

Visit our website for up-to-date information – ullr.org

September 2020

Wheelock Parkway/Gateway Trail Ride

Bill Brechtel

After three years of construction activity and many years in poor condition, bikers in north St. Paul now have a great east-west connection linking regional trails and three major city parks.

It was perfect weather on July 16th as a dozen Ullrs experienced the new trail on Wheelock Parkway. Beginning at the State Fair Grounds, we rode east to Como Park and picked up Wheelock Parkway to the Gateway Trail and on to the intersection with the Bruce Vento Trail, a 15-mile round trip. While one group returned to the Fair Grounds, another continued on the Gateway Trail to Maplewood for a 20-mile roundtrip.

After the ride we enjoyed a picnic and conversation at the Space Tower on the Fair Grounds.



A few Ullrs actually got to enjoy “going to the Fair” this year. We have just put our masks in our pockets and are ready to ride.

Changes, Changes

The Biking Coordinator, John Stiefel, and Patty Fitzgerald have had to do double the work this biking season as almost every ride’s date was changed or cancelled. They worked with the ride leaders to move all bike rides to a weekday to avoid the heavy weekend biking traffic. Therefore many city rides were cancelled, as rides outside of the inner cores of the cities were less crowded.

Patty sent this notice to the usual bikers. If you plan to join the a bike ride, please follow these guidelines.

A limited number of group rides are being offered. Please check the ULLR website often as rides may be added or cancelled at any time (ULLR.org). Do not call the ride leader to check on scheduling changes. If you are not feeling well please stay at home and join us for a future ride when you are feeling better.

The ride leader may break the ride up into several smaller groups to reduce a concentration of riders. While riding please maintain a safe distance between each rider. At rest stops and in parking areas riders should maintain a distance of at least 6 feet or wear a mask. Please do not bring food or treats to share with others. If a lunch is planned, bring your own food.

It is your responsibility to be aware of Covid-19 Guidelines issued by the Governor’s Office and, of course, there is no substitute for common sense.

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

PROGRAM COORDINATORS

Alpine-Nordic

Barb Kolbe: See directory

Ski Racing

Brian Johnson: Racing@ullr.org

What's Cookin' Cashiers

Carole Nelson & Sharon Pappas:

WCcashier@ullr.org

What's Cookin' Supply Chairs

Nancy Kastner: WhatsCookin@ullr.org

What's Cookin' Beverage Chairs

Craig & Nancy Navis: Beverages@ullr.org

Bruce Warner

Biking

John Stiefel: Biking@ullr.org

Singles

Jan Butler: Singles@ullr.org

Directory Folding Parties

Nancy Sand: FoldingParty@ullr.org

General Meetings

Ellise Lamb: ExecVP@ullr.org

MSC Representatives

Linda Heintz: WinterVP@ullr.org

Dolly Eastman: MSCrep@ullr.org

MSC: www.midwestfun.org

ULLR Foundation President

Jan Cady: FoundationPrez@ullr.org

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JJ [Joe] Coursolle: Webster@ullr.org

NULLR Editor & Designer

Margie Deutsch: NULLR@ullr.org

ULLRnet

Fran DeWell & Mary Jane Hochstein

ULLRnet@ullr.org

LETTER FROM THE PRESIDENT

by Sharon Marini



Hi Ullrs,

These certainly are trying times. Now we wear masks anytime we are with the public indoors or in close contact with others. Biking is successful with rides every week and they are well attended. We have been staying away from the Twin Cities lakes trails. These became very busy when so many people were not able to go to work or go to their gyms. We are also not riding on busy weekends. The picnics after biking have been wonderful as we are able to talk and communicate with each other. Continue to check the website for changes in the biking schedule as many dates have been changed.

So far, I don't know of any ULLR who has or had the COVID virus. That is good news. The summer is almost over and western skiing is doubtful at this time. At our virtual winter planning party we did make plans for local outdoor activities. There are many hikes, snowshoeing, cross country skiing, and local downhill skiing events planned for fall and winter. That is a several months away. Hopefully, we will get enough snow and the local ski areas will be open.

