



Slow Spokin' Times

September 2003

President: Paul Wilhelm
Vice President: Mary Stoolmiller
Treasurer: Carol Blanchard
Secretary: Terry Taylor
Newsletter Editor: Bob Barron

Membership: Ron Phifer
POR Co-Chair: Minnie Szatkowski
POR Co-Chair: Mary Zahler
Ride Coordinator: Mary Stoolmiller
Sunshine Liaison: Aloys Turck

Check our website: www.lmb.org/clubs/spokes or Hotline: 586-819-0187

Potpourri

- **The September meeting will be held at 7:30 P.M. on Friday, September 5, 2003, at 7:30 P.M., at the Owen-Jax Activities Center, 9 Mile Road east of Van Dyke. Refreshments will be served.**
- **Ride information:** Send information for rides/walks for the October Spokin' Times to Mary Stoolmiller, 6143 Walker, Troy, MI 48085, by September 10, 2003. (248) 879-6004.
- **Newsletter information:** Send any articles or information you want published in the October Spokin' Times to Bob Barron, 11904 Daisy Ct., Sterling Heights, MI, 48313, (586) 803-0609, by September 15, 2003. Email address rbarron586@aol.com

A Thought

By Member Rose Marie Jacobs

*Dear God, so far today, I have done all right.
I have kept my mouth shut.
I have not gossiped, yelled or lost my temper.
I have not been greedy, grumpy, nasty, selfish
or over-indulgent. I am glad about that.
But in a few minutes, God, I am getting out of bed.
From then on, I'm probably going to need a lot of help.
Thank you.*

To All Ride Leaders

Please save sign-up sheets and return to Mary Stoolmiller as soon as convenient. Don't throw them away!

NOTICE!!

Slow Spokes member, Bob Barron, has kindly volunteered to take over the newsletter. I know you all will give Bob the wonderful support you have given me.

Sat. Sept. 20th-CELEBRATION OF CYCLING RIDE

Our club will be participating in this ride to support the Arc program in their great efforts of assisting individuals with disabilities to enjoy the same sport our club promotes. Distances vary from 12 to 100 miles. Registration Fee-- \$16.00 – includes a free T-Shirt – after 9/6/03 -- \$25.00 and no free shirt. We will be meeting at 9:00 a.m. clad in our club jerseys to start the ride as a group. Afterward you can go at your own speed. Or, you can sign up any time you wish. Just remember to register after the ride (at the registration desk) to sign your name, club affiliation and the amount of miles that you did for the day. We want to show those other clubs that the Slow Spokes can rise to the challenge and have a good showing of members and mileage. DIRECTIONS; The ride is at Warrendale Park on Hines Dr. in Dearborn Hts. Take I-96 to Telegraph Rd. South and turn East onto Warren Rd. then turn N. on Hines Dr. Service Rd. which is open to Warrendale OR Take I-94 to Telegraph N. & turn East onto Warren Rd., then turn North on Hines Dr. Service Rd., which is open to Warrendale. If you need an application, please contact ... Rose Marie Jacobs at (586) 779-4780 ...and I will be happy to send you one pronto. HOPE TO HAVE A GOOD SHOWING OF SLOW SPOKES FOR THIS SPECIAL RIDE, WHICH PROMOTES SUCH AN INSPIRING AND GREAT CAUSE.

Update on Peach of a Ride

The time is near. Members who are not working the Ride, but plan instead to ride, get those applications in, or you can sign up the day of the ride. If you are one of those selected to make cookies or calls, the calls should have been made by now. If not, pick that up that phone and begin making those calls. Be sure to remind people where to drop off their cookies if they cannot make it to the September meeting, in order to facilitate separating cookies for the rest stops. Please ask people to indicate on outside of container the number of dozens that are inside. Crew leaders, be sure to let your workers know what time to arrive the morning of September 7. Workers should park their cars in back of school in order to clear space in parking lots for riders. Thanks to all.

Mary Zahler and Minnie Szatkowski

COOKIE DROP OFF POINTS

If you absolutely can't make the 7th of September meeting:

Bob & Kathy George 18822 Woods Dr. West Clinton Twp., MI (586) 463-6058	Fred & Wilma Hamann 14640 Bade Drive Warren, MI (586) 773-4423	Rose Marie Jacobs 208 Riviera Drive St. Clair Shores, MI (586) 779-4780
Minnie Szatkowski 14439 Stephens Warren, MI (586) 778-3746	Tom & Mary Miller 28132 Lorraine Warren, MI (586) 573-4754	Don & Sue Windhorst 33777 Kennedy Drive Sterling Heights, MI (586) 978-0184

NO RIDER LEFT BEHIND?

