



Slow Spokin' Times

April 2004

President: Paul Wilhelm
Vice President: Jim Walter
Treasurer: Carol Blanchard
Secretary: Mary Miller
Newsletter Editor: Bob Barron
Newsletter Distributor: Rita Zupan

Membership: Glen Kielbowicz
POR Co-Chair: Minnie Szatkowski
POR Co-Chair: Concetta Pellerito
Ride Coordinator: Jim Walter
Sunshine Liaison: Aloys Turck

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

- **The April meeting will be held on Friday, April, 2 2004 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 May Slow Spokin' Times to Jim Walter at 6870 Emerald Shores, Troy, 48085 or E-Mail: Jim.Walter@Comcast.Net by April 10, 2004
 - **Newsletter information:** Send any articles or information you want published in the May Slow Spokin' Times to Bob Barron, 11904 Daisy Ct., Sterling Heights, 48313 by April 15, 2004 (586) 803-0609. Email: Garrity56@SBCGlobal.Net
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**Please note the new Email Address for Bob Barron. The address is:
Garrity56@SBCGlobal.Net**

**Don't forget that information concerning rides is available on our state website:
WWW.LMB.ORG**

PEACH OF A RIDE

Volunteers are needed for Publicity & to Head the Kitchen Staff (Day of the Ride). Please contact Minnie Szatkowski at 1 (586) 778-3746

To All Ride/Walk Leaders

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

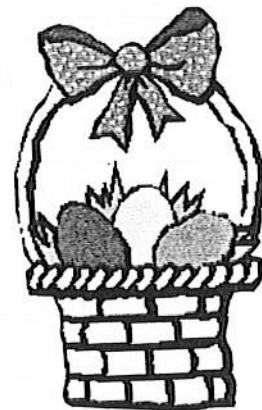
Bike Feast 2004

The large room filled with tables covered in gold, centered with various bike parts, which were anchoring colorful balloons look exciting and festive. It was soon filled with over 150 cyclists each bringing their choice dish to accompany the wonderful chicken and stuffed cabbage prepared by Evelyn Bires and her kitchen crew. Bob George led a ride along Lakeshore Drive. The ride was reported to be fun and a successful 18 miles in spite of the cold weather. There were several fantastic games that the cyclists could try their skills on and perhaps win a prize while waiting for the program to begin.

Each bike club had a representative to talk about the club's history, favorite ride, and a funny happening within it's group. This was followed by a great and fun fashion show provided by Fraser Cycle and Fitness, narrated by Ron Schmid. The models, all Slow Spokes, smiled and showed off the new fashions they could speed about town in. Paul Wilhelm, the emcee, introduced various speakers, such as, Lucinda Means of LMB, and a representative from Back Alley (a group that helps inner city youths learn to repair and maintain bikes). Throughout the afternoon Paul was having winners drawn to choose from the many and special gifts Lester Ussted had gathered over the last few months. Even, Lester was lucky enough to win a classy jersey. Paul presented a very unique gift to Patti Brehler, of Prestige Bicycles from the Slow Spokes. It was a lovely plaque in honor of all she has done for bicycling,, the community, and as a fellow rider. She was given a standing ovation as she came up to receive the plaque and expressed thanks for being given the opportunity to share in the bicycling world as we know it.

Rose Marie Jacobs, the chairperson for the Bike Feast, felt proud and relieved as she headed for a trip to Arizona and a chance to begin planning for the next bike feast. She deserves many accolades for her excellent organizing and planning. A big thank you to each and everyone who helped in any manner to make our Bike Feast 2004 the terrific event it was. A wonderful picture of the Slow Spokes working crew for the Bike Feast 2004 was taken and it was promised that it would be in next year's LMB calendar.....so watch for it.
ajt

Post Bike Feast meeting
Date: Thursday, April 1, 2004
Place: Evelyn Bires home
28105 Rosebriar – St. Clair Shores, Mi.
Time: 6:30 p.m.
Let's get together and dissect the Bike Feast.



