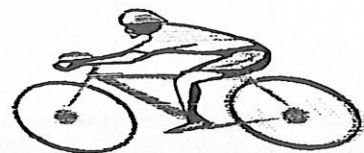


Slow Spokin Times Spokes



President	Kay Hein	248-879-9165	Vice-President	Mary Stoolmiller	248-879-6004
Treasurer	Gerald DeBaker	810-264-6285	Secretary	Ann Parker	313-822-9741
Ride Chairman	Mary Stoolmiller	248-879-6004	Membership	Patrick Mullin	248-656-2187
Newsletter	Lois Sloan	810-775-4970	P.O.R.	Rose Marie Jacobs	810-779-4780

P.O. Box 792 Sterling Heights,
Michigan 48311-0792

LMB Region 1 Director Michael F. Sproul 810-445-2868

Hotline: 810-819-0187

December 1999-January 2000

Web Site: www.lmb.org/clubs/spokes.htm

Announcements

Next newsletter deadline: Please send any rides you are planning to lead in the month of **February & March** to:

Mary Stoolmiller
6143 Walker
Troy, MI 48098.

By: 1/10/00

Other articles please send to:

Lois Sloan
27738 Eastwick
Roseville, MI 48066

By: 1/15/00

Club members - Don't forget to check the **HOT LINE** for impromptu rides, etc during the winter months.

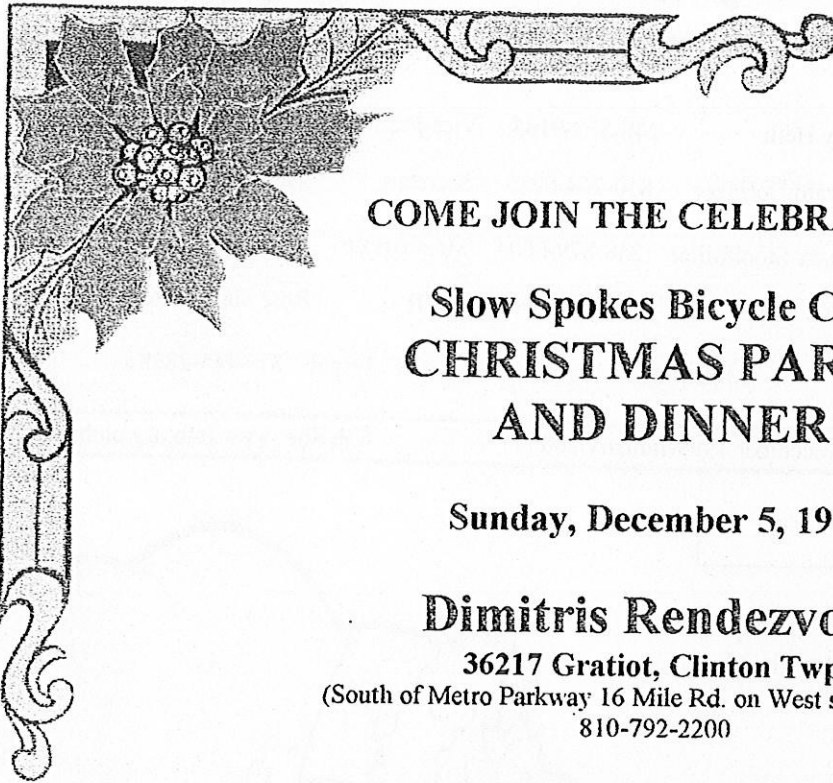
Upcoming Meetings

The **December** meeting will be at the Christmas Party on December 5, 1999.

There will not be a **January** meeting.

The February meeting will be held as usual on Friday February 4, 2000 at the Owen Jax Activities Center in Warren.





COME JOIN THE CELEBRATION!

**Slow Spokes Bicycle Club
CHRISTMAS PARTY
AND DINNER**

Sunday, December 5, 1999

Dimitris Rendezvous

36217 Gratiot, Clinton Twp.

(South of Metro Parkway 16 Mile Rd. on West side of Gratiot)
810-792-2200

**Arrival and December meeting 4 P.M.
4:30 PM Dinner, 5:30 PM Gift Exchange
To Participate in gift exchange bring a \$5.00 wrapped gift**

DINNER MENU

**Sit down family style dinner consists:
of two entrees, relish tray, soup, pasta, mixed tossed salad,
potatoes, vegetable & desert**

Beverages:

Coffee, tea, milk, or sanka

\$17.00 PER PERSON

(Pay in advance. Price includes tax and tip.)

