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# NULLR

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June-July 2020

## ULLR: a Ski, Bike and Social Club and the Coronavirus

Your editor e-mailed President Sharon on April 23 after the ULLR Board meeting to ask what was decided. This was her reply.

“The ski trip is on hold for now. We are only canceling bike rides for May at this time. Most of them are around the cities where it is crowded. I plan to lead the Cannon Valley trail ride as we can easily spread out. Other rides/cancellations will be announced later when we know more, or before they occur. As of now

all of the picnics are cancelled with the option of rescheduling in the future if the virus will allow it. This is a new world that we live in. We held our Board meeting yesterday at Richardson Nature Center, outside, and it was good to see some Ullrs. We all felt the same way.”... “Stay well and sane. So hard not to be able to socialize. Everyone enjoyed the picnics so much. Hopefully we can have some picnics later in the summer.”

“Frankly, I think that the news industry is critically important because it points out things and surfaces truths that can often be uncomfortable. I think that that's working, and the spotlight has been pointed on things that we have a responsibility to do better, and I accept that.” Mark Zuckerberg

“Sometimes negative news does come out, but it is often exaggerated and manipulated to spread scandal. Journalists sometimes risk becoming ill from coprophilia...that is, the tendency to focus on the negative rather than the positive aspects.” Pope Francis

So, what does a newsletter editor do when there is very little news to report?

I will be “positive” and “do better” by focusing on all of the good works that Ullrs did last year.

### OUR 2019-2020 ULLR YEAR - by Margie Deutsch

**Thanks** to the 2019-20 Board and to all the event leaders for your work this past year. Look how full the ULLR calendar was from May 1, 2019 – March 17, 2020. (The events from then to April 30 were cancelled due to the COVID-19 Pandemic) There were 123 events planned. 49 leaders ran these events - 16 of those for multiple times. Many more Ullrs helped.

**Socials:** Picnics-7; Science Museum & Omni theater-2; Mega Weapons Talk-2  
*and one each:* Deutsche Tage; Minnesota Orchestra; Picnic at Silver Lake; Winter Planning Party; History Theater - *Glensheen*; Swedish Institute - *Vikings*; Chanhassen - *Mamma Mia*; Minnesota Zoo - *Jack-O-*

*Lanterns*; Halloween Party; Ives Auditorium - *Ripcord*; Folding Party; Holiday Party, Toys for Tots; Old Log - *Gentleman's Guide*; Bike Planning Party

**Singles:** Cards-10, Fine Dining-7

**Meetings:** ULLR General-5 (1 cancelled), ULLR Board-10, MSC Reps-3, Foundation-5

**Sports:** Bike/Golf trips-2, Bike Rides-19, Thursday Biking-17, Biking w/potluck-3

Hikes-23 planned, 7 cancelled due to weather, Ski trips-2; Ski days-9 planned, 1 cancelled due to weather; Race team-7 (Several days were too cold)

**Nullrs** created/edited-10; Nullr proof readers-2

**Website**-365 days, maintained just a few days less.

**Thank you to everyone who helped to make ULLR a great Ski, Bike, (Hike,) and Social Club last year!**

## 2020 IMPORTANT CONTACTS

### OFFICERS OF THE CLUB

#### President

Sharon Marini: [ULLRPrez@ullr.org](mailto:ULLRPrez@ullr.org)

#### Executive VP

Ellise Lamb: [ExecVP@ullr.org](mailto:ExecVP@ullr.org)

#### Winter Programs VP

Linda Heintz: [WinterVP@ullr.org](mailto:WinterVP@ullr.org)

#### Summer Programs VP

Mary VandeHei: [SummerVP@ullr.org](mailto:SummerVP@ullr.org)

#### Membership VP

Nancy Sand: [MembershipVP@ullr.org](mailto:MembershipVP@ullr.org)

#### Treasurer

Carol Bush: [Treasurer@ullr.org](mailto:Treasurer@ullr.org)

