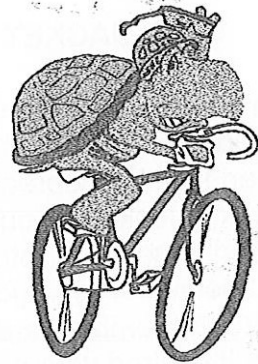


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Slow Spokes Spokin' Times



P.O. Box 792, Sterling Heights, MI 48311-0792
HOTLINE: (810) 819-0187
WEBSITE: www.lmb.ora/clubs/spokes.htm

President, Tom Miller	810-573-4754	Vice President, Kathy George	810-463-6058
Treasurer, Annette Smith	248-652-2278	Secretary, Mary Miller	810-573-4754
Ride Chairperson, Kathy George	810-463-6058	Membership, Patrick Mullin	248-656-2187
Newsletter, Diana Moore	248-549-0354	P.O.A.R., Rose Marie Jacobs	810-779-4780
LMB Region 1 Director, Michael F. Sproul	810-445-2868	Marie Clifford	810-463-6647
		Sunshine Liaison, Aloys Turck	248-362-4031

ANNOUNCEMENTS

Next newsletter deadline: Please send any rides/walks you are planning to lead in the month of April to:

Kathy George
18822 Woods Dr. W.
Clinton Twp., MI

By 04/10/01

Other articles please send to:

Diana Moore
3016 Starr Rd
Royal Oak, MI 48073-2228
e-mail :

Dynamo930@prodigy.net
By 04/15/01

LAST MINUTE RIDES

We all know how changeable the weather is in Michigan in the Spring. Beautiful warm days appear between the cloudy and rainy – perfect for an impromptu bike ride with fellow club members.

Please make your last minute ride available to all club members. Call Tom Paonessa (810)293-8624 or Bob George(810)463-6058 (leave message) and they will promptly put it on the HOTLINE

UPCOMING MEETINGS

Club meetings are held the first Friday of the month at the Owen Jax Activities Center in Warren at 8:00 p.m. The center is located on 9 Mile just east of Van Dyke. Refreshments follow the meeting. The April meeting will be Friday, April 6, 2001.

The May meeting will be Friday, May 4, 2001.

MARCH PEACH OF A RIDE MEETING

WHEN: Wednesday, March 28, 2001
TIME: 7:30 P.M.

WHERE: The George Residence
18822 Woods Dr. W.
Clinton Twp., MI
(810) 463-6058

We will be discussing and finalizing our 2001 P.O.A.R. application. Also on the agenda, ways to improve and sharpen up our big ride. If you have any great ideas, stop by and let's discuss them.

All team leaders, chairpersons and anyone interested in improving our P.O.A.R. are cordially invited to attend. Look forward to seeing everyone.

*** SEE INSIDE FOR APRIL MEETING ***

CLUB JACKET LOGOS

Anyone interested in having a Club Logo applied to their neon green Trek or Pearl Izumi windbreaker, note the following: Jackets should be brought to The April meeting & returned at the May meeting. The Logo will be approx. 4"x4" round, embroidered to the front right & if desired your name under the Trek 94 Pearl Izumi logo on the left front.

Cost will be \$7.50 for logo, \$2.00 for first name only & an additional \$1.00 for last name. Jackets with identification and money should be given to Rita Zupan by Apr. 6th. Make all checks out to Pro-Tech Graphics LTD.

If you have any questions call Rita at 810-264-0712 or email rzupan@TIR.com

APRIL PEACH OF A RIDE MEETING

WHEN: Wednesday, April 25, 2001

TIME: 7:30 P.M.

WHERE: Rose Marie Jacobs Residence
208 Riviera Dr.
St. Clair Shores, MI
(810)779-4780

Hope to see all Chairpersons & Team Leaders attend this meeting. The only way we are going to have another successful P.O.A.R. is by everyone working together towards a common goal. YOUR VERY IMPORTANT input is needed, regards initial decisions made to achieve and present to the participants of this ride the best event possible.

Sincere Thanks,
Rose Marie Jacobs

PEACH OF A RIDE T-SHIRTS 2001

HELP!

The design for the 2001 Peach of a Ride T-shirt is in the planning stages.

