




Slow Spokes Spokin' Times

February and March, 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 Dawn Somerville
<u>Treasurer:</u>	Donna Mesyn	<u>Ride Coordinator:</u>	Kim Mau
<u>Secretary:</u>	Dawn Somerville	<u>Sunshine Liaison:</u>	Aloys Turck
<u>Newsletter Editor:</u>	Lennie Raines		
<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.

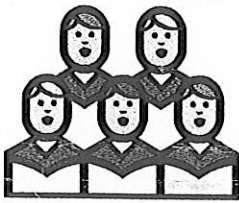
Notes from the Newsletter Editor: 1) Every attempt will be made to include all articles as they are submitted, and in their entirety, in the newsletter. However, due to space constraints, this may not always be possible. 2) If you do not want your article edited in any way, shape or form (even if typos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

MORE FUN and OTHER INFO.

20th Annual Bike Feast. The original Bike Feast co-founders are back to host this year's special 20th celebration on Saturday, March 4, 2006 at the Olive Branch Masonic Lodge, 1170 Mason St., Dearborn (at 1st Dozen Tour location off Michigan Ave. between Telegraph and Southfield Roads). The Downriver Cycling Club will be welcoming all cyclists to enjoy an evening of dining, entertainment and prizes. The cost is still only \$5.00 for a fun-filled evening and potluck dinner with a meat entrée provided. Bring your favorite dish to share and wear your favorite cycling shirt or jersey. Social hour begins at 5pm and dinner is at 6pm. Space is limited so call in advance for tickets at (734) 379-4781 before 9pm, send a SASE to Bill Smith, 38236 N. Rickham Ct., Westland, MI 48186, or email him or Tom Ferstel at bswheels@comcast.net.

A GREAT BIG WELCOME TO ALL OUR NEW MEMBERS

Craig & Michele Randolph of Shelby Township
Anne Sroda of Shelby Township
Kevin & Marlynne Wisniewski of Clinton Township



I would to thank all of the Slow Spokes who took time out of their busy schedules to attend a concert I was performing in on Sunday, January 8. I was really happy to see all of you there. It made me feel very special, but all of **you** are the special ones. Once again, thank you.

Mary Miller

Back Alley Bikes (BABs) is a community bike repair and reuse center. It is located in the heart of Detroit's inner city, where the need for such a program is the greatest. Back Alley Bikes invites everyone in to use its tools and learn how to fix and maintain bicycles free of charge!

The focus of BABs is towards the neighborhood's youth. They involve them in creating a space that develops healthy lifestyles. Kids learn creativity by either repairing their own bikes or rebuilding a donated one. Many adults who use their bicycle as their only means of personal transportation are also helped.

If you are interested in volunteering your time, donating much-needed supplies and bicycle parts, or making a monetary contribution, for additional information contact a Back Alley Bikes volunteer at Detroit Summer/Back Alley Bikes, 4605 Cass Avenue, Detroit, 48201, email at backalleybikes@riseup.net or leave a voicemail message at 313/879-5073.

The shop will be open on Mondays from 5 until 9 p.m. for Mechanics Night and on Tuesdays from 4 to 8 p.m. for Open Bike Repair.

TIPS ON CYCLING SAFETY

Compiled by our new V.P. and Ride Coordinator

As we start into 2006, let's review some rules of the road. Here are the Ten Commandments of Bicycling as provided to us by the League of Michigan Bicyclists:

1. Wear a helmet for every ride and use lights at night.
2. Conduct an ABC Quick Check* before every ride (Always Be Careful).
3. Obey traffic laws: Ride on the right with the slowest traffic staying farthest to the right.
4. Ride predictably and be visible at all times.
5. At intersections, ride in the right-most lane that goes in your direction.
6. Scan for traffic and signal lane changes and turns.
7. Be prepared for mechanical emergencies with tools and know-how**
8. Control your bike by practicing bike handling skills.
9. Drink before you're thirsty and eat before you're hungry.
10. Have fun.



