



# SEPTEMBER

# 2006

## Slow Spokes Spokin' Times

<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>	Chuck Pottenger	<u>Sunshine Liaison:</u>	Aloys Turck
<u>Newsletter Distributor:</u>	Rita Zupan		

Website: [www.lmb.org/spokes](http://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 586/779-2676 or email the information to her at [maumarkd@sbcglobal.net](mailto: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](mailto:chuck@milupus.org). 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](mailto: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. 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

## September Meeting Date Change

As has been the custom for many years, the September General membership meeting will be on the **SECOND** Friday (**Sept. 8**) instead of the first Friday. This change allows us to cover last minute Peach of a Ride (POAR) details as well as use the meeting as a "drop off" for POAR cookies. Remember that we will be meeting at the Graham Elementary School Library on Crocker just north of Metro Parkway.



### FROM COOKIEMONSTER:

Please make your favorite cookie recipe and get it to the meeting on September 8, 2006 for the Peach of a Ride. If you can't make the meeting there are several drop off points:

Rosemarie Jacobs  
208 Riviera Drive  
St. Clair Shores, MI 48080  
586-779-4780

Bob & Kathy George  
18822 Woods Drive West  
Clinton Twp., MI 48036-4200  
586-463-6058

Concetta Pellerito  
36805 Lakeview  
Richmond, MI 48062  
586-727-9494

Fred & Wilma Hamann  
14640 Bade Drive  
Warren, MI 48088  
586-773-4423

Kay Hein  
382 Ottawa  
Troy, MI 48085  
248-879-9165

**Please bake at least 2 Dozen  
of your best homemade  
cookies!**

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### A GREAT BIG WELCOME TO ALL OUR NEW MEMBERS

Mark Carlson of Bloomfield Hills  
Marge Demark of Bloomfield  
Terry Miller of Macomb  
Christine Mullane of Clinton Township  
Bonnie Raczak Lynch of Milford  
Leo Ruhana of Washington Township  
Paula Trocino of Macomb

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## RIDE INFORMATION

### TUESDAY'S

#### MACOMB ORCHARD TRAIL RIDE

DISTANCE: 20 miles +/- DATE: September 5,  
12, 19, 26  
PACE: 12-14 - mph TIME: 6:00 p.m.  
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.

#### FREEDOM HILL RIDE - PLEASE NOTE NEW LOCATION WEDNESDAY'S

DISTANCE: 25 miles +/- DATE: September 6,  
13, 20, 27  
PACE: 11-14 mph TIME: 6:00 p.m.  
TERRAIN: Flat  
LEADER(S) & PHONE NUMBER(S): Mark Mau, 586-596-0255 or 586-772-2767  
MEETING PLACE: Freedom Hill Parking Lot  
ADDITIONAL INFORMATION: We will bike into Metro Beach and back.

#### WEDNESDAY WRAMBLE

DISTANCE: 18-22 miles DATE: September 6,  
13, 20, 27  
PACE: 11-13 - mph TIME: 6:00 p.m.  
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.

### THURSDAY'S

#### JEFFERSON RIDE

DISTANCE: 20-30 miles DATE: September 7,  
14, 21, 28  
PACE: 16-18 - mph TIME: 6:00 p.m.  
TERRAIN: Flat  
LEADER(S) & PHONE NUMBER(S): Carol Green, 586-296-7381  
MEETING PLACE: Masonic & Jefferson Memorial Parking lot  
ADDITIONAL INFORMATION: Have fun, see the sites!!!

