



Slow Spokin' Times

July 2002

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

Membership: Bill Smith
POR Co-Chair: Marie Clifford
POR Co-Chair: Mary Kaisborski
Ride Coordinator: Kay Hein
Sunshine Liaison: Aloys Turck

Check our website: www.lmb.org/clubs/spokes.htm or Hotline: 586-819-0187

New Members

Annamarie Debella, Warren
Roseann Lawson, Madison Heights
Tom Socolofsky, Warren
Lee Sorensen, Shelby Twp.

Potpourri

- **SPECIAL NOTICE:** The August meeting will be held at 7:00 P.M. At the July meeting we will vote on whether we would like to make 7:00 P.M. the new meeting time.
- **Ride information:** Send information for rides/walks for the Aug. Spokin' Times to Kay Hein, 382 Ottawa, Troy, Mi. 48098 by July 10, 2002. (248) 879-9165
- **Newsletter information:** Send any articles or information you would want published in the Aug. Spokin' Times to Kay Sheere 11318 Jacqueline, Sterling Heights, 48313 by July 15, 2002 (586) 939-9817
- **Amishland and Lakes Ride:** A group of Slow Spokes plan to return to Howe, Indiana for this Aug. 10 & 11th ride. You can get an application by email: bobndee@msn.com or there will be a few at the July meeting. If you plan to stay at a motel, it's not too early to make your reservations or you can stay at the Howe Cadet Rooms or camp on their grounds.
- **Arc Cycling Programs** will be hosting a ride for cyclists of all abilities in Dearborn Heights on September 21, 2002. If you are interested, flyers will be available at the July meeting. Proceeds benefit Arc Cycling Program.

Pre-Owned Bikes for Sale

Trek 750, black with white and gold decals, 17" cross bike, with 21 speed twist grip-shifting.

Included are a mirror, rear rack, comfortable seat and more. You can make this purchase at the reduced price of \$250.00 and be ready to ride. Contact Dolores Baumgarten 810-725-3447 or Tom Paonessa 586-293-8624.

Klein Quantum, 57 cm road bike, silver blue, 2yrs. old . Contact Ron Phifer at 248-693-9779 or email Ron at pcrider77@aol.com . Cost was \$1750 – asking \$1000, will trade with cash for higher quality tandem.

Update on the Peach of a Ride

Plans for Peach of a Ride are right on schedule. A special thanks to those who gathered at Rita Zupan's home to get the ride applications out. There are still a few day-of-ride volunteers needed. If you have never worked the Peach and would like to, call Marie Clifford at (586) 463-6647.

Our most pressing need is for SAG drivers. Even if you have never had a problem while on a ride such as the P.O.A.R. you know how important SAGS are to our riders. Each SAG driver will have a radio operator traveling in the vehicle. If you have some interest in volunteering for SAG but want more information contact Paul Wilhelm at (586) 247-6397 or jpwilhelm@hotmail.com.

For all P.O.A.R. volunteers: Thanks to Rose Marie Jacobs the t-shirt design is exceptionally good this year. As a volunteer, you will receive one *gratis*. Please contact the person to whom you report and give that person your t-shirt size and sleeve preference.

Marie Clifford (586) 463-6647; mwclifford@msn.com

A Thought

By member Rose Marie Jacobs

**An archeologist is the best husband any woman can have:
the older she gets, the more interested he is in her.**

Agatha Christie



July 2002 Scheduled Activities

Monday, July 1, 2002 Metro Path/Mt. Clemens Ride 6:30 p.m.
Leader: Mike & Pat Ennis 586-792-7709 Try to be early.
Distance: 18 Miles down the path & into Mt. Clemens at a 10 to 12 MPH.
Meet at St. Thecla's Church parking lot. Off Groesbeck between 15 & 16 Mile, turn East at the light onto Carlier, go to Little Mack & turn left which dead ends at Nunnely entrance to the Church Parking lot.

