

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

October 2006

# Slow Spokes Spokin' Times News

## Peach Of A Ride Huge Success!

### Inside this issue:

Peach of A Ride	1
Presidents Corner	3
Ride Schedule	4-6
Special Rides	7
POAR Pictures	8-9
Maintenance Classes	10
Miscellaneous	11

### Special points of interest:

- Note 2 Impromptu Rides on Page 3
- Special Thanks to all volunteers on Page 7
- POAR Pictures submitted by Bob Bruce on Pages 8 & 9
- Special Thank You on Page 7
- Halloween Hat Ride Page 6
- Hayride & Square Dance Page 7

The 2006 Peach of a Ride (POAR) is history and by all accounts was extremely successful. The weather while not ideal did not deter nearly 400 enthusiastic riders. Our host, the Memphis Community Schools, went out of their way to make us feel welcome and as usual the food was superb. Everyone had a good time and there were no complaints. In fact, just the opposite, attached is a sampling of the emails I received from some of our satisfied riders:

Barb ... writes:

Just a quick note to thank you and all those dedicated members of Slow Spokes who put so much effort into making this year's Peach of a Ride such a great event for all of us who shared the roads that day.

You thought of every detail:

- A great route
- EASY check-in
- Diligent SAG drivers
- Inviting rest stops with friendly hosts/hostesses

and yummy treats

- A delicious meal with lots of time to meet old friends from past rides

ADORABLE shirts (just wish I had ordered a S T-shirt for myself and gotten a M hoodie BEFORE they were gone.)

My only suggestion is the perhaps you could assign someone else to the weather committee next year. :-)

This was the first year that I have driven the 55 miles to participate, but I am already planning to be there again. It truly is a Peach of a Ride

Thank you again for a glorious day.

Bruce... had this to say:

(I did 65 miles) ...on the Peach of a Ride and all I got was a stinkin' sweatshirt. AND I HAD TO PAY FOR IT! Just kidding of course. Great ride - my first time on the POR in about 20 years. Excellent organization. I was especially impressed by the ham radio bases at the rest stops.



Peach of A Ride  
Participants Ready to Go

Good grub, too. I'll be back. And the sweatshirt was worth the 29 bucks.

And one more from

Doug,...:just finished my first Peach ride, and thought you put on a great event, but I thought one idea of exercise on a bike was to maintain or lose weight -- not gain it with all those cookies! Anyway, there was someone out taking pictures along the way and I think he took a pretty good one of me that I'd like to see. What will you be doing with the pictures from today's ride? Will they be posted on a web site somewhere?

SEE MORE ON PICTURES ON PAGES 8 & 9



# Slow Spokes Spokin' Times News

OCTOBER

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>	Chuck Pottenger	<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 586/779-2676 or email the information to her at [maumarkd@sbcglobal.net](mailto: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](mailto: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](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. 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

## NOVEMBER ELECTIONS

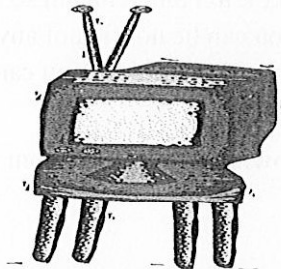
November is elections month for the Club, when the officers for the coming year are chosen. Nominations will be taken at the October and November general membership meetings. You are strongly encouraged to give consideration to participating in the leadership of your club as an officer. If you would like to run for office or know someone you think would make a good officer, contact Paul at [jwilhelm@hotmail.com](mailto:jwilhelm@hotmail.com) or 586.247.6397 or see him at the October or November meeting.

## MORE TO DO

In this issue of Spokin' Times there are several fun rides you

won't want to miss. Also check out the upcoming classes on bike maintenance offered at Fraser Bike and Fitness and The Macomb Bike Shop.

## WEEKLY SHOW COMING

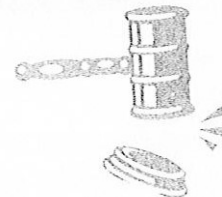


Rich Moeller from LMB writes to let us know about a weekly television show devoted to promote the beautiful sport of cycling. It will air in January on Fox Sports Network. You can help prove

to networks and potential sponsor's that cycling has a strong and passionate national following worthy of more coverage.

Bicycle World is asking for you to take a couple of minutes and register on their site to show that support. There is a brief 10 question form to register and you can even give input into what segments you are most interested in seeing. To register, simply go to <http://bicycleworld.tv> and click on the bottom Yellow "Support Cycling" graphic.