Slow Spokes policy continues to be that no rider will be left behind. Recently, a few riders have been taking advantage of this policy by coming unprepared either physically or with a poorly maintained bicycle. Leaving no one behind is *not meant* to care for a rider who came unprepared; rather, it is intended to help a fellow rider in the event of an emergency. Physically prepared means to be able to ride the distance and at least the minimum speed given in the ride write up. A wide variety of rides are listed in the *Spokin' Times*; choose one that fits your ability. Mechanically prepared means a bike that is in good condition, with spare inner tubes to repair a flat tire, a tire pump, and a few simple tools to perform minor repairs or adjustments. Do not expect the Slow Spokes or fellow rider to supply these for you. Area bicycle shops are listed in the *Spokin' Times* that will provide good service and a discount on parts to Slow Spokes members. If, during a ride you see a rider having difficulty, do not ignore him/her, thinking it is the responsibility of the ride leader or someone else. An unprepared rider takes the pleasure of the ride away from all the riders. Come to the starting place on time and be prepared to ride so that we all may enjoy the sport we love to the fullest.

Tom Miller, Past President and Mary Stoolmiller, Ride Chairperson

September 2003 Scheduled Activities

ALL RIDES: CALL THE LEADER OF THE ACTIVITY IN WEATHER IS QUESTIONABLE THE TIME LISTED IS THE START TIME. ALLOW 15 MINUTES BEFORE START TIME TO GET YOURSELF AND YOUR BIKE READY TO GO.

Monday, September 1, 2003 Tour De City 8:30 and 10:30 AM
Long Tour: Meet at 8:30 AM at Macomb Community College, corner of 12 mile and Hayes. We will ride to Belle Isle and meet the folks doing the short tour. 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 the group doing the short tour and will ride at a slower pace, touring downtown Detroit with lunch in Mexican Town at El Zocalo Restaurant. After lunch and Tour of Downtown short tour will return to Belle Isle and long tour will return to the starting location by way of Hamtramck. Distance: 55-60 miles. **Short Tour:** Meet 10:30AM at Belle Isle Casino. We'll ride around Belle Isle until long tour meets us at approx. 10:30-11:00 AM. After returning to Belle Isle you can add more miles if you wish. Distance: 15 miles + whatever you wish to ride on Belle Isle. **Pace:** Long tour will ride 13-15 MPH. If unable to ride this pace, please meet at Belle Isle for the short tour. **Ride Leaders:** Kathy and Bob George, (586)-463-6058

Wednesday, September 3, 10, 17 and 24, 2003 Wednesday Wramble 6:00 PM
Leader: Bob Bruce (248) 641-5139 Terrain: flat to rolling. Meet at the NE corner of Livernois and Long Lake Rd., in Troy. Park next to AAA office facing Long Lake. Dinner optional after the ride.

Friday, September 5, 2003 Grosse Pointe Morning Ride 10:00 AM
Meet at the Grosse Pointe Municipal Building at 20025 Mack Avenue, between Moross and Vernier, on the West side of Mack. Park at the north side of parking lot. Lunch during ride. Pace: 12-14 mph Distance of 25 miles. If weather is questionable, we may not take the long drive into G.P. Call before 8:00 a.m. Pat & Shirley Mullin, 248-656-2187

Saturday, September 6, 2003 Metro Parkway Ride 9:00 AM
Leader: Richard Keller (586) 463-4324 Distance: 25 mi. Pace: 11-13 mph Terrain: flat Meet at Freedom Hill Park on Metro Parkway, between Schoenherr and Utica Rd. Optional restaurant stop.

Sunday, September 7, 2003 Peach of a Ride
All Slow Spokers should be working or riding from 7:00 AM on. Armada High School.

Wednesday, September 10, 2003 Wednesday Wramble 6:00 PM
Leader: Bob Bruce (248) 641-5139 Terrain: flat to rolling. Meet at the NE corner of Livernois and Long Lake Rd., in Troy. Park next to AAA office facing Long Lake. Dinner optional after the ride.

Thursday, September 11, 2003 Rochester Hills Morning Ride 9:30 AM
Meet at Pat and Shirley's condo at 1754 Thomas Ct. Enter Streamwood Condominiums, north off Hamlin Rd., just east of Crooks Rd. (North of M-59). Pace: varies (hilly) Distance: 25 mi. Lunch nearby after the ride. Call if weather questionable. Shirley & Pat Mullin @248-656-2187.

Saturday, September 13, 2003 St. Clair-Lakeport Ride 10:00 AM
Leader: Carol Blanchard (810) 329-2457 Distance: 48 mi Pace: 12 m ph Terrain: mostly flat Meet in the SW corner of the mall parking lot in St. Clair. Take I-94 E to Exit 257. Turn right and follow highway into St. Clair (7 mi.). Turn right on Clinton, go 3 blocks to 3rd St. Turn left 3 blocks to mall parking lot. Ride along the St. Clair River and under the Blue Water Bridge. Table Top in Lakeport for lunch.

Sunday, September 14, 2003 Dodge Park to Stony Creek Ride 9:30 AM
Leader: Jim Sieradzinski (586) 778-5104 Distance: 38 mi. +/- Pace 10-12 mph Terrain: flat to hilly
Meet in Dodge Park at Utica Road and Dodge Park Road. More than ½ of the ride will be in parks;
less than ¼ on main roads. Restaurant stop on return ride.

