

Slow Spokes Spokin' Times News

SLOW SPOKES
P.O. BOX 792
STERLING HEIGHTS, MI 48311-0792

November 2006

35 YEARS OF CYCLING

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Special points of interest:

- November Elections of Slow Spokes Board Members
- November Hike Schedule
- Haunted Halloween Hat Ride Oct 29th
- Hayride & Square Dance November 11th
- Annual Holiday Party Announcement

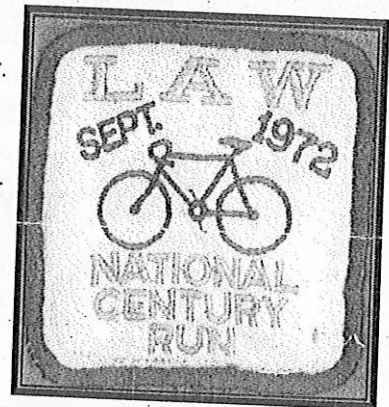
It was recently brought to our attention that the Slow Spokes Bike Club passed a milestone quietly this past year.



The original logo that we use today was drawn from a cup and saucer by one of the members while traveling on an airplane. It featured our beloved turtle on a high wheeler.

They wore bright safety orange with black lettering and black slacks. A lot of early photos show these colors. One obvious change from early photos is the lack of safety helmets being worn by riders.

considered as alternate forms of transportation that share the same rights as motor vehicles.

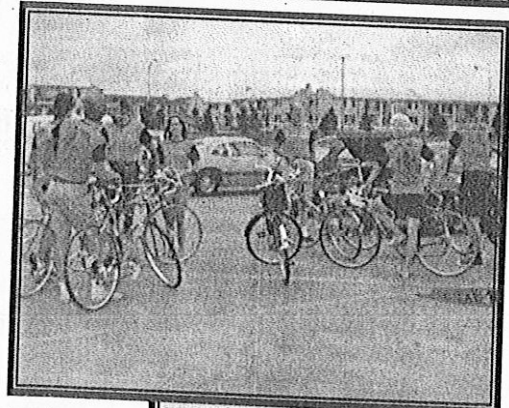


It was 35 years ago when the original twelve members first met and started our club. As Fred Hamann related the story; a notice was posted in one of the bike shops in 1971 and on March 21st they started having meetings in peoples homes.

The club was made up mostly of beginning bike riders with young families. That is why they chose the name Slow Spokes.

There are other improvements that have made riding much safer for bikers such as bike lanes along major highways that

were missing back in those days. Many of the improvements can be directly attributed to bike enthusiasts working together with local politicians to insure bikes are



Fred Hamann has several scrap books filled with interesting articles, newspaper clippings and photographs from the early days of the Slow Spokes.

<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>	Chuck Pottenger	<u>Sunshine Liaison:</u>	Aloys Turck
<u>Newsletter Distributor:</u>	Rita Zupan		

Website: 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 by the (10th) of the month.



Newsletter Information—Send articles you'd like published to Chuck Pottenger at 46644 Vineyards Lane, Macomb, MI 48042, or email the information to him at chuck@milupus.org. Articles must be received by the 15th of the month for inclusion in the newsletter. Feel free to call Chuck at his office 586-775-8310.

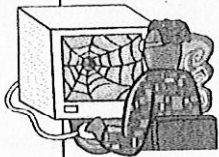
DO WE HAVE YOUR CORRECT EMAIL ADDRESS?

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

A Big Welcome to New Members:

Anne-Marie Kopek, Lake Orion

Linda Montgomery, St. Clair Shores



DEALS FROM THE WEB

There are a lot of bargains to be found on the world wide web
Here are two websites you can visit to find what you are looking for:

www.pricepoint.com

www.bestbikebuys.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. 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 a note of that when the article is sent.

PRESIDENT'S CORNER

TROY CYCLISTS WANTED

The City of Troy asked us to spread the word that they are looking for Troy cyclists to serve on a bike/trails committee. It may involve trails through city parks, trails connecting up the Clinton River Trail, bike lanes, etc. This would be an excellent opportunity for someone to help them design a vision for the community with regards to planning for future trails. To date they have not been successful in getting an active committee that will do the work.

