

NULLR

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July-August 2020

Because there is more bike traffic on the weekends, John and Patty have worked with ride leaders to move all bike rides to a weekday. Therefore, this Nullr is a combined July-August issue to show the new calendar.

Masked Hikers - by Kyle McClintick and Barb Kolbe

Who are these “masked hikers” in the picture? The trees were budding and the sun shining as 17 Ullrs walked three miles along the Rice Creek Trails of Long Lake in Shoreview on May 11th, all while social distancing and wearing masks. After the hike we sat in a circle near the pavilion with our lunches



This is what social distancing looks like on a hike during COVID-19. (John’s mask is on his neck.)

and lawn chairs, having a great time being together. Someone at the park asked if we were a church group. Barb Sedges brought a chocolate cake for a treat before Karen Holmquist has foot surgery on May 19. Still having some extra energy, four Ullrs

decided to walk two more miles on another path in the park. Outdoors is a good place to be these days. Barb and Kyle want to thank those who joined us on this beautiful 47° spring day.

ELM CREEK PARK RIDE AND PICNIC - By Dale Bonham

13 Ullrs met in the Chalet parking lot at Elm Creek Park on June 17th. The day was hot and humid but the group was not deterred from enjoying the chance to bike. Dale B and Carol T each took a small group of riders and biked the lush green forest and rolling hills of the park. The park is known for its challenging terrain, so another group of 6 riders, led by Gail W and Patty F, diverted to the Rush Creek Trail. This trail is mostly level and winds through trees and several neighborhoods to the Coon Rapids Dam. This group did 16 miles while the other two groups clocked 19+ miles. Both groups met back in the parking lot at almost the same time. We found a nice shady spot to enjoy our social-distanced picnic and to socialize with good friends.



Dale B and John S biking down the final stretch.

2020 IMPORTANT CONTACTS

OFFICERS OF THE CLUB

President

Sharon Marini: ULLRPrez@ullr.org

Executive VP

Ellise Lamb: ExecVP@ullr.org

Winter Programs VP

Linda Heintz: WinterVP@ullr.org

Summer Programs VP

Mary VandeHei: SummerVP@ullr.org

Membership VP

Nancy Sand: MembershipVP@ullr.org

Treasurer

Carol Bush: Treasurer@ullr.org

Secretary

Janice Swanberg: Secretary@ullr.org

Past President/Advisor

Joan Roe: PastPrez@ullr.org

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Alpine-Nordic

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Ski Racing

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What's Cookin' Beverage Chairs

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Bruce Warner

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LETTER FROM THE PRESIDENT

by Sharon Marini



Hi Ullrs,

We certainly have had an unusual spring and summer. First we were advised to stay at home except for food and medicine. Then we could venture out a little while wearing masks and social distancing. Finally, the restaurants opened for outdoor limited seating. And it goes on.

Ullrs have had some hikes and group bike rides with picnics afterwards. Everyone was so happy to see each other again. Not having the ULLR What's Cookin' picnics is a big void. The Board and the committee for the 70's celebration and Spring Banquet had moved the date to September. Now the event has been rescheduled to May 23, 2021, at the Minnesota Valley Country Club.

We are going to do a trial for the General Meetings in January and February 2021. The General meetings will be held during the day. If the turnout is better than usual, we will continue to do so the following year. Details will come later.

[Your editor wonders how many "snow-birds" might choose not to return to states this winter where the virus has surged to record highs. Some of those states are typical "snow-bird" locations: Florida, California, Arizona, Nevada and Texas.]

Membership forms will be available soon. Sign up promptly as we will strictly adhere to the deadline.

Miss you all, stay safe and keep well.

On The Lighter Side:

A Mother's Limerick by The Divine Secrets of a Domestic Diva.com

There once was a busy mother of three,
Who tried to be the best housewife she could be
So as the laundry kept pilin'
She kept right on smilin'
And said, "It's not like they can fire me!"

