



# Slow Spokin' Times

October, 2004

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Ride Coordinator: Jim Walter  
Sunshine Liaison: Aloys Turck

Check our website: [www.lmb.org/spokes](http://www.lmb.org/spokes). The Hotline has been disconnected.

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- **The September meeting will be held at 7:30 P.M. on Friday, October 1, 2004, 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 October Spokin' Times to Jim Walter at 6870 Emerald Shores, Troy, 48085 or E-Mail address: [Jim.Walter@Comcast.Net](mailto:Jim.Walter@Comcast.Net) by October 10, 2004
  - **Newsletter information:** Send any articles or information you want published in the October Spokin' Times to Bob Barron, 11904 Daisy Ct., Sterling Heights, 48313 by October 15, 2003 (586) 803-0609. E-Mail address [Garrity56@SBCGlobal.Net](mailto:Garrity56@SBCGlobal.Net)
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## A THOUGHT .....

Mobile phones are the only subject  
on which men boast about who's got  
the smallest.

Neil Kinnock, British politician

Submitted by: R.M.J.

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## Post-Peach of a Ride Meeting

There will be a meeting at Ruth Ann Booms' home. It will be to discuss the the good and bad points of the ride.

Ruth's address is 32022 Bunert, in the city of Warren. The meeting will be at 6:30 P.M. on October 8<sup>th</sup>. If you wish to contact her you can phone her at (586) 293-7603. Hope to see you there!

## Oakland Bike Trails Link Residents to Nature

More than 200 miles of paths will connect Port Huron with Wixom in Oakland County

The Detroit News

If you like to bicycle, hike or jog, Oakland County has you covered. Plans are in the works to hook up more than 200 miles of trails to create one of the largest systems in southeast Michigan.

It's just one among hundreds of efforts to balance quality of life, industry and commerce in the county of 1.2 million.

On the Pontiac-Bloomfield Township border, for example, green and viable neighborhoods grow in the shadow of a truck plant. Green belts are built around the plant, reducing the eye-sore factor to almost nil.

An associated industrial park, graced with landscaping and sidewalks, is often used by cyclists and joggers.

Overall, the county is pushing programs to preserve green in and around new development, and the bike trails will be an environmentally friendly way to connect many of the successes.

They are part of planned amenities that county and local governments have spent years to develop — but which are seldom mentioned when Oakland is criticized as a creature of sprawl.

Trails get right at the heart of the matter.

At once they provide for nature, exercise, a unique feature and a sense of place.

The Paint Creek Trail, connecting Rochester and Lake Orion, has been a destination ride for bikers for years. It follows the bed of the Penn Central Railroad along the Paint Creek Valley in a patch of nature that includes wetlands, hills and pastures.

The expanded bike trail will connect the far corners of the county. Designed for recreation, it theoretically could be used to bike to work in the summer, much as the winding lakefront passage is used in Chicago.

"The idea for all these trails is someday you can go all the way from Port Huron to Wixom," says Bruce Austin, park superintendent for Rochester. "Linkages are important because it makes each link that much stronger and people will use it. The more the merrier."

The emphasis on green space and recreation reflects good planning. And it's one of the things that separates Oakland County from communities that develop willy-nilly without regard to quality of life.

**Ride Leaders:**

We need more people to volunteer as ride leaders. If you would like to lead a ride, please call Jim Walter at (248) 879-2405 to coordinate what dates are available. We wish to avoid calling you unless we know you have an interest in leading a ride. But we need more people to volunteer in order to have a fuller calendar. Please Note: Over the first several days of the month, the next month's calendar is being published to the web site, so you can see what rides are scheduled and what dates are open. This is intended to give you an idea of how many dates still need to be filled. On around the 12th of the month, it becomes the ride list that will be published in the newsletter.

