

# The May 2002 Slow Spokes Spokin' Times welcomes our newest members!

Matt Agostino, Port Huron  
Paul Ashmore, East Pointe  
Sue Berney, Oak Park  
Bob and Carol Blanchard, St. Clair

Mark Day, New Baltimore  
Ray and Kathy Dodge, Sylvan Lake  
Larry Finnell, Lake Orion  
John Sullivan, St. Clair

We're glad you joined our group!

## PotpourriPotpourriPotpourriPotpourriPotpourri

- **Ride information** - Send information for rides/walks for the June *Slow Spokes Spokin' Times* to Kay Hein, 382 Ottawa, Troy, MI 48098 by May 10, 2002. Telephone: (248) 879-9165
- **Newsletter information** - Send articles or information you would want published in the June *Slow Spokes Spokin' Times* to Peter Del Favero, 1171 Timberview Trail, Bloomfield Hills, MI 48304 by May 15, 2002. Email should be sent to: [pdelfave@mindspring.com](mailto:pdelfave@mindspring.com) - Fax: (248) 852-9554
- **Thank you, Sheila!** The club extends its sincere gratitude to our fellow club member Sheila Munro for her Family and Friends CPR workshop at the April 5<sup>th</sup> meeting. Twenty members remained after the regular meeting to participate in the workshop.
- **Amishland and Lakes Ride** - A group of Slow Spokes plans to return to Howe, Indiana for this August 10<sup>th</sup> and 11<sup>th</sup> ride. It's not too soon to reserve your motel/hotel accommodations if you would like to join the group but prefer not to stay in the "barracks" or camp. Refer to the *Bicycle Michigan 2002* calendar for the ride information. Email: [vrecla@aol.com](mailto:vrecla@aol.com)

As for our previous group visit to the Amishland-Lakes ride, I have made Saturday evening dinner reservations at The Patchwork Quilt Amish Country Inn in nearby Middlebury, Indiana. A limited number of dinner reservations with our group are still available. The complete buffet dinner costs \$14.71 per person including tax and tip. More information will be available later this summer for those interested in attending. If you would like to join us, contact Peter Del Favero. Email should be sent to: [pdelfave@mindspring.com](mailto:pdelfave@mindspring.com) - Fax: (248) 852-9554

- **Stratford Festival Ride** - Marcia Leaver is putting a group together to go to Stratford, Ontario to enjoy a play and then cycle in that area. The trip is tentatively scheduled for July or August. If you are interested, contact Marcia at (586) 725-2480 or email to: [maleaver1@yahoo.com](mailto:maleaver1@yahoo.com)
- **The Fifth Annual Michigan Recumbent Rally - East-** will be held on Saturday, May 11, 2002 at the Willow Metropark pool shelter located off Exit 11 of I-275.

Events include recumbent displays, bike dealers, test rides, an information table and a "buying your first recumbent workshop" at 11:00 A.M. and 1:00 P.M. A 10 or 25 mile group ride will be held at 12:00 Noon. For more information contact Bob Krzewinski (734) 487-9058. Visit [www.lmb.org/wolbents](http://www.lmb.org/wolbents)

### Pre-owned Bikes Available

Silver blue, 2 year old, Klein Quantum 57 cm road bike for sale. Contact Ron Phifer at (248) 693-9779 or email Ron at [prider77@aol.com](mailto:prider77@aol.com). Cost was \$1750 - Asking \$1000. Will trade with cash for higher quality tandem.

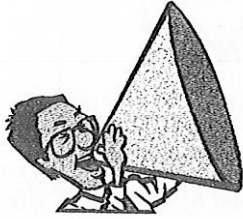
Trek 750, black with white and gold decals, 17" cross bike, with 21 speed twist grip-shift shifting. Included are a mirror, rear rack, comfortable seat and more. You can make this purchase for \$300.00 and be ready to ride. Contact Delores Baumgarten (810) 725-3447 or Tom Paonessa (586) 293-8624



#### We're looking for:

Tom Kniaz  
Sandy Krueger  
Judy McComb  
Gino Petrovich  
Don and Mary Ann Stange  
Cliff Thomas

If you see any one of them,  
tell them we miss them and  
hope to see them at our  
next meeting or ride!



## Slow Spokes Speak Out!

The *Slow Spokes Spokin' Times* Speak Out page will offer members a forum for speaking out about issues pertaining to the club and its activities. The *Slow Spokes Spokin' Times* welcomes your comments. Feel free to share a concern or simply write to praise a ride leader or someone who went beyond the call of duty to make Slow Spokes a better organization.

The *Times* will consider for publication only signed letters and communications but will, if requested, not publish the writer's name.

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Member Rose Marie Jacobs will be contributing a monthly, motivational quotation to the *Slow Spokes Spokin' Times*. This is her first contribution.

It is not genius, nor glory, nor love that reflects the greatness of the human soul;  
it is kindness.

