



LOUISVILLE BICYCLE CLUB

FOUNDED IN 1897 AS THE LOUISVILLE WHEELMEN



Thursday, July 1st

- 8:00 am 40 mi. #3. Tom Sawyer Park. RC: *Mark Rougeux 494-9056*
- 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 17/30 mi. #3, **FRUIT RIDE**. E.P."TOM" Sawyer State Park. RC's: *Ellen Mackin & Charlie Drexler, 499-9854*.
GREAT WAY TO GET INTO SHAPE FOR OKHT--We are collecting plastic zip lock bags--garbage bags--hand sanitizer--wet wipes for OKHT on this ride.

Friday, July 2nd

- 10:00 am 30 mi. #3. From Goose Creek Cycle, 202 East Main, LaGrange, KY. RC: *Jon Kindig 502-265-1808*
- 10:15 am 10-18 mi. #2. **Your Option Ride (YOR)**. E.P. 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. RC: *Lynn Luking 423-7072*
- 6:15 pm 15 mi #2. **Weekend Tune-Up and Fun Ride**. St. Matthews Baptist Church, 3515 Grandview Avenue. RC: *Scott Howes, 445-8201*

Saturday, July 3rd

- 7:00 am 70/100 mi. #3+. **Boston-Munfordville-Boston (BMB) [TMD Stage #11]**. Boston Elementary School (I-65 South to Lebanon Jct, Exit 105, left to US 61/62, left on KY 733.) 70 Mile Option for those not competing in the TMD and wanting a slightly shorter ride. RC: *Timothy Stephen 608-6174*
- 8:30 am 35/50mi. #3. **OUTBACK Steakhouse**. 8101 Bardstown Road/Fern Creek RC: *Donna Connell dgcpaint@bellsouth.net 541-4759 & Stewart Prather 895-9094*
- 9:00 am 17/35 mi. #1/#2. **SLOW & EASY**. Waterfront Park, Yellow Parking Lot. RC: *Laura Trachtenberg, 905-1365*.
- 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 15/30 mi. #3. Meijer's Parking Lot, 4500 S Hurstbourne Pkwy & Watterson Trail. RC: *Glenn & Lisa Todd. (502) 491-5727*.

Sunday, July 4th

- 8:00 am 26/60/100 mi. #3. **"The Best of the Bluegrass" [TMD Makeup for Stage 1]**, Northside Elem School, Midway, KY (exit 65 on I-64) Start a new Independence Day tradition by riding thru the horse farms and pikes of Woodford, Scott, Lafayette, and Bourbon Counties. Lunch options in Georgetown, KY. Shorter routes and cut-outs for riders who don't want to do a full century. Joint ride with the Bluegrass Cycling Club. RC: *Kirk Roggenkamp 502-718-1911 and Cathy Hill 859-509-4425 anchordog@insightbb.com*
- 8:30 am 90mi. #3. **Up the 210 Hwy**. Paroquet Springs Conference Center, Shepherdsville, KY. To right behind steakhouse. 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 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, July 5th

- 8:00 am 100 mi #5. **Lawrenceburg Loop** - Start at the McDonald's in Shelbyville - Hwy 53 and US60 - exit 35 from I-64 RC: *Steve Rice price at insightbb.com 502-494-5288*
- 8:30 am 90mi. #3. **Up the 210 Hwy**. Paroquet Springs Conference Center, Shepherdsville, KY. To right behind steakhouse. RC: *Joe Kinsinger (502)889-7145*
- 9:30 am 40 mi. #3. **Fat Forty Ride**. Douglas Loop (Dundee and Bardstown Rds) in front of Heine Bros and Breadworks Coffee Shops. RC: *Tommy Sutton (777-3458) and Dave Combs (724-9405)*.
- 6:15 pm **New Rider Clinic**. Yellow Parking Lot, Waterfront Park (River Road across from Stoplite Liquors). 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. 3515 Grandview Avenue. RC: *Ford Barr 396-9833*

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 1/2 hills □ #4: Rolling, mostly hills, some long, steep grades and/or long mileage.



