

MCBC

MAPLE CITY BICYCLING CLUB



Promoting *Bicycling, Bicycling Safety*

and *Friendships*

2023



JULY'S SUMMER SUN . . BRING US DAYS OF FUN !

Summer weather brings warmer temperatures, longer days, and more time for outdoor activities. Hopefully, that includes cycling time too! And with all summer activities be sure you stay hydrated.

At our last meeting we discussed the ordering of Club Jerseys (plans are for ordering on July 2nd). We also discussed our weekly rides and places to meet. Members decided, with our low turnout, that we wait until our July meeting to decide on where and the leadership for our August rides. Ride leadership is not difficult, you only need to have an idea where you like to ride. So, why not volunteer for a ride you think might be interesting and volunteer to lead it. (Let's not make this so difficult.)

Besides our weekly Wednesday rides, we have a Saturday Ride (July 8th) 10:00 AM at Wanatah Library (led by Pam), and our Sunday DQ Ride (July 16th) at 3:00 PM at Luhr Park; plus a La Porte Nite Ride on Friday July 14th from the Civic at 9:00 PM.

Our next Meeting will be Monday, July 17th, 2023; 7:00 PM at La Porte Church of the Brethren Fellowship Hall. We need to plan our August rides; talk about our 2024 O.C.T. event; do we want to have any August weekend rides?; talk about increasing members and talk about our new MCBC membership flyer. What are some highlights/benefits of our bicycle Club?

We continue to enjoy Summer weather and all kinds of Summer activities. But let us be cautious of heat, staying hydrated at all times, and not getting over exhausted. Let's just have fun and enjoy these nice days. Always be aware of your surrounding. Ride safely and wear bright colored clothing so you can be seen. And practice bicycle safely at all times! !

In the meantime, just keep those wheels a-turnin' and your body a-movin'; take each day as it comes.

Happy 4th of July
Have Some Fun

- Dave Wolfe

YELLOW GLOW OF SUMMER

Elisabeth Weaver Winstead

Yellow is the color
Of bright finches flying high
And sunflowers with their faces
Tilting upward to the sky.

Yellow is the color
Of the baby's silken hair,
And the sunlight beams that linger
In each shining smile so fair.

Smooth yellow are the apricots
That ripen in warm July,
And tempting, fragrant, yellow quince
Baked in a fresh fruit pie.

Yellow is the firefly's glint
And the butterfly's radiant hue.
Summer sparkles in yellow splendor
As the shimmering sun glows through.

GREET EACH NEW DAY WITH A SMILE

"Members' Mileage Chart"

2023

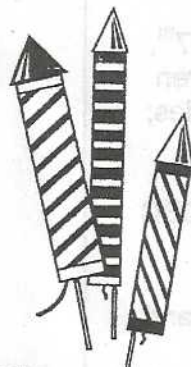
	<u>Jan/May</u>	<u>June</u>	<u>July</u>	<u>Aug.</u>	<u>Sept.</u>	<u>Oct.</u>	<u>Total</u>
Matt Amor	84	93					177
Tim Bates	382	524					906
Garry Bowers	23	55					78
Annette Clark	11	103					114
Pam Creed	553	632					1185
Joe Collins	0	0					0
Byron Fitzgerald	2479	552					3031
Richard Galloy	0	0					0
David Heinold	1500	350					1850
Tom Hilbish	486	443					929
Tom Hughes	0	0					0
Jerry Jackson	761	505					1266
Vinnie Kuta	1754	478					2232
Lisa Marek	368	198					566
Shelly McGinty	92	35					127
Luis Miramontes	164	38					202
Tina Miramontes	164	38					202
Mark Nagel	270	72					342
Steve Pearson	96	58					154
John Phelan	400	700					1100
Cole Sandin	329	30					359
Mike Sebella	155	148					303
Diane Szyal	55	35					90
Joe Szyal	724	175					899
Dan Tannas	110	0					110
Dean Woodson	25	70					95
Bill Yoder	52	62					114
							<hr/>
							16,413

All Miles Count ! Take Pride YOU Are Riding !!!

