

Marquette County

Marquette County Active Living
Summer 2008





BIKE CLUBS w/Organized Rides

For all UP bike races and location of mountain bike trails, go to www.UPMTB.com

KMK Cycling, www.kmkcycling.org
Road, mountain bike, and cyclocross events and rides

Women Shifting Gears

Thursday night road and/or mountain bike rides. Need to join to gain access to web site and calendar. Contact Nancy Bradbury, njayneb@charter.net

Jasper Ridge Brewery

Wednesday night mountain bike rides, Meet @ Jasper Ridge Brewery parking lot
Wednesdays at 6pm

5th Annual Ride for Glory Bike Race

Saturday, June 28 at the Al Quaal Recreation Area. The citizens race will begin at 10:00 a.m. and the advanced race will start at 10:30 a.m. Registration for both races will take place at the top of South ski hill beginning at 8:30 a.m. the day of the race. For questions, contact Charlie online at RideforGlory@aol.com or call (906) 486-8710.

RUNNING TRAILS

Marquette/Chocolay Bike Path
Lower Noque Trail
South Marquette Trails
Al Quaal Recreation Area
Presque Isle Park
Harlow Lake/Esanaba State Forest
Blueberry Ridge Pathway

Anderson Lake Pathway
Iron Ore Heritage Trail (Phase I pavement in August/September)
Humboldt Township Hall
Big Bay
North Country
Trail



<http://www.northcountrytrail.org/nct>

NATURE TRAILS

Silver Creek
Brower's @ Kawbawgam & Magnum Roads, Chocolay
Beaver Grove
Van Riper State Park
Old Town, Negaunee
Nordeen Park, Gwinn
Song Bird Trail, Harlow Lake Area

SOFTBALL/BASEBALL FIELDS

River Park Sports Complex, MQT
Tourist Park, MQT
North Marquette Fields
Hurley Field, MQT
Silver Creek, Chocolay
Beaver Grove, Chocolay
Lions Field, M-28, Chocolay
Negaunee Lacombe Field
Negaunee Eastwood Play Lot
Negaunee Township Hall
Kivela Road, Negaunee
Ishpeming Township Hall
Ishpeming Playgrounds
Wabash Street, Ishpeming
Forsyth Township
Big Bay Field



Wells Township

Humboldt Township on
U.S. Hwy 41
South Republic
Randy's Grand Slam,
Humboldt
Champion Township Hall
Michigamme Park

Ishpeming Township Hall
Big Bay
Wells Township

OUTDOOR BASKETBALL COURTS

Harlow Park, Marquette
Ohio Street Park, Marquette
Lions Field, Chocolay
Negaunee Miners Park
Bay de Noc Basketball Courts, Negaunee
Ishpeming Playgrounds
Westwood High School
Ishpeming Township Hall
Al Quaal Recreation, Ishpeming
Ely Township Hall
Republic Beach
Humboldt Township Hall
Big Bay
Nordeen Park, Gwinn
Sands Township Hall

OUTDOOR TENNIS COURTS

Marquette High School
NMU Courts, Wright Street
Ohio Street Park, Marquette
Silver Creek, Chocolay
Sands Township Hall
Republic School
Al Quaal Recreation Area, Ishpeming
Ishpeming Playgrounds
Negaunee Football Stadium
Westwood High School

OUTDOOR VOLLEYBALL COURTS

Marquette Mountain Sand Courts
McCarty's Cove, Marquette

SOCCER FIELDS

River Park Sports Complex, Marquette
Beaver Grove, Chocolay



BMX
River Park Sports Complex,
Marquette

INDOOR FITNESS AREAS

Ringside Fitness in Marquette
MKPT in Marquette
Curves of Ishpeming, Marquette, and Gwinn
Ishpeming Strength and Fitness
Joe's Gym in Marquette
Northern Michigan University PEIF
Tourville Apartments North & West Health
Clubs incl. cardiovascular & weights
YMCA of Marquette
YMCA Bell Facility
Shape Up Fitness Center in Ishpeming
Design Fitness in Chocolay
AdvantEdge Sports Training

Local Active/Sporting Events for Summer 2008

Throughout the Summer:

Tuesdays: Road Bike Rides thru KMK Cycling, www.kmkcycling.com

Wednesdays: Jasper Ridge Brewery Wednesday Night Mountain Bike Rides, meet at Jasper Ridge Parking Lot, Ishpeming at 6:30 pm

Thursdays: Women Shifting Gears, either road or mountain bike rides. Members only. Contact njayneb@charter.net for membership information.

May

- 10 Hope Starts Here Bike Ride and Walk for U.P. Trauma Center, www.hopestartshere.org/
- 12 Bike to Work Week & Commuter Challenge May 12-May 16.
- 13 Livestrong Ride to Fight Cancer www.kmkcycling.org
- 17 Big Bay Relay, www.noquetrails.org
- 17 Uncommon Family Bike Event, Marquette Commons. Family \$10, Individual \$5.
- 31 National Trails Day, South Marquette Trails Run, 5K and 10K races www.noquetrails.org

June

- 7 Donut Run Road Bike Ride, www.kmkcycling.org
- 14 Run for Youth on Noque Trail, www.noquetrails.org
- 20-22 Superior Bike Fest, criterium, road racing, mtn bike racing,

downhill/gravity events.

www.superiorbikefest.com

- 28 Ride For Glory Mountain Bike Race, Al Quaal Ishpeming

July

- 4 Firecracker 5K Race/1 mile walk 8:45 a.m. Al Quaal Recreation area. Registration from 7:15-8:30.
- 19 12 Hours of Potluck, six and 12 hour versions of mountain biking, individual or team, Place to be determined, www.kmkcycling.org
- 19 YMCA Triathlon, Swim, bike and run, Inaugural event at Negaunee Teal Lake www.ymcamqt.org
- 26 Grand Island Marathon and 10K, Grand Island www.greatlakesendurance.com

August

- 9 Ore to Shore Mountain Bike Epic, 28 and 48 mile point to point mountain bike event, begins in Negaunee, Kids races at Lakeview Arena, www.oretoshore.com

September

- 6 Tour Da Woods, 15 and 30 mile point to point mountain bike race, www.tourdawoods.org
- 20 Lake Superior Shore Run, 13 mile and 5K, www.smokefreeup.org

October

- 4 La Demi Grand Half Marathon and 5K at Grand Island www.greatlakesendurance.com