






Slow Spokes Spokin' Times

May, 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.
-  **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.

RIDE INFORMATION

WEEKLY RIDE - TUESDAYS

MACOMB ORCHARD TRAIL RIDE

DISTANCE: 20 - 20+ miles
PACE: 12 - 14 mph
TERRAIN: Flat
LEADER(S) & PHONE NUMBER(S): Mark Mau (586)596-0255
MEETING PLACE: Parking lot on SE Corner of 25 mile and Shelby Roads
ADDITIONAL INFORMATION: Weather permitting. No ride in the rain, snow or below 45 degrees

DATE: May 2, 9, 16, 23, 30
TIME: 6:00 p.m.

WEEKLY RIDE - WEDNESDAYS

FRASER BIKE RIDE

DISTANCE: 25 miles
PACE: 11 - 14 mph
TERRAIN: Flat
LEADER(S) & PHONE NUMBER(S): Paul Wilhelm (586) 247-6397
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.

DATE: May 3, 10, 17, 24, 31
TIME: 6:00 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

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

WEDNESDAY WRAMBLE

DISTANCE: 18 - 22 miles
PACE: 12 - 14
TERRAIN: Flat to Rolling
LEADER(S) & PHONE NUMBER(S): Jim Walter (248) 879-2405
MEETING PLACE: NE corner of Livernois and Long Lake. Park next to AAA office facing Long Lake.
ADDITIONAL INFORMATION: Optional restaurant stop after the ride.

DATE: Wednesday, May 3
TIME: 6:30 p.m.

MOUNTAIN BIKE MANIA

DISTANCE: Approximately 10 miles
PACE: 8 - 10 mph
TERRAIN: off road
LEADER(S) & PHONE NUMBER(S): Mark Mau (586) 596-0255 cell or (586) 779-2767 home
MEETING PLACE: West Branch picnic area, parking lot B.
ADDITIONAL INFORMATION: There are some hilly spots, mostly double track unless everyone wants to progress to some single tracks.

DATE: Saturday, May 6
TIME: 1:00 p.m.

METRO GRAND SPRING TOUR

DISTANCE: 25, 45, or 62 miles
PACE: Rider's choice
MEETING PLACE: New Boston Willow Metropark
ADDITIONAL INFORMATION: \$16.00 fee before 4/26, afterwards, \$22. Come join the DCC for the 24th annual Metro Grand Spring Tour (the Homemade Cookie Tour) on routes along the Huron River and scenic country roads in Wayne and Monroe Counties. There is a great Pancake Breakfast to all who sign up for the ride that begins the season.
Downriver Cycling Club - www.lmb.org/dcc mgst@wowway.com (313) 381-2388

DATE: Sunday, May 7

ROCHESTER TO MACOMB ORCHARD TRAIL

DISTANCE: 20 miles
PACE: 10 - 12 mph
TERRAIN: Flat
LEADER(S) & PHONE NUMBER(S): Mary Stoolmiller, (248) 879-6004
MEETING PLACE: Rochester City Park, one block west of Main Street, one block north of University on Pine Street.
ADDITIONAL INFORMATION: Restaurant stop for lunch after the ride. Two miles on very firm crushed limestone, all the rest is on paved trail. No ride if rainy or below 52 degrees.

DATE: Thursday, May 11
TIME: 10:00 a.m.

COUNTRY RIDE

DISTANCE: About 42 miles
PACE: 10 - 14
LEADER(S) & PHONE NUMBER(S): Evelyn Bires (586) 778-8397 and Alex Schneider (810) 329-7245
MEETING PLACE: The Memphis Municipal Parking Lot
ADDITIONAL INFORMATION: Take I-94 to M-19 to Memphis. One block before the traffic light, turn right on Potter to the parking lot. This will be one of our POR routes - Memphis, Berville, Smiths Creek and return to Memphis. No ride if rainy.

DATE: Saturday, May 13
TIME: 10:00 a.m.

NORTH SUBURBAN NEIGHBORHOOD RIDE

DISTANCE: 31 miles
PACE: 12 - 14 mph
TERRAIN: Mostly flat
LEADER(S) & PHONE NUMBER(S): Tom Miller (586) 573-4754
MEETING PLACE: Veteran's Memorial Park (formerly Warren City Swimming pool), 26400 Campbell. North of I-696 between Van Dyke and Hoover.
ADDITIONAL INFORMATION: We will stop for a break at Bruegger's in Royal Oak during the ride. This ride is down quiet residential streets in Detroit's mature suburbs.