Make checks payable to

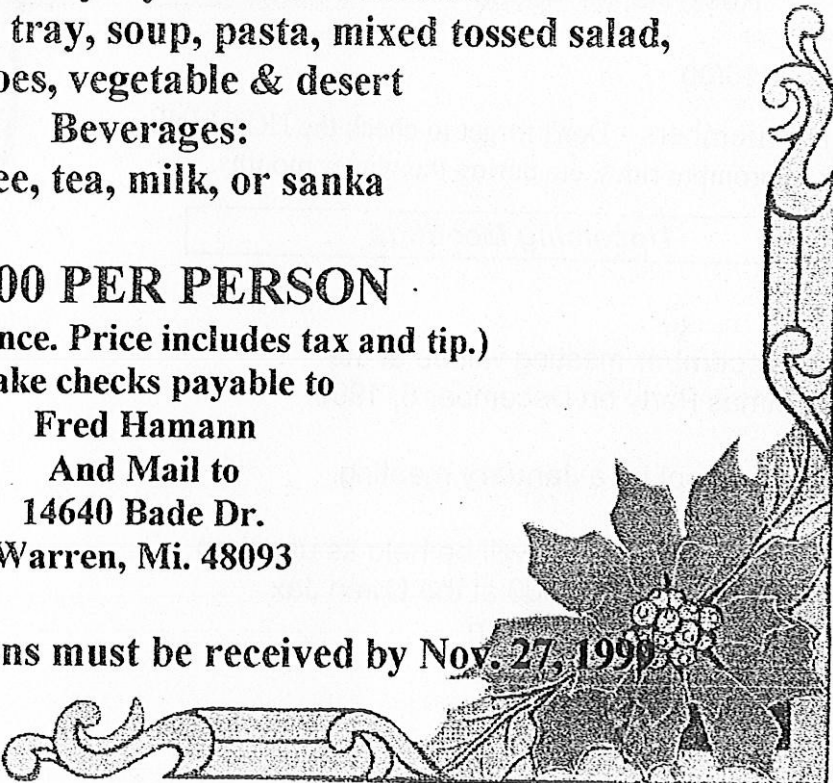
Fred Hamann

And Mail to

14640 Bade Dr.

Warren, Mi. 48093

Checks & Reservations must be received by Nov. 27, 1999



Happy New Year

January Activities

Sunday 1/2 Biking - Hiking - Skiing **12:00pm**
Meet at the Stony Creek Metropark boat launch area for biking or hiking. Meet at the Golf Course Building for Cross-Country Skiing. Ski rentals available. Activity of the day will depend on the weather and will last one-two hours. Optional restaurant stop afterwards. For more information call:
Tom Paonessa @ 810-293-8624 or Hilda Lamont @ 810-757-4522

Sunday 1/9 Biking - Hiking - Skiing **12:00pm**
See Sunday 1/2 Description
Tom Paonessa @ 810-293-8624 or Hilda Lamont @ 810-757-4522

Sunday 1/16 Biking - Hiking - Skiing **12:00pm**
See Sunday 1/2 Description
Tom Paonessa @ 810-293-8624 or Hilda Lamont @ 810-757-4522

Sunday 1/23 Biking - Hiking - Skiing **12:00pm**
See Sunday 1/2 Description
Tom Paonessa @ 810-293-8624 or Hilda Lamont @ 810-757-4522

Sunday 1/30 Biking - Hiking - Skiing **12:00pm**
See Sunday 1/2 Description
Tom Paonessa @ 810-293-8624 or Hilda Lamont @ 810-757-4522

2000

December Activities

For all riders, call the ride leader if weather is doubtful. Also the time listed is the start time. Please be 10-15 minutes early to get yourself prepared. ****Ride leaders - Please return sign-up sheets to Mary Stoolmiller. **Kathy George will be leading slower, shorter rides at many of the rides listed. Call Kathy @ 810-463-6058 if interested.**

Sunday 12/5 **Biking - Hiking - Skiing** **12:00pm**
Meet at the Stony Creek Metropark boat launch area for biking or hiking. Meet at the Golf Course Building for Cross-Country Skiing. Ski rentals available. Activity of the day will depend on the weather and will last one-two hours. Optional restaurant stop afterwards. For more information call:
Tom Paonessa @ 810-293-8624 or Hilda Lamont @ 810-757-4522

