






Slow Spokes Spokin' Times

August, 2005

<u>President:</u>	Paul Wilhelm	<u>Membership Chair:</u>	Lennie Raines
<u>Vice President:</u>	Jim Walter	<u>POR Co-Chairs:</u>	Concetta Pellerito Sharon Bellhorn
<u>Treasurer:</u>	Carol Blanchard	<u>Ride Coordinator:</u>	Jim Walter
<u>Secretary:</u>	Kathy George	<u>Sunshine Liaison:</u>	Aloys Turck
<u>Newsletter Editor:</u>	Lennie Raines		
<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 Owen Jax Activity Center located on Nine Mile Road, east of Van Dyke. Refreshments are served.
-  **Ride Information** - Send information for rides and walks to Jim Walter at 6870 Emerald Shores, Troy, 48085, call at 248/879-2405 or email the information to him at jim.walter@comcast.net by the tenth (10th) of the month.
-  **Newsletter Information** - Send articles you'd like published to Lennie Raines at 28048 Pine Tree Lane, Harrison Township, 48045, call at 586/463-4916 or email the information to her at lbrmcrest@yahoo.com. Articles must be received by the 15th 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 address to Paul Wilhelm at 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.

MORE FUN and OTHER INFO.

NO P.O.A.R. MEETING IN AUGUST. There will not be a POAR meeting prior to the monthly Slow Spokes meeting in August. The "sign-up" sheets for volunteering will be at the meeting as we still need SAG drivers, kitchen help, rest stop attendants and two more parking attendants. In addition, please indicate the tee-shirt size you will need. Include your email and/or phone number. The Peach of a Ride is **September 11, 2005.** We need your help to make it a *SMASHING SUCCESS!* Thank you. Concetta

Paul Wilhelm has done some preliminary planning for a trip to **NORTHERN MICHIGAN (CHARLEVOIX/TORCH LAKE AREA)** for five days of riding on many of the premier routes in that area is slated for **August 21 through the 26th.** We will camp at Barnes County Park (barnespark@torchlake.com) and ride/drive to the start of the rides. For those not wanting to camp, there are motels in the area. The tentative ride schedule is:

Monday: "Tunnel of Trees" (a loop of about 55 miles from Harbor Springs)
Tuesday: "Hemingway Tour" (a loop of about 40 miles around Lake Charlevoix)
Wednesday: "RAT" (loop around Torch Lake of about 47 miles)
Thursday: Old Mission Peninsula (about 40 miles)
Friday: TART/Leelanau Trails (Acme to Suttons Bay 20+ miles)

All rides are of moderate/intermediate level of difficulty with "an occasional steep hill and rolling terrain". The cost will be \$5.00 to \$6.00 per person/per night plus food and gas. Assume about 800 total driving miles.

If you have an interest in participating in this adventure, contact Paul by phone at 586/247-6397) or email him at jpwilhelm@hotmail.com. If there is enough interest, he'll finalize the plans.

PEACH OF A RIDE 2005. WHAT ARE YOU DOING ON **SEPTEMBER 11, 2005**??????? Are you working the PEACH? Are you riding the PEACH? If your answer is 'none of the above' this article is certainly for you. There are many, many people in our club working very hard since February, 2005 to make this year's PEACH our best ride ever but we really need your help. If you aren't working the ride, then try to ride the ride, especially with a friend. Do you realize if all of our non-working members did that one small thing, it would bring in over 200 cyclists to our ride? We sure hope that you are one of the members that will support our club in this manner.

