

Biking Through The Twin Cities

THURSDAYS FROM MAY 11 TO OCTOBER 5, 2017



Most rides meet at 9:15 a.m. at Lynnhurst Field Parking Lot on W. 50th Street between James Ave. So. & W. Minnehaha Parkway*

Riders will depart at 9:30 a.m.

As much as possible we will have 2 bike groups, one faster and one more leisurely.

Please join us for this summer's bike rides through both cities. We'll explore lakes, river roads and creek routes, mostly on trails but some rides will be on streets. While keeping it simple, we will try to add enough variation to keep it interesting. We will also be mindful of the groups' love for

food experiences with ideas for lunch and snack stops! Rides will be between 15-30 miles.

HELMETS REQUIRED

* To keep our rides more interesting, our meeting place will change for some rides. Watch for e-mail notices. In case of bad weather, call the ride leader to ask about cancellation.

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SEE DETAILED SCHEDULE ON THE NEXT TWO PAGES

[CHECK ULLR.ORG](http://ULLR.ORG) FOR LAST MINUTE UPDATES

ULLR 2017 THURSDAY BIKING SCHEDULE

Meet at Lynnhurst Field lot W 50th St and James Ave. S, 9:15, rides begin at 9:30. Location change is below in bold

<u>DATE</u>	<u>LEAD</u>	<u>RIDE DESCRIPTION</u>
5/11	John	Minnehaha Creek Pkwy> Around Lk Nakomis> Mhaha Falls> RTN Mhaha Pkwy. 14 mi.
5/18	John	Harriet > Calhoun > under Lake St to Greenway> /RT to Kenilworth> downtown to Target Field > Back on Kenilworth/Cedar Lk trail>around Cedar Lk>Dean Pkwy to Isles>around Isles to Dean Pkwy>Calhoun>Harriet. 19 mi. (16 mi without Isles)
5/25	John	Harriet > Calhoun > under Lake St to Greenway, W to Depot Coffee Shop> N Cedar Lk Trail Dean Pkwy> Calhoun>Harriet. 20 mi,
6/1	John	Meet at Wabun picnic area, (E of Minnehaha Falls) " New Ride " Minnehaha Falls>Fort Snelling>Mendota Bridge> Great River Trail> Harriett Island>Wabasha Bridge> Wabasha to Capital>John Ireland>Summit>E River Pkwy>Ford Bridge>Wabun, 20 mi
6/8	John	Minnehaha Creek > around Lk Nokomis > Mhaha Falls > Ford Bridge > N on E River Pkwy > Lake Street Bridge>Greenway>Calhoun to Tin Fish lunch stop>Harriett 23 mi
6/15		No Ride, Good Ol' Days trip.
6/22	Joan/Charlie	Meet in Stillwater:" Browns Creek/Gateway Trails" , see flyer for details, 21 mi.
6/29	John	Harriet > Calhoun > under Lake St to Greenway > Greenway east to river> N on River Rd to trail by Target Field>Kenilworth/Cedar Lk trail>Dean Pkwy>Calhoun> Tin Fish stop>Harriet. 23 mi.
7/6	John	Harriet > Calhoun >Under Lake Street to Greenway > Greenway east to the river > N. on River Rd to Milwaukee Historic District neighborhood> E to River Pkwy, S to Minnehaha Falls > Stop at DairyQueen>Parkway back to parking lot. 23.5 mi
7/13	John	Minnehaha Creek>Mhaha Falls>W River Pkwy>Pedestrian bridge to UofM> to coffee stop> thru campus to E River Pkwy>Franklin bridge>W River Pkwy>Greenway>Calhoun>Tin Fish Harriet 23+mi.
7/20	John	Meet at Wabun picnic area > W. River Rd > Franklin Av. bridge > E. River Rd > Hidden Falls > Crosby Park > rt on Shepard >rt on trail under 35E >rt up hill, cross river on 35e bridge> >Lilydale Rd, down hill to Lilydale > left before Yacht Club > parallel river on Big Rivers Trail > Mendota Bridge > Ft Snelling Park* > Mhaha Park>stop at DairyQueen> to Wabun.. (*Alternate: take upper Ft. Snelling route to Mhaha Park). 21 mi
7/27	John	Harriet>Calhoun>Greenway E over Sabo Bridge>L on Hiawatha LRT>R on 11th Ave> L on W River Rd to N Cedar Lk trail>W to Kenilworth>around Cedar Lk>Dean Pkwy to Isles to DeanPkwy> Calhoun>Tin Fish>Harriet. 24 mi
8/3	John	Harriet>Calhoun>Isles> N on Kenwood Pkwy>Rt on Mt Curve>Waverly Place to Sculpture Garden Cross bridge to Loring Park>S on Lyndale to Bryant Av bridge>Bryant S to Greenway>E on Greenway to W River Rd>S to Mhaha Falls>DairyQueen>parkway to Lynhurst. 26 mi
8/10	Tom V	Meet at Miller Park, 8200 Eden Prairie Rd, (drive past ball fields to playground area parking lot)>Ride the Eden Prairie Lakes, 20 mi
8/17	John	Meet at Wabun picnic area .>W River Rd>Greenway W to Sabo Bridge>Rt on Hiawatha LRT> US Bank Stadium>Chicago to River>N to Stone Arch> over bridge to Nicollet Island and Boom Island> over Hennepin Ave bridge>R on 1st St, jog to 2nd St>Rt on 2nd Ave>L on Washington> R on 4th Av to Gov't Center>food stop at Farmers Market/ food trucks>4th Ave>11th St> Nicollet>Grant to Loring Park,>S on Lyndale trail>L to pick up Bryant Ave trail, Bryant S to Greenway>E to W River Rd, S to Wabun, (Alternate is Bryant S to 51st St>L to Aldrich> S to Minnehaha, E to Wabun). 23 mi
8/24	John	Harriet > Calhoun > under Lake St. to Greenway > Greenway to Kenilworth > Cedar Lk > Theodore Wirth to Hwy 55 > Bassett Creek trail > Kenilworth/Cedar Lk trail > left on Greenway > left to Isles/Calhoun connector > Calhoun > Harriet. 18+ mi

