






# Slow Spokes Spokin' Times

September, 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](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, call at 248/879-2405 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 the information to her 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.

# RIDE INFORMATION

## WEEKLY RIDES

### Tuesday Night Ride

DISTANCE: 20-25 miles  
PACE: 11 - 15  
TERRAIN: mostly flat to slightly rolling  
LEADER(S) & PHONE NUMBER(S): Paul Wilhelm, 586/247-6397  
MEETING PLACE: Parking lot on the Southeast corner of Shelby & 25 Mile Roads (Farmer Jack)  
ADDITIONAL INFORMATION: Please note earlier start time for September. Ride may vary from week to week as to distance and routes. Rides include the Macomb Orchard Trail. Optional restaurant/ice cream stop after ride.

DATE: Tuesday, September 6, 13, 20 and 27  
TIME: 6:00 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: Optional restaurant stop after ride.

DATE: Wednesday, September 7, 14, 21 and 28  
TIME: 6:00 p.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 1 mile into the park to the second parking area. Park just past the first restrooms.  
ADDITIONAL INFORMATION: Ride on paved bike path through 3 metroparks.

DATE: Saturday, September 3  
TIME: 10:00 a.m.

### Searching for the Frogs Ride

DISTANCE: 25-30 miles  
PACE: leisurely 10 - 12  
TERRAIN: Flat  
LEADER(S) & PHONE NUMBER(S): Rose Marie Jacobs, 586/779-4780  
MEETING PLACE: Shopping Center in St.Clair Shores, corner of Marter Rd. & Jefferson, just S. of 9 mi. rd.  
ADDITIONAL INFORMATION: Our quest to find those colorful but elusive frogs will take us to the shores of beautiful Lake St. Clair and through some charming old Grosse Pointe neighborhoods and on to Windmill Pointe. Lunch will be at Panera Bread in the Village of G.P. where the scent of frogs will be at its' strongest. Will we find them there?? Come on this ride and find out.

DATE: Sunday, September 4  
TIME: 10:00 a.m.

### Off the Beaten Path in NW Detroit and Suburbs

DISTANCE: about 40 miles  
PACE: 12 - 14  
TERRAIN: Mostly flat, but with short steep hills in unexpected places  
LEADER(S) & PHONE NUMBER(S): Phil LaRonge, 586/758-0416  
MEETING PLACE: Behind the former elementary school on Cunningham in south Warren. Take Ryan Road north from 9 Mile or south from 10 Mile. Turn Eastbound at the Big Boy restaurant and offices onto Marcy St. Take Marcy to Loretta, turn left off Marcy to parking lot. Sorry, no restroom facilities available here, but we WILL stop at the Pleasant Ridge police station en route.  
ADDITIONAL INFORMATION: A ride through northwest Detroit and adjoining suburbs. Points of interest include the fine residential areas along W. Outer Drive, Bob George's boyhood home(!), the historic Rosedale, Brightmoor and Old Redford sections of Detroit, and a ride through the remote, little-known residential areas along the rolling banks of the Rouge River that I discovered over 40 years ago as a kid moseying around on my old Evans cruiser. We'll also go through some of the nicer parts of Southfield, Huntington Woods, and other north area communities. A pleasant and interesting time is guaranteed for all on Labor Day! No ride if it rains or the weather gods are otherwise misbehaving.  
RESTAURANT STOP: Taco Bell on 8 Mile near Berg Rd. (Only restaurant on the route!) No rider will be left behind.

DATE: Monday, September 5  
TIME: 10:00 a.m.

### Peach Preview Ride

DISTANCE: 40-50 miles  
PACE: 12 - 14  
TERRAIN: Mostly flat, some hills  
LEADER(S) & PHONE NUMBER(S): Jim Walter, 248/879-2405  
MEETING PLACE: Memphis Middle School (where the Peach will begin this year)  
ADDITIONAL INFORMATION: We will ride the newer section of the paved route for those who will be working Sunday and haven't had a chance to ride the route yet.