#### PEDAL & PADDLE

DISTANCE: 35-40 MILES DATE: Sunday, Sep 3  
PACE: 12-14 mph TIME: 9:00 a.m.  
TERRAIN: Mostly flat  
LEADER(S) & PHONE NUMBER(S): Rita Zupan 586-264-0712 & Lennie Raines 586-463-4916  
MEETING PLACE: Freedom Hill  
ADDITIONAL INFORMATION: We will ride through Dodge Park, Riverland Park and Riverbend Park and pick up the Macomb Orchard Trail at Dequindre, then ride into Stony Creek. We will canoe or kayak for about an hour and then have lunch compliments of Tom and Mary Miller. The menu will be subs, salsa & chips and pop for all attending. On our way home we will stop at Erma's for an ice cream treat before heading back to Freedom Hill.

#### LAPEER LOCOMOTION

DISTANCE: 25-30 miles DATE: Saturday, Sep 9  
PACE: 11-13 mph TIME: 9:00 a.m.  
TERRAIN: Flat to Hilly  
LEADER(S) & PHONE NUMBER(S): Linda Daniels, 586-747-6900 (please contact Linda for location details)  
MEETING PLACE: Downtown Hadley  
ADDITIONAL INFORMATION: Optional Restaurant Stop

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## PEACH OF A RIDE

DISTANCE: Various distances, 26 mile dirt road, paved route 22-65 miles      DATE: Sunday, Sep 10  
Courses open at  
PACE: Something for everyone Individual Preference      TIME: 7:00 a.m.  
TERRAIN: Mostly flat  
MEETING PLACE: Memphis Junior High School Boardman road West of M-19

ADDITIONAL INFORMATION: Come and have some fun. Entry fee is \$16.00, family fee: \$55.00. T-shirts and hooded sweatshirts are available for purchase. Enjoy fruit and homemade cookies along the route. A wonderful lunch will be served starting at 11:00 a.m. until 4:00 p.m.

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### CLARKSTON COFFEE KLATCH

DISTANCE: 17-20 miles      DATE: Wed Sep 13  
PACE: 11-13 - mph      TIME: 10:00 a.m.  
TERRAIN: Flat  
LEADER(S) & PHONE NUMBER(S): Linda Daniels, 586-747-6900 (call if coming please)  
MEETING PLACE: Auburn Hills Starbucks on Baldwin Rd., S. of I-75 Interchange on E. side of road.  
ADDITIONAL INFORMATION: Have fun

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### CELEBRATION OF CYCLING

DISTANCE: options from 12 to 100 miles      DATE: Saturday Sep 16th  
PACE: your own pace      TIME: 9:00 a.m.  
TERRAIN: Rolling  
MEETING PLACE: Warrendale Park on Hines Drive off of Warren Road just east of Telegraph.  
ADDITIONAL INFORMATION: Warrendale Park on Hines Drive off or Warren Road just east of Telegraph. The Slow Spokes participate in a bike club challenge to get the most riders and the most miles. Registration opens at 7:30 a.m. The Slow Spokes typically meet as a group at 9:00 a.m. and then ride in smaller groups based on the mileage each person is doing. Let's get a big turnout for a worthy cause. For more information, see [www.bikeprogram.com](http://www.bikeprogram.com)

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### HARSEN'S ISLAND ROAST BEEF DINNER

DISTANCE: 22-30 miles      DATE: Sunday Sep 17th  
PACE: your own pace      TIME: 10:00 a.m.  
TERRAIN: Flat  
LEADER(S) & PHONE NUMBER(S): Jim Walter, 248-879-2405  
MEETING PLACE: Behind the McDonalds on M-29 in Algonac  
ADDITIONAL INFORMATION: Roast beef dinner with all the trimmings at St. Paul's Church for about \$10.00. We will ride out to the point and back to the church for the dinner. More riding after the dinner is optional.

