- 6:30 pm 15/25 mi. #3. Evangel Conference Center. 6900 Billtown Road. RC: *Steve and Deb Sexton, 239-8521.*

Friday May 28th

- 9:00 am 30 mi. #3. E.P. Tom Sawyer Park RC: *Terry & Linda Donovan, 254-3968.*
- 9:00 am 42 mi. #3. **South Louisville 42/43**. (Scotts Gap/Weaver Run).Iroquois Park to Jefferson Memorial Forest and back. RC: *Dave Combs 724-9405.*
- 6:15 pm 15 mi #2. **Weekend Tune-Up and Fun Ride**. St. Matthews Baptist Church. RC: *Scott Howes, 445-8201.*

CPSC- or Snell-approved Helmets Are Required

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Saturday, May 29th

- 8:00 a.m. 100 miles #4. **Campbellsburg Century**. Ride start at Finley Firehouse in Scottsburg, IN. 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: *Eric Sellers 216-8248*
- 10:00 am 60 mi. #3. **Hops Ride**. Meet at Waterfront Park in the Yellow Lot. Hop over to Sergio's afterward. RC: *Susan Howell, 724-1136.*
- 2:00 pm 55 mi. #3. **Weekend W.I.N.G.S.** (Westport Incremental New Goals Series). Progressive series of rides designed to bring back fitness for the spring season. "WINGS training will make you fly!" Westport Park, Westport, Ky. Ride #3010 on www.kybikerides.org RC: *Dr. Larry Preble, 509-2362*
- 3:30 pm 24 mi. #3. **Bluegrass Bicycle**. Crestwood Station shopping center. 6015 Crestwood Station, Crestwood, KY. RC: *Bob Clifford. 241-2440.*
- 5:00 pm 15/25 mi. #3. **Meijer's Parking Lot**, 4500 S Hurstbourne Pkwy & Watterson Trail. RC: *Glenn & Lisa Todd. (502) 491-5727.*

Sunday, May 30th

- 8:00 am 51/84/106 mi. #3. **Boston, Culvertown, St. Francis** Paroquet Springs Conference Center. To right behind steakhouse. Shepherdsville, KY, RC: *Joe Kinsinger (502)889-7145*
- 8:00 am 105 mi. #4+. **Owenton Century**. Start at Sheblyville McDonald's - at intersection of Hwy 53 and US 60 in Shelbyville. This ride will only have 2 stops. Please be prepared to ride at least 40 miles between stops. RC: *Steve Rice srice@insightbb.com 502-494-5288*
- 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.*
- 9:30 am 40 mi. #3. **Bike MS Training Ride**. South 40 Gellhaus, Broad Run. Scheller's Fitness & Cycling – Middletown. RC: *Jesse Roberson & Mark Newbold 502-245-1955*
- 10:00 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: *John Cummings, 502-239-0114, 502-553-6870, johncummings@bellsouth.net*
- 2:00 pm 15/25 #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, May 31st

- 8:00 am 100 mi. #4. **Vettiner Park**. RC: *Susan Howell, 724-1136.*
- 9:30 am 40 mi. #3. **Fat Forty Ride**. Douglas Loop in front of Heine Bros and Breadworks Coffee Shops. RCs Tommy Sutton (777-3458) & Dave Combs (724-9405).
- 10:00 am 15 mi. #1. **Mayor's Healthy Hometown Hike & Bike**. Waterfront Park. Booths open at 9 am, ride begins at 10 am. Wheelmen's Time will not be observed for this ride. Sign in at the LBC booth.
- 6:30 pm 12 mi. #2. **Recovery Ride** (RIF RAF). St. Matthews Baptist Church. RC: *Kevin Webster 777-8622.*

CPSC- or Snell-approved Helmets Are Required

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