






Slow Spokes Spokin' Times

October, 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.



J P WILHELM'S Ps and Qs

2005 Peach of a Ride - The 2005 Peach of a Ride (POAR) has come and gone. It was extremely successful. The weather was perfect. The new location (in Memphis) and routes couldn't have been better. The food was superb. Everyone had a good time and there were no complaints. A standing ovation and hearty THANK YOU is in order for Concetta Pellerito and all of the committee chairs and volunteers that worked so hard to make it happen. There were more than 80 volunteers on the day of the ride.

Planning is about to get underway for the 2006 POAR. There are several opportunities available to get involved in this fun and rewarding project. Most significantly, we need a ride chair since Concetta will be retiring after serving in that capacity for two years. Most of the ride responsibilities are pretty well taken care of by the various committee chairs and members. All the chairperson needs to do is schedule and conduct a couple of meetings and coordinate the progress and activities of the various committees. If interested, contact Paul Wilhelm at jpwilhelm@hotmail.com or (586) 247-6397.

Incorrect Email Addresses - I don't have current/correct email addresses for the following members:

Kevin Degen	Ken and Jeanette Solomon
Patricia Newman	Susan Somers
Robert Pytell	Gretchen Siewert
Julie Racine	

If you would like to receive emails about impromptu rides/activities and other club events, send me an email from your current/correct email service. I will pick up your address from that.

2005 Officer Elections - November is elections month for the Club, when the officers for the coming year are chosen. We are in need of a volunteer(s) to serve as the nominating committee. This is a simple task of short duration (completed by the November meeting) that involves soliciting a slate of candidates willing to run for the positions of President, Vice President, Secretary, Treasurer, Membership Chair and Ride Chair. In the recent past the VP has doubled as Ride Chair but these positions could be filled by two separate people.

Jim Walter (VP and Ride Chair), Kathy George (Secretary) and Carol Blanchard (Treasurer) will definitely not seek another term. Lennie Raines (Membership Chair) and Paul Wilhelm (President) could be talked into taking their respective offices for another year.

Nominations will remain open right up to the time voting takes place at the November meeting. You are strongly encouraged to give serious consideration to participating in the leadership of the club as an officer. To volunteer for the nominating committee or if you would like to run for office or know someone you think would make a good officer, contact Paul at jpwilhelm@hotmail.com or (586) 247-6397.

A great big thank you to the great people that worked the three rest stops at the **Peach of a Ride**.

Riley Center workers: Leo and Ruth Ann Booms, Marie Appleberry and Patricia Newman.

Avoca workers: Mark and Kim Mau and Catherine Serra.

Smith Creek workers: Minnie Szatkowski, Agnes McGartland, Michael McGartland, Judy Hutek, Wilma and Fred Hamann.

From all reports every one of you did a great job! Looking forward to working with all of you next year, September, 2006.

Thank you.

Fred Hamann

A GREAT BIG WELCOME TO ALL OUR NEW MEMBERS

Judy Smith of Lake Angelus
Sarah Wolff of Mt. Clemens

RIDE INFORMATION

Blue Water Ramble

DISTANCE: 40, 60, 80 or 100 miles
PACE: your own pace
TERRAIN: mostly flat
MEETING PLACE: St. Clair High School
ADDITIONAL INFORMATION: Sponsored by Clinton River Riders. For additional info, see www.lmb.org/crr

DATE: Sunday, October 2
TIME: Beginning from 7 - 11 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 I-94 west to Haggerty Rd., Exit 192, (first exit west of I-275). Go South on Haggerty for one mile into the park to the second parking area. Park just past the first restrooms.

ADDITIONAL INFORMATION: Ride on paved bike path through three metroparks.

DATE: Saturday, October 8
TIME: 10:00 a.m.