#### Secretary

Janice Swanberg: [Secretary@ullr.org](mailto:Secretary@ullr.org)

#### Past President/Advisor

Joan Roe: [PastPrez@ullr.org](mailto:PastPrez@ullr.org)

### PROGRAM COORDINATORS

#### Alpine-Nordic

Barb Kolbe: See directory

#### Ski Racing

Brian Johnson: [Racing@ullr.org](mailto:Racing@ullr.org)

#### What's Cookin' Cashiers

Carole Nelson & Sharon Pappas:

[WCcashier@ullr.org](mailto:WCcashier@ullr.org)

#### What's Cookin' Supply Chairs

Nancy Kastner: [WhatsCookin@ullr.org](mailto:WhatsCookin@ullr.org)

#### What's Cookin' Beverage Chairs

Craig & Nancy Navis: [Beverages@ullr.org](mailto:Beverages@ullr.org)

Bruce Warner

#### Biking

John Stiefel: [Biking@ullr.org](mailto:Biking@ullr.org)

#### Singles

Jan Butler: [Singles@ullr.org](mailto:Singles@ullr.org)

#### Directory Folding Parties

Nancy Sand: [FoldingParty@ullr.org](mailto:FoldingParty@ullr.org)

#### General Meetings

Ellise Lamb: [ExecVP@ullr.org](mailto:ExecVP@ullr.org)

#### MSC Representatives

Linda Heintz: [WinterVP@ullr.org](mailto:WinterVP@ullr.org)

Dolly Eastman: [MSCrep@ullr.org](mailto:MSCrep@ullr.org)

MSC: [www.midwestfun.org](http://www.midwestfun.org)

#### ULLR Foundation President

Jan Cady: [FoundationPrez@ullr.org](mailto:FoundationPrez@ullr.org)

### COMMUNICATION

#### ULLR Webmaster

JJ [Joe] Coursolle: [Webster@ullr.org](mailto:Webster@ullr.org)

#### NULLR Editor & Designer

Margie Deutsch: [NULLR@ullr.org](mailto:NULLR@ullr.org)

#### ULLRnet

Fran DeWell & Mary Jane Hochstein

## LETTER FROM THE PRESIDENT

by Sharon Marini



Hi Ullrs,

Your Board has had to make some hard decisions because of the coronavirus pandemic. The Ullrs who had registered for the June biking trip were sent an e-mail telling them the trip to the Good Ol' Days Resort in Nisswa has been cancelled and rescheduled to June 1-4, 2021. All of the summer What's Cookin' picnics have been cancelled with the option of reserving the shelter later in the summer if all danger of infecting each other no longer exists. May biking has been cancelled. The trails in the cities are too crowded with bikers and walkers. These decisions have been made for our protection and safety. We have no idea where this virus is going and how long it will be with us. Yes, there are models and projections, but that is just what they are. There may be vaccines, but we don't know how effective they will be and when they will be available to the public. I encourage you to get out and walk and bike in less crowded areas and keep the recommended distance apart. We do need to keep our sanity. Stay away from the refrigerator. It is recommended to wear a face mask when in public places to help keep the virus from spreading. Keep washing those hands!

On the lighter side: Fun facts about June and July

June is named after the Roman goddess Juno who is the goddess of marriage. That may be why there are so many June weddings. June babies zodiac signs are Gemini or Cancer. Gemini kids (May 21-June 20) are gentle, affectionate, curious, adaptable, and have the ability to learn quickly and exchange ideas. Cancer kids (June 21-July 22) are tenacious, highly imaginative, loyal, emotional, sympathetic, and persuasive. Some June birthdays are Frank Lloyd Wright, Harriet Beecher Stowe, Marilyn Monroe, Angelina Jolie, Johnny Depp and John F. Kennedy. Some June holidays are Flag Day, Father's Day and Paul Bunyan Day. (See July fun facts. Letter continued on page 8.)

