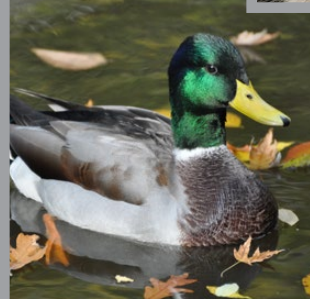




2017 Andean Health Lake Michigan 500 Preview



Milwaukee
Art
Museum -
Day 1



Overview

From the Supreme Commander and his Lieutenant

August 31, 2017

In about a week, we will gather in Madison at the beginning of the Andean Health & Development 2017 cycling adventure, the Lake Michigan 500.

This marks the seventh year that many of us have cycled together and as you will soon discover, this year's route from Madison to Notre Dame provides spectacular scenery.

Once again, you can expect that the logistics and planning for this ride to be the best of the best! In addition to this ride preview, you have already received a few briefing documents for your review to help you finish your planning and preparation for September. Please take time to read this material carefully; the briefing information about hydration, recovery and safety is especially important.

See you soon,

Dave Cutler
Team Captain
AKA Supreme Commander

Mike Heisler
Chair Emeritus, AHD Board
AKA Supreme Lieutenant Commander

The 5 really important things

- 1 Have fun.
- 2 Be safe.
- 3 Enjoy the scenery but ride your bike first.
- 4 Watch for, and avoid, critters - especially the big ones.
- 5 Encourage friends and family to support you on the journey by donating to AHD.

Other important stuff

Make sure your bike is ready. If you're not comfortable assessing its readiness, take it to a REPUTABLE bike shop, tell them what you're doing and let them know the bike has to be perfect. Make sure you know how to change a flat and that you have the supplies to do so.

There will be three support vehicles: 1) A big van pulling the trailer with Pat as pilot; 2) another big van with Ann as pilot; and 3) still another big van with Laura or Alicia as pilot. Their phone numbers will be on the daily ride summary.

Other info

Each evening, you'll receive a daily ride summary for the following day's ride that will have the map, directions and phone numbers; it is laminated and fits in a jersey pocket.

Why the animals on the cover? The cow, duck and bear because there are cows, ducks and bears in Wisconsin and Michigan and now you know what they look like. The other five? You'll find out on the ride.

Overview

Day	Start	Finish	Distance, miles	Link to map/directions/GPS file*
Day 1 - Saturday September 9 Bonus Ride	Lake Mills, WI Lake Front	Milwaukee, WI Lake Front	62.7 5.9	https://ridewithgps.com/routes/23804335 lakefront bonus ride - https://ridewithgps.com/routes/23804675
Day 2 - Sunday September 10	Menominee, MI	Escanaba, MI	57.1	https://ridewithgps.com/routes/23777511
Day 3 - Monday September 11	Blaney Park, MI	St Ignace, MI	65.2	https://ridewithgps.com/routes/23777993
Day 4 - Tuesday September 12	Levering, MI	Charlevoix, MI	58.7	https://ridewithgps.com/routes/23778080
Day 5 - Wednesday September 13	Traverse City, MI	Glen Arbor, MI	74.8	https://ridewithgps.com/routes/24461760
Day 6 - Thursday September 14	Glen Arbor, MI	Manistee, MI	64.6	https://ridewithgps.com/routes/23778257
Day 7 - Friday September 15	South Haven, MI	Olivet, MI	85.7	https://ridewithgps.com/routes/23779159
Day 8 - Saturday September 16	Michigan City, IN	South Bend, IN	44.9	https://ridewithgps.com/routes/24205229
Totals			500+	

*To download GPS file (to use on Garmin, etc), go to linked page and on right-hand side of the page, select export and choose your options.

If you don't have a separate GPS device, you can use your smart phone. Download the Ride with GPS app (it's free) and you can access the maps shown above. The only downside is that you won't be able to use the map if you lose your phone signal. You can download a map for offline use but you have to be at least a "basic" member of Ride with GPS (\$6/month or \$50/year).

Temperatures

Location	Date	Normal high	Normal low
Milwaukee	September 9	74	58
Escanaba	September 10	68	51
St Ignace	September 11	67	54
Charlevoix	September 12	71	57
Glen Arbor	September 13	72	53
Manistee	September 14	70	51
Olivet	September 15	71	49
South Bend	September 16	74	54

Day One Saturday September 9 2017

Lake Mills, WI
43.0652 N, 88.9244 W
to
Milwaukee, WI
43.0458 N, 87.8905 W
62.7 miles

LODGING
Westin
550 N Van Buren St
Milwaukee, WI

This is the only day we get to ride in Wisconsin. Did you know the cattle population of Wisconsin (3.5M) is greater than the people population of the least-populated 21 states?

START
Shuttle about 35-40 minutes to
Sandy Beach Park
Lake Mills, Wisconsin

FINISH
E. Lagoon Dr or thereabouts
Veterans Park
Lakefront
Milwaukee, Wisconsin

Unlike previous years, we are spending considerable time in suburban and urban environments and on trails...with all that entails. Be cautious on the trails and assume the unexpected.

Also, since the terrain is relatively flat, expect to be cycling in groups. And remember to ride for the person behind you.

After our first shuttle ride we mount our trusty steeds and wander thru Lake Mills and out on the open road, namely County B. We'll pass thru a few towns, and end up on Delafield Road before we head south to Dousman to pick up the

Glacial Drumlin Trail. After 10 miles or so on the trail, we'll make our way thru Waukesha and pick up the New Berlin Trail that will take us near the western edge of Milwaukee.

Again winding our way on mostly quiet city streets, we'll eventually find ourselves on the Hank Aaron State Trail and use that until we're about two miles from the lakefront.

Back on city streets, we'll meander across the Menomonee River for the third time, cross the Milwaukee River, and ultimately be back on the Hank Aaron Trail until we reach our destination in Veterans Park, about a half-mile north of the art museum. Unless you do the bonus ride, which is about a six mile loop along the lakefront.

Look for the trailer either on E Lagoon Dr or in one of the parking lots off the drive. Should be easy to spot - it's bigger than before - the van/trailer rig is about 50' long.



A typical Wisconsin dairy cow puts out 2739 gallons (or 23,552 lbs) of milk a year plus 43,800 lbs of manure a year.



The Joan of Arc Chapel, on the campus of Marquette University in Milwaukee, was originally constructed in Chasse, France in the 1400s. Then reconstructed on Long Island in the 1920s, and reconstructed again at Marquette in the 1960s.



