



Slow Spokin' Times

June 2003

President: Paul Wilhelm
Vice President: Mary Stoolmiller
Treasurer: Carol Blanchard
Secretary: Terry Taylor
Newsletter Editor: Kay Sheere

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.htm

or Hotline: 586-819-0187

Potpourri

- **The June meeting will be held at 7:30 P.M. on Friday, June 6, 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 July Spokin' Times to Mary Stoolmiller, 6143 Walker, Troy, MI 48085, by June 10, 2003. (248) 879-6004.
- **Newsletter information:** Send any articles or information you want published in the July Spokin' Times to Kay Sheere, 11318 Jacqueline, Sterling Heights, 48313 by June 15, 2003 (586) 939-9817. Email address www.ktmc1014@alabove.net

Pizza Party

Be sure to join us for the June meeting. Pizza and salad will be served after the meeting.

A Thought

By member Rose Marie Jacobs

*Many people work better under pressure.
But almost no one works better under stress.
Pressure is what others do to us.
Stress is what we do to ourselves.
Mort Crim*

Niagara on the Lake Bike Ride

The Niagara on the Lake bike ride will be led by Rose Marie Jacobs. See activities section for information.

To All Ride Leaders

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

"Meet Us On The Trail"/Michigan Trails Day Ride"

The Michigan State Legislature has designated Saturday, June 7th as Michigan Trails Day, and it is being celebrated all along the Paint Creek, Clinton River, and Macomb Orchard Trails.

The Slow Spokes Bicycle Club is actively participating in this event by leading a group ride on the Paint Creek Trail. The ride will leave from the west parking lot of the Rochester Hills Public Library (1 block east of Main St./Rochester Rd. and 1 block north of University/Walton) at 9:00 AM. The distance is about 20 miles and the pace will be a leisurely 10 to 12 mph. There will be a short stop in Lake Orion. We will return in time for a free community lunch provided by State Senator Mike Bishop.

For anyone interested in more miles, after lunch I will be riding to Stony Creek Metro Park and back (an additional 15 to 20 miles).

Additional events scheduled for the Trails Day celebration include a pancake and sausage breakfast (under the tent in The Village mall on the northeast corner of Adams Rd and Walton/University Blvd. at 8:00 AM), nature walks, trail clean up, a historical bike tour, a youth bike clinic and several prize drawings.

This is a great opportunity to further the strong community oriented image of the Slow Spokes and gain some good publicity. A good turnout will be appreciated. Be sure to wear your club jersey and/or club jacket.

Mark Saturday, June 7th on your calendar and "Meet Us On The Trail".

CLUB DONATIONS

The following donations were made to the noted organizations by the Slow Spokes. These funds were earned by our membership at our annual Peach of a Ride.

Arc of Wayne County Cycling Program - \$400
Macomb Orchard Trail - \$250

Poly Ann Trail - \$250
Multiple Sclerosis Society - \$100

BIKE FEAST – 2004

Would you like to stimulate your brain power??

Would you like to express your valued opinion??

Would you like to take part in some scintillating conversation??

Would you like to be a part of some fun & nonsense??

Then come over to our Bike Feast meeting and partake in a brand new venture for the Slow Spokes. All are welcome. We would very much enjoy seeing you there to help us create a new, exciting and festive party for all participants of Bike Feast 2004. And if all of the above does not motivate your desire to attend this meeting, there may also be some tantalizing tidbits to titillate your taste buds. May we see you there?
Evelyn Bires' Home

June 12 @ 7:00 PM
28105 Rosebriar
St. Clair Shores, MI.
(586) 778-8397

June 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.

Sunday, June 1, 2003 Wyandotte/Grosse Ile Ride 10:00 AM

Leader: Bob Latsko (586) 939-2788 Distance: 30 mi. Pace – 11-13 mph Terrain: flat
Meet in the city parking lot at the S. end of Bishop Park, in Wyandotte. Take I-75 S. to Exit 37, Northline Rd., which becomes Ford Ave. Go E. to Biddle Ave., right on Biddle to Elm, left on Elm to parking lot on the river. Snack stop on Grosse Ile and optional restaurant stop after the ride.

Monday, June 2, 2003 Rochester Hills Morning Ride 9:30 AM

Leaders: Shirley and Pat Mullin (248) 656-2187 Terrain: hilly
Join Shirley and Pat for a ride around nearby hilly neighborhoods in Rochester Hills. Meet at their condo at 1754 Thomas Ct. Enter Streamwood Condominiums, N off Hamlin Rd., just E of Crooks Rd. (North of M-59). Lunch nearby after the ride. Call if weather questionable.

Wed.-Thurs., June 4-5, 2003 Niagara on the Lake Bike Tour

Leader: Rose Marie Jacobs (248) 463-6058 Rose Marie will coordinate this ride, replacing Fred Meinberg. Call her for further information.

Wednesday, June 4, 2003 Wednesday Wramble 6:30 PM

Leader: Bob Bruce (248) 641-5139 Distance: 18-22 mi. Pace: 12-14 mph Terrain: flat to rolling
Meet at NE corner of Livernois and Long Lake. Park next to AAA office facing Long Lake. Dinner optional after the ride.

Saturday, June 7, 2003 Michigan Trails Day Ride 9:00 AM

Leader: Paul Wilhelm (586) 247-6397 Distance: 20 mi. Pace: 10-12 mph Terrain: flat
Meet at the Rochester Hills Public Library, W. parking lot, one block N. of University Drive and one block E. of Rochester Road. Catered lunch along the trail, compliments of State Senator Mike Bishop.