Did we do everything right? Could we have done things better?
Did we do anything wrong? What were our weak points?
What were our strong points? Let's gather and try and answer these questions, while everything is still fresh in our minds. Especially if we are going to host another Bike Feast. And the added attraction for coming to the meeting, will of course be dessert, concocted by our gracious hostess.. Hope to see everyone there..

Visit 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.

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|------------------------------|---|--------------|
| Allied Cycle | 23101 Gratiot, Eastpointe, Mi 48021 | 586-772-3411 |
| American Cycle and Fitness | 1109 S. Washington Royal Oak, Mi. 48067 | 248-542-7182 |
| American Cycle & Fitness | 20343 Mack Avenue, Grosse Pointe, Mi. 48236 | 313-886-1968 |
| American Cycle & Fitness | 2169 Metropolitan Pkwy., Sterling Hgts, Mi. 48310 | 586-979-7570 |
| American Cycle & Fitness | 39600 W. 14 Mile Rd., Walled Lake, Mi. 48390 | 248-960-1371 |
| Anchor Bay Bicycle & Fitness | 35214 23 Mile Rd. , New Baltimore, Mi. 48047 | 586-725-2878 |
| Bicycle & Fitness Barn | 1604 Stone Street, Port Huron, Mi. 48060 | 810-987-2523 |
| Continental Bike Shop | 24426 John R., Hazel Park, Mi. 48030 | 248-545-1225 |
| D & D Bicycles | 121 North Center Northville, Mi. 41867 | 248-347-1511 |
| D & D Bicycles | 4141 West 12 Mile Rd., Berkley, Mi. 48072 | 248-547-0770 |
| D & D Bicycles | 8383 Middlebelt, Westland, Mi. 48185 | 734-552-9410 |
| Fraser Bicycle & Fitness | 34501 Utica Rd., Fraser, Mi. 48026 | 586-294-4070 |
| Macomb Bike & Fitness | 28411 Schoenherr, Warren, Mi 48088 | 586-756-5400 |
| Main Street Bicycles | 11 S. Washington, Oxford, Mi. 48371 | 248-236-9100 |
| Main Street Bicycles | 56732 Van Dyke, Shelby, Mi. 48316 | 586-677-7755 |
| Paul's Bike Depot | 28057 Gratiot, Roseville, Mi. 48066 | 586-776-9165 |
| Prestige Cycles | 36558 Moravian, Clinton Township, Mi. 48035 | 586-792-4040 |

Slow Spokes Membership Application

Date: _____ New Membership _____ Renewal _____
Name _____ Phone _____
Address _____ Email _____
City/State _____ Zip _____

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



Multiple Sclerosis (MS) is a chronic, often disabling disease of the central nervous system affecting the brain and spinal cord. It usually strikes adults between the ages of 20 and 50, but the physical and emotion effects can be lifelong. It comes and goes unpredictably, leaving people to wonder, "Will I become paralyzed, blind or have trouble walking? Will I be able to raise my family and continue my career?"

For the third year, I'm organizing a team of walkers. The last two years the team's raised close to \$18,000 for research.

As members of the Slow Spokes or any other club, we've all experienced the contagious energy that comes from being part of a group. So anyone that would be interested in being a part of this team and walking two, three or five miles on Saturday morning, May 1, in Warren, or if you're unable to walk but would like to sponsor someone that is, please give me, Lennie Raines, a call at 586/463-4916.

Thanks so much for considering being a part of my personal quest to help end the potentially devastating affects of this disease.



A THOUGHT

Two things are hard on the Heart

Running up stairs

And running down people .

R.M.J.

