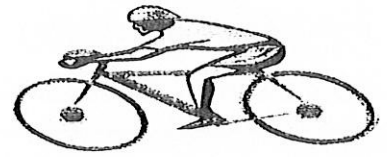


Slow Spokin Times Spokes



President	Kay Hein	248-879-9165	Vice-President	Mary Stoolmiller	248-879-6004
Treasurer	Gerald DeBaker	810-264-6285	Secretary	Ann Parker	313-822-9741
Ride Chairman	Mary Stoolmiller	248-879-6004	Membership	Patrick Mullin	248-656-2187
Newsletter	Lois Sloan	810-775-4970	P.O.R.	Rose MarieJacobs	810-779-4780

P.O. Box 792 Sterling Heights,
Michigan 48311-0792

LMB Region I Director Michael F. Sproul 810-445-2868

Hotline: 810-819-0187

October 1999

Web Site: www.lmb.org/clubs/spokes.htm

Announcements

Peach of a Ride '99 - Articles inside.

Next newsletter deadline: Please send any rides you are planning to lead in the month of **November** to:

Mary Stoolmiller
6143 Walker
Troy, MI 48098.

By: October 10, 1999

Other articles please send to:

Lois Sloan
27738 Eastwick
Roseville, MI 48066
or E-mail - LoisJ1111@aol.com

By: October 15, 1999



New Members

Rob Litwin	Clawson, MI
Maureen Page	Detroit, MI
Patti Palazzolo	Sterling Hgts, MI
Eugene Petrovich	Pearl Beach, MI

Please note the following correction:
Glen Kielbowicz: 810-751-6811

Upcoming Meetings

Meeting

The **October** meeting will be on Friday,
October 1, 1999.

Our meetings are held at the Owen Jax Activities Center in Warren. The center is located on 9 Mile just east of Van Dyke. Our meetings start at 8:00 p.m. Refreshments follow the meeting.

Peach of a Ride '99

To all of you who contributed to the success of our ride, Thanks and Thanks again. I cant begin to name the many people who were involved in making this 1999 Peach of a Ride an outstanding day in so many ways. It certainly was a Team effort and the players were terrific.

Our rider participation went up.

The Day was beautiful for Cycling,

The food was outstanding and plentiful.

Our people were praised for their Friendliness

We had very few mishaps.

We had very little grumbling and complaints.

The heavens above surely smiled on us this Beautiful Fall day in September. Smile everyone who worked the ride: You did your Club proud.

Rose Marie Jacobs
Overall Chair.

P.S. To those of who baked cookies, They were delicious and highly praised by all of our riders. Many thanks for your time and trouble.

THANK YOU ---THANK YOU ---THANK YOU

Many, many thanks to Patty and Stoker, or is that Stoker and Patty of Prestige Cycles for keeping all our Cyclist's Bicycles in such good shade and running smoothly on those country roads in Armada for our Peach of a Ride. Your help was truly appreciated and we thank you from the bottom of our hearts for enhancing our ride with your knowledge and expertise in keeping those Bicycles purring.

Rose Marie Jacobs

Our cookie chairman Carol Meerhaeyke would like to thank everyone for baking cookies for our successful Peach of a Ride day.

Also Congratulations go out to Carol & Art for their "Peach of a Ride Baby" their grandson was born September 12, at 1:30 PM.

October Rides

For all riders, call the ride leader if weather is doubtful. Also the time listed is the start time. Please be 10-15 minutes early to get yourself prepared. ****Ride leaders - Please return sign-up sheets to Mary Stoolmiller. **Kathy George will be leading slower, shorter rides at many of the rides listed.**
Call Kathy @ 810-463-6058 if interested.