If you want more information or are interested, contact Carol Anderson, Director of Parks and Recreation.
Email:

andersonck@ci.troy.mi.us or call her at 248.524.3484.

POAR RESULTS

At our last meeting several inquired about our results from this year's Peach of A Ride. The final bills are still being tallied and some deposits are still to be returned so we will have a complete report at next month's meeting.

If you have any ideas how to make next year's ride a big-

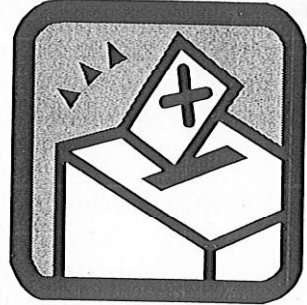
ger success then why not volunteer to serve on a committee.

NOVEMBER ELECTIONS

At the Slow Spokes November meeting we will be electing new board members. Dawn Somerville has indicated that she no longer will be available to serve as our secretary. We need someone to fill this position so please consider taking on this position.

As in the past Pizza will be served at the conclusion of the November Meeting!

DON'T FORGET TO VOTE



EVENTS OF INTEREST



SOUTHEAST MICHIGAN GREENWAYS VISIONING WORKSHOP

This workshop, involves regional planning for trails, parks and greenways for SE Michigan, was held at the Henry Ford on Tuesday, October 17th. Donna Mesyn went to represent the Slow Spokes. We look forward to her report from this meeting.

Saturday, October 28, 2006

Catherine Serra will lead the first of many Hikes at Stoney Creek Mountain Biking Trails—West Branch. If you join her she suggests good hiking boots, dress in layers, bring a water bottle & snack and be prepared to walk briskly for 4-8 miles. Start is 9:30 AM sharp no hike if rain but will hike in the snow.

Contact her at catherineserra@yahoo.com or 248-495-1630.



UPCOMING IN 2007

Bike Florida, this year riding from Deland, Flager Beach, Daytona, New Smyrna Beach back to Deland going 300 to 400 miles. March 17 thru March 23, 2007 are the dates. This ride fills up quickly and has a limit of 1000 riders, so sign up early if you plan to do the ride.

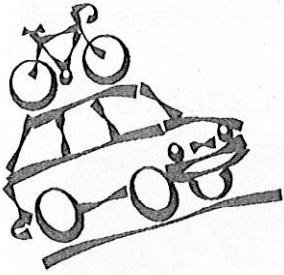
Submitted by Rita Zupan



A THOUGHT.....

"LOVE doesn't make the world go round,
LOVE is what makes the ride worthwhile."

Elizabeth Browning



Still Plenty to Do This Fall

October isn't even half over and we already had snow. We will still do some impromptu rides this fall. As you can see we are scheduling hikes as November approaches. If we don't have your email address make sure that you

get it to Paul Wilhelm so you can be notified of any impromptu rides or other events. You can email Paul at:

jpwillhelm@hotmail.com

Be sure to let Kim Mau know if you are planning an event that is not listed on the upcoming rides or an event during the winter months. Email Kim at:

maumarkd@sbcglobal.net

Future Rides

NOVEMBER RIDE SCHEDULE

AUTOMOTIVE HISTORY TOUR			
DISTANCE:	15-20 Miles	DATE:	Saturday, Nov 4th
PACE:	pace of the slowest rider	TIME:	10:00 a.m.
TERRAIN:	Mostly flat		
LEADER(S) & PHONE NUMBER(S):	Bob George, 586-463-6058		
MEETING PLACE	Belle Isle Casino		
ADDITIONAL INFORMATION	We will ride to the T-Plex, http://www.tplex.org/ Henry Ford's first factory on Piquette Ave. This is where the first 12,000 model T's were built. We will then ride to the Avalon Bakery for a snack/lunch before returning to Belle Isle. No ride if it is snowing or raining.		

NOVEMBER HIKE SCHEDULE

STONEY CREEK HIKING TRAILS			
DISTANCE:	4-8 miles	DATE:	Saturday, Oct 28th
PACE:	Brisk pace		Saturday, Nov 11th
TERRAIN:	hilly		Saturday, Nov 18th
LEADER(S) & PHONE NUMBER(S):	Catherine Serra 248-495-1630		Saturday, Nov 25th
MEETING PLACE	Stoney Creek Mountain Biking Trails West Branch	TIME:	9:30 a.m.
ADDITIONAL INFORMATION	Recommend hiking boots, dress in layers, water bottle, bring snack. In case of snow the hike is ON, in case of rain the hike is OFF.		