This has been a great summer for flower and vegetable gardens. Mine have never looked better. I got so tired of picking beans, and I will have more in a couple of weeks. There are many edible flowers that are common. Nasturtium and pansies are very common in Minnesota and elsewhere. They are pretty for garnish. Dandelions are another edible (we ate the green part as a salad when I was growing up.) Clover, rose, lavender, sunflower, chamomile, marigold and tulip are also mentioned although I have not tried any of these. Let me know how you like them. There are many more edible flowers, some that I am not familiar with.

Check the website often as we will keep you up-to-date when any changes may occur.

You may have seen this but it is worth repeating:

6 feet away is better than "6 feet under."

Rest at home is better than "rest in peace."

Miss you all, stay safe and keep well. Reach out to your ULLR friends.

ULLR Webmaster: JJ [Joe] Coursolle

See directory for address

Phone: 612-750-0927;

Webster@ullr.org

NULLR Editor: Margie Deutsch

8940 Northwood Pkwy, New Hope 55427

Phone: 763-545-5845;

Nullr@ullr.org

IT IS TIME TO RENEW YOUR ULLR MEMBERSHIP

Your current ULLR membership expires October 31, 2020. It is time to renew!

This year each person must fill out a separate form.

The ULLR Membership Form is available on the ULLR website: www.ullr.org

On the left side, select Membership Information. In the third box, click on ULLR Membership Form.

You will see the ULLR Membership Form has been

changed. It was revised to provide more accurate address and phone number information. Our next Membership Directory will have separate columns for land line and cell phone numbers, so please be careful when you write your phone number(s).

Remember to sign and date the form. Then mail your completed form with a check to the address at the bottom of the form.

Note – If you cannot print the form, contact Nancy Sand, Membership VP, at 952-435-5225.

Sakatah Singing Hills Bike Ride - Patty Fitzgerald

Thursday, July 30th, was a beautiful day for a bike ride. 17 Ullrs made the hour drive to Mankato to begin the adventure. The first group started their ride from the Kiwanis Recreation Area, which is a beautifully wooded park with a great picnic pavilion. They biked along the levy of the Minnesota River, crossed over the river and then biked up to the official trail-head of the trail. Group two started at this point, and we enjoyed the beautiful big woods and gentle climb up to the rural area with corn and beans along the route. We passed a wildlife preserve, where one can see all sorts of waterfowl and critters. Berit and Tom R, recently back from Florida, rode their tandem and were ahead of the pack. We stopped for a break in the shade in Madison Lake. Patty F told the story of Charles Lindberg, in 1923, coming to Madison Lake. He was barnstorming and befriended a local flier. Mr. Lindberg stayed in the town for 4 days and

offered rides in his "Jenny" for \$5 a ride, quite a bit of money in 1923.

Group two started back on the trail and passed group one just coming into Madison Lake. We all convened back at the Kiwanis Recreation Area for a picnic lunch and socializing at the pavilion. We wished Ken M, Alan M and Marcia S a happy birthday (only 2 days late). All said it was a beautiful trail and many would like to do it again. See more photos at <https://ullr.shutterfly.com/2020may-aug>



Ken M, Sharon M, Joan R, Allen M, and Char N are enjoying their water break. See more photos at ullr.org



In Loving memory

Kenneth Earl Johnson

May 19, 1933 - July 14, 2020

Ken was a long-time ULLR member. He was a CPA in his own practice. He loved being with his family, traveling, playing golf and tennis, and being outside including hunting or fishing.

The Celebration of Life for Ken will occur at a later date. Our condolences to his wife Vicki, their children Karma and Scott, and the extended family and friends.

Guideposts magazine has a monthly section called the "Up Side." I am including a few of the comments in this Nullr where there is space.

"A grateful heart is a magnet for miracles."

"The best gift to give is your presence, your time, your love. A gift from your heart with no thought of reward."

Recalling July 2020

Because of the public gathering restrictions due to COVID-19, several events were cancelled. We thank all of the planners for their work.