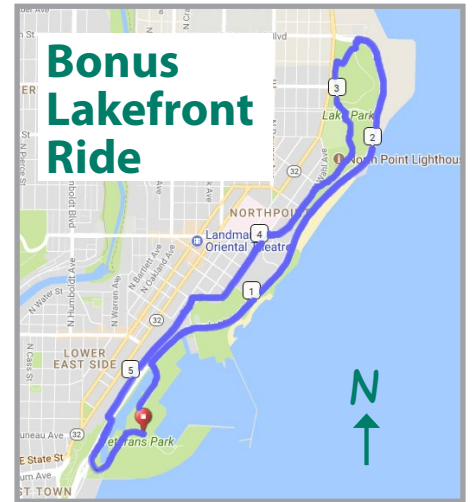
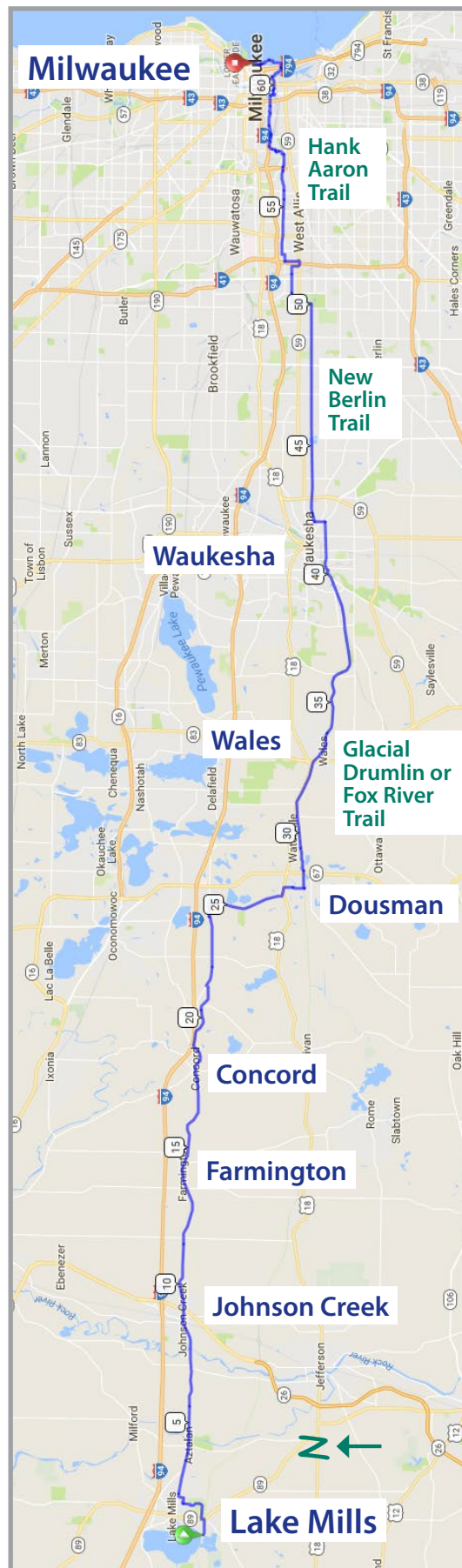
Day One

Saturday

September 9

2017

Lake Mills, WI
43.0652 N, 88.9244 W
to
Milwaukee, WI
43.0458 N, 87.8905 W
62.7 miles



Day Two Sunday September 10 2017

Menominee, MI
45.1381 N, 87.6013 W
to

Escanaba, MI
45.7793 N, 87.0838 W
57.1 miles

LODGING
Quality Inn & Suites
2603 N Lincoln Rd
Escanaba, MI

*Escanaba is home to the
Upper Hand Brewery,
famous for their Yooper Ale,
named, of course, for those
hardy residents of the UP.
And the brewery/taproom
is only .6 mile off our route,
and open on Sunday.*



START

Shuttle from Milwaukee (about 2 hrs) to Mustard Seed Cafe in Suamico, Wisconsin for breakfast, then shuttle (about 1 hr) to Menominee, Michigan for start

FINISH

Quality Inn & Suites
2603 N Lincoln Rd
Escanaba, Michigan
(actually in Wells just north of Escanaba)

May want to take extra care in choosing your van mates today, you'll be with them for a while before, and after, breakfast.

At breakfast, set your watches/devices to EDT as we will be staying on that time until the end of the ride. Yes, even though we will pass back into the Central Time Zone in parts of Indiana.

Our best guess road assessment: From around Kleinke County Park (mile 16) to JW Wells State Park (mile 22), the paved shoulder reduces to a minimum. Then after Cedar River (mile 23.6) it again reduces to a minimum until OB Fuller County Park/Bark River (mile 36). From Ford River (mile 45.2) until turn-

ing off on Lake Shore Drive, the road has lateral tar seams.

About .2 mile after the road becomes 4-lane in Escanaba (mile 49.7), turn right on Lake Shore Drive.

Follow Lake Shore to Loren W Jenkins Memorial Drive (in Ludington Park). Stay on LWJM Drive to Lundington St, rt on 4th, left on 1st, right on 9th, left on 2nd, right on 10th, left on 3rd, right on Stephenson (traffic light). At traffic circle take right on Sheridan.

On Sheridan Road there are two RR crossings that are not perpendicular to the roadway. The first is not too bad but the second (not too long thereafter) is very bad - it is nearly parallel to the roadway - best to walk across making sure you don't get a cleat stuck.

After the second RR crossing, take the 2nd road to the left (Main St) to the end at route 2/41, turn right on frontage road, look for Quality Inn & Suites across highway and take first cut-thru available.

