

Slow Spokes of Macomb Spokin' Times News

SLOW SPOKES
P.O. BOX 792
STERLING HEIGHTS, MI 48311-0792

December 2006
January 2007

PEACH OF A RIDE PLANS FOR 07

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Special points of interest:

- Plans for next year's Peach of A Ride
- Italy anyone?
- Halloween Ride Musings
- Deals from the Web
- Euchre Tournament for Lupus
- Late Breaking News



At a meeting graciously hosted by Ruth & Leo Boom in October committee members and volunteers discussed the outcome of this year's ride and how to make next years event even more successful.

Many great ideas were put on the table and action plans were given out to new committee members. We will publish the ride brochure early in 2007 so we can begin to distribute brochures to bike shops and other clubs earlier.

Mark Carlson has volunteered to find out how we can take online registrations as well as working on making the registration process even easier than it has been in the past.

Kim Mau agreed to be the Key Coordinator for POAR 07. She is going to start scheduling

monthly meetings early in January of 07.

If you are interested in getting involved in next years ride and want to be part of the fun be sure to contact either Kim or Paul to let them know.

We will post future meeting dates in the newsletter or



send out special emails to let everyone that is interested get on board. It's a great ride and the money raised at POAR goes to very worthy causes.

HURON CLINTON METRO AUTHORITY

The Huron Clinton Metropolitan Authority (HCMA) -The Metro Parks (Stony Creek, Metro Beach, Kensington, etc) has contacted us with an invitation to Slow Spokes Members to participate in the upcoming community action

meetings. At these meetings, HCMA is seeking park users input a to how the parks can better serve our needs.

This is a chance to express your opinions and have your ideas considered in the HCMA planning process. Meetings are being held at various locations throughout the metro-Detroit area. See the website at www.marketstrategies.com/HCMA.html

for dates, times and locations. **Food and drinks will be provided and door prizes will be awarded.**

The most convenient meeting for Slow Spokes is:





Thursday, November 30th at Metro Beach Metropark—Welsh Activity Center from 7:00 pm to 9:00 pm.


We hope a large number of you will turn out to participate in this process.

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

 **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 (10th) of the month.

 **Newsletter Information**—Send articles you'd like published to Chuck Pottenger at 46644 Vineyards Lane, Macomb, MI 48042, or email the information to him at chuck@milupus.org. Articles must be received by the 15th of the month for inclusion in the newsletter. Feel free to call Chuck at his office 586-775-8310.

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

A Big Welcome to New Members:

Dan Peniak, St. Clair Shores

Karen Woodgate, Troy



UPCOMING IN 2007

Bike Florida, this year riding from Deland, Flager Beach, Daytona, New Smyrna Beach back to Deland going 300 to 400 miles. March 17 thru March 23, 2007 are the dates. This ride fills up quickly and has a limit of 1000 riders, so sign up early if you plan to do the ride.

Submitted by Rita Zupan

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. 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 a note of that when the article is sent.

PRESIDENT'S CORNER

ELECTION OF OFFICERS

As I am sure you are aware by now, Officers for the coming year were elected at the November meeting. Returning is President: Paul Wilhelm, Vice President/ Ride Chairperson: Kim Mau, and Treasurer: Donna Mesyn. Carol Blanchard is returning to the executive committee after a years rest – this time as Secretary. Lennie Raines will remain as Membership Chairperson for another year. I'd like to take this opportunity to thank Dawn Somerville Secretary for her contributions during the past year and to welcome Carol Back.

POAR 07

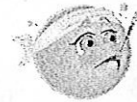
As I've mentioned at the last several meetings, planning has already begun for the 2007 Peach of a Ride (POAR07). There has been a noticeable decline in riders over the past several years. Perhaps this trend can be blamed on any of several causes (e.g. moving to a new location, the poor weather on the day of the ride, etc.). I prefer not to accept any of these excuses, but instead look for new and exciting ways to improve and grow our ride. Our General Chairperson (you can't ask for a more enthusiastic person than Kim Mau) and the committee chairs are committed to making POAR07 bigger and

better than ever. As stated elsewhere in this issue of the Spokin' Times News, we've had one meeting already at which we "brainstormed" ways to improve the Peach. It was refreshing and encouraging the ideas the group came up with. Other meetings are planned (the next, I believe will be shortly after the Holidays) and I encourage every member to participate in this effort. If you can't attend the planning meetings, call or email Kim or myself with your thoughts and ideas. As a Slow Spokes member, your input and participation is valued very highly.