Hiking Tidbits:

You are a lot warmer in the mountain biking trails because you can't feel the wind.

Stoney Creek Bike Path is salted and plowed all winter. The golf course rents cross country skis/boots/poles for \$8, the nature center rents snow shoes for \$5. There are separate telephone numbers for the golf course and nature center.

Don't Forget the Haunted Halloween Hat Ride

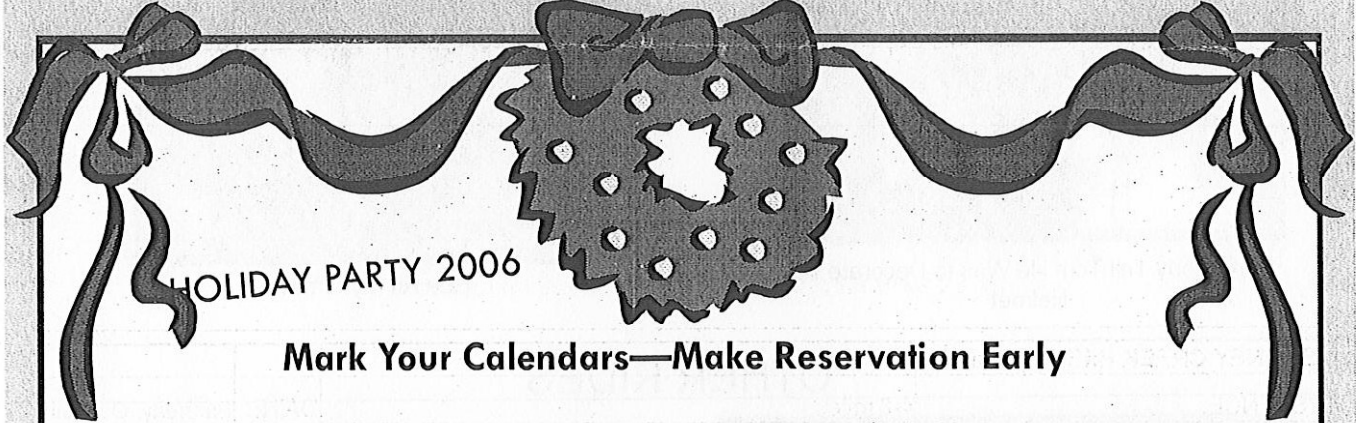


THE HAUNTED HALLOWEEN HAT RIDE			
DISTANCE:	20-25 miles / 35-40 miles with Tom Miller	DATE:	Sunday Oct 29th
PACE:	10-12 - mph /14-16 mph for the faster ride	TIME:	11:00 a.m.
TERRAIN:	Flat		
LEADER(S) & PHONE NUMBER(S):	Evelyn, Aloys & Rose Marie, 586-779-4780 & Tom Miller -faster ride 586-573-4754		
MEETING PLACE	The Clubhouse at Riviera Terrace Condominiums; 24000 E. Jefferson-Just N of 9 mile road in St. Clair Shores, MI		
ADDITIONAL INFORMATION	There will be two separate rides a slower paced and a faster paced ride. Please see accompanying article regarding the luncheon and tomfoolery.		

After our workout on the bikes, we will gather at the clubhouse for some delicious homemade soups, delectable homemade chili with all the trimmings and some fabulous homemade desserts. There will also be some great tasting apple cider for your enjoyment. You will not be able to gain entry to the clubhouse or be served any food without your silly or scary or outrageous or maybe drop-dead gorgeous Halloween Hat. You decide which of your great hats just might win first prize in our hat-judging contest. You need not make up a story about your hat this year. Aloys has some other games for all of us to partake in for Halloween that will be great fun. We look forward to welcoming all of our members who enjoy a good time.



If the weather is inclement, the ride will be cancelled, BUT PLEASE, be our guest at the clubhouse at 12:00 noon to help us consume all the wonderful homemade food. We'll light a fire in the fireplace and make the clubhouse warm and cozy for you to enjoy. We can still gather to break bread, view silly hats and partake in some tomfoolery to celebrate the ghoulish holiday of Halloween.