**Rides for October 2004****Saturday, October 2, 2004, 10:00 am Stony Creek to Macomb Orchard Trail**

Leader: Jim Walter (248) 879-2405. Distance 20-30 miles, pace 11-13, terrain partly hilly, partly flat. Meet at the boat launch area at Stony Creek Metropark. We will ride up and back on the Macomb Orchard Trail, and maybe try out the adjoining Clinton River Trail if it is open for riding - it is supposed to get a surface like the Paint Creek Trail. Optional restaurant stop after ride.

**Sunday, October 3, 2004 Blue Water Ramble**

Many of our club members go on this great ride sponsored by the Clinton River Riders. For information on the ride, their web site is [lmb.org/crr/bwr2.ihtml](http://lmb.org/crr/bwr2.ihtml)

**Saturday, October 9, 2004, 10:00 am Paint Creek Trail**

Leader: Sandy Krueger (248) 544-7283. Meet in the Rochester Municipal Park by the pond. See the fall colors on the Paint Creek Trail. Optional restaurant stop after ride.

**Sunday, October 10, 2004, 10:00 am Grosse Pointe Haunted Neighborhood Ride**

Leaders: Rose Marie Jacobs (586) 779-4780. Distance 25-30 miles, pace 12-14. Meet at the shopping center at the corner of Marter Rd. & Jefferson, St. Clair Shores. We will ride along beautiful Lake St. Clair into some very pretty neighborhoods in Grosse Pointe. The homes will be decorated with scary and creepy Halloween decorations. Should be fun. Lunch will be at Panera Bread in the village. No ride if it rains.

**Sunday, October 10, 2004 Fall Back 40 Challenge**

This is a dirt ride in the Clarkston area sponsored by the Flying Rhino Cycling Club. For information on the ride, their web site is [http://www.flyingrhinocc.com/Tours/back40\\_fall\\_color/index.htm](http://www.flyingrhinocc.com/Tours/back40_fall_color/index.htm)

**Tuesday, October 12, 2004, 9:30 am Huron Valley Trails**

Leader: Jim Walter (248) 879-2405. Distance 44 miles, pace 11-13, terrain part hilly, part flat. The first part of the ride will be the hilly part as we go to Island Lake and Kensington Park. Then, we will ride the flat rail trail to South Lyon for lunch. After lunch, we will have a flat 10 miles back to our cars. Meet at Lyon Oaks County Park. Take I-96 west to the Wixom Road exit (exit 159). Turn right and go 2 miles up Wixom Road to Pontiac Trail. Turn left and go 1 mile to the park entrance on the left. Follow paved road to golf and banquet center. We will park in the banquet center parking lot.

**Saturday, October 16, 2004, 10:00 am Peach of a Ride - Dirt in reverse**

Leader: Alex Schneider (810) 329-7245. Distance 31 miles, dirt road ride. Meet in Memphis at Potter Street Parking lot. Turn right off M-19 one block before light.

**Sunday, October 17, 2004, 11:00 am Ride around Troy**

Leaders: Mary Stoolmiller (248) 879-6004 and Aloys Turck (248) 362-4031. Distance 23 miles, pace 11-13, terrain flat to rolling. Meet at Raintree Park on John R. between Big Beaver (16 mile) and Wattles (17 mile). Park near restrooms. We will ride the perimeters and downtown areas of lusty, brawling Troy. Optional restaurant stop after the ride at the Gathering Place.

**Saturday, October 23, 2004, 10:00 am St. Clair to Lakeport**

Leader: Concetta Pellerito (586) 727-9494. Distance 48 miles, pace 12-14, terrain mostly flat. Meet in the SW corner of the St. Clair Mall parking lot. Take I-94 east to exit 257. Go east into St. Clair, right on Clinton, left on 3rd St. to Mall parking lot. Restaurant stop in Lakeport to fuel up for the ride back.

**Sunday, October 24, 2004, 10:00 am Lower Huron Metroparks Trail Ride**

Leader: Kevin Degen (248) 569-5674, work (248) 603-5314, distance 23 miles, pace 11-13, terrain rolling. Meet in the Tulip Tree picnic area in Lower Huron Metropark. Take I-94 west to Haggerty Rd., Exit 192, (first exit west of I-275). Go South on Haggerty 1 mile into park to the second parking area. Park near restrooms. Optional restaurant stop after the ride.