As far as helping work the ride, we are still in need of SAG drivers and kitchen help. Our members are great people, each and every one of you, so responding to this call for help, be it riding the ride or working the ride, we know that you, yes you, will raise your hand and come to the aid of our Club. Right now you could be talking up the PEACH, which we should all be doing, and also passing out the applications. Packets of applications will be available at all the S.S. meetings. It is especially important this year to advise the riders of our move to a new location. The ride will take place at the Memphis Middle School, 34130 Bordman Road, Memphis, MI. The school is a beautiful facility with a top-notch kitchen. So, because of this, our food, which has always been good, is now going to be stupendous, which is a super incentive for coming out to do the ride. As far as the routes go, we have kept the best roads of the old route and added some rustic and scenic new ones that we are sure you will thoroughly enjoy riding. Also, FRASER BICYCLE & FITNESS has kindly consented to provide bicycle repairs for the PEACH. You will certainly enjoy the ride a lot more, knowing your bicycle will be getting the absolute best of care at the starting gate. And it's not too early to think about cookie making. We will be calling you soon regarding the baking of those delicious tidbits. A future newsletter will have more on cookies and drop-off points if you cannot make the September meeting.

And lastly, the PEACH OF A RIDE crew, who are sharing the responsibilities of making this ride our very best, want to thank you in advance for your kindness in the giving of your time to any of the above-stated items. Our ride will not be a success unless all of us do our best work on this very special day for the club.

Just one other thing you can do this is a BIG one ----- PRAY FOR SUNSHINE ON SEPTEMBER 11.

CELEBRATION OF CYCLING RIDE. Fellow Slow Spokes, please take note. This ride that benefits the PEAC Cycling Program (formerly, The Arc Cycling Program) which assists and trains persons with disabilities to become competent cyclists, will be held on **Saturday, September 17,** and takes place at the Warrendale Park on Hines Drive in Dearborn Heights. The Ride mileage is 12, 24, 35, 50, 75 or 100 miles. The fee is \$18 before September 6 and \$26 afterwards. Each and every one of us should participate in this special ride that helps such a great cause. You have your choice of starting times but the Slow Spokes will start as a group at 9:00 a.m. You can continue with the group or go at your own pace.

Applications will be available at the S.S. August meeting or you can call Rose Marie Jacobs at 586/779-4780 or email her at Mackinacrose@msn.com. Let's show the other clubs that we can reclaim the first prize we won in 2003 for most members attending. Even though 2004 was not a good year for S.S. participation, I have faith that 2005 will be a better year for our club AND if we all eat our Wheaties, we can win for the most miles ridden by a club. Let's just do it.

R.M.J.

LANCE ARMSTRONG FOUNDATION RIDE FOR THE ROSES. Linda Daniels is looking for other members to go with her to Austin, Texas and ride in this ride **October 21-23.** Please call her at 248/335-1923 if you are interested. It will be a fun and worthy event to participate in.



RIDE INFORMATION

WEEKLY RIDES

Tuesday Night Ride

DISTANCE: 15 - 25 miles
PACE: 11 - 13
TERRAIN: Mostly flat to slightly rolling
LEADER(S) & PHONE NUMBER(S): Paul Wilhelm, 586/247-6397
MEETING PLACE: Parking lot on the SE corner of Shelby & 25 Mile Roads (Farmer Jack)
ADDITIONAL INFORMATION: Ride will vary from week to week as to distance & routes. Optional restaurant/ice cream stop after ride.

DATES: Tuesday, August 2, 9, 16, 23 and 30
TIME: 6:30 p.m.

Wednesday Wramble

DISTANCE: 18 - 22 miles
PACE: 13 - 15
TERRAIN: Flat to rolling
LEADER(S) & PHONE NUMBER(S): Bob Bruce, 248/641-5139
MEETING PLACE: NE corner of Livernois and Long Lake. Park next to AAA office facing Long Lake.
ADDITIONAL INFORMATION: Kathy George will lead a slower, shorter ride. Optional restaurant stop after ride.