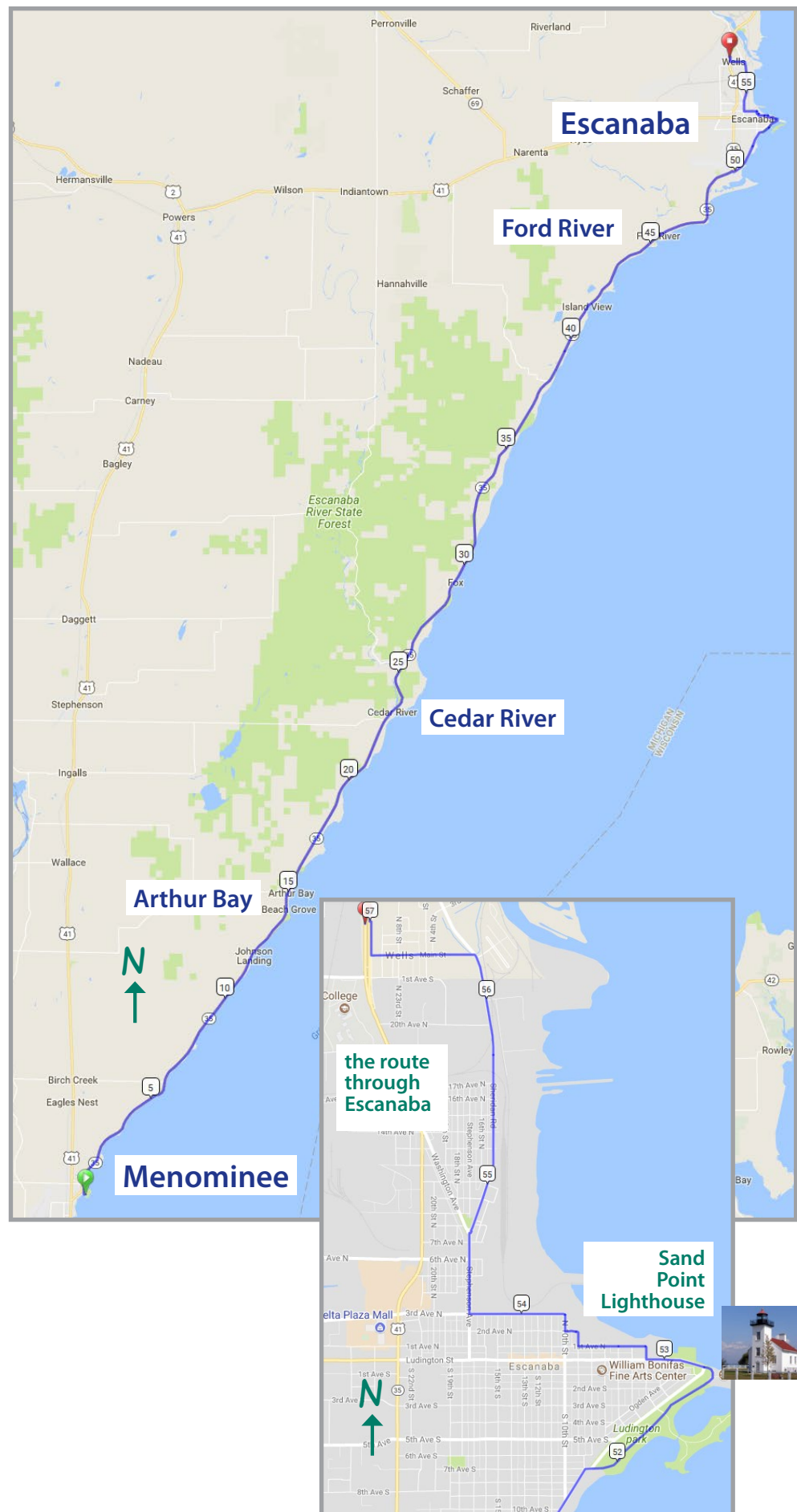
Yes, all this info, in abridged form, will be on the daily ride card. Except for the setting your watch part and the road assessment.

The Sand Point lighthouse in Escanaba was first lit in 1868, and electrified in 1913. It's open from 11 to 4, 7 days a week so if you get to Escanaba early enough, you can climb a lighthouse, albeit a rather short one at 44 feet.



Day Two Sunday September 10 2017

Menominee, MI
45.1381 N, 87.6013 W
to
Escanaba, MI
45.7793 N, 87.0838 W
57.1 miles



Day Three Monday September 11 2017

Blaney Park, MI
46.1006 N, 85.9297 W
to
St. Ignace, MI
45.8883 N, 84.7262 W
65.2 miles

LODGING
Baymont Inn & Suites
St. Ignace Lakefront
1131 N State St
St Ignace, MI

Today, in Naubinway, we will pass the Top of The Lake Snowmobile Museum. And, try as I might, I could not find a Bottom of the Lake Snowmobile Museum... probably not something anyone would want to visit anyway.



START
Shuttle from Escanaba (about 70-80 minutes) to Blaney Park, Michigan for the start

FINISH
Baymont Inn & Suite
St. Ignace Lakefront
1131 N State St
St Ignace, Michigan

We start with a shuttle to get past the early messy bits. But unlike the previous two days, the directions are pretty easy once you're on the road. Stay on route 2 until Cheeseman Road (where one of our vehicles will be stationed so you'll have no excuse for missing the turn plus Lehto's Pasties is just before the turn), turn left on Cheeseman and just follow Cheeseman. Once you cross under I-75,

the road changes names a couple of times but follow the primary road and make your way down to N State St (AKA Bus. 75). Turn left on N State St and cruise the waterfront until you reach our lodging at the Baymont Inn & Suites St Ignace Lakefront. Yes, it's on the lake front and it's right across the street from Bessie's Homemade Pasties, where, if my sources are correct, you can get a milkshake, and of course, pasties.

Oh, and Cheeseman Road may be the biggest climb we'll have this year. About 135' in .7 mile or an average grade of a whopping 3.6% with some 7% sections thrown in. In other words just about the time your legs are warmed up, you'll be over the top and down the 1.5 mile descent. [Actually it's not even close to the biggest climb - we'll save that for later.]

A pasty. Pronounced past-ee, not paste-ee. The traditional Cornish pasty is filled with beef, sliced or diced potato, yellow turnip or rutabaga and onion, seasoned with salt and pepper, and is baked. Today, the pasty is the food most associated with Cornwall. It is regarded as the national dish and accounts for 6% of the Cornish food economy.

No data on how much of the Yooper food economy is based on pasties but apparently a Yooper 7-course meal consists of a pasty and a six-pack.



Somewhere on today's ride, you should be able to see this bridge. Your location? About where the arrow is pointing.