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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](mailto:jpwilhelm@hotmail.com) and/or Jim Walter at 248/879-2405 or email him at [jim.walter@comcast.net](mailto: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 RIDES NEXT PAGE



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### MIND OVER MATTER RIDE and BBQ

DISTANCE: 15 miles +/- DATE: Sunday, Sep. 17  
PACE: 10-12, 11-13, 12-14, 13-15 It all depends on who shows up. TIME: 4:00 p.m.  
TERRAIN: Flat  
LEADER(S) PHONE NUMBER(S): Lennie Raines, 586-463-4916  
MEETING PLACE: St. Thecla Rectory Parking lot located at the corner of Little Mack and South Nunnley (16 Mile and Groesbeck area)  
ADDITIONAL INFORMATION: This ride is an appreciation barbecue for all those Slow Spokes that rode in the "official" Mind over Matter ride on August 5. Didn't ride? Not a problem. For a donation to the Alzheimer's Association, please come and join the fun.  
We will ride from the meeting place for about a half mile to Clinton Township's largest outdoor turtle pond where we can see all kinds of turtles -- painted, box, snapping, Slow Spokes. We might even be there for their feeding. From there we will ride about 6 miles for a barbecue in an enchanted forest. Think I'm crazy? Perhaps. But why don't you plan on attending and see for yourself.  
No need to bring anything other than your donation benefiting the Alzheimer's Association. We will meet RAIN or SHINE. As the fair weather cyclist that I am, if the weather is too crummy, we can carpool.

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### WARREN TO CRANBROOK

DISTANCE: 52 miles DATE: Sunday Sep 24th  
PACE: 13-15 mph TIME: 8:00 a.m.  
TERRAIN: Flat to rolling  
LEADER(S) & PHONE NUMBER(S): Tom Miller, 586-573-4754  
MEETING PLACE: Veteran's Memorial Park (formerly Warren City Pool). Located on Campbell N. of I-696 between Van Dyke and Hoover in Warren  
ADDITIONAL INFORMATION: Lunch stop in Royal Oak at Bruegger's. Quiet residential neighborhoods and rolling terrain.

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### SPOKIN HOT PEACHES RIDE

DISTANCE: 10 miles DATE: Saturday, Sep 30th  
PACE: 8-10 mph TIME: 10:00 a.m.  
TERRAIN: Flat  
LEADER(S) PHONE NUMBER(S): Kim, Catherine and Concetta  
MEETING PLACE: 16 mile and Crocker - McDonald's parking lot  
ADDITIONAL INFORMATION: Please call Kim Mau at 586-779-2767 if you will be attending as this is a Red Hat Society type of ride and we will all get purple and red t-shirts so that we all match on the ride. Decorate your helmet, so save your Michael's coupons. Mark will be bringing the bob trailer so save lots of time this day as we will be having a tea party type picnic at the beach. All men who wish to come are invited as Mark does not want to be the only man there.

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### BLUE WATER RAMBLE

DISTANCE: Various from 40 to 100 miles DATE: Sunday, Oct 1st  
PACE: you decide TIME: 7:00 a.m.  
TERRAIN: Mostly flat  
MEETING PLACE: St. Clair - St. Clair High School  
ADDITIONAL INFORMATION: Entry fee \$18.00. Join the 25<sup>th</sup> annual international bicycle tour. Hot lunch and cider is served in Canada. Routes go into Canada. Proof of citizenship is required for border crossing. Fee includes ferry ride to Canada and back.

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## GOVERNOR GRANHOLM SIGNS BILL #1224

Governor Granholm signed Bill #1224 on August 15, 2006 at 7:42 am, with immediate effect.

I want to thank all of our members who contacted their legislators to support this bill. I want to thank Senator McManus for introducing the bill and the co-sponsors, Senators Kuipers, Birkholz, George, Garcia, Allen and Leland.

I also want to thank Todd Scott of the Michigan Mountain Biking Association and Nancy Krupiarz of the Michigan Trails and Greenways Alliance for their support in getting this bill passed.

Listed below are the key provisions of this law (taken word for word from the law).

- Yield the Right of Way
- Mandatory Side Path
- Exceptions to Far Right
- Parking a Bicycle on a Sidewalk

See the bill at this website:

<http://www.legislature.mi.gov/documents/20052006/billenrolled/Senate/pdf/20>

06-SNB-1224.pdf

Once again thank you for your support and don't forget to thank your Representatives and Senators for their support.