HOLIDAY PARTY 2006

Mark Your Calendars—Make Reservation Early

Saturday, January 6, 2007

Time 6:00 PM

Dinner Served at 7:00 PM

Bob & Gabe Halsall have opened their lovely home to us once again for our Annual Holiday Party. Those of you that attended last year can attest to what a wonderful time was had by all. Gracious hosts, good food, delicious deserts and good conversation amongst our cycling friends. So that being said be sure to make your reservations early so you don't miss out on a great evening. This is a limit of 50 people, contact for reservations is **Rita Zupan 586-264-0712** or email rzupan@peoplepc.com.

Address: 61331 Windwood Court, Washington, MI Phone 586-781-6784

Cost \$10.00 each person

RED HAT RIDE SEPTEMBER 30TH

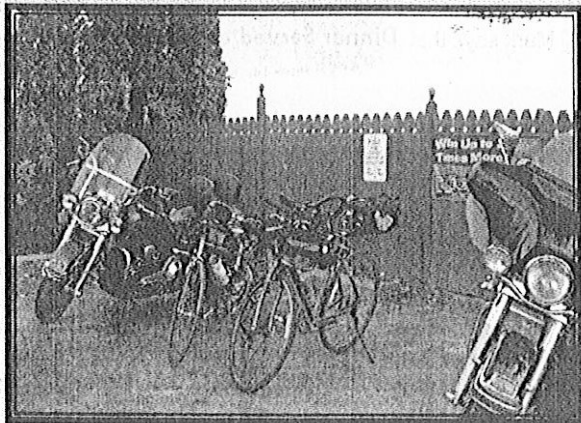


Somebody Tell Tom He Was to Decorate His Helmet

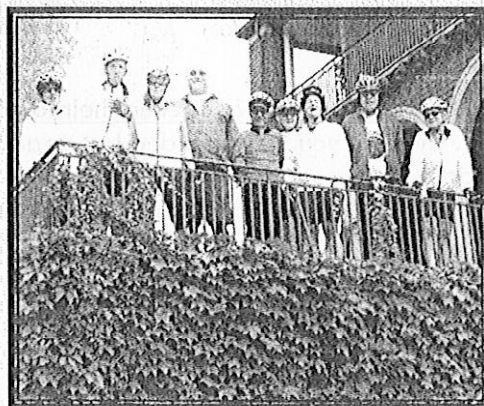


See All My Hats?