Day Three Monday September 11 2017

Blaney Park, MI

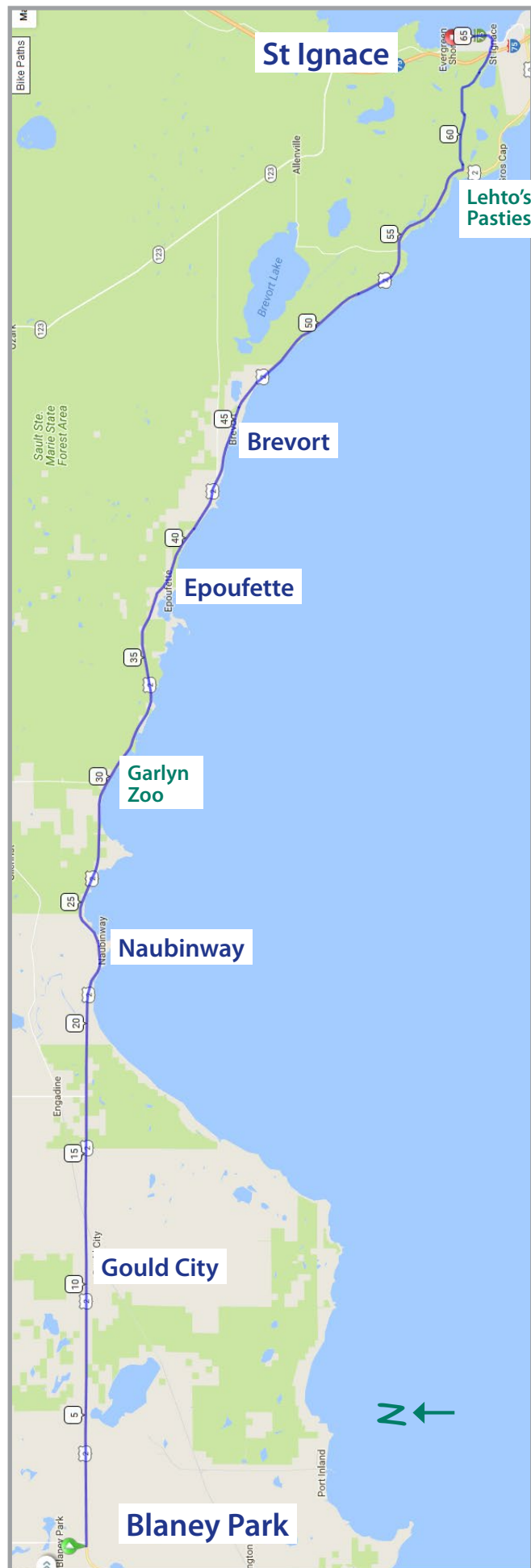
46.1006 N, 85.9297 W

to

St. Ignace, MI

45.8883 N, 84.7262 W

65.2 miles



Day Four Tuesday September 12 2017

Levering, MI
45.6368 N, 84.7890 W
to
Charlevoix, MI
45.3195 N, 85.2584 W
58.7 miles

LODGING
Edgewater Inn
100 Michigan Av
Charlevoix, MI

Charlevoix is home to the famous Earl Young mushroom houses. A self-taught architect, he built 30 structures in Charlevoix. Apparently, he had a thing for boulders.

START
Shuttle from St Ignace, across the Mackinac Bridge (about 20 minutes) to the start in Levering, Michigan

FINISH
Edgewater Inn
100 Michigan Avenue
Charlevoix, Michigan

Today we get to experience the Tunnel of Trees. After about 12 miles of cycling through farmland, we head south into the Tunnel of Trees. Take pictures. Lots of pictures.

After the tunnel, we enter Harbor Springs and work our way onto the Little Traverse Wheelway, which we will stay on until just north of Charlevoix. The wheelway promises grand views

of Little Traverse Bay and the not-so-little lake beyond. Take care to stay on the wheelway; it does wind around a bit.

In Charlevoix, if you cross the bascule bridge, you've gone too far. And, in fact, traffic may be backed up approaching the bridge, so take care.

One thing we're not doing today is visiting Beaver Island, the largest island in Lake Michigan and home of the Lake Michigan Whale Migration Station.

The Tunnel of Trees.

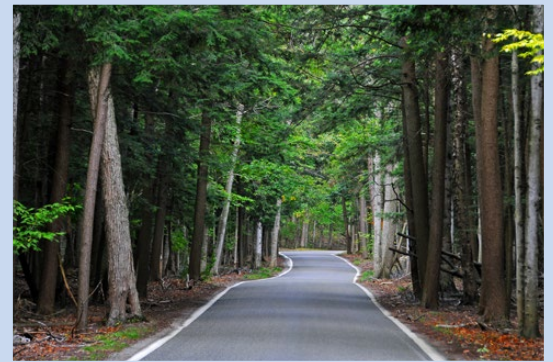
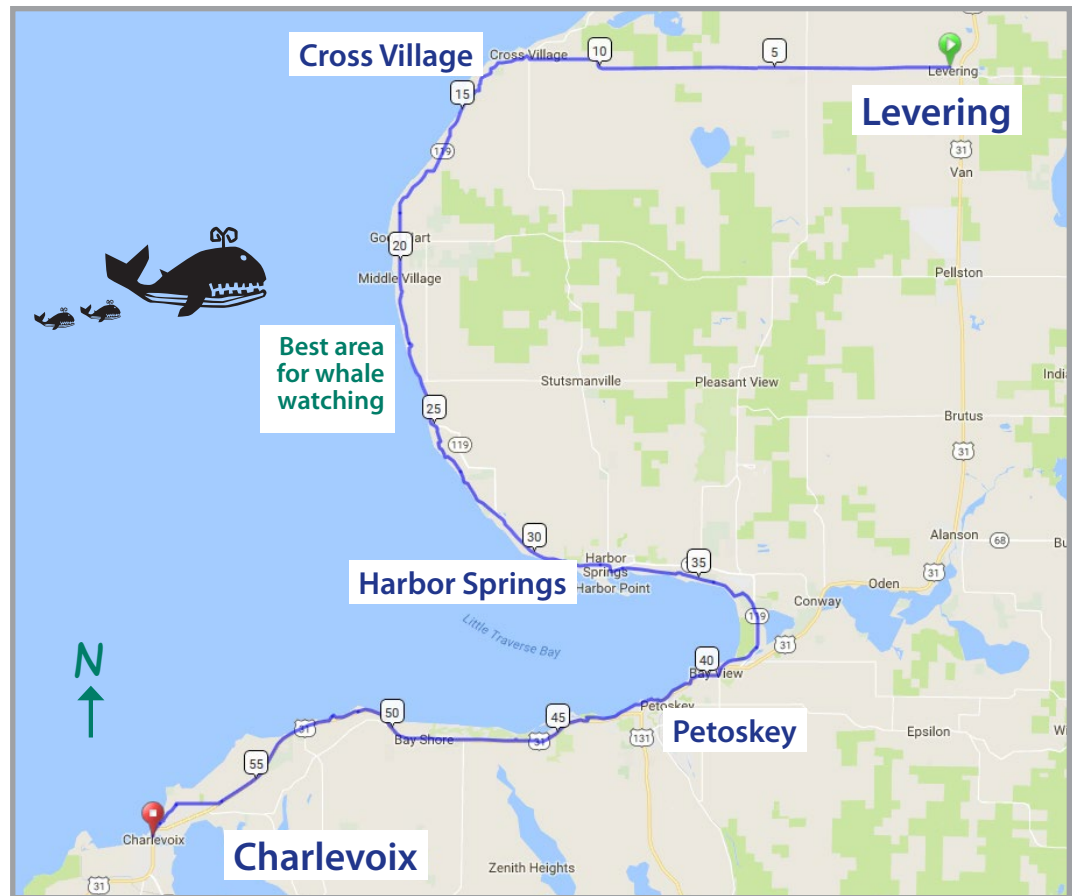


Photo reportedly taken somewhere near the Lake Michigan Whale Migration Station on Beaver Island.



