

# Slow Spokes Spokin' Times



P.O Box 792, Sterling Heights, MI 48311-0792  
**HOTLINE:** (810) 819-0187  
**WEBSITE:** www.lmb.org/clubs/spokes.htm

President, Tom Miller	810-573-4754	Vice President, Kathy George	810-463-6058
Treasurer, Annette Smith	248-652-2278	Secretary, Mary Miller	810-573-4754
Ride Chairperson, Kathy George	810-463-6058	Membership, Patrick Mullin	248-656-2187
Newsletter, Diana Moore	248-549-0354	P.O.A.R., Rose Marie Jacobs	810-779-4780
LMB Region 1 Director, Michael F. Sproul	810-445-2868	Marie Clifford	810-463-6647
		Sunshine Liaison, Aloys Turck	248-362-4031

## ANNOUNCEMENTS

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

Kathy George  
 18822 Woods Dr. W.  
 Clinton Twp., MI

**By 08/10/01**

Other articles please send to:

Diana Moore  
 3016 Starr Rd  
 Royal Oak, MI 48073-2228  
 e-mail :

Dynamo930@prodigy.net

**By 08/15/01**

## UPCOMING MEETINGS

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

The **August** meeting will be **Friday, August 3, 2001**

The **September** meeting will be **Friday, September 7, 2001**

## HELP WANTED for HotLine and Web Page

Volunteers are needed to update the Hotline and upload the ride sheet to the LMB web page. Bob George has been doing both for years, but will be going on a cross-country bike trip next year and will be unable to continue. It does not take much time for either task. Here is what Bob says is involved:

During the riding season, he tries to update the Hotline every week or two at the most. Each time it takes approx. 5 or 10 minutes. The only equipment required is a telephone. It would help if the HotLine were a local phone call for the person keeping it up to date.

He updates the web page once a month. It takes about 15 minutes to a 1/2 hour and requires a computer with internet access. He receives the ride sheet via email from the newsletter editor.

## REMINDER

If your area code or zip code has changed, please let Pat Mullin know so the club roster and newsletter mailing labels can be updated.

# PEACH OF A RIDE NEWS

## POAR COOKIES

Our Peach of a Ride is known for its good food, and especially our wonderful homemade cookies. You will be called in August asking for a donation of 6-8 dozen cookies (hopefully homemade) Please help out. Last year many people marked the amount of cookies on their container, which was very helpful. Cookies can be brought to our Sept 7<sup>th</sup> meeting or to these

### designated drop Off Areas:

Carol Meerhaeghe 37319 Andrew Dr  
Sterling Hgts 810-268-7465

Kay Hein 382 Ottawa  
Troy 248-879-9165

Pat and Shirley Mullin 1754 Thomas Ct  
Rochester 248-656-2187

Alex Schneider 2632 Cour Regis  
St. Clair 810-329-7245

Tom and Mary Miller 28132 Lorraine  
Warren 810-573-4754

Ann Parker 1008 Nottingham Grosse  
Pte Park 313-822-9741

Bob and Kathy George  
18822 Woods Dr. W

Clinton Twp. 810-463-6058

Thank you, Carol Meerhaeghe  
Cookie Chairperson 2001

## HAMS NEEDED FOR PEACH OF A RIDE

If you are a licensed amateur radio operator and would like to assist us, we can use your help. It is not necessary for you to be a member of the L'anse Creuse Amateur Radio Club. If you would like to help, please contact Bob George (KB8QYJ) at 810-463-6058 or Don

SUNDAY, SEPTEMBER 9, 2001

THE BIG DAY FOR OUR ANNUAL RIDE IS ALMOST UPON US. I HOPE THAT ALL OF OUR MEMBERS ARE CONTRIBUTING TO THE RIDE IN SOME WAY, BE IT VOLUNTEERING TO WORK, BAKING COOKIES, GETTING YOUR FRIENDS TO RIDE, PASSING OUT APPLICATIONS, OR EVEN RIDING THE RIDE.