Saturday 10/2 St. Clair - Marysville Dirt Ride **10:00 AM**
30 Miles on mostly dirt, flat county roads with a short distance along St. Clair river. There will be a short stop at Marysville McDonalds. Meet at SW corner of Riverview Plaza in ST. Clair. Exit I-94 at Fred Moore Hwy. Proceed to ST. Clair, right on Clinton, Ave at blinker, left on third to plaza.
Alex Schneider 810-329-7245

Sunday 10/3 Blue Water Ramble, ST. Clair
810-468-6605 or see LMB Calendar

Wednesday 10-6 Washboard Wramble **10:00 AM**
30 Miles Three-Fourths gravel roads with a few hills. Meet at Stony Creek Metropark boat launch.(Entrance fee on Wednesday). Ride to Romeo and back Bring or buy a lunch to eat at the Romeo Park
Marie Clifford 810-463-6647

Thursday 10-7 Grosse Pointe Morning **10:00 AM**
Meet at the Grosse Pointe Woods Municipal Building at 29925 Mack Avenue between Moross and Vernier on the west side of Mack. Park at the North side of parking lot. Lunch during ride.
Pat Shirley Mullin @248-656-2187

Saturday 10-9 Country Roads & River Scene **10:00 AM**
40 Miles on Flat terrain. Meet at the S.W corner of Riverview Plaza in S.T. Clair. Exit I-94 at ST. Clair exit, right into St. Clair, right on Clinton, left on Third to Plaza. Restaurant stop after ride,
Dick Barry @810-329-9331

Sunday 10-10 Frankenmuth Dinner Ride **10:30 AM**
25 Miles depending on the weather Terrain will be flat. Take a trip with us to Michigan little taste of Germany as we ride through the very quaint and picturesque town of Frankenmuth. Highlights Includes: Bavarian Style homes, Unique Woods Carvings, and many beautiful country roads.. If you don't feel like riding ,you may join us for a family Style dinner with all the trimmings after the ride, We will meet for dinner at Zehnder's Restaurant at approximately 2:30 P.M. Reservations are a must: Please contact Fred or Wilma at 810-773-4423 no later than Saturday October 9 TH. Bike riders meet at the parking lot of the Bavarian Inn Hotel in Frankenmuth. When you arrive in Frankenmuth cross the covered bridge to the parking lot on your right side. Frankenmuth is approximately 90 Miles from 12 Mile & Van Dyke. Please allow ample time to get to Frankenmuth as we will be ready to 10:30 sharp. Dinner is a go ,no matter what the Weather is doing. (Don't forget to call riding, or not.)
Fred & Wilma @810-773-4423

Wednesday 10-13 Metroparkway Ride **10:30 AM**
20 to 25 Miles flat terrain. Meet at the North Marina boat launch area at Metro Beach . Free park entry on Wednesdays Restaurant stop for lunch after the ride.
Carol Trombley @810-293-0043

Saturday 10-16

Pierogi Pedal

10:30 AM

27 Miles Flat terrain except for short distance on Mount Elliot which will also be flat. Meet at Warren City POOL 27400 Campbell, Warren. From W. bound I-696 exit @ Hoover, continue on service dr. 1/2 mile, turn right on Campbell. From E. bound I-696 exit @ Van Dyke, continue on dr. 1/2 miles, turn left on Campbell. We will visit Hamtramck (A Touch of Europe in America), site of the memorial to Pope John Paul II's historic 1988 visit, and The New Palace Bakery home of World Famous Paczki. Mary will be meeting us at lunch and a have car available for anyone wishing to have their baked goods purchases transported back to the starting location. Restaurant stop at Polonia Jaworwka 2934 Yemans @313-873-8432
Tom Miller @810-573-4754 Marie Clifford @810-463-6647

Saturday 10-16 & Sunday 10-17

FANTASTIC FALL FROLIC

I am planning a bicycle trip: Leaving Kalamazoo on Saturday morning and riding 34 miles on the Kal-Haven Bicycle Trail. It is a crushed limestone trail similar to Paint Creek Trail. Carrying our clothing in panniers, we will be staying overnight in South Haven (on Lake Michigan). We will return to Kalamazoo on Sunday afternoon. I will make reservations for the group at motels in both cities. Campgrounds available in South Haven if you prefer. Extending the trip to include Friday and Monday for those who are interested, plenty to do and see in the area. Approximate hotel cost per person in shared room is \$40 in South Haven and \$35 in Kalamazoo. Option of driving up early on Saturday morning and meeting the group at 10:00 AM.
Kathy George @810-463-6058.