LOUISVILLE BICYCLE CLUB

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Tuesday, July 6th

- 8:30 am 47 mi. #3. Floyds Fork Park. RC: *Jim Tretter 491-7120.*
- 10:15 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. RC: *Lynn Luking 423-7072*
- 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: *Kirk Roggenkamp and Cathy Hill 718-1911*
- 6:15 pm 25 mi. #3. E. P. Tom Sawyer State 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, July 7th

- 9:00 am 25/50mi. #3. E.P. Tom Sawyer Pk. to Claudia Sanders. RC: *A.B. Sandefur 425-9463*
- 6:00 pm 26 mi. #2. **Wheeling in the summertime.** Slow and easy ride from Hogan's Fountain in Cherokee Park to Iroquois Park and return. RC: *John Cummings 502-239-0114, 502-553-6870, johncummings@bellsouth.net*
- 6:00pm 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). RC: *Laura Trachtenberg, 905-1365*
- 6:15 pm **New Rider Clinic.** Iroquois Park Amphitheater lot. Parking lot drills, Par II RC: *David Wittry, or education@louisvillebicycleclub.org*
- 6:15 pm 30 mi. #3. Scheller's Fitness & Cycling, 1000 Veterans Parkway, Clarksville, IN, RC: *Mark Newbold 812-288-6100*
- 6:30 pm 15/30 mi. #3. Prospect Point Shopping Center, 9537 US Hwy 42. RC: *Marilyn Minnick, 412-4224.*

Thursday, July 8th

- 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 17/30mi. #3. **FRUIT RIDE.** EP Tom Sawyer Park , GREAT WAY TO GET IN SHAPE FOR OKHT- RC: *Mark & Lynn Luking,423-7072*
Crazy "Boxer Short" contest on the Fruit Ride--Wear your funny-crazy looking Boxers and win a prize!!
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.
- 6:30 pm 29mi. #3. **Road Kill and One Big (Optional) Hill.** Iroquois Park, Amphitheater Parking Lot. RC: *Steve Montgomery 502-482-0003.*

Friday, July 9th

- 8:00 am 43 mi. **South Louisville 42/43.** (Weaver Run). Iroquois Park thru Jefferson Memorial Forest and return. RC: *Dave Combs 724-9405*
- 10:00 am 30 mi. #3 Goose Creek Cycle. 202 East Main, LaGrange, Y. RC: *Jon Kindig 502-265-1808*
- 10:15 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. RC: *AB Sandefur 425-9463*
- 6:15 pm 15 mi #2. **Weekend Tune-Up and Fun Ride.** St. Matthews Baptist Church. 3515 Grandview Avenue. RC: *Scott Howes, 445-8201*

Saturday, July 10th

- 8:00 am 100 mi. #5. **A Horrible First Century** (AKA The Pam). Starts behind the Shelbyville McDonald's at the intersection of Hwy 53 and US 60. Take 53 north from exit 35 of I-64. Since The Pam was canceled in May, this will be our opportunity to celebrate everything wrong with Derby about 2 months late. RC: *Steve Rice 494-5288. srice at insightbb.com*
- 8:30 am 30/60 mi. #3. E.P. Tom Sawyer Sate Park RC: *Terry & Linda Donovan, 254-3968.*
- 9:00 am 17/35 mi. #1/#2. **SLOW & EASY.** Waterfront Park, Yellow Parking Lot. RC: *Steve Highbaugh, 966-2115.*
- 9:00 am 35 mi. #3. **Wayside Park Clean-up and bike ride.** Southern Parkway and Oakdale Avenue. We will be continuing our clean-up efforts at Wayside Park, the location of "Ruff's Memorial Wheelmen's Bench". The bike ride will follow the clean-up (approx 12 noon). RC: *John Cummings 502-239-0114, 502-553-6870, johncummings@bellsouth.net*
- 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 15/30 mi. #3. Meijer's Parking Lot, 4500 S Hurstbourne Pkwy & Watterson Trail. RC: *Glenn & Lisa Todd. (502) 491-5727.*