### ULLR Trip proposals

Plan a trip or event. Go to [ullr.org/UllrForms.html](http://ullr.org/UllrForms.html) to see the Western Ski Trip or Warm Weather Getaway Proposal Guidelines for 2020 - 2021. If you have an idea for a trip, please prepare a proposal to present to the Board. We haven't had a warm weather trip in years. It would be nice to see a proposal this year. E-mail Linda if you have questions, [WinterVP@ullr.org](mailto:WinterVP@ullr.org) (Unknown is when trips may happen.)

**ULLR Webmaster:** JJ [Joe] Coursolle

See directory for address

Phone: 612-750-0927;

[Webster@ullr.org](mailto:Webster@ullr.org)

**NULLR Editor:** Margie Deutsch

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Phone: 763-545-5845;

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## 2020 ULLR SKI RACING TEAMS By Brian Johnson

For many years the ULLR club has had two Alpine ski racing teams. The *Foggy Goggles* race at Wild Mountain in Taylors Falls. The races begin at 1:30 PM on Sunday afternoons. The *Raiders of the Lost Fjord* race at Buck Hill in Burnsville on Wednesdays. For those who want them, group lessons are available there in the morning, the racing is done after lunch. The teams are in a program called *Ski Challenge, Recreational Ski Racing*. Our teams are very proud to represent our ski club. Members made, at their own expense, jerseys with an image of ULLR on the front and the team name.

We have a very dedicated group of racers, and I don't think it's always fair to single out and recognize just the best on our teams. There is not a lot of difference in race times between the fastest and slowest on our team, and that's true for the entire league. Often only a second or two separate all the racers on a team. That means we are all about equal in skill. I have an app on my cell phone called *Ski Tracks* which indicates your maximum speed down the hill. Many of our racers wanted to see how fast they were going on the race course. I shared my cell phone over the season and the results all come out about the same with speeds in the middle fifties (seconds.) It is a good challenge to go down a hill ¼ mile long and ski around 13 gates.

Rather than list the racers and the teams' accomplishments, I would like to share some of the events

which happened this year that had an impact on all of us. The racing began the first week in January. For the first time in memory both Buck Hill and Wild Mountain were closed because of the cold weather. Finding a time to make up the missed races can become very difficult. After the regular season is over, the individual championships and then team championships are scheduled at Giants Ridge. For both championships a major portion of the ski area is scheduled for *Ski Challenge*. When you reserve the hill for 500 racers on two major runs you can't postpone that.

Our leagues are about fellowship and friendship. When we are in the start house everybody tries to do their very best to obtain their very best time. Basically, we are all amateur racers with one exception. We have a semi-pro team in our Wednesday League sponsored by Remax Realty. Normally they dominate the league, but this year two amateur teams, *The Karma Train* and *Guys & Dolls*, actually beat the Remax team for the championship. This was much to the joy of all the other competitors in the league.

We all survived, and it was a fun season. We race for the joy of competition, the fellowship of being on a team, and the honor of representing our ULLR Ski Club. [Learn more about this program where 1,200 people race at <https://skichallenge.com/> ]

Photo L To R: Milla Grin, Kathy Lucas, Lee Erickson, Kim Taraschi, John Kasprick, Brian Johnson



## Recalling April 2020

Because of the COVID-19 “stay at home” order, these events were cancelled.

However, a sincere thanks to the Ullrs who planned an event.

6, Lake of the Isles Hike – Carol Bush

10, Singles Potluck/Game Night

21, Singles’ Lunch – Ellise Lamb

23, ULLR Meeting, Election, Foundation Bingo & Silent Auction

Postponed to a future date

20, Nazi Mega-Weapons in the Air Gary Gray

## The 2020-2021 Board

These candidates have been elected, via an e-mail ballot, for 2020-2021. The new board of directors begins on May 1, 2020 and its term ends on April 30, 2021.

President: Sharon Marini

Executive VP: Ellise Lamb

Membership VP: Nancy Sand

Summer Programs VP: Mary VandeHei

Winter Programs VP: Linda Heintz

Secretary: Janice Swanberg

Treasurer: Carol Bush

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Advisor, Past President: Joan Roe

[The Board will have many difficult decisions to make this year. The ULLR website and the Nullr will keep members informed of these decisions.]

