

# MCBC

MAPLE CITY BICYCLING CLUB



Promoting Bicycling, Bicycling Safety

and Friendships

2023



## SEPTEMBER THRIVES AS FALL ARRIVES ..

Another Summer has passed. Our days get shorter and the weather cooler. Fall, a bit short it seems, is a season with some beautiful scenery and lots of changing colors. Be sure to enjoy it.

At our last meeting we discussed our Club Rides, setting a couple "weekend rides." Be sure to check these out. We also discussed T-shirt designs for our 2024 event. We have a design in mind, and will be looking into the cost. We also discussed a little bit regarding sponsorships. Do we want them or not? (I need to hear about this matter real soon!!)

We had a nice turnout at our **DQ** Ride on August 20<sup>th</sup>. (I heard nothing but nice reviews.) We have planned a La Porte **DQ** Ride for Sunday, September 24<sup>th</sup>. We hope to cover a number of Trails around the La Porte area and enjoy a **DQ** too. And we have added a Sunday ride on September 17<sup>th</sup> in the Rolling Prairie/Hudson Lake area. We are hoping for a good turnout too.

Our next Meeting is Monday, September 18, 2023 at 7:00 PM at the La Porte Church of the Brethren Fellowship Hall. We hope to have more information about T-shirts and sponsorships. Right now we have rides scheduled thru the Crane Cruise weekend. (We may continue till the end of October if Club members so desire.)

With school now back in session it is more important than ever to not only set good examples; but, also be on the lookout for younger kids riding in the streets.

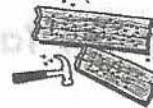
Remember September has Labor Day, Grandparents Day and our 9/11 Remembrance Day. Also **Autumn** begins. (Now who could forget the last one!)

A good number of our members have been racking up a good amount of mileage this year. We can only hope that they and the rest of you have been enjoying a nice season of cycling. It not only gives you a chance to be outdoors, but, allows you to enjoy the sunshine and the many beauties of nature around you.

Be sure to enjoy those Fall colors and the changes of Mother Nature. **ENJOY FALL !**

Just Keep 'a-pedalin'  
Ride Safely  
Wear **Bright Colors**

- Dave Wolfe



In Remembrance of

Sept.



Grandparents Day



Autumn



# "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	86	114			377
Tim Bates	382	524	712	834			2452
Garry Bowers	23	55	17	12			107
Annette Clark	11	103	113	122			349
Pam Creed	553	632	216	875			2276
Joe Collins	0	0	0	0			0
Byron Fitzgerald	2479	552	366	718			4115
Richard Galloy	0	0	0				0
David Heinold	1500	350	1000	600			3450
Tom Hilbish	486	443	345	474			1748
Tom Hughes	0	0					0
Jerry Jackson	761	505	365	375			2006
Vinnie Kuta	1754	478	571	588			3391
Lisa Marek	368	198	90	240			896
Shelly McGinty	92	35					127
Luis Miramontes	164	38	79	96			377
Tina Miramontes	164	38	63	96			361
Mark Nagel	270	72	225	84			651
Steve Pearson	96	58	147	179			480
John Phelan	400	700	600	700			2400
Cole Sandin	329	30	62	26			447
Mike Sebella	155	148	92	95			490
Diane Szynal	55	35	10	75			175
Joe Szynal	724	175	200	384			1483
Dan Tannas	110	0	55	0			165
Dean Woodson	25	70	70	75			240
Bill Yoder	52	62	35	102			251
							<u>25,417</u>

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

## Drinking Soda Linked to Higher Stroke Risk

The more soda (regular and/or diet) you drink, the higher your risk of stroke, according to a study published April 4, 2012 in the *American Journal of Clinical Nutrition*. Researchers analyzed soda consumption and incidence of stroke among 43,371 men and 84,085 women between 1980 and 2008. Men and women who drank more than one serving of sugar-sweetened per day were more likely to have high blood pressure and high cholesterol, while those who consumed diet (low-calorie) soda were more likely to be overweight and have chronic diseases. The researchers also discovered that consuming caffeinated or decaffeinated coffee was associated with a decreased stroke risk - one serving of decaffeinated coffee was associated with a 10 percent lower risk of stroke compared to one serving of regular soda.