DATE: Saturday, September 10  
TIME: 9:00 a.m.

### Peach of a Ride

DISTANCE: options from 25 to 85 miles  
PACE: your own pace  
TERRAIN: paved routes and dirt routes, mostly flat with a few hills  
MEETING PLACE: Memphis Middle School on Bordman Road in Memphis, west of M-19, across from the Memphis football stadium.

DATE: Sunday, September 11  
TIME: 7:00 a.m. to 11:30 a.m.

#### From I-94 and the eastern suburbs (in the morning).

Take I-94 to 26 Mile Road (Exit 248).  
Take 26 Mile Road west to Gratiot (M-19)  
Take M-19 North (right) to Richmond.  
In Richmond M-19 turns left (Northwest) to go through town.  
Take M-19 through Richmond to Memphis.  
Turn left (west) at the light in Memphis onto Bordman Road.

*Please note:* The Richmond "Good Old Days" Festival will block streets in Richmond on Sunday afternoon, and you will not be able to take M-19 home. The best bet is to take Bordman Road west to North Avenue, and take North Avenue south through Armada and down to 26 or 23 mile road.

#### From Warren, Troy, Rochester, Shelby Twp., etc.

Van Dyke to 26 Mile Rd.  
26 Mile Rd. east (right) to Romeo Plank Rd.  
Romeo Plank Rd. north (left) to Armada Center Rd.  
Armada Center Rd. east (right) to North Ave.  
North Ave north (left) to Bordman Rd.  
Bordman Rd. east (right) to Memphis Junior High School.

ADDITIONAL INFORMATION: See [www.lmb.org/spokes](http://www.lmb.org/spokes) for information on the ride and an application form.

### Celebration of Cycling Ride

DISTANCE: options from 12 to 100 miles  
PACE: your own pace -  
TERRAIN: rolling  
MEETING PLACE: Warrendale Park on Hines Drive off of Warren Road just east of Telegraph.  
ADDITIONAL INFORMATION: The Slow Spokes participate in a bike club challenge to get the most riders and most miles. Registration opens at 7:30 a.m. The Slow Spokes typically meet as a group at 9:00 a.m. and then ride in smaller groups based on the mileage each person is doing. Let's get a big turnout for a worthy cause. For more information, see [www.bikeprogram.com](http://www.bikeprogram.com).

DATE: Saturday, September 17  
TIME: 9:00 a.m.

### ALS Walk at Stony Creek

DISTANCE: 3 miles  
PACE: 3 - 4  
TERRAIN: rolling  
LEADER(S) & PHONE NUMBER(S): Lester Useted, 586/754-6334  
MEETING PLACE: Stony Creek Metropark  
ADDITIONAL INFORMATION: We will do the ALS walk in memory of Hilda La Mont, an active club member who died of ALS on July 3. For more information, call Lester or Norma Useted at 586-754-6334

DATE: Sunday, September 18  
TIME: 9:00 a.m.

### Harsen's Island Roast Beef Dinner

DISTANCE: 22-30 miles  
PACE: your own pace  
TERRAIN: flat  
LEADER(S) & PHONE NUMBER(S): Bob Bruce, 248/641-5139  
MEETING PLACE: Behind the McDonalds on M-29 in Algonac.  
ADDITIONAL INFORMATION: Roast beef dinner with all the trimmings at St. Paul's Church for about \$9.00. We are starting a little later to give those going on the ALS walk a chance to join us. We will ride out to the point and back to the church for the dinner. More riding after the dinner is optional.

DATE: Sunday, September 18  
TIME: 11:00 a.m.