## Gale Woods Farm Picnic - Dakota Rail Trail Ride

**Sunday, June 7, 2020** Meet at 10:00 AM

Gale Woods Farm is located in western Hennepin County at 7210 County Road 110, Minnetrista, MN. We bike at 10:30 for a 2-1/2 hour ride through scenic farm land and lakes in Western Hennepin and Carver Counties. Choose any distance you want.

The trail will be swept to insure all riders return for lunch. Round trip to St. Boni is 5 miles, to Mayer 21 miles and to New Germany 29 miles. Ride as far as you like then return to the Farm for a picnic lunch and conversation with fellow riders.

[All while keeping a safe distance apart!]

Bring a sandwich, drink and treats to share after the ride.

Gale Woods is a real working farm. You can explore the farm and learn about its history. A variety of products are seasonally available. Purchase meats, produce and other goods grown or raised right at the Farm.

**\*\*HELMETS Are REQUIRED\*\***

**RSVP** to Bill Brechtel 952-474-5295 (cell)

To verify the ride is not cancelled, call the ride leader.

## Walk down the ULLR Memory Lane as reported in the June 1981 Nullr.

by Margie Deutsch



The club had planned 3 major ski trips for 1982: Alta, Big Mountain, and Aspen. Members were told to sign-up early if they hoped to go on a trip. The club had so many activities the ULLR Board met weekly. There was an unusual ceremony to honor the outgoing president. The highest bid by a member allowed him/her to smash a cream pie in the president’s face. Pictured was a photo of **Barb Carpenter** doing just that to ex-president Doug Anders. All summer bike rides were advertised as being at a leisurely pace. Summer volleyball games were played every Wednesday evening at Lake Calhoun. Ability levels ranged from “awful to average.”

The 3<sup>rd</sup> season of winter volleyball had 8 ULLR teams (85 Ullrs) playing on Tuesday or Wednesday evening in a league.

As a cold dreary rain fell Sunday evening, 35 Ullrs (one-half of what was expected) arrived to play racquetball. “The ‘King of the Hill’ mixed doubles tournaments prompted extraordinary efforts for all who participated. Triumphant in (one of) the winner’s circles after an hour of combat, perspiring but proud, were partners Arline De Pesa and **Dennis Boxrud.**”

A 3-day weekend was planned for Breezy Point in mid-July. Included in the \$47 cost was a pre-trip party, lodging, a steak-fry, and water volleyball. **Jan Butler** was one of the 3 co-chairs for the event.

Included in the issue was a Roster Supplement from December 1-April 16. Listed were new members and information changes for 163 Ullrs.

**I am sorry many of your travel plans have been cancelled this year.  
Here are some international signs you may have missed. - Margie Deutsch**

Years ago, Ann Landers printed in her column this list of signs that didn't translate quite the way they were intended. According to the "International Educator" magazine, these translations were collected by Air France employees. Ann added "I wouldn't bet the rent on that."

Copenhagen, Denmark,  
airline: We take your  
bags and send them in  
all directions.



Swiss mountain inn:  
**Special today-  
no ice cream.**

**Moscow hotel: You are welcome to  
visit the cemetery where famous  
Russian and Soviet composers,  
artists and writers are buried daily  
except Thursday.**

Paris Hotel elevator: Please leave  
your values at the front  
desk. If you lose them in  
your room, we are not  
responsible.



Hong Kong:  
Teeth  
extracted by  
latest  
Methodists

Rhodes, Greece, tailor shop:  
Order your summer suit.  
Because of the big rush we  
will execute customers in  
strict rotation.

Moscow hotel: *If this is your  
first visit to the U.S.S.R.,  
you are welcome to it.*

Hong Kong tailor shop:  
**Ladies may have a  
fit upstairs.**

Japanese hotel:  
You are invited to  
take advantage of  
the women who are  
employed to clean  
the rooms.