OTHER RIDES

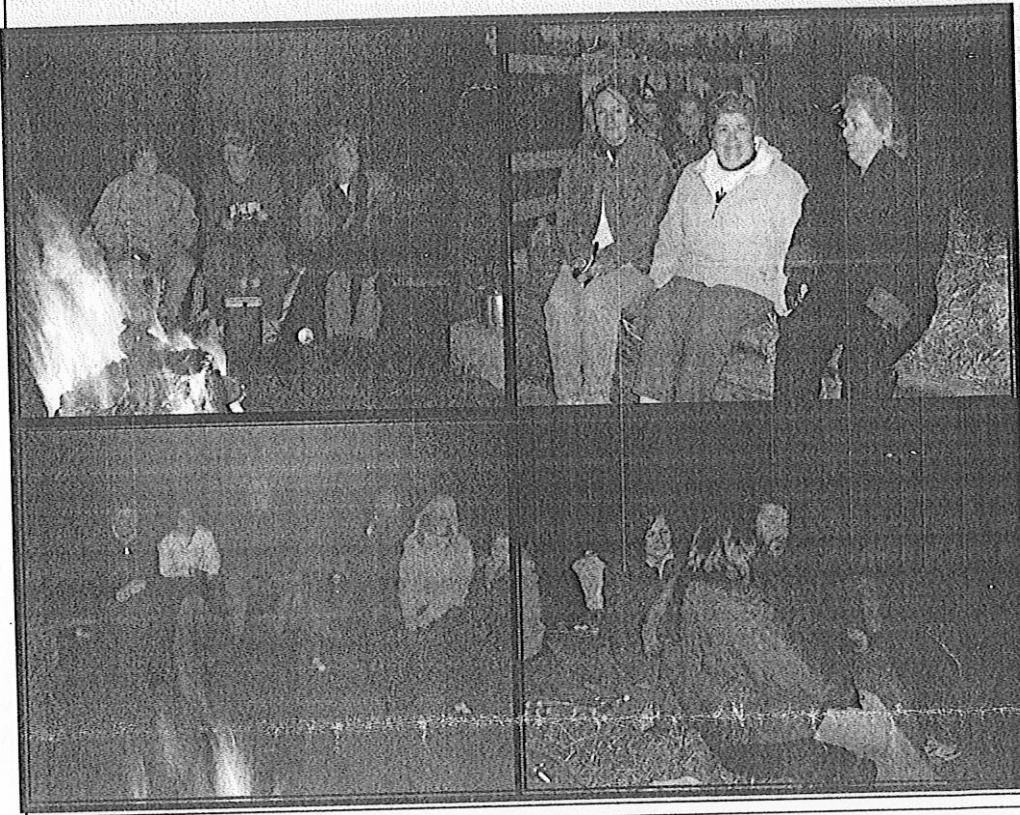


Hangin with Bikers at San Souci Harsen's Island



Cranbrook Gardens

PICTURES FROM OCTOBER 14TH HAYRIDE AND BONFIRE



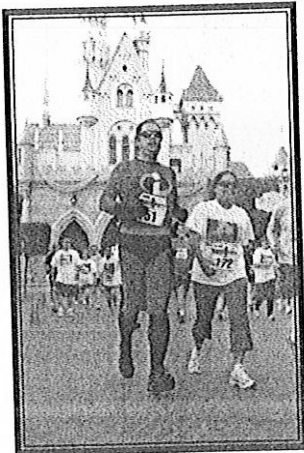
If you missed the October 14th Hayride and Bonfire at Blakes there is another opportunity for you to get in on the fun. Catherine Serra is organizing a Hayride and Square Dance on Saturday, November 11th from 7—10 pm at Wolcott Farm. The cost is \$13.00 per person and she needs your reservation by Friday, October 20th. Call Catherine at 248-495-1630 or email her at catherineserra@yahoo.com



Was That Mr. Incredible That Just Ran By?

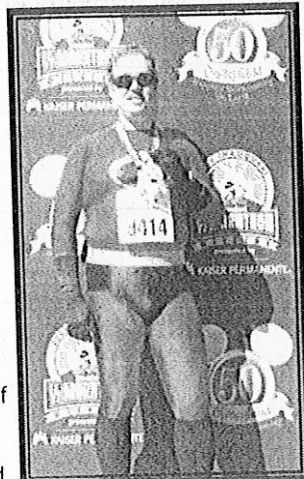
Dateline: September 16th, 2006
Event: Disneyland Family Fun Run 5K

Our own Mark Carlson ran with 3,000 other enthusiastic entrants but unlike others he ran in full costume as none other than



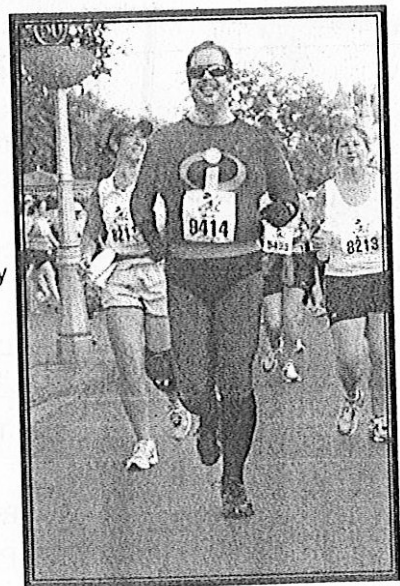
Mr. Incredible. He had to stop several times along the way to take pictures with other participants. After the success he had in the 5K run he figured he could do the Disneyland Half Marathon (13.1 miles).

He had to get up at 4:00 am on Sunday the 17th to get dressed and be ready for the start of the race. There were 10,000 people in the half marathon. When the gun sounded at 6:00 am it



took nearly 10 minutes to reach the start line. He ran most of the 13.1 miles till his costume got too warm and he finished at a slow jog.

Mark says that he plans to compete in the Goofy Challenge in January 2007. This will include a half marathon on Saturday and a Full Marathon on Sunday.



If you have an event of interest or photos please submit to the editor by the 15th of each month.

