



Spokin' Times News

SLOW SPOKES BICYCLE CLUB
P.O. BOX 792
STERLING HEIGHTS, MI 48311-0792

July 2009

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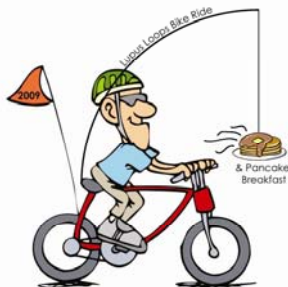
Slow Spokes

P.O. Box 792

Sterling Hts, MI 48311

PERFECT WEATHER BRINGS OUT A CROWD

Sunday June 14th was the date for the Lupus Loops Ride. If you haven't heard the weather was perfect and the riders showed up. There were 201 riders for the event with over 100 showing up the day of the event.



All were greeted with a friendly smile and treated to the most excellent pancake breakfast you could imagine. There were no mishaps on the road aside from one or two bruises in the parking lot. When you consider that there were nearly 50 Slow Spokes and Radio Operators from the L'Anse Creuse Amateur Radio Club helping

with SAG services, registration, T-shirts, Breakfast and Bike SAG this is a great event.

Everyone enjoyed the ride which keeps them coming back for more. Our thanks go out to everyone involved but special thanks go to Kim Mau for being the ride chair and cheerleader. Rita Zupan and the Kitchen Crew, Paul Wilhelm and the SAG Crew and Don Windhorst with the Radio Operations.

A wonderful new addition to this year's event was Pom Pom Arch at the registration table. This took a lot of work by unsung heroes in the background. Our special thanks to Radiant Image Photography for recording the event with photographs of registration riders and the breakfast. Bob Bruce also added nearly 300 photos so we should have a good slide show of the ride.

House Transportation Appropriations Subcommittee

FOR IMMEDIATE RELEASE:

House Transportation Appropriations Subcommittee Passes Complete Streets in Funding Bill
LANSING, MI - June 18, 2009 - Representative Jon Switalski was seen yesterday

holding the League of Michigan Bicyclists' (LMB) Complete Streets issue paper as he expressed interest in introducing Complete Streets language to the transportation funding bill.

(Continued on page 2)



Meetings—Unless otherwise noted, meetings are held at 7:30 p.m. on the first Friday of every month at the Graham Elementary School located on Crocker, north of Metro Parkway. Refreshments are served.



Ride Information—Send information for rides and walks to Rose Marie Jacobs at: rmj211@comcast.net

Ride reports are due by the 10th of each month.



Newsletter Information—Send articles you'd like published to Chuck Pottenger at 46644 Vineyards Lane, Macomb, MI 48042, or email the information to him at chuck@milupus.org. Articles must be received by the 15th of the month for inclusion in the newsletter. Feel free to call Chuck at his office 586-775-8310 OR cell 586-524-3052 but emails are preferred.

DO WE HAVE YOUR CORRECT EMAIL ADDRESS?

If you want to know of impromptu rides and other information of special interest not found on our website or in the newsletter, please make sure you sign up online to do so at www.SlowSpokes.org

House Transportation Appropriations Subcommittee (Continued)

(Continued from page 1)

Today, he did just that. This morning the House Transportation Appropriations Subcommittee passed Section 399 of Senate Bill No. 254 H-1 The substitute language states, "The department [MDOT] and local road agencies that receive appropriations under this act shall adopt complete street policies." (See complete language below)

Today's passage marks the first efforts by the Michigan Legislator to adopt a statewide Complete Streets policy to build and maintain roadways that accommodate all roadway users "particularly public transit users, bicyclists, pedestrians (including individuals of all ages and individuals with mobility, sensory, neurological, or hidden disabilities), and motorists, to enable all travelers to use the roadway safely and efficiently."

Complete Streets is a top legislative priority for LMB, which is strongly encouraging bicyclists to write thank you notes to supportive Subcommittee members. (Emails of supporters are listed below.)