If you have any ideas that you would like to have considered for the 2001 Peach of a Ride T-shirts please contact: Aloys Turck

248-362-4031

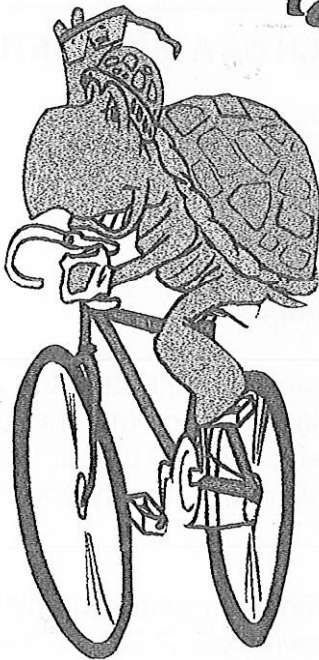
E-mail ajturck@aol.com

HELP WANTED—NO EXPERIENCE NEEDED

As always, we are looking to ALL club members to lead rides this year. Pick the day best for you, meet in your neighborhood, and ride at the pace that suits you. Plan a picnic ride for May or June. Make your home or yard available for a picnic. More evening rides would be a bonus for the working folks. I would appreciate your help and ideas.

Kathy George (810)463-6058

SLOW Spokes



BIKE FEAST 2001

When: Sunday April 8, 2001
3:00PM to 9:00PM
Where: Knights of Columbus
St Lawrence Council
44425 Utica Rd
Utica, MI 48317

The 15th annual Metro Detroit Bike Feast is coming this April 8th, hosted again by the Clinton River Riders Bicycle Club.

We're using the same location as last year's event so getting there should be easier. The social hours (3:00PM to 5:00PM) will include swap items (they must be clean), vendor displays, as well as some interesting club challenge games. Also, new this year we will be raffling off items from the US Postal Cycling Team.

At 5:00PM we will start the dinner. Each member couple attending must bring a dish that will serve 10-12 people and a utensil to distribute the dish. Pick from any of the following food categories: Appetizers, Vegetables, Salads, or Desserts. Meat (probably chicken and sausage) will be provided along with coffee, tea, ice and a powdered drink. B.Y.O.B. (beer or wine only please) and soft drinks if desired. Note: beverages are not allowed outside of the hall.

After dinner, there will be some interesting presentations; a fashion show put on again by Prestige Cycles as well as more prize giveaways and club challenge awards.

Call Gary Haelewyn to reserve your \$5 ticket.
(810) 286-5094 (h 6-10)
(248) 463-5408 (w 8-4)
E-mail ghaelewy@kmart.com

Lester Useted will handle ticket sales for the Slow Spokes:
810-754-6334
E-mail kb8vqm@flashnet.net

If you have ideas (more games) or questions don't hesitate to call Gary.

Spring 2000 Club Day

Eastern Mountain Sports, 30837 Orchard Lake Rd (s of 14 mile), Farmington Hills is inviting all clubs to participate in SPRING 2000 CLUB DAY on Saturday, April 28 from 10am to 9pm. A 20% discount on all items will be given to any member of an outdoor club or organization. Bring your club membership card. For more information, contact EMS at (248) 932-5953.

April 2001 Ride Schedule

For all rides, call the ride leader if the weather is doubtful.

The time listed is the start time of the ride. Please make restroom stops before the ride is ready to leave. Allow at least 15 minutes before starting time to get you and your bike ready to go.

SUNDAY APRIL 1 METRO PATH TO MT. CLEMENS 10:00 AM

Tom will lead a ride starting from Freedom Hill. He will ride on the path to Metro Beach and then on to Mt. Clemens for lunch, about 27 miles. He will hold the speed to 12 mph or less to accommodate new riders. Freedom Hill Park is on the south side of Metro Parkway, between Schoenherr and Utica Road.

Ride Leader: Tom Paonessa (810) 293-8624

MONDAY APRIL 2 ROCHESTER HILLS MORNING RIDE 11:00 AM

Join Shirley & Pat for a ride around nearby hilly neighborhoods in Rochester Hills. Meet at their condo at 1754 Thomas Ct. Enter Streamwood Condominiums, north off Hamlin Rd., just east of Crooks Rd. (North of M-59). Lunch nearby after the ride. Call if weather is questionable.

Ride Leaders: Shirley & Pat Mullin (248)656-2187

SUNDAY APRIL 8 GROSSE POINTE RIDE 9:30 AM

Saint Clair Shores to Windmill Pointe, led by Tom Miller. 25 miles at a speed of 11-13 MPH on flat terrain. Meet at Lakeshore Village Shopping Center at Jefferson & Marter. The group will stop for a break at Brueggers Bagels in Grosse Pointe.

The early start time is so that all riders will be able to attend the BIKE FEAST in Utica.

Ride Leader: Tom Miller (810)573-4754

TUESDAY APRIL 10 PAINT CREEK TRAIL 10:00 AM

Meet at the Rochester City Park on Pine St., one block west of Main St. and one block north of University. Ride will be 20 miles-flat. Minimum temperature of 38 at start of ride

Ride Leader. Kay Hein (248) 879-9165

WEDNESDAY APRIL 11 GROSSE POINTE MORNING RIDE 11:00 AM

Meet at the Grosse Pointe Municipal Building at 20025 Mack, between Moross and Vernier, on the west side of Mack. Park at the north side of parking lot. Lunch during ride. If weather is questionable, we may not take the long drive into GP. Call before 9:30 AM.

