

Spokin' Times News

Slow Spokes
P.O. Box 792
Sterling Heights, MI 48311-0792

April 2007

Slow Spokes of Macomb Bike Club

Spring Training for Bike Rides

Inside this issue:

Spring Training	1
Kevin's New Ride	1
Presidents Corner	3
Job Opening	4
Rides Resume	4-5
Other Rides of Interest	6
Lighter Side	7

Special points of interest:

- * Pictures from Walks this winter
- * Say Hello to our New Members

**Monthly Meeting
Changed to March
30th due to Easter
and Good Friday**

Every-
one is
getting
antsy to
get out
there and



Cabin Fever Has Got Us All

work on getting back in shape for the riding season. Here are a few suggestions taken from the web on how to get back in shape for bike season!

Start early

You should start training several months before a major ride particularly if your fitness level is modest or even non-existent! Start with short routes on level(-ish) terrain then build up your distance and inclines.

Head for the hills

Many people make the mistake of limiting their training to billiard table surfaces - it does-

n't do much for your power or endurance. Hills are equally vital for your training. So seek out some challenging inclines, the steeper the better, and ride up them, don't push.

Drink

You will be drinking one water bottle (about 20 oz.) an hour or more if it's hot outside. You should take a drink every 15-20 minutes starting at the beginning of your ride. Don't wait until you feel thirsty

-- you'll be too late.

Eat

Be sure to eat, too. Take something to nibble on, even if you're on a supported ride. If your blood sugar drops you need to get food before you bonk. You really don't want to be out in the middle of nowhere in a hypoglycemic stupor. And, as with drinking, you need to eat regularly. Don't wait until you're hungry.

Stop

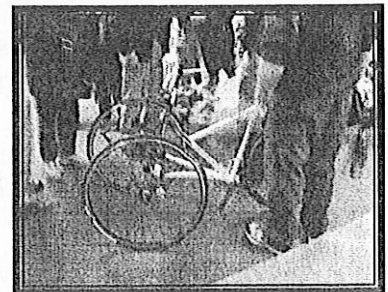
On a non-supported ride, stop every hour or two and stretch, eat, and talk. Stretch your muscles and talk to the other riders. You'll be a much happier rider!

Kevin's New Bike

A one of a kind bike has been designed for Kevin by the Toyota Engineers. No other road bike has two wheels in the front. This was necessary to prevent Kevin from falling. That was the main reason for all the research, trials and extra time to make sure it would work.

On Sunday, February 11th the years of research and engineering paid dividends when Kevin was presented with his new bike.

Judging by everyone's approval Kevin will soon be riding for Smiles and Smiles....



<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		Concetta Pellerito
<u>Secretary</u>	Carol Blanchard		
<u>Newsletter Editor:</u>	Chuck Pottenger	<u>Ride Coordinator</u>	Kim Mau
<u>Newsletter Distributor:</u>	Rita Zupan	<u>Sunshine Liaison:</u>	Aloys Turck

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—Email information for rides and walks to Kim Mau at maumarkd@sbcglobal.net or call at 586/779-2767 or email the information to her at by the (10th) of the month.



Newsletter Information—Send articles you'd like published to Attention Chuck Pottenger at 26507 Harper Ave., St. Clair Shores, MI 48081 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.

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

Snow Shoe at Stony Worth Remembering



Hiking at West Branch has brought between 8 and 15 people every week. We hike in the snow in-between the cross country ski

ruts. We see mountain bikers in the snow and people walking their dogs. There have been many fun lunches after hiking.

On Sun Feb 18th we had a snow shoe event with 10 people at the Nature Center. They rent old fashioned snow shoes that look like tennis rackets for \$5. It was beautiful to walk back in the Nature Center and watch the flow of the creek and the deer. The new Nature Center is not open as

they have building problems. It could be spring before it opens.



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.

Presidents Corner

April Meeting Change

Because Good Friday falls on the first Friday of April, our regularly scheduled meeting night, and Graham Elementary School is closed the following week for Easter break, the April general membership meeting has been changed to FRIDAY, MARCH 30 at the usual time.

Please mark your calendars!

Membership Dues Increased

As a result of increasing cost of running the Club (newsletter printing and postage, insurance, 4th of July Picnic, etc.) I asked the general membership to approve an increase of \$5.00 per year in the annual membership dues. The request was approved effective April 1, 2007. At \$15.00 a year per family (husband, wife and children under 18) you Slow Spokes membership is still an excellent value.