PRAYER FOR PEACE

Lead me from Death to Life,
 from Falsehood to Truth.
 Lead me from Despair to Hope,
 from Fear to Trust.
 Lead me from Hate to Love,
 from War to Peace.
 Let Peace fill our Heart,
 Our World, our Universe.

-Mother Teresa of Calcutta



JULY

Independence Day



JULY

There's one thing always clear about government tax regulations - they never are.

WATCH IT

Watch your thoughts;
They become words.

Watch your words;
They become actions.

Watch your actions;
They become habits.

Watch your habits;
They become character.

Watch your character;
It becomes destiny.

-Lincoln Park Baptist Church
Cincinnati, OH

A creed for July 4th

I believe in America because in it we are free — free to choose our government, to speak our minds, to choose our different religions.

Because we are generous with our freedom, we share our rights with those who disagree with us.

Because we hate no people and cover no people's lands.
Because we are blessed with a natural and varied abundance.

Because we have great dreams and because we have the opportunity to make those dreams come true.

—Wendell L. Willkie,
Republican candidate for president in 1940

SUMMER SANCTUARY

Milly Walton

Deep in the heart of the forest
When summer has pierced its gloom
Like sun through a stained-glass window,
There's a vast cathedral room.

The choir of feathered songsters
Warble praise from every aisle,
And he who makes the pilgrimage
May look up and glimpse God's smile.

Birthdays - July

- 7 - Jude Belzowski
- 10 - Jude Rakowski
- 13 - Matthew Armor
- 13 - Hank Fretters
- 18 - Bob Fuller
- 20 - Jim Bodine
- 21 - John Landwerien
- 24 - Tina Miramontes
- 27 - Marcia Johnson
- 28 - Patience Bodine
- 29 - Bob Dawson
- 31 - Tracy Novak



If I missed someone - Please let me know!

We treat this world of our as if we had a spare in the trunk.

- "To fly the American flag, then to cheat another citizen — or anyone else — is to make a mockery of patriotism. A true patriot will be a person of integrity and honesty, a quite trustworthy American."

—Charles Ferrell

July

The summer looks out from her brazen tower,
through the flashing bars of July.

—Francis Thompson

- There are two freedoms: The false, where we are free to do what we like; and the true, where we are free to do what we ought.

—Charles Kingsley

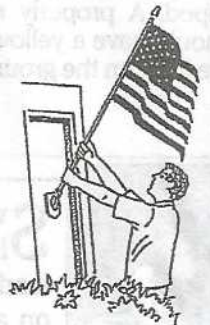
Freedom

Each one of us is born most free
And we alone can choose
To do what God would have us do,
To use what God would use.

Or, we are also free to seek
The proud and selfish way —
A life where other gods come first
To reign and hold full sway.

But when we follow where Christ leads,
We find that freedom's place
Is really in God's Will for us,
And we have chosen GRACE!

—Peggy Ferrell, *Prayers and Poems*



BRIEFS

How to pick the best fruits

People who eat more fruits as part of a healthy diet are likely to have a reduced risk of some chronic diseases. Here is a guide to help you pick the best fruits, according to TheKitchn.com:

Apples: Choose fruits that are deeply colored, firm, naturally shiny, and heavy for their size.

Blueberries: Choose berries that are firm, dry, and blue (not red or green). A white sheen is natural. Also check the bottom of the basket to make sure there aren't any crushed or spoiled berries.

Cherries: Choose berries that are plump, shiny, and darker in color. Cherries with intact stems have a longer shelf life.

Grapes: Choose fruits that are firm, plump, and heavy for their size. They should be firmly attached to the stems without wrinkled or brown spots.

Kiwis: Choose fruits that give slightly when pressed. Avoid fruits that are either rock hard or mushy.

Oranges: Choose fruits that are heaviest for their size and have firm, smooth skins. Don't worry about color. For Mandarin oranges, make sure skins are firm, not shriveled.

Peaches: Choose fragrant, deeply colored (not green) fruits that are firm but slightly soft to the touch.

Plums: Choose fruits that are deeply colored, shiny, and firm but not rock hard. A white or gray sheen is natural.

Pomegranates: Choose fruits that are heavy for their size. Cracks are a good sign that the fruits are bursting with plump seeds; just make sure there isn't any mold in the cracks.