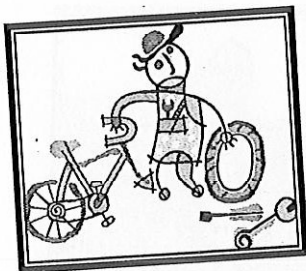
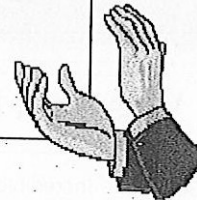
YOUR FAVORITE BIKE SHOP!!!

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 48310	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
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 Avenue	Grosse Pointe Woods, MI 48236	313/886-1968
Scarlett's Bike & Fitness	203 N. Perry Street	Pontiac, MI 48342	248/333-7843

A Great Big Thank You to the loyal Slow Spokes that worked at the P.O.A.R. rest stops. From all reports everyone did a great job. Looking forward to working with all of you in 2007.

Thank You,
Fred Hamann



Kenny Radziszewski is interested in taking the Bicycle Maintenance Class at Macomb Bike Shop mentioned in last month's newsletter. If you would be interested in joining him please give him a call at 586-337-0700 to work out a schedule.

Save the Date

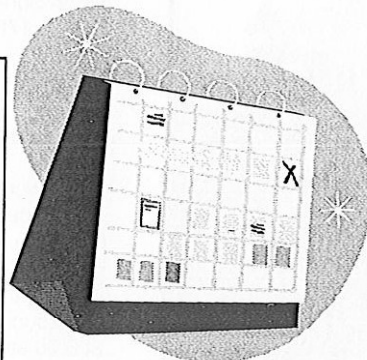
Euchre Tournament, January 26, 2007

\$25.00 Entry Fee

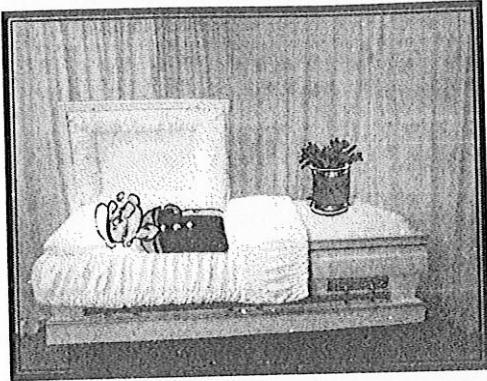
Boulder Lakes Golf Club

See Chuck Pottenger for details or email him at chuck@milupus.org

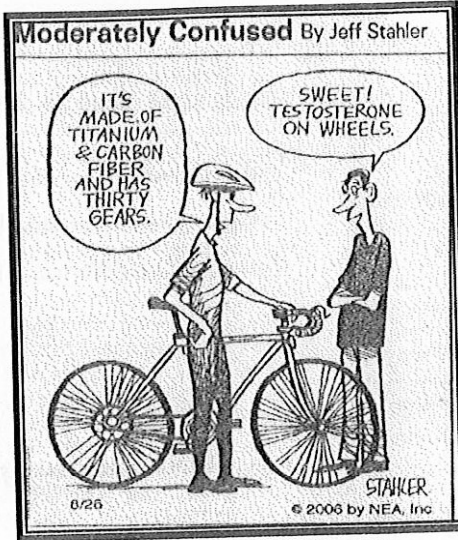
Proceeds Benefit Lupus Alliance



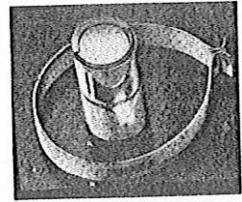
THE LIGHTER SIDE



Latest victim of tainted spinach



Submitted by Fred Hamann



Can you guess what this is?
Answer below



A JOKE.....

A little girl was talking to her teacher about whales. The teacher said it was physically impossible for a whale to swallow a human, because even though it was a very large mammal, its throat was very small. The little girl stated that Jonah was swallowed by a whale. Irritated the teacher reiterated that a whale could not swallow a human; it was physically impossible. The little girl said, "When I get to heaven I will ask Jonah." The Teacher asked, "What if Jonah went to hell?" The little girl replied, "Then you ask him."

Submitted by R.M.J.

Answer:
Pant Leg Guard circa 1970

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

Anyone interested in bicycling is eligible for membership. Those under 18 years of age must be accompanied by an adult during all club activities and rides.