**Two events may interest you just below!**



## IMPROMPTU RIDES OF INTEREST

### HAYRIDE OCTOBER 14

Catherine Serra is planning a Hayride and bonfire for club members and family/friends on Saturday, October 14th. It will be at Blake's Orchard and Cider Mill on Armada Center Rd. from 7:00pm to 10:00pm. The cost is \$14.50 per person. She needs a minimum of 15 people to schedule the event. If you are interested, contact Catherine at [catherineserra@yahoo.com](mailto:catherineserra@yahoo.com) or 248.495.1630 She must receive payment (\$14.50/person) by **Sept. 30**. In the event not enough people (15) sign up and pay by Sept. 30, all monies received will be returned.



### 2nd Annual Clinton River Trail Fall Classic Ride

**Saturday, September 23rd**

The Friends of the Clinton River Trail present the 2nd Annual Fall Classic Ride on Saturday, September 23. This is a fund raiser for the Clinton River Trail (CRT). Cost is a nominal \$12.00 (\$15.00 day of ride) and includes a rest stop, T-shirt and lunch. You can register and pay online (or print out a registration form to mail in) at [www.clintonrivertrail.org](http://www.clintonrivertrail.org) There are two starting points for the ride, on the west from Beaudette Park (Orchard Lake Road east of Telegraph) or on the east side from the Onyx Rochester Ice Arena (Parkdale/24 Mile Rd and Dequindre).

A mountain bike or hybrid with tires large enough to handle a variety of surfaces (including loose stones) is highly recommended as part of the trail is not yet surfaced.

Paul ([www.jwilhelm@hotmail.com](mailto:jwilhelm@hotmail.com) or 586.247.6397) will be leading a group of Slow Spokes from the east side. Meet at 8:30am in the parking lot on the southeast corner of 25 Mile Rd and Shelby Rd. Pace will be 11mph to 13 mph. Please wear your club colors (club jersey or POAR T-shirt), so that we will be conspicuous by our presence.



## Weekly Rides Discontinued till Next Year

During the month of October traditionally all weekly rides come to a close due to earlier sunset. That doesn't mean Slow Spokes stop riding. As you can see there will be ample opportunity for you to join us for one of the fall rides. 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. You can email Paul at: [jpwillhelm@hotmail.com](mailto:jpwillhelm@hotmail.com)

### Future Rides

Be sure to let Kim Mau know if you are planning a ride that is not listed on the upcoming rides or an event during the winter months. Email Kim at: [maumarkd@sbcglobal.net](mailto:maumarkd@sbcglobal.net)

## October Ride Schedule

<b>BLUE WATER RAMBLE</b>			
DISTANCE:	Various from 40 to 100 miles	DATE:	Sunday, Oct 1st
PACE:	you decide	TIME:	7:00 a.m.
TERRAIN:	Mostly flat		
MEETING PLACE:	St. Clair - St. Clair High School		
ADDITIONAL INFORMATION:	Entry fee \$18.00. Join the 25th annual international bicycle tour. Hot lunch and cider is served in Canada. Routes go into Canada. Proof of citizenship is required for border crossing. Fee includes ferry ride to Canada and back.		
<b>TOUR DE CITY-LONG AND SHORT TOUR</b>			
<b>TOUR DE CITY-LONG TOUR</b>			
DISTANCE:	55-60 Miles	DATE:	Saturday, Oct 7th
PACE:	13-15 -mph	TIME:	8:30 a.m.
TERRAIN:	Flat		
LEADER(S) & PHONE NUMBER(S):	Bob George, 586-463-6058		
MEETING PLACE:	Macomb County Community College, Corner of 12 Mile Road and Hayes		
ADDITIONAL INFORMATION:	We will ride to Belle Isle where we will meet the folks doing the short tour. Along the way we will travel through the Grosse Pointes and see some interesting parts of the Ease Side of Detroit. At Bell Isle we will meet up with the group doing the short tour and will ride at a slower pace as we tour downtown Detroit with a lunch stop in Mexican Town. After our lunch and Tour of Downtown the short tour will return to Belle Isle and the long tour will return to the starting location by the way of Hamtramck. If you are unable to ride at this pace please meet at Belle Isle for the short tour.		
<b>TOUR DE CITY-SHORT TOUR</b>			
DISTANCE:	20 Miles	DATE:	Saturday, Oct 7th
PACE:		TIME:	11:00 a.m.
TERRAIN:	flat		
LEADER(S) & PHONE NUMBER(S):	Kathy George, 586-463-6058		
MEETING PLACE	Belle Isle Casino		
ADDITIONAL INFORMATION	After returning to Belle Isle you can additional miles if you wish.		