* A is for air
B is for brakes
C is for cranks, chain and cassette
Quick is for quick releases and Check is for check it over

**Fraser Bicycle located on Utica, south of 15 mile is offering basic bicycle maintenance classes for all cyclists. The classes are offered every two weeks on Tuesday and Thursday evenings from 6-8:30 p.m. The cost is \$75.00 which includes a manual for you to take home.

Remember that the key to safety is being prepared in all emergencies.

Weekly maintenance checks should include:

- ✓ Keeping tires properly inflated, checking for cracking and cuts.
- ✓ Replace damaged tires.
- ✓ Clean and lube chain.
- ✓ Wipe down a wet bike and lube chain to prevent rusting.
- ✓ Check brake pads and cables - replace them if they are worn or frayed.

During these non-riding months, we need to stay in shape one way or another. Fraser Bicycle is offering local cyclists and clubs the opportunity to bring their bikes indoors and train with Power via CompuTrainer Technology. This is an advanced training tool in the sport of Triathlon and Road cycling. CompuTrainer boasts that it can increase your cycling power by 20-30 watts and speed by 2 to 4 mph. More information regarding schedules and pricing are available at Fraser Bicycle's web site www.Fraserbicycle.com - Check it out

When riding at night remember to stay illuminated. Below is some information for lighting safety obtained from the Bay Area Travel Guide that helps make you visible to others:

- A white light that illuminates the highway, visible from a distance of 300 feet to the front and sides of the bicycle.
- A red reflector mounted on the rear of the bicycle, visible from 500 feet to the rear of the bicycle.
- A white or yellow reflector mounted on each pedal, visible 200 feet to the front and rear of the bicycle.

WALK AND RIDE INFORMATION

WEEKLY HIKE / WALK

Stony Creek Hike/Walk

DISTANCE: 6-8 miles
PACE: 15 minute mile
TIME: 8:00 on Saturday/8:30 or 9:00 on Sunday (time to be determined on Saturday for Sunday)
TERRAIN: Mountain Biking Trails or bike path depending on weather
LEADER(S) & PHONE NUMBER(S): Catherine Serra, 248/495-1630
MEETING PLACE: Stony Creek-West Branch Mountain Biking Trails
ADDITIONAL INFORMATION: This is a vigorous walk/hike on the mountain biking trails until there is snow and then it is changed to the bike path and meets at the Boat Launch. In snowy conditions, we cannot hike the mountain biking trails due to cross country skiing. Contact Catherine @ catherineserra@yahoo.com

Dodge Park Stroll

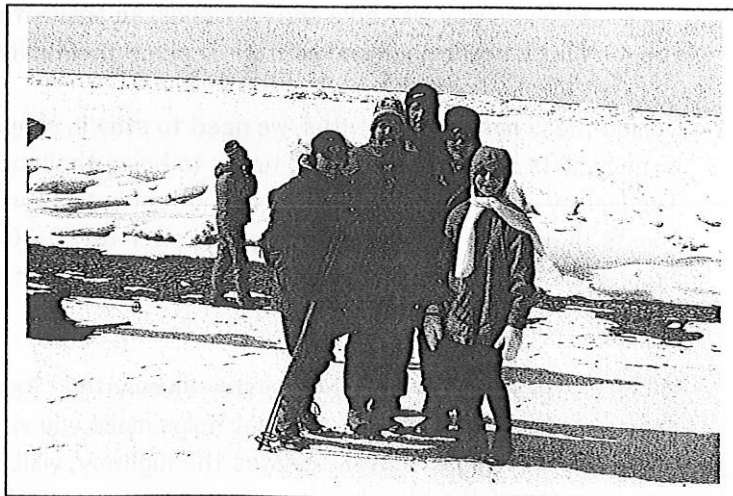
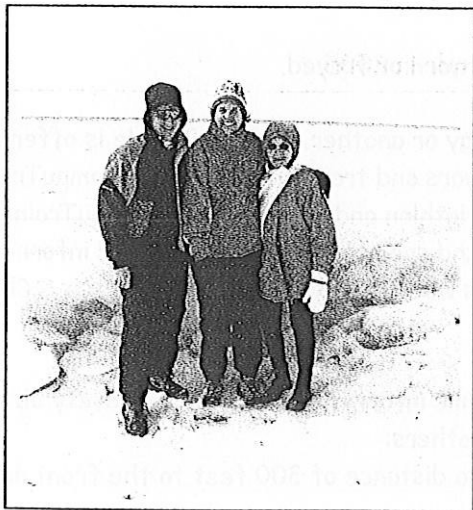
DISTANCE: 4-6 miles
TERRAIN: Paved Park Trail
LEADER(S) & PHONE NUMBER(S): Rita Zupan, 586/264-0712
MEETING PLACE: Dodge Park, Utica Road and Dodge Park Road
ADDITIONAL INFORMATION: Please bring a snack to eat at halfway unless weather is too severe, we will pick a place to go for lunch after the walk.