ULLR Trip proposals

Plan a trip or event. Go to 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 (*Unknown if trips may happen.*)

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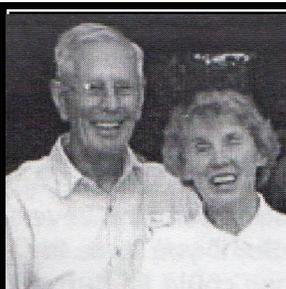
DAKOTA TRAIL RIDE AND GALE WOODS FARM PICNIC - by Bill Brechtel

On June 11th, 17 Ullrs began the season's first club bike ride under COVID-19 restrictions on the Dakota Rail Regional Trail. Everyone was thrilled to finally be on an ULLR ride, seeing old friends and catching up on news. Leaving from the trailhead at Gale Woods Farm, the group broke up into 4 smaller groups and rode any direction and distance that they preferred,

from 10 to 30+ miles. The weather was sunny and warm with winds increasing throughout the ride, making the going more challenging. After the ride, most stayed for a socially distanced picnic in the shade of the massive trees at Gale Woods Farm. This ride was a successful experiment to see how well the group was able to keep a safe distance from each other. We do plan to offer limited rides throughout the season with social distancing.



Okay, everyone. This is how we will split-up to maintain social distancing. It also will allow for a group to ride at their own speed. A win-win!



In Loving memory
Judith Anderson Cooke
Sep. 7, 1932 - May 19, 2020

Judy and Don were very active in our ULLR Club from the mid '90's to just a few years ago. The Nullr photo is from 2007 when they were picnic coordinators. Judy warmly greeted members at meetings. Our condolences to Don (married 68 years) and to daughters Donna, Susan, and extended family.

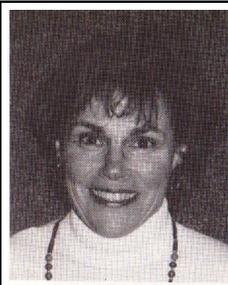
The Winter Planning Party 2020-2021 Is Not Happening

Thanks to the COVID-19 virus the Winter Planning Party will be taking place via E-mail this year.

Anyone interested in running a hike, snowshoeing, X-C or skiing event this Fall and Winter should contact me via phone or e-mail.

Linda Heintz, 952-454-6152
linda.s.heintz@gmail.com

It won't happen if you don't offer to plan it!



In Loving memory
Otilie Prevost Castriotta
Jan. 9, 1945 - Jan. 24, 2020

Otti joined ULLR in the 1990s. This Nullr photo is when she was club secretary in 1995-96. Otti worked as a nurse, later in health services management. She traveled in the Midwest showing horses and was a active volunteer in the Prior Lake area. Our condolences to daughters, Larissa and Rachel.

OTTI CASTRIOTTA,
SECRETARY

Recalling May and June 2020

Because of the COVID-19 “stay at home” order, many events were cancelled. We thank all of the planners, especially Sharon Marini and Patty Fitzgerald who had planned the Nisswa Trip.

These events did occur:

May 11, Long Lake Hike
Barb Kolbe and Kyle McClintick

June 11, Dakota Trail Ride & picnic
Bill Brechtel

June 17, Elm Creek Ride
Dale Bonham

Until further notice, the days of the week are now called: Yesterday, Today, Tomorrow, Otherday, Thisday, Thatday, and Someday.

Due to my isolation, I finished three books yesterday. Believe me, that is a lot of coloring!



Reflections on the spring of 2020

by Margie Deutsch
When I write the article, “A walk Down Memory Lane,” I look at past issues in order to report what was happening then. In the future, if someone looks back at this issue, I thought they should be able to

read what our members are experiencing and reflecting on during this time of isolation and social unrest. So, I emailed 20 members and asked each of them to tell their story. On this and the next page are the replies I received.

A SPRING TO REMEMBER - Nancy Sand

Our generation remembers when Kennedy was shot, when man first walked on the moon, the Vietnam War, 9-11, etc. Those events changed our lives and the world, and now we will add the COVID-19 Pandemic and the George Floyd death to our memories. We will remember and reflect on the spring of 2020 for what we and other people did or did not do to help prevent the spread of COVID-19 or what people did or did not do to help make life better for all.