Section 399 was passed within the transportation funding bill, meaning it will not actually be incorporated into any existing statute and would be valid for the duration of one year - the period the funding bill covers.

Since the State Senate and House passed different versions of the funding bill, it has been referred back to a Joint

Conference Committee to resolve the differences. 3The cycling community will need strong advocates to insure the Complete Streets language stays in the final version,² said John Lindenmayer, LMB Associate Director. 3Additionally, since this provision would sunset after a year, LMB will continue to work with the cycling community and partner Complete Streets advocates to push forward strong supplemental legislation.

The breakdown of votes fell on party lines. Supporting the measure were Representatives: Lee Gonzales (D), Richard LeBlanc (D), Doug Bennett (D), Robert Dean (D), Jon Switalski (D) and Marie Donigan (D). Opposed were Representatives: David Agema (R) and Paul Opsommer (R). Representative Shanelle Jackson (D) was absent.

Contact:

John Lindenmayer
Associate Director, League of Michigan Bicyclists
john@LMB.org
Phone: (517) 334-9100
www.LMB.org

Editors Note: Several of our members went to Lansing this year to advocate for these measures.

Notes from the Newsletter Editor:

1) Every attempt will be made to include all articles as they are submitted, and in their entirety, in the newsletter. However, due to space constraints, this may not always be possible. If you do not want your article edited in any way, shape or form (even if typos and/or grammatical errors are apparent) please make a note of that when the article is sent.

PRESIDENT'S CORNER

Covered elsewhere in this issue is a report on the adoption by the Michigan House Transportation Appropriations Subcommittee of a "Complete Streets" policy to build and maintain roadways that accommodate all roadway users. To us as cyclists, this means that all design, construction and maintenance of State highways will include provisions for our safe use (e. g. bike lanes, wide shoulders, etc.) Please read the article on pages 1 and 2. Then take a moment to email your State Senator and Representative to encourage their support of this legislation.

10th Annual Rural Pear of a Ride Saturday, July 25

The Rural Pearl of a Ride is a one-day, rail-trail and backroads bike tour of scenic Northeastern Oakland and Macomb Counties. Ride your choice of three well-marked routes (15, 30 or 48 miles) through rural countryside and parkland; four of the finest gems Oakland County's Trails Network have to offer!

Enjoy rest stops stocked with local specialties! Before and after your ride, take advantage of the fantastic breakfast and lunch specials by our downtown vendors. Spend the rest of your day exploring the shops and discovering the charm of downtown Oxford. Truly a day for bicycling lovers,

AND those who love them! Pre-register at www.oxfordride.net by July 19th for a discount!

Greene County Cycling Classic July 16 – 19

The Greene Trails Cycling Classic (Xenia) annual tour is scheduled for Thursday thru Sunday, July 16 – 19. This always a fun event with many Slow Spokes attending. More information and registration can be found at www.greenerailsclassic.com.

New Bike Web Site.

I received the following email from Mike Wendland, technology writer for the Detroit Free Press and avid cyclist, announcing a new web site he has created. I have visited it several times and found it to be very interesting and informative. I encourage you to look into it.

"Hi fellow cyclists...

Wanted you to know I added a post and link to your site on my BikeFitness.net site... look under community and Bike Clubs.

And feel free to register and use the site to let others know of your activities, rides and events. See you out at Stony and the MOT

Mike Wendland
<http://BikeFitness.net>"

SPECIAL INTEREST STORY—BIKES FOR THE WORLD PROJECT

Bikes for the World (BfW) is a sponsored project of the [Washington Area Bicyclist Association](http://WashingtonAreaBicyclistAssociation.org) (tax ID #237305477) whose mission is to collect valuable but unwanted bicycles and related material--parts, tools, and accessories--in the United States and deliver it at low cost to community development programs assisting the poor in developing countries. The bikes donated to our partner organizations provide much-needed and affordable transportation to laborers, micro businesspeople, farmers, health workers, and students. Recipients benefit in proportion to THEIR efforts. Our non-profit partner organizations sell bikes at a below-market price or distribute them to targeted beneficiaries in exchange for volunteer services (e.g., health workers in Namibia) or as award (e.g., for scholarship students living miles away from school, as in the Gambia or Senegal).

