






# Slow Spokes Spokin' Times

## July, 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 Dawn Somerville
<u>Treasurer:</u> Donna Mesyn	<u>Ride Coordinator:</u> Kim Mau
<u>Secretary:</u> Dawn Somerville	<u>Sunshine Liaison:</u> Aloys Turck
<u>Newsletter Editor:</u> Lennie Raines	
<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

**July 7<sup>th</sup> Meeting Change.** The location and start time for the July 7<sup>th</sup> Slow Spokes meeting has been changed. We will meet at the Southdale Pavilion at Stony Creek Metro Park for a picnic and concert. Hot dogs and hamburgers go on the grill at 6:00 p.m.

The Club will provide the hotdogs, hamburgers and accoutrements. You need to bring a dish to pass and your beverage of choice. There will be a brief meeting after which you can move over to the concert area to be entertained by the contemporary rock group Fifty Amp Fuse, or hang out at the pavilion for some conversation and perhaps a Euchre game or two. The concert starts at 7:30 p.m. Be sure to bring a folding chair or blanket to sit on.

Rita Zupan will lead a ride of approximately 15 to 20 miles beginning at 4:30 p.m. She promises to have everyone back in time for dinner.

So that I can get an idea of how many burgers and dogs to buy, please call Paul, 586.247.6397, or email, [jpwilhelm@hotmail.com](mailto:jpwilhelm@hotmail.com), if you and your spouse/friend/family will be attending.

**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.

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

Jim Shenemon of New Haven  
Ann Quail of Bloomfield Hills

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## RIDE INFORMATION

### WEEKLY RIDE - TUESDAYS

#### MACOMB ORCHARD TRAIL RIDE

DISTANCE: 20 - 25+ 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: July 11, 18, 25  
TIME: 6:30 p.m.

### WEEKLY RIDE - WEDNESDAYS

#### FRASER FROLICS

DISTANCE: +/- 25 miles  
PACE: 11 - 14 mph  
TERRAIN: Flat  
LEADER(S) & PHONE NUMBER(S): Mark Mau, 586/596-2555 or 586/779-2767  
MEETING PLACE: Fraser Bike & Fitness parking lot on Utica Road, south of 15 Mile in Fraser  
ADDITIONAL INFORMATION: We will bike through the neighborhood onto the Bike Path and into Metro Beach and back. Weather permitting. No ride in the rain.

DATE: July 5, 12, 19, 26  
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: July 5, 12, 19, 26  
TIME: 6:30 p.m.

### WEEKLY RIDE - THURSDAYS

#### JEFFERSON RIDE

DISTANCE: 20 - 30 miles  
PACE: 15 - 17 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: July 6, 13, 20, 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: Parking lot on SE Corner of 25 Mile and Shelby Road  
ADDITIONAL INFORMATION: There is a Dairy Queen in the parking lot that could be calling out to us.

DATE: Saturday, July 1  
TIME: 10:00 a.m.

#### TASTE FEST

DISTANCE: 38 miles  
PACE: 12 - 14 mph  
TERRAIN: Flat  
LEADER(S) & PHONE NUMBER(S): Tom Miller, 586/573-4754  
MEETING PLACE: Veterans' Memorial Park (formerly Warren City Pool) Campbell Ave., 1 block N. of I-696 between Van Dyke and Hoover.  
ADDITIONAL INFORMATION: Food at any of the many booths at "Taste Fest".

DATE: Sunday, July 2  
TIME: 9:00 a.m.

### ROOKIE RAMPAGE

DISTANCE: 10 miles  
PACE: 8 - 10 mph  
TERRAIN: Flat  
LEADER(S) & PHONE NUMBER(S): Kim, Mau/586-779-2767  
MEETING PLACE: Freedom Hill - 16 Mile and Schoenherr

DATE: Monday, July 3  
TIME: 6:00 p.m.

### HARSEN'S ISLAND STRAWBERRY FESTIVAL

DISTANCE: 23-30 miles  
PACE: your own pace  
TERRAIN: flat  
LEADER(S) & PHONE NUMBER(S): Alex Schneider, 810/329-7245 and Evelyn Bires, 586/778-8397  
MEETING PLACE: Behind the McDonald's on highway 29 in Algonac  
ADDITIONAL INFORMATION: Ride at your own pace on Harsen's Island out to the point and back to the church. More riding after lunch is optional. Hot dogs, drinks and strawberry shortcake at St. Paul's church on the island, cost about \$5.00.

