






# Slow Spokes Spokin' Times

July, 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
<u>Treasurer:</u>	Carol Blanchard		Sharon Bellhorn
<u>Secretary:</u>	Kathy George	<u>Ride Coordinator:</u>	Jim Walter
<u>Newsletter Editor:</u>	Lennie Raines	<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 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, or email the information to him at [jim.walter@comcast.net](mailto:jim.walter@comcast.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, call at 586/463-4916 or email her the information at [lbrmcrest@yahoo.com](mailto:lbrmcrest@yahoo.com). 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 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 1st Meeting Change** – The July 1st Slow Spokes meeting has been changed to Sunday, July 3<sup>rd</sup>. We will meet at the Northdale picnic pavilion at Stony Creek Metropark for a picnic, concert and fireworks. Hot dogs and hamburgers go on the grill at 6:00 PM.

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 we will move over to the concert area to be entertained by Blackberry Brandy. The concert starts at 7:30PM. Be sure to bring a folding chair or blanket to sit on. After the concert (approx. 10:00PM), there will be fireworks over the lake.

Rita Zupan will lead a ride through the park and on the Macomb Orchard Trail (approx. 15 to 20 miles at a moderate pace). Kathy George will lead an alternate ride at a slower pace. Both will leave from the Northdale picnic area at 4:00PM. They promise to have everyone back in time for dinner.

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

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

**PEACH OF A RIDE** -- **September 11** at the Memphis Middle School. Please note that this is a new location.

♥**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](mailto:Mackinacrose@msn.com). ♥Sincere Thanks,♥ Rose Marie J.



### Oh, those practical seniors.

Jacob, age 92 and Rebecca, age 89, living in Florida are all excited about their decision to get married. They go for a stroll to discuss the wedding, and on the way they stop into a drugstore.

Jacob addresses the man behind the counter: "We're about to get married. Do you sell heart medication?"

Pharmacist: "Of course, we do."

Jacob: "How about medicine for circulation?"

Pharmacist: "All kinds."

Jacob: "Medicine for rheumatism and scoliosis?"

Pharmacist: "Definitely."

Jacob: "How about Viagra?"

Pharmacist: "Of course."

Jacob: "Medicine for memory problems, arthritis, jaundice?"

Pharmacist: "Yes, a large variety. The works."

Jacob: "What about vitamins, sleeping pills, Geritol?"

Pharmacist: "Absolutely."

Jacob: "You sell wheelchairs and walkers?"

Pharmacist: "All types and sizes."

Jacob: "Great, we'd like to use your store as our Bridal Registry."

Submitted by: R.M.J

## A GREAT BIG WELCOME TO ALL OUR NEW MEMBERS

Ken Radziszewski of Washington Township

Catherine Serra of Rochester

Ken & Jeannette Solomon of Warren

Palmer Stevens of Bloomfield Hills

Bernie Sustrich of Washington

# 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: July 5, 12, 19 and 26  
TIME: 6:30 p.m.  
DAY of WEEK: Tuesday

### 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: July 6, 13, 20 and 27  
TIME: 6:30 p.m.  
DAY of WEEK: Wednesday

### Avoca Ramble

DISTANCE: 50 miles  
PACE: 13 - 15  
TERRAIN: mostly flat with a few big hills  
LEADER(S) & PHONE NUMBER(S): Bob George, 586/463-6058  
MEETING PLACE: Memphis High School on Bordman road west of M-19  
ADDITIONAL INFORMATION: This is a new route for the peach of a ride. We will make notes regarding store locations and a possible location of an additional rest stop. Pack a lunch or purchase at restaurant in Avoca.

DATE: July 2  
TIME: 9:00 a.m.  
DAY of WEEK: Saturday

### Taste Fest 2005

DISTANCE: 32 miles  
PACE: 12 - 14  
TERRAIN: flat  
LEADER(S) & PHONE NUMBER(S): Tom Miller, 586/573-4754  
MEETING PLACE: Veterans' Memorial Park (formerly Warren City Pool) on Campbell North of I-696 between Van Dyke and Hoover.  
ADDITIONAL INFORMATION: We will ride Detroit's new waterfront and stop to enjoy Taste Fest 2005.

DATE: July 3  
TIME: 9:00 a.m.  
DAY of WEEK: Sunday

### Second Annual July Picnic, Ride, and Fireworks

DISTANCE: 15-20 miles  
PACE: 12 - 14  
TERRAIN: some hills  
LEADER(S) & PHONE NUMBER(S): Paul Wilhelm, 586/247-6397  
MEETING PLACE: Northdale Pavilion of Stony Creek Metro Park.  
ADDITIONAL INFORMATION: See the president's Ps and Qs for further details.