DATES: Wednesday August 3, 10, 17, 24 and 31
TIME: 6:30 p.m.
DAY of WEEK: Wednesday

New Peach Dirt Ride

DISTANCE: 31 miles
PACE: 10 - 12
TERRAIN: Mostly flat dirt roads
LEADER(S) & PHONE NUMBER(S): Alex Schneider, 810/329-7245
MEETING PLACE: Memphis Municipal Parking Lot. Take I94 to M19 to Memphis. Turn right one block before the traffic light on Potter Street to the parking lot.
ADDITIONAL INFORMATION: No ride if raining. If roads are muddy, the ride will be on paved roads.

DATE: Saturday, July 30
TIME: 9:00 a.m.

Lower Huron Metroparks Trail Ride

DISTANCE: 23 miles
PACE: 11 - 13
TERRAIN: Rolling
LEADER(S) & PHONE NUMBER(S): Bill Zakosky, 586/779-4836
MEETING PLACE: Tulip Tree Picnic Area in Lower Huron Metropark. Take I94 west to Haggerty Road, Exit 192 (first exit west of I275). Go south on Haggerty for one mile into the park to the second picnic area.
ADDITIONAL INFORMATION: Park just past the first restrooms.

DATE: Saturday, August 6
TIME: 10:00 a.m.

Clinton River Trail Ride

DISTANCE: 25 - 30 miles
PACE: 10 - 13
TERRAIN: Flat and sometimes rough on the rail trail, paved and rolling in the neighborhoods
LEADER(S) & PHONE NUMBER(S): Jim Walter, 248/879-2405
MEETING PLACE: South side of the Rochester Hills Public Library on University east of Rochester Road in Rochester.
ADDITIONAL INFORMATION: We will ride the Clinton River Trail going west to Auburn Hills and return on side streets.

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

Paint Creek Hike or Bike with AYH

DISTANCE: 16 - 18 miles
PACE: 10 - 12
TERRAIN: Flat
LEADER(S) & PHONE NUMBER(S): Mary Stoolmiller, 248/879-6004
MEETING PLACE: Rochester City Park, one block west of Rochester Road, one block north of University on Pine Street in downtown Rochester
ADDITIONAL INFORMATION: Bring a picnic lunch to eat in the park. We'll time our ride to be back at the same time as the hikers. Bring \$1.00 for a donation to AYH.

DATE: Tuesday, August 9
TIME: 10:15 a.m.

Oxford/Orion Odyssey

DISTANCE: 25 miles DATE: Saturday, August 13
PACE: 11 - 13 TIME: 9:00 a.m.
TERRAIN: Mostly flat with some rolling hills.
LEADER(S) & PHONE NUMBER(S): Linda Daniels, 586/747-6900
MEETING PLACE: Oxford Starbucks in downtown Oxford on Washington (M24).
ADDITIONAL INFORMATION: We will ride through subdivisions by lakes, golf courses and parks. All paved and mostly bike paths. Optional brunch/lunch afterwards in Oxford at Victoria's Delight.

Pierogi Festival

DISTANCE: 32 miles DATE: Sunday, August 14
PACE: 12 - 14 TIME: 10:00 a.m.
TERRAIN: Flat
LEADER(S) & PHONE NUMBER(S): Tom Miller, 810/573-4754
MEETING PLACE: Veteran's Memorial Park (formerly Warren City Pool) on Campbell north of I696 between Van Dyke and Hoover.
ADDITIONAL INFORMATION: Enjoy music, raffles, good food and good times at the Pierogi Festival at Sweetest Heart of Mary Church. Deacon Bill Stimpson, president of the Clinton River Riders, will be present and with his help we will have a good time.

Rochester to Addison Oaks

DISTANCE: 30 miles DATE: Saturday, August 20
PACE: 12 - 14 TIME: 10:00 a.m.
TERRAIN: Flat to hilly.
LEADER(S) & PHONE NUMBER(S): Bob Bruce, 248/641-5139
MEETING PLACE: Rochester Hills Library parking lot on University just east of Rochester Road.
ADDITIONAL INFORMATION: We will ride from Rochester to Addison Oaks and on to Lake Orion. The last rier into Lake Orion buys lunch for the leader (I've seen him eat - it could be expensive). We will be on the Paint Creek Trail and Adams Road as well as some dirt roads, so bring the right bike.