### YIELD THE RIGHT OF WAY

Section 257.612.1(a)

Vehicular traffic, including vehicles turning right or left, shall yield the right-of-way to other vehicles and to pedestrians and bicyclists lawfully within the intersection or an adjacent crosswalk at the time the signal is exhibited.

Section 257.612.1(d)

The vehicular traffic shall yield the right-of-way to pedestrians and bicyclists lawfully within an adjacent crosswalk and to other traffic lawfully using

the intersection.

### MANDATORY SIDE PATH

Section 257.660.3

Where a usable and designated path for bicycles is provided adjacent to a highway or street, a person operating an electric personal assistive mobility device may, by local ordinance, be required to use that path.

### EXCEPTIONS TO FAR RIGHT Section 257.660a

A person operating a bicycle upon a highway or street at less than the existing speed of traffic shall ride as close as practicable to the right-hand curb or edge of the roadway except as follows:

(a) When overtaking and passing another bicycle or any other vehicle proceeding in the same direction.

(b) When preparing to turn left.

(c) When conditions make the right-hand edge of the roadway unsafe or reasonably unusable by bicycles, including, but not limited to, surface hazards, an uneven roadway surface, drain openings, debris, parked or moving vehicles or bicycles, pedestrians, animals, or other obstacles, or if the lane is too narrow to permit a vehicle to safely overtake and pass a bicycle.

(d) When operating a bicycle in a lane in which the traffic is turning right but the individual intends to go straight through the intersection.

(e) When operating a bicycle upon a 1-way highway or street that has 2 or more marked traffic lanes, in which case the individual may ride as near the left-hand curb or edge of that roadway as practicable.

### 2-ABREAST RIDING

Sec.257.660b.

Two or more individuals operating bicycles upon a highway or street shall not ride more than 2 abreast except upon a path or portion of the highway or street set aside for the use of bicycles.

### PARKING A BICYCLE ON A SIDEWALK

Sec. 257.660d.

(1) An individual may park a bicycle on a sidewalk except as prohibited by an official traffic control device.

(2) An individual shall not park a bicycle on a sidewalk in such a manner that the bicycle impedes the lawful movement of pedestrians or other traffic.

Rich Moeller, Executive Director

League of Michigan Bicyclists

office@LMB.org

Tel: 517-334-9100

Web: [www.LMB.org](http://www.LMB.org)

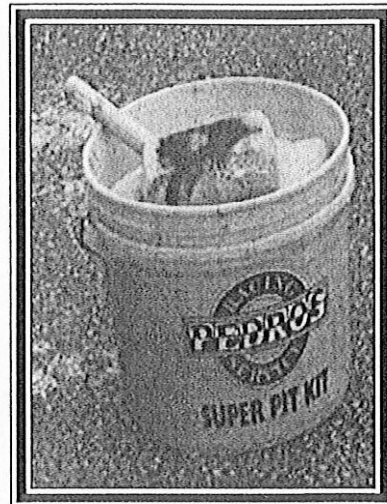


# How to Wash Your Bike

This is the process used by The Discovery Channel team mechanics to clean the team bikes after every ride.

