




Slow Spokes Spokin' Times

April, 2006

<u>President:</u>	Paul Wilhelm	<u>Membership Chair:</u>	Lennie Raines
<u>Vice President:</u>	Kim Mau	<u>POR Co-Chairs:</u>	Kim Mau
<u>Treasurer:</u>	Donna Mesyn		Dawn Somerville
<u>Secretary:</u>	Dawn Somerville	<u>Ride Coordinator:</u>	Kim Mau
<u>Newsletter Editor:</u>	Lennie Raines	<u>Sunshine Liaison:</u>	Aloys Turck
<u>Newsletter Distributor:</u>	Rita Zupan		


Website: www.lmb.org/spokes


 **Meetings** - Unless otherwise noted, meetings are held at 7:30 p.m. on the first Friday of every month at the Graham Elementary School located on Crocker, north of Metro Parkway. Refreshments are served.



Please note the new location.



 **Ride Information** - Send information for rides and walks to Kim Mau at 30122 Hayes, Roseville, 48066, call at 586/779-2767 or email the information to her at maumarkd@sbcglobal.net by the tenth (10th) of the month.

 **Newsletter Information** - Send articles you'd like published to Lennie Raines at 28048 Pine Tree Lane, Harrison Township, 48045, or email the information to her at lennie_raines@sbcglobal.net. Articles must be received by the 15th of the month for inclusion in the newsletter.

DO WE HAVE YOUR CORRECT EMAIL ADDRESS?

If you want to know of impromptu rides and other information of special interest not found on our website or in the newsletter, please make sure you forward your correct email address to Paul Wilhelm at jpwilhelm@hotmail.com.

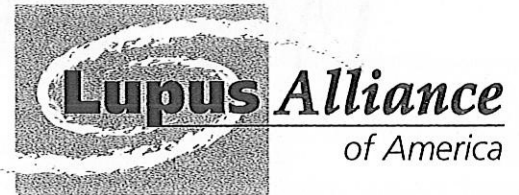
Notes from the Newsletter Editor: 1) Every attempt will be made to include all articles as they are submitted, and in their entirety, in the newsletter. However, due to space constraints, this may not always be possible. 2) If you do not want your article edited in any way, shape or form (even if typos and/or grammatical errors are apparent) please make note of that when the article is sent.



J P WILHELM'S Ps and Qs

Lupus Loops Bike Ride. As most of you are aware the Slow Spokes Bicycle Club is a sponsor of the Lupus Loops bike ride on **Sunday, May 21**, which benefits the Lupus Alliance of Michigan. As a result we have been asked to staff one of the rest stops - the Richmond Township Senior Center at the corner of Memphis Ridge (M19) and School Section Roads.

Also needed are SAG drivers and Bike SAGs. Amateur radio operators are also needed. If you can give a few hours of your time on May 21st to this worthy cause, please let me know at the April or May meetings, via phone (586-247-6397) or email (jpwilhelm@hotmail.com).



Call for Ride Leaders. Well, we've made it through another Winter. (Is it just me or do they seem to be getting longer and more unbearable?) Now it's time to start thinking about the coming biking season, the tours we'll go on, the weekend and the week day evening rides we'll do. Certainly Kim Mau, our VP and Ride Chair, is already working hard to fill up the calendar with a variety of rides. Kim needs your help to meet her goal of having at least one ride scheduled for each Saturday and Sunday throughout the season. Volunteer to lead the Club on your favorite ride. You can do so by filling out the Ride Form (found on the Club website at LMB.org/spokes) and mailing it to 30122 Hayes, Roseville, MI 48066 or emailing it to Kim (maumarkd@sbcglobal.net). You'll find leading a ride to be a rewarding experience both for yourself and for the other Club members.

IN MEMORIAM

In the quiet places of our hearts, may we remember the members who once walked beside us. They rode their bicycles with pride and broke bread with us on many of our luncheon rides. We miss these special friends and hope that one day we will see them again to show us the way.

Hilda Jane LaMont	2005 - A.L.S.
Therese (Terry) Taylor	2003 - Cancer
Richard (Dick) Barry	2002 - Cancer
Ronnie Visnaw	2001 - Cancer
Harry Campion	1997 - Cancer

The names of the people below were received from our club historian, Fred Hamann. We probably do not recognize most of the names listed because they were members many years ago. (Our club was established in 1972.) Fred did not know the year or illness that took most of them away from us, but he did remember how three of them died.

It is important to take note that two of our fellow Slow Spokes died riding their bicycles. Please remember their names, while riding your bicycles and PLEASE always remember to obey the rules of the road.

Mary Bromanski - Cancer	Fern Patano
Bob Clubb	Ken Rasmann
Mike Karstand	Bill Sheridan
Edmund Kruck - Hit by cars while bicycling	Bob Tatti
Betty & Frank Lazarus	Roy Venus
Bob Marcham	Kay Whitbrot
Ron Martin	

In 2006, we only have memories of our fellow riders. That memory is the keepsake from which we will never part. We miss each and every one of our fellow Slow Spokes. Their footprints will be on our hearts forever. God Bless.