-Women's Nutrition Connection

## FUN FACT

### SKYSCRAPERS

Buildings were not in the original definition of a skyscraper. It was a nautical term that referred to a tall mast or sail on a ship.

**WHEELS**  
 A. 1. Sprout, 2. Layout, 3. Option, 4. Spirit, 5. Canyon, 6. Trackle, 7. Helmet, 8. Shriek  
 MESSAGE: Trust your intuition and take the risk.  
 B. 1. Kismet, 2. Sesta, 3. Remote, 4. Rumble, 5. Verity, 6. Random, 7. Sutor, 8. Confer  
 MESSAGE: It is easier to be brave from a distance.



## SHUCK CORN QUICKLY

If you're not big on husking corn by hand, turn to your trusty microwave. First, cut off the bottom of the corncob where the stalk meets the first row of kernels. Pop the corn on a microwave-safe plate and zap the ears for 30 to 60 seconds. Remove the plate, then hold the corn by its uncut end. Give it a firm shake and the cob should slide out, leaving the husk and silk behind.



Labor Day is already upon us. As some might already know, Labor Day started as a celebration and parade that took place to honor the working class by the Knights of Labor in 1882. The parade was held on the first Monday in September. By the late 1880's, Labor Day was declared a national holiday by congress.

Other fun facts in September.....  
 Labor Day is recognized in Canada on September 3rd. Also on this day....the first U.S. bowling league was established in 1921. First pro football game was played in Latrobe, Pennsylvania in 1895. On September 4, 1888 the first roll-film camera was patented. September 7 is Grandparents Day which is celebrated the first Sunday after Labor day. The first Miss America Pageant was 9-7-21. September 11th is a day we will always remember those who lost their lives in the terrorist attacks. 9-14-1814 was the day Francis Scott Key wrote the Star Spangled Banner. September 16 is National Kids Day. CBS aired for the first time on 9-18-1927. September 22 is proposal Day. The Jetsons premiered 9-22-1962. The Rocky Horror Picture Show premiered 9-26-1975. And...the answering machine was patented on 9-27-1950.

## Walking with Grandpa and Grandma

I like to walk with Grandpa and Grandma,  
 Their steps are short like mine.  
 They don't say, "Now hurry up."  
 They always take their time.  
 I like to walk with Grandpa and Grandma,  
 Their eyes see things like mine do ...  
 Wee pebbles bright, a funny cloud,  
 Half hidden drops of dew.  
 Most people have to hurry,  
 They do not stop and see.  
 I'm glad that God made  
 Grandpa and Grandma  
 Unrushed and young like me.



—Author unknown

## Birthdays - September

- 3 - Ava Moller
- 9 - Tim Bates
- 10 - Holly Belzowski
- 13 - Keith Belzowski
- 29 - Ellen Stone



*If I missed someone - Please let me know!*

## FALL -

Football, pumpkins, piles of leaves, shorter days, crisper nights, and the sights and smell of summer turning the corner into autumn. These are some of the things that make Fall a special time of the year.

### Aging Autumn

She wore sparkling gypsy earrings,  
 Mantilla of gold lace,  
 And sweeping gown of amethyst;  
 I could not see her face.

Strolling down our sunlit street,  
 She flirted with her fan;  
 Maple trees blushed tangerine,  
 And the fall began.

This morning in my garden, *look!*  
 She does not stir at all,  
 Bowed in silent resignation  
 Beneath a silver shawl.

Z. Vilet Bennett  
 Joplin, MO



## One kind word can make someone's day.

### Patriot Day — a day of remembrance

On December 18, 2001, Congress approved a joint resolution designating September 11 of each year as "Patriot Day." It's a day to remember the more than 3,000 innocent lives lost on that September morning in 2001.



The resolution requests that each year the President issue a proclamation calling on the American people and state and local governments to observe the day with appropriate programs and activities.