As we sheltered in place for months and communicated via Zoom, we now look forward to gradually being comfortable in small gatherings of family and friends, resuming volunteer activities, going out for lunch or to the movies, returning to fitness centers, etc. and participating in a full slate of ULLR activities!

MAINTAINING CONTACT - Margo Dinneen

Zooming* my mom was an important part of Jon and my lives today. Mom is almost 101, has been blind for over 30 years, can no longer handle a phone, and can barely hear. Her nursing home is 147 miles from us (only eight miles from my brother.) The last day we saw her was on February 22nd because the restrictions to slow down the spread of the virus caused Minnesota to shut down the day before we were to see her again in March. The Activity Director sets up his laptop by her face and places heavy-duty double speakers on each side of her. The staff are trying their best with the 41 residents. No COVID-19 has entered their building, and we pray that we'll be able to see her again, in time.
[*Zoom is a computer platform for video and audio conferencing.]

KEEPING BUSY - Galen Hochstein

Who could have figured 2020 would have turned out like this? We had trips planned, large and small, along with other enormous activities we like to attend, and now everything is cancelled and closed down. We are coping. Golf is one of the safe things we can do with some of our friends. A lot of house and yard maintenance is getting done. I am busy building another Marble Maze. With this year’s State Fair cancelled, I’ve been making this maze more complex, as I have an extra year to complete it. My new maze theme is “Temple of the Lost Marble” a takeoff from the Indiana Jones movie. Stay safe.

Have you thought about how your pet feels having you home all day?



"There are many kinds of coronaviruses," says the Centers for Disease Control and Prevention, "including some that commonly cause mild upper-respiratory tract illnesses" as well as scarier forms such as SARS, MERS & COVID-19. [Coronavirus disease 2019](#) is abbreviated as COVID-19, the year it was first identified.

Gary Gray sent along this information. **Corona Virus [CV] Symptoms as per June 26, 2020, according to the CDC:**

Fever or chills - Cough - Shortness of breath or difficulty breathing - Fatigue - Muscle or body aches - Headache - Sore throat - New loss of taste or smell - Congestion or runny nose - Nausea or vomiting - Diarrhea

You don't have to develop all these symptoms to have the disease. In fact, some people have no visible symptoms, but their bodies still fight off the infection.

If you suspect you've been exposed to COVID-19 and may have been infected, it's best to seek medical guidance as soon as possible. The quicker the diagnosis is confirmed

and the illness is treated, the better the outcome.

Coronavirus symptoms may take time to develop, from 5 or 6 to 14 days, according to the WHO. The CDC says the onset of symptoms can start anywhere between 2 and 14 days after exposure.

Surface Survival Rates: Here's how long the novel coronavirus can survive outside of the body in each situation, according to a report published in *The New England Journal of Medicine* this week:

Air: 3 hours - Plastic: Up to 72 hours
Stainless steel: Up to 72 hours - Copper: Up to 4 hours
Cardboard: Up to 24 hours

The researchers said that even though the virus can live up to three days on plastic and stainless steel, it has a longer half-life and is more stable on plastic. (Note that the word "novel" means "new" in this context.)

PANDEMIC = A WORLD WIDE DISEASE

Patty Fitzgerald

I have found this pandemic to be disheartening. Instead of our country coming together to fight a common cause, this global health crisis, it seems that it has been made into a political tool to even further polarize our country. It isn't a "**Plandemic**" or a "**hoax**". It is a virus that is killing people around the world. This is science, not politics. We need a vaccine and until we have one, we need to heed the advice of the scientists and take this seriously. It is not a political secret agenda. It is a coronavirus pandemic. The definition of pandemic is a **world wide** disease.

WHAT A STRANGE SPRING/SUMMER 2020 COVID-19 HAS CREATED - Karen Oakland

We were still in Florida when the first "Stay at Home" order was issued. Our activities were suddenly cancelled: no pickle ball, no water aerobics, no bridge. Groceries were Curbside Pickup, not a walk down store aisles. On walks we were careful to be on opposite sides of the street of other walkers. There were no farewell parties. "Have a good summer" was voiced as a question and from a distance. There were no welcome home hugs from kids or grandkids - just a "six feet apart" visit in the driveway. Strange. Unnerving.