Cherry Capital Cycling Club Bicycling Map

CYCLING TOURING MAP

The Bicycling Map of Grand Traverse Region of Michigan, new 2nd edition, 1996, is a popular project of the club. It contains routes and recommendations of the entire northwestern part of lower Michigan, from Mackinaw City in Emmet County to Frankfort in Benzie County. Four color sheet. Textoprint (plasticized, water proof and wrinkle resistant paper), 7/16" to a mile. Shows many campgrounds and favorite restaurants. Day tours (15 - 105 miles) with brief descriptions. Through routes. Lists 6 Mountain Bike (off-road) Trails and riding areas. To order, send \$6.00 (includes postage) to:

Cherry Capital Cycling Club
P.O. Box 1807
Traverse City, MI 49685-1807

Rides for April, 2004

For all rides, the time listed is the start time. Allow 15 minutes before the start time to get yourself and your bike ready to go. If weather is questionable, call the leader of the ride.

Sunday, April 4 **Welcome Daylight Savings Time** **12:30 pm**

Leader: Paul Wilhelm (586) 247-6397, distance 25+ miles, pace 11-13. Flat.

Meet at Freedom Hill West Parking Lot. We'll ride the Metro Parkway Pathway to Metro Beach. For those that want more mileage, we'll ride to North River Rd and on into Mt. Clemens (about 40 miles). Those that think 25 miles is enough, can return on the Pathway. Restaurant optional after ride.

Saturday, April 10 **Take a break from taxes** **1:30 pm**

Leader: Jim Walter (248) 879-2405, distance 15-25, pace 10-13. Some hills.

Meet at Stony Creek at the boat launch area. We'll ride into Rochester on the bike path out of Stony. If the weather is nice and it's not muddy, we'll ride a ways up the Paint Creek trail before returning to Stony Creek.

Sunday, April 11 **Happy Easter** **no ride**

Sunday, April 18 **St. Clair Shores to Windmill Pointe** **10:00 am**

Leader: Tom Miller (586) 573-4754, distance 25 miles, pace 12-14, flat to flatter.

Meet at Lakeshore Village Shopping Center at the Northwest corner of Jefferson and Marter Roads (approximately 1/2 South of 9 Mile Road). Coffee and bagels at Bruegger's, (17144 Kercheval, Grosse Pointe 313-885-7750) midway in ride.

Wednesday, April 21 **Harsen's Island** **10:00 am**

Leaders: Alex Schneider (810) 329-7245 and Evelyn Bires (586) 778-8397

Distance 22-32 miles, pace 10-14. Flat. Meet at McDonalds on M-29 in Algonac about 1/2 mile east of Harsens Island Ferry Dock. Please arrive 15 minutes before ride start time. Optional McDonald's stop after ride.

Saturday, April 24 **Troy - Sterling Ride** **11:00 am**

Leader: Mary Stoolmiller (248) 879-6004, distance 20 miles, pace 11-13, flat.

Meet at Raintree Park on John R. between Big Beaver (16 mile) and Wattles (17 mile) in Troy. Park near restrooms. Optional restaurant stop after ride.

Sunday, April 25 **Boulevard Tour of Old Detroit** **10:00 am**

Leader: Phil LaRonge (586) 758-0416, distance 21 miles, pace 11-13, slower or faster riders will be accommodated - nobody left behind, terrain flat. Meet at parking lot southwest of the Belle Isle Casino. Take Belle Isle Bridge to the island, then left on Casino Way to parking lot. : A ride along (or parallel to) the Grand Boulevard, the rectangular belt highway which, 100 years ago, marked the edge of Detroit. Among other things, we will see Indian Village, the DeHoratiis Memorial, the old Packard plant, Poletown, the Chene-Ferry market, part of the E. Ferry St. historic district, part of the Wayne State University campus, the New Center area, the site of the old Ferry Seed Farm, beautiful Clark Park, part of Mexicantown, St. Anne's R.C. Church, downtown Detroit, and Greektown, where we'll have lunch at Pegasus. Those who wish to can add 5 miles or so to the ride by doing a loop around Belle Isle when we get back. A fun and interesting ride for all! NO RIDE if it rains (or snows) and/or the temperature is less than 45 degrees!