

# *Slow Spokes Spokin' Times*



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

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

**By 09/10/01**

Other articles please send to:

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

e-mail :

[Dynamo930@prodigy.net](mailto:Dynamo930@prodigy.net)

**By 09/15/01**

## **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 **September** meeting will be **Friday, September 7, 2001**  
**BRING YOUR COOKIES !!!!!!!**

The **October** meeting will be **Friday, October 5, 2001**

## **Meet Us On The Trails Day**

Hope some Slow Spokes, and others interested in our trails, will get involved in "Meet Us On The Trails" Day, September 15. The event will be all along the Paint Creek Trail and people are needed to help with the bike ride and the other events.

There will be registration for Bike Ride and Walk/Run between 8 and 8:45 a.m. A nature walk hosted by Dinosaur Hill, Historical Site Tour, and a community picnic are some of the events being planned for later that day. Contact Shirley Mullin, who is active in the Friends of the Clinton River Trail, for info on how you can participate in the bike ride or become a ride leader or volunteer. 248-656-2187 or [www.patshirleymullin@home.com](http://www.patshirleymullin@home.com)

## **RIDE TIPS OF THE MONTH**

Ride single file when traffic is heavy in your lane, when on an uphill, or when vision is blocked.

Ride two abreast only when the road conditions and traffic allows. Never ride more than two abreast. It's dangerous and is illegal in the state of Michigan.

Obey traffic signs and signals. **Bicycles have the same rights and responsibilities as automobiles and must obey the same rules.**

# 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

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

Rose Marie Jacobs  
208 Riveria Dr. St. Clair Shores, MI  
810-779-4780

Thank you, Carol Meerhaeghe  
Cookie Chairperson 2001

**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.

## POST POAR MEETING

**WHEN:** Wednesday, September 19, 2001

**TIME:** 7:30 P.M.

**WHERE:** Rose Marie Jacobs residence

208 Riveria Dr.

St. Clair Shores, MI

(810)779-4780

Did we do everything right ??

Did we do anything wrong ??

Can we change or improve the P.O.A.R. ??

Please come to this post peach meeting to access and dissect our handling of the P.O.A.R. All chairpersons are invited to attend this meeting to give your very important input.

## SEPTEMBER 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 on time.

If you want to ride at a slower speed or need a shorter ride: please call Kathy George at 810-463-6058 at the beginning of the week.

**SATURDAY SEPTEMBER 1 CHECK THE HOTLINE 810-819-0187**

**SUNDAY, SEPTEMBER 2 TOUR De CITY-DUAL PACE 8:30 and 10:00 A.M.**

**LONG TOUR** Meet at 8:30 AM at Macomb Community College at the corner of 12 Mile and Hayes. 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 and ride through Indian Village. The pace will be 14-16 MPH. 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 lunch, the short tour will return to Belle Isle and the long tour will return to the start by way of Hamtramck. Total distance is 55-60 miles.

**SHORT TOUR** Meet at 10:00 AM at the Belle Isle Casino. We will ride around Belle Isle until the long tour meets us. After returning to Belle Isle you can add additional miles if you wish. A visit to the Belle Isle Zoo or Aquarium or other attractions might be for you. Total distance is 15 miles plus whatever you wish to ride on Belle Isle.  
Ride Leaders: Kathy and Bob George 810-463-6058

**MONDAY, SEPTEMBER 3 (LABOR DAY) CHECK THE HOTLINE 810-819-0187**

**TUESDAY, SEPTEMBER 4 ROCHESTER HILLS MORNING RIDE 9:30 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

**WEDNESDAY, SEPTEMBER 5 WRAMBLE WRIDE 6:00 P.M.**

Meet at the Northeast corner of Long Lake (18 mile) and Livernois. Choose a faster or slower ride through Troy. Mileage is 16 or 20 miles. Optional dinner after the ride at a restaurant in the shopping center.

Ride Leaders: Marilyn Drellishak(slow) 248-375-2432 & Kay Hein 248-879-9165

**FRIDAY, SEPTEMBER 7 Monthly Slow Spokes Meeting 8:00 P.M.**

*VERY IMPORTANT MEETING BRING YOUR COOKIES FOR PEACH OF A RIDE*

**SATURDAY, SEPTEMBER 8 CHECK THE HOTLINE 810-819-0187**

**SUNDAY, SEPTEMBER 9 PEACH OF A RIDE ARMADA Opens at 7:00 A.M.**

This is our Annual fund-raiser. Cost is \$ 17.00 if you register before September 1st. \$ 20.00 if you register day of ride. Course is open from 7:00 AM to 4:00 PM. 25 and 31 milers must start by 11:30 A.M. 45 and 62 milers must start by 9:30 A.M.. The roads are marked and maps will also be given. Homemade cookies at all rest stops along with drinks, fruit and bagels. Free lunch follows at Armada Elementary School. Slow Spoke Members prepare homemade lunch.

