






# Slow Spokes Spokin' Times

## August, 2006

|   |  |
|---|--|
| <u>President:</u> Paul Wilhelm            | <u>Membership Chair:</u> Lennie Raines |
| <u>Vice President:</u> Kim Mau            | <u>POR Co-Chairs:</u> Kim Mau          |
| <u>Treasurer:</u> Donna Mesyn             | Dawn Somerville                        |
| <u>Secretary:</u> Dawn Somerville         | <u>Ride Coordinator:</u> Kim Mau       |
| <u>Newsletter Editor:</u> Lennie Raines   | <u>Sunshine Liaison:</u> Aloys Turck   |
| <u>Newsletter Distributor:</u> Rita Zupan |  |

Website: [www.lmb.org/spokes](http://www.lmb.org/spokes)

-  **Meetings** - Unless otherwise noted, meetings are held at 7:30 p.m. on the first Friday of every month at the Graham Elementary School located on Crocker, north of Metro Parkway. Refreshments are served.
-  **Ride Information** - Send information for rides and walks to Kim Mau at 30122 Hayes, Roseville, 48066, call at 586/779-2767 or email the information to her at [maumarkd@sbcglobal.net](mailto:maumarkd@sbcglobal.net) by the tenth (10<sup>th</sup>) of the month.
-  **Newsletter Information** - Send articles you'd like published to Lennie Raines at 28048 Pine Tree Lane, Harrison Township, 48045, or email the information to her at [lennie\\_raines@sbcglobal.net](mailto:lennie_raines@sbcglobal.net). Articles must be received by the 15<sup>th</sup> of the month for inclusion in the newsletter.

### **DO WE HAVE YOUR CORRECT EMAIL ADDRESS?**

If you want to know of impromptu rides and other information of special interest not found on our website or in the newsletter, please make sure you forward your correct email address to Paul Wilhelm at [jpwilhelm@hotmail.com](mailto:jpwilhelm@hotmail.com).

Notes from the Newsletter Editor: 1) Every attempt will be made to include all articles as they are submitted, and in their entirety, in the newsletter. However, due to space constraints, this may not always be possible. 2) If you do not want your article edited in any way, shape or form (even if typos and/or grammatical errors are apparent) please make note of that when the article is sent.



## J P WILHELM'S Ps and Qs



**August Meeting Change.** Since the Graham Elementary School will be closed, the August meeting will be moved to the Riviera Terrace Condominium Club House, located on Riviera Drive approximately two-tenths of a mile north of Nine Mile Road east from Jefferson in Saint Clair Shores. The meeting will start at the usual time. This is an important meeting as the Peach of a Ride will then be a little over a month away.

**Slow Spokes Apparel.** Kim Mau will be ordering Slow Spokes jackets - Pearl Izumi high visibility yellow with the Club logo and your name embroidered on the front. The jackets normally sell for \$69.00 and the embroidery is about \$15.00. Kim has arranged for a discount - at least 10%, possibly more depending upon how many are ordered. She will have jackets at the July and August meetings to try on for size - they are available in S, M, L, XL and 2X. If you want one of these snazzy Club jackets, place your order with Kim by the August meeting. Payment of \$75.00 is required with order.

Barb Bollin has created a really nifty hooded sweatshirt for the 2006 Peach of a Ride. We will offer these in addition to short sleeve tee shirts. POAR volunteer workers will receive a tee shirt. The sweatshirt sells for \$29.00. If you would like one, Barb will be taking orders through the end of July. Payment of \$29.00 is required with your order. Examples of the tee shirt/sweatshirt art work will be available at the July meeting/picnic.

### **PEACH OF A RIDE**

**SAG Drivers Needed.** We need eight to ten SAG drivers for the Peach of a Ride. As a SAG driver you will be paired up with an amateur radio operator to patrol the Peach of a Ride route providing assistance to stranded and disabled riders. The job is easy and as enjoyable as a Sunday afternoon ride in the country. The only requirement is a vehicle to transport you, a radio operator and a disabled rider and his bike. To volunteer, please contact Paul at 586.247.6397 or email at [jpwilhelm@hotmail.com](mailto:jpwilhelm@hotmail.com).

**Route Marking.** Volunteers are needed to mark the route for the Peach of a Ride on Tuesday, Sept. 5, (rain date is Wednesday, Sept. 6). As we have in the past, we will do the route marking on our bikes. We'll split into two or three teams so that each team will mark and consequently ride only 20 to 30 miles. This has proven to be a fun, enjoyable way to get the job done. To sign up for the road marking crew, contact Paul at 586.247.6397 or email at [jpwilhelm@hotmail.com](mailto:jpwilhelm@hotmail.com).

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### **A GREAT BIG WELCOME TO ALL OUR NEW MEMBERS**

Diane Collins of Rochester  
Clair Decoster of Marine City  
Christine Downs of Bloomfield Hills  
Bob Grabe of Clinton Township  
Tom Harrison of Clinton Township  
Jerry Kler of Harrison Township  
Tom Marceau of Macomb  
Gretchen Sieweret of Northville

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## RIDE INFORMATION

### WEEKLY RIDE - TUESDAYS

#### MACOMB ORCHARD TRAIL RIDE

DISTANCE: 20 - 20+ miles  
PACE: 12 - 14 mph  
TERRAIN: Flat  
LEADER(S) & PHONE NUMBER(S): Paul Wilhelm, 586/247-6397  
MEETING PLACE: Parking lot on SE Corner of 25 mile and Shelby Roads  
ADDITIONAL INFORMATION: Weather permitting. No ride in the rain.