Those activities include remembrance services, candlelight vigils, moments of silence, and flying the American flag at half-staff.

In his 2003 proclamation President Bush said, "On that day, and in its aftermath, we saw the greatness of America in the bravery of victims; in the heroism of first responders who laid down their lives to save others; in the compassion of people who stepped forward to help those they had never met; and in the generosity of millions of Americans who enriched our country with acts of service and kindness."

Keep them all in your prayers this Patriot Day.

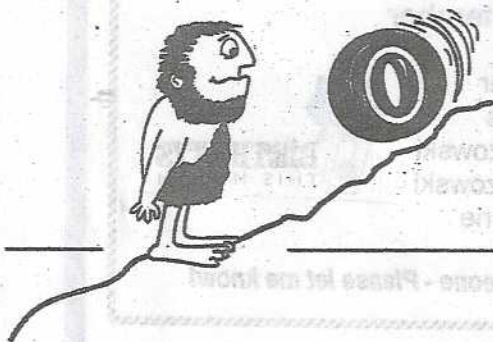
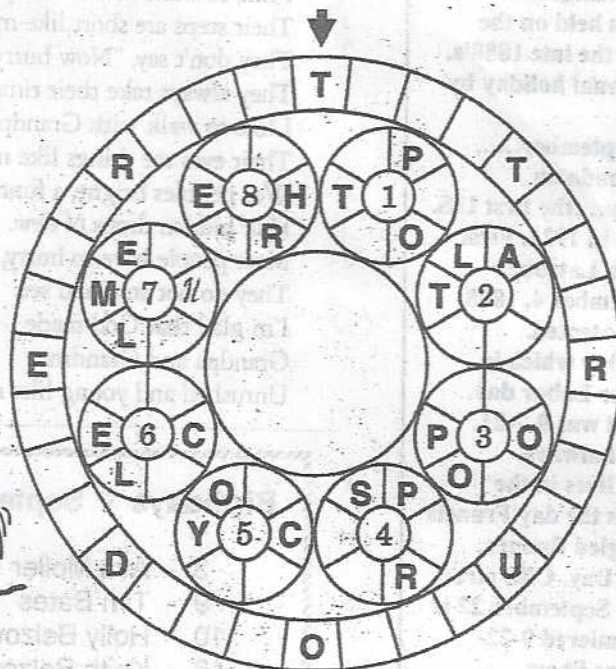


# WHEELS

Answer the clues for the 6-letter words, which go clockwise around the inner Wheels. Three letters of each are given. Then place the three letters you added in the adjoining spaces in the outer Wheel so that a message can be read starting at the arrow and proceeding clockwise.

## A. CLUES

1. Begin to grow
2. Arrangement
3. Choice
4. Vital essence
5. Deep valley
6. Football maneuver
7. Biker's wear
8. Shrill sound



*did you know?*  
There are more than 300 types of honey. Try a variety like blueberry (delicious on oatmeal) or buttery-flavored avocado (good in a vinaigrette). Visit [honey.com](http://honey.com) to learn more.



## LEMON-GARLIC CREAM FETTUCCHINE

I've been making this for my family for years. It's simple and indulgent enough to make it a go-to recipe.  
—Anne Miller, Glenfield, NY

Prep: 25 min. • Cook: 15 min.  
Makes: 4 servings

- 3 tsp. grated lemon zest
- 2 tsp. minced fresh parsley
- 2 garlic cloves, minced
- 8 oz. uncooked fettuccine

### SAUCE

- 1/4 cup butter
- 1 small onion, chopped
- 2 garlic cloves, minced
- 1 tsp. grated lemon zest
- 1/2 cup heavy whipping cream
- 1/4 tsp. salt
- 1/8 tsp. pepper
- 4 oz. cream cheese, cubed
- 2 Tbsp. lemon juice

- 2 plum tomatoes, chopped
- 2 tsp. minced fresh parsley
- Grated Parmesan cheese, optional

1. In a small bowl, mix the lemon zest, parsley and garlic. Cook the fettuccine according to package directions; drain.
2. For sauce, in a skillet, heat butter over medium-high heat. Add onion; cook and stir 2-3 minutes or until tender. Add garlic and lemon zest; cook 1 minute longer. Stir in cream, salt and pepper. Whisk in cream cheese until melted. Remove from heat; cool slightly. Stir in lemon juice.
3. Add pasta, tomatoes and parsley to skillet; toss to combine. Serve immediately with lemon zest mixture and, if desired, Parmesan cheese.  
1 CUP 518 cal., 34g fat (21g sat. fat), 102mg chol., 346mg sod., 46g carb. (4g sugars, 3g fiber), 11g pro.

