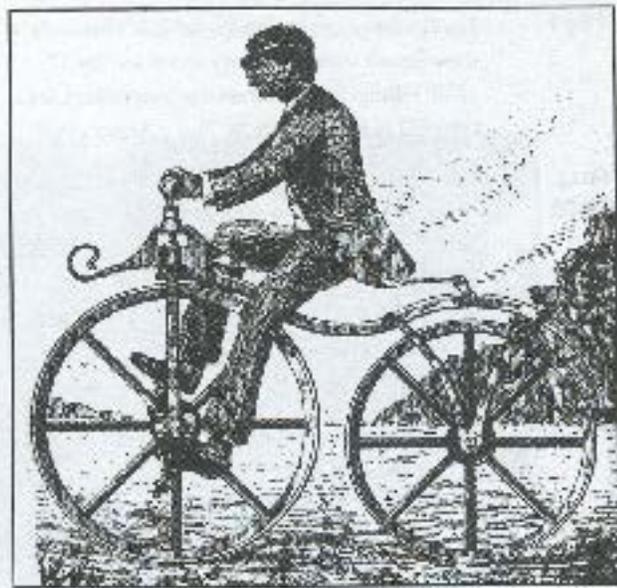


# Biking Through The Twin Cities

## THURSDAYS FROM MAY 10 TO OCTOBER 4, 2018



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.

**John Stiefel**  
952-470-5411 (home) or 612-743-4565 (cell)  
[patfitzjohns@msn.com](mailto:patfitzjohns@msn.com)

## ULLR 2018 THURSDAY BIKING SCHEDULE

Meet at Lynnhurst Field lot W50th 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>
5/10	John	Minnehaha Creek Pkwy> Around Lk Nakomis>Mhaha Falls>RTN Mhaha Pkwy. 14 mi.
5/17	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)
5/24	John	<b>Meet at Wabun picnic area,</b> ( E of Minnehaha Falls) " <b>New Ride</b> " 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
5/31	John	Harriet > Calhoun > under Lake St to Greenway, W to Depot Coffee Shop> N Cedar Lk Trail Dean Pkwy> Calhoun>Harriet. 19 mi
6/7	John	Minnehaha Creek > around Lk Nokomis > Mhaha Falls > Ford Bridge > N on E River Pkwy > Lake Street Bridge>Greenway>Calhoun >Harriett 22 mi
6/14		<b>No Ride, Good Ol' Days trip.</b>
6/21	John	Minnehaha Creek>Mhaha Falls>Ford Bridge to E River Pkwy>S to Hidden Falls>Crosby Park> Shephard Rd to E River Rd>Mhaha Falls>Mhaha Creek>Lynhurst 22 mi.
6/28	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 >Harriet. 22 mi.
7/5		<b>No ride, rain date for July 4th ride,</b>
7/12	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>Harriet 23+mi.
7/19	John	<b>Meet at Wabun picnic area</b> > W. River Rd > Franklin Av. bridge > E. River Rd > over Hwy 5 > down hill to Crosby Park > up to 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
7/26	Karen H	<b>"Chocolate Lovers ride"</b> , meet at Lynhurst, see flyer for details
8/2	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
8/9	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
8/16	Joan	<b>Meet in Stillwater:"Charlie Brown Memorial ride, Browns Creek/Gateway Trails"</b> , see flyer for details, 21 mi
8/23	Tom V	<b>Meet at Miller Park, 8200 Eden Prairie Rd,</b> (drive past ball fields to playground area parking lot)>Ride the Eden Prairie Lakes, 18 mi

### ULLR Thursday rides 2018 continued

- 8/30 John Harriet > Calhoun > cross Lake St at Dean Pkwy to Greenway> /RT to Kenilworth > Rt to North Cedar Lk Trail>downtown to Target Field > Backtrack to trail under 394> past Sculpture Garden>cross Hennepin at Walker Art>S on trail to bridge across Hennepin to Bryant Ave> Bryant S to Greenway>Calhoun>Harriet. 20 mi
- 9/6 Dan Regan **Dakota Trail, Meet at St Boni trailhead, 4150 Bell St, see flyer:** ride the Dakota Rail Trail into Wayzata, see some mansions, return to St. Boni. You can turn around at any time for a shorter ride. 26 + mi Lunch TBD
- 9/13 Bill B Minnehaha Creek > Mhaha Falls > Ford Bridge >North on E. River Rd > cross Lake St. or Franklin Av. bridge >South on W. River Rd. > Greenway > Calhoun > Harriet. 18+ mi.
- 9/20 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>, Washington to Nicollet Mall>>food stop at Farmers Market/ food trucks>South to 15th St.> 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
- 9/27 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. 22 mi
- 10/4 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>Harriet. 24 mi

**Leaders: John Stiefel, Tom VandeHei, Karen Holmquist, Joan Roe, Bill Brechtel, Dan Regan**