Day Four Tuesday September 12 2017

Levering, MI
45.6368 N, 84.7890 W
to
Charlevoix, MI
45.3195 N, 85.2584 W
58.7 miles



A sample of the
Earl Young houses in
Charlevoix.



Day Five Wednesday September 13 2017

Traverse City, MI
44.7663 N, 85.6235 W
to
Glen Arbor, MI
44.9145 N, 85.9643 W
74.8 miles

LODGING
The Homestead
1 Woodridge Rd
Glen Arbor, MI

*You'll cross the 45th parallel
three times today. First in
the van, second north of
Suttons Bay and third south
of Leland.*

START
Shuttle from Charlevoix (about an hour)
to our starting point on the waterfront in
Traverse City, Michigan

FINISH
Homestead
(near Sleeping Bear Dunes National
Lakeshore)
1 Woodridge Road
Glen Arbor, Michigan

The second longest day of our ride, we
go from the south to north end of Grand
Traverse Bay and then head south again.
We'll be traveling part of the Leelanau
Scenic Heritage Route, so the scenery
should be spiffy.

Starting in Traverse City, we are on the
Traverse Area Recreation Trail for a short
distance to the Leelanau Trail, which we
are on 'til Suttons Bay, then off, then back
on for about another mile.

From there, we're on N West Bay
Shore Dr (route 22), which changes
to S Shabwasung St as we approach
Northport. From Northport, we continue
on the main road but it changes names
and route numbers a
few times to confuse
cyclists. Fortunately,
you can't get too lost

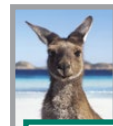
because the peninsula is only a couple
of miles wide and a lot of the secondary
roads are unpaved. Eventually, we'll get to
Leelanau State Park and Lighthouse Point.

After the lighthouse, we reverse our
course, following the road back south un-
til we get to Northport where we get back
on route 22 (AKA N Manitou Trail), which
takes us, eventually, to Glen Arbor.

We'll pass through ye olde fishing village
of Leland around mile 58 and take one
more off-the-main-road excursion after
mile 65, heading along the north shore of
Little Traverse Lake.

After the several-mile excursion, we'll
rejoin route 22, now W Harbor Hwy, until
we turn on to Homestead Rd.

If you're feeling wimpy, you can skip the
17-mile roundtrip from Northport to the
lighthouse but you may have to
appear before the AHCT Kanga-
roo Court. And, you know, this
is a bicycle ride so, yeah, you're
supposed to ride your bicycle
not lounge around in Sleeping
Bear Dunes.



Did I hear
kangaroo?



