

Slow Spokes Spokin' Times February-March, 2002

President: Tom Miller
Vice President: Kay Hein
Treasurer: Annette Smith
Secretary: Mary Miller

Newsletter editor: Rita Zupan
Membership: Bill Smith
Ride coordinator: Kay Hein
Sunshine liaison: Aloys Turck

President Tom Miller's Message:

CPR Training

Slow Spokes member Sheila Munro has generously offered to teach a "Friends and Family" CPR class. The class would consist of Sheila lecturing and demonstrating on a manikin the correct CPR procedures. Members attending would get a "participation card". Approximately 1-1/2 hours would be required to complete the class.

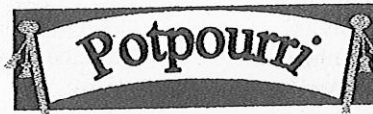
If you are interested, contact Tom Miller at 586-573-4754 or tmtrek@home.com. If there is enough interest the class could be held at the April meeting.

Welcome the following new members...

Robert Halsall 586-781-6784/rhalsall@eaglequest.com
61331 Wiundwood Crt. Washington, Mi. 48094

Minnie Szatkowski
14439 Stephens, Warren, Mi. 48089

Lori Hughes 810-388-0103/hughestv@tir.com
342 Forest Lane, Marysville, Mi. 48040



- **Ride Coordinator** - Send information for rides/walks/cross-country skiing for the April *Slow Spokes Spokin' Times* to Kay Hein, 382 Ottawa, Troy, MI 48098 by March 10, 2002. (248) 879-9165
- **Editor** - Send any articles or information you would want published in the April *Slow Spokes Spokin' Times* to Rita Zupan, Editor, 33220 Prihs Court, Sterling Heights, MI 48313 by March 15, 2002. E-mail should be sent to rzupan@tir.com. (586) 264-0712
- **Membership Renewal Time** - Don't forget to renew your membership on or before April 2002 in order to continue receiving the newsletter and enjoy the activities of the club. Please fill out the application on the last page of the newsletter, with any changes that may have occurred in the past year and forward to Bill Smith in charge of membership at 2250 Clearwood Ct., Shelby Twp., 48316. Note: Anyone who joined the club after September 2001 has a valid membership until April 2003.
- **P.O.R.** The Slow Spokes Bicycle Club will be celebrating its 30th year by honoring the sport of bicycling with its 2002 Peach of a Ride. We would like a smashing T-shirt design to recognize this special event. Contact Rose Marie Jacobs (586) 779-4780 if you would like to submit your idea for the shirt.
- **Bike Feast - March 3, 2002**- Mark your calendar for the fun-filled Bike feast coming up in March, sponsored this year by the American Youth Hostels. It will be held at the Berkley Community Center, which is located south of 12 Mile Road on Coolidge in Berkley, Mich.,. Tickets will be available at the February meeting at a cost of \$5.00; contact Lester Useted (586)-754-6334 to reserve your ticket.
- **Swap Meet** - If you have any bicycle accessories that you are no longer using, bring your items to our membership meeting on Friday March 1, 2002. Or, just come and browse. A table will be set up for you to display sale items.



Slow Spokes Speak Out!

The *Slow Spokes Spokin' Times* Speak-Out page will offer members a forum for speaking out about issues pertaining to the club and its activities. The *Slow Spokes Spokin' Times* welcomes your comments. Feel free to share a concern or simply write to praise a ride leader or someone who went beyond the call of duty to make Slow Spokes a better organization.

WHAT HAPPENED TO THE SLOW SPOKES' POLICY OF LEAVING NO RIDERS BEHIND?

I would like to add my feelings regarding the article in the December/January *Spoken Times* written by our president, Tom Miller.

I could not agree with his comments more! I have experienced the very same conditions as Tom mentioned regarding our fellow members not staying with the group during a ride. And sad to say, I believe that it has been happening more frequently.

I always make a point of mentioning this potential situation before I lead a ride and ask for co-operation but have been less than successful in the past few rides which I have lead.

I realize that it is difficult to please each member, but I believe that we should all stay together as a courtesy to the leader. In doing so, it enables us all to be able to assist any member who may need help in any way.

Sincerely,

Fred Meinberg.

Editor's comment:



Thanks to those members not hesitant to express their thoughts. We welcome your letters. Your ideas help improve the clubs' rides.

Member Recognition

The Slow Spokes would like to recognize the following members who rode extensive miles in 2001: **Dick Barry** - 4600 miles, **Alex Schneider** - 5350 miles, and **Bill Smith** - 4300 miles.

Congratulations to the above and anyone who even came close to these accomplishments.

Think...