Enjoy The Season!



UPDATE ON ALEX



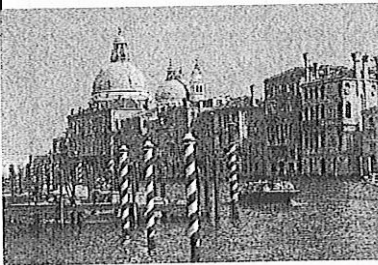
Our good friend and long time Slow Spoke Member Alex

Schneider fell and broke his hip Nov 15th. He is to be operated on the 16th at St. Johns River District Hospital in East China Twp., (4801 S. River Road).

He is in good spirits and plans to be back on his bike this coming spring. His biggest concern was that he would miss the January 1st ride in Lexington.

In a few days when Alex is recuperating we're sure he would enjoy a call or even a visit.

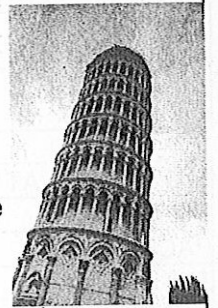
LIFE IS AN ADVENTURE...SO LET'S LIVE IT!



VBT

Tuscany, Italy September 21, 2007

Please call Sharon Bellhorn or Donna Mesyn if you would like information regarding this exciting bicycling adventure. The more the merrier, group rate discount available if we can get more Slow Spokes Members to join us on this exciting **adventure**.



SOME MUSINGS ON THE 2006 HAUNTED HALLOWEEN RIDE & LUNCHEON

The wind howled like a banshee for our Halloween Hat Ride, but around 25 brave Slow Spokes rode their bicycles past Lake St. Clair and into the Grosse Pointes. We all survived, but had cold noses' and toes upon our return to the clubhouse.

Thanks go out to Tom miller for leading the faster group of riders. The Luncheon was delicious, with hot steaming soups and very tasty chili awaiting our arrival to the clubhouse.

Desserts were scrumptious. Thanks to Agnes McGartland for adding two great desserts to our menu.

The games were a whole lot of fun. Best hat

contest was won by Marie Appleberry, Carol Blanchard and Tom Miller. Aloys Turck really did a bang-up job of organizing the games and prizes.

Even though we did not require stories about your hats this year, it seems that everyone had a story and related them to the crowd in very descriptive ways. We listened, we laughed, we clapped and we enjoyed each and every story.

Sincere thanks to the kind people who stayed to help the party throwers clean up. It meant a lot to us. We were a little tired and your help sent us home a little earlier, so we could put our feet up and relax a little.

Those helpers were Tom Paonessa, Agnes McGartland, Michael McGartland, Tom Miller, Bob George, Norma and Lester Useted. Special thanks go out to the Useteds who tended the soups and chili, while we were out on the road cycling. In all, we had about 35 guests attend our Luncheon.

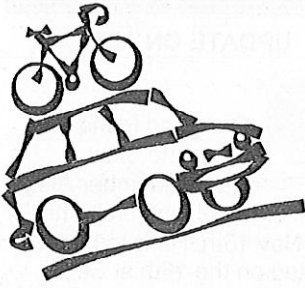
Your hosts for the ride & luncheon received a standing ovation from the guests for our party efforts, so I can only happily surmise a good time was had by all who attended.

All you non-attendees missed a super party. So sorry about that, but then again, there's always next year.

The Wicked Witches

11/6/06





End of Bike Season?

It doesn't have to end...think of it this way. It's a great time to ride to have fun and not leave sweat stains in all your clothing. Or join one of the many walks that we will list over the next months. If you have an interesting

area to explore let Paul know so others can join you on impromptu events. You can email Paul at: jpwilhelm@hotmail.com

Be sure to let Kim Mau know if you are planning an event that is not listed on the upcoming rides or an event during the winter months. Email Kim at: maumarkd@sbcglobal.net

Future Rides, Walks Etc.