These events did occur:

10 Cannon Valley Ride
Sharon & Ken Marini

13 Edina to Bloomington Ride
Pat Nelson

16 Wheelock Pkwy – Gateway Trail Ride
Bill Brechtel

21 Singles lunch on the patio at McCormick & Schmick's,
Ellise Lamb

23 Bruce Vento Trail Ride
Nan Fergen

30 Sakatah Singing Hills State Trail Ride
John Stiefel & Patty Fitzgerald

Cannon Valley Ride

Sharon Marini

Friday, July 10, on the third try, we finally had this ride. Thirteen bikers headed to Welch to bike the Cannon Valley Trail. It was a beautiful sunny day with lower humidity. We biked 20 miles from Welch to Cannon Falls and back along the scenic Cannon River. The trail gradually descends 115 feet from Cannon Falls to Red Wing. We saw no deer or other animals this year. After the ride, we had a picnic at the trailhead in Welch.



L-R: Sally, Kate, Pat, Ken, Rick, Patty, John, Craig, Nancy, Bill and Roger

Bruce Vento Trail Ride

On July 23, a beautiful day, Nan Fergen led a bike ride for 9 Ullrs on a crowd-free path in St. Paul that included areas of several different cultures. They rode through historic Swede Hollow on the 15-mile round-trip Bruce Vento Trail, and added a 3-mile loop around Lake Phalen. They stopped at the newly gifted 1.2 acre *St. Paul -Changsha China Friendship Garden of Whispering Willows and Flowing Waters*. The group is seen here in the majestic Xiang Jiang Pavilion.

“View” the garden via a 2:47 minute video at <https://www.stpaul.gov/departments/parks-recreation/design-construction/current-projects/phalen-regional-park-chinese>





Enjoying conversations with ULLR friends– with social distancing!

MANFRED DEUTSCH MEMORIAL RIDE by Patty Fitzgerald

The day, August 6th, was perfect for biking as 25 bikers gathered at Northwood Park in New Hope to begin our Manfred Deutsch Memorial ride. We split into 4 groups of riders; two groups rode at a faster pace. Sharon M carried a picture of Manfred with her, so that he could be with us in spirit. We took off for Medicine Lake, the faster group heading around the lake in a clockwise direction and the casual group going in a counter clockwise direction. Our casual riders had some challenging hills, but we managed to negotiate them by taking our time and stopping for plenty of breaks. We enjoyed looking at the lake homes but we didn't enjoy the bumpy boardwalks on the south side of the lake.

The casual group returned to Northwood Park, where the faster group was waiting. They wanted to bike the 2nd loop of the ride, the Bassett Creek Trail east towards Theodore Wirth Park and back again. John S asked if any of the casual group wanted to join them. Two riders took off with them and the rest of the bikers walked to the near-by back yard of Mar-

gie Deutsch. We set up our chairs, enjoyed a cold refreshing drink, and watched the waterfowl on Northwood Lake as we socialized until the other groups returned from their 11-mile loop. We followed health guidelines, maintained distance apart and wore masks when closer together. Margie served brats, sauerkraut, chips, grapes and cold beverages. She said a special blessing, and we toasted our good friend, Manfred, with German beer. Sharon M's cupcakes topped off a perfect day. Many of us lingered in the back yard for another hour, enjoying the day and our friends. Thank you, Margie, for making this ride so memorable.



Mock High 5's with another casual rider. It doesn't matter what you wear, just come for the exercise and group fun!

Sept. 11 - Friday - 10:00 am - Hike 10:10

Highline Trail, Meet at Thomas Lake Park in Eagan. We will gather after the hike in the park. Bring a chair and a lunch. The trail goes for miles, is fully paved, is pleasant, scenic, and somewhat hilly.

RSVP: Linda Heintz, linda.s.heintz@gmail.com

651-454-6152 [h], 612-916-2526 [c]

Sept. 15 - Tuesday - 10:00 am - Hike 10:15

Wolsfeld Woods Scientific & Natural Area

Is a lovely oak-growth woods. This 2.9 mile unpaved loop trail, with many ups and downs, is rated moderate. Bring your own chair and lunch for a picnic at Nelson Lakeside Park, just 1 mile from Wolsfeld Woods. Nelson Park has a nice picnic area and a biffy!

RSVP: Marcia Switenki, Mswitenki@hotmail.com

952-941-6882 [h], 473-350-0430 [c] day of hike only

Sept. 21 - Monday - 10:30 am

Nerstrand Big Woods State Park

(S.E. of Northfield) Meet at the Park Visitor Center. Park Entrance Cost: \$35.00 for a Annual State Park Permit or \$7.00 for a Day Pass. (You might have to use a credit card.)

