

Slow Spokin' Times

July 2004

President: Paul Wilhelm
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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 July meeting will be held at 6:00 P.M. on Friday, July 2, 2004, at Stoney Creek Metro Park. For more information see below.**
 - **Ride information:** Send information for rides/walks for the August Spokin' Times to Jim Walter at 6870 Emerald Shores, Troy, 48085 or E-Mail address: Jim.Walter@Comcast.Net by July 10, 2004
 - **Newsletter information:** Send any articles or information you want published in the August Spokin' Times to Bob Barron, 11904 Daisy Ct., Sterling Heights, 48313 by July 15, 2003 (586) 803-0609. E-Mail address Garrity56@SBCGlobal.Net
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July 2nd Meeting Change

The location and start time for the July 2nd Slow Spokes meeting has been changed. We will meet at the Southdale Pavilion at Stony Creek Metro Park for a picnic, concert and fireworks. Hot dogs and hamburgers go on the grill at 6:00 PM.

The Club will provide the hotdogs, hamburgers and accoutrements. You need to bring a dish to pass and your beverage of choice. There will be a brief meeting after which we will move over to the concert area to be entertained by the Blues Brothers, Elvis, Elton John and Garth Brooks (impressionists). The concert starts at 7:30PM. Be sure to bring a folding chair or blanket to sit on. After the concert (approx 10:00PM), there will be fireworks over the lake.

Rita Zupan will lead a ride through all the crooks and crannies of the park (approx. 15 miles) beginning at 4:30PM. She promises to have everyone back in time for dinner.

So that I can get an idea of how many burgers and dogs to buy, please call Paul (586.247.6397) or email (jpwilhelm@hotmail.com), if you (and spouse/friend) will be attending.

Rides for July 2004

Saturday, July 3, 2004, 10:00 am RAM ride (Richmond, Armada, Memphis)

Leaders: Concetta Pellerito (586) 727-9494 and Alex Schneider (810) 329-7245, distance 30 miles, pace 11-13, terrain mostly flat. Meet in the Burger King parking lot in Richmond on M19. Join us for a Dairy Queen stop after the ride.

Sunday, July 4, 2004, 9:00 am Make a Run for the Border

Leader: Tom Miller (586) 573-4754, distance 41 miles, pace 12-14, terrain flat. Meet at Warren City Pool on Campbell north of I-696 between Van Dyke and Hoover in Warren. Ride will go Downtown, Uptown, Greek town, Mexican town, Cork town, Pole town, around town, etc. Lunch at the Mexican Village Restaurant. If there is an interest, we can do an optional loop around Belle Isle for an additional 7 miles.

Wednesday, July 7, 2004, 6:30 pm Wednesday Wramble

Leader: Bob Bruce (248) 641-5139, distance 18-22 miles, pace 13-15, terrain flat to rolling. Dual paced ride. Kathy George will lead a slower, shorter ride. Meet at NE corner of Livernois and Long Lake. Park next to AAA office, facing Long Lake. Optional restaurant stop after ride.

Thursday, July 8, 2004, 9:30 am Huron Valley Trails

Leader: Jim Walter (248) 879-2405, distance 44 miles, pace 11-13, terrain part hilly, part flat. The first part of the ride will be the hilly part as we go to Island Lake and Kensington Park. Then, we will ride the rail trail to South Lyon for lunch. After lunch, we will have a flat 10 miles back to our cars. Meet at Lyon Oaks County Park. Take I-96 west to the Wixom Road exit (exit 159). Turn right and go 2 miles up Wixom Road to Pontiac Trail. Turn left and go 1 mile to the park entrance on the left. Follow paved road to golf and banquet center. We will park in the banquet center parking lot. If you want to avoid all the hills, you could come at about 11:30 and just ride to South Lyon and back - about 10 miles (all flat) each way. If you plan to do the just the 20 mile ride starting at 11:30, call Jim to check on arrangements.

Saturday, July 10, 2004, 10:00 am Harsen's Island Strawberry Festival ride

Leader: Bob Bruce (248) 641-5139, distance 22-27 miles, flat terrain, at your own pace. Meet behind McDonald's on M-29 in Algonac. Hot dogs, drinks and strawberry shortcake at St. Paul's church on Harsen's Island. Bring about \$5.00.

Sunday, July 11, 2004, 6:30 pm Mary's Annual Ice Cream Ride

Leader: Mary Miller (586) 573-4754, distance 12 miles, pace 10-12, terrain flat. Meet at the Warren City Pool at 27400 Campbell, north of I696 between Van Dyke and Hoover. Ice cream stop during ride.

Tuesday, July 13, 2004, 9:00 am Rochester Hills Morning Ride

Leaders: Pat and Shirley Mullin (248) 656-2187, distance about 20 miles, terrain hilly. 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.

Wednesday, July 14, 2004, 6:30 pm Wednesday Wramble

Leader: Bob Bruce (248) 641-5139, distance 18-22 miles, pace 13-15, terrain flat to rolling. Dual paced ride. Kathy George will lead a slower, shorter ride. Meet at NE corner of Livernois and Long Lake. Park next to AAA office, facing Long Lake. Optional restaurant stop after ride.

Sunday, July 18, 2004, 10:00 am Addison Oaks

Leader: Bob Bruce (248) 641-5139, distance 30, pace 12-14, terrain flat to hilly. Meet at the parking lot in the park in downtown Rochester. We will ride the Paint Creek Trail to Adams and then north on Adams to Addison Oaks and back. We will stop in Addison Oaks for a lunch break then ride back. There is a concession stand at Addison Oaks.

