



Slow Spokin' Times

May 2003

President: Paul Wilhelm
Vice President: Mary Stoolmiller
Treasurer: Carol Blanchard
Secretary: Terry Taylor
Newsletter Editor: Kay Sheere

Membership: Ron Phifer
POR Co-Chair: Minnie Szatkowski
POR Co-Chair: Mary Zahler
Ride Coordinator: Mary Stoolmiller
Sunshine Liaison: Aloys Turck

Check our website:

or Hotline: 586-819-0187

Potpourri

- **The May meeting will be held at 7:30 P.M. on Friday, May 2, 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 June Spokin' Times to Mary Stoolmiller, 6143 Walker, Troy, MI 48085, by May 10, 2003. (248) 879-6004.
- **Newsletter information:** Send any articles or information you want published in the June Spokin' Times to Kay Sheere, 11318 Jacqueline, Sterling Heights, 48313 by May 15, 2003 (586) 939-9817. Email address

2003 MS Walk

For those of you who are unaware, Multiple Sclerosis (MS) is a chronic disease of the central nervous system, affecting the brain and spinal cord, that usually strikes adults between the ages of 20 and 50. One new case of MS is diagnosed every hour. It comes and goes unpredictably, often leaving people to wonder "Will I become paralyzed, blind or have trouble walking? Will I be able to raise my family and continue my career?"

For the second year in a row, I'm organizing a team of walkers. Last year the team's official head count was 49 and we collectively raised close to \$9,000 for research.

As members of the Slow Spokes, or any other club, we've all experienced the contagious energy that comes from being part of a group. So anyone who would be interested in being a part of this team, and walking two, three or five miles on Saturday morning, May 3, in Warren, or if you're unable to walk but would like to sponsor someone who is walking, please give me, Lennie Raines, a call at 586/463-4916.

Thanks so much for considering being a part of my personal quest to help end the potentially devastating effects of this disease.

NEWSLETTER NOTICE!!!

This will be your last newsletter unless you have paid your dues.

A Thought

By members Shirley and Pat Mullin

"Beautiful young people are accidents of nature, but beautiful old people
are works of art" Eleanor Roosevelt.

Hurry!! Last Chance to Order a Club Jersey in 2003

You only have until the May meeting to order one of the nifty Slow Spokes club jerseys. They are a top quality, bright yellow Canari Paceline jersey emblazoned with the Club turtle logo on the front and back. Cost will be in the \$35.00 range (depending on quantity ordered). Size (Small, Medium, Large, X-Large and 2X-Large) runs a tad on the small side. You can try on the jersey for size at Prestige Cycle – Patti has most sizes on the rack. Place order at the May Club meeting or by sending a check for \$35.00 (payable to Paul Wilhelm) along with size desired to Paul Wilhelm, 48120 Walden Rd., Macomb, MI 48044.

New Dates for Niagara on the Lake Bike Ride

Due to a conflict with the 2003 Palm Ride, I have changed the dates of my Niagara on the Lake ride. The new dates are June 4th and 5th, 2003.

I plan to arrive there the afternoon of June 3rd. It is approximately a 5 hour drive to Niagara on the Lake via Port Huron.

Members will be able to ride any and all of the above dates. I will supply detailed suggested routes, but members will be permitted to ride wherever they wish. Many wineries are located along these routes and may be visited if desired.

I have listed several phone numbers and websites to assist our riders in making their own room reservations and theatre reservations.

Niagara on the Lake B&B Assoc.	(866) 855-0123
Niagara on the Lake Chamber of Commerce	(905) 468-1950
Shaw Festival Box Office	1-800-511-shaw
Maps of the area:	

I highly recommend that all interested riders make their own room and theatre reservations ASAP, as the good B&B's fill up early. (Jim Carson and I made our room reservations in December).

One word of caution, however; many B&Bs do not usually serve breakfast until 9:00 AM or later. I plan to begin riding at 10:00 AM on Wed. June 4th and Thurs. June 5th. I suggest that you make arrangements to eat early to enable you to join me at 10:00.

Feel free to contact me at any time with questions. My home phone is (248) 651-6714. Jan. thru Mar. I will be in Florida and may be reached at (850) 497-1028, or email me at . Looking forward to a fun time.

Fred Meinberg

May 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.**

Thursday, May 1, 2003 Harsen's Island Ride 10:00 AM
Leader: Evelyn Bires (810) 778-8397 Distance: 22-32 mi. Terrain: flat Meet behind McDonald's on M-29 in Algonac, about 2 miles E. of Harsen's Island ferry dock. Restaurant stop after the ride.