As much as possible, Bikes for the World uses the donated

bicycles to help set-up self-sustaining bicycle repair operations which can make enough money to pay the direct costs for subsequent container shipments of donated bicycles.

Bikes for the World also operates the Rockville Youth Bicycle Project in suburban Maryland, offering local youth opportunities to learn about bicycles, fulfill high school community service requirements, earn a reconditioned bicycle, and bike safely and enjoyably.



To learn more contact Bikes for the World at www.bikesfortheworld.org/ or call them at 703-525-0931.

WELCOME NEW MEMBERS

Jack and Judy Logomarsino, Royal Oak

Eveline Muster, Shelby Twp.
Richard Ostrowski, Clinton Twp.

Patty Russo, Clinton Twp.

JULY WEEKLY RIDES			
MACOMB ORCHARD TRAIL			
DISTANCE:	28 Miles	DATE:	Tuesdays
PACE:	14-16 mph	TIME:	6:30 p.m.
TERRAIN:	Flat		
LEADER(S) AND PHONE NUMBER(S):	Paul Wilhelm 586-247-6397 & Rita Zupan 586-264-0712		
MEETING PLACE:	SE Corner of 25 Mile Road and Shelby in the shopping plaza parking lot		
ADDITIONAL INFORMATION:	Dinner after the rides always an option		
METRO PARK RIDE			
DISTANCE:	23 miles	DATE:	Wednesdays
PACE:	14-16 mph	TIME:	6:00 p.m.
TERRAIN:	Flat		
LEADER(S) AND PHONE NUMBER(S):	Bob Grabe (989)751-9973		
MEETING PLACE:	New Meeting Location: 16 Mile & Garfield in bank parking lot across from Randazzo's Southwest corner of 16 Mile & Garfield Road..		
ADDITIONAL INFORMATION:	We will ride into Metro Beach and back or pick other routes as well.		
THURSDAY EVENING RIDES			
DISTANCE:	30 Miles	DATE:	Thursdays
PACE:	15-18 mph	TIME:	6:00 p.m.
TERRAIN:	Flat-paved		
LEADER(S) AND PHONE NUMBER(S):	Carol Green (586) 296-7381		
MEETING PLACE:	Jefferson and Masonic Parking Center (13 1/2 Mile and Jefferson)		
ADDITIONAL INFORMATION:	Riding through the Shores and the Pointes		
JULY ORGANIZED RIDES			
4TH OF JULY BIKE RIDE & HOT DOG ROAST (LONG RIDE)			
DISTANCE:	45 + or—miles	DATE:	Saturday, July 4, 09
PACE	14-16 mph flat paved roads & M/O Trail	TIME:	9:00 A.M.
LEADER:	Paul 586-247-6397 or Rita 586-264-0712		
MEETING PLACE:	Paul's house 48120 Walden, Macomb MI E of Hayes between 21 & 22 Mile roads		
ADDITIONAL INFORMATION:	After the ride come back to Paul's for a hot dog roast, fun, games and camaraderie. Please call Paul or Rita by July 1 so that they can plan accordingly.		
4TH OF JULY BIKE RIDE & HOT DOG ROAST (SHORT RIDE)			
DISTANCE:	25 + or—miles	DATE:	Saturday, July 4, 09
PACE	12-14 mph flat paved Macomb Orchard Trail	TIME:	10:00 A.M.
LEADER:	Aloys Turck 248-362-4031		
MEETING PLACE:	Onyx Ice Arena parking lot on 24 Mile Road and Dequindre		
ADDITIONAL INFORMATION:	After the ride come to Paul's house 48120 Walden, Macomb MI E of Hayes between 21 & 22 Mile roads for a hot dog roast, fun, games and camaraderie. Please call Paul or Rita by July 1 so that they can plan accordingly. Paul 586-247-6397 or Rita 586-264-0712		