Strawberries: Choose berries that are fragrant, uniformly red, and shiny with fresh green tops. Also check the bottom of the basket to make sure there aren't any crushed or spoiled berries.

Watermelons: Choose fruits that are firm and heavy and sound hollow when thumped. A properly ripened watermelon should have a yellow spot on one side where it sat on the ground.

National Ice Cream Month



4



Independence Day

7

National Chocolate Day



13

Nat. French Fry Day



17

Nat. Peach Ice Cream Day



16

National Ice Cream Day



19

National Hot Dog Day



28
Chili

National Hamburger Day



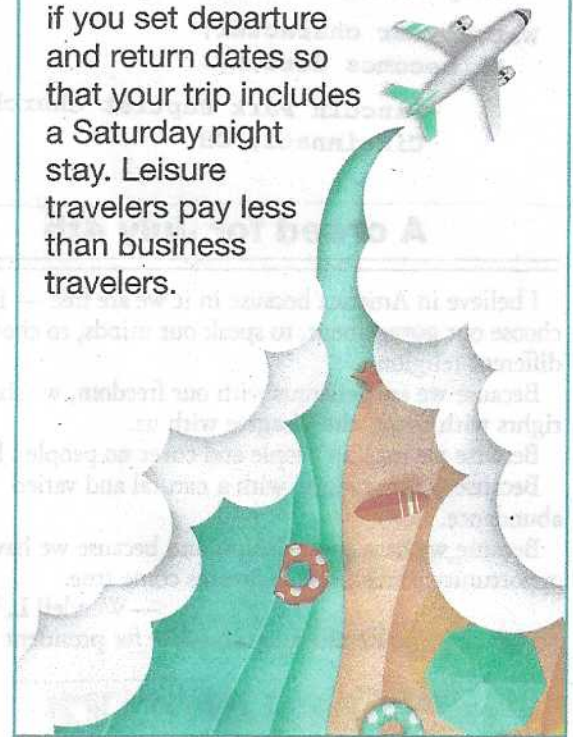
COOKOUT

Best time to book airline tickets for the absolute lowest price

Want to get the lowest airfare?

A survey of ticket prices found that fares are usually lowest six weeks before your trip. Book any sooner or any later, and you'll end up paying more.

Also...you'll save 25% if you set departure and return dates so that your trip includes a Saturday night stay. Leisure travelers pay less than business travelers.



We all know that eating fresh fruits and vegetables is the key to staying healthy. But one of the worst things you can do is store your fruits and vegetables in your refrigerator bins.

Why? Because when you put them in those drawers, they are "out of sight, out of mind." You'll forget to eat them, and they'll spoil.

Instead, keep them easily accessible in the most visible area of your fridge. To make room, store jarred foods and condiments in the drawers.



Here's to YOU!



Sweating is your body's natural, healthy response to hot, humid weather. But heavy sweating can quickly lead to dehydration. So when you're working outdoors on a steamy summer day, be prepared: Keep your cool by drinking plenty of water, with 1/2 teaspoon of salt added to every quart.

And start downing those fluids *before* you feel thirsty, because your body needs water before your brain knows it.





Fresh Tomato Relish

In a saucepan, bring 2 cups white vinegar and ½ cup sugar to a boil. Remove from heat; cool completely. In a bowl, combine 8 cups chopped tomatoes, ½ cup chopped onion, 1 diced medium green pepper, 1 diced celery rib, ½ cup prepared horseradish, 2 Tbsp. salt, 1 Tbsp. mustard seed, 1½ tsp. pepper, ½ tsp. ground cinnamon and ½ tsp. ground cloves. Add vinegar; mix well. Spoon into containers, allowing ½-in. headspace. Refrigerate up to 2 weeks or freeze up to 12 months. **Makes 6 pints.**