Saturday, May 3, 2003 Dick Barry Memorial Ride 10:00 AM
Leader: Paul Wilhelm (586) 247-6397 Carol Blanchard (810) 329-2457 Distance: 35 mi.
Pace: 11-13 mph Terrain: flat Meet in SW corner of St. Clair mall parking lot. Take I-94 E to Exit 257. Go E into St. Clair, right on Clinton, left on 3rd St. to mall parking. Lunch at Murphy's, Dick's favorite restaurant.

Sunday, May 4, 2003 Metro Grand Spring Tour, Willow Metropark
See LMB calendar for details.

Sunday, May 4, 2003 Paint Creek Trail Ride 10:00 AM
Leader: Fred Meinberg (248) 651-6714 Distance: 20 miles Pace: 11-13 Terrain: flat
Meet at Rochester City Park, one block W of Rochester Rd., one block N of University Dr., on Pine Street. Restaurant stop after the ride.

Tuesday, May 6, 2003 Rochester Hills Ride 10:00 AM
Leaders: Shirley and Pat Mullin (248) 656-2187 Terrain: hilly
Join Shirley and Pat for a ride around nearby hilly neighborhoods in Rochester Hills. Meet at their condo at 1754 Thomas Ct. Enter Streamwood Condominiums, N off Hamlin Rd., just E of Crooks Rd. (North of M-59). Lunch nearby after the ride. Call if weather questionable.

Wednesday, May 7, 2003 Wednesday Wramble 6:30 PM
Leader: Bob Bruce (248) 641-5139 Distance: 18-22 mi. Pace: 12-14 mph Terrain: rolling
Meet at NE corner of Livernois and Long Lake. Park next to AAA office, facing Long Lake Rd. Dinner optional after the ride.

Saturday, May 10, 2003 Michigan Recumbent Rally, Willow Metropark
See LMB calendar for details.

Saturday, May 10, 2003 Richmond to Goodells Park 10:00 AM
Leader: Alex Schneider (810) 329-7245 Distance: 40 mi. Terrain: mostly flat
Meet at M-19 and Gratiot near Burger King in Richmond. Bring a picnic lunch or buy one in Memphis to eat at Goodells Park.

Sunday, May 11, 2003 Grand Mother's Day Ride 9:00 AM
Leader: Mary Stoolmiller (248) 879-6004 Distance: 20-22 mi. Pace: 11-13 mph Terrain: flat
Meet at Raintree Park on John R, between 16 Mile and 17 Mile Roads. A short, easy ride through Troy and Sterling Heights will get you back home in plenty of time to celebrate the holiday with your family.

Wednesday, May 14, 2003 Wednesday Wramble

6:30 PM

Leader: Bob Bruce (248) 641-5139 Distance: 18-22 mi. Pace: 12-14 mph Terrain: flat to rolling
Meet at NE corner of Livernois and Long Lake. Park next to AAA office, facing Long Lake Rd.
Dinner optional after the ride.

Thursday, May 15, 2003 Grosse Pointe Ride

10:30 AM

Leaders: Pat and Shirley Mullin (248) 656-2187 Distance: 20+ mi. Pace 12-14 mph
Meet at the Grosse Pointe Municipal Building, at 20025 Mack Ave., between Moross and Vernier,
on the W side of Mack. Park at the N side of parking lot. Lunch during ride. If weather is
questionable, we may not take the long drive into G.P. Call before 9:00 AM.

Saturday, May 17, 2003 Huron Valley Trail System

10:00 AM

Leader: Jim Walter (248) 879-2405 Distance: 30-40 mi. Terrain: hilly to flat
Meet in Kensington Metropark. Take I-96 W to Kent Lake Rd., Exit 153, and turn right into the
park. Park in the first area after the toll booth, the East Boat Launch area. We'll ride all paved bike
paths from Kensington to Island Lake, to a paved rail trail into South Lyon. Restaurant stop during
the ride.

Saturday, May 17, 2003 Wolverine 200 Marathon, Belle Isle

See LMB calendar for details.

Sunday, May 18, 2003 Warren/Bloomfield Hills

7:00 AM

Leader: Tom Miller (586) 573-4754 Distance: 52 mi. Pace 12-14 mph Terrain: mostly flat, some
hills Meet at Warren City Pool, 27400 Campbell, one block N of I-696, between Van Dyke and
Hoover. This is just a nice ride. We'll stop at Bruegger's of Royal Oak.

Tuesday, May 20, 2003 Metro Path to Metro Beach to Mt. Clemens

10:00 AM

Leader: Rita Zupan (586) 264-0712 Tom Paonessa (586) 293-8624 Distance: 30 to 40 miles.
Pace: 12-14 mph Terrain: flat Meet at Freedom Hill Park, on Metro Parkway, or meet at Rita's
house at 9:30 for an additional 6 miles. Pack a lunch and eat at Metro Beach.