above - Suttons Bay
left - Leland
below - Northport
airport terminal



Day Five

Wednesday

September 13

2017

Traverse City, MI

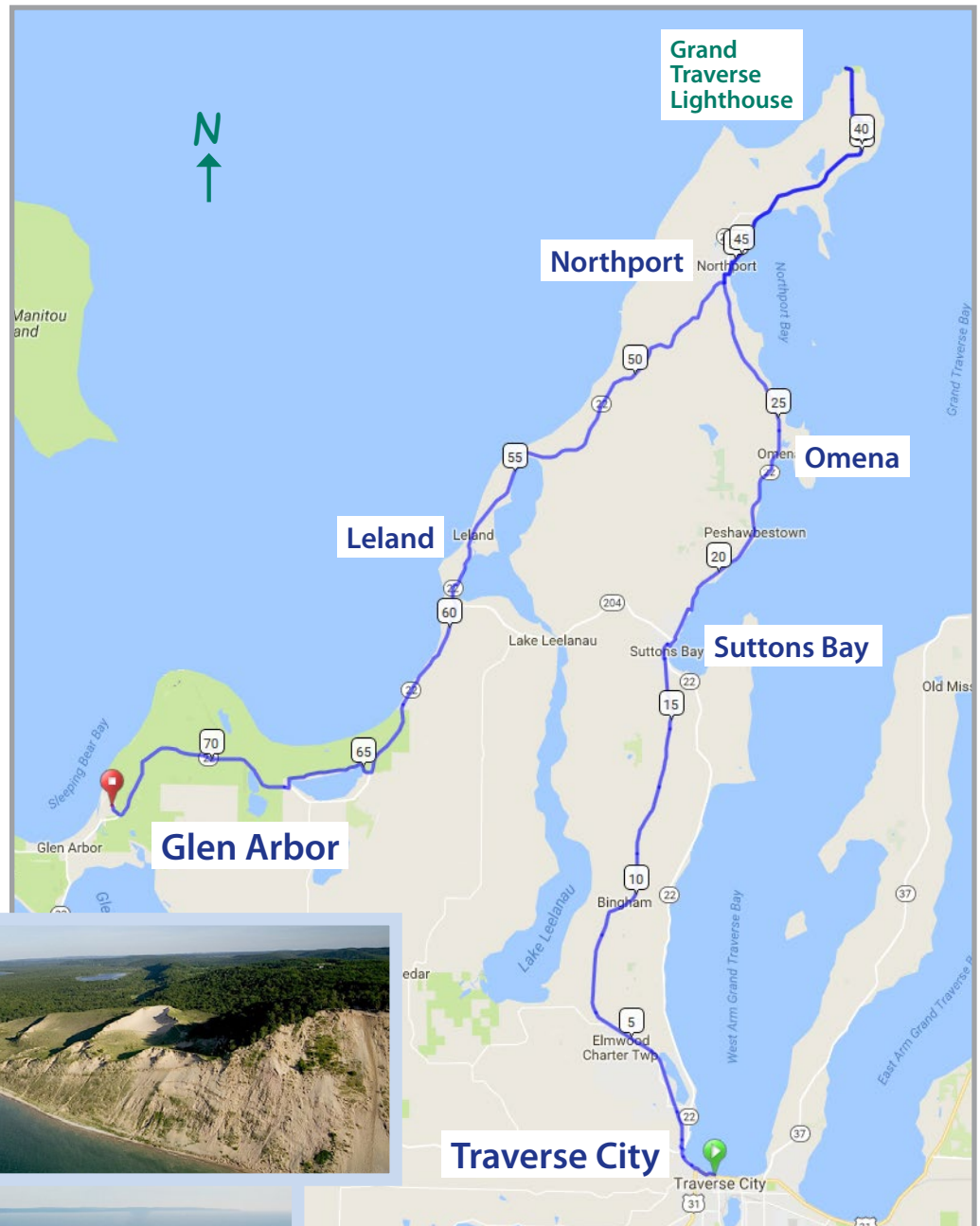
44.7663 N, 85.6235 W

to

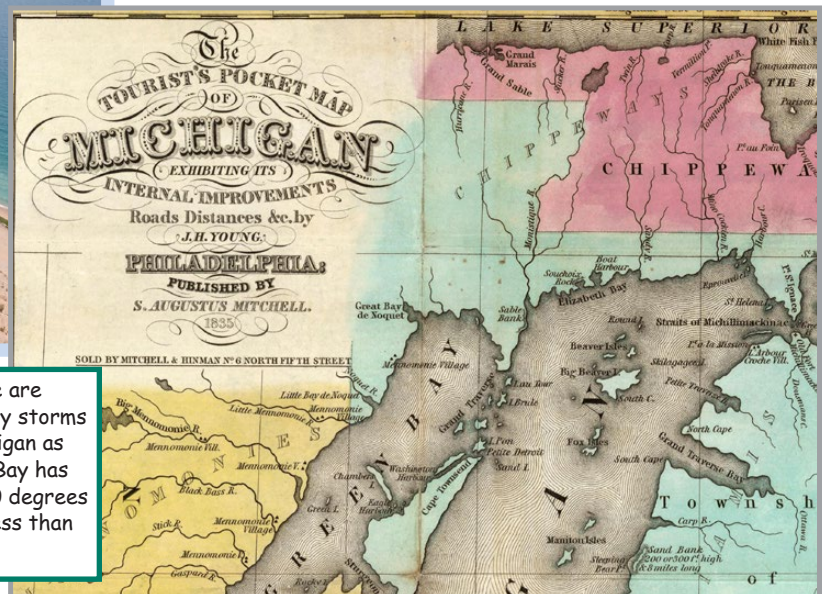
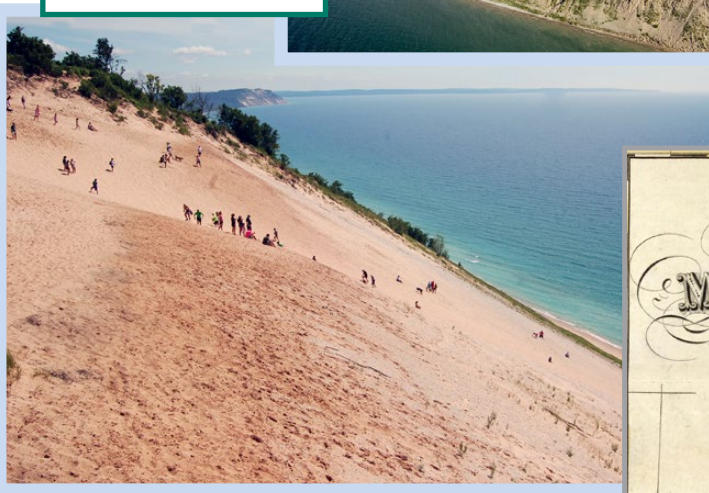
Glen Arbor, MI

44.9145 N, 85.9643 W

74.8 miles



Sleeping Bear Dunes National Lakeshore. Not sure where a bear would find a place to sleep. And he'd get sand all up his...



Apparently there are some pretty nasty storms in northern Michigan as Grand Traverse Bay has rotated about 90 degrees to the north in less than 200 years.



Day Six Thursday September 14 2017

Glen Arbor, MI
44.9145 N, 85.9643 W
to
Manistee, MI
44.2839 N, 86.3142 W
64.6 miles

LODGING
shuttle to
Lake Bluff Inn
76648 11th Ave South
South Haven, MI

This is the "big" climbing day - 2330' according to Ride with GPS. The big three are between miles 35 and 46. Each about a mile long and about 300' gain. Oh, stop moaning - it's not like it's Haleakala. What's Haleakala, you ask? Ask the Supreme Commander or his sidekick JR.

START
The Homestead
1 Woodridge Road
Glen Arbor, Michigan

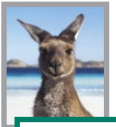
FINISH
Orchard Beach State Park
Manistee, Michigan
then shuttle (about 2.5 hours)
to the Lake Bluff Inn in South Haven

It's a relatively easy-to-follow route today. From our lodging, we'll make our way out to Route 22 and stay on it until Frankfort where we'll pick up the Betsie Valley Trail for a short distance (less than 2 miles). Then we'll be back on Route 22 until the not-well-marked turn for Crescent Beach Road after mile 56. And, this is assuming, of course, you don't miss the hard right turn to stay on Route 22 just over the causeway after mile 5.

We'll be on Crescent Beach Road for less than a mile until the road changes names (why not?) to Lakeshore Road, which we'll be on 'til we arrive at the Orchard Beach State Park north of Manistee.

On our route, we'll pass through the village of Empire that splits the two sections of the Sleeping Bear Dunes National Lakeshore. And if you had more time, you could hike the Empire Bluff Trail and see the view in the picture nearby.

Around mile 28.3 is the road to Point Betsie Lighthouse. It's about 1.5 mile roundtrip out to the lighthouse if you're so inclined. Let Ann, or Pat or Alicia know you're heading out there. Otherwise it's the AHCT Kangaroo Court for you.



Someone mention kangaroo?

Around mile 32 or so, we'll pass thru Frankfort and shortly thereafter, Elberta. Between the two towns is Betsie Lake, where, at the mouth of the lake on the northern breakwater is the Frankfort North Breakwater Lighthouse (see next page).

Further down the road, not quite to Arcadia, around mile 42.6, you can stop for inspiration at Inspiration Point, a bluff overlooking the lake 250' below, after which is a rapid descent into Arcadia.