When you renew, please complete the "Application/Renewal Form" found in the Newsletter and on the website. Our membership database has become outdated and this is the process we've adopted to update it. If you don't properly complete the Application/Renewal Form (including you current email, we can't guarantee the accuracy of the information on the Club roster or that you will receive the Newsletter and Impromptu Ride Info emails.

When We Couldn't Ride We Hiked



Back Row: Tom, Bill, Sandy, Bill, Jane, Eileen, Dan
Front Row: Judy, Carol, Catherine, Chuck, Lisa, George



Same Group Different Arrangement



Say Hello to Our New Members

Marlene Carlson, Sterling Heights
Gary Haelewyn, Clinton Township

James Morris, Clinton Township
Ann Marie Schmidt, Harrison Township

Steve Conatser, Melvindale

IN OTHER NEWS

Product Manager Position Available

Our client is an industry leader in **cycling products and technologies**. Always striving to bring the most intuitive and innovative performance-orientated training products to the market, our client has an exciting new opportunity for experienced product managers to manage

the full "product life cycle" of products within a defined category.

The Product Manager will be responsible for coordinating a detailed and rigorous product development process, including the identification of new market opportunities, developing initial product scopes and leadership of product development

teams. The Product Manager will be the category and customer expert.

If interested or you know someone that is interested in this position contact:

Sarah Skolaski
Recruiting Consultant
QTI Professional Staffing
Phone: 608-232-2650, Fax: 608-663-4830
sarahl@gstaff.com

Rides Full Speed Ahead

MACOMB ORCHARD TRAIL			
DISTANCE:	Approx. 20-25 Miles		
PACE:	12-14 mph	DATE:	Tuesday's
TERRAIN:	Flat	TIME:	6:00 p.m.
MEETING PLACE:	SE Corner of 25 Mile Road and Shelby in the shopping plaza parking lot		
LEADER:	Mark Mau 586-779-2767		
ADDITIONAL INFORMATION:	We will be exploring the new section of the Macomb Orchard Trail - NO RIDE IF SNOW OR RAIN OR BELOW 45 DEGREES		

SENIOR SPIN			
DISTANCE:	20-25 miles		
PACE:	10-12 mph	DATE:	Wednesday, April 4th and 11th
TERRAIN:	Flat	TIME:	10:00 a.m.
MEETING PLACE:	Macomb Orchard Trail - Meet in the parking lot on E. side of Onyx Ice Arena which is South of 24 Mile Road on Dequindre.		
LEADER:	Evelyn Bires 586-778-8397 & Aloys Turck 248-362-4031		
ADDITIONAL INFORMATION	Anyone interested in joining is welcome. The purpose of these rides is to get our bicycle legs back in shape for the summer. We will do a slow pace and short distance in the beginning. The plan is to gradually build on our strength & endurance.		

SENIOR SPIN			
DISTANCE:	25 Miles		
PACE:	10-12 mph	DATE:	Wednesday, April 18th and 25th
TERRAIN:	Flat	TIME:	10:00 a.m.
MEETING PLACE:	Freedom Hill Parking Lot 16 Mile (Metro Pkwy) East of Schoenherr.		
LEADER:	Evelyn Bires 586-778-8397 & Aloys Turck 248-362-4031		
ADDITIONAL INFORMATION:	Anyone interested in joining is welcome. The purpose of these rides is to get our bicycle legs back in shape for the summer. We will do a slow pace and short distance in the beginning. The plan is to gradually build on our strength & endurance.		

Join The Lupus CENTURY CLUB

Get your name or team name on the back of our T-shirt as a Century Club Rider. Raise or donate \$100 and get your name on the back of our custom T-shirt for this year's ride. Call the office by May 12th to let us know you are a Century Club Rider so we can include the name on the list.
800.705.6677

Register-Pay-Sign Ride Waiver Online

See How Easy it is to do:
<http://www.milupus.org/events>

RIDE T-SHIRT ORDER FORM

Custom Cotton Short Sleeve Shirts for ride will be on sale the day of the ride for \$7.00 each.

Number of T-shirts @ \$7.00 each Total \$ _____
Please circle size(s) ordering:
S M L XL XXL
XXXL XXXXL
3X and 4X please add \$1.00 Total \$ _____

Please include your t-shirt money with registration.
You can pick up your t-shirts the day of ride at the registration table.

