



Slow Spokin' Times

August 2003

President: Paul Wilhelm
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POR Co-Chair: Mary Zahler
Ride Coordinator: Mary Stoolmiller
Sunshine Liaison: Aloys Turck

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

Potpourri

- **The August meeting will be held at 7:30 P.M. on Friday, August 1, 2003, at 7:30 P.M., at the Owen-Jax Activities Center, 9 Mile Road east of Van Dyke. Refreshments will be served.**
- **Ride information:** Send information for rides/walks for the September Spokin' Times to Mary Stoolmiller, 6143 Walker, Troy, MI 48085, by September 10, 2003. (248) 879-6004.
- **Newsletter information:** Send any articles or information you want published in the September Spokin' Times to Kay Sheere, 11318 Jacqueline, Sterling Heights, 48313 by September 15, 2003 (586) 939-9817. Email address ktmc1014@a1above.net

A Thought

By member Rose Marie Jacobs

A Thought

*"Among those whom I like or admire,
I can find no common denominator,
but among those whom I love, I can:
All of them make me laugh."*

W. H. Auden

To All Ride Leaders

Please save sign-up sheets and return to Mary Stoolmiller as soon as convenient. Don't throw them away!

IMPORTANT NOTICE!!

Volunteer(s) needed to take over the newsletter. I will no longer be able to do the newsletter after the September issue. I have taken on new responsibilities at work and must work more hours and will no longer have time to do the newsletter. Someone please offer to help.

Kay Sheere

Please --- Mark Your Calendars

Saturday, Sept. 20th The Celebration of Cycling Ride put on by The Arc Cycling program which assists individuals with disabilities to become competent cyclists. Takes place in Dearborn Hghts. – starts at Warrendale Park. Fee - \$16.00 – includes a free T-Shirt. There will be more on the ride in your next newsletter. If you need an application, they will be available at the Slow Spokes August 1st meeting or ...please contact, Rose Marie Jacobs at (586) 779-4780 or, e-mail MackinacRose@msn.com.

Update on Peach of a Ride

Ride preparations are on schedule. All volunteer positions have been filled. If you signed up for a bike shop, keep it supplied with applications. All members should check drop off points for flyers – if low, replenish. Keep them with you in your car.

The time is getting near. Get those recipes out, as you will be called to bake cookies, it's a trademark of the Peach of a Ride. Spread the word to all you know and anyone you come in contact with. It is the Club's only fund raiser, and when profitable, we can be generous in our bike-related donations. Peach of a Ride meeting for committee heads at 7:30 pm., August 24th at Minnie Szatkowski's house.

WANTED:

I am very interested in buying a "Long Wheel Base Recumbent." If you have one to sell, please call Gary Balowski at (313) 521-6214. I am a member of the Slow Spokes.

BIKE FEAST 2004 MEETING

DATE: Thursday, August 14th

TIME: 7:00 P.M.

PLACE: Evelyn Bires Home
28105 Rosebriar
St. Clair Shores, MI.
(586) 778-8397

All are welcome to attend this meeting. We would enjoy having you come out and give us your valued ideas and thoughts regarding the Slow Spokes hosting the Bike Feast in 2004. Refreshments will be served, and you can bet your boot straps, that they will be wickedly scrumptious. Hope to see you there.

August 2003 Scheduled Activities

**ALL RIDES: CALL THE LEADER OF THE ACTIVITY IN WEATHER IS QUESTIONABLE
THE TIME LISTED IS THE START TIME. ALLOW 15 MINUTES BEFORE START TIME TO GET
YOURSELF AND YOUR BIKE READY TO GO.**

Saturday, August 2, 2003 Metro Parkway Ride 9:00 AM
No Leader Distance: 25 mi. Terrain: flat. Meet at Freedom Hill Park, on 16 Mile between Utica Road and Schoenherr. Optional restaurant stop after the ride. Interested members meet, ride at your own pace. No sign up sheet. Ride to Metro Beach and back.

Sunday, August 3, 2003 Minard Mills Bicycle Tour & Wienie Roast, Jackson, MI
See LMB calendar for details, or call Rita Zupan (586) 264-0712.

Wednesday, August 6, 2003 Grosse Pointe Morning Ride 9:30 AM
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. - 12-14 mph, faster along Lakeshore and around Windmill Pointe. Distance of 25 miles. If weather is questionable, we may not take the long drive into G.P. Call before 8:00 a.m. Pat & Shirley Mullin, 248-656-2187

Wednesday, August 6, 13, 20, 27, 2003 Wednesday Wramble 6:30 PM
Leader: Bob Bruce (248) 641-5139 Terrain: flat to rolling. Meet at the NE corner of Livernois and Long Lake Rd. in Troy. Park next to AAA office, facing Long Lake. Dinner optional after the ride.

Saturday, August 9, 2003 Lake Huron Country Ride 9:30 AM
Leader: Alex Schneider (810) 329-7245 Distance 41 mi. Pace 12-14 mph Terrain: flat. 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 to parking lot. Restaurant stop for lunch.

Sunday, August 10, 2003 North Suburban Neighborhood Ride 7:00 AM
Leaders: Tom Miller (586) 573-4754 Distance: 31 mi. Pace: 12-14 mph Terrain: flat, flat and flatter. Meet at the Warren City Pool, 27400 Campbell, Warren, one block N of I-696 between Van Dyke and Hoover. Restaurant stop at Bruegger's of Royal Oak at 15 miles. Special Features of the Ride: Anatomically correct statue in Royal Oak.

Monday, August 11 Rochester Hills Morning Ride 9:00 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). 8-28mph (hilly) about 25 miles. Lunch nearby after the ride. Call if weather questionable. Shirley & Pat Mullin @248-656-2187.