Wednesday, July 21, 2004, 6:30 pm Wednesday Wramble

Leader: Bob Bruce (248) 641-5139, distance 18-22 miles, pace 13-15, terrain flat to rolling. Dual paced ride. Kathy George will lead a slower, shorter ride. Meet at NE corner of Livernois and Long Lake. Park next to AAA office, facing Long Lake. Optional restaurant stop after ride.

Friday, July 23, 2004, 9:30 am Grosse Pointe to Macomb College

Leaders: Pat and Shirley Mullin (248) 656-2187, distance about 20 miles, pace 12-14. Meet at the Grosse Pointe Woods Municipal Building at 20025 Mack Avenue, between Moross and Vernier, on the west side of Mack. Park at the north side of the parking lot. Call before 8 am if weather questionable as they may not drive into GP.

Saturday, July 24, 2004, 10:00 am Lower Huron Metroparks Trail Ride

Leader: Kevin Degen (248) 569-5674, work (248) 603-5314, distance 23 miles, pace 11-13, terrain rolling. Meet in the Tulip Tree picnic area in Lower Huron Metropark. Take I-94 west to Haggerty Rd., Exit 192, (first exit west of I-275). Go South on Haggerty 1 mile into park to the second parking area. Park near restrooms. Bring a picnic lunch or there is a concession stand. Kevin also suggested that on a hot day, there are also places to swim after the ride.

Sunday, July 25, 2004, 10:00 am Wyandotte - Grosse Ile Ride

Leaders: Mary Stoolmiller (248) 879-6004 and Aloys Turck (248) 362-4031, distance 25 miles, pace 11-13, terrain flat. Meet in Wyandotte at south end of Bishop Park, 1 block east of Biddle at Elm street. Take I-75 south to Outer Drive, exit 42. Go east to Jefferson, south on Jefferson which becomes Biddle, to downtown Wyandotte, east on Elm to city parking lot on the river. The ride features riverside views and beautiful homes and gardens. Bring a picnic lunch to eat in the park after the ride.

Wednesday, July 28, 2004, 6:30 pm Wednesday Wramble

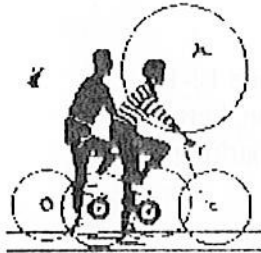
Leader: Bob Bruce (248) 641-5139, distance 18-22 miles, pace 13-15, terrain flat to rolling. Dual paced ride. Kathy George will lead a slower, shorter ride. Meet at NE corner of Livernois and Long Lake. Park next to AAA office, facing Long Lake. Optional restaurant stop after ride.

Thursday, July 29, 2004, 9:30 am Grosse Pointe Morning Ride

Leaders: Pat and Shirley Mullin (248) 656-2187, Meet at the Grosse Pointe Woods Municipal Building at 20025 Mack Avenue, between Moross and Vernier, on the west side of Mack. Park at the north side of the parking lot. Pat leads the faster group at 12-14 mph and Shirley will lead the slower group. Call before 8 am if weather questionable as they may not drive into GP.

Saturday, July 31, 2004, 9:30 am Newly-Paved Macomb Orchard Trail

Leader: Jim Walter (248) 879-2405, distance about 25 miles, pace 11-13, terrain partly hilly partly flat. Meet at the boat launch area at Stoney Creek Metropark. We will bike from Stoney Creek to the newly-paved portion of the Macomb Orchard Trail and ride that portion of the trail. Optional restaurant stop after ride.



A THOUGHT On Civility

**The best way to uphold values of courtesy and respect
is to live them. That means swimming upstream,
but it may be our only alternative to drowning in a
sea of rudeness and crudeness. Mort Crim**

Submitted by: R.M.J.

Peach of a Ride 2004

Mark your calendar's September 12, 2004 for our annual
P.O.R.

Everyone can help to make this a successful party so do
your part, bake those delicious cookies, work at the school
or rest stops, be a sag driver or smiling greeter. Whatever
you do is appreciated and guaranteed fun. Oh and by the
way Pray for a sunny day.

Visit your favorite bike shop!!

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

Allied Cycle	23101 Gratiot, Eastpointe, Mi 48021	586-772-3411
American Cycle & Fitness	1109 S. Washington Royal Oak, Mi. 48067	248-542-7182
American Cycle & Fitness	2169 Metropolitan Pkwy., Sterling Hghts, Mi 48310	586-979-7570
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
Bike Tech	18401 E. Warren, Detroit, Mi. 48236	313-884-2453
Continental Bike Shop	24426 John R., Hazel Park, Mi. 48030	248-545-1225
D & D Bicycles	4141 West 12 Mile Rd., Berkley, Mi. 48072	248-547-0770
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
Pointe Cycle & Fitness	20343 Mack Ave., Grosse Pointe Wds, Mi. 48236	313-886-1968
Prestige Cycles	36558 Moravian, Clinton Township, Mi. 48035	586-792-4040
Scarlett's Bike & Fitness	203 North Perry Street, Pontiac, Mi. 48342	248-333-7843

Slow Spokes Membership Application

Date _____ New Member _____ 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