Fall Back 40 Challenge

DISTANCE: 14, 24, 44 or 66 miles
PACE: your own pace
TERRAIN: dirt roads and rolling hills
MEETING PLACE: Clarkston
ADDITIONAL INFORMATION: Sponsored by Flying Rhino Cycling Club. For additional info, see www.flyingrhinocc.com

DATE: Sunday, October 9
TIME: Beginning from 7:30 a.m. - noon

Huron Valley Trails Fall Color Tour

DISTANCE: 44 miles
PACE: 12 - 14
TERRAIN: All paved - flat on rail trail, rolling in parks.
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 two miles up Wixom Road to Pontiac Trail. Turn left and go one mile on Pontiac Trail 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, state park, metro park, county park and connecting paths including the infamous Mount Trashmore. 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. If you will be hungry before finishing the first 34 miles, please bring a snack along.

DATE: Saturday, October 15
TIME: 10:00 a.m.

Cider and Donuts Ride

DISTANCE: about 30 miles
PACE: 12 - 14
TERRAIN: hilly around Stony Creek, otherwise flat.
LEADER(S) & PHONE NUMBER(S): Jim Walter, 248/879-2405
MEETING PLACE: Dodge Park, Corner of Dodge Park and Utica Road
ADDITIONAL INFORMATION: Ride to Stony Creek, and the Macomb Orchard trail. Stop at Johnny Appleseed Cider Mill for cider and donuts.

DATE: Saturday, October 22
TIME: 10:00 a.m.

Troy Beaver Trail Ride

DISTANCE: 20 miles
PACE: 10 - 12
TERRAIN: flat to rolling
LEADER(S) & PHONE NUMBER(S): Aloys Turck, 248/362-4031 and Mary Stoolmiller, 248/879-6004
MEETING PLACE: Raintree park on west side of John R. between Big Beaver (16 mile) and Wattles (17 mile).
ADDITIONAL INFORMATION: The Troy Beavers would like to meet the Grosse Pointe Frogs. No ride if it's raining or below 50 degrees. (The beavers hibernate at low temperatures!) Lunch at the Gathering Place (Wattles and John R.) after the ride.

DATE: Sunday, October 23
TIME: 11:00 a.m.

Halloween Haunt Ride

DISTANCE: 25-30 miles DATE: Sunday, October 30
PACE: easy pace 12 - 14 TIME: 10:00 a.m.
TERRAIN: flat
LEADER(S) & PHONE NUMBER(S): Evelyn Bires, 586/778-8397 and Rose Marie Jacobs, 586/779-4780
MEETING PLACE: Shopping center at the corner of Marter Rd. and Jefferson, St.Clair Shores
ADDITIONAL INFORMATION: We will be biking from St. Clair Shores to Metro Beach, viewing the pretty waterfront and visiting Terry's bench. Soup & chili will be served at Evelyn's home near the end of the ride. To gain entry you must wear a funny or silly hat for Halloween. Scrunch it up in your bike bag and wear it into Evelyn's home. No hat - no food. If it rains, come to Evelyn's home for soup and chili (with your hat) at noon.



****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.

MORE FUN and OTHER INFO.

PRESTIGE CYCLES is closing its doors for good on September 30 after being in business since 1974.

As of the printing of this newsletter, there's only a few days left to take advantage of a retirement/going out of business/closing the door sale before the end of the month. The following discounts are offered on bike accessories on a cash only basis. All sales are final.

September 19 - 25	25-30%
September 26 - 30	30-35%

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.

GOD SAID "NO"

I asked God to take away my habit.

God said "NO". It is not for me to take away, but for you to give it up.

I asked God to make my handicapped child whole.

God said "NO". His/her spirit is whole. His/her body is only temporary.

I asked God to grant me patience.

God said "NO". Patience is a by-product of tribulations. It isn't granted, it is learned.

I asked God to give me Happiness.

God said "NO". I give you blessings; happiness is up to you.

I asked God to spare me pain.

God said "NO". Suffering draws you apart from worldly cares and brings you closer to me.

I asked God to make my spirit grow.

God said "NO". You must grow on your own but I will prune you to make you fruitful.

I asked God for all things that I might enjoy life.

God said "NO". I will give you life so that you may enjoy all things.

I asked God to help me love others as much as He loves me.

God said "Ahhhhhhhhh, finally you have the idea".

Submitted by: R.M. J.

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