CPSC- or Snell-approved Helmets Are Required

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Sunday, July 11th

- 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*
- 8:30 am 90mi. #3. **Up the 210 Hwy.** Paroquet Springs Conference Center, Shepherdsville, KY. To right behind steakhouse. 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.*
- 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: *Tim Wright 716-2048*
- 1:00 pm 15 mi. #1. **Tom Owen History Tour.** Waterfront Park, Turquoise Lot. This will be a Talking Tour through Old Louisville, with several stops along the way to discuss historical landmarks. This is a 2nd Sunday event. RC: *Dirk Gowin (505)619-1499*
- 2:00 pm 15/25 #3. **A.B.'s Birthday Ride,** 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, July 12th

- 9:30 am 40 mi. #3. **Fat Forty Ride.** Douglas Loop (Dundee and Bardstown Rds)in front of Heine Bros and Breadworks Coffee Shops. RC: *Tommy Sutton (777-3458) and Dave Combs (724-9405).*
- 4:15 pm 12 mi. #2. **Recovery Ride (RIF RAF)** St. Matthews Baptist Church. RC: *Cathy Hamilton, 502-523-3367*
- 6:15 pm **New Rider Clinic.** Yellow Parking Lot, Waterfront Park (River Road across from Stoplite Liquors). Tools and basic repairs RC: *Tom Armstrong, 523-9581 or education@louisvillebicycleclub.org*
- 6:30 pm 12 mi. #2. **Recovery Ride (RIF RAF).** St. Matthews Baptist Church. 3515 Grandview Avenue. RC: *Ford Barr 396-9833 .*
- 7:30 pm 15 mi. #2. **BEAT THE HEAT!** St. Matthews Baptist Church. 3515 Grandview Avenue. RC: *Dianna Decker (850) 415-0755*

Tuesday, July 13th

- 8:30 am 55 mi. #3. Vettiner 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: *Timothy Stephen 608-6174*
barturtle@gmail.com
- 6:30 pm 15/25 mi. #3. **St. Matthews Tuesday Night Ride.** Burdorf Galleries parking lot (former Bacon's parking lot) RC: *David King 500-7351*

Wednesday, July 14th

- 9:00 am 25/45mi. #3. Crestwood Station Shopping Center, Crestwood, KY. RC: *Vicky Dobbs 500-4671*
- 4:15 pm 12 mi. #2. **Recovery Ride (RIF RAF).** St. Matthews Baptist Church. 3515 Grandview Avenue. RC: *Cathy Hamilton, 502-523-3367*
- 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). RC: *Laura Trachtenberg, 905-1365*
- 6:00 pm 26mi. #2. **Wheeling in the summertime.** Slow and easy ride from Hogan's Fountain in Cherokee Park to Iroquois Park and return. RC: *John Cummings 502-239-0114, 502-553-6870, johncummings@bellsouth.net*
- 6:15 pm **New Rider Clinic.** Iroquois Park Amphitheater lot. Five Layers of Safety/ RC: *David Wittry or education@louisvillebicycleclub.org*
- 6:15 pm 30 mi. #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. 9308 Cane Run Road. RC: *Barry Luckett 810-0157*
- 6:30 pm 15/30 mi. #3. Prospect Point Shopping Center, 9537 US Hwy 42. RC: *Marilyn Minnick, 412-4224.*

Thursday, July 15th

- 10:00 am 50 mi. #2. **Louisville Loop 50.** Waterfront Park, Yellow Lot to Farnsley-Moremey Landing and back via The Loop. RC: *Andy Murphy 502-526-1040*
- 6:30 pm 17/30 mi. #3. **FRUIT RIDE.** E.P."TOM" Sawyer State Park. RC's: *Ann & Ron DePrez, 810-4622.*
GREAT WAY TO GET INTO SHAPE FOR OKHT--We are collecting plastic zip lock bags-garbage bags-hand sanitizer-wet wipes for OKHT on this ride.