DECEMBER HIKE SCHEDULE

STONEY CREEK HIKING TRAILS			
DISTANCE:	4-8 miles	DATE:	Saturday, Dec 2nd
PACE:	brisk pace		Saturday, Dec 16th
TERRAIN:	hilly		Saturday, Dec 23rd
MEETING PLACE:	Stoney Creek Mountain Biking Trails West Branch		
LEADER:	Catherine Serra 248-495-1630	TIME:	9:30 a.m.
ADDITIONAL INFORMATION	Recommend hiking boots, dress in layers, water bottle, bring snack. In case of snow the hike is ON, in case of rain the hike is OFF. If weather seems questionable contact Catherine.		

SATURDAYS AT DODGE PARK			
DISTANCE:	4-6 miles	DATE:	Saturdays
PACE:	Moderate Pace	TIME:	10:00 a.m.
TERRAIN:	Flat		NO WALK DEC 16
MEETING PLACE:	Dodge Park		
LEADER:	Rita Zupan 586-264-0712		

WALLEYBALL OUTING			
LEADER(S) AND PHONE NUMBER(S):	Mark & Kim Mau, 586-779-2767	DATE:	Sunday, Dec 10th
MEETING PLACE:	Warren Racquetball & Fitness Center 12 1/2 mile and Van Dyke	TIME:	9:30 a.m.
ADDITIONAL INFORMATION:	Please call and let us know you are coming. This is reserved for the first 8 people to commit. We can reserve another court but will need an additional 8 people. The cost is \$2.50 a person. The cost is for the use of the court for one hour.		

Hiking Tidbits:

You are a lot warmer in the mountain biking trails because you can't feel the wind.

Stoney Creek Bike Path is salted and plowed all winter. The golf course rents cross country skis/boots/poles for \$8, the nature center rents snow shoes for \$5. There are separate telephone numbers for the golf course and nature center.





**HOLIDAY
PARTY**

Scrumptious Deserts
prepared by none other
than Evelyn Bires

Mark Your Calendars—Reservations Available

Saturday, January 6, 2007

Time 6:00 PM

Dinner Served at 7:00 PM

Bob & Gabe Halsall have opened their lovely home to us once again for our Annual Holiday Party. Those of you that attended last year can attest to what a wonderful time was had by all. Gracious hosts, good food, delicious deserts and good conversation amongst our cycling friends. So that being said be sure to make your reservations early so you don't miss out on a great evening. This is a limit of 50 people, contact for reservations: **Rita Zupan 586-264-0712** or email rzu-pan@peoplepc.com

Address: 61331 Windwood Court, Washington, MI Phone 586-781-6784

Cost \$10.00 each person
Please pay when making reservations.

DEALS FROM THE WEB

Slow Spokes are you ready to go from Turf to Surf?

Bluesky Cycling says they have "The hottest mountain bike parts, accessories and clothing at discounted prices." Web address: www.blueskyscycling.com

Jenson USA is an online supplier for Mountain Bikes, mountain bike parts, and accessories. Checkout "Closeouts", "Hot Deals" and "Demo Specials."

Web address: www.jensonusa.com

For all your biking needs try these two websites:

Nashbar is an online store for bicycle parts, cycling gear and accessories

Web address: www.nashbar.com

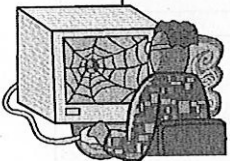
Performance Bike states they are the "Home for all your cycling needs."

Web address: www.performancebike.com

Did you forget to set your bike Computer? ...here is a running website, used for biking, that calculates mileage. It is part of the USA Track & Field website.

Web address: <http://www.usf.org/routes/map/> and follow directions for mapping your route. You also have the option of saving your route.

Submitted by: Mark Carlson



LADIES ONLY CHRISTMAS NIGHT			
LEADER(S) AND PHONE NUMBER(S):	Carol Green, 586-296-7381	DATE:	Friday, Dec 15th
MEETING PLACE:	22702 Lake Blvd. St., St. Clair Shores, MI	TIME:	7:30 p.m.
ADDITIONAL INFORMATION:	This is a Ladies Only night out. We will get together for friendship & Christmas Cheer. "Red Hat" attire will be greatly appreciated. We will have lots of FUN!		