Lupus is a chronic autoimmune disease that is hard to diagnose, difficult to manage and if not treated can become life threatening. In simple terms, Lupus develops when the body becomes "allergic to itself".

There is no cure. Lupus affects adult women 10 times more frequently than men. Lupus is more prevalent than Sickle Cell Anemia, Cerebral Palsy and Cystic Fibrosis, yet it is the least

Non-Profit Organization
U.S. POSTAGE
PAID
Permit No. 116
St. Clair Shores, MI

New Routes
of America
New Lower Fee

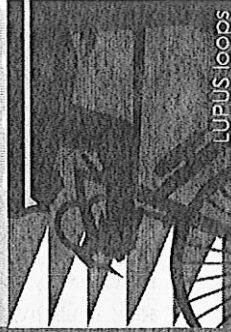
Bike Ride for Lupus
Lupus Alliance of America
26507 Harper Ave.
St. Clair Shores, MI 48081



Life Without Lupus Bike Ride

New Improved Routes
Lower Registration Fees

Casual Ride 6.5 Mile
31 Mile 50K
40 Mile 75K
62 Mile 100K
Mountain Bike Trail



Date: May 20, 2007

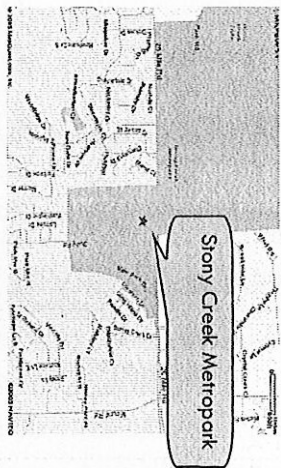
Time: 7:00 AM
Registration

Stony Creek Metropark
26 Mile Road & Mound
Shelby Twp.

Lupus Alliance of America
Michigan Indiana Affiliate

Phone: 586-775-8310 or 800-705-6677 Fax: 586-775-8310
E-mail: info@milupus.org Website: www.milupus.org

Life Without Lupus Bike Ride



Stony Creek Metropark 26 Mile and Mound Road
in Shelby Township

Stony Creek Metropark Eastwood Beach Shelter

- Registration opens at 7:00 a.m.
- Pre-registered riders pick up packet.
- 62 mile route riders should start by 8:00 a.m.
- 40 mile route riders should start by 8:30 a.m.
- 31 mile route riders should start by 9:00 a.m.
- All riders must wear a Snell, ANSI or CPSC approved helmet



SAG service vehicles will be provided on routes from 7:00 a.m. to 3:00 p.m. to provide information, instructions, assist with minor mechanical repairs, render rider assistance, and handle emergencies. In all cases emergencies will take precedence over cyclists who have simple tire related problems or those with mechanical difficulties.

- Registration fee includes: route map, SAG service, marked route(s), refreshments at rest stops and registration/start area.
- Rest Stops will feature a good variety of rider oriented snacks and drinks.
- One dollar (\$) of the registration fee will be donated to the League of Michigan Bicyclists to support bicycling in Michigan.
- A network of experienced amateur radio operators and portable telephones will provide fixed and mobile communication.
- Cyclists should be experienced and comfortable riding on the road with motor vehicle traffic, be physically conditioned to complete the route distance chosen, and have their bicycle in good mechanical condition to safely complete the distance.
- Cyclists under 16 years of age must be accompanied by an adult.

Register online at www.milupus.org

Official Registration and Release — Life Without Lupus Bike Ride

Please Print Legibly — Make checks payable to "Lupus Alliance"
Mail to: Lupus Alliance, 26507 Harper Ave., St. Clair Shores, MI 48081

Name: _____ Age: _____
 Address: _____
 City: _____ State: _____ Zip Code: _____
 Phone Number: () _____
 Emergency Contact: _____ Phone Number: _____

Registration

Pre-Registration, postmarked on or before May 15, 2007

Late Registration, postmarked after 5/15/06 and day of ride

Route: Casual Ride 6.5 Miles 50 Km (31 mile) 75Km (40 mile) 100 Km (62 mile) Trail Ride 17.5 m

\$15.00
\$20.00

Cost



RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AND PARENTAL CONSENT AGREEMENT ("AGREEMENT")