## JUICE A LEMON WITHOUT USING A KNIFE

The juice is definitely worth the squeeze with this easy, gotta-try-it trick!

### Step 1: Roll the Lemon

Roll a lemon on the counter or cutting board. You don't need to use a ton of force—just enough to loosen the membranes inside the lemon and release the juices.

### Step 2: Poke a Hole

Using a wooden or metal skewer, poke the non-stem end of the lemon—the side that pops out a bit. Push the skewer in at least an inch, being careful not to poke it all the way through.

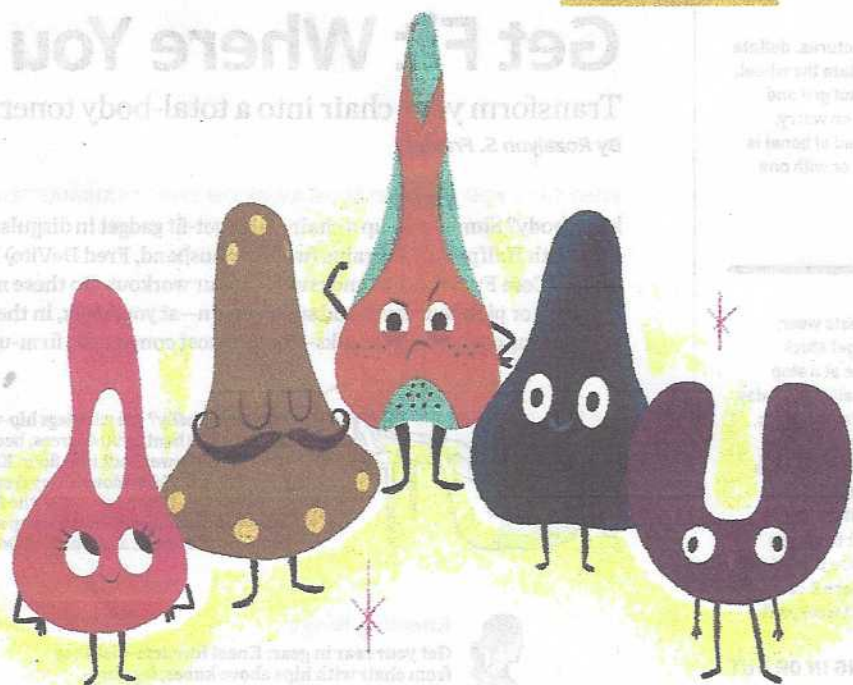
### Step 3: Squeeze!

Turn the poked side of the lemon over a bowl and squeeze to release the juice. A medium-size lemon should yield 2 to 3 Tbsp. of juice.

**MAKE 5 A DAY EASY!**  
Use extra fruits and veggies to top cereals, yogurts and salads. Add grilled mushrooms or tomatoes to omelets or scrambled eggs. Load pizza with extra veggie ingredients. Be creative in finding ways to eat healthier!

YOU CAN GET EVEN MORE JUICE FROM YOUR LEMON BY TOSSING IT IN THE MICROWAVE FOR 10-20 SECONDS BEFORE ROLLING. IT'LL PRODUCE MORE JUICE, AND IT WILL BE SOFTER TO SQUEEZE!





# TAKE A SEAT

A NOT-SO-SENSITIVE LOOK AT ONE OF CYCLING'S MOST SENSITIVE TOPICS

As the intermediary between your reproductive organs and the rest of your bicycle, your saddle's job is crucial to your cycling enjoyment. In this sense, your saddle is a hostage negotiator, and it is constantly bargaining for the survival of your genitals. However, finding the right saddle can be a harrowing experience. Here are some of the more popular methods cyclists take in their quest for pedaling comfort.