Acapulco, Mexico, hotel:  
We are pleased to  
announce that the manager  
has personally passed all  
the water served here.



Athens hotel:  
**Visitors are expected to  
complain at the office  
between the hours of  
9 to 11 a.m. daily.**

German camping site:  
It is strictly forbidden on our Black  
Forest camping site that people of  
different sex, for instance, men and  
women, live together in one tent un-  
less they are married with each other  
for that purpose.

Czech tourist agency: **Take one  
of our horse-driven city tours.  
We guarantee no miscarriages.**

Bangkok, Thailand, dry  
cleaners:  
Drop your trousers here  
for best results.

Japanese hotel:  
**Cold and heat: If you want to  
condition the warm in your  
room, please control yourself.**

Rome laundry: **Ladies, please leave  
your clothes here and spend the  
afternoon having a good time.**

Tokyo hotel: **It is forbidden to  
steal hotel towels. If you are  
not a person to do  
such a thing,  
please not read  
this notice.**



Yugoslavian hotel:  
**The flattening of underwear  
with pleasure is the job of the  
chambermaid.**

Paris dress shop:  
*Elegant dresses designed  
for street walking.*

Norwegian lounge:  
Ladies are requested not to have  
children in the bar

## The ULLR Foundation by Jan Cady

The Foundation Board had one meeting in 2020 to finalize plans for our summer picnics: raffles, cake & bars, a theme and menu for hosting the picnic; and for our Bingo/Raffle meeting. Due to the corona virus pandemic we have had to cancel the picnics and postponed the Bingo/Raffle. This certainly is a trying time for all of us.

Here is a recap of the ULLR Foundation events of 2019. The Board met 6 times with other information shared via e-mail. Twin Cities Adaptive Cycles (TCAC) had a guest speaker at our February meeting. In April we received a check of \$1,000 from Alice Williamson of the Elan Vital Ski Club. May 3rd was our Bingo/Raffle. Club members contributed a total of \$760. There were 3 raffles at the summer picnics. The items raffled were valued at \$300 to \$400. We collected a total of \$677. Thank you to everyone who bought raffle tickets. At our July 10th picnic, Caito Bowles-Roth of TCAC and Annie Peterson of Padraig's Place were guests. They both spoke to our members about their programs. The Board gave TCAC a check for \$2,000 toward the purchase of a Side-By-Side Bike costing \$5,500.

The theme for the Foundation's What's Cookin' picnic was "Mexican Fiesta". The meal was complete with tacos, chips & cheese sauce, Spanish rice, and Mexican corn. The taco meat sauce was donated by Craig of the *Roasted Pear Restaurant*.

The guest speaker at the October meeting was Nick Brown of Shockwaves Adaptive Ski Squad. The Foundation had donated \$1,535.69 to them in August. It is important for the ULLR Ski Club to learn about the various organizations which receive the Foundation's monetary donations.

On September 18, I had the opportunity to speak at the Minneapolis Downtown Next Generation Lions Club. I talked about the ULLR Ski Club and mainly the ULLR Ski for Light Foundation.

Our final event of 2019 was to present a check to Padraig's Place for \$2,088 at Buck Hill on December 25th. We put the \$1,000 from Elan Vital toward the

purchase of Outriggers, Tethers, and Tip Connectors. (See below.) After having a tour of the adaptive area, we went to the Holiday Party.

Stay safe until we are able to be together again. We won't have any raffles or cake and bars at the picnics to make money, but feel free to send a check, made out to ULLR Foundation, for any amount to the ULLR Foundation treasurer, Joe Schwebel. Thanks for all of your past donations!

**Outriggers** are metal elbow crutches with small skis on the end of them. These adaptive ski poles provide extra points of contact with the snow. Outriggers are used with mono-skis and bi-skis to help with balance and support.

