

# 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

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

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

Hotline: 810-819-0187

May 1999

Web Site: [www.lmb.org/clubs/spokes.htm](http://www.lmb.org/clubs/spokes.htm)

## Announcements

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

Mary Stoolmiller  
6143 Walker  
Troy, MI 48098.

**By:** June 10, 1999

Other articles please send to:

Lois Sloan  
27738 Eastwick  
Roseville, MI 48066  
or E-mail - [LoisJ1111@aol.com](mailto:LoisJ1111@aol.com)

**By:** June 15, 1999

## Welcome New Members!

Anne Burrows	Oxford MI
Mary Kasiborski	Detroit MI
Gino & Rose Lambertini	Warren MI
Grace Metzner	Eastpointe MI
Mary Mutti	St. Clair Shores MI
Andrew Neywirth	Clinton Twp MI
Gerhard Pfund	Warren MI
Gregory Redding	St. Clair Shores MI

## From the Editor

The Editor wishes to apologize for the lateness of this month's newsletter. I hope this has not inconvenienced anyone.

## Upcoming Meetings

### Peach of a Ride Meeting



**Date:** Monday June 14th

**Time:** 7:30 p.m.

**Place:** Terry Taylor Residence  
20944 Parkcrest  
Harper Woods, MI  
(313) 885-8182

Please call Terry if you need directions to her home. We would like all chairperson, co-chairs and board members to attend this meeting. Many things to discuss regarding the 1999 P.O.A.R.

We look forward to seeing you there.  
Management team list inside.

### Meeting

The June meeting will be on Friday,  
June 4, 1999

Our meetings are held at the Owen Jax Activities Center in Warren. The center is located on 9 Mile just east of Van Dyke. Our meetings start at 8:00 p.m. Refreshments follow the meeting.

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

**Mountain of Bikes**

**Clinton Twp.** - 42201 Garfield  
810-412-0500

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

**Sterling Heights** - 2169 Metroparkway  
810-979-7570

**Prestige Cycles**

**Clinton Twp.** - 36558 Moravian  
810-792-4040

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

**Adventure Cycle & Sport**

**Lapeer** - 454 W. Nepessing  
810-664-1313

**D & D Bicycles**

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

**Bicycle & Fitness Barn**

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

**Northville** - 121 North Center  
248-347-1511

**Westland** - 8383 Middlebelt  
313-522-9410

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**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

SEPTEMBER 12, 1999  
1999 PEACH OF A RIDE



MANAGEMENT TEAM

TEAM #1

REGISTRATION CHAIRPERSON	ANN PARKER	(313) 822-9741
CO-CHAIRPERSON	GARY ZIENTAK	(810) 776-7798
COMPUTER DATA ENTRY	ANN PARKER	SEE ABOVE
PROMOTIONAL	MARIE CLIFFORD	(810) 463-6647

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TEAM #2

SAG CHAIRPERSON	PAUL WILHELM	(810) 247-6397
CO-CHAIRPERSON	TOM PAONESSA	(810) 293-8624
COMMUNICATIONS CHAIRPERSON	DON WINDHORST	(810) 978-0184
MAPS & ROUTES	ALEX SCHNEIDER	(810) 329-7245
	TOM MILLER	(810) 573-4754
ROUTE MARKINGS	MARY & TOM MILLER	
	DOLORES BAUMGARTEN	
	ALEX SCHNEIDER	

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TEAM #3

REST STOP CHAIRPERSON	FRED HAMANN	(810) 773-4423
CO-CHAIRPERSON	WILMA HAMANN	SAME AS ABOVE
REST STOP FOOD CHAIRPERSON	FRED HAMANN	
CO-CHAIRPERSON	WILMA HAMANN	
PORTA JON SITES	BOB GEORGE	(810) 463-6058

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TEAM #4

T-SHIRT DESIGN AND SCREENPRINTING	TERRY TAYLOR	(313) 885-8182
ARMADA HIGH SCHOOL SITE	JOHN GENTILIA	(248) 879-7660
ARMADA HIGH SCHOOL PARKING	BILL TRAMPUS	(248) 544-2524
	RICHARD KELLER	(810) 463-4324
ARMADA H.S. BICYCLE SERVICE	TOM PAONESSA	(810) 293-8624

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TEAM #5

ARMADA SCHOOL LUNCH CHAIRPERSON	EVELYN BIRES	(810) 778-8397
CO-CHAIRPERSON	RITA ZUPAN	(810) 264-0712
COOKIE CHAIRPERSON	CAROL MEERHAEGHE	(810) 268-7465

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PLEASE NOTE: PLEASE CALL THE CHAIRPERSON OR CO-CHAIRPERSON RESPONSIBLE FOR THE WORK AREA THAT YOU WISH TO VOLUNTEER AT, FOR THE P.O.F. FOR EXAMPLE: IF YOU WISH TO WORK IN THE KITCHEN FOR THE LUNCH, PLEASE CALL EVELYN OR RITA. THEY WILL ADVISE YOU OF THE TIME AND AREA THAT YOU WILL BE WORKING ON THE DAY OF THE RIDE.