## Things needed:

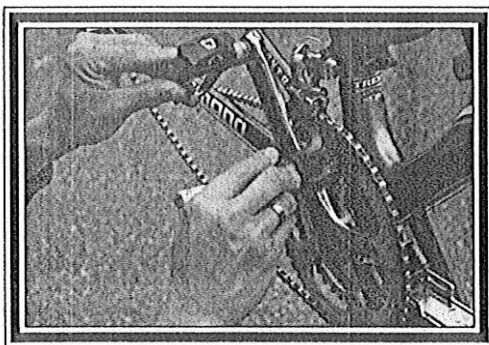
- Bucket
  - Dish soap (blue "Dawn" is my favorite)
  - Two sponges -- One for the chain and one for the rest of the bike.
  - Parts cleaning brush -- For the chain / cogs / chain rings. Or, a cheap 1" paint brush
  - Small bottle brush -- For the hard to get areas.
  - Degreaser -- For the chain / cogs / chain rings -- Pedros "Orange Peelz" is my personal Favorite.
  - An old nasty water bottle. Cut the top off and you have a cup for your degreaser.
  - A wide soft brush -- for chain rings and spokes -- the small dust pan brushes work well here (Pedros Super Pit Kit has a great "paddle" looking brush for this).
- As a complete bike wash kit, Pedros Super Pit Kit is very nice. Add some blue Dawn and an old water bottle to this set and you are pretty much complete.



## How to do it:

Wander out to the sidewalk, get the hose out and make a bucket of soapy water. I like to use the cut water bottle because when the bike is in the work stand you can put your degreaser cup (the cut bottle) in the cage of the bike so your degreaser is always close by. I'll also wash the bike with the wheels off so I can get into all the tight areas (I'll usually do the wheels last).

- A) With the parts brush or paint brush "paint on" the degreaser onto your chain, cogs and chain rings by turning the crank with one hand and brushing on the degreaser with the other hand. In my obsessive / compulsive manner, I count pedal revolutions when cleaning the chain. In my quest to go as fast as possible, I want to do exactly what I need to and not a second more. Pedal about 4 revolutions in the big ring and small cog and your chain goes around one complete time. So when I degrease the chain, I usually turn the crank in multiples of 4 depending on how dirty it is and how much degreaser I need to brush on. Don't forget to do other dirty areas like the derailleur pulleys and the derailleur itself.

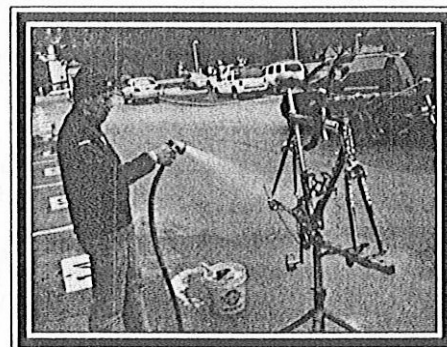


- B) Rinse the chain, cogs, chain rings and any other areas that you degreased with water from the hose. You'll get most of the degreaser off via this process. You can use a spray nozzle, just don't high-speed blast it.

- C) Take a sponge (that will now and forever be your dirty-chain sponge) and using the soapy water "grab" the chain with it and spin the crank with the other hand as you use soapy water to get the remaining degreaser off the chain. Remember the 4 crank revolution rule here? Now use the wide brush

(Pedros "paddle" brush -- dust pan brush) to lightly brush the chain rings with the soapy water.

- D) Take the other sponge (this will be the frame sponge for its life) and soap down the rest of the bike. Don't forget under the bottom bracket shell where lots of debris collects, including but not limited to your favorite sports drink clogging up the cables under the BB.





E) The bottle brush can get areas like under the saddle, inside the brake calipers (when the wheel is off), some areas of the derailleur's, in-between the crank and seat tube (below the front derailleur), under the fork crown and any other area that is hard to get to with a sponge.

F) Handle bar tape can also be washed here (I'm a fan of white or light colored tape) and with some soapy water and a clean sponge it can clean up really nice.

G) With the hose rinse off the whole bike now.

H) For the wheels brush on degreaser for the cogs (rear), sponge off the tires and rims, and use the bottle brush gets inside to the tight hub shell area and the wide brush for the spokes.

