



Slow Spokes Spokin' Times

June, 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.
- **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

July 7th Meeting Change. The location and start time for the July 7th Slow Spokes meeting has been changed. We will meet at the Southdale Pavilion at Stony Creek Metro Park for a picnic and concert. Hot dogs and hamburgers go on the grill at 6:00 p.m.

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 you can move over to the concert area to be entertained by the contemporary rock group Fifty Amp Fuse, or hang out at the pavilion for some conversation and perhaps a Euchre game or two. The concert starts at 7:30 p.m. Be sure to bring a folding chair or blanket to sit on.

Rita Zupan will lead a ride of approximately 15 to 20 miles beginning at 4:30 p.m. 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 your spouse/friend/family will be attending.

August Meeting Change. Since the Graham Elementary School will be closed, the August meeting will be moved to the Riviera Terrace Condominium Club House, located on Riviera Drive approximately two-tenths of a mile north of Nine Mile Road east from Jefferson in Saint Clair Shores. The meeting will start at the usual time. This is an important meeting as the Peach of a Ride will then be a little over a month away.

Email Address Update. Over the past several days I've had the opportunity to send out, via email, information on impromptu rides and other topics of interest to members of the Club. I have noticed that there are an increasing number of undeliverable/incorrect addresses. This occurs for several reasons - I don't have your current email address, I've input it into my system incorrectly, your email provider's anti-spam system (AOL, Comcast, Earthlink) requires that you identify who you will accept email from, etc. Below is a list of those addresses where email has been returned to me as "undeliverable". If your email address (or something close) appears on this list and you would like to receive email info on Club activities 1.) Email me at jpwilhelm@hotmail.com with your correct email address. 2.) Check with your email provider to determine if you need to take specific action to receive group emails from me. 3.) Remember to notify me whenever you change email providers and/or addresses.

Undeliverable Email Addresses

mwolo@earthlink.net
juliear2000@yahoo.com
simplysusan@yahoo.com
ruel16@comcast.net
tomels@comcast.net
Gretchen@comcast.net
Skreug01@webtv.net

tpr@tir.com
rhp_lp@compuserve.com
harmonyjdc@aol.com
jpemccr@aol.com
m21sbike@aol.com
edgmrn1@aol.com
rxmanretired@aol.com

zackwelder@aol.com
dckeifer@aol.com
judyhutek@aol.com
pternes@concentric.com
sall@eaglequest.com

RIDE INFORMATION

WEEKLY RIDE - TUESDAYS

MACOMB ORCHARD TRAIL RIDE

DISTANCE: 20 - 20+ miles
PACE: 12 - 14 mph
TERRAIN: Flat
LEADER(S) & PHONE NUMBER(S): Paul Wilhelm, 586/247-6397
MEETING PLACE: Parking lot on SE Corner of 25 mile and Shelby Roads
ADDITIONAL INFORMATION: Weather permitting. No ride in the rain, snow (it is Michigan) or below 45 degrees

DATE: June 6, 13, 20, 27
TIME: 6:30 p.m.

WEEKLY RIDE - WEDNESDAYS

FRASER FROLICS

DISTANCE: +/- 25 miles
PACE: 11 - 14 mph
TERRAIN: Flat
LEADER(S) & PHONE NUMBER(S): Mark Mau, 586/596-2555 or 586/779-2767
MEETING PLACE: Fraser Bike & Fitness parking lot on Utica Road, south of 15 Mile in Fraser
ADDITIONAL INFORMATION: We will bike through the neighborhood onto the Bike Path and into Metro Beach and back. Weather permitting. No ride in the rain/snow (sometimes it happens in June) or below 45 degrees.

DATE: June 7, 14, 21, 28
TIME: 6:30 p.m.

WEDNESDAY WRAMBLE

DISTANCE: 18 - 22 miles
PACE: 11 - 13 mph
TERRAIN: Flat to Rolling
LEADER(S) & PHONE NUMBER(S): Jim Walters, 248/879-2405
MEETING PLACE: NE corner of Livernois and Long Lake in Troy. Park next to AAA office facing Long Lake
ADDITIONAL INFORMATION: Optional restaurant stop after the ride.

DATE: June 7, 14, 21, 28
TIME: 6:30 p.m.

WEEKLY RIDE - THURSDAYS

JEFFERSON RIDE

DISTANCE: 20 - 30 miles
PACE: 13 - 16 mph
TERRAIN: Flat
LEADER(S) & PHONE NUMBER(S): Carol Green (586) 296-7381
MEETING PLACE: Memorial Parking Lot, Masonic & Jefferson
ADDITIONAL INFORMATION: Have fun, see the sites!!!!

DATE: June 1, 8, 15, 22, 29
TIME: 6:30 p.m.

