






Slow Spokes Spokin' Times

June, 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, 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 her the information 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.

LOOKING FOR VOLUNTEERS

Habitat for Humanity is going to build 237 houses in Michigan in June. Jimmy Carter will be coming to Michigan to focus attention on this event.

Irene Walter is coordinating parking and transportation for the Oakland county chapter blitz build of ten houses in Pontiac. This will take place from **June 11 thru 24**. Transportation involves driving volunteer construction workers from the parking lot and lunch site to the construction site about a half mile away.

The main times we need drivers are:

- from 6:30-8:00 am for the morning crew (you get breakfast)
- from 11:30am to 1:30 pm to take the morning crew to lunch and the afternoon crew back to the construction site (you get lunch).

So we are looking for people who can help out for one day /one time frame or for multiple days or whenever. If anyone is interested in helping out, please call Jim or Irene Walter at 248-879-2405 for more information, email Jim at jim.walter@comcast.net or check out the Habitat web site at <http://habitat-oakland-mi.org>.

PALM XXIV (Pedal Across Lower Michigan) -- **June 18 through 24**.

A.C.E. II RIDE -- **June 19 - 22**.

Alex, Carol Blanchard and Evelyn invite you to join them for three days of cycling the top of Michigan's thumb along the coast of Lake Huron. You will stay at Duggan's Campground all three nights so that tents need to be put up just once. Duggan's is on M-25 about six miles west of Port Austin. Speed and mileage is flexible, up to 50 miles per day. Please call Evelyn at 586/778-8397 soon if interested as reservations need to be made.

CHILDREN'S SAFETY DAY - **June 25**, Riverbend Plaza on Detroit's eastside. Volunteers from various bike clubs turn out to help fit and distribute bike helmets, do quick safety checks and some very basic bike repairs for kids. If you'd like to volunteer two to three hours of your time, please contact Rita Grezlik of the Metro Detroit Rotary Clubs at wmr@ic.net.

FOURTH OF JULY PICNIC - The Second Annual Slow Spokes Fourth of July Picnic is scheduled for Friday, **July 1**, at Stony Creek Metropark. The club will provide hot dogs, hamburgers, accoutrements and paper products. You need to bring your own drinks and a dish to pass. There will be a very brief meeting after which we will adjourn to the beach for the scheduled concert and fireworks.

Hopefully, we can prevail upon Rita to lead a ride of about 15 miles through the crooks and crannies of the Park.

Watch the July issue of the Slow Spokes Spokin' Times for specifics as to exact location and time.

MS150 - Saturday and Sunday, **July 16 and 17**. This event, along with the MS Bike Tour, is in its 26th year and comprises the largest organized cycling series in America. Since the beginning, hundreds of thousands of riders have logged more than ten million miles to help those living with the devastating effects of multiple sclerosis. Multiple Sclerosis is a chronic, often disabling disease of the central nervous system that affects the brain and spinal cord. Team WYSIWYG (pronounced wizzy wig) is now forming. WYSIWYG is an acronym for What You See Is What You Get and very accurately describes the four charter team members. If you're interested (even if you don't feel quite up to the challenge) please contact Lennie Raines at 586/463-4916 for more details.

CROSS LAKE ADVENTURE -- **August 6 through 12**. If you're interested in going with us, please call Lennie at 586/463-4916 or Sharon at 586/725-2965 for more information.

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

FALL PEDAL AND PADDLE TOUR -- **September 24 and 25**. If you're interested in going with us, please call Lennie at 586/463-4916 or Sharon at 586/725-2965 for more information.

A GREAT BIG WELCOME TO ALL OUR NEW MEMBERS

Vince Arini of Sterling Heights
Vicki Klanke of Romeo
J. Scott Rubenstein of Shelby Township
Patricia Sneath of Clinton Township
Dawn Somerville of Mt. Clemens

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: June 7, 14, 21 and 28
TIME: 6:30 p.m.
DAY of WEEK: Tuesday

Wednesday Wramble

DISTANCE: 18 - 22 miles
PACE: 12 - 14
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: Optional restaurant stop after ride.

DATES: June 1, 8, 15, 22 and 29
TIME: 6:30 p.m.
DAY of WEEK: Wednesday

Harsen's Island mid-week ride

DISTANCE: 20-30 miles
PACE: Your own pace
TERRAIN: flat
LEADER(S) & PHONE NUMBER(S): Evelyn Bires, 586/778-8397
MEETING PLACE: Behind the McDonald's on highway 29 in Algonac
ADDITIONAL INFORMATION: Ride at your own pace - There is only one road out to the point. You can't get lost. NO RIDE if raining.