LUNCH AFTER THE HIKE AT THE

Hideaway, 421 Division Street South, in Northfield.

RSVP to Nancy Sand, nsand878@gmail.com

952-435-5225 [h] 763-280-2600 [c]

Our Fall Hikes begin!

Please see the flyers at ullr.org for driving directions. If the weather is uncertain, call the trip leader. **On all hikes, Ullrs are to maintain social distancing of 6 feet apart; wear your mask when you can't.** **Reminder:** COVID-19 can be spread while outside when in close contact!

Sept. 29 - Tuesday - 10:15 am - Hike 10:30

Schulze Lake, in Lebanon Hills Regional Park. Meet at Lebanon Hills Visitor Center, 860 Cliff Road, Eagan. Bring a chair, food and a beverage for socializing after the ride. The 1,869-acre park contains forests, grasslands, marshes, and wetlands. The trails are one direction for now, and offer several different options. All are well marked.

RSVP: Nancy & Craig Navis, craignavis@gmail.com

651-456-9107 [h], 651-329-4836 [c]

Oct. 7 - Wednesday - 10:30 am - Hike 10:45

Cottage Grove Ravine Regional Park

(N.W. of Hastings) The hike is a 3.2 mile loop trail that features beautiful wild flowers and rated moderate. Cost: \$7.00 daily park fee – Credit card only.

LUNCH AFTER THE HIKE AT THE:

Bierstube 109 W. 11th Street, Hastings

RSVP: Nancy Sand, nsand878@gmail.com

952-435-5225 [h] 763-280-2600 [c]

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

by Margie Deutsch

Co-chair **Jan Butler** obviously liked the letter "B." She titled her Breezy Point article, "Blithe Bodies Bask, Boogie, and Barbeque at Balmy Breezy Bash." One photo showed 5 Ullrs "Browned, Blistered, Burned, and Bushed." "Besides boating and water volleyball, girl and boy watching emerged as the day's most ardent recreation for the majority. (The popularity of volleyball was somewhat diminished by a certain much more attractively filled net on the beach.)" On Sunday, Ullrs knew it was time to head home after their picnic when Jim Park saluted them from his Cessna, flying low 'farewell passes' over the island.



At the Hidden Valley Campground near Welch, the clouds were ominous and the air still and heavy with humidity for

the advance tent-pitching crew, headed by **Denny Boxrud**. The inexperienced crew did get the 11x15 foot tent up and soon it was filled with many of the 29 Ullrs as they "sipped wine, beer, and Manhattans." Later the group enjoyed an elegant repast complete with a spectacular flambé dessert (s'mores.) At the evening's campfire, **Lee Erickson** played his guitar for the sing-along. **Judy Bergan** and Denny were among the few that stayed up till 4:30 am when a voice from a near-by tent told them to stop. The swift, rain swollen Cannon River caused an unsuccessful attempt at canoeing upstream for Lee, Grace Gamradt, and Bill Brust the next day. They had to portage through itch weed, poison ivy, fallen logs and bramble bushes. Ahh, the joy of camping! Bill had been an active ULLR for 2-1/2 years. He had gone on 2 Breezy Point trips and assisted with tandem biking. He was co-chair for the Ski-for-Light Program. He had been blind since 1976. In the winter, he preferred cross country skiing over skiing downhill. (He tried it!)

2020 Social Calendar *See ullr.org for flyers*

August 23-25 - Lanesboro Bike & Golf Trip

The ULLR Board met on Wednesday, August 12. Because of all the uncertainties due to COVID-19 restrictions and recommendations, the Board decided to cancel the October and November General Meetings, and the Holiday Social Party. Our webmaster JJ Coursolle will continue to keep you updated with any changes.

*"As far as overdoing it, I can't worry about what's coming because life plans you more than you plan it."
Tony Bennett, 89, on releasing his new jazz album.*

Keep in Touch with your
ULLR friends

Call, write, e-mail, Skype, post on their Facebook page, maybe do a YouTube exercise together.
Wear your mask and take a walk in a park.

Membership Directory Change
by Nancy Sand, Membership VP
DIRECTORY ADDITION
Judie O'Gara

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!**

It was just decided to cancel all Singles' Card & Game Nights for 2020. Hopefully they can be resumed in 2021.