VILLAGE OF WARREN WALK			
DISTANCE:	4 miles	DATE:	Saturday, Dec 16th
PACE:	3-4 - mph	TIME:	10:00 a.m.
TERRAIN:	flat		
LEADER(S) AND PHONE NUMBER(S):	Tom & Mary Miller 586-573-4754		
MEETING PLACE:	Warren Community Center (5460 Arden). Arden is approximately 1/4 mile S. of 14 Mile Rd. between Mound and Ryan in Warren. Meet in the South parking lot near the main entrance.		
ADDITIONAL INFORMATION:	We will walk through Warren's Historical Area and have lunch at the Friar's Kitchen (12 mile W of Ryan) after the walk.		

DICK & GAYLE BARRY MEMORIAL WALK & LUNCHEON			
DISTANCE:	2-4 miles	DATE:	Tuesday, Dec 26th
PACE:	3-4 mph	TIME:	10:00 a.m.
TERRAIN:	Flat		
LEADER(S) AND PHONE NUMBER(S):	Tom & Mary Miller 586-573-4754		
MEETING PLACE:	The Murphy Inn (810) 329-7118, 505 Clinton Ave, St. Clair, MI 48079		
ADDITIONAL INFORMATION:	Enjoy a brisk walk along St. Clair's picturesque water front. A good way to get back on track after all those holiday meals. Lunch at Murphy Inn at conclusion of walk.		

CHRISTMAS LIGHT WALK			
DISTANCE:	4-5 miles	DATE:	29-December
PACE:	Your Speed	TIME:	6:00 P.M.
TERRAIN:	Flat		
LEADER(S) & PHONE NUMBER(S):	Evelyn Bires 586-778-8397		
MEETING PLACE:	Grosse Pointe Police Station Parking Lot, on Jefferson at the corner of 8 mile road		
ADDITIONAL INFORMATION:	We will walk along Lakeshore Drive to 7 Mile then side streets back. Restaurant Stop if desired after walk.		

ANNUAL NEW YEARS DAY RIDE 14TH YEAR OF RIDE			
DISTANCE:	12 Miles	DATE:	1-Jan-07
PACE:	No set pace	TIME:	10:00 AM
TERRAIN:	flat		
LEADER(S) & PHONE NUMBER(S):	Mike Ziegler 810-359-7461		
MEETING PLACE:	Ehardt's, Lexington. Take 1-94 to M-25 follow signs to Lexington. Turn right at light to 7275 Huron Ave. Left into parking lot.		
ADDITIONAL INFORMATION:	THIS IS NOT A SLOW SPOKES CLUB RIDE. OTHER RIDERS MAY BE PRESENT THAT DO NOT OBSERVE ALL SLOW SPOKES SAFETY PRECAUTIONS		

GREENWAYS FORUM UPDATE

A Greenways forum was held at Greenfield Village to develop trails and walkways in local communities. The thrust of this meeting was to develop proposed inter connecting pathways to surrounding communities. A major issue was to help communities complete the existing trail proposals. A long term maintenance plan was developed for preservation of existing trails and connecting routes.

The Community Foundation for Southeast Michigan is comprised of St. Clair, Livingston, Oakland, Macomb, Washtenaw, Wayne and Monroe Counties. Our representative for Greenways is Gerard P. Santoro, Senior Planner for Macomb County. We had over 250 people attending the meeting. Several proposals were reviewed to connect trails from one county to the adjoining counties.

In our case, the Michigan Airlines Railroad went through St. Clair, Macomb, Oakland and Livingston Counties. Our Oakland county side becomes the Clinton River Trail. Unfortunately the St Clair side was lost to private development. It had run along 32 Mile, Division, and Fred Moore highway. However, St Clair is developing a new park just off Gratiot and is planning a bike path along Gratiot with a latter connection to Bridge to Bay Trail.

In Macomb County, a lot of

discussion went into the Freedom Trail extension



along Schoenherr Rd, Utica Rd, Dodge Park, Clinton River Park, through Utica area, River Bend Park and the Clinton River Pathway. This will tie into the MOT near 24 Mile Rd. and Dequindre. Gerard Santoro mentioned the MOT should be completed by the spring of 2007.

An extension of the Bridge to Bay Trail was also discussed. It would come around Selfridge Air base and connect to the Freedom Trail.

Additional hub connections to Memphis and Richmond were added. Memphis is a hub area for St. Clair county trails.