DATE: June 1
TIME: 10:00 a.m.
DAY of WEEK: Wednesday

Harsen's Island Steak Barbeque Ride

DISTANCE: 25-30 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: Ride at your own pace out to the point and back to the church. More riding after lunch is optional. Delicious steak dinner with all the trimmings at St. Paul's church on the island, cost about \$12.00.

DATE: June 4
TIME: 10:30 a.m.
DAY of WEEK: Saturday

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: The Memphis Municipal Parking lot
ADDITIONAL INFORMATION: Take I-94 to M-19 to Memphis. One block before the traffic light, turn right on Potter to the parking lot. No ride if raining. If roads are muddy, we will ride on paved roads.

DATE: June 11
TIME: 10:00 a.m.
DAY of WEEK: Saturday

North Suburban Neighborhood Ride

DISTANCE: 31 miles
PACE: 12 - 14
TERRAIN: mostly flat
LEADER(S) & PHONE NUMBER(S): Tom Miller, 586/573-4754
MEETING PLACE: Warren City Swimming Pool. 26400 Campbell. North of I-696 between Van Dyke and Hoover
ADDITIONAL INFORMATION: Quiet residential streets in Detroit's mature suburbs. We will stop for a break at Bruegger's in Royal Oak during the ride.

DATE: June 12
TIME: 7:00 a.m.
DAY of WEEK: Sunday

Troy Neighborhoods

DISTANCE: 22-24 miles DATE: June 19
PACE: 10 - 12 TIME: 10:00 a.m.
TERRAIN: flat to rolling DAY of WEEK: Sunday
LEADER(S) & PHONE NUMBER(S): Mary Stoolmiller, 248/879-6004
MEETING PLACE: Raintree Park, on east side of John R between Big Beaver (16 mile) and Wattles (17 mile).
ADDITIONAL INFORMATION: Optional restaurant stop at The Gathering Place after the ride.

A.C.E. ride along Michigan's thumb

DISTANCE: Daily up to 50 miles DATES: June 19-22
PACE: flexible
TERRAIN:
LEADER(S) & PHONE NUMBER(S): Evelyn Bires, 586/778-8397
MEETING PLACE: Duggan's Campground on M-25 about 6 miles west of Port Austin.
ADDITIONAL INFORMATION: Alex, Carol and Evelyn are leading this multi-day ride based at Duggan's Campground. If you wish to go, you must call Evelyn by June 5 as camping reservations need to be finalized. Speed and mileage is flexible.

HARRISON TOWNSHIP and SURROUNDING NEIGHBORHOOD

DISTANCE: 35, 40, 50 miles - riders' choice DATE: June 25
PACE: 12 - 14 TIME: 10:00 a.m.
TERRAIN: Flat DAY of WEEK: Saturday
LEADER(S) & PHONE NUMBER(S): Lennie Raines, 586/463-4916
MEETING PLACE: The McDonalds on 16 Mile and Crocker
ADDITIONAL INFORMATION: Different loops are planned, depending on the group's energy -- McDonalds to Freedom Hill to Dodge Park then stop for a picnic lunch then head out to Metro Beach and the surrounding area. We'll never be too far from the bike path so even if you don't want to ride the whole route, you'll be able to get back to McDonalds without a problem. Bring a picnic lunch.

****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.



J P WILHELM'S Ps and Qs



A most perplexing situation.....

The Slow Spokes has roughly 200 members. Who and where are they all?

Are you intimidated perhaps that the distance or pace of the ride is a little more than you think you can handle? Are you a little on the shy side? Well fear no more. Why not plan on joining me on all the Tuesdays in June for a ride on the Macomb Orchard Trail? We'll ride at a pace that the experience of the group permits. (Please see the ride information page for more details.) We really are a fun group and you are a stranger but once with us.

LUCINDA J. MEANS - 1955-2005

EAST LANSING, MI - The world lost a great visionary teacher this week. Hundreds of people around the nation have lost a true friend. Michigan's alternative transportation proponents lost an advocate beyond measure. Lucinda J Means age 49, passed away in her sleep Wednesday, April 27, 2005, at her home in East Lansing. Lucinda was born on August 30, 1955 in Boston. She provided inspiration for countless bicyclists as well as transportation, environmental and public health professionals and colleagues in her tenure as the first Executive Director of the League of Michigan Bicyclists. For more information, please visit the League of Michigan Bicyclists website at www.lmb.org.

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
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