Wednesday, September 17, 2003 Wednesday Wramble 6:00 PM
Leader: Bob Bruce (248) 641-5139 Terrain: flat to rolling. Meet at the NE corner of Livernois and
Long Lake Rd., in Troy. Park next to AAA office facing Long Lake. Dinner optional after the ride.

Saturday, September 20, 2003 Celebration of Cycling Ride 7:30 AM to 1:00 PM
See Article on Page 2.

Sunday, September 21, 2003 Harsen's Island Roast Beef Dinner Ride 10:00 AM
Leader: Rita Zupan (586) 264-0712 and Agnes McGartland (586) 268-8198 Distance: 22-27 mi.
Terrain: flat Meet behind McDonald's on M-29 in Algonac. Roast beef dinner with all the
trimmings at St. Paul's Church. Cost about \$8.00. Ride out to the point and back to the church, all
at your own pace. More riding after dinner, if you wish.

Sunday, September 21, 2003 Grosse Pointe Shores Walk 10:00 AM
Leader: Mary Miller (586) 573-4754 Distance: 4 miles Pace: 3-4 mph Meet at the Grosse Pointe
Shores Municipal Building at the NW corner of Vernier and Lakeshore Dr. Restaurant stop optional
after the walk.

Wednesday, September 24, 2003 Wednesday Wramble 6:00 PM
Leader: Bob Bruce (248) 641-5139 Terrain: flat to rolling. Meet at the NE corner of Livernois and
Long Lake Rd., in Troy. Park next to AAA office facing Long Lake. Dinner optional after the ride.

Saturday, September 27, 2003 Grosse Pointe Ride 10:00 AM
Meet at the Grosse Pointe Municipal Building at 20025 Mack Avenue, between Moross and Vernier,
on the West side of Mack. Park at the north side of parking lot. Lunch during ride. Distance of 25
miles. If weather is questionable, we may not take the long drive into G.P. Call before 8:30 a.m. Pat
& Shirley Mullin, 248-656-2187

Sunday, September 28, 2003 Lower Huron Metroparks Ride 10:00 AM
Leader: Kevin Degen (248) 333-3907 Distance: 23-27 mi. Pace: 11-13 mph Terrain: flat-a few
hills. Meet at Tulip Tree Picnic Area I Lower Huron Metropark. Take I-94 to Exit 89, Haggerty
Rd.. Go S on Haggerty 1 mile into park to second parking area. Park near restrooms. Bring a picnic
lunch to eat in the park after the ride. All paved pathway through 3 parks along the Huron River.
Bring a bathing suit if you want to swim after the ride. If you haven't done this ride yet, give it a try.
Only 45 minutes from the Warren area to these beautiful parks.



Contact Tom Paonessa 586-293-8624 to have your activity listed on the hotline.

Get ready for the season by visiting your favorite bike shop!

These bicycle stores offer a discount on equipment and accessories. You must show your Slow Spokes membership card when making a purchase to receive the discount.

Allied Cycle	23101 Gratiot, Eastpointe, MI 48021-1628	(586) 772-3411
American Cycle and Fitness	1109 S. Washington Royal Oak, MI, 48067-3219	(248) 542-7182
American Cycle and Fitness	20343 Mack Avenue, Grosse Pointe, MI 48236- 1717	(313) 886-1968
American Cycle and Fitness	2169 Metropolitan Pkwy., Sterling Heights, MI 48310	(586) 979-7570
American Cycle and Fitness	39600 West 14 Mile Road Walled Lake, MI 48390-3909	(248) 960-1371
Anchor Bay Bicycle & Fitness	35214 23 Mile Road, New Baltimore, MI 48047- 3650	(586) 725 2878
Bicycle and Fitness Barn	1604 Stone Street, Port Huron, MI 48060-3344	(810) 987-2523
Continental Bike Shop	24426 John R., Hazel Park, MI 48030-1	(248) 545-1225 14
D & D Bicycles	121 North Center Northville, MI 41867-1413	(248) 347-1511
D & D Bicycles	4141 West 12 Mile Road Berkley, MI 48072-1121	(248) 547-0770
D & D Bicycles	8383 Middlebelt Westland, MI 48185-18 10	(734) 552-9410
Fraser Bicycle and Fitness	34570 Utica Rd., Fraser, Mi. 48026-2207	(586) 294-4070
Macomb Bike and Fitness	28411 Schoenherr, Warren, MI 48088-6300	(586) 756-5400
Main Street Bicycles	11 S. Washington Oxford, Mich. 48371	248-236-9100
Main Street Bicycles	56732 Van Dyke Shelby, Mich. 48316	
Paul's Bike Depot	28057 Gratiot, Roseville, MI 48066	(586) 776-9165
Prestige Cycles	36558 Moravian, Clinton Township, MI 48035-1202	(586) 792-4040

Slow Spokes Membership Application

Date _____

Name _____ Phone _____

Address _____ E-mail _____

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