**Tethers** can be used in either stand-up skiing or with a bi-ski. In stand-up skiing, tethers, or reigns, are used to assist leg strength to help in stopping and/or steering the skis. The tethers are attached to a fixed ski bra, or strap, that is placed on the tips of both skis. An experienced teacher skis behind the skier with a tether in each hand.



A **tip connector** is a short piece of rubber tubing that clamps to each ski tip. Tip connectors keep skis in a safe position. Tip connectors prevent ski tips from getting too close together and crossing.



© Can Stock Photo

Just think of all the people who have been able to participate in sporting activities because of the Foundation's past gifts- a crowd to be sure!

## 2020 Social Calendar *See [ullr.org](http://ullr.org) for flyers*

**May 16**, 70th ULLR Anniversary and Spring Banquet **postponed to Sept. 13**

**May 25**, Lakes Bike Ride & Belfast Cowboys Concert-**cancelled**

**May 26**, Singles' Lunch at Pittsburg Blue Steakhouse **cancelled**

**June 1-4**, Good Ol' Days **Postponed to 2021**

**June 7, Sunday**– Dakota Trail Ride and picnic at Gale Woods Farm (Visit this fun farm and join the bike riders for a picnic.) (see p.6) Bill Brechtel, 952-474-5295

**June 10**, What's Cookin' Picnic **cancelled**

**June 12, Friday - 5:00 PM**  
Singles Potluck/Game Night  
RSVP: Ellise Lamb, 952-442-9332

**June 23, Tuesday - 11:15 AM**  
Singles' Lunch at Pinstripes  
RSVP: Ellise Lamb, 952-442-9332

**June 24**, What's Cookin' Picnic **cancelled**

**Because of the COVID-19 virus, events may be cancelled. Check the website or call the host.**

Contact Jan Butler about Singles' activities or to volunteer to plan and/or host an event: 952-544-8163, [Singles@ULLR.org](mailto:Singles@ULLR.org) or [jscmunch@comcast.net](mailto:jscmunch@comcast.net)

### SINGLES CARD/GAME NIGHTS

Bring a dish to share, beverage, and any games you would like to play. **Please RSVP to the host!**

**Friday, May 8 - 6:00 PM cancelled**

**Friday, June 12 - 5:00 PM** cards/games/potluck  
Host: Ellise Lamb - 952-442-9332  
73 Lakeview terrace Blvd., Waconia 55387

**Friday, July 10 - 5:00 PM** cards/games  
Host: Jim Maiser - 952-687-1423  
40 East Lake St., Waconia 55387

**Friday, August 14, - 5:00 PM**  
Host: **Needed**

**Hosts are also needed September - November.**

### SINGLES' FINE DINING on TUESDAYS

Please RSVP to Ellise Lamb by the Sunday before the event. [ellise.lamb@mchsi.com](mailto:ellise.lamb@mchsi.com) or 952-442-9332

**May 26 - Lunch - Cancelled**

**June 23 - Lunch - 11:15 AM** on the patio at Pinstripes, 3849 Gallagher Drive, Edina 55435  
<https://pinstripes.com/edina/>

**July 21 - Lunch - 11:15 AM** on the patio at McCormick & Schmick's 3203 Galleria, Edina 55435 [Note: this is the 3rd Tuesday]  
<http://www.mccormickandschmicks.com/>

**August 25 - Lunch - 11:15 AM** on the patio at Cöv, 3155 Galleria, Edina 55435  
<https://www.covedina.com/>



**Because of COVID-19, Singles' events may be cancelled. Check [ullr.org](http://ullr.org) or call host.**

### Reach out — Keep in Touch

Many Ullrs comment about the friendships they have with other club members. This issue is full of cancellations. Don't lose touch with your friends. Call, write, e-mail, Skype, post on their Facebook page what you are doing while you must stay at home, maybe do a YouTube exercise "together." Be a friend.