DATE: Saturday, July 8  
TIME: 9:30 a.m.

### LAPEER LOCOMOTION

DISTANCE: 25-30 miles  
PACE: 11 - 13 mph  
TERRAIN: Flat to hilly  
LEADER(S) & PHONE NUMBER(S): Linda Daniels, 586/747-6900 (please contact Linda for location details)  
MEETING PLACE: Downtown Hadley. M-24 (Lapeer Rd.) north to Pratt Road. Pratt Road west to Hadley Road. Park at The Parlour on the southeast corner of Hadley and Pratt.  
ADDITIONAL INFORMATION: Optional Restaurant stop.

DATE: Sunday, July 9  
TIME: 10:00 a.m.

### WINDSOR WATERFRONT WALK

DISTANCE: 4 miles  
PACE: 3 - 4 mph  
TERRAIN: Flat  
LEADER(S) & PHONE NUMBER(S): Tom Miller, 586/573-4754  
MEETING PLACE: Dieppe Gardens at the foot of Goyeau St. in Downtown Windsor, near the "Spirit of Windsor" Steam Locomotive.  
ADDITIONAL INFORMATION: Please don't forget to bring a passport or birth certificate and one other piece of identification for the border crossing. Parking meters at the starting location require a Canadian "toonie" for all day parking.

DATE: Sunday, July 9  
TIME: 7:00 a.m.

### WINDSOR AMHERSTBURG RIDE

DISTANCE: 44 miles  
PACE: 12 - 14 mph  
TERRAIN: Flat  
LEADER(S) & PHONE NUMBER(S): Tom Miller, 586/573-4754  
MEETING PLACE: Dieppe Gardens at the foot of Goyeau St. in Downtown Windsor, near the "Spirit of Windsor" Steam Locomotive.  
ADDITIONAL INFORMATION: Bring or buy a lunch to enjoy at Amherstburg's Ford Malden Park. Ice cold soft drinks and munchees will be provided at the Ford Malden lunch stop by Tom and Mary Miller. Please don't forget to bring a passport or birth certificate and one other piece of identification for border crossing. Parking meters at the starting location require a Canadian "toonie" for all day parking.

DATE: Sunday, July 9  
TIME: 9:00 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: Optional coffee or lunch stop. Have fun.

DATE: July 12  
August 9  
September 13  
TIME: 10:00 a.m.

### WYANDOTTE TO GROSSE ISLE RIDE

DISTANCE: 25 miles  
PACE: 10 - 12 mph  
TERRAIN: Flat  
LEADER(S) & PHONE NUMBER(S): Mary Stoolmiller, 248/879-6004  
MEETING PLACE: Wyandotte. South end of Bishop Park. Take I-75 S. to outer drive exit 42. Go east on Jefferson, and then south on Jefferson which becomes Biddle and take that to downtown Wyandotte. Go East on Elm Street to city parking lot on the river.  
ADDITIONAL INFORMATION: Bring a picnic lunch to eat in the park after the ride. We will see river side views with beautiful homes and gardens.

DATE: Saturday, July 15  
TIME: 9:30 a.m.

### RIDE TO MARY'S ICE CREAM RIDE

DISTANCE: 30 miles  
PACE: 12 - 14 mph  
TERRAIN: Flat  
LEADER(S) & PHONE NUMBER(S): Tom Miller, 586/573-4754  
MEETING PLACE: Veteran's Memorial Park (formerly Warren City Pool), Campbell Ave. 1 block N of I-696 between Van Dyke and Hoover.  
ADDITIONAL INFORMATION: Ride to Pleasant Ridge Community Center where we will slow down the pace to 10 mph and join the other riders for a ride to Jimi's Ice Cream Store in Royal Oak. After the ice cream stop we will resume the 12-14 mph pace for our return to Veteran's Park.

DATE: Sunday, July 16  
TIME: 5:15 p.m.

