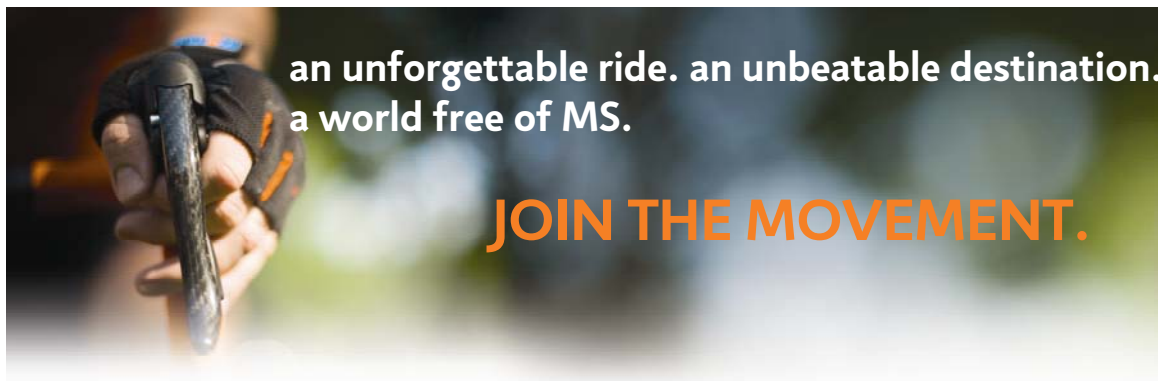




Bike the Bluegrass  
Ride 2008



an unforgettable ride. an unbeatable destination.  
a world free of MS.

**JOIN THE MOVEMENT.**

## Bike MS: Bike the Bluegrass 2008 Training Ride Schedule

Sunday, March 30 at 10:30

22 miles, Scheller's Fitness & Cycling Middletown  
Captain: Jesse Roberson

Saturday, April 5 at 10:30

33 miles, Scheller's Fitness & Cycling – Clarksville  
Captain: Mark Newbold

Sunday April 20 at 10:00

Jacobson Park – Lexington  
Captain: Andy Lanier

\*Will be taking off promptly at 10 am

Sunday April 27 at 9:30

40 miles, Scheller's Fitness & Cycling Middletown  
Captain: Tom Armstrong

Sunday, May 4 at 9:30

40 miles, Scheller's Fitness & Cycling – Clarksville  
Captain: Mark Newbold

Jacobson Park – Lexington

Captain: Andy Lanier

\*Will be taking off promptly at 10 am

Sunday, May 18 at 9:30

40 Miles, Scheller's Fitness & Cycling Middletown  
Captain: Tom Armstrong

Sunday, May 25 at 10

Jacobson Park – Lexington  
Captain: Andy Lanier

\*Will be taking off promptly at 10 am

Sunday, June 1 at 9:30

50 miles, Scheller's Fitness & Cycling Middletown  
Captain: Jesse Roberson

### Group Riding - Safety Skills Clinics

Sunday, March 30

Saturday, April 5

*Please be ready to ride at 9:00 a.m.*

Whether you are a new cyclist or you just want a refresher course it's a good idea to attend one of these clinics. LAB certified instructors will cover basic road safety and some unique issues associated with large group rides.