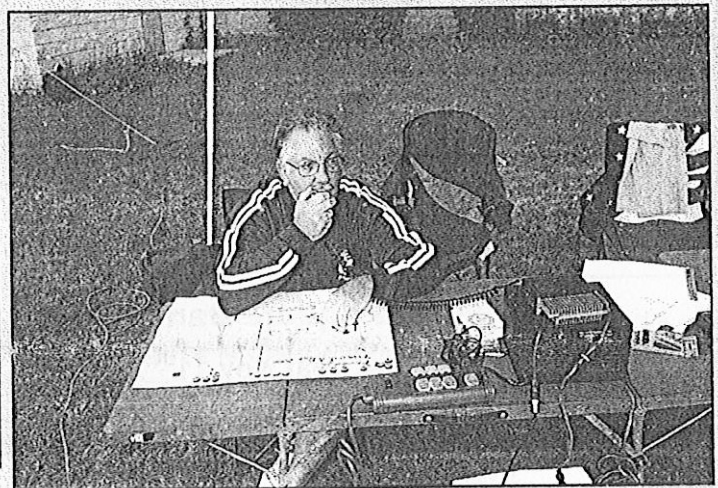
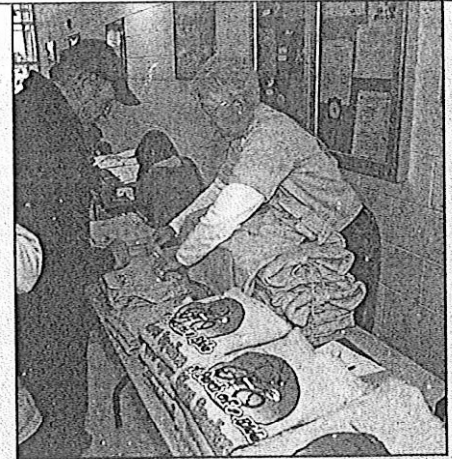
<b>ROOKIE RAMPAGE</b>			
DISTANCE:	Plus or minus 10 miles	DATE:	Sunday, Oct 8th
PACE:	10- mph	TIME:	11:00 a.m.
TERRAIN:	Flat		
LEADER(S) & PHONE NUMBER(S):	Kim Mau, 586-779-2767		
MEETING PLACE	Freedom Hill		
ADDITIONAL INFORMATION	We will ride to Dodge Park and Back - Weather permitting -No ride if rainy or below 45 degrees		

**PIEROGI PEDAL LONG & SHORT TOUR**

<b>PIEROGI PEDAL - LONG TOUR</b>			
DISTANCE:	20 miles	DATE:	Saturday, Oct 14th
PACE:	12 - 14 mph	TIME:	9:45 a.m.
TERRAIN:	Flat		
LEADER(S) & PHONE NUMBER(S):	Tom Miller 586-573-4754		
MEETING PLACE	Veterans' Memorial Park located on Campbell Ave., North I-696 between Van Dyke and Hoover in Warren: NOTE: No restroom facilities are available at start location.		
ADDITIONAL INFORMATION	Polonia Jaworwka Restaurant, 2934 Yemans, Hamtramck, MI (313)873-8432. A ride to Hamtramck, MI "A Touch of Europe in America". Visit the memorial to Pope John Paul II's historic 1988 visit to America: see the New Palace Bakery home of world famous Paczki; ride the "Joe" (Joseph Campau Ave). Enjoy fine Polish cuisine at the Polonia Jaworwka Restaurant or Polish Village Cafe. We will mee the short ride at Ascension Church and slow the pace to 9-11 mph and resume the regular pace after their departure.		

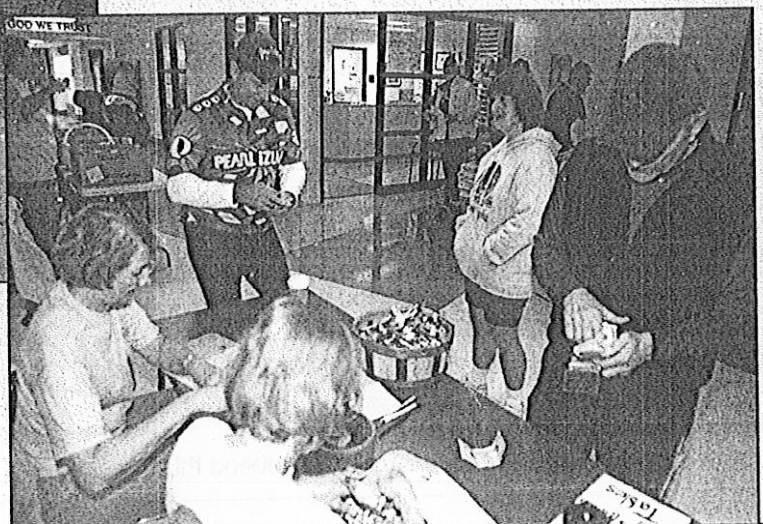
<b>PIEROGI PEDAL - SHORT TOUR</b>			
DISTANCE:	13 miles	DATE:	Saturday, Oct 14th
PACE:	9-11 mph	TIME:	10:30 a.m.
TERRAIN:	Flat		
LEADER(S) & PHONE NUMBER(S):	Tom Miller 586-573-4754		
MEETING PLACE	Ascension Church located on Ascension Ave. Between Fisher and Westminster. 3 Blocks North of 8 Mile Road and 1 Block East of Van Dyke in Warren: NOTE: No restroom facilities available at start location.		
ADDITIONAL INFORMATION	See information on Pierogi Pedal - Long Tour		