Sunday 10-17

Rochester Hills Sunday Ride

10:00 AM

Pat & Shirley will lead a repeat of the August 15th ride; dual-paced and dual distance ride. Hilly terrain through lovely neighborhoods. Meet at NW corner of Adams Rd. & Walton Blvd., across from Oakland University and Meadow Brook. Enter parking lot near Boston Market and park by the mailboxes in the center of the lot (facing NBD). Bathroom and coffee available at Caribou Coffee.
Shirley & Pat Mullin @ 248-656-2187

Thursday 10-21

Grosse Pointe Morning

11:00 AM

See 10-7 ride description.
Pat Shirley Mullin @248-656-2187

Saturday 10-23

Harsen's Island Ride

10:00 AM

20-25 miles on flat terrain. Meet behind MacDonalds on M-29 in Algonac. Optional restaurant stop after the ride.
Aloys Turck @248-362-4031

Sunday 10-24

Whitey's Fish & Chips Ride

10:00 AM

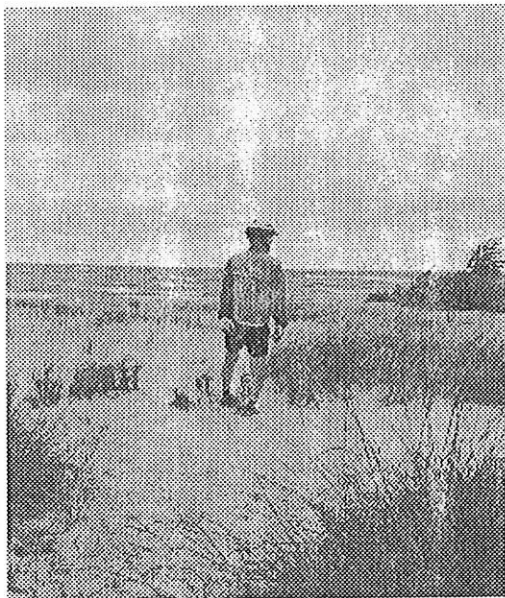
25-30 Miles with Rolling Terrain . Meet in the main parking lot in downtown Davison . On the East side of M-15, just North of I-69 & North of the railroad tracks, across the street from Whitey's. Dinner at Whitey's after the ride.
Don Springstead @810-658-8799

Wednesday 10-27

Paint Creek Cider Mill Ride

10:00 AM

20-23 Miles and Flat terrain. Meet at Rochester Municipal Park at Pine Street, one block West of Rochester Rd & one block North of University. Joanne Meinberg will meet riders at Paint Creek Cider Mill to carry back any cider you may wish to buy.
Fred Meinbery @248-651-6714

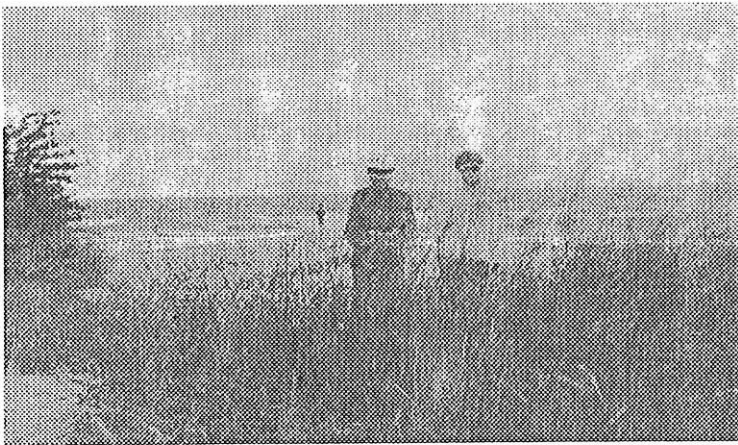


"If I didn't know better, I'd think I lost my bike."