DATE: August 1, 8, 15, 22, 29  
TIME: 6:30 p.m.

### WEEKLY RIDE - WEDNESDAYS

#### FREEDOM HILL RIDE \*\*\*Please note new location & NO RIDE for August 16\*\*\*

DISTANCE: +/- 25 miles  
PACE: 14 - 16 mph  
TERRAIN: Flat  
LEADER(S) & PHONE NUMBER(S): Mark Mau, 586/596-0255 or 586/772-2767  
MEETING PLACE: Freedom Hill Parking Lot  
ADDITIONAL INFORMATION: We will bike into Metro Beach and back.

DATE: August 2, 9, 23, 30  
TIME: 6:30 p.m.

#### WEDNESDAY WRAMBLE

DISTANCE: 18 - 22 miles  
PACE: 11 - 13 mph  
TERRAIN: Flat to Rolling  
LEADER(S) & PHONE NUMBER(S): Jim Walter, 248/879-2405  
MEETING PLACE: NE corner of Livernois and Long Lake in Troy. Park next to AAA office facing Long Lake  
ADDITIONAL INFORMATION: Optional restaurant stop after the ride.

DATE: August 2, 9, 16, 23, 30  
TIME: 6:30 p.m.

### WEEKLY RIDE - THURSDAYS

#### JEFFERSON RIDE

DISTANCE: 20 - 30 miles  
PACE: 16 - 18 mph  
TERRAIN: Flat  
LEADER(S) & PHONE NUMBER(S): Carol Green (586) 296-7381  
MEETING PLACE: Memorial Parking Lot, Masonic & Jefferson  
ADDITIONAL INFORMATION: Have fun, see the sites!!!!

DATE: August 3, 10, 17, 24, 27  
TIME: 6:30 p.m.

#### ROOKIE RAMPAGE

DISTANCE: 10 miles  
PACE: 8 - 10 mph  
TERRAIN: Flat  
LEADER(S) & PHONE NUMBER(S): Kim Mau, 586/779-2767  
MEETING PLACE: McDonalds Parking lot 16 & Crocker  
ADDITIONAL INFORMATION: We will ride into Metro Beach.

DATE: Saturday, August 5  
TIME: 9:00 a.m.

#### MOUNTAIN MANIA

DISTANCE: Approx. 10 miles  
PACE: 8 - 10 mph  
TERRAIN: off road  
LEADER(S) & PHONE NUMBER(S): Mark Mau (586) 596-0255 cell or home (586) 779-2767  
MEETING PLACE: West Branch picnic area parking lot B.  
ADDITIONAL INFORMATION: There are some hilly spots, mostly double track unless everyone wants to progress to some single track.

DATE: Sunday, August 6  
TIME: 8:30 a.m.

### CLARKSTON COFFEE KLATCH

DISTANCE: 17-20 miles  
PACE: 11 -13 mph  
TERRAIN: Flat  
LEADER(S) & PHONE NUMBER(S): Linda Daniels, 586/747-6900 (call if coming please)  
MEETING PLACE: Auburn Hills Starbucks on Baldwin Rd., S. of I-75 Interchange on E. side of the road.  
ADDITIONAL INFORMATION: Have fun

DATE: August 9  
TIME: 10:00 a.m.

### ARMADA BREAKFAST RUN

DISTANCE: 35 miles  
PACE: 13 - 15 mph  
TERRAIN: Flat  
LEADER(S) & PHONE NUMBER(S): Paul Wilhelm, 586/247-6397  
MEETING PLACE: Parking lot on the SE corner of 25 Mile Road and Shelby Road.  
ADDITIONAL INFORMATION: We'll meet at 7:30 a.m. and ride into Armada for breakfast or a mid-morning snack at Papa's and return. We should be back home by 11:30 a.m.

DATE: Saturday, August 19  
TIME: 7:30 a.m.

### TROY STERLING NEIGHBORHOODS

DISTANCE: 20 miles  
PACE: 10 - 12 mph  
TERRAIN: Flat  
LEADER(S) & PHONE NUMBER(S): Mary Stoolmiller, 248/879-6004  
MEETING PLACE: Raintree Park on John R. between 16 mile (Big Beaver) and 17 Mile (Wattles) in Troy. Park near the restrooms.  
ADDITIONAL INFORMATION: Restaurant stop after the ride.

DATE: Sunday, August 20  
TIME: 9:30 a.m.

### MARY'S ICE CREAM RIDE

DISTANCE: 11 miles  
PACE: 10 mph  
TERRAIN: Flat  
LEADER(S) & PHONE NUMBER(S): Mary Miller, 586/573-4754  
MEETING PLACE: McDonald's Parking lot located at the SW orner of Metro Parkway and Crocker.  
ADDITIONAL INFORMATION: Ice cream stop at Dairy Queen in Mt. Clemens

DATE: Sunday, August 20  
TIME: 6:00 p.m.

