



2017 AHCT *Lake Michigan Challenge*

Saturday, September 9 to Saturday, September 16

Route as of August 3, 2017

Day	Date	Start/Finish	Distance	Elevation
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Friday, September 8

AHCT arrives in Madison



Dinner and launch party at Cooper's Tavern on the Capitol Square at 6pm with a raffle, prizes, good food, and good company. Cycling team, day riders and their friends, and all friends of Andean Health are welcome. Please rsvp to Laura (info@andeanhealth.org).

Overnight: Madison

ONE

Saturday, September 9

Madison/Lake Mills to
Milwaukee Art Museum

60 miles

1184'

Today will be an exciting and special day, partly because the AHCT will be back on the road and partly because a number of good friends will join us for one day as we head to Milwaukee.

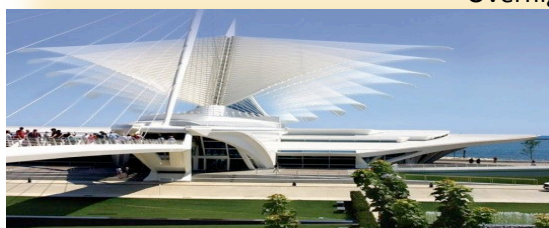
The route has been ridden by Tom Rolfs and Rachel English and takes us on country roads and paved bike trails from Lake Mills to Veterans Park on Lake Michigan near the Art Museum. A small group will join us 20 miles from the finish to complete the ride to Veterans Park.

Feel free to invite Milwaukee area friends to the dinner at the Milwaukee Athletic Club.

Route: <https://ridewithgps.com/routes/23804335> *Route still subject to revisions.*

Bonus "tour the lakefront" ride: <https://ridewithgps.com/routes/23804675>

Overnight: Milwaukee



TWO

Sunday, September 10 Menominee, WI
To Escanaba, MI

58 miles

451'

This interesting day begins with a 125-mile shuttle to Suamico, WI for a buffet breakfast at the Mustard Seed Café (special arrangements by Ann and Laura), followed by another 45-mile shuttle to our starting point in Menominee. After discussions with local bike shops and Ann and Laura's recon trip, we selected this route along the lake on Highway 35: good shoulder, decent road, and beautiful scenery, minimal to moderate traffic.

Overnight: Escanaba

<https://ridewithgps.com/routes/23777511>



THREE

Monday, September 11 Blaney Park Quik Stop
to St. Ignace

65 miles

870'

We begin day three with a "quick" 78-mile shuttle to get beyond poor quality roads and onto a higher quality road that runs along the coast into St. Ignace.

Overnight: St. Ignace - on the water with the Mackinac Bridge just off to the south.

<https://ridewithgps.com/routes/23777993>



FOUR

Tuesday, September 12 St. Ignace
to Charlevoix

60 miles

1418'

After shuttling over the Mackinac Bridge (cycling permitted over the bridge only one day/year), our day begins in Levering. Laura and Ann's notes: *day four is amazing!* We head west to the coast to Cross Village to Highway 119 South (aka "Tunnel of the Trees Scenic Heritage Route") to Harbor Springs to Petosky State Park to Highway 31 West to Bay Shore and into Charlevoix.

Overnight: Charlevoix

<https://ridewithgps.com/routes/23778080>



FIVE

Wednesday, September 13 Traverse City to
Glen Arbor/Sleeping Bear Dunes National Lakeshore

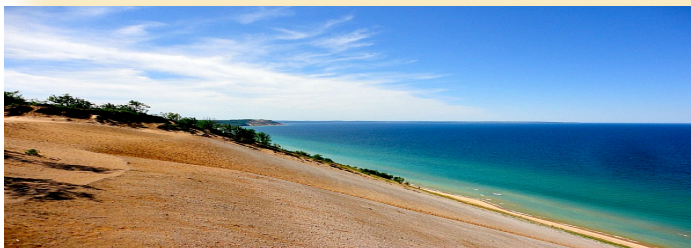
58/74 miles* 1853'

We begin with a 50-mile shuttle from Charlevoix to the west side of Traverse City. Notes from Ann and Laura; *day five is another kind of beautiful!* We begin on the Traverse Area Trail, connect to the Leelanau Trail (both paved), head north to Suttons Bay and Northport, then west across to the west side of the peninsula and down to Glen Arbor & Sleeping Bear.

*Additionally: for anyone who wants to ride a longer distance this day, you can continue north to the tip of the peninsula to Leelanau State Park and the Leelanau lighthouse. This round trip "extra" adds 16 miles to what will be a gorgeous day!