Showers are available from 12:00 to 4:00. SAG wagons will be on all routes. In case of bike or rider problems, you will be driven back to the school if necessary. There is an escorted 13-mile ride on the dirt roads.

**BRING YOUR FRIENDS AND FAMILY TO OUR ANNUAL EVENT.**

For an application or information call Bob George 810-954-1083 M-F 8-5

**TUESDAY, SEPTEMBER 11 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 parking lot. Restroom available in the Municipal Building. Lunch during the ride. If weather is questionable, we may not take the long ride into G.P.. Call before 8:30 A.M.

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

**WEDNESDAY, SEPTEMBER 12 WRAMBLE WRIDE 6:00 P.M.**

Meet at the northeast corner of Long Lake (18 Mile) and Livernois. Choose a faster or slower ride through 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 & Kay Hein 248-879-9165

**2nd ANNUAL LITTLE MIAMI SCENIC TRAIL XENIA 2001 Sept. 12-15**

If you like paved trails and small historic towns, this is the ride for you. There is camping at the Fairgrounds in Xenia or you can stay at a hotel. Both are right on the beautiful paved trails that range from just a few miles to over 75 miles. Several in the group last year even did their first century ride. There are many restaurants just down the street from the hotel and campground. Make your own reservations at the hotel. There is a Holiday Inn, Best Western, and Knights Inn. We will meet at 10:00 A.M. at McDonald's in Monroe for breakfast. Take I-75 South to Exit 15. Driving time is approximately 1 hour & 15 minutes from the Warren/Sterling Heights area. After leaving McDonald's, continue on I-75 South to exit 52B (US 35) in Dayton. Go East on US 35 to US 68 in down town Xenia. You'll see the Holiday Inn on the corner. For those camping, turn left on US 68 to Fairground Street. Turn left at the Speedway/Marathon station on the southwest corner of US 68 & Fairground. The Fairgrounds entrance is .7 miles from this intersection. Information about the Little Miami Trail can be found on the internet at: Yahoo--Little Miami Scenic Bike Trail. Call Dick Barry (810) 329-9331 or Hilda LaMont (810) 757-4522 to let them know if you are camping or hoteling. They need to give the campground a count. More information at the September meeting. Ride Leaders: Dick Barry (810)329-9331 and Hilda LaMont (810)757-4522

**SATURDAY, SEPTEMBER 15 MEET US ON THE TRAILS 8:00 to 8:45A.M.**

The first annual "Meet us on the Trails" will be held in the Rochester City Park. Registration for the bike ride and walk/run is between 8:00 to 8:45 A.M. at the Rochester Hills Library. The bike route includes Paint Creek Trail, Gunn Road, Bear Creek, Sheldon Road, Stony Creek and back to the Rochester Public Library. Later there will be nature walks, a historical site tour, bird watch, and many, many more activities. A community picnic and ceremony will be held around noon. Contact Shirley Mullin, who is active in the Friends of the Clinton River Trail, for info on how you can participate in the bike ride or become a ride leader or volunteer. 248-656-2187 or [www.patshirleymullin@home.com](mailto:www.patshirleymullin@home.com)

**SATURDAY SEPTEMBER 15 ARC Annual Celebration of Cycling 7:30 A.M. to 5:30 P.M.**

To raise money for the ARC cycling program which helps disabled riders learn to enjoy the sport of cycling. Five well marked routes and "homemade goodies". New location: Nankin Mills on Hines Drive, near Farmington Rd., west of Merriman. For applications or more information call 734-729-9100

**SUNDAY, SEPTEMBER 16 HARSSENS ISLAND ROAST BEEF DINNER 10:00 A.M.**

Meet behind McDonalds on M-29 in Algonac, about 2 miles past the Harsens Island Ferry dock. We will ride to the ferry, take the ferry across to the island (no fee) and then ride 20 miles in small groups. Near the end of the ride we will stop at St. Paul's Church for their annual roast beef dinner with homemade pie for dessert. Price \$7.00. More riding after dinner if you can manage it. NO HILLS. This is a perfect ride for slow riders or anyone who has not done a club ride. Kathy will ride with the slowest group.

FOR THOSE LOOKING FOR A CHALLENGE, BOB WILL BE RIDING FROM CLINTON TOWNSHIP TO HARSSENS ISLAND. IF YOU WISH TO JOIN HIM, CALL BY 8:00 PM on Saturday night.

