

# [BIKE FOR A BETTER US]

The Greater Marinette-Menominee YMCA will be taking the reins of the **LeowStrong Bike Ride** in 2020 from Aurora Medical Center - Bay Area. And while aware of the level of effort this will take, Y leadership is excited to ensure this signature health and wellness event remains part of the local summer calendar.

The **LeowStrong Bike Ride** started in the 1980's when riders from the two hospitals and the local bike club started the Menominee River Century Bike Ride. With its emphasis on rider support and safety, routes that took advantage of the scenery and water, and rest stops that provided much more than water and bananas, the ride quickly became a "must do" for Midwest cyclists.

"The good news is that the hospital will remain an important supporter of the ride and will be providing us the resources and expertise that they built up over nearly four decades of running the ride." states Jenni Campbell, YMCA Mission Director.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## RIDER COMMENTS:

"Very well marked and rest stops had a nice variety of goodies!

"Very well organized! Great food! Helpful volunteers!"

"The whole ride is awesome!



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The LeowStrong Bike Ride

June 28, 2020

THE GREATER MARINETTE-MENOMINEE YMCA

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When you support an event held by The Greater Marinette-Menominee YMCA, you help us provide kids and families in Marinette/Menominee with the programs and services they need to thrive.

## Youth Development

All kids deserve the opportunity to be empowered to reach their full potential. We see every interaction with young people as an opportunity for learning and developmental grounded in the Y's core values of caring, honesty, respect and responsibility.

## Healthy Living

We help people and families build and maintain healthy habits for spirit, mind and body in their everyday lives. By helping kids, adults, families and seniors from all walks of life improve their health and well-being, we build a stronger community.

## Social Responsibility

With our doors open to all, we bring together people from all backgrounds, to support those in need. We take on the most urgent needs in our community and inspire a spirit of service in return. Our members, volunteers, supporters and staff demonstrate the power of what we can achieve by taking action and giving back together.



### PRE-REGISTRATION IS NOW AVAILABLE

Visit [www.mmymca.org](http://www.mmymca.org) to register. Online only.

#### Pre-Registration Prices

(valid through June 17, 2020)

Individual Rider (40k/80k)	.....\$35
with T-Shirt	.....\$50
Family Fun Ride (15k)	.....\$5/person
with T-Shirt	.....\$20/person
Extra Event Shirts	.....\$15

#### WEEKEND OF RIDE REGISTRATION [7 am - 10 am]

Sunday, June 28, 2020	.....\$45
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**RIDE RIGHT!**

During this event, as at all times, **SAFETY** is important as you cycle.

You **MUST** wear your bicycle helmet while riding in the **LEOWSTRONG BIKE RIDE**.



### Suggested Departure Time For All 8 am - 10 am

Any Departure earlier than 7 am may mean some rest stops may not be open or SAG service available.

- Fully SAGed
- Supported with rest stops
- Law enforcement supported routes



## [3] Bike Ride Routes

Ride starts/ends at Marinette High School | 2135 Pierce Avenue, Marinette, WI

### Family Fun Ride On A Flat Terrain

- Family fun that goes along the bay and quiet backroads.
- Enjoy a rest stop filled with games, prizes, face painting, snacks and hydrating beverages for the family

**1** 15km (9 mi)

### Green Bay, Peshtigo River & Mar. Co Scenic Roads

- Flat terrain including: Several lake/bay views and Michaelis Park
- Festive atmosphere of Johnson Controls Rest Stop that includes live entertainment, burgers, snacks and more!

**2** 40km (25 mi)

### The "Tour De Peshtigo"

- Flat terrain that offers a variety of quiet backroads.
- Peshtigo Badger Park
- Festive atmosphere of Johnson Controls Rest Stop that includes live entertainment, burgers, snacks and more!
- Harmony Rest Stop with MORE food, drinks and wonderful volunteer firefighters.

**3** 80km (50 mi)