**Contact former or inactive ULLR members you know. Send them the 70th Anniversary Celebration flyer. Tell them of the date change to Sept. 13. Invite them to attend! Celebrate together and rekindle friendships! Event information on pg.1 & at [ullr.org](http://ullr.org)**

### What's Cookin' Picnics!



The What's Cookin' Picnics held in Brookview Park in Golden Valley have been cancelled for this summer due to COVID-19. The Golden Valley Park Department has given ULLR the option of reserving the shelter later in the summer if it's considered safe to have picnics then. Our webmaster, JJ, will post all updated information about both cancellations and safe, planned activities.

## President's letter continued from p. 2

The Roman Senate in 46 B.C., named the month of July in honor of Julius Caesar. On average, the month of July is the warmest month. Here are some other fun facts for July:

Seven US presidents died in July.

Parisian Louis Reard designed the bikini in 1946.

Kissing for one minute burns 3 calories (July 6 is National Kissing Day).

July 9 is Sugar Cookie Day. The recipe was first made in the 1700's by a group of Germanic settlers in Pennsylvania.

July 22 is Hammock Day. Some sources say the hammock was first recorded being used in Central America, and can be traced back to the Mayan civilization.

Zip codes were introduced in 1963. We all remember that.

People born in July are ambitious but generous and have traits of a good leader and more likely to be tall.

July is designated National Ice Cream month and National Blueberry month. Yea!!

Famous July birthdays are Tom Cruise, Neil Simon, Dan Aykroyd, Harrison Ford and Princess Diana.

## Biking Through The Twin Cities

THURSDAYS FROM **JUNE 11** TO **OCTOBER 8, 2020**

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 AM. 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.



\*To keep our rides more interesting, our meeting place will change for some rides. Watch for weekly notices or check the website [ullr.org](http://ullr.org). In case of bad weather, call the ride leader to ask about cancellation. John Stiefel 952-470-5411 (home) or 612-743-4565 (cell)

HELMETS ARE REQUIRED

Get more event information at [ullr.org](http://ullr.org)  
Call the trip leader if weather **or the virus social limitations** might be a problem.



## LANESBORO BIKE & GOLF 2020

**August 23-25 (Sunday and Monday nights)**

**Cost** \$127.00 per person (2/room), payable on signup. Space available for 28 people. Single supplement for one to a room is \$100.

**Sign-up by June 1, 2020. Reserve your spot.**

### Contact:

Carol Thelen, 320-333-6642, [carolte@me.com](mailto:carolte@me.com)  
or Marilyn Barnard, 651-402-0301,  
[mbarnard3952@gmail.com](mailto:mbarnard3952@gmail.com)

Send checks made out to "ULLR Club" to Carol Thelen 7517 Shadyview Lane North, Maple Grove, MN 55311

More trip details on the [ULLR website](http://ULLR website).

## Long Lake & Rice Creek Trails Hike Monday, May 11 [Location change]

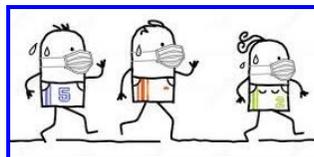
Meet 10:45 am, Leave 11:00 am

Long Lake Public Beach parking lot

[1500 Old Highway 8](#), New Brighton

[See driving directions on the flyer at [ullr.org](http://ullr.org)]

Be together with your ULLR friends. (Bring a mask to wear when/if needed.) **We will keep our distances.** After walking 2-3 miles, we will enjoy our lunch near the beach.



Bring a lawn chair and picnic

lunch. (There are some picnic tables.)

**RSVP:** Barb Kolbe 651-633-0936 or

Kyle McClintick 651-644-5919

In case of bad weather or to verify that the event is not cancelled, call the event chair.

## 2020 Biking Schedule - Call ride leader if bad weather. (Details may change due to COVID-19)

**Bicycling Program Coordinator:** John Stiefel [H] 952-470-5411 [C] 612-743-4565. Please check the ULLR website at [ullr.org](http://ullr.org) for flyers with details for each listed event. **All times are A.M.**

**Helmets are required on all ULLR rides.**

**THURSDAY MORNING RIDES** will begin June 11 and run through Oct. 8. Most rides meet at Lynnhurst Park on 50th Street W. and Minnehaha Pkwy. at 9:15 AM and start at 9:30 AM.