Proud Lake Cross Country Ski/Hike

LEADER(S) & PHONE NUMBER(S): Bonnie and Concetta
MEETING PLACE: Proud Lake Park Entrance
ADDITIONAL INFORMATION: We will cross country ski or hike depending on the weather conditions.

Ice Hike

DISTANCE: Walk for approximately 1-1/2 hours
TERRAIN: Mostly flat hiking trails
LEADER(S) & PHONE NUMBER(S): Tom Miller
MEETING PLACE: Veterans' Memorial Park (formerly Warren City Pool), 27400 Campbell in Warren, between Van Dyke and Hoover, approximately 1/4 mile north of I-696.
ADDITIONAL INFORMATION: We will meet here and car pool to Point Pelee National Park in Ontario, Canada. It is approximately an 85-mile round trip. See the Ice Mountains as warmer temperatures cause the ice to weaken and the Spring winds cause it to pile up at Canada's southernmost point.



Dodge Park Walk

DISTANCE: Walk for approximately 1-1/2 hours
TERRAIN: Paved Park Trail
LEADER(S) & PHONE NUMBER(S): Evelyn Bires
MEETING PLACE: Dodge Park, Utica Road and Dodge Park Road
ADDITIONAL INFORMATION: We will then have a tail gate picnic at my van. Refreshments provided but bring your own beverage.

DATE: Saturday, March 11

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 jpwillhelm@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.

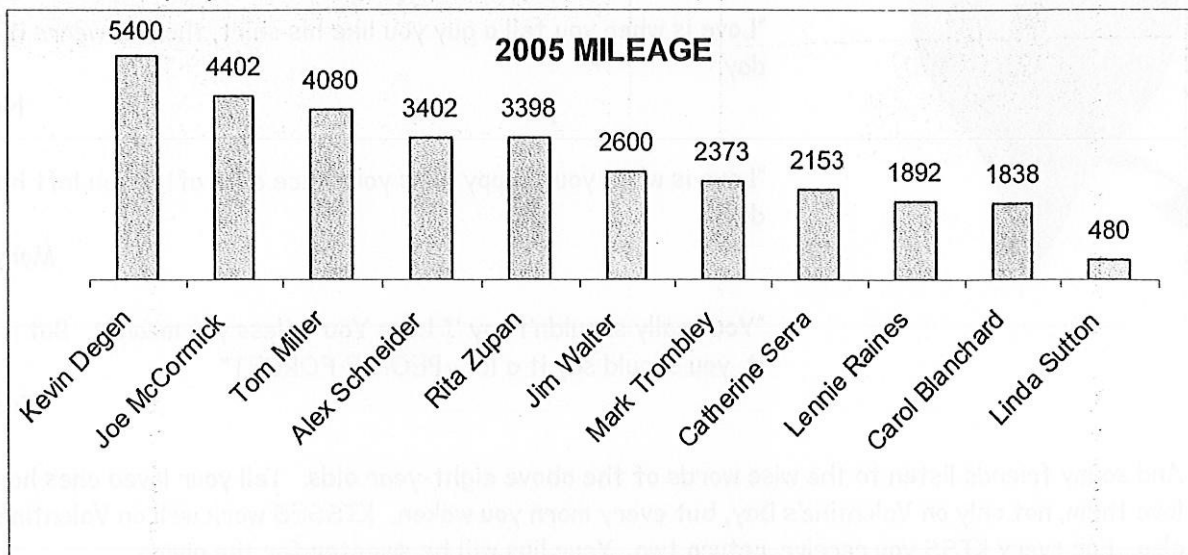
Ride Leaders for 2005. Many thanks to all who led rides or walks in 2005.