—Lela Baskins, Windsor, MO



Grilled Corn Relish

Cut 1 large sweet red pepper lengthwise in half; remove seeds. Grill red pepper and 2 medium ears sweet corn, covered, over medium heat 10-15 minutes or until tender, turning and basting occasionally with 3 Tbsp. honey Dijon vinaigrette. Remove corn from cobs and chop red pepper; transfer to a small bowl. Add 2 thinly sliced green onions, ½ tsp. coarsely ground pepper, ¼ tsp. salt and 2 Tbsp. honey Dijon vinaigrette; toss to combine. **Makes 2 cups.**

—Ellen Riley, Murfreesboro, TN

Vidalia Onion Relish

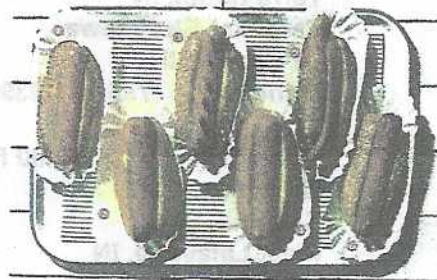
In a saucepan, cook 4 chopped large sweet onions in canola oil over medium heat 40-45 minutes or until onions are golden brown, stirring occasionally. Add 3 cloves minced garlic; cook 1 minute longer. Remove from heat. Add ½ cup bourbon, stirring to loosen browned bits from pan. Stir in 4 chopped peeled and seeded plum tomatoes, ½ cup golden raisins, ¼ cup sugar, ¼ cup dark brown sugar, ¼ cup cider vinegar, 1 tsp. mustard seed, ½ tsp. salt, ½ tsp. ground turmeric, ½ tsp. ground mustard, ½ tsp. crushed red pepper flakes and ¼ tsp. pepper; bring to a boil. Reduce heat; simmer, uncovered, 15-20 minutes or until thickened. Store in airtight containers in refrigerator up to 1 week. **Makes 3 cups.**

—Janet Roth, Tempe, AZ

Hot Diggity Dog!

It's the Fourth of July! Link up with your pals for an evening filled with fireworks, franks and all-American fun. RECIPES, P.78-79

DOGS 6 WAYS



① **SLOW-COOK:** Stand hot dogs upright in slow cooker; do not add water. Cook on low for 4 hours.

② **FLAME-ROAST:** Thread hot dogs lengthwise onto cooking fork; rotate constantly over fire until heated through, 2-4 minutes.

③ **GRILL:** Grill hot dogs, placed diagonally on top of grates, over indirect heat for about 1 minute on each side.

④ **BOIL:** Add water (1 cup per hot dog) to a large saucepan; bring to a boil. Add hot dogs, then let simmer over low heat for 3-6 minutes. Drain.

⑤ **PAN-FRY:** Bring ½ in. water to a boil over medium-high heat. With tongs, add hot dogs to skillet and cook, flipping frequently, until all sides are browned.

⑥ **BAKE:** Bake hot dogs at 400° for 10-15 minutes. If desired, broil a few additional minutes to crisp outsides.



Quick Bacon Potato Salad



Quick Bacon Potato Salad

My family was tired of the same old potato salad at family functions, so I created this with the ingredients I had on hand. Now I'm always asked to bring it to potluck gatherings.

—Tami Gallagher, Egan, MN

Prep: 30 min. + chilling
Makes: 8 servings

- 4 cups cubed red potatoes
- 1 cup chopped onion
- 7 bacon strips, cooked and crumbled
- 2 Tbsp. minced fresh parsley
- 1½ cups mayonnaise
- 3 Tbsp. grated Parmesan cheese
- 3 Tbsp. prepared ranch salad dressing
- 2 Tbsp. prepared mustard
- 4 tsp. white vinegar
- ½ tsp. minced garlic
- ¼ tsp. salt
- ¼ tsp. pepper

1. Place potatoes in a large saucepan and cover with water. Bring to a boil. Reduce heat; cover and cook until tender, 10-15 minutes. Drain.
 2. In a large bowl, combine the potatoes, onion, bacon and parsley. In a small bowl, combine remaining ingredients. Pour over the potato mixture; toss to coat. Refrigerate for 1 hour or until chilled.
- ¼ CUP 369 cal., 32g fat (6g sat. fat), 24mg chol., 523mg sod., 15g carb. (2g sugars, 2g fiber), 5g pro.