City of Warren has several lead-in-trails in the City complex near 12 Mile and Van Dyke. They would eventually like to develop a greenway along the Red Run Drain to Freedom Hill Park.

The old Edison corridor now owned by ITC (International Transmission Corporation) may be developed as a pathway as well. This will

provide a major north-south connecting way.

MTGA (Michigan Trails and Greenway Alliance) was honored for their work in trail development. The award was accepted by Nancy Krupiarz, Director of MTGA.

Jeff Foster, VP for Programming, Detroit Public Television offered their support for trail and greenway development. This is a lot of advertising to the people in all the communities. They deal with a smaller audience but a much more dedicated group for community action.

Mike Eberlein, Director of Safe Routes to school, MDOT spoke of the needs to connect the trail and greenways to school locations. Currently 15% of the children walk or bike to school. Federal funds are available for Trail connections within two miles of schools. They have an interesting website. www.saferoutesmichigan.org They also have a handbook available for school and public use. 1-800-434-8642

Each county representative spoke on what is happening in their community. Gerald Santoro spoke for Macomb County on MOT and Freedom Trail. Additional connections to HCMA parks in the county. Joe Youngblood, Shelby Park and Rec. and MOTC representative attended with Dave Moore, Shelby Park and Rec.

FMOT Friends of Macomb Orchard Trail was well represented with Chuck Mabely, Dave & Lee Rumohr and Mike Sproul attending. This allowed us to attend several of the individual county break-out sessions. It was great to share our struggles and triumphs with similar groups in our area. I would also like to thank the Community Foundation for Southeast Michigan and Ford Motor Company for hosting the event and an awesome lunch. www.cfsem.org

If you haven't been to Greenfield Village in recent years you should really take a day and go. We were greatly surprised at the new exhibits, and roadways added in the last two years. It makes going from one exhibit to the other extremely easy now.

David Rumohr

Director FMOT



YOUR FAVORITE BIKE SHOP!!!

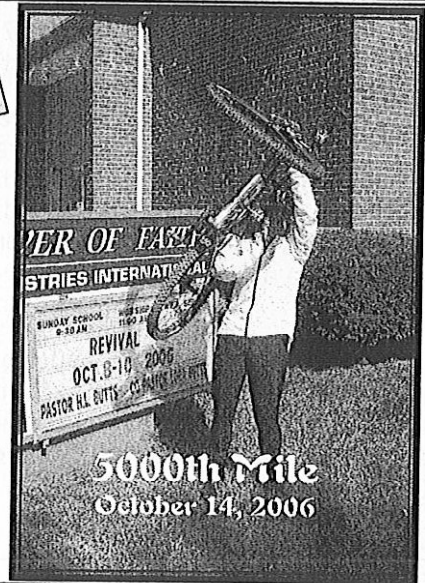
The following bicycle stores offer a discount on equipment and accessories. Be prepared to show your Slow Spokes membership card when making a purchase to receive the discount.

Allied Cycle	23101 Gratiot	Eastpointe, MI 48021	586/772-3411
American Cycle & Fitness	1109 S. Washington	Royal Oak, MI 48067	586/542-7182
American Cycle & Fitness	2169 Metro Parkway	Sterling Heights, MI 48310	586/979-7570
Anchor Bay Bicycle & Fitness	35214 23 Mile Road	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 W. 12 Mile Road	Berkley, MI 48072	248/547-0770
Fraser Bicycle & Fitness	34501 Utica Road	Fraser, MI 48072	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 Avenue	Grosse Pointe Woods, MI 48236	313/886-1968
Scarlett's Bike & Fitness	203 N. Perry Street	Pontiac, MI 48342	248/333-7843
Hamilton Bicycle	69329 Main Street	Richmond, MI 48062	586/727-5140

CAROL GREEN PASSES A MILESTONE

Congratulations to Carol Green. Carol has ridden more than 5,000 miles on her bicycle this year. She passed the 5,000 mile mark at the Pierogi Pedal on Saturday, October 14, 2006.

Submitted by Tom Miller



Save the Date

Eucre Tournament, January 26, 2007

\$25.00 Entry Fee

Boulder Lakes Golf Club

See Chuck Pottenger for details or email him at chuck@milupus.org

Private Club No Denim (Blue Jeans) Allowed

Proceeds Benefit the Lupus Alliance

Great Prizes to top 4 Players