Friday, July 16th

- 10:00 am 30 mi. #3. Goose Creek Cycle, 202 East Main, LaGrange, KY RC: *Jon Kindig 502-265-1808*
- 10:15 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 RC: *AB Sandefur 425-9463*
- 6:15 pm 15 mi #2. **Weekend Tune-Up and Fun Ride.** St. Matthews Baptist Church. 3515 Grandview Avenue. RC: *Scott Howes, 445-8201*

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Saturday, July 17th

- 6:00 am 300K (186 mi). #4. **300K Brevet** -Start at Johnny Bertrand's house in Georgetown, 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*
- 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*
- 9:00 am 17/35 mi. #1/#2. **SLOW & EASY**. Waterfront Park, Yellow Parking Lot. RC: *Joe & Carol Medley, 339-0675.*
- 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 15/30 mi. #3. **Meijer's Parking Lot**, 4500 S Hurstbourne Pkwy & Watterson Trail. RC: *Glenn & Lisa Todd. (502) 491-5727.*

Sunday, July 18th

- 8:30 am 90mi. #3. **Up the 210 Hwy**. Paroquet Springs Conference Center, Shepherdsville, KY. To right behind steakhouse. 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.*
- 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: *Tim Wright 716-2048*
- 2:00 pm 15/25 #3. **Baptist East/Milestone Wellness Center**, 750 Cypress St. Dr. RC *Steve Sarson 499-7089*
- 3:00 pm 30 mi. #3. **E.P. "Tom"** Sawyer State Park. RC: *Dick Williams 426-4844*

Monday, July 19th

- 9:30 am 40 mi. #3. **Fat Forty Ride**. Douglas Loop (Dundee and Bardstown Rds)in front of Heine Bros and Breadworks Coffee Shops. RC: *Tommy Sutton (777-3458) and Dave Combs (724-9405).*
- 4:15 pm 12 mi. #2. **Recovery Ride (RIF RAF)** St. Matthews Baptist Church. 3515 Grandview Avenue. RC: *Cathy Hamilton, 502-523-3367*
- 6:15 pm **New Rider Clinic**. Yellow Parking Lot, Waterfront Park (River Road across from Stoplite Liquors). Helmet selection and fit, Clothing and accessories, nutrition and hydration RC: *Tom Armstrong, 523-9581 or education@louisvillebicycleclub.org*
- 6:30 pm 12 mi. #2. **Recovery Ride (RIF RAF)**. St. Matthews Baptist Church. 3515 Grandview Avenue RC: *Ford Barr 396-9833*
- 7:30 pm 15 mi. #2. **BEAT THE HEAT!** St. Matthews Baptist Church. 3515 Grandview Avenue RC: *Dianna Decker (850) 415-0755*

Tuesday, July 20th

- 8:30 am 59 mi. #3. **Long Run Park**, modified if above 90 degrees. 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: *John Cummings 239-0114 or 553-6870*
- 6:30 pm 15/25 mi. #3. **St. Matthews Tuesday Night Ride**. Burdorf Galleries parking lot (former Bacon's parking lot) RC: *Matt Fegenbush 645-1256*