"Compliments cost nothing but can make someone feel like a million bucks."

"What I do today is very important because I'm exchanging a day of my life for it."

SINGLES' FINE DINING on TUESDAYS

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

August 25 - Lunch - 11:15 AM on the patio at Cōv, 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/>

October 27 - Lunch - 11:15 AM at Blue Water Grill 3800 American Blvd. E., Bloomington, 55425 (inside the Airport Hilton) <https://www.hilton.com/en/hotels/mspahf-hilton-minneapolis-st-paul-airport/dining/>



Because of COVID-19, 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. 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).

"You may not be as fast on your feet, and the image in the mirror may be a little disappointing, but if you are still functioning and not in pain, gratitude should be the name of the game."

Betty White, actress, age 98

*Try to have good days and bad moments.
Life is too short to have a bad day.*

"Health might start in the body, but it extends way beyond the physical - it's about your connections to the world and to people around you and your ability to serve and give." Tim McGraw, singer

*"Making a big life change is scary.
But know what's even scarier? Regret."*

There are many changes to the Biking Calendar.
See the flyers for more 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.

August

13 - Thursday, 9:15-9:45, Elm Creek ride. Bike scenic Elm Creek Park Reserve trails (15 miles & a few hills; 23.5 miles and more hills!) **Picnic:** around 1:00 pm. Please bring your lunch & a lawn chair. (See flyer)

RSVP: Hal and Gail West, 763-360-7445

20 - 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. Picnic following at Pioneer Park. Bring your lunch, beverage and chair.

RSVP: Joan Roe roejokank@gmail.com,
952-914-9124 [h], 952-200-1601 [c]

23-25, Sunday-Tuesday Lanesboro Bike/Golf

Contacts: Carol Thelen & Marilyn Barnard
320-333-6642 C.T., 651-402-0301 M.B. **See story on p. 7**

27 - Thursday, 9:15-9:30, City Ride - meet at Wabun

RSVP: John Stiefel & Patty Fitzgerald
952-470-5411 [h], 612-743-4565 [c]

SEPTEMBER

3 - Thursday, 9:15-9:45, Fairgrounds to Minneapolis
Enter the Fairgrounds at the main entrance at Dan Patch and Snelling Avenues. At the first stop sign take a right and park along the street. 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. A 27 mile ride. There will be an option for a 21 mile casual ride. State Fair food fare is not available. Bring a chair, food and beverage for a picnic and conversation after the ride.
RSVP: Bill Brechtel, 952-474-5295

7 - Monday, 9:15-9:30, Big Rivers Regional Trail Meet at the Big rivers Trailhead, 1448 Mendota Hts. Rd. Ride along the Mississippi River to the state Capitol, along Summit Av., through Fort Snelling and back— about 20 miles. Bring a chair, lunch & beverage.
RSVP: Nancy & Craig Navis, 651-456-9107 [h]
651-329-4836 [c]

10 - Thursday, 9:15-9:30, Dakota Rail Regional Trail Meet at the trailhead: 175 Grove Lane, Wayzata. We will bike into St. Bonifacius on a former railroad bed,

next to Lake Minnetonka in places, past some beautiful homes. A very level trail, easy for all riding levels. Entire ride about 26 miles. Go at your own pace, turn around at any time. There will be 2 groups of riders, including a more casual group. Bring a chair, food and beverage for a picnic after the ride.

RSVP: John Stiefel & Patty Fitzgerald
952-470-5411 [h], 612-743-4565 [c]

14 - Monday, 9:00-9:30, Bloomington Trails and Lakes

Meet in the north end of the Normandale Lake Park Parking Lot on Chalet Road in West Bloomington (it is on the right.) Bike 15 to 20 miles, some ups and downs, but not steep. Picnic by the lake. Bring a chair and picnic lunch.

RSVP Contacts: Roger Kemp: 612-859-7872 and Sharon Marini: 952-893-7408, Cell day of ride 612-408-7707

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

Meet at Miller Park, 8200 Eden Prairie Road, drive past the ball fields to playground parking area. We will bike around several of the lakes in Eden Prairie, mostly on trails. Be prepared for a few hills and some beautiful scenery. RT 18 miles. Two groups of riders, one more casual. Bring a chair, food and beverage for a picnic in the park after the ride.