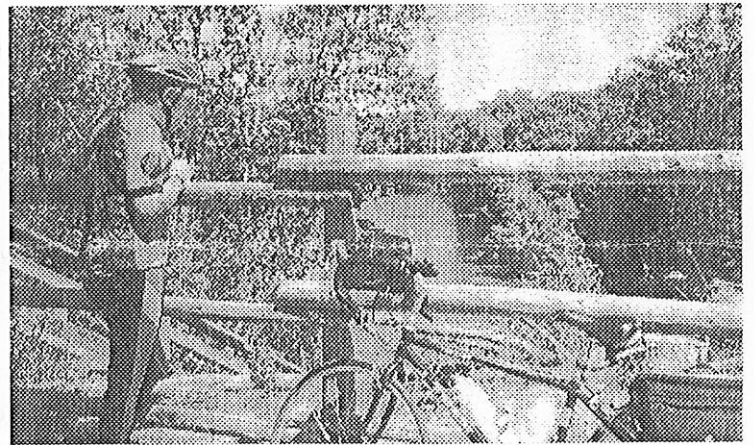
Shoreline '99



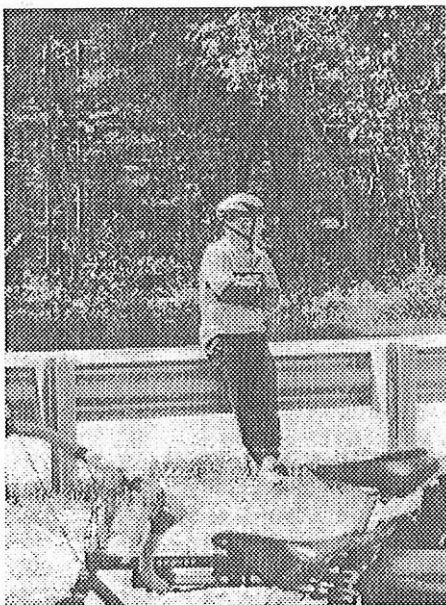
"I just know it's got to be around here somewhere."



"Okay Tom, we'll help you look for it."



"Tom, did your bike look anything like this one?"



"Sure wish that SAG would hurry up."

Just For Fun!



"Whew! I found my bike, and life is good again."

You know you're a biker when . . .

Any one of your bikes is worth more than your car.

You choose an apartment solely on the basis of whether or not it is flat enough to ride into and how close the good roads/trails are.

Your bike rack is worth more than your car.

Your legs are tan only to mid-thigh.

The first thing you ask when you regain consciousness is "How's my bike".

You actually move farther from work so your bike commute will be longer.

You mentally log every meal as "good fuel" or "bad fuel".

You learn you have X money left over after paying bills and the first thing you do is reach for the nearest bicycling catalog.

75% of the tools you own are from Park or Campagnolo.

You dream of winning the lottery, and the first thing you think of is "how many/which bikes can that money buy?"

You can tell your significant other with a straight face that its too hot to mow the lawn then take off and ride a century.

Someone in a car asks for directions and you accidentally give them a route ~ that includes motor vehicle barriers, or a route that bypasses all freeways/busy roads (or is very scenic etc.)

You buy a car based on whether or not a bike will fit in the trunk/back

You pull up hard on the steering wheel trying to jump your car over a pot-hole.

You know the distance of every point of interest within 20 miles of your house as well as the location of every pot-hole along the way.

You refuse to buy a couch because that patch of wall space is taken up by your bikes.

More Peach of a Ride '99

Hi SlowSpokes!

I'm the woman who crashed halfway through the ride yesterday (Sunday). Since so many of the really nice people in your club asked about how I was doing, I thought I'd share this with you.