S. HOT-DOG TOPPINGS: Mustard, Chili, Relish, Peppers, Chopped onion, Bacon, Salsa, Ketchup, Melted cheese, Sauerkraut.

Nat. Hot Dog Month

- 19 - Nat. Hot Dog Day (3rd Wed)
- 27 - Nat. Chili Dog Day (Last Thurs)

2023 - UPCOMING RIDES of INTEREST

June	24	Flat 50 Bike Tour	Decatur, IN	.adamscountybicycleclub.org/
June	24	Tree City Rolling Tour	Greensburg, IN	www.treerollintour.org
July	4	Sunstroke 74	Kokomo, IN	breakaway club/events
July	14	Nite Ride	La Porte	9:00 PM Civic Auditorium
July	15	RAIN Ride	Terra Haute, IN	
July	22-29	RAGBRAI (430 miles)	Sergeant Bluff, Iowa	ragbag.com/
July	29	Amishland And Lakes	La Grange, IN	www.amishlandandlakes.com/
July	29	Cardinal Greenway	Muncie, IN	765-287-0399 www.cardinalgreenways.org
Aug.	11	Nite Ride	La Porte	9:00 PM Park Office
Aug.	19-20	Ride Across Wisconsin	LaCrosse, Wis.	
Aug.	19	Sizzling Century	Kokomo, IN	breakaway.club/events/sizzling century
Aug.	26	Wabash River Ride 2023	West Lafayette, IN	/wrcc.in.org/page/wabash-river-ride
Aug.	27	Tour de LaPorte	La Porte, IN	/tourdelaporte.org/
Aug.	29-9/3	DALMAC	Lasing, MI	
Sept.	2	Blueberry Cruise	Plymouth, IN	www.blueberryfestival.com
Sept.	3	Bike the Drive	Chicago, IL	www.bikethedrive.org/
Sept.	10	Dam to Dam Ride	Wabash, IN	www.visitwabashcounty.com/dam-to-dam/
Sept.	16	Lakeshore Harvest Ride	South Haven, Mi	
Sept.	24	Apple Cider Century	Three Oaks, MI	www.applecidercentury.com/
Oct.	6-8	Hilly Hundred 2022	Ellettsville, IN	www.hillyhundred.org/
Oct.	14	Crane Cruise	Medaryville, IN	



Check out: [Bike Rides in Indiana.com](http://BikeRidesinIndiana.com)

Poor Sleep May Lead to Excess Calorie Consumption

If you're not getting enough sleep at night, you're more likely to eat too many calories during the day. In a recent study, presented at the American Heart Association's Epidemiology and Prevention/Nutrition, Physical Activity and Metabolism 2012 Scientific Sessions in March, researchers found that study subjects who slept an hour and 20 minutes less than the control group also consumed an average of 549 more calories than the group that got more sleep. The more sleep-deprived subjects also experienced changes in the hormones leptin and ghrelin, which affect the metabolism. Sleeping less also didn't equate to burning more calories.

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Heart Advisor™



WHAT CAN YOU DO TO PREVENT HEARTBURN?

HEARTBURN IS MORE THAN SIMPLY AN ANNOYANCE; over time it can damage the esophagus, sometimes leading to esophageal cancer. Antacids can ease symptoms of acid reflux, and other drugs can help by reducing stomach acid. Besides taking drugs, there are other things you can do to ease the symptoms of heartburn:

- Don't eat just before bedtime; give your body three or four hours to digest a meal.
- Eat smaller portions, and minimize your intake of chocolate, coffee, tea, cola, fatty foods and acidic foods like tomatoes.
- Lose excess weight.
- Don't smoke.
- Don't wear tight clothing, which can put pressure on the esophageal sphincter valve.
- Many people get relief by raising the head of their bed by six inches.

Quickie Drivetrain Cleaning

HOW TO GIVE YOUR CHAIN, CASSETTE AND CHAINRINGS A BATH—
WITHOUT A LOT OF BOTHER

REQUIRED TOOLS:

- ▲ repair stand
- ▲ rubber gloves
- ▲ bucket
- ▲ dish detergent
- ▲ rags, sponges
- ▲ non-metallic scouring pad
- ▲ various stiff-bristle brushes
- ▲ degreaser
- ▲ Park GSC1 tool or small screwdriver

Used to be, you'd ride your bike until the drivetrain was disgusting. Then you'd laboriously strip the parts, toss 'em in a solvent tank, and scrub like mad with toxic cleansers and gnarly wire brushes to remove the filth before reassembling.