I find I vacillate between spurts of energy and spurts of inertia. (Can you have a spurt of inertia, or is that an oxymoron?) One day I clean closets or drawers like the Energizer bunny; the next day I lie on the bed and read a book. Events are cancelled: no ULLR picnics, no graduation ceremony for our grandson; activities like Book Club are on Zoom, Church is streamed on the internet, business meetings are via Linked-In. We're learning, we're adjusting, we can and we will do what it takes to maintain health and come out at the end of this pandemic ready to share lots of hugs with those we've missed.

A STAY-AT-HOME BLESSING - Margie Deutsch

I define myself by the work that I do. Then came the "stay at home" order. I am retired. My children are in their 50's, I didn't have those stressors. It was my volunteer work that has been the way I define myself. Now there was no weekly full-day at the genealogy library helping others with their family tree. No weekly visits with the two 4th grade girls I was mentoring. No teaching a class at church for adults with disabilities. No *Empty Bowls* event where I was in charge of laying-out 800 hand-made bowls. No Pommern research meetings for me to organize and conduct as president. Surprisingly, I didn't feel lost, I found peace. That helped me health-wise. For two years I have lived with sciatic pain. On March 13th I went for a walk, but

pain kept it to just one block. In the last two weeks I have taken four 1.2 miles walks. I am sleeping better. When so many people have had and are having a difficult time, I am almost embarrassed to say it, but I am thriving. Of course, I have found work- like writing and editing this Nullr - but now the work isn't who I am.

WHERE IS THE PEACE - Bill Kansas

Due to space limitations, I unfortunately had to change the layout of Bill's writing. But you can still see it as I have let the capital letters remain as he wrote them.

Where Is the Peace?

Most of the time
We know What is our best Choice.
Yet, so often We Choose Another.
I wonder - - -
Was that part of
The curse of the garden?
Do we choose the wrong -
Or, Do we unchoose the right.
Do we - each of us -
Have a past
Of taming conformance
That guides us From right to
wrong?

We Have experienced
Too many Of life's scenes
Filled with the wrong
And, what it births,
Does there exist
A path That we could find,
That guides us Into the True?
And, is that True the same for you?

Are you my friend?
Or, my foe?
And, do you know?
Let us break down
These walls to the false -
They are in the past.
Let us build a new city
Whose walls are straight and true.
And, whose windows all open
Onto some shared uplifting truth.

I say it like it's easy.
Who could ever think it is?
Yet, though this might seem
Beyond hope,
It is no excuse to turn away.
For, not to start, or try
Will surely yield
The failure we already know.

To try, Might bring us light.
I would hope, my brother and my
sister,
That, Someday,
We can build that city.
I want to try.
How can I enroll your heart?
Maybe, if I hand you mine.

This was a post on Facebook.

"When I wear a mask in public, I want you to know that:
—I am educated enough to know that I could be asymptomatic and still give you the virus.
—No, I don't "live in fear" of the virus; I just want to be part of the solution, not the problem.
—I don't feel like the "government is controlling me;" I feel like I'm being a contributing adult to society and I want to teach others the same.
—The world doesn't revolve around me. It's not all about me and my comfort.

—If we all could live with other people's consideration in mind, this whole world would be a much better place.
—Wearing a mask doesn't make me weak, scared, stupid, or even "controlled." It makes me considerate.
—When you think about how you look, how uncomfortable it is, or what others think of you, just imagine someone close to you - a child, a father, a mother, grandparent, aunt, or uncle - on a respirator, alone without you or any family member allowed at bedside. Ask yourself if you could have sucked it up a little for them."