### MARY'S ICE CREAM RIDE

DISTANCE: 10 miles  
PACE: 10 mph  
TERRAIN: Flat  
LEADER(S) & PHONE NUMBER(S): Mary Miller, 586/573-4754  
MEETING PLACE: Pleasant Ridge Community Center (4 Ridge Road) One block South of I-696 and one block West of Woodward.  
ADDITIONAL INFORMATION: Ice cream stop at Jimi's in Royal Oak.

DATE: Sunday, July 16  
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: McDonald's parking lot at 16 mile and Crocker  
ADDITIONAL INFORMATION: We will ride into Metro Beach and back.

DATE: Tuesday, July 25  
TIME: 6:00 p.m.



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.



*\*\*\*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.



## **MORE FUN and OTHER INFO.**

The following tours are being planned for this summer. If you are interested in participating in any of them, get in touch with the contact person.

### **GREENE TRAILS CYLING CLASSIC - UPDATE**

Date: July 20 - 23  
Location: Greene County Fairgrounds in Xenia, Ohio  
Miles per day: 50 - 60+  
Terrain: Flat on paved Rail Trails  
Contact: Rita Zupan 586.264.0712  
Notes/Special Features: There is still room for more Slow Spokes if there are any others interested in doing this fun ride. When registering, just make sure you mention that you are with the Slow Spokes. You can choose to do as many days or as few as you'd like. Since we have quite a few doing the ride, they have agreed to section off an area just for us. I will also bring our Slow Spokes banner to make it easier to find our space. Cost of the ride varies depending on how many days you wish to do but no more than \$85.00 for all four days. We will be allowed to set up on the 19th of July after 5 p.m. For further information and registrations visit their website at [www.greentrailsclassic.com](http://www.greentrailsclassic.com).

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### **SLOW SPOKES MEMBERSHIP APPLICATION**

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

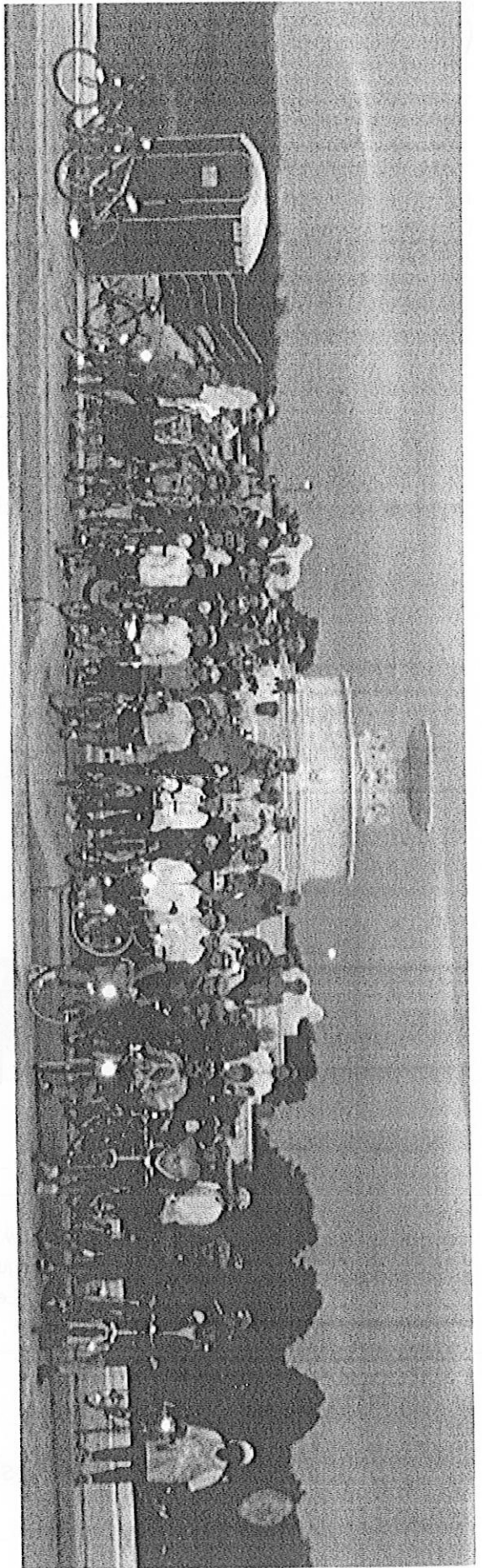
NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_

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



THE RIDE OF SILENCE  
BELLE ISLE  
MAY 17, 2006