IN CONSIDERATION of being permitted to participate in any way in Lupus Alliance Bike Ride sponsored Bicycling Activities ("Activity") I, for myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree, and represent that I understand the nature of Bicycling Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.
2. FULLY UNDERSTAND that: (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS, AND DEATH ("RISKS"); (b) these Risks and dangers may be caused by my own actions or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES COSTS, AND DAMAGES I incur as a result of my participation or that of the minor in the Activity.
3. HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE the Alliance, their respective administrators, directors, agents, officers, members, volunteers, and employees, any sponsors, advertisers, and if applicable, owners and lessees of premises on which the Activity takes place, (each considered one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENCE RESCUE OPERATIONS, AND I FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I, or anyone on my behalf makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss liability, damage, or cost which any may incur as the result of such claim.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OF ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

PARTICIPANT'S SIGNATURE (only if 18 years old or over) _____ DATE: _____

MINOR RELEASE

AND I, THE MINOR'S PARENT AND/OR LEGAL GUARDIAN, UNDERSTAND THE NATURE OF BICYCLING ACTIVITIES AND THE MINOR'S EXPERIENCE AND CAPABILITIES AND BELIEVE THE MINOR TO BE QUALIFIED, IN GOOD HEALTH, AND IN PROPER PHYSICAL CONDITION TO PARTICIPATE IN THE ACTIVITY. I HEREBY RELEASE, DISCHARGE COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND HOLD HARMLESS EACH OF THE RELEASEES FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON THE MINOR'S ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENCE RESCUE OPERATIONS, AND I FURTHER AGREE THAT IF, DESPITE THIS RELEASE, I, THE MINOR, OR ANYONE ON THE MINOR'S BEHALF MAKES A CLAIM AGAINST ANY OF THE RELEASEES NAMED ABOVE, I WILL INDEMNIFY, SAVE AND HOLD HARMLESS EACH OF THE RELEASEES FROM ANY LITIGATION EXPENSES, ATTORNEY FEES, LOSS LIABILITY, DAMAGE, OR COST ANY MAY INCUR AS THE RESULT OF ANY SUCH CLAIM.

PRINTED NAME OF PARENT/GUARDIAN: _____

PARENT/GUARDIAN SIGNATURE (only if participant is under the age of 18): _____ DATE: _____



ST. CLAIR SHORES TO WINDMILL POINTE			
DISTANCE:	25 Miles	DATE:	Sunday, April 1st.
PACE	12-14 mph	TIME:	11:00 a.m.
LEADER:	Tom Miller 586-573-4754		
MEETING PLACE:	Lakeshore Village Shopping Center. NE corner of Jefferson and Marter, (approx. 1/4 Mile South of 9 Mile Road)		
ADDITIONAL INFORMATION:	Bruegger's midway in the ride.		

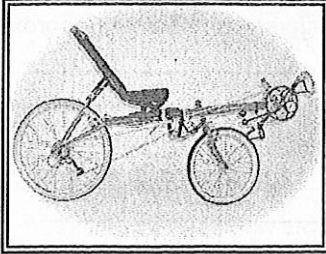
RIDE TO THE RIDE			
DISTANCE:	45 Miles	DATE:	Sunday, April 1st.
PACE:	12-14 mph	TIME:	9:30 a.m.
TERRAIN:	Flat		
MEETING PLACE:	Veterans' Memorial Pak on Campbell, approx. 1/4 mile north of I696 between Van Dyke and Hoover in Warren to Lakeshore Village Shopping Center.		
LEADER:	Tom Miller 586-573-4754		
ADDITIONAL INFORMATION:	Ride to Lakeshore Village in St. Clair Shores to join the group riding the 25 miles, St. Clair Shores to Windmill Pointe and return to Warren after the ride.		

SPRING TRAINING RIDE TO MT. CLEMENS			
DISTANCE:	30 Miles		
PACE:	13-15 mph.	DATE:	Saturday, April 14th
TERRAIN:	Flat	TIME:	9:00 a.m.
MEETING PLACE:	Masonic (13-1/2 mile) and Jefferson (corner parking lot)		
LEADER:	Carol Green		
ADDITIONAL INFORMATION:	We will start at a slower pace to get ready for May Riding. Join me for coffee and treats in Downtown Mt. Clemens along the way.		