This worked OK until Shimano and Campagnolo invented ultra-narrow chains for eight- or nine-cog gearing. Most of these are assembled with pins that barely protrude past the sideplates, making it difficult to remove and reinstall the chain because it's

easy to damage a sideplate or press in the pin incorrectly, even if you're careful. And if a damaged link fails, you could go flying.

So manufacturers recommend cleaning the chain *on* the bike. Fortunately, there's an easy, 15-minute method, described here. Incidentally, leaving the components on the bike saves more than time; it also prevents wear and tear.

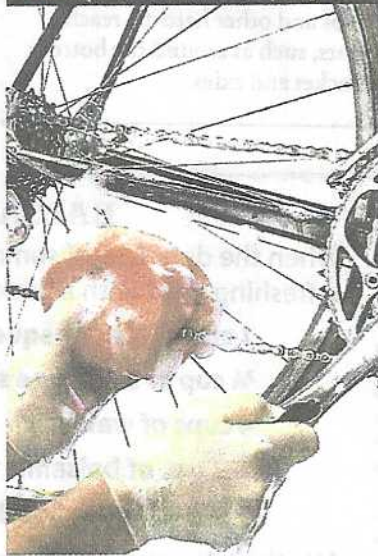
We're assuming that your drivetrain is in good condition—there's no sense cleaning worn-out parts, after all.

1 Degrease the chain



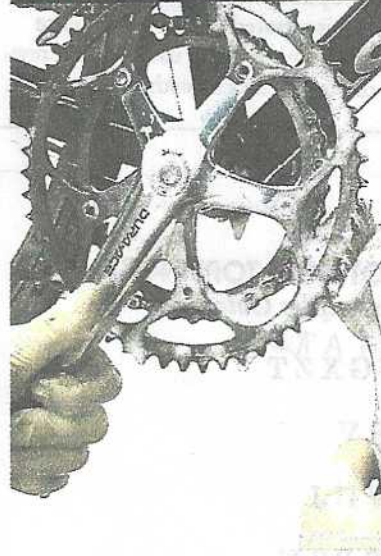
1 Place the bike in a repair stand and put on rubber gloves. Usually all you need is dish detergent and a sponge (Step 2), but if your chain is coated with black grime, that won't work. Instead, spray degreaser on the chain a few links at a time and clean them with a rag (photo). Polish the sideplates front and back, and the rollers. This is slow going, but once you've removed the grime you shouldn't have to do it again for quite awhile.

2 Wipe the chain with a sponge



2 Put dish detergent in the bucket, fill it with warm water and toss in the sponges. Get a sponge super-sudsy, and surround the chain with it while you pedal with your free hand (photo). Keep dipping, scrubbing and pedaling until the chain sparkles. Use lots of suds. If you have a second (grime-free) sponge, now's a good time to give the frame the once over. Remember to knock off dried mud first or you'll scratch the paint.

3 Brush chainrings



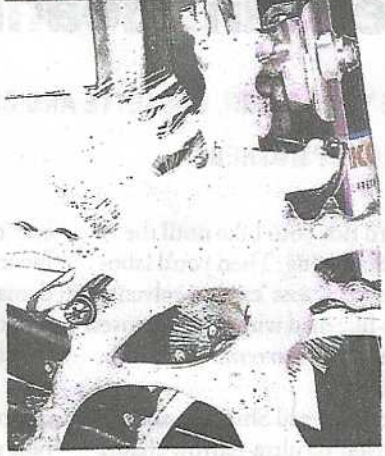
3 Scrub the crankarms and chainrings with a sudsy, stiff brush (photo). Be sure to get rid of the crud on the front and back of the teeth, between the rings, and on the front and back of the crankarm spider. Use elbow grease on the heavy deposits and when those are gone, go back over everything with the brush to get the crankset spick-and-span. If necessary, attack tenacious tar spots and those tough spots under the down tube with a non-metallic scouring pad.