So anyway, on Sunday I came up to an intersection to make a right turn on Sparling. I had slowed sufficiently to make the turn, or so I thought, until I saw that the area was covered in very fine loose gravel. My last thought was "Oh No, I'm going way too fast!!" My bike went one way and I went the other. I guess I hit my head hard enough to knock me out for a minute or so. Fortunately, there were already two Sag Wagons stopped nearby. When I came to, a couple of people were already picking up my bike, checking the brakes, etc, and talking to me. At that point, I didn't notice any injuries, so I hopped back on the bike and rode off.

After about a mile, I realized that I had some injuries, mostly scrapes, and that my vision was screwy. So I stopped and waited for the Sag guys. Within minutes they had me on my way back to the school. There, I got plenty of attention from your terrific club members. I thought it might be a good idea to be checked out for a possible concussion, and several others agreed. So, Arlene McNamara, the wife of one of the Sag operators, drove me to Mt. Clemens General Hospital. There they checked out my many abrasions and contusion, and gave me a CAT scan. They ruled out any serious injury, and sent me on my way. After a mere 3 1/2 hours!

By the time Arlene and I got back to Armada, almost everyone was gone. I did talk briefly with a couple of people, including your club president, and Adolph (sp?) before I headed home.

By today, Monday, I have found several more bruises than I originally noticed. Although I can't remember anything about hitting the ground, it is apparent that I rolled around or bounced around somewhat, because I have scrapes and bruises all over the place. The worst thing is that I had surgery on my right knee last spring, and I've been nursing it back to health all year. I couldn't even ride until July, and of course, my right knee is what got hurt the worst. (I think there's some sort of Murphy's law there. The only part of me, besides what is protected by my helmet, that I wouldn't have wanted injured is the part that got hurt the worst!)

I also banged my front teeth, and I'm waiting to see if that causes any permanent damage. My jaw hurts, my head aches from time to time, my right shoulder is scraped pretty good, my left hip and ribs are bruised, both wrists and forearms are scraped, and I've got 4 scabs on my face. But this will all be healed up in a short period of time, and I expect to do some more biking this fall.

I learned 2 things here (besides the obvious thing about the loose gravel.) One, your bike club really has wonderful people. And two, I probably should try to bring along people who know me in case of problems like this. Being dependent on the kindness of strangers only works for so long. I have biking buddies, unfortunately they are often busy. I'm thinking I should probably join a good biking club to make more biking friends. So look for me on your weekly rides, if not this year then next!! And thanks a million to everyone who was so nice to me!!

Terri Singer

Saturday 10-30

Metroparkway Ride

10:00 AM

20-25 Miles with Flat terrain. Meet at Freedom Hill Park on Metro parkway between Utica Rd. & Schoenherr.

Restaurant stop after the ride.