Check [ullr.org](http://ullr.org) for alternative locations and times.

### **MAY– all rides cancelled**

### **JUNE**

**June 1 - 4** Good Ol' Days Resort  
**cancelled**

#### **June 7 - Sunday, 10:00**

Dakota Trail & picnic at Gale Woods Farm  
**Contact:** Bill Brechtel  
952-474-5295

#### **June 11 - Thursday, 9:15**

Nine Mile Creek  
**Contact:** Joan Roe  
952-914-9124

#### **June 13 - Saturday, 10:00**

Manfred Deutsch Memorial ride  
**Contact:** John Stiefel 952-470-5411

#### **June 20 - Saturday, 10:00**

Dakota Trail, St Boni and points West  
**Contact:** Sally Chevalier  
952-935-7000

#### **June 29 - Monday, 9:15**

Cannon Valley  
**Contact:** Sharon Marini  
952-893-7408

### **JULY**

#### **July 4 - Saturday, 9:15**

Capital ride/potluck  
**Contact:** Nancy Navis  
651-456-9107

#### **July 11 - Saturday, 9:00**

Elm Creek Park  
**Contact:** Dale Bonham  
320-309-1023

#### **July 13 - Monday, 9:00**

Edina to Bloomington  
**Contact:** Pat Nelson  
952-893-1045

#### **July 18 - Saturday, 9:30**

Wheelock Pkwy.  
**Contact:** Bill Brechtel  
952-474-5295

#### **July 23 - Thursday, 9:15**

Bruce Vento Trail  
**Contact:** Nan Fergen  
651-644-3033

### **AUGUST**

#### **Aug. 8 - Saturday, 9:30**

Fairgrounds to Minneapolis  
**Contact:** Bill Brechtel  
952-474-5295

#### **Aug. 13 - Thursday, 9:15**

Charlie Brown Memorial ride Browns Creek/ Stillwater  
**Contact:** Joan Roe  
952-914-9124

#### **Aug. 16 - Sunday, 9:00**

Elm Creek ride and potluck  
**Contacts:** Hal and Gail West  
763-360-7445

#### **Aug. 23-25, Sunday-Tuesday**

Lanesboro Bike/Golf  
**Contacts:** Carol Thelen & Marilyn Barnard  
320-333-6642 CT, 651-402-0301

### **SEPTEMBER**

#### **Sept. 7 - Monday, 10:00**

So. Bloomington/ Overlook Drive

**Contact:** John Vogt  
952-829-7056

#### **Sept. 12 - Saturday, 9:30**

Sakatah Singing Hills  
**Contacts:** John Stiefel & Patty Fitzgerald  
952-470-5411, 612-743-4565

#### **Sept 17 - Thursday, 9:15**

Lakes of Eden Prairie  
**Contacts:** Tom VandeHei & Marcia Switenki  
612-730-3145 TV, 952-941-6882

#### **Sept 24 - Thursday, 9:15**

Mississippi River Trail Hastings to Schaar's Bluff  
**Contacts:** Rick Huber & Kathy Lucas  
262-424-0772 RH, 952-836-4723

### **OCTOBER**

#### **Oct. 8 - Thursday - 9:15**

Last Thursday ride  
**Contact:** John Stiefel  
952-470-5411

There are 15 bike rides scheduled for June and July for which there are no individual ads in this issue. Every ride was carefully planned by the trip leader to be a fun and safe outing. A May 5<sup>th</sup> e-mail from Patty said: "Everyone is avoiding large crowds and even groups of over 10. We will think about what to do about our biking. We are going month to month deciding if we can ride

with groups. So far we have been out with 2 or 3 people at a time. The most we have had is 7. We are trying to still get out and do what we love to do but also being careful not to come in contact with too many new people whom we haven't been around. I don't like it, but it is what we have to do."