YOUR HELP IS SO VERY IMPORTANT TO THE CLUB. IN ORDER TO PUT ON A SUCCESSFUL EVENT, WE ENCOURAGE ALL NON-WORKING MEMBERS TO COME OUT AND ENJOY THE RIDE, SEE SOME OLD AND NEW FRIENDS, SAVOR THE DAY IN THE FRESH AIR AND SUNSHINE. OUR LUNCH IS FANTASTIC AND THE GUYS AND GALS IN THE KITCHEN WORK VERY HARD TO GIVE ALL OF US A WELL-BALANCED NUTRITIOUS MEAL.

NOW I ASK YOU, HOW CAN YOU PASS THIS DAY UP ???  
MAY WE SEE YOU THERE?  
ROSE MARIE JACOBS,  
CHAIRPERSON, P.O.A.R.

## POAR MEETING

WHEN: Wednesday, August 29, 2001

TIME: 7:30 P.M.

WHERE: Evelyn Bires Residence  
28105 Rosebriar  
St. Clair Shores, MI  
(810) 778-8397

All team leaders, chairpersons and anyone interested in improving our P.O.A.R. are cordially invited to attend this meeting.

On the agenda, ways to enhance and sharpen up our P.O.A.R. so that our riders will want to come back and do our ride again and again.

Your presence at this meeting is very important

**FOR IMMEDIATE RELEASE:**

**Arc Offers Club  
Challenge Again**

Saturday, September 15 marks the 9<sup>th</sup> Annual Celebration of Cycling, which provides S.E. Michigan with a great bicycling tour, a choice of 5 different well-marked routes and "homemade goodies".

The Tour organizers are again offering the "Club Challenge" to groups that participate, giving awards and to the club completing the most miles and the club with the highest percentage of participation.

In addition to offering a quality tour, the event raises money (without pledges) for the Arc Cycling Program, helping disabled riders learn to enjoy our sport. Local clubs, during their weekly rides, have shared their pace lines with some of the Arc 'graduates' who have learned to spin a pretty fast wheel!

The Arc Cycling Program has won state and national awards for its special work, being the first to integrate those facing challenges into sports and recreation.

There is even a "phantom rider" category for those unable to attend the event. These 'riders' (including family and friends) will also accumulate points for their club with their donation.

Most important, this Arc event comes from Cyclists, for cyclists and all proceeds go back into cycling! Come meet the challenge and have a great time!

**Please note: New start location** – Nankin Mills on Hines Drive, near Farmington Rd., west of Merriman.

For applications or more information, call 734-729-9100.

**Rural Pearl of a Ride**

Saturday, August 25, 2001

The Sixth Annual Rural Pearl of a Ride, a back roads bicycle tour of Northeastern Oakland County, will be Saturday, August 25, 2001.

There will be a choice of 19, 27, 35 and 45 mile routes through scenic, gently rolling countryside. The start and finish at municipal offices in picturesque Oxford. Registration will be open from 7:30 AM to 12:30 PM. The entry fee is \$13.00 per rider (\$30.00 per family) before August 17 or \$16.00 per rider (\$35.00 per family) after and day of ride. Maps, SAG service, snacks and refreshments are provided. All proceeds benefit Oxford Addison Youth Assistance Program and the Polly Ann Trail.

This year the ride will be held in conjunction with the Celebrate Oxford Festival, which celebrates Oxford's 125<sup>th</sup> anniversary. There will be an antique fair, classic car show, and the local restaurants will prepare their house specialties in Centennial Park and many more activities to enjoy after the ride.

For an entry form and/or more information, contact Paul Wilhelm at 810.247.6397.

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**RIDE TIPS OF THE MONTH**

**Be predictable** – Most bike/auto accidents occur because 1)the motorist does not see the cyclist, or 2)the cyclist did something unpredictable. Ride in a straight line 12-18 inches from the side of the road.

**Make eye contact** with other drivers to ensure each of you knows the other's intentions – to turn, yield, stop, etc.

**Use hand signals.** Make turns from the appropriate land and give hand signals to make sure everyone behind you (bicyclists and motorists alike) knows what you intend to do. Clear verbal statements of what you are doing can accompany the hand signals ("Stopping", "Slowing", etc)

- Right turn – left arm bent 90 degrees upward
- Left turn – left arm straight out

## AUGUST 2001 RIDE SCHEDULE

The time listed is the start of the ride. Allow 15 minutes before starting time to get you and your bike ready to leave.