Henri Dominique Lacordaire

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Wouldn't it make sense for our club to purchase a number of two-way radios that we could use on our rides? So often, especially with larger groups, the faster riders lose contact with the slower riders and then become concerned that something may have happened to someone.

If we had two-way radios available for groups of 12 or more, the ride leader could keep one radio and the sweeper the other. We would have instant communication in case of a breakdown or accident.

What do you think?

Name withheld as requested

Plan to arrive for a ride at least 15 minutes before the start time.

# May 2002 Scheduled Activities

Inform the ride leader if you plan to leave the ride prior to its conclusion!

Please check the ride's distance and pace to be sure your skill level will allow you to keep up with the group.

## Friday, May 3 - National Day of Prayer

Activity: **Slow Spokes' Monthly Meeting**  
Meeting place: Owen-Jax Activity Center, 9 Mile Road east of Van Dyke  
Starting time: 8:00 P.M.  
Program: **Tom Paonessa**, master bicycle mechanic, will conduct a "Get Your Bike Ready-to-Ride workshop."  
Refreshments will be served.

## Monday, May 6 - No Diet Day

Activity: **Rochester Hills Morning Ride** Leaders: **Pat and Shirley Mullin (248) 656-2187**  
Meeting place: The Mullin's condominium at 1754 Thomas Court. Enter the Streamwood Condominiums, north of Hamlin Road, just east of Crooks road, north of M 59. Call if weather is questionable.  
Starting time: 10:00 A.M. Distance: 25 miles Pace: 12-14 mph  
Restaurant stop: At a nearby restaurant after the ride.

## Thursday, May 9 - Ascension Day

Activity: **Cranberries** Leader: **Len Ziegenmeyer (810) 724-8054**  
Meeting place: Lapeer Meijer's parking lot. From I-69, exit 155 turn north to first traffic light (Baldwin Road), turn left onto Baldwin and follow sign into parking lot. From the west side use M-24 turning left at Baldwin Road.  
Starting time: 10:00 A.M. Distance: 38 miles Pace: N/A  
Restaurant stop: Cranberries Cafe

## Saturday, May 11 - Eat-What-You-Want Day

Activity: **Lower Huron Metroparks Ride** Leader: **Mary Stoolmiller (248) 879-6004**  
This will be a joint ride with the Sierra Club. Bring a \$1.00 donation for the Sierra Club.  
Meeting place: Tulip Tree picnic area in the lower Huron Metropark. Take I-94 to Haggerty Road, Exit 89. Go south into the park to the second parking area, Tulip Tree. Meet near the restrooms. Call before 8:45 if weather is doubtful.  
Starting time: 10:15 A.M. Distance: 22-27 miles - flat, paved, bike path Pace: 11-13mph  
Restaurant stop: None - Bring a lunch to eat in the park after the ride.

## Friday, May 17 - Shavuot

Activity: **Grosse Pointe Morning Ride** Leaders: **Pat and Shirley Mullin (248) 656-2187**  
Meeting place: Grosse Pointe Memorial Building, 20025 Mack Avenue between Moross and Vernier on the west side of Mack. Park at the north side of the parking lot.  
Starting time: 10:30 A.M. If the weather is questionable, we may not take the long ride into G.P. Call before 9:00 A.M.  
Distance: 25 mile Pace: 12-14 mph  
Restaurant stop: During the ride

## Saturday, May 18 - Armed Forces Day

Activity: **Evening Walk** Leader: **Mary Miller (586) 573-4754**  
Meeting place: Halmich Park, 13 Mile Road between Ryan and Dequindre  
Starting time: 6:30 P.M. Distance: 4 miles Pace: TBD  
Restaurant stop: NA

# Paonessa's Pointers for Bicycle Maintenance and Worry-Free Cycling



Clean your bike using soap and water. (Turtle Wax Car Wax soap works well.) Do not direct a stream of water on the bike. Rinse off the soap with a fine spray. You can clean any heavy grease and dirt using Simple Green.

Polish your bike using a little spray wax on a cloth. Keep all wax and lubricants off the wheels and brakes.

Inspect the tires for imbedded glass, cuts, or wear. Replace them if necessary.

Check:

- that the wheels run true and do not hit the brake pads when turning.
- the brake pads for wear.
- that the brake levers work freely. (They should spring back after being applied.)
- that the mounting fasteners are tight.

You can buy a metric allen wrench set at Murrays, Meijers, or the hardware store. (This tool set will fit most bike fasteners.)

Clean and lubricate the chain.

Lubricate pivot points on the derailleurs, brake levers, and brake calipers. (Just put a drop of light oil on these pivot points. Wipe off any excess.)

Inflate the tires to the recommended pressure. (That pressure can be found on the sidewall of the tire.)