Sunday 12/12 **Biking - Hiking - Skiing** **12:00pm**
See Sunday 12/5 Description
Tom Paonessa @ 810-293-8624 or Hilda Lamont @ 810-757-4522

Saturday 12/18 **Getting Technical** **10:00am**
4.5 miles on flat terrain. Meet at Warren City Hall - 29500 Van Dyke. A 4.5 mile walk around the perimeter of the General Motor Technical Center.
Tom & Mary Miller @ 810-573-4754

Sunday 12/19 **Biking - Hiking - Skiing** **12:00pm**
See Sunday 12/5 Description
Tom Paonessa @ 810-293-8624 or Hilda Lamont @ 810-757-4522

Sunday 12/26 **Biking - Hiking - Skiing** **12:00pm**
See Sunday 12/5 Description
Tom Paonessa @ 810-293-8624 or Hilda Lamont @ 810-757-4522

January 1, 2000 **News Years Day Ride** **10:00 a.m.**
10-12 mile ride, meeting in Ehardt's Pharmacy parking lot in Lexington. Take I-94 to M-25 follow signs to Lexington, turn right at traffic light, then left into parking lot across from Wimpy's Restaurant.
Mike Ziegler (810) 359-7461

If you're interested in joining a Pinochle or Euchre card club for the winter months, please contact Rita Zupan at (810) 264-0712 or e-mail at rzupan@tir.com

HAPPY HOLIDAYS



Bicycle News from the ADVENTURE CYCLING ASSOCIATION

taken from the *Chicagoland Bicycle Federation News, Chicago, IL*

Winter Riding Quiz

A common view of winter - perhaps you share it - is spine-scrunching cold, wind like an open-handed slap across the forehead, falling ice, darkness, desolation and death.

And there's no better way to expand your perceptions about winter than to ride your bike in it. Are you ready for that kind of consciousness raising?

Here's a quiz to help you decide:

1. The word abyss always gets a laugh out of me

True or False

2. I should get my bike ready for winter by

a. Checking out Amtrak's new Bikes on Trains service in the city of New Orleans

b. Having my spouse back it over with the car
c. Installing fenders and wide tires

3. When riding on icy streets, I should avoid

a. Sudden movements
b. Suddenly Susan
c. The urge to wave like I'm in a parade

4. Cyclists stay warmest when dressed in

a. The luxurious lambskin of a Great Coat, with it's generous cut and impressive silhouette
b. Layers - with a base in a wicking synthetic (not cotton) to transpire (not absorb) sweat
c. A tank top and bermuda shorts on a beach in Bermuda

5. Riding on dark wintry nights requires

a. A dare
b. Lights and reflectors
c. Religion

6. Riding in the winter would help me

a. Stay in shape
b. Save money
c. Conserve natural resources
d. Get over that incident with the sherpa

Answers: 1. T, but then you laugh at Don Rickles, too; 2. c; 3. all are correct, but only a and e know about the Sherpa...)

ADVENTURE CYCLING

association

P.O. Box 8308, Missoula, MT 59807
(406) 721-1776



Bicycle News from the ADVENTURE CYCLING ASSOCIATION

taken from the newsletter of the *Staten Island Bicycling Association, Staten Island, NY*

Don't Hibernate

When you look out the window and see sunny, blue skies, you might leap at the chance to go for a bike ride. Exercise doesn't seem as much a chore.

But what happens when you look outside and see gray skies, snow on the ground, and people bundled up in their warmest winter clothing? Suddenly the couch and t.v. look really inviting. You may give in to the hibernation blues, and put off exercise for another day - or the entire season.

Many factors can work together to make people less active in the winter. Not only can winter bring harsh climate conditions, but fewer daylight hours mean less time for outdoor exercise. Also, your metabolism may respond to changes in the light and other environmental conditions by becoming less active.

But giving in to the urge to hibernate can have negative consequences, both physically and psychologically. When you're less active, you have less energy, and you may become depressed. Also, it's much harder to get back in shape after slacking off than it is to maintain your level of fitness.

How do you beat the hibernation blues? Here are some suggestions for staying motivated, with some ideas for getting started. "If you tell yourself that you're going to exercise when you have spare time...you're not going to do it," says Marie Dalloway, a Phoenix-based sports psychologist. Instead, set aside a special block of time for your fit-

ness activity.