**WEDNESDAY AUGUST 1**                      **WRAMBLE WRIDE**                      **6:30 P.M.**  
Meet at the Northeast corner of Long Lake (18 mile) and Livernois. Choose a faster or slower ride thru Troy. Mileage is 16 or 20 miles. Dinner after the ride at a restaurant in the shopping center.  
Ride leaders: Marilyn Drellishak 248-375-2432 and Kay Hein                      248-879-9165

**FRIDAY AUGUST 3**                      **SLOW SPOKES MONTHLY MEETING**                      **8:00 P.M.**

**SATURDAY AUGUST 4**                      **PAINT CREEK TRAIL TO CANTERBURY**                      **10:00 A.M.**  
Meet at the Rochester City Park at the foot of Pine St., one block west of Rochester Rd., one block north of University. Restaurant stop in Canterbury Village. Ride is 32 miles on flat to rolling terrain.  
Ride Leader: Fred Meinberg 248-651-6714

**SUNDAY AUGUST 5**                      **METRO BEACH CONCERT/DANCE PROGRAM**                      **5:00 P.M.**  
Bob and Kathy will be leading a 14 mile ride to Metro Beach to hear the Big Band sound of Johnny Trudell. We will meet behind the Dairy Queen at Groesbeck and Metro Parkway. We will ride to the park, have a soft-serve ice cream stop and enjoy the music from 6:30 to 8:00 PM. Bring lights if you have them. Bring a cushion in case chairs are filled-NO fee for concert. Ride Leaders: Bob and Kathy George 810-463-6058

**SUNDAY AUGUST 5**                      **MINARD MILL BICYCLE TOUR & WIENIE ROAST**  
Jackson - sponsored by the Cascades Cycling Club.  
Routes of 17, 26, and 43 miles, additional, non-supported 15 mile loop for strong riders seeking more mileage. Ride will be on paved, flat to gently rolling, country roads. Day of Entry fee of \$19.00 includes barbecue lunch, rest stops and sag vehicles.  
Entry forms available on web site <http://www.lmb-org/cascades>

**MONDAY AUGUST 6**                      **ROCHESTER HILLS MORNING RIDE**                      **9:00 A.M.**  
Join Shirley & Pat for a ride around nearby hilly neighborhoods in Rochester Hills. Meet at their condo at 1754 Thomas Ct.. Enter Streamwood Condominiums, north off Hamlin Rd., just east of Crooks Rd. (North of M-59). Lunch nearby after the ride. Ride Leaders: Shirley & Pat Mullin 248-656-2187

**TUESDAY AUGUST 7**                      **TUESDAY NIGHT " SLOW POKES" RIDE**                      **6:00 P.M.**  
This is an invitation to new riders and old who like to ride at a slower pace. We will meet at Freedom Hill Park. Rest Rooms and picnic tables are available for those riders coming from work. We will ride between 12 and 15 miles and make a short ice cream or fast food stop along the way. The pace will average 9-10 MPH.  
Ride leader: Kathy George 810-463-6058 (leave a message)

**WEDNESDAY AUGUST 8**                      **WRAMBLE WRIDE**                      **6:30 P.M.**  
Meet at the Northeast corner of Long Lake (18 Mile) and Livernois (near AAA). Choose a 16 or 20 mile ride thru Troy.  
Dinner after the ride.  
Ride Leaders: Kay 248-879-9165 and Marilyn 248-375-2432

**SATURDAY AUGUST 11**                      **EARLY BIRD SHADY SIDE PARK & MORE**                      **7:30 A.M.**  
Meet at McDonald's at 16 Mile & Crocker. We will ride thru Shady Side Park to Freedom Hill and back. After a short break we will continue on to Metro Beach and back. Total 18 miles.  
Ride leader: Michael Ennis 810-792-7709