Wednesday, July 21st

- 8:00 am 32/50mi. #3. **Love's Travel Plaza**, 13615 Blue Lick Road, Memphis, IN. RC: *Alison Ewart 584-4222*
- 4:15 pm 12 mi. #2. **Recovery Ride (RIF RAF)** St. Matthews Baptist Church. 3515 Grandview Avenue. RC: *Cathy Hamilton, 502-523-3367*
- 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). RC: *Laura Trachtenberg, 905-1365*
- 6:00 pm 26mi. #2. **Wheeling in the summertime**. Slow and easy ride from Hogan's Fountain in Cherokee Park to Iroquois Park and return. *John Cummings 502-239-0114, 502-553-6870, johncumplings@bellsouth.net*
- 6:15 pm **New Rider Clinic**. Iroquois Park Amphitheater lot. Traffic Rules, Lane Positioning. RC: *David Wittry or education@louisvillebicycleclub.org*

Thursday, July 22nd

- 10:00 am 50 mi. #2. **Louisville Loop 50**. Waterfront Park, Yellow Lot to Farnsley-Moremens Landing and back via The Loop. RC: *Andy Murphy 502-526-1040*
- 6:30 pm 17/30 mi. #3. **FRUIT RIDE**. E.P. Tom Sawyer Park, RC: *Mark & Lynn Luking,423-7072*
- GREAT WAY TO GET IN SHAPE FOR OKHT** - 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.

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Friday, July 23rd

- 8:00 am 40 mi. #3. Long Run Park. 1605 Flat Rock Rd. RC: *Terry & Linda Donovan, 254-3968.*
- 10:00 am 30 mi. #3. Goose Creek Cycle, 202 East Main, LaGrange, KY. RC: *Jon Kindig 502-265-1808*
- 10:15 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. RC: *Lynn Luking 423-7072*
- 6:15 pm 15 mi #2. **Weekend Tune-Up and Fun Ride**. St. Matthews Baptist Church. 3515 Grandview Avenue RC: *Scott Howes, 445-8201*

Saturday, July 24th

- 8:00am 100 mi. #3+. Long Run Park. 1605 Flat Rock Rd. RC: *Bill Pustow 777-2847*
- 9:00 am 17/35 mi. #1/#2. **SLOW & EASY**. Waterfront Park, Yellow Parking Lot. RC: *George Cooper, 499-1652.*
- 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 15/30 mi. #3. Meijer's Parking Lot, 4500 S Hurstbourne Pkwy & Watterson Trail. RC: *Glenn & Lisa Todd. (502) 491-5727.*

Sunday, July 25th

- 8:00 am 100 mi. #3+. **Medora Century [TMD Stage 12]**. Ride start at Clark Forestry, Henryville, IN. Take I-65 North to the Henryville, IN exit. Go right, east, off of exit on 160. Go left, north, on State Road 31. Forestry off to left within a mile. Please note: Take the first left after entering the park to begin parking. Let's try to leave some room in the paved lot for the people who have rented the shelter. RC: *Melissa "Puddle" Hall, lissah45@yahoo.com. (812) 752-3973.*
- 8:30 am 90mi. #3. **Up the 210 Hwy**. Paroquet Springs Conference Center, Shepherdsville, KY. To right behind steakhouse. 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.*
- 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: *Tim Wright 716-2048*
- 2:00 pm 15/25 mi. #3. Heine Brothers Coffee, Chenoweth Ln. RC: *Stewart Prather 893-9094*
- 3:00 pm 30 mi. #3. E.P. "Tom" Sawyer State Park. RC: *Dick Williams 426-4844*

Monday, July 26th

- 9:30 am 40 mi. #3. **Fat Forty Ride**. Douglas Loop (Dundee and Bardstown Rds) in front of Heine Bros and Breadworks Coffee Shops. RC: *Tommy Sutton (777-3458) and Dave Combs (724-9405).*
- 6:15 pm **New Rider Clinic**. Yellow Parking Lot, Waterfront Park (River Road across from Stoplite Liquors). Parking lot drills, Part I RC: *Tom Armstrong, 523-9581 or education@louisvillebicycleclub.org*
- 6:30 pm 12 mi. #2. **Recovery Ride (RIF RAF)**. St. Matthews Baptist Church. 3515 Grandview Avenue. RC: *Ford Barr 396-9833 .*
- 7:30 pm 15 mi. #2. **BEAT THE HEAT!** St. Matthews Baptist Church. 3515 Grandview Avenue. RC: *Dianna Decker (850) 415-0755*