BIKE TO BREAKFAST WITH BUFF

DISTANCE:	15-18 miles	DATE:	Sunday July 5, 09
PACE	11-12 mph	TIME:	9:00 am
TERRAIN:	Flat		
LEADER:	Buff Muylaert 586-463-3411		
MEETING PLACE:	McDonald's parking lot corner of Crocker Rd & 16 Mile Road (Metroparkway)		
ADDITIONAL INFORMATION:	Route and restaurant will be determined day of ride.		

MARY'S ICE CREAM RIDE

DISTANCE:	11 miles	DATE:	Sunday July 5, 09
PACE	9-11 mph	TIME:	6:30 PM
TERRAIN:	Flat		
LEADER:	Mary Miller 586-573-4754		
MEETING PLACE:	Pleasant Ridge Community Center, located one block S of I-696 & one block west of Woodward in Pleasant Ridge.		
ADDITIONAL INFORMATION:	Stop at Jimi's in Royal Oak for Ice Cream		

JULY 10TH PICNIC RIDE

DISTANCE:	25 + or—miles	DATE:	Friday, July 10, 2009
PACE	12-14 mph	TIME:	4:00 pm
TERRAIN:	Flat paved streets & Metro Parkway Trail		
LEADER:	Paul Wilhelm 586-247-6397		
MEETING PLACE:	Parking lot at Dodge Park .		
ADDITIONAL INFORMATION:	We'll plan our return to the park in time for dinner at 6:00 pm.		

STRAWBERRY FESTIVAL AT HARSEN'S ISLAND (LONG RIDE)

DISTANCE:	45 + or—miles miles	DATE:	Saturday, July 11. 09
PACE	14-16 mph	TIME:	8:30 a.m.
TERRAIN:	Flat paved roads		
LEADER:	Rita 586-264-0712 & Paul 586-247-6397		
MEETING PLACE:	McDonalds on Green Street in New Baltimore		
ADDITIONAL INFORMATION:	We'll ride from New Baltimore to Algonac where we'll meet the riders starting from there for a ride to Harsen's Island with a stop at St. Paul's Church to participate in the annual Strawberry Festival. There will also be Hot Dogs and assorted foods for sale.		

STRAWBERRY FESTIVAL AT HARSEN'S ISLAND (SHORT RIDE)

DISTANCE:	25 + or—miles miles	DATE:	Saturday, July 11. 09
PACE	12-14 mph	TIME:	9:30 a.m.
TERRAIN:	Flat paved roads		
LEADER:	Aloys Turck 248-362-4031		
MEETING PLACE:	McDonalds in Algonac		
ADDITIONAL INFORMATION:	We'll ride to Harsen's Island with a stop at St. Paul's Church to participate in the annual Strawberry Festival. There will also be Hot Dogs and assorted foods for sale.		



MAKE A RUN FOR THE BORDER RIDE (LONGER VERSION)

DISTANCE:	48 miles	DATE:	Sunday July 12, 09
PACE	14-16 mph	TIME:	9:00 a.m.
TERRAIN:	Flat		
LEADER:	Josie Young 586-484-4412 & Tom Miller 586-573-4754		
MEETING PLACE:	Majestic Shopping Center at the S.E. corner of Van Dyke and Martin Road (11 1/2 Mile rd)		
ADDITIONAL INFORMATION:	We will ride to Rivard Plaza on Detroit's Riverfront to meet with riders doing the shorter ride at which the pace will slow to 9-11 mph for a 10 mile round trip to El Zocala Restaurant in Mexican Town for lunch. We will ride the Dequindre Cut Rail Trail and Detroit's Riverwalk & ride past Comerica Park, Ford Field & Tiger Stadium.		