And remember, it's better to exercise for a short period of time, say 20 minutes, than not at all. Don't settle for winter sloth, give yourself something to work towards. The only requirement: The goal needs to be meaningful and important to YOU. Keep in mind that the goal should be realistic and attainable, or you'll get discouraged too quickly.

Then use visualization to picture yourself reaching your goals. Before you begin a fitness activity, relax, set your goal, and then begin your exercise, knowing that it's taking you one step closer to success.

If you want to go a step further, keep a fitness log. A fitness log doesn't have to be fancy. You can just write your exercise schedule on a calendar, and check each activity off when you're done.

Dressing Right

You've probably experienced one of these two cold-weather exercise nightmares: In the first one, you're shivering, your hands have become blocks of ice, and every breath feels like frosty fire in your lungs.

In the second scenario, you're warm, but you're bundled up in so many heavy layers that you waddle like the Michelin Man, and physical activity drenches you in your own clammy perspiration.

Either way, winter exercise can be a serious drag. But it doesn't have to be. You can create a micro-environment of comfort around your body, using the clothing system advised by certified exercise specialist Frank Fedel. Fedel is a researcher and writer who

has worked with Hind and other companies that develop cold weather clothing.

You'll be better prepared for winter exercise if you understand your body's own heating and cooling system. When you exercise, your muscles generate heat. To keep from overheating you perspire, which takes excess body heat with it when it evaporates. The key thing to remember is it's the evaporation of sweat which cools you, not sweating itself. Trapping all that water vapor will raise your body temperature and your heart rate, and you could overheat even in the winter.

The ideal winter clothing system will release your body's water vapor, trap enough body heat to keep you warm, and keep out the wind, snow or rain. Also, it should not restrict your freedom of movement while you run, skate, or ski. The best way to do this is with a three-layer system Wicking. Insulation Protection ...when you put it all together, it's like a house, says Fedel. The inside layer of a house is sheet rock to keep you comfortable and pleasant, there's fluffy insulation in the middle, and the outside is a tough layer of bricks or sheathing to keep out the elements. Good layered clothing becomes your own portable shelter, a climate-controlled micro environment. ■

ADVENTURE CYCLING

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(406) 721-1776



Bicycle News from the ADVENTURE CYCLING ASSOCIATION

taken from *Bike Way*, newsletter of the Casco Bay Bicycle Club, Portland, Maine

Holiday Survival Guide

Festive foods can do you in. Here's a guide to holiday food challenges and how to handle them.

The holidays are a time to eat, drink, and be merry, but beware. If you overindulge in goodies you may find yourself rolling into 2000. To help you survive this season, when butter and sugar ooze everywhere, here is a list of sticky situations that you are likely to encounter and tips on how to wiggle out of them.

The Merry Martyr - Last year you gained so much weight during the holidays that this year you have promised yourself that you would be an absolute angel when the hostess comes around with a tray full of fattening goodies.

Wiggle-out tip: Depriving yourself during the holidays will certainly haunt you. Rather than punish yourself, just take small bites of your favorite holiday foods.

Buffet Blackout - Each year the company holds a buffet dinner and your co-workers bring the sort of drop dead dishes they can

only justify eating during the holidays. This year promises to be a rerun. What do you do?

Wiggle-out tip: Never go to a buffet hungry. After you arrive, circle the buffet table and look for the veggies. Fill your plate and after you've eaten enough Vegetables to take the edge off your appetite, go back to the table and take taste-size portions of the more irresistible items. On round three, take teaspoon-size portions of a few of your favorite desserts and really savor the taste of each one.

You Sweet Thing - Here comes your co-worker with a gigantic box of chocolates. Naturally, you want to show your gratitude by breaking out the box and sampling the contents. But inside you lurks a choc-a-holic who can't stop at just one piece.

Wiggle-out tip: Pick the most delicious looking piece and savor it. Instead of putting the box away in your bottom drawer for mid-afternoon snacks, pass it around the office until it is empty.

Booze Control - Almost any way you drink alcohol it usually packs in 150-300 calories per serving. Beer and wine are on the low end

while mixed drinks are higher.

Wiggle-out tip: Order a light beer or fake them out by drinking a Virgin Mary, Marguerita, or whatever else looks tasty and occasionally giggle and smile.

Lingering Leftovers - You always want to make sure that there will be enough food, and last year you had so many leftovers in your fridge that you gorged for days on what was intended to be once-a-year treats. You would rather have your leftovers rest in peace instead of on your hips, but how?