RSVP: Tom VandeHei, 612-730-3145

24 - Thursday, 9:15-9:45, Mississippi River Trail

Hastings to Spring Lake Park. Meet in Levee Park overlooking the Mississippi River in downtown Hastings. We'll assemble in the public parking lot next to the American Legion Post 47. Please read the flyer for this ride. **RSVP Contacts:** Rick Huber, 262-424-0772 and Kathy Lucas, 952-836-4723

OCTOBER

1 - Thursday, 9:15-9:30, City ride—meet at Lynnhurst
RSVP: John Stiefel, 952-470-54119 [h], 612-743-4565[c]

8 - Thursday - 9:15-9:30, Last Thursday ride

RSVP: John Stiefel, 952-470-5411

"Why is the windshield so large and the rearview mirror so small? So we can look ahead and move on."

"Imagination is what convinces us that there's more to the world than meets the eye. And isn't that the first principle of faith?" Jonathan Rogers, author

"Be so busy enjoying your life that you have no time for hate, regret, or fear."

"Almost everything will work again if you unplug it for a few minutes...including you." Anne Lamott, author

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 began 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.

AUGUST RIDES

August 13 - Thursday, 9:15

Elm Creek ride and potluck

Contacts: Hal and Gail West
763-360-7445

August 20 - Thursday, 9:15

Charlie Brown Memorial ride
Browns Creek/ Stillwater

Contact: Joan Roe
952-914-9124

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 Wabun

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

SEPTEMBER

September 3 - Thursday, 9:15

Fairgrounds to Minneapolis

Contact: Bill Brechtel
952-474-5295

September 7 - Monday, 9:15

Big Rivers Regional Trail

Contacts: Nancy & Craig Navis
651-456-9107 (h) 651-329-4836 (c)

September 10 - Thursday, 9:15

Dakota Rail Regional Trail

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

September 14 - Monday, 9:00

Bloomington Trails and Lakes

Contacts: Sharon Marini & Roger
Kemp 952-893-7408 (S.M.)

September 17 - Thursday, 9:15

Lakes of Eden Prairie

Contact: Tom VandeHei
612-730-3145

September 24 - Thursday, 9:15

Mississippi River Trail
Hastings to Spring Lake Park

Contact: 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(h), 612-743-4565(c)

October 8 - Thursday - 9:15

Last Thursday ride

Contact: John Stiefel
952-470-5411

SEE PAGE 8 FOR MORE RIDE INFORMATION

ULLR FALL HIKES

Sept. 11 - Friday - 10:00

Highline Trail, Thomas Lake Park

RSVP: Linda Heintz, 651-454-6152,
612-916-2526(c)

Sept. 15 - Tuesday - 10:00

Wolsfeld Woods Scientific & Nat-
ural Area

RSVP: Marcia Switenki, 952-941-
6882(h), 473-350-0430(c) hike day

Sept. 21 - Monday - 10:30

Nerstrand Big Woods state Park

RSVP: Nancy Sand, 952-435-5225,
763-280-2600(c)

Sept. 29 - Tuesday - 10:15

Schulze Lake

RSVP: Nancy & Craig Navis
651-456-9107 (h) 651-329-4836 (c)

Oct. 7 - Wednesday - 9:15

Cottage Grove Ravine Reg. Park

RSVP: Nancy Sand, 952-435-5225,
763-280-2600(c)

Oct. 14 - Wednesday - 10:45

Lebanon Hills Regional Park

RSVP: Linda Heintz, 651-454-6152
612-916-2526(c)

Oct. 16 - Friday - 10:45

Bunker Hills Regional Park

RSVP: Jan Swanberg, 651-633-
7178, 612-719-3458(c)

Oct. 21 - Wednesday - 10:00

Carver Park Reserve

RSVP: John Stiefel & Patty
Fitzgerald
952-470-5411(h), 612-743-4565(c)

Oct. 27 - Tuesday - 10:15

Woodlake Nature Center

RSVP: Carol Bush, 763-717-8084

Nov. 8 - Sunday - 11:00

18th Annual Fort Snelling

RSVP: Carolyn Buswell & John Egan
763-717-8084