Submitted by R.M.J.

WALK AND RIDE INFORMATION

WEEKLY HIKE / WALK

Stoney Creek Hike/Walk

DISTANCE: 6-8 miles
PACE: 15 minute mile
TERRAIN: Mountain Biking Trails
LEADER(S) & PHONE NUMBER(S): Catherine Serra, 248/495-1630
MEETING PLACE: Stoney Creek - West Branch Mountain Biking Trails
ADDITIONAL INFORMATION: This is a vigorous walk/hike on the mountain biking trails. Contact Catherine @ catherineserra@yahoo.com

DATE: Every Saturday & Sunday in April
TIME: 8:00 am on Saturday/9:00 am Sunday

WEEKLY RIDE - TUESDAYS

Macomb Orchard Trail Ride-WEEKLY RIDE EVERY TUESDAY

DISTANCE: 13+ miles
PACE: 12-14 mph
TERRAIN: Flat
LEADER(S) & PHONE NUMBER(S): Mark Mau (586)596-0255 in April/Paul Wilhelm starting in May
MEETING PLACE: Parking lot on SE Corner of 25 mile and Shelby Road
ADDITIONAL INFORMATION: Weather permitting. For April -No ride in the rain or snow or below 45 degrees

DATE: April 4, 11, 18, 25
TIME: 6:00 p.m.

Ride to the Ride

DISTANCE: 20 miles
PACE: 12-14 mph
TERRAIN: Flat
LEADER(S) & PHONE NUMBER(S): Tom Miller, (586) 573-4754
MEETING PLACE: Veterans' Memorial Park (formerly Warren City Pool), Campbell Avenue north of I-696 between Hoover and Van Dyke.

DATE: Sunday, April 2
TIME: 9:30 a.m.

St. Clair Shores to Windmill Pointe

DISTANCE: 25 miles
PACE: 12-14 mph
TERRAIN: Flat
LEADER(S) & PHONE NUMBER(S): Tom Miller/(586) 573-4754
MEETING PLACE: Lakeshore Village Shopping Center. northeast corner of Jefferson and Marter (approximately $\frac{1}{4}$ mile south of Nine Mile).
ADDITIONAL INFORMATION: Bruegger's midway in ride

DATE: Sunday, April 2
TIME: 11:00 a.m.

Mountain Bike Ride

DISTANCE: Approximately 10 miles
PACE: 8-12 mph
TERRAIN: Mountain bike trails, single and double track
LEADER(S) & PHONE NUMBER(S): Mark Mau, 586-779-2767 or 586-596-0255
MEETING PLACE: West Branch Picnic Area - Parking Lot B
ADDITIONAL INFORMATION: This ride is for anyone who would like to do cross country mountain biking, all skill levels are welcome.

DATE: Sunday, April 23
TIME: 9:00 a.m.

Freedom Hill to Metro Ride

DISTANCE: 25 miles
PACE: 11-13 mph
TERRAIN: Flat
LEADER(S) & PHONE NUMBER(S): Jim Walter, 248/879-2405
MEETING PLACE: Freedom Hill Parking Lot

DATE: Saturday, April 29
TIME: 10:00 a.m.

****Please check with the event leader if the weather is questionable****

If you would like to lead an impromptu event, please contact Paul Wilhelm at 586/247-6397 or email him at jpwilhelm@hotmail.com and/or Jim Walter at 248/879-2405 or email him at jim.walter@comcast.net. Paul will send out an email to all members with an email address and Jim will post it on the web site.

MORE FUN and OTHER INFO.

The following tours are being planned for this summer. If you are interested in participating in any of them, get in touch with the contact person.

Canadian Shoreline Tour

Date: June 26 - 30
Location: Inverhuron or MacGregor and The Pinery Provincial Parks on the Lake Huron Shoreline of Ontario
Miles per day: 45 to 60
Terrain: Flat to slightly rolling paved roads
Contact: Paul Wilhelm 586.247.6397
Notes/Special Features: We will camp two nights at either Inverhuron or MacGregor Provincial Park and ride for three days along Lake Huron and the Georgian Bay then move south to the Pinery Provincial Park for two days riding the Grand Bend and Kettle Point areas. Ride will be limited to 12 participants.

Greene Trails Cycling Classic

Date: July 20 - 23
Location: Greene County Fairgrounds in Xenia, Ohio
Miles per day: 50 - 60+
Terrain: Flat on paved Rail Trails
Contact: Rita Zupan 586.264.0712
Notes/Special Features: The Greene Trails Cycling Classic is designed to be a fun, family-oriented "happening". It is a multi-day event centered in Xenia, Ohio, and serving to showcase the extensive rail-to-trail system that exists there and beyond, as well as the communities along the trails. All rides will begin and end at the campground adjacent to the Greene County Fairgrounds. Each day will feature and utilize a different section of the trail. Ride is limited to 400 participants. Cost is \$85.00 (does not include meals). For more information, contact Rita or go to www.greentrailsclassic.com.