Walk down the ULLR Memory Lane as reported in the August 1995 Nullr.

by Margie Deutsch



Otti Castriotta reported in "Board Bits" 2 events of ULLR history had just been made. In June the president had resigned due to personal reasons after serving only 6 weeks. Vice President **Joe Fischenich** served as president for one week, then also resigned. A previous Past President, Gene Priezel, returned. This was a year with 3 presidents!
Barb Carpenter took on the job of recruiting bands and DJs for the meetings and social events.

Dave and Karen Oakland hosted a country dinner after a theatre matinee. A member thought she was following **Dave Lyons'** car but she ended up in a store parking lot. For 79 Ullrs, Wimp Camping was HOT, 100°+.

Lorri Christenson's tent was complete with artificial turf, geraniums in planters, and a plastic wading pool with floating rubber duckies.

The 20 Ullrs who went to Door County were continually "lost souls." Bike rides created "new math"... a 20 mile trip was really 27. A 30 miler was 38. **Linda Heintz** got a nice bed, shower, and clean latrine, but it was in the hospital when she was rushed there to have her appendix removed.

Jerry Swanberg led a bike ride from his New Brighton home to downtown and back. There were 12 hills on the trip - no one liked the nasty one.

New members that year were **Bill Elsholtz** and **Marlys Schaefer**. **Of the 42 ULLR presidents in the last 40 years, 25 are still active members!**

2020 Social Calendar *See ullr.org for flyers*

July 21, Tuesday - 11:15 Singles' Lunch at McCormick & Schmick's
RSVP: Ellise Lamb, 952-442-9332

August 16, Sunday - 9:15-bikers
[Elm Creek Park Reserve](#) Ride & Potluck (Potluck rain or shine)
Non-Bikers: Come any time after 12:00 pm
Contacts: Hal and Gail West
763-360-7445

August 23-25 - Lanesboro Bike & Golf Trip

August 25, Tuesday - 11:15 AM Singles' Lunch at at Cöv
RSVP: Ellise Lamb, 952-442-9332
70th ULLR Anniversary and Spring Banquet **postponed to May 2021**

Events may be cancelled. Check the website or call the host.

Keep in Touch with ULLR friends

Call, write, e-mail, Skype, post on their Facebook page, maybe do a YouTube exercise "together."

Membership Directory Change

by Nancy Sand, Membership VP
Directory Addition:
Sharon Tornes

Contact Jan Butler about Singles' activities or to volunteer to plan and/or host an event: 952-544-8163,
Singles@ULLR.org or 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, July 10 - cancelled

Friday, August 14, - 5:00 PM

Host: Needed

Friday, September 11- 6:00 PM cards/games

Host: Needed

Hosts are also needed October - November.

SINGLES' FINE DINING on TUESDAYS

Please RSVP to Ellise Lamb by the Sunday before the event. ellise.lamb@mchsi.com or 952-442-9332

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/>

September 22 - Lunch - 11:15 AM on the patio at Pinstripes, 3849 Gallagher Drive, Edina 55435
<https://pinstripes.com/edina/>



Because of COVID-19, Singles' events may be cancelled. Check ullr.org or call host.

LANESBORO BIKE & GOLF 2020

August 23-25 (Sun and Mon nights)

The trip at this time is still on. There is a wait list.

In the past some folks got their own reservation at one of the many nearby places. Then they joined their ULLR friends on the rides. If you plan to do this, please tell Carol or Marilyn.

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

Contact:

Carol Thelen, 320-333-6642, carolte@me.com or Marilyn Barnard, 651-402-0301, 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.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.

There are many changes to the Biking Calendar.

Flyers here have limited information.

Get more event information at ullr.org

Call the trip leader if weather **or the virus social limitations** might be a problem.

Helmets are required on all rides.

Please wear a face mask when socializing.