DATE: Sunday, May 14
TIME: 8:00 a.m.

RIDE OF SILENCE

DISTANCE: 12 miles
PACE: Rider's choice
TERRAIN: Mostly Flat
MEETING PLACE: Nankin Mills Picnic Area - Hines Park
ADDITIONAL INFORMATION: This is a worldwide ride -- slow paced to honor cyclists who've been injured or killed by motorists while riding. Kim Mau will make black and red pins/arm bands for everyone to wear -- black to honor those who have been killed and red to honor those who have been injured. Bring headlights and rear flashers. Please email Kim at maumarkd@sbcglobal.net to let her know you will be attending this ride. Please also, if possible, wear a Slow Spokes jersey. If you do not have one, then please try and wear a gold color shirt.

DATE: Wednesday, May 17
TIME: Meet 6:30 pm.

ROOKIES RAMPAGE

DISTANCE: 10+ miles
PACE: 8+ mph
TERRAIN: Flat
LEADER(S) & PHONE NUMBER(S): Kim Mau (586) 779-2767
MEETING PLACE: McDonald's parking lot at 16 mile and Crocker.
ADDITIONAL INFORMATION: We will ride into Metro Beach Park, around the Park and back again. We will stop in the Park for a little snack. This bike ride is open to everyone.

DATE: Saturday, May 20
TIME: 10:00 a.m.

LUPUS LOOPS RIDE

DISTANCE: 6.5 Casual Ride, 31 mile and 62 mile ride and 17.5 Trail Ride.
PACE: Rider's choice
MEETING PLACE: Stony Creek Metropark
ADDITIONAL INFORMATION: Lupus is a chronic autoimmune disease that is hard to diagnose, difficult to manage and if not treated can be life threatening. In simple terms Lupus develops when the body becomes "allergic to itself". 62-mile route riders should start by 8:00 a.m. and 31-mile riders start by 9:00 a.m. Registration before May 15th is \$25.00 and after May 15th is \$30.00. HOPE TO SEE YOU THERE.

DATE: Sunday, May 21
TIME: 7:00 a.m. registration starts

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.

PAINT CREEK TRAIL RIDE

DISTANCE: 18 miles
PACE: 10 - 12 mph
TERRAIN: Flat
LEADER(S) & PHONE NUMBER(S): Mary Stoolmiller (248) 879-6004
MEETING PLACE: Rochester City Park, one block West of Main Street, one block North of University on Pine Street.
ADDITIONAL INFORMATION: There will be a snack stop at MacDonald's in Lake Orion. This is a hard pack crushed limestone trail. Very slight incline uphill to Lake Orion and downhill all the way back. No ride in the rain.

DATE: Saturday, May 27
TIME: 10:00 a.m.

FREEDOM HILL TO MACOMB ORCHARD

DISTANCE: 40+ miles
PACE: 12 - 14 mph
TERRAIN: Flat
LEADER(S) & PHONE NUMBER(S): Rita Zupan (586) 264-0712
MEETING PLACE: Freedom Hill Parking Lot

DATE: Saturday, May 28
TIME: 10:00 a.m.

TOUR DE LAKES 2006

DISTANCE: 8, 31, 45, and 62 mile rides
PACE: Rider's choice
MEETING PLACE: Commerce-Richardson Community Center, 1485 E.Oakley Park Road
\$18.00 individual application fee and \$25.00 for the family before 5/13/06. After 5/13/06 the fees are \$25 and \$50.
A tour on paved roads through scenic lake country of western Oakland County. Be sure to join the famous Sisters Cycling picnic. Added this year: massages available at the end of the ride.
Sisters Cycling Bicycle Club - Charlene McNary (248) 576-5577, www.lmb.org/sisterscamcnary@aol.com

DATE: Monday, May 29



SILENCE

MAY 17, 2006, 7 PM

A free and silent bike ride, no faster than 12 mph.

Honoring cyclists lost or injured due to motorists.

Promoting Share the Road, world-wide.