Wednesday, July 3, 2002 Wednesday Wramble 6:30 p.m.
Leader: Bob Bruce 248-641-5139 Come early.
Distance: 18 - 22 miles on flat to rolling terrain.
Meet in the Kroger parking lot at Long Lake (18 Mile rd.) & Livernois. Park facing Long Lake Rd., next to the AAA office.
Restaurant stop optional after the ride.

Thursday July 4, 2002 Hike-n-Bike 7:00 a.m. & 9:00 a.m.
Leader: Tom Miller 586-573-4754
Distance: 4 Mile Walk and 38 Mile Bike Ride
Walk begins at 7:00 a.m. Pace will be 3.5 to 4 m.p.h.
Ride begins at 9:00 a.m. Pace will be 11 to 13 m.p.h.
Terrain: Flat
Meet at Dieppe Gardens in Windsor, Ontario near the "Spirit of Windsor" Steam Locomotive.
We will take a 4 mile walk along Windsor's scenic waterfront before riding to Amherstburg, Ontario. It is not necessary to do the walk. If you only want to ride, simply meet us at 9:00 a.m. Bring a lunch to enjoy at Amherstburg's Historic waterfront park or purchase lunch at one of the nearby restaurants or convenience stores.
Parking at Dieppe Gardens will require a \$2.00 Canadian coin for the meter.

Friday July 5, 2002 Slow Spokes' Monthly Meeting 8:00 p.m.
Meeting place: Owen-Jax Activities Center, 9 Mile Road east of Van Dyke.
Starting Time: 8:00 p.m.
Refreshments will be served

Saturday, July 6, 2002 Huron Lakeshore Ride 9:30 a.m.
Leader: Alex Schneider 810 329-7245
This easy to follow route 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 approx. 61 miles round trip on M-25. Those who wish to do less can return to Lexington when they wish, but should be sure to notify the leader when they leave the ride. Bring or buy snacks to eat along the way at one of the parks. There is no restaurant stop planned. Meet in Lexington in the parking lot at the foot of Simons St. Take I-94 to M-25. Follow signs to Lexington. One block past the light, turn right on Simons, proceed down the hill to the parking lot. The ride will leave promptly at 9:30 a.m.

**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.**

Sunday July 7, 2002 "Make A Run For The Border" 9:30 a.m. 11:00 a.m.

Leader: Tom Miller 586-573-4754 / Mike Ennis 586 792 7709

Distance: 33 Miles (optional 7 mile loop around Belle Isle if there is an interest.)

13 Miles (Optional start at Belle Isle Casino)

Pace: 11 to 13 m.p.h.

Terrain: Flat

Meet at Warren City Pool, located on Campbell Ave. between Van Dyke and Hoover approximately ¼ mile north of I-696.

For those wishing to do the shorter route led by Mike Ennis meet at the Belle Isle Casino at 11:00 a.m.

The ride will pass Belle Isle, Elmwood Cemetery, Greek Town, Mexican Town, MGM Casino, Comerica Park, Detroit's Cultural District, and Hamtramck.

We will stop at the Mexican Village Restaurant for lunch.

Monday, July 8, 2002 Rochester Hills Morning Ride 9:00 a.m.

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. Shirley & Pat Mullin @248-656-2187

Monday July 8, 2002 Metro Path/Mt. Clemens Ride 6:30 p.m.

Leader: Mike & Pat Ennis 586-792-7709 Try to be early.

Distance: 18 Miles down the path & into Mt. Clemens at a 10 to 12 MPH.

Meet at St. Thecla's Church parking lot. Off Groesbeck between 15 & 16 Mile, turn East at the light onto Carlier, go to Little Mack & turn left which dead ends at Nunnely entrance to the Church Parking lot.

Wednesday, July 10, 2002 Goodells Ride 9:00 a.m.