PLEASE CALL A.S.A.P TO VOLUNTEER TO WORK ON THE 1999 P.O.A.R. ALSO, IF YOU WISH TO SIGN UP AT THE MONTHLY MEETINGS, AGAIN CONTACT THE CHAIRPERSON OF THE AREA YOU WISH TO WORK. THEY WILL HAVE THEIR CLIP-BOARDS AND ADVISE YOU WHERE AND WHEN YOU WILL BE WORKING. PLAN ON WORKING AT LEAST SIX HOURS.  
THANKS, ROSE MARIE JACOBS (810) 779-4780  
OVERALL CHAIRPERSON

## June Rides

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.

**Wednesday 6/2**

### Grosse Pointe Morning Ride

10:30 a.m.

Meet at the Grosse Pointe Woods Municipal Building at 20025 Mack Avenue between Moross and Vernier on the west side of Mack. Park at the north side of the parking lot. Bring your lunch or buy it. 25+ miles. Pace 12-14 mph.

Pat & Shirley Mullin @ 248-656-2187.

**Wednesday 6/2**

### Wednesday Wramble

6:30 p.m.

Join Kay & Marilyn on their dual paced rides around Troy and Bloomfield. Both rides return before dark. Snack or supper stop afterwards. Meet at the NE corner of Long Lake and Livernois facing Long Lake.

Kay Hein @ 248-879-9165 Marilyn Drellishak @ 248-375-2432

**Saturday 6/5**

### Huron Lakeshore Ride

10:00 a.m.

This easy route to follow will feature great views of Lake Huron. We will ride north from Lexington on M-25 paved shoulder to White Rock and return. Max distance will be approximately 62 miles round trip on M-25. Those who wish to ride less miles can return to Lexington when they wish. Bring snacks or buy on the way to eat at one of the parks along the route. No restaurant stop planned. We will meet in Lexington in the parking lot at the foot of Simons Street. Take I-94 to M-25, follow signs to Lexington. One block past the light turn right on Simons, proceed down hill to the parking lot. The ride will leave promptly at 10:15.

Alex Schneider @ 810-329-7245.

**Sunday 6/6**

### Wolcott Mill Metro Park

5:00 p.m.

Join me for an evening ride on paved country roads. We will ride from New Haven to Wolcott Mill and stop for a look around. Then we will continue on 3 miles of gravel road and then on paved roads into Armada. We'll be back before dark. Bring a snack. No restaurant stop after ride. Ride is 30 miles long at a pace of 12-14 mph. Meet in New Haven at the high school on Gratiot between 27 Mile Road, and Main Street. Take I-94 East, to Richmond exit and make a left on M-19 continue through 26 Mile Road light. Then make a right on Gratiot which is M-19 also. High School is on the right. Park on left side of school.

Adolfo Torres @ 810-749-5982

**Wednesday 6/9**

### Metro Parkway Ride

10:30 a.m.

Meet at the North Marina boat launch at Metro Beach Park. Free entry on Wednesday! Bring a picnic lunch to eat in the park after the ride.

Carol Trombley @ 810-293-0043

**Wednesday 6/9**

### Wednesday Wramble

6:30 p.m.

See Wednesday 6/2 Ride Description.

Kay Hein @ 248-879-9165 Marilyn Drellishak @ 248-375-2432

**Saturday 6/12**

### Country Roads & River Scene

9:30 a.m.

Southwest corner of Riverview Plaza in St. Clair. Exit I-94 at St. Clair exit, turn right to St. Clair, right on Clinton Avenue, left into Plaza. We will be stopping at Murphy's after the ride.

Dick Barry @ 810-329-9331

**Sunday 6/13**

### Lenny Millers

10:00 a.m.

8 Miles- some flat and some not so flat. Meet behind the Attica Township Hall. Van Dyke (M-53) North to I-69, west to exit 63, or M-24 (Lapeer Road) North I-69, east to exit 163. North on Lake Pleasant Road to Peppermill Road (Do not cross railroad tracks). West 0.3 miles to Attica Township Hall. Parking on gravel lot behind Township Hall. Purchase lunch en route.

Ken Ziegmeier @ 810-724-8054

**Tuesday 6/15** Rochester Hills Morning Ride 10:00 a.m.  
Join Pat & Shirley for a ride around hilly neighborhoods in Rochester and through Oakland University and Oakland Technology Park. 25+ miles. Lunch after ride. Meet at their condo at 1754 Thomas Court. Enter Streamwood Condos off Hamlin, just east of Crooks Road (north of M-59).  
Shirley & Pat Mullin @ 248-656-2187.