**The Cutting Edge** Racing seats have become remarkably like smartphones: sleek, feature-laden, expensive, and almost indistinguishable from each other.

To help you make sense of their bewildering array of offerings, some manufacturers have invented their own quasi-mystical selection processes. Fi'zi:k, for example, asks you to analyze your riding style and determine whether you're a Snake, a Bull, or a Chameleon. If you find the concept of selecting a crotchall spirit animal daunting, then cutting-edge saddles may not be for

you. But if you're the sort of cyclist who rides so hard that you have anaerobic hallucinations in which your chamois speaks to you, then you shouldn't have any trouble—unless your chamois tells you your spirit animal is a chipmunk, like mine did.

**Old World Craftsmanship** If you follow the "your age plus 10" formula for determining spoke count, tout the repairability of your steel frame, and believe that carbon fiber is part of an alien conspiracy to seize control of the planet, then you want a seat that was made by hand, was built to last, and, until a few months ago, was an unsuspecting cow.

Of course, when you think of saddles that used to go "moo," you think of Brooks, and over time a Brooks saddle will change its shape to accommodate yours. Depending on the model, it may also weigh more than the rest of your bike—although, arguably, saving weight by saddle choice is about as wise as saving time by wearing a diaper so you can cut out bathroom visits.

**The Comfort Saddle Much** has been made by the mainstream media of the supposed link between impotence and cycling. There is a connection, but it's no stronger than the link between impotence and doing anything else improperly. If you sit on the arm of a lounge chair for long enough you'll experience some numbness downstairs too, but I've never read about La-Z-Boys making people impotent.

Nevertheless, there is a wide array of "comfort saddles" on the market that promise to alleviate this problem. Generally, they are bulbous in places, and also filled with gel. The idea seems to be that a saddle should look and feel like the organ it's supposed to be saving. This is the same thinking behind many women-specific saddles—right down to the colors and cutouts.

**Rhinoplasty** To those unfortunate cyclists who don't find relief in the plush and bloated world of comfort seats: Welcome to the weird world of noseless saddles. Some resemble a piece of melting cheese; others have armrests that cradle each cheek independently; still others look like a horseshoe crab that has been impaled on your seatpost. While a noseless saddle may be your salvation, it's probably not ideal for fast riding, since it's tough to be "on the rivet" when there is no rivet at all.

If none of these options works for you, it could be time for what is either the scariest alternative of all or the very zenith of bicycle engineering, depending on your beliefs. I'm talking about the La-Z-Boy on wheels, otherwise known as the recumbent. ☐

**IF YOU FIND THE QUASI-MYSTICAL PROCESS OF SELECTING A CROTCHALL SPIRIT ANIMAL DAUNTING, THEN CUTTING-EDGE SADDLES MIGHT NOT BE IDEAL FOR YOU.**

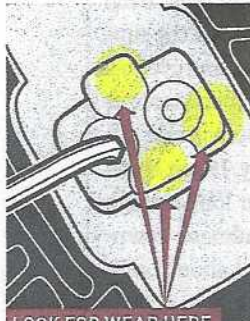


{ FALL }

**TIRES**

To check for fatal cuts and embedded grit that will lead to punctures, deflate the tube to about half pressure. Working in sections as you rotate the wheel, squeeze and wiggle the tire between your fingers. Manipulate or tweeze out grit and shards. Think of cuts as you would with your body: Anything superficial is no worry, but anything that exposes underlying tissue (in this instance, casing instead of bone) is serious. As a general rule, replace a tire with three or more serious cuts, or with one gash that, at full pressure, causes the tire to bulge outward.