The following list is a count of all those who scheduled rides in the newsletter or scheduled impromptu rides via email from Paul. If two people co-led a ride, both were counted.

This list of ride leaders does not show the actual rides that took place, but rather, the rides that were scheduled. We don't have an accurate count of rides that actually took place.

Bob Bruce - 28	Jim Walter - 7	Phil LaRonge - 3	Carol Blanchard - 1
Paul Wilhelm - 25	Rita Zupan - 7	Kevin Degen - 2	Linda Daniels - 1
Tom Miller - 16	Mary Miller - 5	Rose Marie Jacobs - 2	Tom Paonessa - 1
Alex Schneider - 11	Bill Zakosky - 5	Lennie Raines - 2	Lester Useted - 1
Kathy George - 10	Bob George - 4	Aloys Turck - 2	
Evelyn Bires - 7	Mary Stoolmiller - 4	Sharon Bellhorn - 1	

This is the list of people who have told us how many miles they rode in 2005.





J P WILHELM'S Ps and Qs



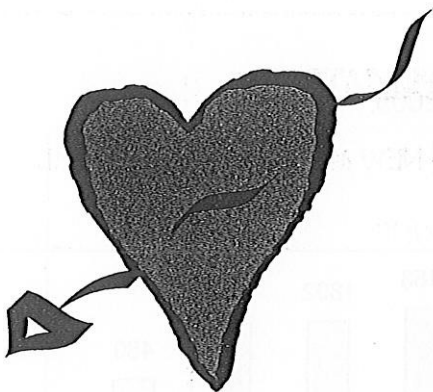
Post Christmas Party. On behalf of the Club and particularly those who attended the annual post Christmas dinner party, I'd like to thank Bob and Gabe Halsall for graciously hosting it at their home. The setting was perfect. It allowed everyone to move about and visit. A good time was had by all. I'd also like to thank Evelyn Bires for the great homemade desserts - they were terrific. I just wish Kevin hadn't snatched that last piece of Mud Pie that I was eyeing. And of course a great big thank you also to Rita Zupan for arranging for and coordinating the caterer. The meal was excellent. We need to use that caterer again soon.

Swap Meet at March Meeting. Gather up all those no longer wanted/needed but still useable bike accessories and clothes for the Annual Slow Spokes Swap Meet at the March general meeting. Display tables will be provided. To celebrate the purchase of that "new" used treasure or the unloading of that "thing" that's been cluttering up the garage, we'll have pizza, salad and pop for refreshments.

Ladies Night. Macomb Bike and Fitness extends an invitation to Slow Spokes members to a Ladies Night on Thursday, February 16, from 6:00PM to 9:00PM. Macomb Bike will feature many different topics and products related to women's cycling and fitness. This free event is designed to increase women's awareness about products, techniques and groups that are specially suited to them. Since space is limited, Macomb Bike asks that you RSVP either by phone at 586-756-5400 or email at ride@macombbike.com. Macomb Bike and Fitness is located at 28411 Schoenherr between 11 Mile Rd. and 12 Mile Rd.

HAPPY VALENTINE'S DAY

What is Love?



"Love is when a girl puts on perfume and a boy puts on shaving cologne and they go out and smell each other."

Karl, age 5

"Love is when you tell a guy you like his shirt, then he wears it every day."

Noelle, age 7

"Love is when your puppy licks your face even after you left him alone all day."

MaryAnn, age 4

"You really shouldn't say 'I Love You' unless you mean it. But if you mean it, you should say it a lot. PEOPLE FORGET"

Jessica, age 8

And so my friends listen to the wise words of the above eight-year olds. Tell your loved ones how much you love them, not only on Valentine's Day, but every morn you waken. KISSES work well on Valentine's Day also. For every KISS you receive, return two. Your lips will be sweeter for the giving.

Submitted by: R.M.J.