MAKE A RUN FOR THE BORDER RIDE (SHORTER VERSION)

DISTANCE:	10 miles	DATE:	Sunday July 12, 09
PACE	9-11 mph	TIME:	11:00 a.m.
TERRAIN:	Flat		
LEADER:	Jeanette Solomon 586-873-8672		
MEETING PLACE:	Rivard Plaza located at the foot of Rivard Steet on the Detroit River. Rivard is one block E of the end of I-375.		
ADDITIONAL INFORMATION:	Riders doing the longer ride will meet us at Rivard Plaza at which time the pace will slow to 9-11 mph for a 10 mile round trip to El Zocala Restaurant in Mexican Town for lunch. We will ride the Dequindre Cut Rail Trail and Detroit's Riverwalk & ride past Comerica Park, Ford Field & Tiger Stadium.		

BIKE TO BREAKFAST WITH BUFF

DISTANCE:	15-18 miles	DATE:	Sunday July 26, 09
PACE	11-12 mph	TIME:	9:00 am
TERRAIN:	Flat		
LEADER:	Buff Muylaert 586-463-3411		
MEETING PLACE:	McDonald's parking lot corner of Crocker Rd & 16 Mile Road (Metroparkway)		
ADDITIONAL INFORMATION:	This ride will take us to somewhere but still not determined as of this writing. You have to show up at the meeting place and then you will find out where you are going and where breakfast will be. It is a surprise ride that should be fun.		

KEEP IN MIND FOR AUGUST—MIND OVER MATTER BICYCLE EVENT

DISTANCE:	3 routes 5 mi; 25 mi; 40 miles	DATE:	Saturday, Aug 1, 09
PACE	Your pace	TIME:	8:00 a.m. till ?
TERRAIN:	Mostly flat trails and streets		
LEADER:	Benefit ride for the Alzheimer's Association		
MEETING PLACE:	Metro Park at Metro Beach Par 3 Shelter		
ADDITIONAL INFORMATION:	For more information— www.mindovermatter2009.com		

JULY SILVER SPIN RIDES			
TRUMPETING ANGEL TO THE SHORES OF LAKE ST. CLAIR			
DISTANCE:	27 miles	DATE:	Wednesday July 1, 09
PACE	12-14 mph	TIME:	9:00 a.m.
TERRAIN:	Flat		
LEADER:	Aloys Turck 248-362-4031		
MEETING PLACE:	St. Lucy's Church 23401 Jefferson in S.C.S. just a couple of blocks south of 9 mile road.		
ADDITIONAL INFORMATION:	We will wiz along Jefferson to the Metro Pkwy leading us to the Gazebo and a bit of a rest at Lake St. Clair and then return to St. Lucy's Church. Bring a snack to munch at the Gazebo. No ride if it is raining.		
RIDE TO STONEY CREEK PARK			
DISTANCE:	15 miles	DATE:	Wednesday July 8, 09
PACE	10-12 mph	TIME:	10:00 a.m.
TERRAIN:	Mostly Flat with just a couple of hills.		
LEADER:	Mary Stoolmiller 248-879-6009		
MEETING PLACE:	Onyx Ice Arena 24 Mile and Dequindre Road		
ADDITIONAL INFORMATION:	Bring a lunch to eat in the park. No ride if it is raining.		
TOUR BEAUTIFUL HARSEN'S ISLAND			
DISTANCE:	22 miles	DATE:	Wednesday July 15, 09
PACE	11-13 mph	TIME:	9:00 a.m.
TERRAIN:	Flat		
LEADER:	Agnes McGartland 586-268-8198		
MEETING PLACE:	McDonalds parking in Algonac		
ADDITIONAL INFORMATION:	We will tour this beautiful Island with it's gorgeous foliage and some very attractive homes. Lunch will be a a special restaurant on the Island. No ride if it is raining.		
MACOMB ORCHARD TRAIL WITH A TWIST			
DISTANCE:	28 miles	DATE:	Wednesday, July 22, 09
PACE	11-13 mph	TIME:	9:00 a.m.
TERRAIN:	Flat.		
LEADER:	Pat Hill 586-260-6481		
MEETING PLACE:	Onyx Ice Arena –corner of 24 Mile & Dequindre Roads		
ADDITIONAL INFORMATION:	Ride the Macomb Orchard Trail and then the twist. Here is the twist; stopping at the Shelby Coney Island with its great menu, in or out seating and they're looking forward to having us for lunch. No ride if it is raining.		
ST. CLAIR SHORES TO WINDMILL POINTE RIDE			
DISTANCE:	20-23 miles	DATE:	Wednesday, July 29. 09
PACE	12-14 mph	TIME:	9:00 a.m.
TERRAIN:	Flat		
LEADER:	Rose Marie Jacobs 586-779-4780		
MEETING PLACE:	St. Lucy's Church 23401 Jefferson. A couple of blocks south of 9 mile in St Clair Shores.		
ADDITIONAL INFORMATION:	Travel along Lake St. Clair and view the quacking Ducks, the silly Geese and the beautiful Swans who Summer on the lake. At Windmill Pointe there are beautiful homes and mansions for your viewing pleasure. Lunch at Panera Bread where great soup & sandwiches can be had. Outdoor dining is always a welcome pleasure for tired cyclists. No ride if it is raining		