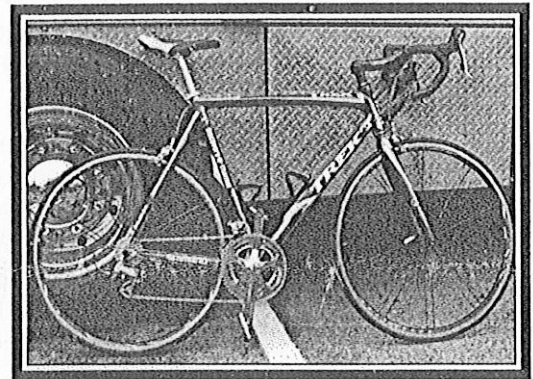
I) Rinse off the wheels and you are done. We don't dry the bikes, they air-dry.

\* Don't worry about the myth about getting water in your bearings. It is just that. A myth as long as you don't point the hose at high pressure directly at the bearings. I usually rinse off the bike with a wide spray pattern instead of a narrow stream of water. Your bike will get way more contaminated on a rain ride than the rinse cycle here.

As a team mechanic we have to wash bikes daily during races. If I can save two or three minutes per bike, then the collective mechanics (usually 2 or 3 at each race) will save at least 20 minutes of work and thus be 20 minutes closer to dinner. If I am really flying, I can usually wash a bike in about 5 or 6 minutes or so. When washing bikes daily they don't get so dirty so it is not too hard to scrub off the day's dirt.

- Haven't washed your bike in 4 months? Then you are going to do a bit more scrubbing that I do, and you will probably need a bit more degreaser to get it clean also.

### AIR DRY



Lupus Alliance of America



## Walk for Lupus

Saturday, September 30th

Metro Beach MetroPark Main Pavilion

Registration is at 10:00 AM

Walk begins at 11:00 AM

Lunch provided FREE to all participants by Out-back Steakhouse

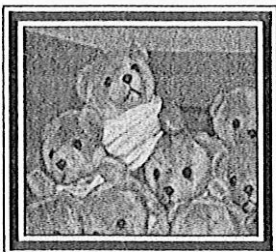
You are cordially invited by Chuck Pottenger to attend this walk and help a very worthy cause.

There are games and activities for children, raffle items and auction items.

### Pottsy's Bear Patrol Buddies

For those of you who are not familiar with my last name Pottenger (ala) Pottsy. Everyone that register's for my team (Pottsy's Bears) receives a collectible cuddly teddy bear for their very own. You can register for my team at <https://www.lupuswalk.org/michigan/>

look up (Pottenger) and register your attendance. You can email your friends and ask them to support this walk. Any sizeable donation will get you your very own Pottsy Bear. You'll be the talk of the town for having the 2006 version of Pottsy.







**Rider on the Storm**  
**HURRICANE AFTERMATH**

"If New Englanders noticed the obscure news stories . . . telling of a tropical hurricane crossing the South Atlantic, they probably thought, 'Too bad for Florida,'" noted *National Geographic*. But on September 21, 1938, that "obscure" cyclone roared north, slamming the U.S. Northeast coast with 120-mile-an-hour (190 kilometers an hour) winds and a storm surge that left parts of Providence, Rhode Island, under nearly 14 feet (four meters) of water. Eighty-eight percent of the New England Power Association's customers had no electric service—including this New London, Connecticut, gas station. Then, according to the April 1939 *Geographic*, where this photo appeared, "Yankee ingenuity" rode to the rescue. "Hundreds of automobiles were stalled for lack of fuel on New England roads until somebody thought of this solution," claimed the picture's caption.

—Margaret G. Zackowitz  
Article submitted by: Fred



**Special Announcement**

Congratulations Bill Zakosky  
Bill completed his first Century Ride at the Greene Trails  
Cycling Classic on Saturday, July 22, 2006.

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Don't forget Peach of a Ride, Sunday September, 10th. If you  
have volunteered to help please remember to be prompt and  
come with a smile on your face!

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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

Anyone interested in bicycling is eligible for membership. Those under 18 years of age must be accompanied by an adult during all club activities and rides.