Do you have a favorite ride that you would like to share with others, or one that none of our ride leaders have done? Why not spend some of the long winter days planning a ride and looking forward to spring?

Planning a ride is a matter of choosing a starting place, a destination, and finding the most bicycle-friendly route to that destination. Planning and leading a ride can be fun and rewarding. Most people that have experience leading rides would be more than happy to assist with any questions you may have.

The Slow Spokes are looking forward to some new destinations in the 2002 season.

Tom Miller,
President

February/March Scheduled Activities

Friday, February 1, 2002

Activity: Slow Spokes' Monthly Meeting and Swap Meet (See information on the front page.)
Meeting place: Owen-Jax Activities Center, 9 Mile Road east of Van Dyke
Starting time: 8:00 p.m.
Refreshments will be served.

*If temp's are below
20, be sure to call the
leader of the walk.*

Saturday, February 2, 2002

Activity: 'SOUP-er-SHORES' Walk
Leader: **Evelyn Bires**, (586) 778-8397
Meeting place: Evelyn's house, 28105 Rosebriar. Rosebriar runs into Martin Rd. or 11 Mile Rd., 2 blocks west of Harper.
Starting time: 10:30 a.m. Distance: 3-4 Miles
Lunch: "Evelyn's place"

Sunday, February 3, 10, 17, 24, 2002

Activity: Hike/Bike/Ski Activity to be determined by the weather. Check the hotline (586) 819-0187.
Meeting place: Stoney Creek Metro Park boat launch parking lot for biking or walking. Meet at the golf course clubhouse for cross-country skiing when snow conditions are favorable.
Starting time: 12:00 noon. There will be no leader for these activities; you can call Tom Paonessa (586) 293-8624 or Rita Zupan for last minute information for the day.

Saturday, February 9, 2002

Activity: "Tanks" --a--lot (4 mile walk thru the Tank Arsenal)
Leader: **Mary Miller** (586) 573-4754
Meeting place: Warren City Pool (Campbell between I-696 and Martin Rd.)
Starting time: 10:00 a.m. Distance: 4 miles at a 3 to 4 mph pace
Lunch: Sero's near the end of the walk.



Saturday, February 16, 2002

Activity: Rochester Hills Trail Hike
Leader: **Pat and Shirley Mullin** (248) 656-2187
Meeting place: 1754 Thomas Ct. in the Streamwood Condo's, North of Hamlin Road., just east of Crooks Rd. (North of M-59) in Rochester Hills.
Starting time: 11:00 a.m. Distance: 3-4 Miles Lunch: During the hike.

Saturday February 23, 2002

Activity: Cranbrook Institute of Science Tour and Walk - Cost for tour Adults \$7.00, Seniors (65+) \$4.00.
Leader: **Aloys Turck** (248) 362-4031
Meeting place: Cranbrook Science Museum, signs will direct you to it. 39221 Woodward, between Lone Pine & Long Lake Roads, about one mile north of 16 Mile (Big Beaver Rd.) on the west side. Phone: (877) 462-7262
Starting time: 10:00 a.m. walk approx. 2 miles and then tour the museum. Those who choose only the museum can meet us there at 11:00 a.m. Wheelchairs will be available. Lunch: TBD afterwards

Friday, March 1, 2002

Activity: Slow Spokes' Monthly Meeting
Meeting place: Owen-Jax Activities Center, 9 Mile Road east of Van Dyke
Starting time: 8:00 p.m.
Refreshments will be served.

*If temp's are below
20, be sure to call the
leader of the walk.*

Sunday, March 3, 2002

Activity: Bike Fest Sponsors: American Youth Hostels Contact Lester Useted for your ticket (586) 754-6334.
Meeting place: Berkley Community Center, 2400 Robina, Berkley, Mich. Take 11 Mile Road to Coolidge, north on Coolidge to Catalpa (which is about 1 1/2 Mile. West on Catalpa about 5 blocks to Robina.
Starting time: 3:00 p.m. social time and games; 5:00 p.m. approx. time for dinner; 6:00 p.m. fashion show, guest speaker, awards and door prizes, doors close at 9:00 p.m.
Lunch: Bring a dish to pass. The main dishes will be provided. Suggestions to bring would be veggie dishes, desserts, salads, appetizers etc. Bring whatever is a hit at your parties.