### Tour De City Long Tour

DISTANCE: 55 - 60 miles  
PACE: 13 - 15  
TERRAIN: flat  
LEADER(S) & PHONE NUMBER(S): Bob George, 586/463-6058  
MEETING PLACE: Macomb Community College, corner of 12 mile and Hayes.  
ADDITIONAL INFORMATION: We will ride to Belle Isle where we will meet the folks doing the short tour. Along the way we will travel through the Grosse Pointes, stop at the Fisher mansion, ride by the Manoogian mansion, ride through Indian Village and Elmwood Cemetery. At Belle Isle we will meet up with the group doing the short tour and will ride at a slower pace as we tour downtown Detroit with a lunch stop in Mexican Town at the El Zocalo Restaurant. After our lunch and Tour of Downtown the short tour will return to Belle Isle and the long tour will return to the starting location by way of Hamtramck. If you cannot maintain the 13-15 mph pace, please ride the short tour from Belle Isle instead of the long tour.

DATE: Saturday, September 24  
TIME: 8:30 a.m.

### Tour De City Short Tour

DISTANCE: 20 miles  
PACE: 10 - 12  
TERRAIN: flat  
LEADER(S) & PHONE NUMBER(S): Kathy George, 586/463-6058  
MEETING PLACE: Belle Isle Casino parking lot  
ADDITIONAL INFORMATION: We will join the long tour (above) for the ride to El Zocalo Restaurant. After returning to Belle Isle you can add additional miles if you wish.

DATE: Saturday, September 24  
TIME: 11:00 a.m.

### Frankenmuth Bavarian Tour

DISTANCE: 40-45 miles  
PACE: 12 - 14  
TERRAIN: flat to slightly rolling  
LEADER(S) & PHONE NUMBER(S): Paul Wilhelm, 586/247-6397  
MEETING PLACE: Frankenmuth Bavarian Inn parking lot on Covered Bridge Lane in Frankenmuth.  
ADDITIONAL INFORMATION: A slower paced ride will go about 23 miles at a pace of 10-12 mph. Non-riding spouses and friends can shop in Frankenmuth during the ride, and after the ride we will have a Chicken Dinner at Zehnder's.

DATE: Sunday, September 25  
TIME: 11:00 a.m.

*\*\*\*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](mailto:jpwilhelm@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.

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

**MONTHLY MEETING.** In observance of the Labor Day holiday and in preparation for the Peach of a Ride, please note that our monthly meeting will be on September 9, which is the second Friday this month. Also, please don't forget to bring your cookies for the Peach.

**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.

**CELEBRATION OF CYCLING CLUB CHALLENGE RETURNS!!!**

Saturday, September 17, 2005 is the date set for the THIRTEENTH ANNUAL Celebration of Cycling Ride. This event is held each year to support Programs to Educate All Cyclists (PEAC). PEAC assists people with disabilities to become competent cyclists. Individualized training offers assistance to everyone whether they are just learning to balance on an adult trike or racing competitively against other cyclists without disabilities.


Once again, PEAC is challenging each Cycling Club in the area to take part in the Club Challenge. This friendly rivalry gives supporting clubs an added incentive to take part in the ride. Clubs have an opportunity to win the traveling plaque and certificate, and more importantly, bragging rights at no additional cost.

The Club Challenge offers clubs a chance to win one of two categories:

- 1). The club completing the MOST MILES during the tour (total of participating members that day); and
- 2). The club with the HIGHEST PERCENTAGE of participation (number of club's participants/club membership).

Why not enjoy a great tour and compete for your club while assisting the charity event that actually helps train cyclists? Clubs must register prior to the ride. For more information contact Programs to Educate All Cyclists 734.674.6725.

Thank You,  
Brian Cahalan



**A THOUGHT.....**  
The best years of your life are the ones in which you decide your problems are your own. You don't blame them on your mother, the ecology or the president. You realize that you control your own destiny.

Albert Ellis

**A SECOND THOUGHT.....**  
"Why did this happen to me?" is a useless question because it has no answer. The important question is: "What will I do about it?"

Mort Crim

**A GREAT BIG WELCOME TO ALL OUR NEW MEMBERS**

Andy Andersen of Clinton Township  
Patti Brehler of Clinton Township  
Mark O. Palowoda of Sterling Heights  
Larry Wisniewski of Southfield

**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