Go to www.rideofsilence.org

METRO DETROIT

Begins and ends @ Belle Isle - Fountain area (appx. 10 mi. ride)

For more local information, contact Marc Broadnax @

mbroadnax139033mi@comcast.net

Helmets required.



Date: May 17, 2006

Time: 7:00 pm

Where: At over 120 U.S. locations and eight other countries

Metro Detroit -- See attached Flyer

Join cyclists worldwide in a silent slow-paced ride (max. 12 mph/19.3 kph) in honor of those who have been injured or killed while cycling on public roadways.

Why does this site exist?

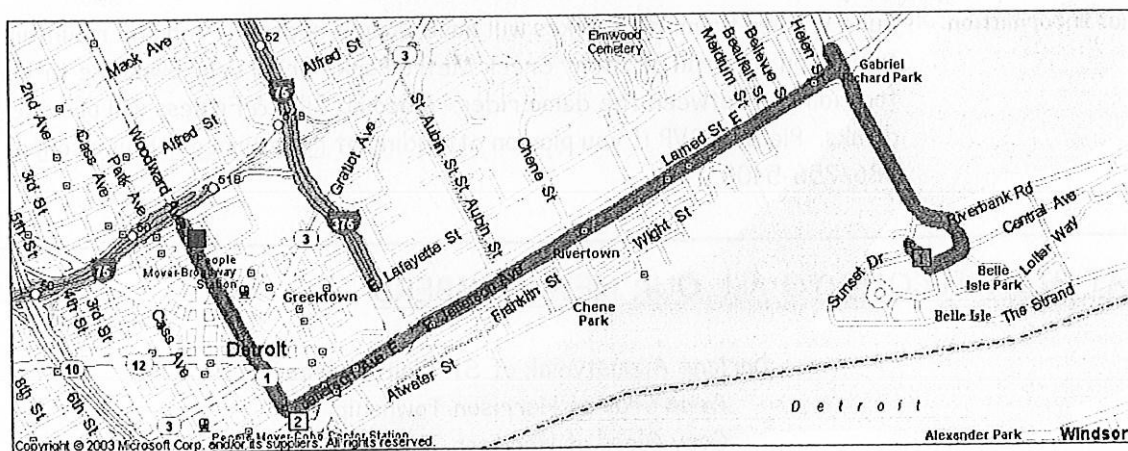
- To **HONOR** those who have been injured or killed
- To **RAISE AWARENESS** that we are here
- To ask that we all **SHARE THE ROAD**

THE RIDE OF SILENCE WILL NOT BE QUIET

On May 17 at 7:00 PM, the Ride of Silence will begin in North America and roll across the globe. Cyclists will take to the roads in a silent procession to honor cyclists who have been killed or injured while cycling on public roadways. Although cyclists have a legal right to share the road with motorists, the motoring public often isn't aware of these rights, and sometimes not aware of the cyclists themselves.

In 2003, Chris Phelan organized the first Ride Of Silence in Dallas after endurance cyclist Larry Schwartz was hit by the mirror of a passing bus and was killed.

The Ride Of Silence is a free ride that asks its cyclists to ride no faster than 12 mph and remain silent during the ride. There is no brochure, no sponsors, no registration fees and no t-shirt. The ride, which is being held during Bike Safety month, aims to raise the awareness of motorists, police and city officials that cyclists have a legal right to the public roadways. The ride is also a chance to show respect for those who have been killed or injured.



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.greentrailsclassic.com.

WSD DEMO AND PICNIC

Date: Wednesday, May 10
Time: 4-7 p.m.
Additional Information: Julie Kramer from TREK Bikes will have women-specific road and mountain bikes for testing on the trail at Stony Creek Metro Park. Bring your own bike to join other women for riding in between the demo rides. Macomb Bike & Fitness will provide food and drinks. Please RSVP if you plan on attending at ride@macomobbike.com or 586/756-5400.

A GREAT BIG WELCOME TO ALL OUR NEW MEMBERS

Darlene Augustyniak of St. Clair Shores
Gene Gray of Harrison Township
Gary Gloss of Harrison Township

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

Membership Renewal

It's renewal time so please send in your dues so that you will continue to receive this informative newsletter every month. This will be your last newsletter if you haven't renewed your membership by May 15th. The form is right below, send it in today. Thanks.

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