Finally, about 10 miles from our destination, on the shores of Portage Lake, we pass through the village of Onekama. After passing the south shore of the lake, be sure to turn right on Crescent Beach Road. When you get to the park, look for the trailer - you should recognize it by now. Then it's in the shuttle for the 2.5 hr smelly cyclist ride to our lodging.



The view you might see.
From Arcadia overlook
above Inspiration Point.

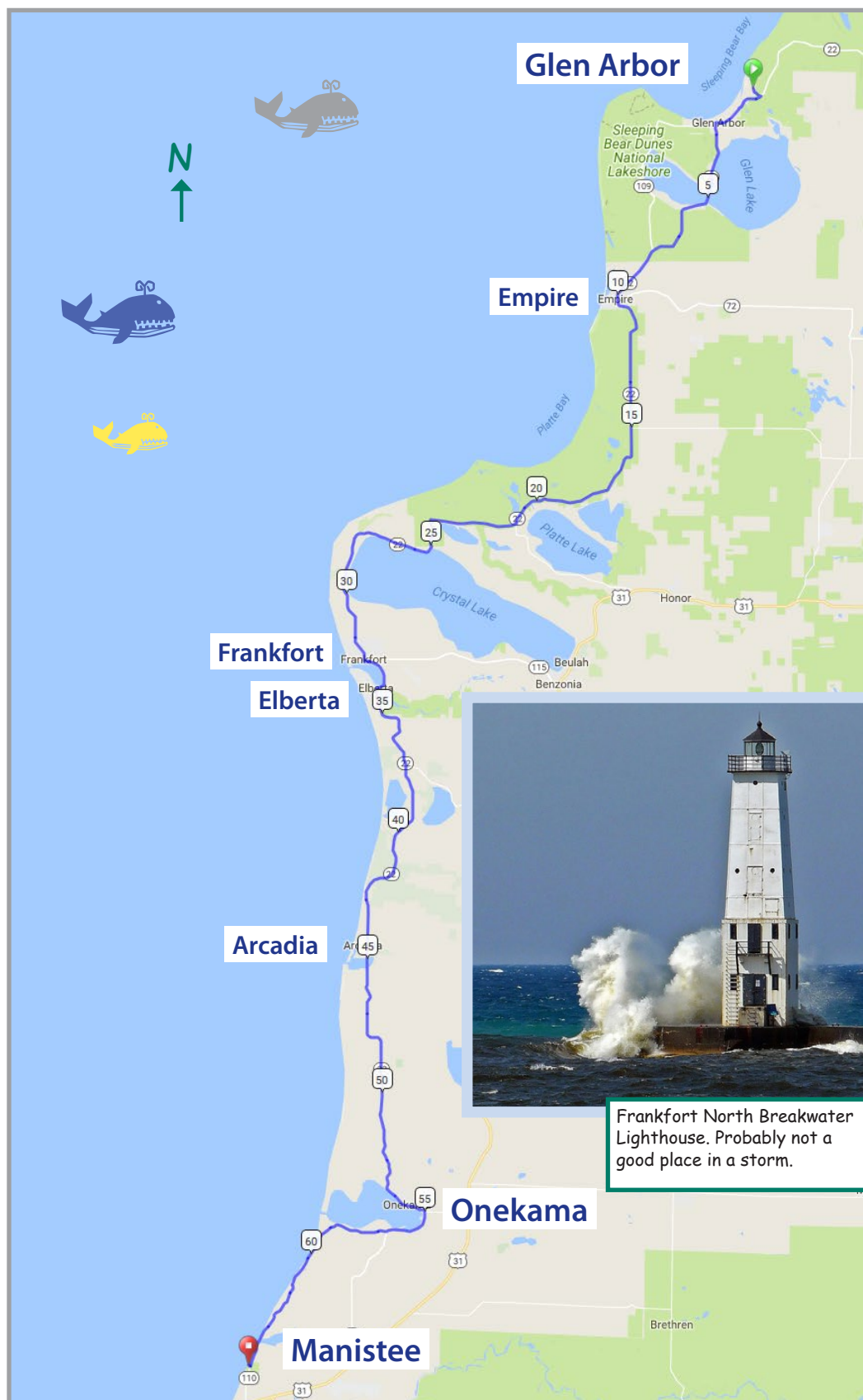


The view you're not going to see...from Empire Bluff Trail.



Day Six Thursday September 14 2017

Glen Arbor, MI
44.9145 N, 85.9643 W
to
Manistee, MI
44.2839 N, 86.3142 W
64.6 miles



Frankfort North Breakwater Lighthouse. Probably not a good place in a storm.



Day Seven Friday September 15 2017

South Haven, MI
42.3786 N, 86.2898 W
to
Olivet, MI
42.4411 N, 84.9244 W
85.7 miles

LODGING
shuttle to
Beachwalk Vacation Resort
Michigan City, IN

*Did you know? Michigan
has one-third the number
of dairy cows as Wisconsin
(425,000 vs 1,279,000).*

*But the Michigan cows are
more productive - 25,957 vs
23,552 lbs of milk annually.*

*No data available on the
Michigan manure.*



START
Lake Bluff Inn
76648 11th Ave South
South Haven, Michigan

FINISH
Olivet College (alma mater of someone you know)
Olivet, Michigan
then shuttle (about 2 hours)
to Michigan City, Indiana

The penultimate day. And the most miles. But according to our scouts, it's all worth it. The ride is distinguished by lovely roads through gently rolling rural countryside. Today we'll ride through these bucolic backroads until we reach the most famous place in mid-south-central Michigan between Battle Creek and Lansing that's not Bellevue or Charlotte. Yes, you guessed it - the alma mater of the Supreme Commander - Olivet College. And who is rated as number one famous alumni? Yep, it's him.

Little did he realize when he left there, oh so many years ago, despite unbridled success, he'd return with a bunch of smelly, sluggish cyclists trailing in his wake.

The route today is a little complex so make sure you study the ride cards or do the Ride with GPS app (see page 2).

Besides traveling the bucolic backroads, we will pass through the island city of Plainwell (mile 39), and yes, the downtown is an island. Just like Île de la Cité is an island in the Seine, Plainwell is an island in the Kalamazoo. They don't have the Notre-Dame Cathedral, but you can see Notre Dame tomorrow.

Later on the ride, just after Gull Lake, (mile 53) we pass the Gilmore Car Museum. "The Gilmore Car Museum is North America's largest auto museum with nearly 400 vehicles on display and over 189,000 square feet of exhibit space." - rated excellent on Trip Advisor.