To Be Determined -- Looking for a Ride Leader

ALL INFORMATION: To be determined DATE: Saturday, August 27
ADDITIONAL INFORMATION: Currently we don't have anything scheduled so if you'd like to lead the ride, all you have to do is let Jim know and we'll make sure this gets included in the September newsletter.

Stoney Creek Pedal and Paddle

DISTANCE: 40+ miles DATE: Sunday, August 28
PACE: 12 - 14 TIME: 8:00 a.m.
TERRAIN: Mostly flat with some hills in Stony Creek.
LEADER(S) & PHONE NUMBER(S): Sharon Bellhorn, 586/725-2925, Lennie Raines, 586/463-4916 and Rita Zupan, 586/264-0172
MEETING PLACE: Freedom Hill which is on Metro Parkway (16 Mile Road) between Schoenherr and Utica Roads
ADDITIONAL INFORMATION: Ride to Stony Creek where canoes, kayaks, rowboats and paddleboats can be rented for a nominal fee or go for a splash in the water before riding back. Bring a picnic lunch to enjoy at the Park.

****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 and/or Jim Walter at 248/879-2405 or email him at 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.

ALS WALK TO HONOR HILDA LA MONT. A **September 18** walk for Amyotrophic Lateral Sclerosis (ALS) is planned at Stony Creek Metropark in honor of Hilda Lamont.

Hilda, a long-time and active member of the Slow Spokes, died on July 3. She was a beloved, cherished club member who will be remembered not only for her litany of contributions to the club but also for her personal accomplishments in the club.

Some of us shall remember Hilda as a dedicated, unselfish Peach of a Ride worker; others will remember her enthusiasm with which she approached each club ride, the Pedal Across Lower Michigan (PALM) ride, the Apple Cider Century (ACC) ride, and the Amishland and Lakes ride. Some of us will remember her sheer joy and exhilaration when, at age 76, she completed her first Century with the coaching and encouragement of the now deceased club member, Dick Barry, at the Little Miami Scenic Trail Ride in 2000.

Whether we remember her as a coworker, fellow cyclist, neighbor, or friend, we shall all remember her as a truly remarkable, wonderful lady!

If you would like to join us in honoring Hilda at the ALS walk on September 18, or if you would like to make a pledge in her memory, please contact Lester or Norma Ussted at 586.574.6334 or email them at kb8vam@earthlink.net.

Rita Zupan

A great big welcome to ROBERT YOUNGS of LAKE ORION, our only new member this month.

A THOUGHT



THE POWER OF PRAYER

After starting a new diet, I altered my drive to work to avoid passing my favorite bakery. I accidentally drove by the bakery this morning and there in the window was a host of goodies. I felt this was no accident, so I prayed, "Lord, it's up to you ... if you want me to have any of those delicious goodies, create a parking place for me directly in front of the bakery." And sure enough, He answered my prayer.... On the eighth time around the block, there it was!

Submitted by R.M.J,
Courtesy of Shirley Mullin

♥**YOUR HELP IS NEEDED**♥ This is my first year as Publicity Person for the P.O.A.R. I have done all of my homework and have gotten the publicity letters for the ride completed and ready to be delivered to the press. However, I will never know if the newspapers and magazines responded to my efforts of having our ride mentioned in their respective publications unless you help me out here. Would you please be extra observant of your local July and August newspapers and magazines to see if anything has been published on our big ride, especially in the outlying areas like Richmond, St. Clair, etc. I would truly be thankful to your eyes and ears for helping me see if my efforts at publicity have borne fruit. You can e-mail any information to Mackinacrose@msn.com.

♥Sincere Thanks,♥ Rose Marie J.

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