Wednesday, August 13, 2003 Wednesday Wramble 6:30 PM
Leader: Bob Bruce (248) 641-5139 Terrain: flat to rolling. Meet at the NE corner of Livernois and Long Lake Rd. in Troy. Park next to AAA office, facing Long Lake. Dinner optional after the ride.

Saturday, August 16, 2003 Huron Valley Trail Ride 9:30 AM
Leader: Jim Walter (248) 879-2405 Distance: 32 mi. Pace 11-13 mph Terrain: rolling. Meet in Kensington Metropark. Take I-96 W to Kent Lake Road, Exit 153, turn right into park. Park in first area after the toll booth, the East Boat Launch area. Restaurant stop during the ride. All paved pathway from Kensington to Island Lake to South Lyon.

Sunday, August 17, 2003 Mini Blue Water Ride 9:00 AM
Leader: Bob Latsko (586) 939-2788 Distance: 30 mi. Pace: 12-14 mph Terrain: flat. Meet at McDonald's on M-29 in Algonac. Restaurant stop for lunch after the ride. Bring passport or birth certificate for return to US, and money for 2 ferries (about \$2.00).

Wednesday, August 20, 2003 Wednesday Wramble 6:30 PM
Leader: Bob Bruce (248) 641-5139 Terrain: flat to rolling. Meet at the NE corner of Livernois and Long Lake Rd. in Troy. Park next to AAA office, facing Long Lake. Dinner optional after the ride.

Friday, August 22, 2003 **Grosse Pointe Morning Ride** **9:30 AM**
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. - 12-14 mph, faster along Lakeshore and around Windmill Pointe. Distance of 25 miles. If weather is questionable, we may not take the long drive into G.P. Call before 8:00 a.m. Pat & Shirley Mullin, 248-656-2187

Saturday, August 23, 2003 **Goodells Farm Museum Ride** **9:00 AM**
Leader: Adolfo Torres (586) 749-5982 Distance: 45 mi. Pace: 12-14 mph Terrain: mostly flat. Meet at Richmond Kmart at M-19 and Gratiot. Park next to Burger King. Bring a picnic lunch to eat at Goodells Park. Harvest Festival at the Farm Museum.

Sunday, August 24, 2003 **Lower Huron Metroparks Ride** **10:00 AM**
Leader: Kevin Degen (248) 333-3907 Distance: 23-27 mi. Pace: 11-13 mph Terrain: flat-a few hills. Meet at Tulip Tree Picnic Area I Lower Huron Metropark. Take I-94 to Exit 89, Haggerty Rd.. Go S on Haggerty into park to second parking area. Park near restrooms. Bring a picnic lunch to eat in the park after the ride. All paved pathway through 3 parks along the Huron River. Bring a bathing suit if you want to swim after the ride.

Wednesday, August 27, 2003 **Wednesday Wramble** **6:30 PM**
Leader: Bob Bruce (248) 641-5139 Meet at the NE corner of Livernois and Long Lake Rd. in Troy. Park next to AAA office, facing Long Lake. Dinner optional after the ride.

Friday, August 29, 2003 **Rochester Hills Morning Ride** **9:30 AM**
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. - 12-14 mph, faster along Lakeshore and around Windmill Pointe. Distance of 25 miles. If weather is questionable, we may not take the long drive into G.P. Call before 8:00 a.m. Pat & Shirley Mullin, 248-656-2187

Sunday, August 31, 2003 **Greektown Ride** **9:00 AM**
Leader: Tom Miller (586) 573-4754 Distance: 40 mi. Pace: 12-14 mph Terrain: flat Meet at Warren City Pool, 27400 Campbell, N of I-96, between Hoover and Van Dyke. Lunch at Pegasus Restaurant in Greektown.

Monday, September 1, 2003 **Tour De City** **8:30 and 10:30 AM**
Long Tour: Meet at 8:30 AM at Macomb Community College, corner of 12 mile and Hayes. We will ride to Belle Isle where we will meet the folks doing the short tour. Along the way we will travel through the Grosse Pointes, stop at the Fisher mansion, ride by the Manoogian mansion, ride through Indian Village and Elmwood Cemetery. At Belle Isle we will meet up with the group doing the short tour and will ride at a slower pace as we tour downtown Detroit with a lunch stop in Mexican Town at the El Zocalo Restaurant. After our lunch and Tour of Downtown the short tour will return to Belle Isle and the long tour will return to the starting location by way of Hamtramck. Total distance: 55-60 miles.
Short Tour: Meet at 10:30AM at the Belle Isle Casino. We will ride around Belle Isle until the long tour meets us at approx. 10:30-11:00 AM. After returning to Belle Isle you can add additional miles if you wish. Total distance: 15 miles plus whatever you wish to ride on Belle Isle.
Pace: The long tour will ride at 13-15 MPH. If unable to ride at this pace please meet at Belle Isle for the short tour.
Ride Leaders: Kathy and Bob George, (586)-463-6058



Contact Tom Paonessa 586-293-8624 to have your activity listed 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.

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	(734) 552-9410
Fraser Bicycle and Fitness	34570 Utica Rd., Fraser, Mi. 48026-2207	(586) 294-4070
Macomb Bike and Fitness	28411 Schoenherr, Warren, MI 48088-6300	(586) 756-5400
Main Street Bicycles	11 S. Washington Oxford, Mich. 48371	248-236-9100
Main Street Bicycles	56732 Van Dyke Shelby, Mich. 48316	
Paul's Bike Depot	28057 Gratiot, Roseville, MI 48066	(586) 776-9165
Prestige Cycles	36558 Moravian, Clinton Township, MI 48035-1202	(586) 792-4040

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