Sunday, June 8, 2003 Metro Parkway Ride 8:00 AM

Leader: Ron Ruel (586) 286-3965 Distance: 25 mi. Pace: 10-12 mph Terrain: flat
Meet at Freedom Hill Park, on Metro Parkway, between Schoenherr and Utica Road. Bring a snack to eat at Metro Beach.

Wednesday, June 11, 2003 Wednesday Wramble 6:30 PM

Leader: Bob Bruce (248) 641-5139 Distance: 18-22 mi. Pace: 12-14 mph Terrain: flat to rolling
Meet at NE corner of Livernois and Long Lake. Park next to AAA office, facing Long Lake Rd. Dinner optional after the ride.

Friday, June 13, 2003 Grosse Pointe Ride 10:30 AM

Leaders: Pat and Shirley Mullin (248) 656-2187 Distance: 20+ mi. Pace 12-14 mph
Meet at the Grosse Pointe Municipal Building, at 20025 Mack Ave., between Moross and Vernier, on the W side of Mack. Park at the N side of parking lot. Lunch during ride. If weather is questionable, we may not take the long drive into G.P. Call before 9:00 AM.

Saturday, June 14, 2003 Hines Park Ride 9:30 AM
Leader: Terry Taylor (586) 285-9940 Distance: 36 mi. Pace: 11-13 mph Terrain: flat to rolling with one big hill. Meet in the Parkland Picnic Area. Take Southfield Freeway to Ford Rd., W. on Ford Rd. to Edw. Hines Dr. Parkland is the first picnic area before you get to Outer Drive. Lovely park setting for most of the ride. Eat at The Dandy Gardner in Northville following the ride.

Sunday, June 15, 2003 Harsen's Island Ride 9:00 AM
Leader: Evelyn Bires (586) 778-8397 Distance: 22 or 32 mi. Pace 11-13 mph Terrain: flat
Meet behind McDonald's on M-29 in Algonac, two miles E. of Harsen's Island ferry dock. Snacks at McDonald's after the ride. An early ride will get you home in time for Father's Day celebrations. Group will be split into two or even three groups for riding.

Tuesday, June 17, 2003 Rochester Hills Morning Ride 9:30 AM
Leaders: Shirley and Pat Mullin (248) 656-2187 Terrain: hilly Distance: 20-30 mi.
Join Shirley and 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.

Wednesday, May 21, 2003 Wednesday Wramble 6:30 PM
Leader: Bob Bruce 248-641-5139 Distance: 18-22 mi. Pace: 12-14 mph Terrain: flat to rolling
Meet at NE corner of Livernois and Long Lake. Park next to AAA office, facing Long Lake Rd. Dinner optional after the ride.

Saturday, June 21, 2003 Metro Beach Orchestra Concert Ride 7:15 PM
Leader: Kathy George (586) 463-6058 Distance: 12 mi. Pace 10 mph Terrain: flat
Meet at parking lot behind Dairy Queen at the NW corner of Groesbeck and Metro Parkway. Optional 6:00 PM dinner at Parkway Restaurant, NE corner of Groesbeck and Metro Parkway. Free outdoor concert by Detroit Symphony begins at 8:00 PM. Bring a cushion to sit on and bike lights or flashlight. We will leave the park at 9:00 PM. Avoid heavy traffic and entry fee!

Sunday, June 22, 2003 Troy-Sterling Ride 9:00 AM
Leader: Mary Stoolmiller (248) 879-6004 Distance: 22 mi. Pace: 11-13 mph Terrain: flat
Meet at Raintree Park, on John R, between 16 and 17 Mile Roads. Optional restaurant stop after the ride.

Wednesday, June 25, 2003 Wednesday Wramble 6:30 PM
Leader: Bob Bruce 248-641-5139 Distance: 18-22 mi. Pace: 12-14 mph Terrain: flat to rolling
Meet at NE corner of Livernois and Long Lake. Park next to AAA office, facing Long Lake Rd. Dinner optional after the ride.

Saturday, June 28, 2003 Do the Loop 10:00 AM
Leader: Adolfo Torres (586) 749-5982 Distance: 40 mi. Pace: 12-14 mph Terrain: flat
Meet at the Municipal Park in New Baltimore at Washington and Front Streets, on the lake. Optional restaurant stop after the ride. Ride on paved country roads, from New Baltimore to Algonac, Harsen's Island, and return.

Sunday, June 29, 2003

Lower Huron Metroparks Ride

10:00 AM

Leader: Kevin Degen (248) 333-3907 Distance 23-27 mi. Pace 11-13 mph Terrain: mostly flat
Meet at Tulip Tree Picnic Area in Lower Huron Metropark. Take I-94 to Exit 89, Haggerty Rd. Go S. on Haggerty into the park to the second parking area, Tulip Tree. Meet near restrooms. Bring a picnic lunch to eat in the park.

Monday, June 30, 2003

Rochester Hills Morning Ride

9:30 AM

Leaders: Shirley and Pat Mullin (248) 656-2187 Terrain: hilly
Join Shirley and Pat for a ride around nearby hilly neighborhoods in Rochester Hills. Meet at their condo at 1754 Thomas Ct. Enter Streamwood Condominiums, N off Hamlin Rd., just E of Crooks Rd. (North of M-59). Lunch nearby after the ride. Call if weather questionable.



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

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