Leader: Marie Clifford 586 463-6647

Distance: 40 miles on mostly flat terrain. Bring a lunch or buy a sandwich at the deli in Memphis to eat in a Goodells park. Meet in Richmond in the Burger King parking lot on M-19, hear Gratiot. In order to begin on time, please pump up those tires the night before.

Wednesday July 10, 2002 Wednesday Wramble 6:30 p.m.

Leader: Bob Bruce 248-641-5139 Come early.

Distance: 18 - 22 miles on flat to rolling terrain.

Meet in the Kroger parking lot at Long Lake (18 Mile rd.) & Livernois. Park facing Long Lake Rd., next to the AAA office. Restaurant stop optional after the ride.

Thursday, July 11, 2002 Emmett Summer Ride 10:00 a.m.

Leader: Adolpho Torres 586 749-5982

Meet in Emmett. Take M-19 to Emmett from Memphis. Cross over the RR tracks, turn right on Mary St. Park on left side of street. Distance, 40 miles. Pace 12-14, moderate. Bring lunch to eat at Goodells Farm Museum during the ride.

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.

Saturday, July 13, 2002 Harsens Island Strawberry Festival Ride 10:00 a.m.

Leader: Mary Stoolmiller

Meeting Place: In Algonac, behind McDonald's on M-29. Distance: 22-27 miles, flat terrain, at your own pace. Lunch; Hot dogs, drinks and strawberry shortcake at St. Paul's Church in San Souci, for about \$5.00.

Saturday July 13, 2002 Shady Side Park to Freedom Hill Ride 9:00 a.m.

Leader: Mike Ennis 586-792-7709, don't forget get there early.

Distance: 18 mile ride thru Shady Side Park to Freedom Hill and back.

Meet at 16 Mile & Crocker. Lunch at Mickey D's afterwards.

Monday, July 15, 2002 Grosse Pointe Morning Ride 10:00 a.m.

Meet at the Grosse Pointe Municipal Building at 20025 Mack Avenue, 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 G.P. Call before 8:30 a.m. Pace 12-14 mph - faster along Lakeshore. Shirley & Pat Mullin @248-656-2187

Monday July 15, 2002 Metro Path/Mt. Clemens Ride 6:30 p.m.

Leader: Mike & Pat Ennis 586-792-7709 Try to be early.

Distance: 18 Miles down the path & into Mt. Clemens at a 10 to 12 MPH.

Meet at St. Thecla's Church parking lot. Off Groesbeck between 15 & 16 Mile, turn East at the light onto Carlier, go to Little Mack & turn left which dead ends at Nunnely entrance to the Church Parking lot.

Wednesday July 17, 2002 Wednesday Wramble 6:30 p.m.

Leader: Bob Bruce 248-641-5139 Come early, ok?

Distance: 18 - 22 miles on flat to rolling terrain.

Meet in the Kroger parking lot at Long Lake (18 Mile rd.) & Livernois.

Park facing Long Lake Rd., next to the AAA office.

Restaurant stop optional after the ride.

Saturday, July 20, 2002 Michigan State Championship Races 10:00 a.m.

Leaders: Fred Meinberg 248 651-6714 and Jim Carson 248 652-2181

View the Velodrome in Bloomer Park. 20-25 miles, flat to gently rolling hills.

Meet in Rochester Park, one block W. of Rochester Rd. (Main St.), one block N. of University.

Sunday July 21, 2002 Check the hot line 586-819-0187

Monday July 22, 2002 Grosse Pointe Morning Mystery Ride 10:00 a.m.

