

2010 OLLI Cycling Interest Group

General Information: We will attempt to make the rides about 15-30 miles round trip. Rides will start out shorter and get longer as the season progresses. It is wise to start early in the season as the rides do get more challenging. **For your own personal safety, it is STRONGLY recommended that a cycling helmet be WORN.**

Ride Time: Rides will start **promptly** at the designated time. Rides in April, May, October, and November will start at 10:00. Rides in June, July, August and September will start at 9:30.

Ride Day: The ride day will switch between Mondays and Tuesdays. **See the specific schedule below.**

Ride Location: You will see that the schedule does not tell you where we will be riding. The location of the ride will be sent out on an e-mail message. We will rotate the starting locations of the regular rides between Midland, Bay, and Saginaw counties. If the ride is cancelled for a particular week, then that location will be moved to the next week. If you do not have e-mail, then find yourself a cycling buddy to contact. Some of the cycling interest group members are listed on the reverse side. You can find their phone numbers and addresses in your OLLI membership directory. Remember you can always contact Linda Ackerman, 989-781-2961, Karol Walker, 989-689-0282, or Marilyn Jones, 989-684-7567.

Cancellation Policy: Refer to **TV5** for weather information. If the **predicted high temperature** of the day is **below 45 degrees** or if it is raining, the ride will be cancelled. NOTE: If it is sprinkling and the weather forecast is predicting clearing, we will most likely ride. However, if it is sprinkling and the weather forecast is predicting continued rain, we will most likely cancel. If the ride is cancelled, your co-leaders will make every effort to get an e-mail out to you by 8:30 AM.

2010 Ride Schedule

<u>10:00 AM Monday:</u>	April 12, April 19, April 26
<u>10:00 AM Tuesday:</u>	May 4, May 11, May 18, May 25
<u>9:30 AM Monday:</u>	June 1(Tuesday), June 7, June 14, June 21, June 28
<u>9:30 AM Tuesday:</u>	July 6, July 13, July 20, July 27
<u>9:30 AM Monday:</u>	Aug 2, Aug 9, Aug 16, Aug 23, Aug 30
<u>9:30 AM Tuesday:</u>	Sept 7, Sept 14, Sept 21, Sept 28
<u>10:00 AM Monday:</u>	Oct 4, Oct 11, Oct 18, Oct 25
<u>10:00 AM Tuesday:</u>	Nov 2, Nov 9

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First Ride: 10:00 AM, Monday, April 12, meet at the Tridge in Midland. We will ride the city loop to Illinois St., through a few neighborhood streets, and back to the Tridge. The estimated distance is about 10 miles. Upon returning to the Tridge, those who want to ride more will continue out to the Chippewa Nature Center. This will provide us with another 8 miles. Those who want will have lunch at Pizza Sam's.

Directions to the Tridge: Traveling west on US 10 follow the BUS US 10 (exit on the left side), turn left at Ashman St. Continue on Ashman St. down to the parking lot. See you there!

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OLLI Cycling Interest Group (03/08/10)

Leaders: Linda Ackerman, Karol Walker, & Marilyn Jones

Ackerman, Wayne
Badour, Maryann
Balwinski, Jo & Bob
Bingham, Tom
Byron, Sandra
Clevey, Mark
Derck, Lynn
Drake, Penny
Feeney, Gary
Graul, Bill
Harris, George
Hausbeck, Jerry
Joerke, Erika
Kirchman, Peter
LaFramboise, Charles & Sue
Lee, Rosemary & Ken
Loll, Liz
McFarland, Bev
Mervis, Mary
Rankin, Greg & Jean
Rowell, Bonnie
Scorsone, Karyl
Shrope, Vicki
Snarey, Pam
Steffens, Carole
Tithof, Roaslee
Walker, Karol
Willette, Alan

Bader, Allan
Baldwin, Doug
Bedbury, Barb
Bowen, Jo
Cammin, John
Dauer, Dan
Diebold, Janet
Enszer, Bob
Fisher, Steve
Grenell, Gail
Haufmaster, Barb
Hebert, Bill & Donna
Jones, Marilyn
Kennedy, Linda & Tom
Leach, Joe
Link, Charles
Mair, Sharon
McPeak, George
Pugsley, Ron & Darlene
Retherford, Pat
Schuetz, Jane
Selman, Roberta
Skeebo, Ruth
Stachowiak, Ron
Thelen, Stella
Wahr, Richard
Webb, John & Bev
Young, Pam

Did you know?

A person weighing 150 pounds will burn off 240 calories if they bike at 6 mph for 1 hour. Increase that speed to 12 mph and 410 calories are used!

A person weighing 200 pounds will burn off 312 calories if they bike at 6 mph for 1 hour? Increase that speed to 12 mph and 534 calories are used!

This is why we try to maintain at least a speed of 10 to 12 mph!

Information from the 2008 Just Move brochure from the American Heart Association