**Saturday, October 30, 2004, 10:00 am Huron Valley Trails**

Leader: Jim Walter (248) 879-2405. Distance 44 miles, pace 11-13, terrain part hilly, part flat. The first part of the ride will be the hilly part as we go to Island Lake and Kensington Park. Then, we will ride the flat rail trail to South Lyon for lunch. After lunch, we will have a flat 10 miles back to our cars. Meet at Lyon Oaks County Park. Take I-96 west to the Wixom Road exit (exit 159). Turn right and go 2 miles up Wixom Road to Pontiac Trail. Turn left and go 1 mile to the park entrance on the left. Follow paved road to golf and banquet center. We will park in the banquet center parking lot.

**Sunday, October 31, 2004, 10:00 am Halloween Haunt Ride**

Leaders: Rose Marie Jacobs (586) 779-4780 and Evelyn Bires (586) 778-8397. Distance 25-30 miles, easy pace 12-14. Meet at the shopping center at the corner of Marter Rd. & Jefferson, St. Clair Shores. We will bike from St. Clair Shores to Metro Beach, viewing the pretty waterfront and visiting Terry's bench. Soup & Chili will be served at Evelyn's home near the end of the ride. To gain entry you must wear a funny or silly hat for Halloween. Scrunch it up in your bike bag and wear it into Evelyn's home. No Hat - No Food. If it rains, come to Evelyn's home at noon (with your hat) for soup and chili.

Visit your favorite bike shop!!

The following bicycle stores offer a discount on equipment & accessories. You must show your Slow Spokes membership card when making a purchase to receive the discount.

Allied Cycle	23101 Gratiot, Eastpointe, Mi 48021	586-772-3411
American Cycle & Fitness	1109 S. Washington Royal Oak, Mi. 48067	248-542-7182
American Cycle & Fitness	2169 Metropolitan Pkwy., Sterling Hghts, Mi 48310	586-979-7570
Anchor Bay Bicycle & Fitness	35214 23 Mile Rd., New Baltimore, Mi. 48047	586-725-2878
Bicycle & Fitness Barn	1604 Stone Street, Port Huron, Mi. 48060	810-987-2523
Bike Tech	18401 E. Warren, Detroit, Mi. 48236	313-884-2453
Continental Bike Shop	24426 John R., Hazel Park, Mi. 48030	248-545-1225
D & D Bicycles	4141 West 12 Mile Rd., Berkley, Mi. 48072	248-547-0770
Fraser Bicycle & Fitness	34501 Utica Rd., Fraser, Mi. 48026	586-294-4070
Macomb Bike & Fitness	28411 Schoenherr, Warren, Mi. 48088	586-756-5400
Main Street Bicycles	11 S. Washington, Oxford, Mi. 48371	248-236-9100
Main Street Bicycles	56732 Van Dyke, Shelby, Mi. 48316	586-677-7755
Paul's Bike Depot	28057 Gratiot, Roseville, Mi. 48066	586-776-9165
Pointe Cycle & Fitness	20343 Mack Ave., Grosse Pointe Wds, Mi. 48236	313-886-1968
Prestige Cycles	36558 Moravian, Clinton Township, Mi. 48035	586-792-4040
Scarlett's Bike & Fitness	203 North Perry Street, Pontiac, Mi. 48342	248-333-7843

Slow Spokes Membership Application

Date \_\_\_\_\_ New Member \_\_\_\_\_ Renewal \_\_\_\_\_  
Name \_\_\_\_\_ Phone# \_\_\_\_\_  
Address \_\_\_\_\_ Email \_\_\_\_\_  
City/State \_\_\_\_\_ Zip \_\_\_\_\_

Please make your \$10.00 check payable to Slow Spokes  
Mail this application & your check to:  
Slow Spokes, P. O. Box 792, Sterling Heights, Mi. 48311-0792