**Wednesday 6/16** Wednesday Wramble 6:30 p.m.  
See Wednesday 6/2 Ride Description.  
Kay Hein @ 248-879-9165 Marilyn Drellishak @ 248-375-2432

**Saturday 6/19** Harsens Island 10:00 a.m.  
Meet behind Macdonalds on M-29 in Algonac just east of Harsens Island Ferry. Optional Restaurant stop after the ride.  
Sandy Krueger @ 248-544-7283

**Sunday 6/20** New Baltimore to Algonac 9:30 a.m.  
Behind the Macdonalds in New Baltimore on M-29. Optional resaurant stop after ride.  
Don Springstead @ 810-726-1072

**Tuesday 6/22** Grosse Pointe Morning Ride 10:30 a.m.  
See June 2nd description and location.  
Pat & Shirley Mullin 248-656-2187

**Wednesday 6/23** Wednesday Wramble 6:30 p.m.  
See Wednesday 6/2 Ride Description.  
Kay Hein @ 248-879-9165 Marilyn Drellishak @ 248-375-2432

**Saturday 6/26** Grosse Pointe Hills & Snickleways 10:00 a.m.  
"Snickelway" is a term coined in York, England. See what it is and how it is used to describe the many twists and turns in Shirley & Pat's ride through the scenic five Pointes. Pat will lead a tour of the "Hills of Grosse Pointe" and Shirley will lead a flatter ride, forming one group periodically. About 30 miles. Lunch during the ride at an unusual restaurant. Meet at the Grosse Pointe Woods Municipal Building at 20025 Mack Avenue between Moross and Vernier, on the west side of Mack. Park at the north side of parking lot.  
Pat and Shirley Mullin @248-656-2187

**Saturday 6/26**  
Ride of Note - Corunna Saturday - Sunday Ride. 517-743-4822 or see LMB Calendar.

**Sunday 6/27** Goodells Farm Museum Ride 10:00 a.m.  
We will ride from Richmond to Goodells on paved country roads. There's a farm museum I would like to show you. We will have a picnic there at the park, so bring a sandwich. I'll bring my wife's chicken soup and all the picnic supplies. Then we will continue into Memphis and back to Richmond. This will be a 45 mile ride and it will take about 5 hours. At a pace of 12-14 mph. We will meet in Richmond at the K-Mart parking lot next to the Burger King M-19 & Gratiot.  
Adolfo Torres @ 810-749-5982.

**Wednesday 6/30** Rochester Hills Morning Ride 10:00 a.m.  
See meeting place for 6/15 ride. Lunch during ride.  
Pat & Shirley Mullin @ 248-656-2187.

**Wednesday 6/30** Wednesday Wramble 6:30 p.m.  
See Wednesday 6/2 Ride Description.  
Kay Hein @ 248-879-9165 Marilyn Drellishak @ 248-375-2432

# BIKE HELMET Safety and Consumer TIPS

**Y**ES! YOU NEED A HELMET. Nobody expects to fall, but when you do you must have head protection. Road scrapes and broken bones heal; head injuries may not. There are other benefits. Car drivers see you better and give you more respect. So do other riders.

## WHAT TO LOOK FOR IN A HELMET

A bicycle helmet reduces the peak energy in extreme impact to prevent brain injury. Look for a layer of stiff, non-springy foam to cushion the blow by crushing. Nearly all bicycle helmets do this with expanded polystyrene (EPS), the white picnic cooler foam used to protect eggs and computers. Look for a standards sticker inside from Snell, CPSC or ASTM. Helmets made after March 10 must meet the CPSC standard by law. It is slightly tougher than ASTM. The optimum shape for a bicycle helmet is round and smooth. Some of today's squared-off designs look great, but won't slide as well when you hit the pavement. Do not add anything to the outside of your helmet that could be a snagging hazard or attack the shell.



A new report outlines the cost-effectiveness of public health strategies, such as the use of

## FIT IS VERY IMPORTANT

The helmet must stay on your head even when you hit more than once so it needs a strong strap and an equally strong fastener. The helmet should sit level on your head and cover as much as possible. Rear stabilizers help, but do not replace a well-adjusted strap. Above all, with the strap fastened you should not be able to get the helmet off your head by any combination of pulling and twisting. If it comes off or slips enough to leave large areas of your head unprotected, adjust the strap again or try another helmet. Keep the strap comfortably snug when riding.