**SUNDAY AUGUST 12**                      **WYANDOTTE-GROSSE ILE TOUR**                      **9:30 A.M.**  
Mary will lead the club on a 25 mile, all flat tour of Grosse Ile. Bring a picnic lunch to eat in the park after the ride. We will meet at the City parking lot, the south end of Bishop Park in Wyandotte. Take I-75 south to Outer Drive, exit 42. Go east to Jefferson, south on Jefferson (Biddle) to downtown Wyandotte. Left on Elm to the parking lot along the river.  
Ride Leader: Mary Stoolmiller 248-879-6004

**TUESDAY AUGUST 14**                      **TUESDAY NIGHT " SLOW POKES" RIDE**                      **6:00 P.M.**  
Meet at Freedom Hill Park. Rest Rooms and picnic tables are available for those riders coming from work. We will ride between 12 and 15 miles and make a short ice cream or fast food stop along the way. The pace will average 9-10 MPH.  
Ride leader: Kathy George 810-463-6058 (leave a message)

**WEDNESDAY AUGUST 15**                      **WRAMBLE WRIDE**                      **6:30 P.M.**  
Meet at the Northeast corner of Long Lake (18 MILE) and Livernois. 16 or 20 mile ride thru Troy. Dinner after the ride.  
Ride leaders: Kay Hein 248-879-9165 Marilyn Drellishak 248-375-2432

**FRIDAY AUGUST 17**

**GROSSE POINTE MORNING RIDE**

**10:00 A.M.**

Meet at the Grosse Pointe Municipal Building at 20025 Mack Ave., between Moross and Vernier, on the West side of Mack. Park at the north side of the parking lot. Lunch during the ride. If weather is questionable, we may not take the long drive into G.P.. Call before 8:30 AM.

Ride leaders: Pat & Shirley Mullin 248-656-2187

**SATURDAY AUGUST 18**

**MINI BLUE WATER RAMBLE**

**9:30 A.M.**

Meet at the Algonac McDonald's for a 22 mile ride on flat terrain. Bring \$3.00 for ferry rides and ID for Canadian Customs. We will take the ferry in Algonac to Walpole Island and ride along the Canadian side of the St. Clair River to Sombra where we will stop for ice cream. We will then take the ferry to Marine City and return to Algonac by way of M29 and the bike trail. Lunch after at Brisbay (formerly Munchies) on Dyke Rd.

Ride leaders: Marcia Leaver 810 725-2480, Ed Rogers and Sue Gill 810 783-5058

**SUNDAY AUGUST 19 CHECK THE HOT LINE**

**810-819-0187**

**TUESDAY AUGUST 21**

**TUESDAY NIGHT " SLOW POKES" RIDE**

**6:00 P.M.**

Meet at Freedom Hill Park. Rest Rooms and picnic tables are available for those riders coming from work. We will ride between 12 and 15 miles and make a short ice cream or fast food stop along the way. The pace will average 9-10 MPH.

Ride leader: Kathy George 810-463-6058 (leave a message)

**WEDNESDAY AUGUST 22**

**WEDNESDAY MORNING ROCHESTER HILLS RIDE**

**9:00 A.M.**

Join Shirley & Pat for a ride around nearby hilly neighborhood streets in Rochester Hills. Meet at their condo at 1754 Thomas Ct. Enter Streamwood Condominiums, north off Hamlin Rd., just east of Crooks Rd. (North of M-59). Lunch nearby after the ride. Ride Leaders: Shirley & Pat Mullin 248-656-2187

**WEDNESDAY AUGUST 22**

**WRAMBLE WRIDE**

**6:30 P.M.**

Meet at the northeast corner of Long Lake(18 mile) and Livernois ( near AAA). Choose a 16 or 20 mile ride through Troy. Dinner after the ride in the shopping center.

Ride leaders: Marilyn Drellishak 248-375-2432 Kay Hein 248-879-9165

**THURSDAY AUGUST 23**

**LAKE NEPESSING**

**9:30 A.M.**

Len will lead the club on a 36 mile ride with some hills. Meet at the Lapeer Meijer's Parking Lot. From I-69, exit 155 turn North to the first traffic light (Baldwin Rd.), turn left onto Baldwin and follow the sign into the Parking Lot. From the West side use M-24 turning left at Baldwin Rd. (1st traffic light). Restaurant stop is Gilligans on the Lake.