RIDE ORGANIZERS: Bob and Kathy George 810-463-6058 (Leave message)

**WEDNESDAY, SEPTEMBER 19 WRAMBLE WRIDE 6:00 P.M.**

Meet at the northeast corner of Long Lake (18 Mile) & Livernois. Choose a faster or slower ride thru Troy. 16 Or 20 Miles. Optional dinner after the ride at a restaurant in the shopping center.

Ride leaders: Marilyn 248-375-2432 and Kay 248-879-9165

**THURSDAY, SEPTEMBER 20 ROCHESTER HILLS MORNING RIDE 9:30 A.M.**

Join Shirley & Pat for a ride similar to their Sunday Rochester rides. Meet at the NW corner of Adams Rd. & Walton Blvd., across from Oakland University and Meadowbrook. Enter parking lot near Boston Market and park by the mailboxes in the center of the lot (facing NBD). Lunch at Boston Market after the ride.

Ride Leaders: Pat and Shirley Mullin 248-656-2187

**SATURDAY, SEPTEMBER 22 CHECK THE HOTLINE 810-819-0187**

**SATURDAY, SEPTEMBER 22 BACKYARD BOOGIE \$15.00/\$18.00**

Shelby Township 6, 28 or 40 miles Day of entry registration. A scenic back roads tour, includes side trips to 2 single-track trails. Proceeds benefit MMBA Mountain Kids Program 734-699-6925 leave message.

**SUNDAY, SEPTEMBER 23 LUCKY'S 10:00 A.M.**

Len will be leading a scenic 36-mile ride on rolling terrain with some hills. Meeting place: At traffic light in Almont, Main St. (Van Dyke) and St. Clair St., turn right on St. Clair, turning right again behind Prellas Restaurant into the Municipal Parking. Lunch stop is at Lucky's Steakhouse.

Ride leader: Len Ziegenmeyer 810-724-8054

**WEDNESDAY, SEPTEMBER 26**

**WRAMBLE WRIDE**

**6:00 P.M.**

Meet at the northeast corner of Long Lake (18 Mile) and Livernois. Choose a faster or slower ride thru Troy. 14- 20 miles. Dinner after the ride.

Ride Leaders: Marilyn 248-375-2432 and Kay 248-879-9165

**SATURDAY, SEPTEMBER 29**

**GROSSE POINTE MORNING RIDE**

**10:30 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 parking lot. Lunch during ride. If weather is questionable, we may not take the long ride into G.P.. Call before 8:30 A.M.

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

**SUNDAY, SEPTEMBER 30**

**28th APPLE CIDER CENTURY THREE OAKS, MI**

25,50,75 and 100 miles. \$35.00 entry fee. NO DAY OF RIDE REG. For application call 616-756-3361

**SUNDAY, SEPTEMBER 30**

**DODGE PARK TO STONY CREEK**

**10:00 A.M.**

Meet at the parking lot at Dodge Park. Restroom facilities next to parking lot. Buy lunch at a restaurant along the way.

Ride leader: Jim Sieradzinski 810-778-5104

**LOOKING AHEAD TO OCTOBER.....**

**BLUE WATER RAMBLE**

**Sunday Oct. 7**

**ST. CLAIR**

**\$15.00**

40, 60, 80, 100 miles. All routes cross into Canada by ferry. Hot lunch is served in Canada along with other delicious rest stops. Fee includes ferry ride. Many club members will be riding. Call for application 24 hours a day. Clinton River Riders 810-468-6605

**MUSKEGON AND MONTAGUE WEEKEND BIKING TRIP OCT. 12 to 14**

I am organizing a weekend trip in October. We will be staying at the Hampton Inn in Muskegon on Friday and Saturday nights. 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 on Sunday. We will form small groups that wish to ride the speed and distance of their choice. Rooms are \$79.00 plus tax per night for 2-4 persons per room. Breakfast is included and there is an indoor pool & fitness center. I have reserved 6 rooms. Send me a deposit of \$40.00 per person to hold a room for you. If you want to camp or stay at a cheaper motel, there are some nearby.

Ride organizer: Kathy George 810-463-6058

**MEMBERSHIP APPLICATION**

Name \_\_\_\_\_  
 Phone \_\_\_\_\_  
 Address \_\_\_\_\_  
 City/State \_\_\_\_\_  
 Zip \_\_\_\_\_  
 E-mail address \_\_\_\_\_  
 Renewal \_\_\_\_\_  
 Check one please: New Membership \_\_\_\_\_

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



Michigan Federation of Bicyclists  
 1000 East Grand Avenue  
 Ann Arbor, Michigan 48106

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

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

### 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