<b>HURON VALLEY TRAILS FALL COLOR TOUR</b>			
DISTANCE:	42-50 miles	DATE:	Sunday, Oct 15th
PACE:	12 - 15 mph	TIME:	9:00 a.m.
TERRAIN:	paved trails, hilly		
LEADER(S) & PHONE NUMBER(S):	Jim Walter, 586-879-2405, Cell phone (day of ride) 249-376-8924		
MEETING PLACE	Lyon Oaks County Park. Take I-96 west to 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 the golf and banquet center. Park in the golf parking lot.		
ADDITIONAL INFORMATION	Route is almost entirely on paved bike paths - a rail trail, Island Lake Recreation area, Kensington MetroPark, Mount Trashmore and connecting paths. We will stop in South Lyon for lunch after about 32-40 miles. After lunch, we have about 10 miles back to our cars on a flat paved rail trail.		



**Everywhere you turned there was a smiling face to greet you!**

**Outside it was windy and Cold and the Bee's were stinging!**



**All photos submitted by Bob Bruce**



**Food and Smiles  
were Plentiful!**



## Bike Maintenance Classes

The upcoming "off season" is a good time to learn how to properly maintain and repair your bike. Our good friends at Fraser Bicycle and Fitness and The Macomb Bike Shop have classes throughout the Fall.

### Bike Maintenance 101 at Fraser Bicycle and Fitness

The curriculum will be comprised of Lecture, self-directed Reading (outside of class), Lab work (hands-on), and Demonstrations by instructors. Topics covered include but are not limited to:

- Remove and Install Tire/Tube
- Chain Cutting
- Wheel Concepts
- Brake Systems
- Gear Systems
- Lubrication and Cleaning

Park Tool School Manuals, Tools to complete Lab Work, Cadaver Bicycle, and LUNCH will be provided to students. The manuals (\$21.99 value) become the property of the students upon completion of course and can be used for future, more advanced course work. Total class time is 5 hours and will be held on Saturdays beginning at 10:30am SHARP with a break for lunch at 1:00pm (which is included). Students are advised to wear appropriate attire (something that can get dirty). The cost is \$100.00 and sessions are limited to 8 students and must be paid in advance. Refunds will not be issued, but students can re-schedule for a later session as class size permits. Tools will be available for purchase at a 10% discount to students for 30 days after attending class.

Current available dates are: September 9/30/06, October 10/28/06,

November 11/25/06, December 12/16/06.

Fraser Bicycle and Fitness is located at 34501 Utica Rd., Fraser, MI, 586.294.4070.

### Macomb Bike Shop

Macomb Bike Shop schedules a FREE Bicycle Maintenance Class on the first Saturday of every month from 9:00 A.M. to 10:00 A.M. This includes basic maintenance, change flat tire, adjust brakes, cleaning, lubing. They have suggestions on what products are the best to use on our bikes and then have a question and answer session. The owner Jeff stated he could possibly hold a class almost any Saturday for the Slow Spokes, he just needs advance notice.

Macomb Bike Shop also offers a more extensive class called the "PARK TOOL SCHOOL" on October 13th (Friday) 6:00 P.M - 8:00 P.M and October 14th (Saturday) 2:00 P.M - 4:00 P.M

The first day, students tear their bike down to the frame. The second day, they put the bike back together. The cost is \$50.00 per person for the two days. The manual/instruction book is an additional \$20.00.

Macomb Bike Shop is located at 28411 Schoenherr, Warren, MI, 586.756.5400.



**A THOUGHT.....** If we want our children to be healthy and happy we must convince them to take part in life instead of watching it pass them by on the small screen.



**A JOKE.....** A little old lady was running up and down the halls of a nursing home. As she walked, she would flip up the hem of her nightgown and say "Supersex". She walked up to an elderly gentleman in a wheelchair. Flipping her gown at him, she said, "Supersex". He sat silently for a moment or two and finally answered, "I'll take the soup".



Submitted by: R.M.J.



Single bike rack that uses a trailer hitch - asking \$30. Call Rick Vandecar at (586) 610-1704 or email: [n8rht@sbcglobal.net](mailto:n8rht@sbcglobal.net)

### New Address



Peggy Case sends her warmest regards to all Slow Spokes since moving to NY. Her new address is:

Peggy Case  
41 Watson Ave.  
Ossining, NY 10562  
Email: [peggycase10@aol.com](mailto:peggycase10@aol.com)

### 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.