YOUR FAVORITE BIKE SHOP!!!

The following bicycle stores offer a discount on equipment and accessories. Be prepared to show your Slow Spokes membership card when making a purchase to receive the discount.

Allied Cycle	23101 Gratiot	Eastpointe, MI 48021	586/772-3411
American Cycle & Fitness	29428 Woodward Ave	Royal Oak, MI 48072	586/542-7182
American Cycle & Fitness	2169 Metro Parkway	Sterling Heights, MI 48310	586/979-7570
Anchor Bay Bicycle & Fitness	35214 23 Mile Road	New Baltimore, MI 48047	586/725-2878
Bicycle & Fitness Barn	1604 Stone Street	Port Huron, MI 48060	810/987-2523
Bike Tech	18401 E. Warren	Detroit, MI 48236	313/884-2453
Continental Bike Shop	24426 John R.	Hazel Park, MI 48030	248/545-1225
D & D Bicycles	4141 W. 12 Mile Road	Berkley, MI 48072	248/547-0770
Fraser Bicycle & Fitness	34501 Utica Road	Fraser, MI 48072	586/294-4070
Macomb Bike & Fitness	28411 Schoenherr	Warren, MI 48088	586/756-5400
Main Street Bicycles	11 S. Washington	Oxford, MI 48371	248/236-9100
Main Street Bicycles	5987 26 Mile Road	Washington Twp., MI 48094	586/677-7755
Paul's Bike Depot	28057 Gratiot	Roseville, MI 48066	586/776-9165
American Cycle & Fitness	20343 Mack Avenue	Grosse Pointe Woods, MI 48236	313/886-1968
American Cycle & Fitness	203 N. Perry Street	Pontiac, MI 48342	248/333-7843
Hamilton Bicycle	69329 Main Street	Richmond, MI 48062	586/727-5140
American Cycle & Fitness	18517 Hall Road	Macomb Twp. MI 48044	586/416/1000
D & D Bicycles	8383 N. Middlebelt Rd	Westland, MI 48185	734/522-9410
D & D Bicycles	121 N. Center Rd.	Northville, MI 48167	248/ 347-1511
D & D Bicycles	9977 E. Grand River	Brighton, MI 48116	810/227-5070

FOR SALE -BIKE SHOES

SPECIALIZED SIZE 10 1/2
 WHITE/BLACK/ GREY \$25.00

SHIMANO—SIZE 9
 GEN METAL/BLACK \$25.00

BRAND NEW STILL IN THE BOX
 CALL CAROL OR ART MEERHAEGHE
 586-268-7465

GREENE TRAILS CYCLING CLASSIC—OHIO

Several club members are planning to go to Xenia Ohio for the Greene Trails Cycling Classic July 16-19th. If you are interested in joining for camping and cycling fun visit their website at <http://www.greenetrailsclassic.com/> to pre-register. Let Paul or Rita know you are going so we can all camp nearby or car-pool together.