Meet at the Grosse Pointe Municipal Building at 20025 Mack Avenue, 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 G.P. Call before 8:30 a.m. Pace 12-14 mph --. Pat & Shirley Mullin @248-656-2187

Monday July 22, 2002 Metro Path/Mt. Clemens Ride 6:30 p.m.
Leader: Mike & Pat Ennis 586-792-7709 try to be early.
Distance: 18 Miles down the path & into Mt. Clemens at a 10 to 12 MPH.
Meet at St. Thecla's Church parking lot. Off Groesbeck between 15 & 16 Mile,
turn East at the light onto Carlier, go to Little Mack & turn left which dead ends at
Nunnely entrance to the Church Parking lot

Wednesday July 24, 2002 Wednesday Wramble 6:30 p.m.
Leader: Bob Bruce 248-641-5139 Come early.
Distance: 18 - 22 miles on flat to rolling terrain.
Meet in the Kroger parking lot at Long Lake (18 Mile rd.) & Livernois.
Park facing Long Lake Rd., next to the AAA office.
Restaurant stop optional after the ride.

Saturday, July 27, 2002 Thru the Suburbs Ride 10:00 a.m.
Leader: Linda Mariani 248 288-6023
Distance: 30 miles on city streets, through Clawson, Beverly Hills and Royal Oak.
Meet at Clawson City Park, corner of Elmwood (14 1/2 Mile) and Custer, between
Main St. and Crooks. Moderate pace. Lunch stop and Ray's Ice Cream stop.

Sunday, July 28, 2002 Lower Huron Parks Ride 9:00 a.m.
Leader: Kevin Degen 248 642-3796 Distance: 26-30 miles
Meet at Tulip Tree Parking Area - 2nd picnic area on right. Take I-275 S. to I-94.
Exit on Haggerty, turn right, which leads into the park. \$3.00 parking fee without
a park sticker. Bring lunch to eat in the park after the ride. Longer ride for those
wishing to do so. Pace 10-12.

Monday July 29, 2002 Metro Path/Mt. Clemens Ride 6:30 p.m.
Leader: Mike & Pat Ennis 586-792-7709 try to be early.
Distance: 18 Miles down the path & into Mt. Clemens at a 10 to 12 MPH.
Meet at St. Thecla's Church parking lot. Off Groesbeck between 15 & 16 Mile,
turn East at the light onto Carlier, go to Little Mack & turn left which dead ends at
Nunnely entrance to the Church Parking lot.

Tuesday, July 30, 2002 Rochester Hills Morning Ride 9:00 a.m.
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. Shirley & Pat Mullin @248-656-2187

Wednesday July 31, 2002 Wednesday Wramble 6:30 p.m.
Leader: Bob Bruce 248-641-5139 Come early.
Distance: 18 - 22 miles on flat to rolling terrain.
Meet in the Kroger parking lot at Long Lake (18 Mile rd.) & Livernois. Park
facing Long Lake Rd., next to the AAA office.
Restaurant stop optional after the ride

**Be sure to check the Hotline (586) 819-0187 for any impromptu activities.
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Activity included on the hotline.**

Get ready for the season by visiting your favorite bike shop!

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	1109 S. Washington Royal Oak, MI, 48067-3219	(248) 542-7182
American Cycle and Fitness	20343 Mack Avenue, Grosse Pointe, MI 48236- 1717	(313) 886-1968
American Cycle and Fitness	2169 Metropolitan Pkwy., Sterling Heights, MI 48310	(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 48030-1	(248) 545-1225 14
D & D Bicycles	121 North Center Northville, MI 41867-1413	(248) 347-1511
D & D Bicycles	4141 West 12 Mile Road Berkley, MI 48072-1121	(248) 547-0770
D & D Bicycles	8383 Middlebelt Westland, MI 48185-18 10	(313) 552-9410
Fraser Bicycle and Fitness	32064 Utica Road, Fraser, MI 48026-2207	(586) 294-4070
Macomb Schwinn Cyclery	28411 Schoenherr, Warren, MI 48088-6300	(586) 756-5400
Paul's Bike Depot	28057 Gratiot, Roseville, MI 48066	(586) 776-9165
Prestige Cycles	36558 Moravian, Clinton Township, MI 48035-1202	(586) 7924040

Slow Spokes Membership Application

Date _____

Name _____ Phone _____

Address _____ E-mail _____

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