Coolness, ventilation, fit and sweat control are the most critical comfort needs. Air flow over the head determines coolness, and larger front vents usually provide better air flow. Sweat control can require a

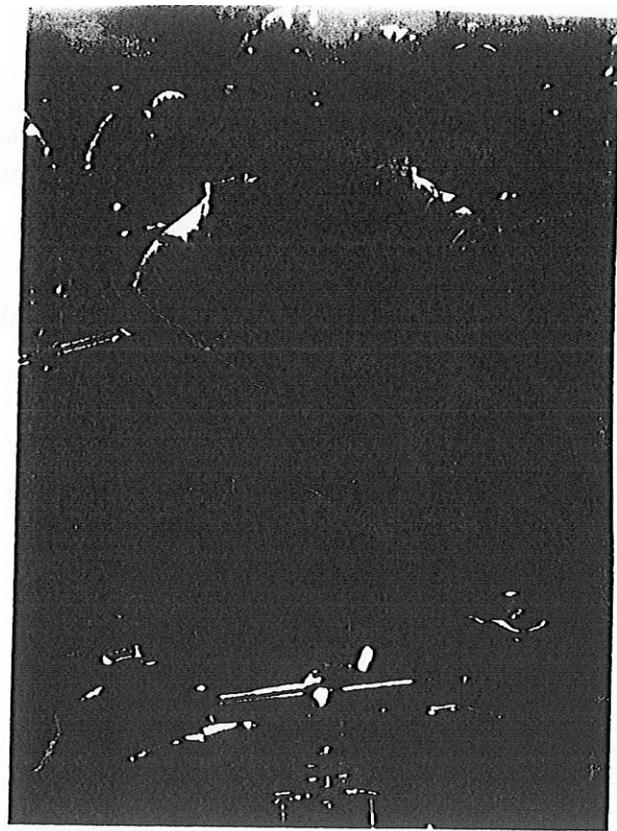
brow pad or separate sweatband. A snug fit with no pressure ensures comfort and correct position on the head when you crash.

## COLOR AND COST

When you are sure the helmet fits, pick one with a bright color outside for maximum visibility. Consider adding a mirror for rear vision—a necessary accessory for any vehicle on the road—but make sure it is on a pop-off mount.

Prices can vary from \$10.00 in a discount store to \$150 or more for the latest and most fashionable helmets, but as long as they meet the standards even the cheapest helmet provides you good protection.

*Excerpted from an article by the Bicycle Helmet Safety Institute.*



*I look smart in my bike helmet. Wear yours and you will too.*

bicycle-related head injuries cost \$3 billion each year, yet using bicycle helmets reduces the risk of head injury by 85 percent.

# The POLLY ANN TRAIL needs your support!

*The abandoned Grand Trunk Railroad*

*right-of-way is an established corridor*

*that will provide our community*

*with a valuable attraction for*

*multiple user groups.*

*Non-taxpayer funds have already  
been set aside for this conversion.*

*All we need is enough support  
to gain local approval to proceed.*

## *We need your support!*

Please join the Friends of the POLLY ANN TRAIL of Lapeer County, and help us establish an important link in Michigan's trail network.

- Individual Membership \$10.00
- Family Membership \$20.00

Donation \_\_\_\_\_  
Total amt. enclosed \_\_\_\_\_

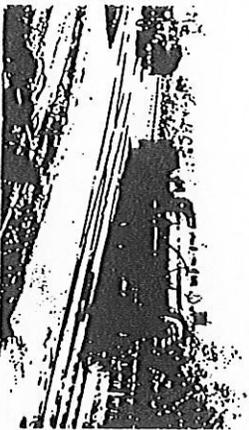
Name \_\_\_\_\_  
Address \_\_\_\_\_  
City/State/Zip \_\_\_\_\_  
Home Phone \_\_\_\_\_  
Work Phone \_\_\_\_\_

Please make checks out payable to Friends of the Polly Ann Trail of Lapeer County and send this form to:

Friends of the  
POLLY ANN TRAIL  
of Lapeer County  
P. O. Box 123  
Dryden, MI 48428

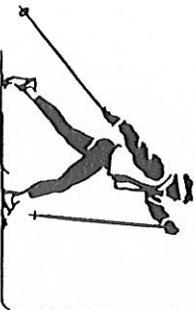
Contributions will be used solely for the creation of public easements necessary to create easements and support for the Polly Ann Trail. We are a non-profit organization, and 501(c)(3) status has been applied for.

## Friends of the POLLY ANN TRAIL Lapeer County



The Polly Ann was the passenger train that once serviced our community.

Of the original 99 mile route, which ran from Pontiac to Caseville, only 32 miles remain. The 12 mile segment in Oakland County has been acquired from Grand Trunk Railroad, and is under development. The remaining 20 miles lie in Lapeer County, and it is proposed that this segment be purchased and converted from an unused rail corridor to a linear park for non-motorized recreation.



# Polly Ann Trail Map