Still later, we pass the aptly named Fine Lake as we continue rolling through lovely countryside until we arrive at Olivet.



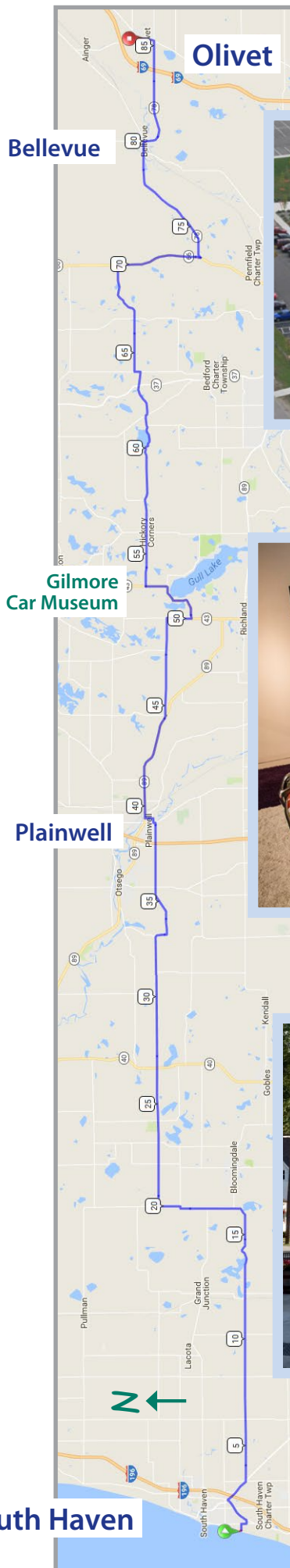
Olivet, alma mater of the Supreme Commander.



There may be fewer of us Michigan dairy cows but we're more productive than those lazy Wisconsin dairy cows.

Day Seven Friday September 15 2017

South Haven, MI
42.3786 N, 86.2898 W
to
Olivet, MI
42.4411 N, 84.9244 W
85.7 miles



Cutler Event Center at Olivet.



Janis Joplin's Porsche at the Gilmore Car Museum. I guess she didn't need the M-B.



The famous Plainwell Ice Cream Co. And yes, we'll be passing right by it.

South Haven

Day Eight Saturday September 16 2017

Michigan City, MI

41.7315 N, 86.8839 W
to

Notre Dame

41.6971 N, 86.2386 W

44.9 miles

LODGING
shuttle back to
Beachwalk Vacation Resort
Michigan City, IN

START
Beachwalk Vacation Resort
Michigan City, Indiana

FINISH
Notre Dame



Back home again in Indiana. As much as yesterday was a visit to the alma mater of one of our own, today is a homecoming of a whole herd (or peloton) of us.

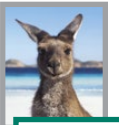
End of the ride. The domers (Domers?) will feel at home. The rest of us just want to go home...to start preparing for next year.

Shortest ride but probably the longest day.

After a brief stop at a friend of Andean Health, the Tire Rack, we cruise on into one of the most famous campuses in... well...the world. Notre Dame.

Why here? Because this is where it all began. All, of course, being Andean Health & Development. You remember? It's the reason you're on this ride. That, and the fact, that Heisler (AKA Supreme Lieutenant Commander) is a cyclist. Just be thankful that he's not into cross-ocean rowing.

It's done. You're done. You're relieved. But you're gonna miss all the rest of us...and the ride. Not tomorrow, not next week but next month, next year and years down the road. The photos will trigger memories, vivid memories. The headwinds. The tailwinds. The camaraderie. The whining. The moose of the day. The Kangaroo Court.



Kangaroo?

Thank Mike. Thank Ann. Thank Dave. Thank Laura. You cannot (or maybe you can) imagine the time and effort they put into this adventure. And you might want to thank David for starting this noble effort so long ago.

And, thank you.

See ya next year? Yeah, you know you want to. Just don't mention it to Mike. But wait until uh...maybe November.

Trivia question. Was our moose of the day named for Moose Krause?



Day Eight Saturday September 16 2017

Michigan City, MI

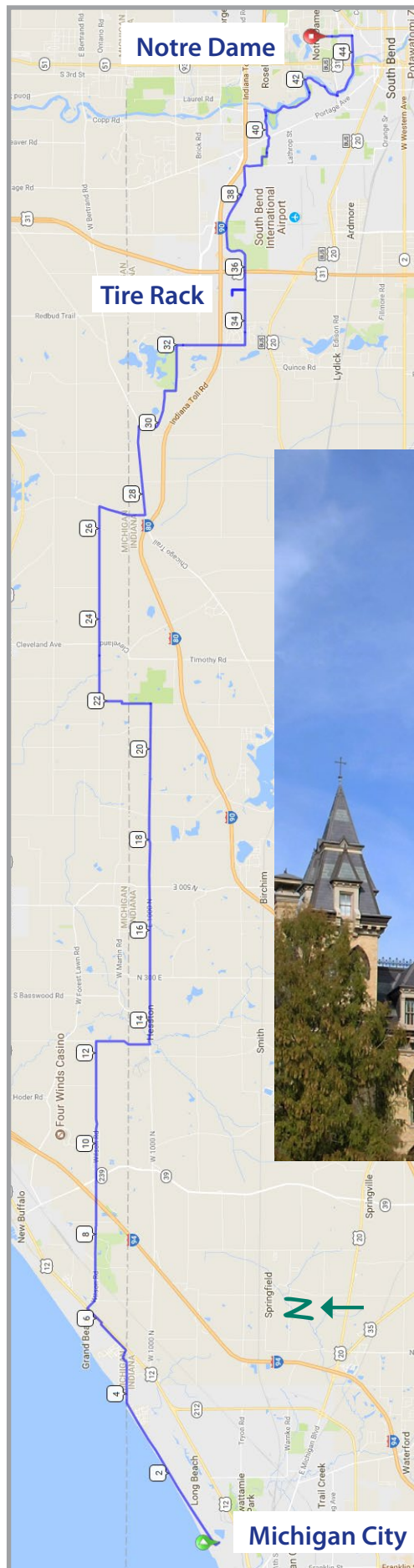
41.7315 N, 86.8839 W

to

Notre Dame

41.6971 N, 86.2386 W

44.9 miles



It takes less than 8 ounces of gold to regild the Notre Dame dome. The gold leaf, spread over 3500 square feet, is 3 microns thick. The regilding, all by hand, has been done 10 times, the last in 2005.