Hi everyone! My name is Michelle Windhorst. Some of you may know me and some of you may not. I am Don and Sue Windhorst's daughter. Last year I did a bike ride for the **Leukemia & Lymphoma Society**. This year I have decided to do half marathon for the cause on **May 7, 2006**.

I would like your help by donating on my web site which is www.active.com/donate/tntmi/tntmimwindho.

You may also send a check made payable to the Leukemia & Lymphoma Society and mailed to my attention at 33777 Kennedy Drive, Sterling Heights, MI 48310.

Thank you for your support.

A GREAT BIG WELCOME TO ALL OUR NEW MEMBERS

Mary Cox Glasgow of Canton
Denise & Timothy Fox of Clinton Township
Walter Lashley of Mt. Clemens
Rocco Mistretta of Warren
Sama Muma of Clinton Township
Jim and Michele Sweeney of Harrison Township

A THOUGHT..... Please always remember that "No act of LOVE, however small, is ever wasted." *Aesop*

Submitted by R.M.J.

The 2006 Ride of Silence will roll across Michigan, the United States and the world on May 17 at 7:00 p.m. This is not a critical mass ride. There are no shirts or items for sale, there's no fee or registration. Each ride is approximately 12 miles long, is ridden at 12 mph and is *silent*. It's not just a club ride. It's a ride for moms, dads, brothers, sisters, families, friends, beginning cyclists, racers -- anyone who wishes to honor a fellow cyclist that has been killed or injured by a motorist while out riding and to let motorists know they must share the road with us. Participants are asked to wear a black arm band to honor a cyclist who's been killed, and/or a red arm band to honor a cyclist that has been injured.

In 2003 endurance cyclist, Larry Schwartz, is struck and killed by the mirror of a passing bus while cycling outside of Dallas. His friend, Coach Chris Phelan, organizes a memorial Ride of Silence in Dallas on May 18, to honor his friend. Over 1,000 cyclists attend.

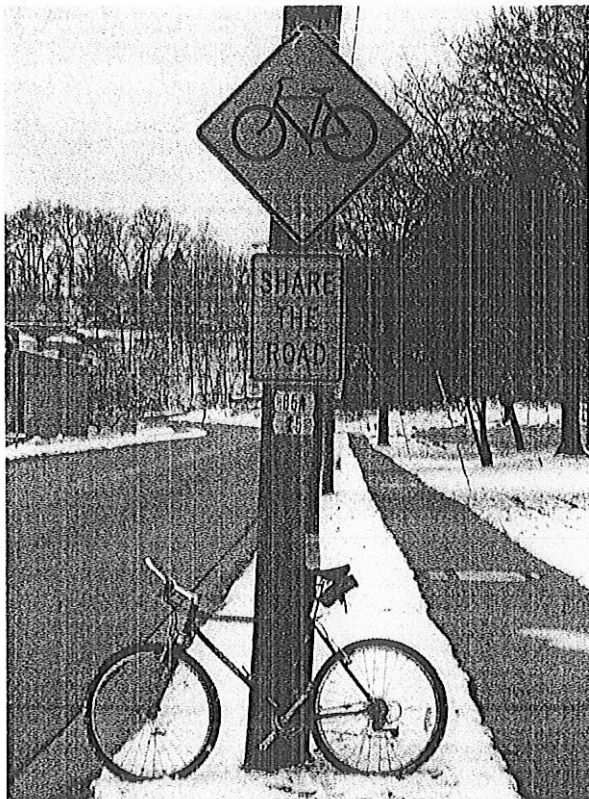
In 2004 Rides of Silence take place on May 18 in 50 cities in the United States and Canada. The Dallas Ride has 2,500 cyclists.

In 2005 Rides of Silence take place in over 100 U.S. cities, 120+ worldwide, in nine countries, across four continents. The Dallas ride again has 2,500 cyclists. Grand Rapids holds its first Ride of Silence.

In 2006 there are 22 confirmed locations in Michigan.

In 2006, Grand Rapids will be honoring Anna Sobie who was struck and killed while riding with her husband and friends this past September in Walker.

Submitted by Mark Hagar
Michigan Representative for the Ride of Silence
Ride of Silence Board Member
Grand Rapids Ride of Silence Coordinator



Penned by a Canadian cyclist

The Ride of Silence.....

Tonight we number many, but ride as one
In honor of those not with us,
Friends, mothers, fathers, sisters, sons.

With helmets on tight and heads down low
We ride in silence, cautious and slow.

The wheels start spinning in the lead pack
But tonight we ride, and no one attacks.

The dark sunglasses cover our tears
Remembering those we held so dear.

Tonight's ride is to make others aware
The road is there, for all to share.

To those not with us or by our side
May God be your partner, on your final ride.

-----Muggai

Earlier this year at one of the Slow Spokes meetings, the possibility of carpooling and riding as a club at the Livonia-Westland-Dearborn site was presented. If anyone is interested in this ride, we will be finalizing our plans at the May meeting.