4 Clean between the cogs



4 Occasionally dirt, fishing twine, hair, mud and other archaeological findings will collect between cassette cogs. A great tool to remove this crud is Park's Gear System Cleaning Tool (GSC1). The plastic end fits between cogs and is serrated to quickly displace debris (photo). Or use a small screwdriver. Then clean with a sudsy brush.

5 Scrub the front derailleur



5 A bottle brush is great for cleaning the front derailleur. Scrub the cage and both sides of the derailleur to remove dirt and grime (photo). Also, use the brush for getting into tight spots. It'll reach between the spokes to buff the hubs and other hard-to-reach spots, such as around the bottom bracket and axles.

6 Relubricate



6 Rinse by trickling water over the bike. Don't use pressurized water because it can damage the bearings. Dry the bike and lightly lubricate the chain and derailleurs. To avoid grimy buildup, consider a wax-based lube such as White Lightning (photo). Use it regularly, and it'll greatly reduce the frequency of drivetrain cleanings. ▲

6. HOT-DOG TOPPINGS

Example: Coleslaw

- M U S T A R D
- N M U G X Z T
- Y J V R V
- Z P R V U J
- B P B B P Z U
- Y J W B B P T W H V W H
- E X Y W H
- U X R U X
- L P G Y J M B
- N P R G P T Y J P P U P
- U X M P Z L Z X M G

BALSAMIC LEMONADE

When the dog days of summer are dragging you down, try this refreshing twist with a "kick" on an old-time thirst quencher.

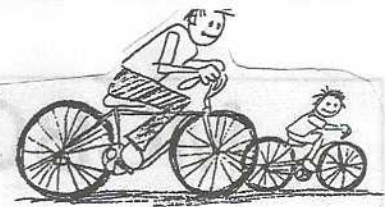
- 1 cup of freshly squeezed lemon juice (about 10 lemons)**
- ¾ cup of superfine sugar**
- 4 cups of water**
- 1-2 tsp. of balsamic vinegar to taste**
- 1 cup of vodka (optional)**

Mix the juice, sugar, and water in a large pitcher. Then add the vinegar and stir. Add the vodka, if desired, and pour the lemonade into ice-filled glasses. **Yield: 4-6 servings.**



Bees and mosquitoes can definitely put a damper on outdoor fun if you happen to be in the wrong place at the wrong time. But here's a neat trick to keep 'em far away. Before you head outside in the summer, tie a scented dryer sheet through one of your belt loops. The bees and buzzers hate the scent, so you can relax and enjoy the great outdoors!

MCBC CALENDAR - 2023



Club rides happen because riders show up !

			<u>Time</u>	<u>Leader</u>	<u>Place</u>
June	21 (Wed)	Club Ride	5:30 PM	Tim B.	Cummings Lodge
June	25 (Sun)	Club Ride	2:00 PM	David H.	LaCross Library
June	28 (Wed)	Club Ride	5:30 PM	David H.	Al's East Parking Lot
July	5 (Wed)	Club Ride	5:30 PM	Pam C.	Union Mills Library
July	8 (Sat)	Wanatah Ride	10:00 AM	Pam C	Wanatah Library
July	12 (Wed)	Club Ride	5:30 PM	Tim B.	Hailman School
July	14 (Fri)	Nite Ride	8:00 PM (Reg.) - 9:00 PM Ride		Civic
July	16 (Sun)	DQ Ride	3:00 PM	Dave W.	Luhr Park
July	17 (Mon)	Club Meeting	7:00 PM		Church of the Brethren
July	19 (Wed)	Club Ride	5:30 PM	Pam C.	So. Central HS
July	26 (Wed)	Club Ride	5:30 PM	Mark N.	Beverly Shores Depot MC
Aug.	2 (Wed)	Club Ride	5:30 PM		
Aug.	8 (Wed)	Club Ride	5:30 PM		
Aug.	11 (Fri)	Nite Ride	8:00 PM (Reg.) - 9:00 PM Ride		Park Office
Aug.	16 (Wed)	Club ride	5:09 PM		
Aug.	21 (Mon)	Club Meeting	7:00 PM		Church of the Brethren
Aug.	23 (Wed)	Club Ride	5:30 PM		
Aug.	30 (Wed)	Club Ride	5:30 PM		

(More Information - call 219-369-3978)

Check Facebook for any scheduled rides !

