

# Pedal Paducah!

**March 21-April 4, 2010**

*(stay as long/short as you like within this time frame)*

**Legend has it that General William Clark, who founded Paducah, named it in honor of the "Padouca" Indians, a sub-tribe of the Chickasaw, who lived and hunted in the area until the Jackson Purchase in 1818.**



**What it is:** Inexpensive early spring biking less than a 12-hour drive away! Weather in the high 50s to 70 degrees. Great biking roads, similar to Amherst-Iola-Polonia area. The area west of Paducah is flat, with routes marked on the road by Chain Reaction Cycling Club (CCRC), the local Paducah bike club. We'll bike on our own during the day, and bike with the Paducah club on their regular rides in the evening (each night is a different ride, with various length loops and rider levels). Mountain biking option is also available nearby. Last year we generally did 30-miles or so during the day, then those who chose to also biked in the evening with the local riders, who are also just starting out biking for the spring.

**You decide:** how long you want to stay; you book your hotel room at the Heartland Club rate of just \$45.40 per night. Days Inn – Paducah (270) 442-7500. 1-24 & US 60 West, 2901 Hinckleville Road. (note: you MUST CALL for this rate; DON'T BOOK ONLINE: mention Heartland Bike Club). Camping options are nearby. Other motel options – you are on your own. Carpooling encouraged.

**See 2009 Kentucky Get-Away** : write up and pictures at: [www.heartlandclub.org](http://www.heartlandclub.org), Travel & Events. We had a blast!



**Paducah, KY**, is located due south just across the Illinois border. Drive time from Central Wisconsin is under 11 hours, with stops. Our hotel is just off the Interstate, and within a one-mile bike ride of where the CRCC starts some of their evening rides. Downtown Paducah is a gem, with tons of historic buildings, good restaurants, National Quilt Museum and other points of interest. Visit the Superman statue in Metropolis, art museums, a huge regional shopping mall, casino, or movie theaters.

Paducah is under a three-hour drive of Nashville, Memphis, and St. Louis, and Cape Girardeau – all good options for day trips in case of rain.

**Bicycles:** Bring your own. There is a bike shop in Paducah, Bike World, a Trek dealership, for any major repairs.

**Maps:** laminated maps of the area are available from the ride host for \$12. Routes west of Paducah are marked on the roads, but this is a very flat – think Wis. Rapids – area, so exploring more scenic, hilly roads NE and SE of Paducah during the day is encouraged. Mapmyride.com also has some routes, and your ride host has already ridden some fantastic routes from the 2009 trip.



**What to wear:** Weather in the area this time of year during the day is in the mid-50s to mid-60s, even as high as 70, and can be a bit rainy. Rain gear would definitely be a good idea, plus tights, jackets, etc. Hopefully, it will be in the mid-60s like it was in 2009, but you never know.

**Meals:** You are on your own. The hotel has a continental breakfast, with eggs and oatmeal, etc. Lunch would most likely be out on the road somewhere, but be forewarned, food pickins are sparse in the really small villages (gas stations don't have much and there are no country bars as it's basically a dry county; so bring some Central Waters beer!), so plan your day trips to go to a town that has some amenities. In the evenings, we can go to downtown Paducah to try out some of their many fine restaurants including some we ate at during our '09 trip.

**Disclaimers:** The Heartland club provides no money for this event. We are all on our own financially, unless you can talk your congressman or woman in to give you some of the bailout/stimulus, er, tax hike, money. Also, while I may have put a lot of this trip together, don't look to me to plan what you do every day on the trip – it's your vacation! We'll have morning and evening gatherings to discuss routes/evening meals/etc., but it's up to you to make this trip work out.

**How to get involved:** Once you determine when you want to go, **you** call the hotel and book your room. Let the ride host know when you plan on being there, so we can keep track of when bikers are coming and going. We'll have a planning meeting sometime in February.

Ciao!

Greg Loescher  
N7306 Keatings Lake Drive  
Iola WI 54945  
H: 715-445-2456 C: 715-281-4456  
onthelake@tds.net  
www.heartlandclub.org

## **For more information on Paducah**

**Tourism Dept.:** [www.paducah.travel](http://www.paducah.travel)

**Chamber of Commerce:** [www.paducahchamber.org](http://www.paducahchamber.org)

**Bike World store:** [www.bikeworldky.com](http://www.bikeworldky.com)

**Chain Reaction Cycling Club:** [www.crccl.net](http://www.crccl.net)

**Days Inn -** [www.daysinn.com](http://www.daysinn.com)

***Note: DO NOT book your hotel online; call to get our Heartland rate***