

# MN SPOKES-N-FOLKS CYCLING CLUB



## **Tuesday Evening Rides**

**6:30pm**

### **April 7, Elm Creek Trails, Elm Creek Park:**

Meet at main pavilion south end of park, Elm Creek Blvd off Hwy 81 in Maple Grove. Ride leader - Wendy Carlsen 612-875-6939

### **April 14, Mellow Meander:**

Meet in Shoreview at Island Lake Park parking lot on Victoria Street and 694. Ride leader - Don Carlsen 612-961-6727

### **April 21, Coon Rapids Dam, Rush Creek Regional Trail:**

Meet at Coon Rapids Dam Regional Park, 10360 West River Road in Brooklyn Park. Ride out to Elm Creek Park and back. Ride leader - Don Carlsen 612-961-6727

### **April 28, Coon Creek Ride:**

Meet at Activity Center parking lot in Bunker Hills Park, Coon Rapids. Ride leader - Don Carlsen 612-961-6727

### **May 5, Gateway Trail, North St Paul:**

Meet at parking lot about 3 blocks east on frontage road from Hadley Ave & Hwy 36. Ride leader - Mark Carlsen 651-207-9348

### **May 12, Maple Grove Ramble:**

Meet at Weaver Lake School, exit 94 at Weaver Lake Rd, go west to the school. Ride leader - Wendy Carlsen 612-875-6939

### **May 19, Hopkins to Cedar Lake/Greenway:**

Meet at park & ride at Excelsior & 8th street in Hopkins. Ride leader - Don Carlsen 612-961-6727

### **May 26, River Gorge Ride:**

Meet on East River Road at Summit Avenue. Ride Leader - Don Carlsen 612-961-672

### **June 2, Shoreview DQ Ride:**

Meet at Snail Lake Education Center at the corner of Hwy 49 & Hwy 96. Ride Leader - Mary Carlsen 651-261-9214

### **June 9, Elm Creek Trails, Elm Creek Park:**

Meet at main pavilion south end of park, Elm Creek Blvd off Hwy 81 in Maple Grove. Ride leader - Wendy Carlsen 612-875-6939

**June 16, Long Lake Ride:**

Meet at Rob & Wendy's House in Long Lake. Ride leader - Wendy Carlsen 612-875-6939

**June 23, Ice Cream Ride:**

Meet at Mahtomedi High School Hwy 244 and Hwy 12 in Mahtomedi. Ride leader - Don Carlsen 612-961-6727

**June 30, Root Beer Float Ride:**

Meet at Bryn Mawr Park, 601 Morgan Ave South near Penn & 394. Ride leader - Dave Hile 763-242-8132  
Root Beer floats at Hile's following ride.

**July 7 Circle the Lakes Ride:**

Meet at Franklin and Penn Avenue near downtown Minneapolis. Ride leader - Wendy Carlsen 612-875-6939

**July 14, Bunker Hills and Beyond:**

Meet at Activity Center parking lot in Bunker Hills Park, Coon Rapids. Ride leader - Don Carlsen 612-961-6727

**July 21, Rags to Riches:**

Meet at Flicek Park in Maplewood on Frost Avenue 2 blocks west of English. Ride leader - Ron Bole 651-483-2401

**July 28, Rob's Ride:**

Meet at Rob & Wendy's in Long Lake. Ride leader - Wendy Carlsen 612-875-6939

**August 4, National Night Out:**

**August 11, Tour de Grove:**

Meet at Weaver Lake School. 94 to Weaver Lake Rd, West to school. Ride leader - Wendy Carlsen 612-875-6939

**August 18, Gateway Trail/Browns Creek Trail:**

Meet at parking lot about 3 blocks east on frontage road from Hadley Ave & Hwy 36. Ride out to Stillwater and back. Ride leader - Don Carlsen 612-961-6727

**August 25, Mississippi Trails South Ride:**

Meet in Brooklyn Park at park and ride at West River Road and 73rd Avenue North. Ride leader - Dave Hile 763-242-8132

**September 1, Coon Rapids Dam:**

Meet at Elm Creek Park main pavilion south end of park, Elm Creek Boulevard off Hwy 81 in Maple Grove and ride out to the Coon Rapids Dam, Ride leader - Don Carlsen 612-961-6727

**September 8, Brooklyn Park Ride:**

Meet at River Park - two blocks east of the intersection on West River Road and 83rd Avenue North in Brooklyn Park. Ride leader - Doug Smith 763-242-7946

**September 15, Elm Creek Trails, Elm Creek Park Reserve:**

Meet at main pavilion south end of park, Elm Creek Blvd off Hwy 81 in Maple Grove. Ride leader - Don Carlsen 612-961-6727

## Saturday Rides

9:00am

### **April 25, Tim Horton's Breakfast Ride:**

Meet at Island Lake Park on Victoria Street and 694. Ride Leader - Don Carlsen 612-961-6727

### **May 30, Maple Grove to Mississippi River:**

Meet at Weaver Lake School ride out to Elm Creek Park and extended trails on to the Mississippi river and back. Ride Leader - Don Carlsen 612-961-6727

### **June 13, Minnesota Ironman Bicycle Ride**

#### **June 20, Dakota Rail Trail:**

Meet at parking lot in Wayzata on Grove and Lake Street (Wayzata Beach) ride out to St. Boni Bistro. Ride Leader - Wendy Carlsen 612-875-6939

#### **July 18, Gateway Trail/Brown's Creek Trail/Loop Trail:**

Meet at parking lot about 3 blocks east on frontage road from Hadley Ave & Hwy 36. Gateway/Brown's Creek Trail to new Stillwater loop trail and back. Lunch in Stillwater. Ride Leader - Don Carlsen 612-961-6727

#### **August 8, Stillwater Loop:**

Meet at Mahtomedi High School parking lot - Ride Leader - Don Carlsen 612-961-6727

## Saturday Mountain Biking

10:00am

### **June 27, Elm Creek Park Single Track, Maple Grove:**

Meet at parking lot at Hayden Lake Road-north end of park. 10:00 AM start. Good beginner ride!

### **July 4, Theodore Wirth Park, Golden Valley:**

Meet at parking lot south of Theo Wirth Lake off Glenwood Ave. The mountain bike trails are located just west of Theo Wirth Parkway and north of Highway 55. 10:00 AM start.

### **August 29, Hillside Park, Elk River:**

Meet at parking lot at 181st Ave (Co Rd 12) about 1mile East of 169. 10:00 AM start.