JULY

9 - Thursday, 9:30-9:45, Cannon Valley. Ride from Welch trailhead to Cannon Falls (20 mi RT). Day Wheel Pass is \$5. Bring a bag lunch and beverage. **RSVP:** Sharon Marini, 952-893-7408, cell day of ride 612-408-7707

13 - Monday, 9:00-9:15, Edina to Bloomington Ride (15 mi RT). Meet at Macy's Home Store Parking Lot [7235 France Aveue South](#), Edina. Ride thru former golf course, across the long wooden bridge, continue past Braemar Golf Course into Bloomington along residential streets and return to Edina. Rolling terrain. **RSVP:** Pat Nelson, 952-893-1045, panelson66@msn.com

16 - Thursday, 9:15-9:45, Wheelock Pkwy.– Gateway Trail (15 mi RT). Meet [State Fairgrounds](#) in Falcon Heights. Enter at Fairground's Main Entrance at Dan Patch & Snelling Avenues. Turn right at 1st Stop sign (Cooper) and park on street. We will ride as a group to the intersection of the Gateway Trail with the Bruce Vento Regional Trail. You may extend your ride independently as far east on the Gateway Trail as you'd like or explore Keller Regional Park trails. Picnic and conversation after the ride at the Fair Grounds. Bring a chair, food and a beverage. **RSVP:** Bill Brechtel, 952-474-5295

23 - Thursday, 9:30-10:00, Bruce Vento Trail (15+3 mi RT). Meet [584 East 7th Street](#), St Paul (East 7th & Payne Ave.) Ride through historic Swede Hollow and add a 3 mile loop around Lake Phalen and stopping at the China Garden. Lunch TBD **RSVP:** Nan Fergen, 651-644-3033

30 - Thursday, 9:00-9:30, Sakatah Singing Hills State Trail (20 or 30+ miles). 2 leaders. Meet at Kiwanis Recreation Area, Hwy. 169, Mankato (north of intersection of Hwy 169 & Hwy 14; south of Mile Marker 57). Bathrooms available. Group 1 will leave from this site: Group 2 will caravan to a trailhead near Co Rd 57 & Lime Valley Rd. The trail is completely paved. It wanders through Big Woods and farm country and is really beautiful! It offers plenty of shade. Bring a chair, food and beverage for a picnic lunch at Kiwanis Recreation Area after the ride. **RSVP:** John Stiefel & Patty Fitzgerald 952-470-5411, 612-743-4565 (cell)

August

4 - Tuesday, 9:15-9:45, State Fairgrounds/Minneapolis (27 mi RT, option for 21 mi). Meet [State Fairgrounds](#) (see flyer for details.) We will explore north along the Mississippi River to I-694, Memorial Parkway, then back to the River and downtown, and then retrace our path back through U of M Campus to the Fair Grounds. Bring a chair, food and a beverage for lunch. **RSVP:** Bill Brechtel, 952-474-5295

6 - Thursday, 9:30-10:00, Manfred Deutsch Memorial Ride. We will bike 15-20 miles, west around Medicine Lake, thru French Park and points north. There will be 2 groups, including a casual riders group. (See flyer for location and lunch details.) **RSVP:** John Stiefel & Patty Fitzgerald 952-470-5411, 612-743-4565 (cell)

13 - Thursday, 9:15-9:45, Charlie Brown Memorial Ride (21 mi RT). We will ride the Brown's Creek Trail through a beautiful wooded ravine, then turn right onto the Gateway Trail to Pine Point and return to Stillwater. Lunch following at The Dock. **RSVP:** Joan Roe 952-914-9124, roejoank@gmail.com, cell 952-200-1601

16 - Sunday, 9:15-9:45 Elm Creek ride and potluck. Bike scenic Elm Creek Park Reserve trails (15 miles & a few hills; 23.5 miles and more hills!) **Non-Bikers:** Come any time after 12:00 pm. **Pot Luck Picnic:** around 1:00 pm. Please bring a dish to share & a lawn chair. (See flyer) **RSVP:** Hal and Gail West, 763-360-7445

20 - Thursday, 9:15-9:30 City Ride - meet at Wabun **Contact:** John Stiefel & Patty Fitzgerald 952-470-5411, 612-743-4565

23-25, Sunday-Tuesday Lanesboro Bike/Golf
See story on p. 7

27 - Thursday, 9:15-9:30 City ride - meet at Lynnhurst. **Contact:** John Stiefel, 952-470-5411, 612-743-4565

