

Biking Through The Twin Cities

THURSDAYS FROM MAY 16 TO OCTOBER 10, 2019



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 weekly notices or check the website ullr.org.

In case of bad weather, call the ride leader to ask about cancellation.

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**SEE PAGES 2-3 (BELOW)
FOR INDIVIDUAL RIDE ROUTE DETAILS**

ULLR 2019 THURSDAY BIKING SCHEDULE

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Meet at Lynnhurst Field lot, West 50th Street and James Avenue South, 9:15, rides begin at 9:30
Location change is noted below in bold Red

<u>DATE</u>	<u>LEAD</u>	<u>RIDE DESCRIPTION</u>
5/16	John	Minnehaha Creek Pkwy> Around Lk Nakomis>Mhaha Falls>RTN Mhaha Pkwy. 14 mi.
5/23	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)
5/30	John	Minnehaha Creek > around Lk Nokomis > Mhaha Falls > Ford Bridge > N on E River Pkwy > Lake Street Bridge>Greenway>Calhoun >Harriett 22 mi
6/6	John	Meet at Wabun picnic area, (E of Minnehaha Falls) 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.
6/13		No Ride, Good Ol' Days trip.
6/20	Karen&Mike	Gray Cloud Island, see flyer
6/27	Sharon	Cannon Valley Trail, see flyer.
7/4	C & N Navis	Capital ride and potluck, see flyer
7/11	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.
7/18	John	Meet at Wabun picnic area > 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 River Trail > Mendota Bridge > Ft Snelling Park* > Mhaha Park>stop at DairyQueen> to Wabun.. (*Alternate: take upper Ft. Snelling route to Mhaha Park). 21 mi
7/25	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
8/1	John	Harriet>Calhoun>Isles> N on Logan Ave>Rt on Mt Curve>L on Dupont 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. 22 mi
8/8	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. 20 mi
8/15	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
8/22	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>R on 6th St to 2nd Ave>food stop at food trucks>South on 2nd Av to 9th St, Rt to Nicollet Mall> Left to 15th St,>R 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

ULLR Thursday rides 2019 continued

- 8/29 John Harriet > Calhoun > under Lake St to Greenway, W to Depot Coffee Shop> N Cedar Lk Trail >Dean Pkwy> Calhoun>Harriet. 19 mi
- 9/5 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
- 9/12 ?? 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 .or ride of choice
- 9/19 Karen H **Chocolate Lovers Ride, see flyer**
- 9/26 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
- 10/3 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
- 10/10 John Leaders Choice ride

Leaders: John Stiefel, Patty Fitzgerald, Karen Clarke, Mike Bakula, Sharon and Ken Marini, Craig & Nancy Navis, Karen Holmquist