Let's have a good turnout for the May 3<sup>rd</sup> Slow Spokes' meeting when Tom will demonstrate these valuable pointers during his presentation.

## Items you should carry on your bike

Small first aid kit  
At least one extra tire tube  
Tire repair tools and tire pump  
Tire patch kit  
3-foot piece of one-inch wide duct tape wrapped on a short pencil  
Several six-inch long cable ties

Lock, key and cable  
Identification with emergency medical information  
Allen wrench set  
Small note pad  
Mcgiver type does-everything tool  
Four-inch crescent wrench

Be a good club member by being ready to ride when you arrive at the meeting place. Pump up your tires and check your bike the night before the ride.

Remember! The time in the newsletter is the time the ride starts. So, plan to be there at least 15 minutes early.

I will bring a bike, a work stand, and tools to the May meeting to demonstrate bike maintenance and care. I'll try to answer any questions you might have.

Tom Paonessa

Editor's note: Look for more "Paonessa's Pointers" in future issues of the "Slow Spokes Spokin' Times."



# What did you do this winter?

Some Slow Spokes couldn't wait for the warm weather in Michigan and headed to Florida for some interesting rides. Evelyn Bires and Rose Bianchini rode from Gainesville to Tallahassee; Tom Miller rode from Cocoa Beach to Key West. Here's what they reported:

## Bike Florida

By

Evelyn Bires and Rose Bianchini

The last week in March appeared to be a good time to head for Florida on a seven-day bike tour. Being a 3, 5 or 7-day tour, we started with 1,100 riders; the number dwindled to 850 by the 6<sup>th</sup> day.

Upon arrival in Gainesville, it was a treat to ride 50 miles of gorgeous bike paths returning to Gainesville that day with just one flat tire. (A delightful gentleman angel came to Rose's rescue, fixing her flat and then riding off into the sunset.)

Sunday was the actual start day of our beautiful ride to Tallahassee, ending up with 78 miles for the day. (They just don't build college campuses at which to camp within 50 miles of each other.) There was a choice of tent camping or indoor-gym sleeping; both proved very pleasant.

The route was excellent and extremely well marked; it is changed every year, though. (There's much to be said for road markings when Evelyn doesn't get lost!)

The week included two layover days, and it was worth riding the optional 50-60 miles to enjoy a complimentary lunch (typical Slow Spokes) and a swim in crystal clear springs.

The rest stops were every 15 miles and the dinners were very appetizing.

Mid week was break time for Evelyn who volunteered to work a rest stop slicing apples, bananas, oranges and luscious Florida grapefruit.

Meanwhile, Rose took advantage of the situation and spent the day biking with two refreshing friends. (They, too, were willing to fix her flat tires.)

We both agree "Bike Florida" was an extremely well-organized and planned tour. We would highly recommend it and would go again.

Doing just the required distances would amount to just 265 miles - with optional mileage and days off - 450 miles.

Had a great time!

Do an interesting ride? Why not write about it for the *Slow Spokes Spokin' Times*?

## Florida's East Coast by Bicycle

By

Tom Miller

Twice each winter Wandering Wheels of Upland, Indiana conducts supported bicycle tours of Florida's East Coast, from Cocoa Beach to Key West. Wandering Wheels is a professional bicycle touring company with many years and miles of experience. The staff is well prepared to deal with all the daily needs of the riders.

Overnight stops may be at a campground, motel, or church depending on what is available. Two meals a day are provided. They are prepared in the "Wheels" mobile kitchen. Since space is limited, the staff must shop each day, so the meals tend to take on a local flavor. In order to be brief I will only say that I have never heard a complaint about the food.

On Saturday, January 12, 2001 we met at the Motel 6 (next to Ron Jon's) in Cocoa Beach. It is more like a club event since most of the 60 riders return year after year. Most are good friends.

Over the next ten days we will ride 450 miles from Cocoa Beach to Key West hugging the coast line as close as is practical. Most of the riding is on good roads, bicycle lanes, and recreational trails. The most challenging day is the day we ride Miami Beach because of the traffic. A bus is available for those who would rather start south of Miami. Traffic aside, I find Miami an interesting place to ride with it many attractions. One of the highlights is going past the cruise-ship port.

After Miami the tour becomes much more laid back, and there are more opportunities for other recreational activities. Once on the Keys the riding is on 8 to 10 foot wide paved shoulders or recreational paths. Each year the paths are extended. The campgrounds here are resort campgrounds with pools, hot tubs, recreational activities, entertainment, Laundromats, etc.

Waiting for us at Key West is the "Wheels" equipment truck to load our bicycles and gear. We spent the following day enjoying Key West's tourist attractions, and after the famous sunset, we board the bus back to Cocoa Beach. The bus is set up for sleeping, so when we arrive in Cocoa Beach at 5:00 A.M. we are refreshed and ready to begin our trip back to the land of snow and cold. On the way home I am already thinking about next year's ride.