The Greene Trails Cycling Classic is a fun, family-oriented getaway that is easy on your wallet and friendly to the environment and your health! It is a multi-day event centered in Greene County, Ohio, and is designed to showcase the nationally recognized rail-to-trail system that exists there - and beyond, as well as the communities along the trails. All rides begin and end at the GTCC campground located at the Fairgrounds Recreation Center beside the Greene County Fairgrounds.

Each day features and utilizes a different section of the trail with route(s) supported for rider convenience and safety. Routes include on-trail, out-and-back trips, as well as extended rides on rural roads for designated days.

Check in begins on Wednesday July 15th at 5:00 pm A free bicycle safety seminar and free bike repair seminar will be offered. Camping is allowed in designated areas only.



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Ride Chair on Vacation

The Ride Chair will be on vacation from July 1st through July 16th.

SO, for August rides ONLY, please forward all your info on leading a ride to Kim Mau-pinkpaisley45@hotmail.com by July 10th. Kim has kindly consented to step in and take over the position of ride chair for August ONLY.

She has done this job before and I know that I am leaving this responsibility in good hands. MY SINCERE THANKS go out to Kim for her kindness in stepping forward to take over my chores for August.....And would you believe, I did not have to twist her arm. She just said not a problem. I love her for that.

Sincerely, Rose Marie

RACER'S NIGHTMARE

Every racer and, to a lesser extent, every cyclist that rides a swift looking road bike, has a recurring nightmare.

It involves being overtaken and passed by a mountain biker peddling in sneakers and jeans, without an aero helmet and smoking a cigarette.

If you're a guy, hopefully you'll wake up before the part where you realize that this Mountain Biker is a Girl.

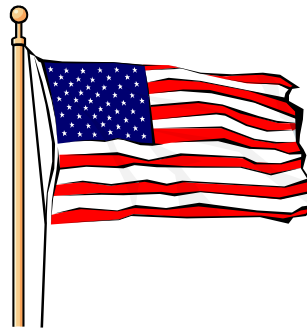
rmj

A THOUGHT----

The most powerful single force in the world today is neither Communism or Capitalism, neither the H-Bomb nor the guided missile---it is man's eternal desire to be Free and Independent.

John F. Kennedy-Wash. D.C.-July 2nd 1957

HAPPY FOURTH OF JULY TO ALL!



rmj



AFTER SEASON TOUR OF SPAIN ANYONE?

VBT (www.vbt.com) tour "Spain: Under the Andalusian Sky" 10 days in November (after biking season here) 2009 or 2010. People speak very highly of this company although this will be my first trip.

Anyone interested please contact Pat Hill at 586-260-6481 or email patricialyallhill2007@hotmail.com

SLOW SPOKES MEMBERSHIP APPLICATION

DATE: _____ NEW MEMBER _____ RENEWAL _____

NAME: _____ PHONE: _____

ADDRESS: _____

EMAIL: _____

Please mail this application along with a check for \$15.00 payable to:

Slow Spokes
P. O. Box 792
Sterling Heights, MI 48311-0792

I ***do not*** wish to receive a hard copy printed of the Newsletter.

Anyone interested in bicycling is eligible for membership. Those under 18 years of age must be accompanied by an adult during all club activities and rides.



Slow Spokes Spokin' Times News

Website: www.SlowSpokes.org



Slow Spokes are members of the League of Michigan Bicyclists and
the League of American Bicyclists.



BIKE SMART

Always Wear Your Helmet!

Sterling Heights, MI 48311-0792

P. O. Box 792

Slow Spokes