DATE: July 3  
TIME: 4:00 p.m.  
DAY of WEEK: Sunday

### Huron Valley Trails

DISTANCE: 44 miles  
PACE: 11 - 13  
TERRAIN: rolling in Island Lake, flat on Rail Trail  
LEADER(S) & PHONE NUMBER(S): Jim Walter, 248/879-2405  
MEETING PLACE: Lyon Oaks County Park. Take I-96 west to the 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 golf and banquet center. We will park in the golf parking lot.  
ADDITIONAL INFORMATION: Route is almost entirely on paved bike paths - a rail trail, Island Lake Recreation area, Kensington Park and connecting paths. We will stop in South Lyon for lunch after about 34 miles and have 10 miles back to the cars after lunch on a flat rail trail.

DATE: July 7  
TIME: 10:00 a.m.  
DAY of WEEK: Thursday

### Harsen's Island Strawberry Festival

DISTANCE: 22-27 miles  
PACE: your own pace -  
TERRAIN: flat  
LEADER(S) & PHONE NUMBER(S): Bob Bruce, 248/641-5139  
MEETING PLACE: Behind the McDonald's on highway 29 in Algonac.  
ADDITIONAL INFORMATION: Hot dogs, drinks and strawberry shortcake at St. Paul's church on Harsen's Island - price is about \$5.00.

DATE: July 9  
TIME: 10:00 a.m.  
DAY of WEEK: Saturday

### Hike and Bike

DISTANCE: 44 miles  
PACE: 12 - 14  
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: Meet at 7:00 am for the optional 4 mile walk along Windsor's picturesque water front. At 9:00 am, we will start the bike ride to Amherstburg.

DATE: July 10  
TIME: 9:00 a.m.  
DAY of WEEK: Sunday

### 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 I-94 west to Haggerty Rd., Exit 192, (first exit west of I-275). Go South on Haggerty 1 mile into park to the second parking area.  
ADDITIONAL INFORMATION: Park just past restrooms.

DATE: July 16  
TIME: 10:00 a.m.  
DAY of WEEK: Saturday

### Evening Ice Cream Ride

DISTANCE: 9 or 25 miles  
PACE: 12 - 14 or 9 - 11  
TERRAIN: flat  
LEADER(S) & PHONE NUMBER(S): Tom and Mary Miller, 586/573-4754  
MEETING PLACE: For Tom's ride of 25 miles, meet at 5:30 at Veterans' Memorial Park (formerly Warren City Pool) on Campbell North of I-696 between Van Dyke and Hoover. For Mary's ride of 9 miles, meet at 6:30 pm at the Pleasant Ridge Community Center located 1 block South of I-696 and 1 block West of Woodward.  
ADDITIONAL INFORMATION: Both rides will stop for Ice Cream at Jimi's in Royal Oak.

DATE: July 17  
TIME: 5:30/6:30 p.m.  
DAY of WEEK: Sunday

### Detroit Major Park Ride

DISTANCE: 40-50 miles  
PACE: no one left behind  
TERRAIN: mostly flat  
LEADER(S) & PHONE NUMBER(S): Constance & Vern Ramsey, 313/834-6063  
MEETING PLACE: Belle Isle Casino parking lot.  
ADDITIONAL INFORMATION: Visit Detroit's four major parks, Belle Isle, Chandler, Palmer and Rouge Parks. We will also see many of Detroit's historic landmarks, churches, Ford Field, Comerica Park, and many other points of interest.  
Note: This is not a Slow Spokes event - it is a preview for a possible annual ride. It was discussed at the Bike Feast.

DATE: July 24  
TIME: 8:00 a.m.  
DAY of WEEK: Sunday

### TO BE DETERMINED - LOOKING FOR A RIDE LEADER

ALL INFORMATION: To be determined  
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 August newsletter.

DATE: July 30 and/or 31

*\*\*\*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 [jpwillhelm@hotmail.com](mailto:jpwillhelm@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.

## YOUR FAVORITE BIKE

The following bicycle stores offer a discount on equipment and accessories when you use 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
Prestige Cycles	36558 Moravian	Clinton Township, MI 48035	586/792-4040
Scarlett's Bike & Fitness	203 N. Perry Street	Pontiac, MI 48342	248/333-7843

### 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

00 5.

*Del*

Dolores Baumgarten  
45605 Fairchild Road  
Macomb, MI 48042

Membership Expires 4/1/2006



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Slow Spokes are members of the  
League of Michigan Bicyclists and  
the League of American Bicyclists.

**League of  
American  
Bicyclists**

Website: [www.lmb.org/speke](http://www.lmb.org/speke)