Ride Leaders: Pat & Shirley Mullin 248-656-2187

EASTER SUNDAY APRIL 15 No scheduled ride

SATURDAY APRIL 21 RAM RIDE (Richmond, Armada & Memphis) 10:00 AM

Dick Barry will be leading the RAM ride - 32 miles on flat terrain. Kathy George will be leading a 20-mile ride at a slower pace. Meet at the Richmond K-Mart parking lot near Burger King at M-19 and Gratiot. Restaurant stop after the ride.

Ride Leaders: Dick Barry (810)329-9331

Kathy George (810)463-6058

SUNDAY APRIL 22

GROSSE ILE-WYANDOTTE

10:00 AM

Terry will lead a 25-mile ride on flat terrain. Grosse Ile is beautiful and traffic will be very light. There will be two groups riding at two different speeds. Meet in the city parking lot at the south end of Bishop Park in Wyandotte. Take I-75 south to Outer Drive (exit 42). Go east to Jefferson, south on Jefferson (Biddle) to downtown. Turn left on Elm to the parking lot along the river. Lunch after the ride at a Polish Restaurant across the street.

Ride Leader: Terry Taylor (810)285-9940

WEDNESDAY APRIL 25

ST. CLAIR TO ALGONAC

10:00 AM

This is a flat 35-mile ride along the St. Clair River and bike paths to Algonac Macdonald's and back. Meet at the SW corner of Riverview Plaza in St. Clair. Take I-94 to St. Clair exit, right into town, right on Clinton, left on third to plaza. Optional restaurant stop after the ride.

Leader: Alex Schneider (810)329-7245

THURSDAY APRIL 26

ROCHESTER HILLS MORNING RIDE

11:00 AM

See ride details for April 2 ride. Pat & Shirley Mullin 248-656-2187

SATURDAY APRIL 28

ADOPT-A-ROAD METRO PARKWAY

9:00 AM

Meet at the Dairy Queen on the NW corner of Groesbeck and Metro Pkwy. The club will be working from 9 to 11. Lunch at a nearby restaurant. At 12:00 the group will ride on the Metro Parkway path.

Organizer: Aloys Turck (248)362-4031

SUNDAY APRIL 29

HINES DRIVE DUAL PACE RIDE

10:00 AM

Meet at Helms Haven parking area on the south side of Hines Drive just west of Outer Drive. Rides will be 27 path miles or 35 road miles. Restaurant stop in the middle of the ride.

Ride Leaders: Bob & Kathy George (810)463-6058

REMINDER

If you get the urge to do an impromptu ride.....

**CALL Tom Paonessa (810)293-8624 or
Bob George(810)463-6058 (leave message)
and they will promptly
put it on the HOTLINE**

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

<p>Adventure Cycle & Sport Lapeer 454 W. Nepessing 810-664-1313</p>	<p>D & D Bicycles Berkley 4141 W. 12 Mile Rd. 248-547-0770</p>
<p>Allied Cycle Eastpointe 23101 Gratiot 810-772-3411</p>	<p>Northville 121 North Center 248-347-1511</p>
<p>American Cycle & Fitness Walled Lake 39600 W. 14 Mile Rd. 248-960-1371</p>	<p>Westland 8383 Middlebelt 313-522-9410</p>
<p>Royal Oak 1109 S. Washington 248-542-7182</p>	<p>Fraser Schwinn Fraser 32064 Utica 810-294-4070</p>
<p>Sterling Heights 2169 Metroparkway 810-979-7570</p>	<p>Clinton Twp. 42201 Garfield 810-412-0500</p>
<p>Grosse Pointe 20343 Mack Ave. 313-886-1968</p>	<p>Jerry's Bicycles of Birmingham Birmingham 33502 S. Woodward 248-645-2453</p>
<p>Anchor Bay Bicycle & Fitness New Baltimore 35214 23 Mile Rd. 810-725-2878</p>	<p>Macomb Schwinn Cyclery Warren 28411 Schoenherr 810-756-5400</p>
<p>Bicycle & Fitness Barn Port Huron 1604 Stone St. 810-987-2523</p>	<p>Prestige Cycles Clinton Twp. 36558 Moravian 810-792-4040</p>
<p>Continental Bike Shop Hazel Park 24436 John R 248-545-1255</p>	

MEMBERSHIP APPLICATION

Name _____ Phone _____

Address _____

City/State _____ Zip _____

E-mail address _____

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
 League of American Bicyclists
 League of Michigan Bicyclists