Wiggle-out tip: Before your meal or party, stock up on plastic canisters and festive ribbons. After dinner is served and cleared, prepare a doggy bag for each guest and tie each canister with bright holiday bows so they can't refuse this "gift". ■

ADVENTURE CYCLING
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(406) 721-1776



Bicycle News from the ADVENTURE CYCLING ASSOCIATION

taken from the newsletter of the Central Indiana Bicycling Association, Indianapolis, Indiana

Your Child's First Bike a guide for parents

There is no magic age when your child is ready for a two-wheeled bicycle. Selecting this vehicle for your child is a lofty responsibility, but will likely lead to a lifetime of memories for both you and your child. But what issues need to be considered? Here is a list to get you thinking.

Cost: Plan ahead and know what you can afford. Keep in mind that children will quickly outgrow bicycles and that this will probably not be the last bicycle you purchase.

Style: There are many options from which to choose - banana bike, beach cruiser, and mountain bike are some examples. Children who are new drivers of two-wheeled vehicles are working hard to develop such basic bicycle skills as balance, starting, stopping and steering. Whatever style you decide, make certain that it is as basic as the child's

skills. Being out of control while driving the bicycle may lead the child into dangerous situations.

Size: The child should be able to straddle the bicycle comfortably with both feet flat on the ground. Purchasing a bicycle that a child can "grow into" is dangerous because it is difficult for the child to control and can lead to injury. Bicycles are replaceable, children are not.

Type of Brakes: A child's first bicycle should be equipped with a coaster brake (the kind that brakes when you pedal backwards). Do not consider a bicycle with hand brakes until the child's hands are large and strong enough to securely reach and control the brake levers. There are several adult style bicycles with frames small enough for children but these are usually equipped with adult sized components. Some children do have large enough hands or fingers to adequately engage adult brake levers, others do not.

Gearing: Single speed bicycles are best for young children because they are

relatively simple to operate. Developing balance and control are foundation skills which should be concentrated upon and should not be complicated by also learning to shift gears.

Color: This may seem trivial, however color may be very important to the child. A bicycle is a wonderful way to acquaint children with the grown-up responsibility of caring for one's property. If the child thinks he/she has a beautiful bicycle they may be more inclined to properly maintain and care for it.

Remember, learning to ride is fun. It is, however, a serious responsibility for every parent. Help your child develop confident, competent bicycle skills. ■

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(406) 721-1776

These fine Bicycle Stores offer "Spokes" members a discount on bicycle supplies. You must show your membership card when making a purchase using this discount.

20th Century Bike Shop

Roseville - 28043 Gratiot Ave.
810-772-9084

Fraser Schwinn

Fraser - 32064 Utica
810-294-4070

Anchor Bay Bicycle & Fitness

New Baltimore - 35214 23 Mile Rd.
810-725-2878

Jerry's Bicycles of Birmingham

Birmingham - 33502 S. Woodward
248-645-2453

Busutti's Marine City Sport n Bike

Marine City - 6756 S. River Rd.
810-765-9042

Macomb Schwinn Cyclery

Warren - 28411 Schoenherr
810-756-5400

Cycle & Fitness USA

Walled Lake - 39600 W. 14 Mile Rd.
248-960-1371

Royal Oak - 1109 S. Washington
248-542-7182

Sterling Heights - 2169 Metroparkway
810-979-7570

Grosse Pointe - 20343 Mack Ave.
313-886-1968

Mountain of Bikes

Clinton Twp. - 42201 Garfield
810-412-0500

Prestige Cycles

Clinton Twp. - 36558 Moravian
810-792-4040

Adventure Cycle & Sport

Lapeer - 454 W. Nepessing
810-664-1313

D & D Bicycles

Berkley - 4141 W. 12 Mile Rd.
248-547-0770

Northville - 121 North Center
248-347-1511

Westland - 8383 Middlebelt
313-522-9410

Bicycle & Fitness Barn

Port Huron - 1604 Stone St.
810-987-2523

MEMBERSHIP APPLICATION

Name _____ Phone _____

Address _____

City/State _____ Zip _____

Check one please: New Membership Renewal

Please make your \$10.00 check payable to Slow Spokes.
Mail this application and your check to:
Slow Spokes, P.O. Box 792, Sterling Heights, MI 48311-0792



Slow Spokes Are Members of
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League of Michigan Bicyclists