*from now on* **EVALUATE ONCE A WEEK**



**CLEATS AND PEDALS**

When your cleats wear, your foot can get stuck in the pedals—hello, embarrassing topple at a stop sign—or pull out under torque and take half the Sunday ride down at the town-line sprint. Most plastic cleats, such as Look, have built-in wear indicators: When a different color shows through, it's time to replace the cleat. Also watch for chipped or ragged edges. Metal cleats tend to look sharp or overly shiny at the edges. The best indicator is that clicking in or out becomes unpredictable. If performance is iffy but you don't detect wear, try lightly lubing the pedal everywhere it contacts the cleat (not the shoe sole). If that doesn't work, tell your mechanic "I dunno what's wrong."

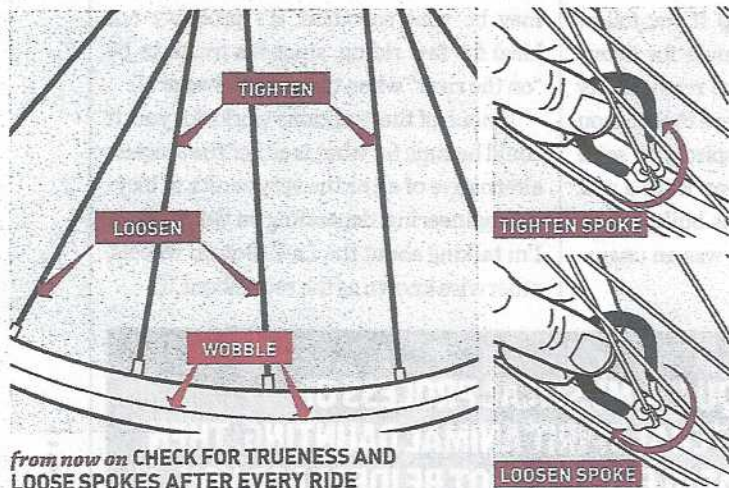
*from now on* **INSPECT EVERY SIX MONTHS, OR WHEN CLICKING IN OR OUT BECOMES PERSNICKETY**

**WHEEL**

When you feel a wheel wobbling, you have to return it to true (side-to-side alignment). A wheel that's hopping is considered out of round, which is much harder to address, and best handled by an expert at a shop. Even when it comes to truing, messing with spokes is one of the most intimidating acts for amateur mechanics, but if you work in small increments and use patience you can often restore a smooth spin to your wheel.

To true a wheel: Spin the wheel and locate the section that is wobbling toward one side. On that side of the wheel, use a spoke wrench to loosen the two spokes closest to the wobble one-quarter turn. On the other side of the wheel, tighten the two closest spokes one-quarter turn. (Which way is tight and which is loose? Imagine the tire and tube are gone and you standing behind the mounted wheel—front or rear—looking at the spokes and nipples through the rim. Turning the nipple clockwise tightens the spoke, counterclockwise loosens it.) Spin the wheel and tune the wobble again. Never turn the nipples more than a quarter-turn at a time, and be prepared to work back and forth, loosening or tightening several times on each side until the wheel spins true.

One other thing: All the spokes on one side of a wheel should be equally tensioned; check this by plucking them like harp strings and listening to the tone. If one is significantly looser or tighter, begin the truing process by dialing it to the right tone. (On the rear wheel, driveside spokes are tighter than spokes on the left—but all the spokes on one side should feel the same.)



*from now on* **CHECK FOR TRUENESS AND LOOSE SPOKES AFTER EVERY RIDE**

# Get Fit Where You Sit

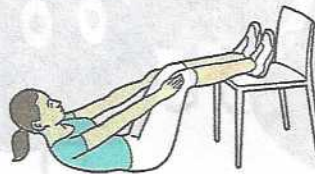
Transform your chair into a total-body toner.

By Rozalynn S. Frazier

**WHO SAYS YOU HAVE TO SLOG AWAY ON THAT STAIRMASTER TO GET**

killer body? Simply pull up a chair—it's a get-fit gadget in disguise, says Elisabeth Halfpapp, the brains (with her husband, Fred DeVito) behind the Exhale Core Fusion craze and creator of our workout. Do these moves all together, or pick your faves and sneak 'em in—at your desk, in the kitchen, even during commercial breaks—for the most convenient firm-up ever.