Wednesday, May 21, 2003 Wednesday Wramble

6:30 PM

Leader: Bob Bruce 248-641-5139 Distance: 18-22 mi. Pace: 12-14 mph Terrain: flat to rolling
Meet at NE corner of Livernois and Long Lake. Park next to AAA office, facing Long Lake Rd.
Dinner optional after the ride.

Saturday, May 24, 2003 Lower Huron Metroparks Ride

10:00 AM

Leader: Kevin Degen (248) 603-5314 Distance: 25 mi. Pace 11-13 mph Terrain: mostly flat
Meet at Tulip Tree Picnic Area in Lower Huron Metropark. Take I-94 W to Haggerty Rd., Exit
89. Go S into park to the second parking area, Tulip Tree. Meet near restrooms. This is a paved
trail through 3 scenic parks along the Huron River. Call Kevin if you want to meet at 6:00 AM for
an early ride. Bring a picnic lunch to eat in the park.

Sunday, May 25, 2003 Harsen's Island Steak Dinner Ride

1:00 PM

Leader: Aloys Turck (248) 362-4031 and Rose Marie Jacobs (586) 779-4780 Distance: 20-25 mi.
Pace: 10-13 mph **Dual Paced Ride:** Alternate leader Kathy George (586) 463-6058 Distance: 20
Pace 9-11 Terrain: flat Meet behind McDonald's on M-29 in Algonac, about 2 miles E of
Harsen's Island ferry dock. Dinner will be New York strip steak with all the trimmings, at St.
Paul's Church, for \$10.00, starting at 3:00 PM.

Monday, May 26, 2003 **Tour de Lakes, Commerce**
See LMB calendar for details.

Wednesday, May 28, 2003 **Rochester Hills/Stony Creek Morning Ride** **10:00 AM**
Leaders: Shirley & Pat Mullin (248) 656-2187 Terrain: hilly
Join Shirley and Pat for a ride around nearby hilly neighborhoods in Rochester Hills. Meet at their condo at 1754 Thomas Ct. Enter Streamwood Condominiums, N off Hamlin Rd., just E of Crooks Rd. (North of M-59). Bring a picnic lunch to eat at Stony Creek Park. Call if weather is questionable.

Wednesday, May 28, 2003 **Wednesday Wramble** **6:30 PM**
Leader: Bob Bruce 248-641-5139 Distance: 18-22 mi. Pace: 12-14 mph Terrain: flat to rolling
Meet at NE corner of Livernois and Long Lake. Park next to AAA office, facing Long Lake Rd.
Dinner optional after the ride.

Saturday, May 31, 2003 **St. Clair - Lakeport Ride** **10:00 AM**
Leader: Carol Blanchard (810) 329-2457 Distance: 48 mi. Pace: 12 mph Terrain: mostly flat
Meet SW corner of mall parking lot in St. Clair. Take I-94 E to Exit 257. Turn right and follow road into St. Clair (approx. 7 mi.). Turn right on Clinton, go 3 blocks to 3rd St. and turn left. Go 3 blocks to mall parking lot. We will ride along the St. Clair River and under the Blue Water Bridge. Table Top in Lakeport for lunch.



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

"Meet Us On The Trail" Michigan Trails Day

The Michigan State Legislature has designated Saturday, June 7th as Michigan Trails Day and is being celebrated all along the Paint Creek, Clinton River and Macomb Orchard Trails.

This will be a great opportunity to get out and enjoy our trails and learn more about them and the communities they run through. The Paint Creek Trail will be bustling with activities and major portions of the new Clinton River and Macomb Orchard Trails will be open to the public in different ways.

Biking, nature walks, trail clean up, a historical bike tour, and a bike clinic for youth are among the events being planned for the day. A "Meet Us On The Trail" events tent will be the hub of these activities, located along the Paint Creek Trail just behind the Rochester Municipal Park. State Representative Mike Bishop is helping coordinate the day's events and is making arrangements for a community lunch to be served midday. The Slow Spokes will again lead a group ride on the Paint Creek Trail (See the June Ride Calendar for details).

Please mark Saturday, June 7th on your calendars and "Meet Us On The Trail".

TO ALL RIDE LEADERS

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

FOR SALE

Road Bike, 21" frame. Touring configuration. Well equipped. Tuned up by Anchor Bay Bike Shop. \$150.00 Call Pat Mullin (248) 656-2187



MAY FLOWERS

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	(734) 552-9410
Fraser Bicycle and Fitness	32064 Utica Road, 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