Sandy Krueger @ 248-544-7283

Sunday 10-31

Devilish GoodChili & Dreadfully Decadent Desserts Ride

10:00 AM

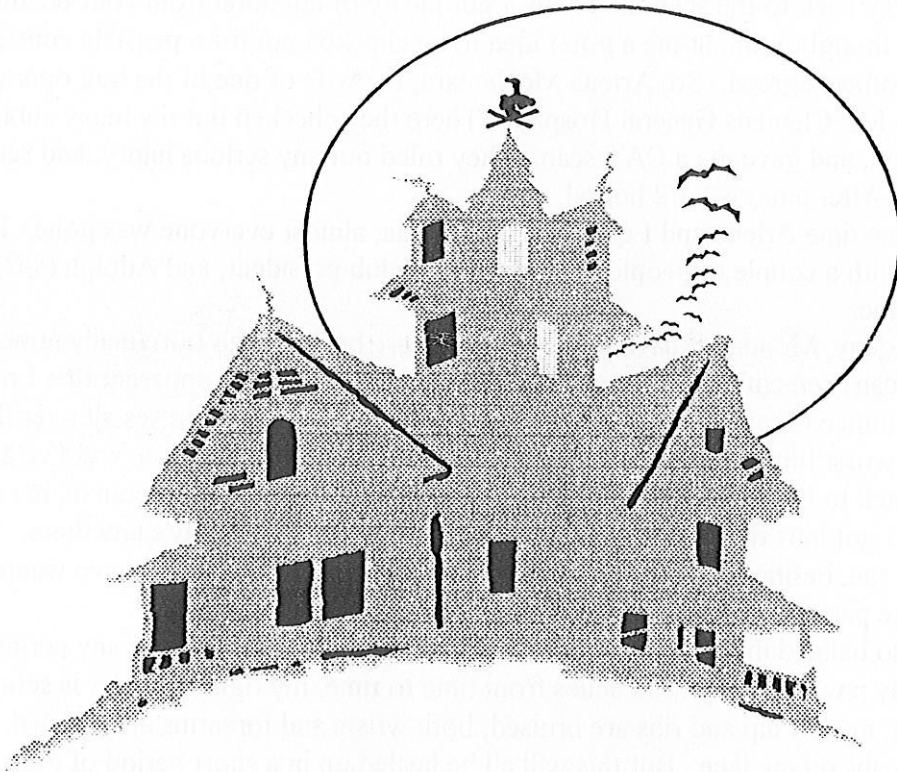
20-25 Miles. We will ride our Brooms over to Terry Taylors Haunted House for Chili and all the fixins. Then we will mount our Brooms again and ride a while over to the Ghostly & Spooky abode belonging to Ann Parker, where we will have our sweet fangs sated with Saucy & Scary Sweets. You will not be admitted to this frightful feast without a funny or scary, or pretty or ugly cap (your Helmets or Baseball Caps will not gain you entry.) Scrunch up your Halloween Chapeau, put it in your Broom Bag. Dig it out and wear it as your admittance ticket, to both Haunted Houses.

Your Hosts are the Four Fiendish, Frightful Femmes Fatales: *For meeting place see Oct. 7th*

Ann Parker Terry Taylor Aloys Turck Rose Marie Jacobs

Your Fearless Ride Leader:

Tom Miller @810-573-4754



HAPPY HALLOWEEN!

These fine Bicycle Stores offer "Spokes" members a discount on bicycle supplies. You must show your membership card when making a purchase using this discount.

20th Century Bike Shop

Roseville - 28043 Gratiot Ave.
810-772-9084

Anchor Bay Bicycle & Fitness

New Baltimore - 35214 23 Mile Rd.
810-725-2878

Busutti's Marine City Sport n Bike

Marine City - 6756 S. River Rd.
810-765-9042

Cycle & Fitness USA

Walled Lake - 39600 W. 14 Mile Rd.
248-960-1371

Royal Oak - 1109 S. Washington
248-542-7182

Sterling Heights - 2169 Metroparkway
810-979-7570

Grosse Pointe - 20343 Mack Ave.
313-886-1968

D & D Bicycles

Berkley - 4141 W. 12 Mile Rd.
248-547-0770

Northville - 121 North Center
248-347-1511

Westland - 8383 Middlebelt
313-522-9410

Fraser Schwinn

Fraser - 32064 Utica
810-294-4070

Jerry's Bicycles of Birmingham

Birmingham - 33502 S. Woodward
248-645-2453

Macomb Schwinn Cyclery

Warren - 28411 Schoenherr
810-756-5400

Mountain of Bikes

Clinton Twp. - 42201 Garfield
810-412-0500

Prestige Cycles

Clinton Twp. - 36558 Moravian
810-792-4040

Adventure Cycle & Sport

Lapeer - 454 W. Nepessing
810-664-1313

Bicycle & Fitness Barn

Port Huron - 1604 Stone St.
810-987-2523

MEMBERSHIP APPLICATION

Name _____ Phone _____

Address _____

City/State _____ Zip _____

Check one please: New Membership _____ Renewal _____

Please make your \$10.00 check payable to Slow Spokes.
Mail this application and your check to:
Slow Spokes, P.O. Box 792, Sterling Heights, MI 48311-0792



Slow Spokes Are Members of
League of American Bicyclists
League of Michigan Bicyclists