**Fly-ups**



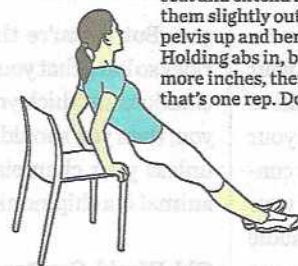
Want a flat belly? Lie with legs hip-width apart, knees bent to 90 degrees, heels on chair. Press lower back into floor. Keeping abs pulled in, shoulders down away from ears, and elbows lifted, lift shoulders off the floor. Reach arms toward feet, curling torso up an inch, then down an inch, as if pulsing. Do 20 reps.

**Kneeling Hinge**



Get your rear in gear: Kneel forearm-distance from chair with hips above knees, legs hip-width apart, hands on chair. Tuck abs in and drop tailbone. Push down on chair and lift left shin and foot, allowing leg to turn out from hip. Lift left thigh six inches and lower. Do 20 reps per leg.

**Triceps Push-ups**



Wave buh-bye to bat wings and hello to a beautiful upper back. With back to chair, place hands on seat and extend legs, turning them slightly out from hips; tilt pelvis up and bend elbows slightly. Holding abs in, bend elbows two more inches, then straighten; that's one rep. Do 20 reps.

**Thigh Blaster**

Transform thighs with this move: Stand at arm's length from chair with hands resting on back, arms shoulder-width apart, heels together, toes pointed out so feet make a V. Lift heels three inches, and bend knees over feet. (Keep abs pulled in, tailbone over heels, knees over toes.) Bend knees to lower body about two feet, then lift back up. Do 20 reps.

**Ice Skater**



To tone your butt, core, and arms: Stand at arm's length from chair with hands on chair back and torso parallel to floor. While pushing down, bend elbows to 90 degrees and raise left leg back to hip level, rotating foot and shin out; bend right knee slightly, keeping abs tight. Lift left leg two inches and lower. Do 20 reps per leg.

## Mayo is bad, right? Wrong.



Sure, mayonnaise has about 10 grams of fat per tablespoon, but half of the fat is healthy omega-6 fat. It's an essential fat that your body needs to help tamp down inflammation.



# MCBC CALENDAR - 2023

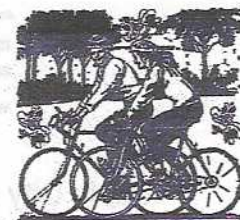
**Club rides happen because riders show up !**

			<u>Time</u>	<u>Leader</u>	<u>Place</u>
Aug.	2 (Wed)	Club Ride	5:30 PM	Tim	Hailman School
Aug.	8 (Wed)	Club Ride	5:30 PM	Vinny	Kesling Park #2
Aug.	11 (Fri)	Nite Ride	8:00 PM (Reg.) - 9:00 PM Ride		Park Office
Aug.	16 (Wed)	Club ride	5:30 PM	Byron	Kesling Park #2
Aug.	20 (Sun)	DQ Ride	3:00 PM	Dave W.	Luhr Park
Aug.	21 (Mon)	Club Meeting	7:00 PM		Church of the Brethren
Aug.	23 (Wed)	Club Ride	5:30 PM	Steve	Lighthouse (Parking Lot) MC
Aug.	30 (Wed)	Club Ride	5:30 PM	David H.	Al's East Parking Lot
Sept.	6 (Wed)	Club Ride	5:30 PM	Tim ?	Fairgrounds
Sept.	13 (Wed)	Club Ride	5:30 PM	Bill Y.	Kesling Park #2
Sept.	17 (Sun)	Rolling Prairie Loop	2:00 PM	Annette	R. P. Elementary School
Sept.	18 (Mon)	Club Meeting	7:00 PM		Church of the Brethren
Sept.	20 (Wed)	Club Ride	5:30 PM	Show & Go	Luhr Park
Sept.	24 (Sun)	LP DQ Ride	2:00 PM	David H.?	(8-10 Miles) Ride Trails
Sept.	27 (Wed)	Club Ride	5:30 PM	Vinny	Garwoods
Oct.	4 (Wed)	Club Ride	5:30 PM	Show & Go	Kesling Park #2
Oct.	11 (Wed)	Club Ride	5:30 PM	Show & Go	Kesling Park #2
Oct.	16 (Mon)	Club Meeting	7:00 PM		Church of the Brethren

(More Information - call 219-369-3978)

Check Facebook for any scheduled rides !