ULLR Thursday rides continued

- 8/31 John Minnehaha creek>Mhaha Falls>Ford bridge>E River Pkwy>S to Hidden Falls/Crosby Farm park>Shephard Rd to E River Pkwy>Mhaha Falls>Stop at DairyQueen>Mhaha creek Pkwy to Lynhurst 23 mi
- 9/7 John Lynhurst: **New Ride," Grand Round"s**, all day ride, try to ride the entire Grand Rounds, but if you can't make it, alternate routes will get you back, 50 mi.
- 9/14 Bill B **Meet at Wabun, New Ride" 2 Cities Explorer Ride"** Ford Bridge/Pkwy>Cleveland>N to Summit Ave>E to Victoria>N to Minnehaha Ave>E to Como Ave>NW to E Como Lake Drive>around Como Lake>E Como Lake Dr to Como Ave>Como to Midway Pkwy>Midway Pkwy to Dan Patch Ave(State Fair Grounds) to Intercampus Transitway>to SE 23rd Ave(TCF Bank Stadium)>to SE 6th St to Dinkytown Greenway>pedestrian bridge cross river> W River Rd>11th Ave>Hiawatha bike trail south>Greenway East>W River Rd South>46th Av south>Godfrey Pkwy west>DairyQueen>back to Wabun. 24 mi
- 9/21 Karen H **"Chocolate Lovers ride"**, meet at Lynhurst, see flyer .
- 9/28 Leader? Minnehaha Creek > Mhaha Falls > Ford Bridge > E. River Rd > cross Lake St. or Franklin Av. bridge > W. River Rd. > Greenway > Calhoun > Harriet. 18+ mi..
- 10/5 John Harriet>Calhoun>under Lake St to Greenway>east to river>N on W River Rd to bridge at U of M>coffee stop>Dinky Town>thru campus across Washington>down behind hospital>lower river trail>upper E River Rd>Ford Bridge>Mhaha Pkwy. 23 mi

Leaders: John Stiefel, Tom VandeHei, Karen Holmquist, Joan Roe, Charlie Brown, Bill Brechtel