SEPTEMBER (More information in next Nullr)

3 - Thursday, 9:15-9:30 City ride - meet at Lynnhurst **Contact:** John Stiefel, 952-470-5411, 612-743-4565

7 - Monday, South Bloomington/Overlook Drive Ride
Contact: John Vogt

10 - Thursday, 9:15-9:30 Dakota Rail Regional Trail
Contacts: John Stiefel & Patty Fitzgerald

17 - Thursday, 9:15-9:30 Lakes of Eden Prairie,
Contact: Tom VandeHei

24 - Thursday, 9:15-9:45 Hastings to Spring Lake Park Reserve Ride, Contact: Rick Huber

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 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 July 9 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 for alternative locations and times.

JULY

July 9 - Thursday, 9:30

Cannon Valley

Contact: Sharon Marini
952-893-7408

July 13 - Monday, 9:00

Edina to Bloomington

Contact: Pat Nelson
952-893-1045

July 16 - Thursday, 9:15

Wheelock Pkwy.— Gateway Trail

Contact: Bill Brechtel
952-474-5295

July 23 - Thursday, 9:30

Bruce Vento Trail

Contact: Nan Fergen
651-644-3033

July 30 - Thursday, 9:00

Sakatah Singing Hills State Trail

Contact: John Stiefel & Patty Fitzgerald
952-470-5411, 612-743-4565

AUGUST

August 4 - Tuesday, 9:15

Fairgrounds to Minneapolis

Contact: Bill Brechtel
952-474-5295

August 6 - Thursday, 9:30

Manfred Deutsch Memorial ride

Contacts: John Stiefel
952-470-5411, 612-743-4565;
Margie Deutsch 763-545-5845

August 13 - Thursday, 9:15

Charlie Brown Memorial ride
Browns Creek/ Stillwater

Contact: Joan Roe
952-914-9124

August 16 - Sunday, 9:15

Elm Creek ride and potluck

Contacts: Hal and Gail West
763-360-7445

August 20 - Thursday, 9:15

City ride—meet at Wabun

Contact: John Stiefel & Patty Fitzgerald
952-470-5411, 612-743-4565

Aug. 23-25, Sunday-Tuesday

Lanesboro Bike/Golf

Contacts: Carol Thelen & Marilyn Barnard
320-333-6642 CT, 651-402-0301

August 27 - Thursday, 9:15

City ride—meet at Lynnhurst

Contact: John Stiefel
952-470-5411, 612-743-4565

SEPTEMBER

September 3 - Thursday, 9:15

City ride—meet at Lynnhurst

Contact: John Stiefel
952-470-5411, 612-743-4565

September 7 - Monday, 10:00

So. Bloomington/ Overlook Drive

Contact: John Vogt
952-829-7056

September 10 - Thursday, 9:15

Dakota Rail Regional Trail

Contact: John Stiefel & Patty Fitzgerald
952-470-5411, 612-743-4565

September 17 - Thursday, 9:15

Lakes of Eden Prairie

Contacts: Tom VandeHei
612-730-3145

September 24 - Thursday, 9:15

Mississippi River Trail

Hastings to Schar's Bluff

Contacts: Rick Huber & Kathy Lucas
262-424-0772 RH, 952-836-4723

OCTOBER

October 1 - Thursday, 9:15

City ride—meet at Lynnhurst

Contact: John Stiefel
952-470-5411, 612-743-4565

October 8 - Thursday - 9:15

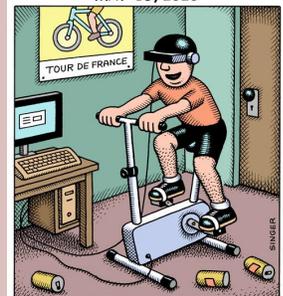
Last Thursday ride

Contact: John Stiefel
952-470-5411

Thank goodness
May is past and
we can actually
go outside and
bike now.

(Oh, but I was
good! I was up
there with the
front bikers!)

BIKE TO WORK DAY MAY 15, 2020



We have thought about what to do about our biking. 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 people whom we haven't been around.