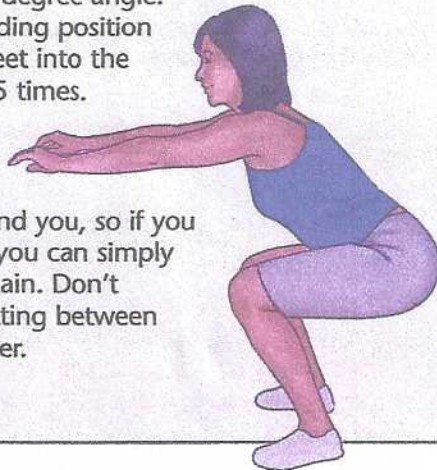
Moves of the Month

Here are two exercises to make the hamstrings strong and flexible.

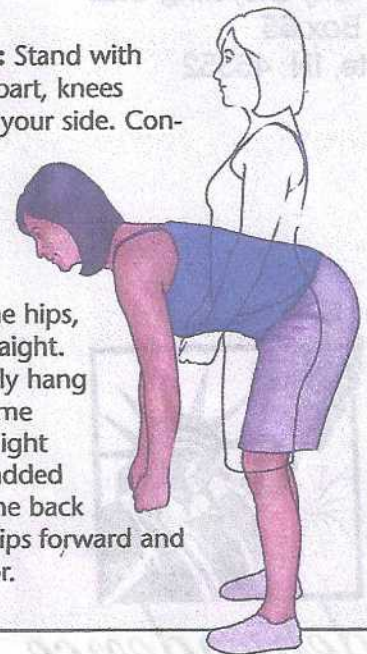
Squat: Stand with good posture, legs about shoulder-width apart. Squat by pushing your hips back and down, as though you were going to sit into a chair. Your knees will naturally flex as you sit at about a 70- to 90-degree angle.

Return to the standing position by pushing your feet into the floor. Repeat 10-15 times.

NOTE: If you're not sure how to squat, do so with a bed or sofa behind you, so if you lose your balance you can simply sit back and try again. Don't make a habit of sitting between repetitions, however.



Romanian deadlift: Stand with your feet hip-width apart, knees slightly bent, arms at your side. Contract your abdominal muscles and low-back muscles; push your hips back as far as you can as you bend forward from the hips, keeping your back straight. Your arms will naturally hang forward. As you become stronger, try holding light hand weights for an added challenge. Slowly come back up by pushing your hips forward and your feet into the floor.



MCBC Meeting



Monday, July 17, 2023
7:00 PM

at
La Porte Church of the Brethren
414 Hawthorne St. - La Porte

Refreshments & Fellowship

E-Mail

maplecitybicyclingclub@gmail.com

Website

www.maplecitybicyclingclub.com

Affiliated with:



DQ Ride

Sunday - July 16th
3:00 PM
Meet at Luhr Park



Bring Your Friends

Stop And Enjoy A Treat at Westville DQ



Wanatah Ride

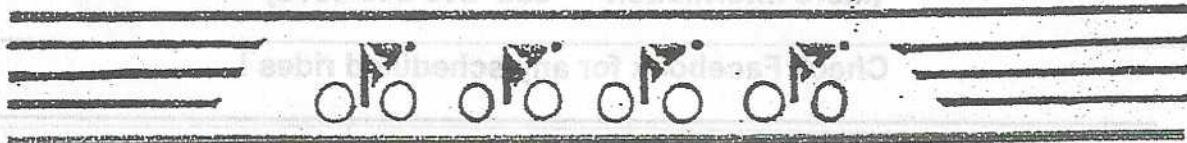
Saturday - July 8th
10:00 AM

Meet at Wanatah Library

MCBC has Facebook

Maple City Bicycling Club

Maple Leaf Logo



Maple City Bicycling Club
P. O. Box 55
LaPorte, IN 46352



Independence
DAY