



# LEOW STRONG BIKE RIDE 2023



**Emergency Phone Numbers**  
 Police / Sheriff / Ambulance  
**911**  
 Ride Headquarters  
 715.938.2287  
 (during ride only)



— 100 Mile Route  
— 77 Mile Route  
— 50 Mile Route  
— 25 Mile Route  
— 13 Mile Route  
— 5.6 Mile Route  
● Rest Stops  
**SAG Signals**  
👍 Things are Fine     👎 Need Help  
➡ Route Marker     LS

- Rest Stop A:** Mason Park  
7:30AM - 10:30AM
- Rest Stop B:** River Rd & Sobieski Rd.  
7:00AM - 3:30PM *Bellin Health*
- Rest Stop C:** Zoom Inn - Hwy 577  
7:00AM - 10:30AM
- Rest Stop D:** Camp Shakey Saloon  
7:00AM - 2:00PM *Johnson Controls Intl.*
- Rest Stop E&F:** WE Energies Outlook Hwy K  
8:30AM - 12:30AM /Chalk Hills Rd.
- Rest Stop G:** Boat Landing Parking lot - Bruette Rd  
11:00AM - 3:00PM

YMCA HOURS: Facility 5am - 6pm  
 Jack's Fry Shack: 9am - 4pm  
 Bellin Medical Tent: 7am - 4pm  
 Bike Collection 7am - 3pm  
 Live Music Sponsored by:  
 Waupaca Foundry

**RIDE START & END:**  
 Greater Marinette-Menominee YMCA  
 1600 West Dr. Menominee, MI 49858

**START TIMES:**  
 6:30 100 Mile, 77 Mile  
 7:30 50 Mile, 25 Mile,  
 13 Mile & 5.6 Ride