Overnight: The Homestead at Sleeping Bear Dunes National Lakeshore

<https://ridewithgps.com/routes/23764769>



SIX

Thursday, September 14

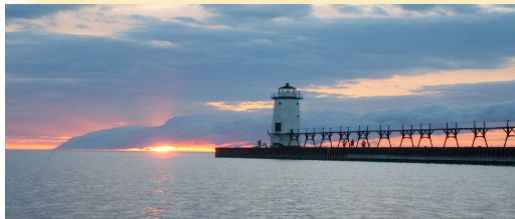
Glen Arbor/Sleeping Bear
to Manistee

65 miles 2330'

We begin today by riding away from the hotel and heading south along the lake. Notes from Laura and Ann: *day six is a pleasant, solid day of riding. The roads are decent and the scenery is pretty if not spectacular. Orchard State Park is the perfect finish place.* From Orchard State Park, we shuttle 150 miles south to South Haven. Fortunately, we will have four support vehicles at this point and will make every effort to move everyone as quickly and as efficiently as possible with luggage delivered into South Haven ahead of riders.

Overnight: South Haven with dinner as guests of Donna and Peter Urbain (AHD Advisory Board Members)

<https://ridewithgps.com/routes/23778257>



SEVEN

Friday, September 15

South Haven
to Olivet College

86 miles

2258'

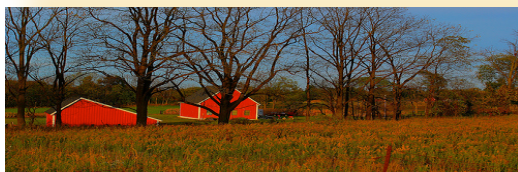
We take a break from the beauty of the Lake Michigan coastline and see a different part of Michigan by heading east through rolling farmland to Olivet College. Notes from Laura and Ann: *This is a great ride through beautiful rolling hills and farmland. Truly the heart of Michigan! Olivet College is beautiful. We had a picnic lunch on the square and it was wonderful!*

We made the decision to head to Olivet after a rigorous review of road options from South Haven to Michigan City. There were none that met our criteria of safe, good quality road surface, low traffic, and beautiful scenery. Today's ride will give us a chance to see a different part of Michigan and to be welcomed by the President of Olivet (who will be riding with us from St. Ignace)...and did we mention that Olivet is the alma mater of the Supreme Commander -and- that at the 53 mile mark we will pass The Gilmore Car Museum, the largest automotive museum in North America!? We will have a BBQ at Olivet as a late lunch.

From Olivet (good thing we have arranged for new vehicles and plenty of room!), we shuttle to Michigan City in time for dinner and a walk on the beach. Al and Mary Harding have generously offered to host us at their lake house for dinner.

Overnight: Michigan City

<https://ridewithgps.com/routes/23779159> Route still subject to revisions.



EIGHT

Saturday, September 16 Michigan City
to Notre Dame

45 miles

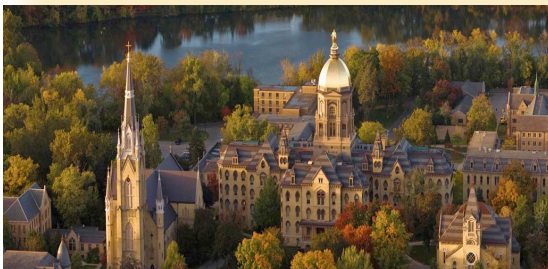
1073'

We end this year's ride with an easy day's ride to Notre Dame with a stop at the 35-mile mark for lunch at Tire Rack's headquarters. Tire Rack has been a good friend to Andean Health over the years and is being recognized on this year's jersey and trailer. As with Day One, this last day will be an exciting and special day because more good friends will join us for the day as we head to Notre Dame. These additional riders will meet us at Tire Rack for the final ride to campus. We will all ride together onto Notre Dame Avenue to a reception and party at the Alumni Association building.

Around 4 pm, we will load one last time for a shuttle back to Michigan City for a final dinner and a relaxed evening of camaraderie and storytelling – some of which might actually be true.

Overnight: Michigan City

<https://ridewithgps.com/routes/23777453> *Route still subject to revisions.*



Sunday, September 17

AHCT Departs Michigan City

Another Andean Health Cycling Team adventure comes to a close. This year's ride celebrating Andean Health & Developments 2017 20th Anniversary began in Madison because the University of Wisconsin serves as AHD's U.S. base. The ride moved on to Milwaukee because David Gaus grew up there and this is where it all started. Milwaukee is also home to many AHD Board members. Our ride will end at Notre Dame because of Andean Health's long history with Notre Dame, Fr. Hesburgh, and many, many alumni over the years.

Thanks to **everyone** involved with the Andean Health Cycling Team! Safe journey home!