Tuesday, July 27th

- 8:30 am 58 mi. #3. Floyds Fork Park, modified if above 90 degrees. 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*
- 6:30 pm 15/25 mi. #3. **St. Matthews Tuesday Night Ride**. Burdorf Galleries parking lot (former Bacon's parking lot) RC: *Andy Murphy 502-526-1040*

Wednesday, July 28th

- 8:00 am 30/50mi. #3. E.P. Tom Sawyer State Park. RC: *Dick Williams 426-4844*
- 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 (blink) taillight required. You will need a means to lock your bike at the Waterfront. RC: *Charlie Drexler 499-9854*
- 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). RC: *Laura Trachtenberg, 905-1365*
- 6:00 pm 26mi. #2. **Wheeling in the summertime**. Slow and easy ride from Hogan's Fountain in Cherokee Park to Iroquois Park and return. RC: *John Cummings 502-239-0114, 502-553-6870, johncummings@bellsouth.net*
- 6:15 pm 30 mi. #3. Scheller's Fitness & Cycling, 1000 Veterans Parkway, Clarksville, IN, RC: *Mark Newbold 812-288-6100*
- 6:15 pm **New Rider Clinic**. Iroquois Park Amphitheater lot. Written and Road tests, Course Evaluations RC: *David Wittry or education@louisvillebicycleclub.org,*
- 6:15 pm 19/25 mi. #3. Mike Linnig's. 9308 Cane Run Road. RC: *David King 500-7351*

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 1/2 hills □ #4: Rolling, mostly hills, some long, steep grades and/or long mileage.



LOUISVILLE BICYCLE CLUB

FOUNDED IN 1897 AS THE LOUISVILLE WHEELMEN



Thursday, July 29th

- 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 17/30 mi. #3. **FRUIT RIDE**, EP Tom Sawyer Park RC: *Mark & Lynn Luking, 423-7072*
GREAT WAY TO GET IN SHAPE FOR OKHT - We are collecting items to make gorp for the OKHT.

Friday, July 30th

- 8:00 am 43 mi. #3. **South Louisville 42/43**. (Weaver Run). Iroquois Park thru Jefferson Memorial Forest and return. RC: *Dave Combs (724-9405)*
- 10:00 am 30 mi. #3. Goose Creek Cycle, 202 East Main, LaGrange, KY RC: *Jon Kindig 502-265-1808*
- 10:15 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. RC: *Lynn Luking 423-7072*
- 6:15 pm 15 mi #2. **Weekend Tune-Up and Fun Ride**. St. Matthews Baptist Church. 3515 Grandview Avenue. RC: *Scott Howes, 445-8201*

Saturday, July 31st

- 7:00 am 100 mi. #4+. **Crestwood Killer Century [TMD Stage #13]**. Crestwood Station Shopping Center, Crestwood, KY. Ride #700 at www.kybikerides.org. Seven major climbs with cumulative climb of more than 8,600 ft. with beautiful vistas. RC: *Kristin Roggenkamp (502)303-0201*.
- 8:00 am 50 mi. #3. E.P. Tom Sawyer State Park. RCs: *Joe and Carol Medley 836-4226*. Ride Modified if above 90 degrees.
- 9:00 am 17/35 mi, #1/#2. **SLOW & EASY**. Waterfront Park, Yellow Parking Lot. RC: *Joe Thomas, 447-2318*.
- 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 15/30 mi. #3. Meijer's Parking Lot, 4500 S Hurstbourne Pkwy & Watterson Trail. RC: *Glenn & Lisa Todd. (502) 491-5727*.

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