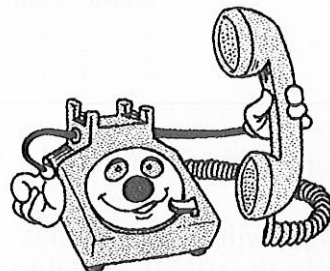
Saturday, March 9, 2002

Activity: Metropolitan Beach Walk
Leader: **Tom and Mary Miller** (586) 573-4754
Meeting place: Main parking lot near Tot Lot, at Metropolitan Beach
Starting Time: 10:00 A.M. Distance: 4 miles
Lunch: Optional lunch stop after walk

Sunday, March 10, 17, 24 & 31, 2002

Activity: Hike/Bike/Ski Activity to be determined by the weather. Check the hotline (586) 819-0187.
Meeting place: Stoney Creek Metro Park boat-launch parking lot for biking or walking. Meet at the golf course clubhouse for cross-country skiing when snow conditions are favorable.
Starting time: 12:00 noon. There will be no leader for these activities; you can call Tom Paonessa (586) 293-8624 or Rita Zupan for last minute information for the day.

Sunday, March 31, 2002 Happy Easter!



Be sure to check the Hotline (586) 819-0187 for any impromptu activities.
Contact Tom Paonessa (586) 293-8624 to have your activity included on the hotline.

Peach of a Ride 2002

Desperately seeking Susan...or Joe, or Eleanor or Sam...for management position with fast-moving organization. Experienced support staff already in place. Rewards are plentiful; hours are flexible with ample opportunity for social interaction. To learn more about this career-enhancing position, please direct all inquiries to Tom Miller, at (586) 573-4754 or martom12@home.com, and use the code phrase "Peach of a Ride Chairman."

Apple Cider Century 2002

The applications for the Twenty-Ninth Apple Cider Century to be held on September 29, 2002 are now available. Call 1(888) 877-2068. Or, log on to <http://www.applecidercentury.com> for more information and an application. Cost is \$25.00 before March 31st, \$30.00 after March 31 and \$35.00 after July 31, 2002.

Prestige Cycles Repair Classes

Cycling Survival Series

This is designed for the "technically challenged." Take whatever class interests you or the whole series!

\$25 (with \$5 non-refundable deposit) per session

10% discount on parts & tools purchased during the class!

2 hours per session - whole series may be offered in weekend format!

Some topics covered:

Fix a flat

Clean it/lube it/inspect it

Bad news bearings

When brakes go bad...

Shifty shifting and the case of the careless chain

Where the bike meets the body

If you are interested in Prestige Cycles' repair classes, send this form to the address below or email your request to: infobikes@prestigecycles.com. We will send you more information and schedules.

Name _____

Street _____

City, State, Zip _____

Phone _____

PRESTIGE CYCLES
36558 Moravian
Clinton Township, Mi 48035
Phone: (586) 792-4040



visit one of the friendly shops listed below!

These bicycle stores offer a discount on equipment and accessories. You must show your Slow Spokes' membership card when making a purchase to receive the discount.

Adventure Cycle & Sport
454 West Nepessing
Lapeer, MI 48446-2150
(810) 664-1313

Allied Cycle
23101 Gratiot
Eastpointe, MI 48021-1628
(586) 772-3411

American Cycle and Fitness
20343 Mack Avenue
Grosse Pointe, MI 48236-1717
(313) 886-1968

American Cycle and Fitness
1109 S. Washington
Royal Oak, MI 48067-3219
(248) 542-7182

American Cycle and Fitness
2169 Metropolitan Pkwy.
Sterling Heights, MI 48310-4206
(586) 979-7570

American Cycle and Fitness
39600 West 14 Mile Road
Walled Lake, MI 48390-3909
(248) 960-1371

Anchor Bay Bicycle & Fitness
35214 23 Mile Road
New Baltimore, MI 48047-3650
(586) 725 2878

Bicycle and Fitness Barn
1604 Stone Street
Port Huron, MI 48060-3344
(810) 987-2523

Continental Bike Shop
24426 John R.
Hazel Park, MI 48030-1114
(248) 545-1225

D & D Bicycles
4141 West 12 Mile Road
Berkley, MI 48072-1121
(248) 547-0770

D & D Bicycles
121 North Center
Northville, MI 41867-1413
(248) 347-1511

D & D Bicycles
8383 Middlebelt
Westland, MI 48185-1810
(313) 552-9410

Fraser Schwinn
42201 Garfield
Clinton Township, MI
48038-1648
(586) 412-0500

Fraser Schwinn
32064 Utica Road
Fraser, MI 48026-2207
(586) 294-4070

Jerry's Bicycles of Birmingham
33502 South Woodward
Birmingham, MI 48009-0908
(248) 645-2453

Macomb Schwinn Cyclery
28411 Schoenherr
Warren, MI 48088-6300
(586) 756-5400

Prestige Cycles
36558 Moravian
Clinton Township, MI
48035-1202
(586) 792-4040

Date _____

Slow Spokes Membership Application

Name _____ Phone _____ E-mail _____

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