HARSEN'S ISLAND STEAK BARBEQUE RIDE

DISTANCE: 22-30 miles
PACE: Your own pace
TERRAIN: flat
LEADER(S) & PHONE NUMBER(S): Jim Walter, 248/879-2405
MEETING PLACE: Behind the McDonald's on highway 29 in Algonac
ADDITIONAL INFORMATION: Ride at your own pace on Harsen's Island out to the point and back to the church. More riding after dinner is optional. Delicious steak dinner with all the trimmings at St. Paul's church on the island, cost about \$12.00.

DATE: Saturday, June 3
TIME: 2:30 p.m.

HURON VALLEY TRAILS RIDE

DISTANCE: 44 miles
PACE: 11 - 14
TERRAIN: paved trails, some hills
LEADER(S) & PHONE NUMBER(S): Jim Walter, 248/879-2405
MEETING PLACE: 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 the golf and banquet center. Park in the golf parking lot.

ADDITIONAL INFORMATION: Route is almost entirely on paved bike paths - a rail trail, Island Lake Recreation area, Kensington Park and connecting paths. We will stop in South Lyon for lunch after about 34 miles. After lunch, we have about 10 miles back to our cars on a flat paved rail trail. We should finish about 2 pm.

DATE: Saturday, June 10
TIME: 9:00 a.m.

WARREN TO BLOOMFIELD HILLS

DISTANCE: 52 miles
PACE: 12 - 14 mph
TERRAIN: Flat to rolling
LEADER(S) & PHONE NUMBER(S): Tom Miller, 586/573-4754
MEETING PLACE: Warren City Pool, located on Campbell N. of I-696 between Van Dyke and Hoover in Warren
ADDITIONAL INFORMATION: We will ride the quiet residential neighborhoods and rolling terrain with a lunch stop in Royal Oak at Bruegger's.

DATE: Sunday, June 11
TIME: 7:00 a.m.

EVERY 2ND WEDNESDAY OF THE MONTH RIDE

DISTANCE: 17-20 miles
PACE: 11-13 mph
TERRAIN: Flat
LEADER(S) & PHONE NUMBER(S): Linda Daniels, 586/747-6900
MEETING PLACE: Auburn Hills Starbucks on Baldwin Rd.,
S. of I-75 Interchange on E. side of the road
ADDITIONAL INFORMATION: Have fun

DATE: June 14
July 12
August 9 and
September 13
TIME: 8:00 a.m.

OXFORD/ORION ODYSSEY

DISTANCE: 25 miles
PACE: 11 - 13 mph
TERRAIN: Mostly flat with some rolling hills
LEADER(S) & PHONE NUMBER(S): Linda Daniels, 586/747-6900
MEETING PLACE: Oxford Starbucks in downtown Oxford on Washington (M24)
ADDITIONAL INFORMATION: We will ride through subdivisions by lakes, golf courses and parks. All paved and mostly bike paths. Optional brunch/lunch afterwards in Oxford.

DATE: Saturday, June 17
TIME: 9:00 a.m.

ST. CLAIR TO ALGONAC

DISTANCE: +/- 40 miles
PACE: 12-14 - mph
TERRAIN: Flat with one hill
LEADER(S) & PHONE NUMBER(S): Carol Blanchard, 810/329-2457
MEETING PLACE: SW corner of St. Clair shopping mall. Take I-94 to exit 257, E. on Fred Moore Hwy. (32 Mile Rd.) to Clinton Ave. (about seven miles), turn right and go three blocks to Third Street, turn left, three blocks to the SW corner of the shopping mall parking lot.
ADDITIONAL INFORMATION: We will ride along the St. Clair River and on the bike paths. At the end of the ride we will cook hot dogs at Carol's house. No need for anyone to bring anything.

DATE: Sunday, June 18
TIME: 9:00 a.m.



Call Kathy George at 586/463-6058 for some shorter and slower rides.



Don't hesitate to leave a message.

She will lead a ride from the same location as the rest of the club,
or maybe somewhere else, at an average of 10 mph or less.

****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 CYLING 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.greenetrailsclassic.com.

A GREAT BIG WELCOME TO ALL OUR NEW MEMBERS

Michael P. Daniels of Lake Angelus
John David Dragodette of Clinton Township
Carol Feltrin of Mt. Clemens
Karen Nordenson of Clinton Township
Michael and Suzanne Senyk of Leonard
Kathy Wagner of Dearborn

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	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
Hamilton Bicycles & Outfitters (for 2006)	69329 Main	Richmond, MI 48062	586/727-5140
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 Twp , 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	313/886-1968
Scarlett's Bike & Fitness	203 N. Perry Street	Pontiac, MI 48342	248/333-7843

SLOW SPOKES MEMBERSHIP APPLICATION

DATE: _____ NEW MEMBER RENEWAL

NAME: _____ PHONE: _____

ADDRESS: _____

EMAIL: _____

Please mail this application along
with a check for \$10.00 payable to:

Slow Spokes
P. O. Box 792
Sterling Heights, MI 48311-0792