A great way to experience the beauties of Autumn



## 2023 - UPCOMING RIDES of INTEREST

Aug.	26	Wabash River Ride 2023	West Lafayette, IN	<a href="http://wrcc.in.org/page/wabash-river-ride">/wrcc.in.org/page/wabash-river-ride</a>
Aug.	27	Tour de LaPorte	La Porte, IN	<a href="http://tourdelaporte.org/">/tourdelaporte.org/</a>
Aug.	29-9/3	DALMAC	Lasing, MI	
Sept.	2	Blueberry Cruise	Plymouth, IN	<a href="http://www.blueberryfestival.com">www.blueberryfestival.com</a>
Sept.	3	Bike the Drive	Chicago, IL	<a href="http://www.bikethedrive.org/">www.bikethedrive.org/</a>
Sept.	10	Dam to Dam Ride	Wabash, IN	<a href="http://www.visitwabashcounty.com/dam-to-dam/">www.visitwabashcounty.com/dam-to-dam/</a>
Sept.	16	Lakeshore Harvest Ride	South Haven, MI	
Sept.	24	Apple Cider Century	Three Oaks, MI	<a href="http://www.applecidercentury.com/">www.applecidercentury.com/</a>
Oct.	6-8	Hilly Hundred 2022	Ellettsville, IN	<a href="http://www.hillyhundred.org/">www.hillyhundred.org/</a>
Oct.	14	Crane Cruise	Medaryville, IN	



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

# MCBC



## Meeting

Monday, September 18, 2023  
7:00 PM

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

**Refreshments & Fellowship**

E-Mail

[maplecitybicyclingclub@gmail.com](mailto:maplecitybicyclingclub@gmail.com)

Affiliated with:



## La Porte's DQ Ride



Sunday - September 24<sup>th</sup>  
2:00 PM

Meet at Cumming's Lodge  
Ride Trails (8-10 Miles)

Bring Your Friends



Stop And Enjoy A Treat at **DQ**

## MCBC has Facebook

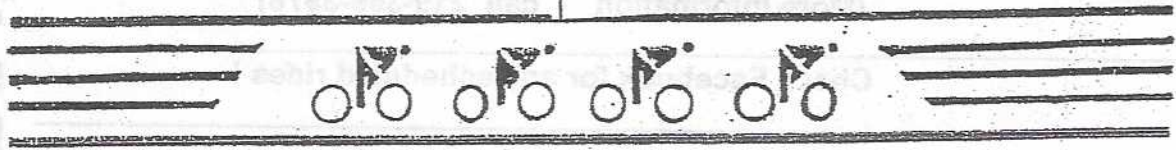
Maple City Bicycling Club

Maple Leaf Logo

Website

[www.maplecitybicyclingclub.com](http://www.maplecitybicyclingclub.com)

**GREET EACH NEW DAY WITH A SMILE**



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

## Planning for Fall



Aug. 28	West Lafayette, IN	West Lafayette Ride 2023	28
Aug. 27	La Porte, IN	Tour de La Porte	27
Aug. 24-27	La Porte, IN	DAKOTA	24-27
Sept. 2	Plymouth, IN	Blueberry Onions	2
Sept. 7	Chicago, IL	Be the Drive	7
Sept. 10	Western, IN	Dam to Dam Ride	10
Sept. 19	South Haven, MI	Lakeshore Harvest Ride	19
Sept. 28	Three Oaks, MI	Apple Cider Century	28
Oct. 4-5	Ellettsville, IN	Hilly Hundred 2023	4-5
Oct. 14	Madisonville, IN	Cross Onions	14

Check out: Bike Rides in Indiana.com