Ride Leader: Len Ziegenmeyer 810-724-8054

**SATURDAY AUGUST 25**

**ADOPT A ROAD CLEAN-UP AND RIDE**

**9:30 A.M.**

Meet behind the Dairy Queen on the northwest corner of Metro Parkway and Groesbeck. This will be the final clean up for this year. The more people that come, the faster the job will be done. The group will also be riding to Metro Beach for the Civil War Reenactment

Ride Leader: Aloys Turck 248-362-4031

**SUNDAY AUGUST 26**

**CHECK THE HOT LINE AT 810-819-0187**

**TUESDAY AUGUST 28**

**TUESDAY NIGHT " SLOW POKES" RIDE**

**6:00 P.M.**

Meet at Freedom Hill Park. Rest Rooms and picnic tables are available for those riders coming from work. We will ride between 12 and 15 miles and make a short ice cream or fast food stop along the way. The pace will average 9-10 MPH.

Ride leader: Kathy George 810-463-6058 (leave a message)

**WEDNESDAY AUGUST 29**

**GROSSE POINTE MORNING RIDE**

**10:00 A.M.**

Meet at the Grosse Pointe Municipal Building at 20025 Mack Ave., between Moross and Vernier, on the West side of Mack. Park at the north side of the parking lot. Lunch during the ride. If weather is questionable, we may not take the long drive into G.P.. Call before 8:30 AM. Ride leaders: Pat & Shirley Mullin 248-656-2187

**WEDNESDAY NIGHT AUGUST 29**

**WRAMBLE WRIDE**

**6:30 PM**

Meet at the northeast corner of Long Lake(18 mile) and Livernois ( near AAA). Choose a 16 or 20 mile ride through Troy. Dinner after the ride in the shopping center.

Ride leaders: Marilyn Drellishak 248-375-2432 Kay Hein 248-879-9165

We could use an additional ride leader for Saturday, August 18 to lead a 30+ miles ride to coordinate with Marcia, Sue & Ed's Mini Blue Water ride from the same start location.

We could use an additional ride leader for Sunday September 2 to lead a 30-40 mile ride to coordinate with Bob George's City ride.

## NOTES FROM YOUR RIDE CHAIRPERSON.....

A great big **THANK YOU TO ALL OF OUR RIDE LEADERS**. We have had 100 riders come to our rides in 2001. Many of these riders are new to the Slow Spokes. Only about 20% of our members are leading rides, which left us with some Sunday openings in August. Anyone who is a regular rider with the Slow Spokes is qualified to lead at least one ride per year. **REMEMBER THE HOTLINE** if you are available to lead a ride on short notice. Please call Tom Paonessa or Bob George with the ride information. The ride can be called in immediately.

## UPCOMING RIDES

Sunday August 12 Pere Marquette Century-Midland 16, 40, 70, 100miles. \$ 10.00 FEE. Day of entry allowed. Money is used for the upkeep of the Midland trail. Call 517-687-7248 evenings for information. Email: [WEWELLS@concentric.net](mailto:WEWELLS@concentric.net)

Sunday August 19 ASSENMACHER 100-Swartz Creek 20,32,50,62,100 \$ 18.00 day of entry. Ride on generally flat, smooth rural roads. Call 810-635-7844 9:30-6 Mon-Sat -Website: [Assenmacher.com](http://Assenmacher.com)

Saturday August 25 Children's Safety Day Belle Isle 9am-12pm. Meet at the casino to help fit free children's helmets Call 313-310-4441 -Email: [detroitrotary@hotmail.com](mailto:detroitrotary@hotmail.com)

Saturday August 25 RURAL PEARL OF A RIDE – See separate article in newsletter

Saturday September 15 CELEBRATION OF CYCLING – See separate article in newsletter