### ROOKIE RAMPAGE

DISTANCE: 10 miles  
PACE: 8 - 10 mph  
TERRAIN: Flat  
LEADER(S) & PHONE NUMBER(S): Kim Mau, 586/779-2767  
MEETING PLACE: McDonalds Parking lot 16 & Crocker  
ADDITIONAL INFORMATION: We will ride into Metro Beach.

DATE: Saturday, August 26  
TIME: 9:00 a.m.

### MAKE A RUN FOR THE BORDER

DISTANCE: 39 miles  
PACE: 13 - 15 mph  
TERRAIN: Flat  
LEADER(S) & PHONE NUMBER(S): Tom Miller, 585/573-4754  
MEETING PLACE: Veterans' Memorial Park (Formerly Warren City Pool) located on Campbell N. of I-696 between Van Dyke and Hoover in Warren.  
ADDITIONAL INFORMATION: Mexican Village Restaurant. Downtown, Uptown, Greektown, Mexicantown, Corktown, Poletown around town, etc. Comerica Park, Ford Field, Fox Theater, Cultural Center. We will stop on Belle Isle to meet the riders doing the short ride and drop the pace to 8-10 MPH for 12 miles. When the short ride departs in Greektown we will resume the 13-15 MPH pace for the return to Veterans' Park.

DATE: Sunday, August 27  
TIME: 9:00 a.m.

### MAKE A RUN FOR THE BORDER (SHORT VERSION)

DISTANCE: 12 miles  
PACE: 8 - 10 mph  
TERRAIN: Flat  
LEADER(S) & PHONE NUMBER(S): Kim Mau, 586/779-2767  
MEETING PLACE: Belle Isle Casino parking lot.  
ADDITIONAL INFORMATION: Mexican Village Restaurant, Downtown, Greektown, Mexicantown, Corktown around town, etc.

DATE: Sunday, August 27  
TIME: 10:30 a.m.



## PEDAL & PADDLE

DISTANCE:

35 - 40 miles

DATE: Sunday, Sept. 3

PACE:

12 - 14 mph

TIME: 9:00 a.m.

TERRAIN:

Mostly flat

LEADER(S) & PHONE NUMBER(S):

Rita Zupan, 586/264-0712 & Lennie Raines 586/463-4916

MEETING PLACE:

Freedom Hill

ADDITIONAL INFORMATION:

We will ride through Dodge Park, Riverland Park and Riverbend Park and pick up the Macomb Orchard Trail at Dequindre, then ride into Stony Creek. We will canoe or kayak for about an hour and then have lunch, compliments of Tom and Mary Miller. The menu will be subs, salsa & chips and pop for all attending. On our way home we will stop at Erma's for an ice cream treat before heading back to Freedom Hill.



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Call Kathy George at 586/463-6058 for some shorter and slower rides.



Don't hesitate to leave a message.

She will lead a ride from the same location as the rest of the club,  
or maybe somewhere else, at an average of 10 mph or less.

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*\*\*\*Please check with the event leader if the weather is questionable\*\*\**

If you would like to lead an impromptu event, please contact Paul Wilhelm at 586/247-6397 or email him at [jpwilhelm@hotmail.com](mailto:jpwilhelm@hotmail.com) and/or Jim Walter at 248/879-2405 or email him at [jim.walter@comcast.net](mailto:jim.walter@comcast.net). Paul will send out an email to all members with an email address and Jim will post it on the web site.



# YOUR FAVORITE BIKE SHOP!!!

The following bicycle stores offer a discount on equipment and accessories. Be prepared to 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     | 586/542-7182 |
| American Cycle & Fitness                  | 2169 Metro Parkway   | Sterling Heights, MI    | 586/979-7570 |
| Anchor Bay Bicycle & Fitness              | 35214 23 Mile Road   | 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 W. 12 Mile Road | Berkley, MI 48072       | 248/547-0770 |
| Fraser Bicycle & Fitness                  | 34501 Utica Road     | Fraser, MI 48072        | 586/294-4070 |
| Hamilton Bicycles & Outfitters (for 2006) | 69329 Main           | Richmond, MI 48062      | 586/727-5140 |
| 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 Twp, MI 48316    | 586/677-7755 |
| Paul's Bike Depot                         | 28057 Gratiot        | Roseville, MI 48066     | 586/776-9165 |
| Pointe Cycle & Fitness                    | 20343 Mack Avenue    | Grosse Pointe Woods, MI | 313/886-1968 |
| Scarlett's Bike & Fitness                 | 203 N. Perry Street  | Pontiac, MI 48342       | 248/333-7843 |

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## SLOW SPOKES MEMBERSHIP APPLICATION

DATE: \_\_\_\_\_  NEW MEMBER  RENEWAL

NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_  
\_\_\_\_\_

EMAIL: \_\_\_\_\_

Please mail this application along with a check for \$10.00 payable to:  
Slow Spokes  
P. O. Box 792  
Sterling Heights MI 48311-0792