ROOKIE RAMPAGE			
DISTANCE:	10 Miles		
PACE:	10 +/- mph	DATE:	Sunday, April 15th
TERRAIN:	Flat	TIME:	10:00 a.m.
MEETING PLACE:	16 Mile and Crocker in the McDonald's Parking Lot		
LEADER:	Kim Mau 586-779-2767		
ADDITIONAL INFORMATION:	We will ride into Metro Beach and back to the McDonald's Parking Lot. -NO RIDE IF BELOW 45 DEGREES		

SPRING TRAINING RIDE TO GROSSE POINTE			
DISTANCE:	30 Miles		
PACE:	13-15 mph.	DATE:	Saturday, April 22nd
TERRAIN:	Flat	TIME:	9:00 a.m.
MEETING PLACE:	Masonic (13-1/2 mile) and Jefferson (corner parking lot)		
LEADER:	Carol Green		
ADDITIONAL INFORMATION:	Still training for May Rides. Join me for a bagel and coffee in Grosse Pointe along the way.		

Wolver Bent Recumbent Bicycle Events



Recumbent Rallies Return

See what recumbent riders smile about by taking some test rides at one of the Michigan recumbent rallies this year. For those not familiar with the bikes, recumbents have the rider sitting in a chair-like seat with the result being the lack of back, neck, seat and wrist pain.

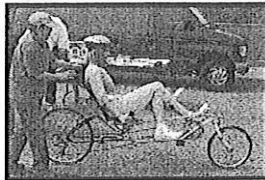
May 12th, 2007 (Saturday) Michigan Recumbent and Tandem Rally - East

Willow Metropark pool shelter, southwest Detroit area. Cosponsored by the Program To

Educate All Cyclists
(www.www.bikeprogram.org), 9am-3pm,
734.487.9058, www.wolverbents.org, wolver-
bob@cs.com

June 23-24, 2007 (Saturday and Sunday) Michigan Human Powered Vehicle Rally

Waterford, northern Detroit area, 313.884-0109,
www.mhpva.org, WKiehler@Comcast.Net



June 30, 2007 (Saturday)

Michigan Recumbent Rally Central
Holt, Michigan (Lansing area), 10am-3pm,
517.694.6702, www.wolverbents.org,
chad@holtproyclery.com

Metro Grand Spring Tour

Downriver Cycling Club Presents the
24th annual

MGST 2007

Pre-registration Fees if postmarked by
Wednesday, April 25, 2007

\$16 Individual \$43 Family

After April 25th \$22 Individual \$55 Fam-
ily

Entry forms online at:

<http://www.lmb.org/dcc/mgst/>

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	New Address: 29428 Woodward Ave	Royal Oak, MI 48072	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
American Cycle & Fitness (Formerly Pointe Cycle & Fitness)	20343 Mack Avenue	Grosse Pointe Woods, MI 48236	313/886-1968
American Cycle & Fitness (Formerly Scarlett's)	203 N. Perry Street	Pontiac, MI 48342	248/333-7843
Hamilton Bicycle	69329 Main Street	Richmond, MI 48062	586/727-5140

The Lighter Side



Here's a photo of my new bike!
I hope you like it.

Chuck finally finds a bike he can keep up with everyone!

Don't you think it's time we all became more physically active. Beginning 2007, a few friends and I will be riding 5 miles every day.

If any of you would like to join our Bike Ride, please let me know and we can make arrangements.

A THOUGHT

Life may not be the party we hoped for,
BUT while we are here we might as well DANCE.

An 83 year old unknown woman.

A QUOTE

I had a rose named after me and I was very flattered.
BUT I was not pleased to read the description in the catalog:
"No good in a bed, but fine against a wall.

-- Eleanor Roosevelt--

A POEM AWAKENING SPRING

She rouses from her slumber, stretches wide her arms.
She's anticipating showing us all her glorious charms.
Daffodils and Tulips nod their sleepy heads,
Dancing, swaying to and fro, they rise from Winter beds.
Little girls don pretty frocks, chase butterflies and giggle.
Robins hopping here and yon, catching worms as they wiggle.
Yes, she's had quite a nap through the cold months of the year.
And we welcome her warmly, eagerly--beautiful SPRING is finally here.

The above submitted by: R.M.J.

SLOW SPOKES MEMBERSHIP APPLICATION

DATE: _____ NEW MEMBER _____ RENEWAL _____

NAME: _____ PHONE: _____

ADDRESS: _____

EMAIL: _____

Please mail this application along
with a check for \$15.00 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 accom-
panied by an adult
during all club activi-
ties and rides.