### MUSKEGON & MONTAGUE WEEKEND BIKING TRIP OCT. 12 to 14

I am leading a weekend trip in October. We will be staying at the Hampton Inn in Muskegon on Friday and Saturday night. We will be riding on the newly opened, paved Muskatawa Trail (28 miles) on Saturday and driving over to Montague to ride the Hart Trail (44 miles) on Sunday. We will form small groups that wish to ride at the speed and distance of their choice. Rooms are \$ 79.00 plus tax per night for 2 or 3 persons per room. Breakfast is included and there is an indoor pool & fitness center. I have reserved 6 rooms. Send me a \$ 40.00 deposit per person to hold a room for you. Leader: Kathy George 810-463-6058

## Xenia 2001 – Little Miami Scenic Trail

The 2<sup>nd</sup>. Annual trip is planned for Sept. 12 – 15 this year. Camping will be available at the fairgrounds as some did last year, or Hotel accommodations at the Holiday or Best Western nearby the Trail. Their will be more information in the Sept. issue of the newsletter.

For further details please call Dick Barry after Aug. 11<sup>th</sup>. At 810-329-9331.

## PALM 2001

The Slow Spokes were well represented at the Palm this year. The Following members took part in the 20th Palm: Rose Lambertini, Tom Paonessa, Dolores Baumgarten, Aloys Turck, Dick Barry, Jim Kegler, Kyle Clifford, Marie Clifford, Alex Schneider, John Engelgau, Pat Newman, Kevin Degan, Betty Nelson, Eugene Petrovich, Barbara Pontius, Dean Scoles, Jo Grindem, Lillian Dean & Rita Zupan, 19 members in all.

It was a great week for everyone, most of all for Kyle Clifford (age 12) who did his first metric century (62 miles) and was appropriately baptized with a dousing of water. Others who did over a hundred were Kevin Degan with 104 and Dick Barry with 110. Of course Dick was lost thus giving him the extra miles.

The major excitement of the trip was Alex Schneider's tent blowing away while he was assisting another camper. Flying high over the Ryder Trucks and almost to the roof top of the school, the tent almost landed once but went airborne once more until finally it landed. Four gentlemen assisted Alex in retrieving his tent. Stake that tent down the next time before you set it up, Ok Alex.

Hopefully, next year we will exceed the number of Slow Spokes riding the Palm with it's great country roads, good accommodations, entertainment and more. There were some hills, lots of new pavement and, of course, the wind at our backs.

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

<b>Adventure Cycle &amp; Sport</b> <b>Lapeer</b> 454 W. Neppesing 810-664-1313	<b>D &amp; D Bicycles</b> <b>Berkley</b> 4141 W. 12 Mile Rd. 248-547-0770
<b>Allied Cycle</b> <b>Eastpointe</b> 23101 Gratiot 810-772-3411	<b>Northville</b> 121 North Center 248-347-1511
<b>American Cycle &amp; Fitness</b> <b>Walled Lake</b> 39600 W. 14 Mile Rd. 248-960-1371	<b>Westland</b> 8383 Middlebelt 313-522-9410
<b>Royal Oak</b> 1109 S. Washington 248-542-7182	<b>Fraser Schwinn</b> <b>Fraser</b> 32064 Utica 810-294-4070
<b>Sterling Heights</b> 2169 Metroparkway 810-979-7570	<b>Clinton Twp.</b> 42201 Garfield 810-412-0500
<b>Grosse Pointe</b> 20343 Mack Ave. 313-886-1968	<b>Jerry's Bicycles of Birmingham</b> <b>Birmingham</b> 33502 S. Woodward 248-645-2453
<b>Anchor Bay Bicycle &amp; Fitness</b> <b>New Baltimore</b> 35214 23 Mile Rd. 810-725-2878	<b>Macomb Schwinn Cyclery</b> <b>Warren</b> 28411 Schoenherr 810-756-5400
<b>Bicycle &amp; Fitness Barn</b> <b>Port Huron</b> 1604 Stone St. 810-987-2523	<b>Prestige Cycles</b> <b>Clinton Twp.</b> 36558 Moravian 810-792-4040
<b>Continental Bike Shop</b> <b>Hazel Park</b> 24436 John R 248-545-1255	

### MEMBERSHIP APPLICATION

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

City/State \_\_\_\_\_ Zip \_\_\_\_\_

E-mail address \_\_\_\_\_

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

