



Spokin' Times News

**Slow Spokes
Bicycle Club**

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

August 2007

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Special points of interest:

Photo's from Lucinda Means Advocacy Day Ride and Activities.



Photos Courtesy: Tim Potter MSU Bikes Service Center

It's Peachy Time Again



PEACH OF A RIDE UPDATE

The time is almost here for the 2007 Peach of a Ride. There are a lot of new things happening this year. First, is the addition of the Century Route. The sec-

ond is the addition of a Geocaching for the dirt ride. Save the date post-cards went out a few weeks ago and the applications have been mailed.

It is never too early to start thinking of baking cookies for this event. Sue Windhorst has agreed to be the Cookie Chairperson again this year. Please let her know if you are able to bake cookies.

Future POAR meeting dates will be:

August 13th @ 6:30 p.m.
(if warm, bring a swim suit)

September 7th @ 6:30 p.m. (before the club meeting)

I want to thank everyone for all they have put into this event. You have all been working very hard to pull everything together. Thanks so much!!

The POAR Committee will begin working on the Lupus Ride for 2008 at our next meeting. If you are interested in volunteering for this very worthy cause please attend the meeting.

Lucinda Means Advocacy Day Report

On May 30th, 80 bicyclists from across Michigan converged at Michigan State University's MSU Bikes Service Center, after an optional 20-mile farm-country ride through beautiful areas surrounding the campus, for the 3rd annual Lucinda Means Bicycle Advocacy Day.

The cyclists "paraded" five miles down Michigan Avenue to the State Capitol, escorted by police from MSU, Lansing Community College, East Lansing and Lansing and led by LMB member Thomas Harpstead, who pulled a bike-trailer billboard sporting "Same Roads, Same Rights, Same Rules" banners.

Bicycles filled the Capitol lawn where riders and legislators enjoyed lunch and listened attentively to Representative Gabe

Leland, who presented LMB with the House Resolution, which designated May as Bike Month in Michigan. In addition to Representative Leland, Representatives Andy Coulouris, Lee Gonzales, Bill Huizenga, Kathleen Law, and Aldo Vagnozzi and Senator Tom George visited the LMB tent to offer support to Michigan bicycling.

After Board Chair Mike Boersma shared a brief history of the LMB and the Lucinda Means Bicycle Advocacy Day, Associate Di-

(Continued on page 3)

<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		Concetta Pellerito
<u>Secretary</u>	Carol Blanchard		
<u>Newsletter Editor:</u>	Chuck Pottenger	<u>Ride Coordinator</u>	Kim Mau

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—Email information for rides and walks to Kim Mau at maumarkd@sbcglobal.net or call at 586/779-2767 or email the information to her at by the (10th) of the month.



Newsletter Information—Send articles you'd like published to Attention Chuck Pottenger at 26507 Harper Ave., St. Clair Shores, MI 48081 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.

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 jpwillhelm@hotmail.com

Bike for Sale

2007 Cannondale-Hybrid • Frame Color (Blue)
 Medium Frame • 24 Speed • 700 X 32 Tires
 Suspension Front Fork • Trip Computer
 Less than 1000 miles on bike

\$700 or Best Offer if interested call Brian Bolitho 248-895-6850

Welcome New Members

Buff	Muylaert	Harrison Township
Robert & Rose	Goebel	Clinton Township
Bill & Joyce	Stimpson	Roseville
Chris	Greenough	Washington
Vicki	Arrington	Clinton Township
Beth	Morrison	Berkley

Notes from the Newsletter Editor:

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

Peach of a Ride SAG Drivers Needed

We need ten to twelve SAG drivers for the Peach of a Ride. As a SAG driver you will be paired up with an amateur radio operator to patrol the Peach of a Ride route providing assistance to stranded and disabled riders. The job is easy and as enjoyable as a Sunday afternoon ride in the country. The only requirement is a vehicle to transport you, a radio operator and a disabled rider and his bike. To volunteer, please contact me at 586.247.6397 or email at:

jpwilhelm@hotmail.com.

Peach of a Ride Route Marking

Volunteers are needed to mark the route for the Peach of a Ride on Tuesday, Sept. 4 (rain date is Wednesday, Sept 5). As we have in the past, we will do the route marking on our bikes. We'll split into teams so that each team will mark and consequently ride only 20 to 30 miles. This has proven to be a fun, enjoyable and effective way to get the job done. To sign up for the road marking crew, contact me at 586.247.6397 or email at:

jpwilhelm@hotmail.com.

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 2 tenths of a mile north of Nine Mile Rd. 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.

(Continued from page 1)

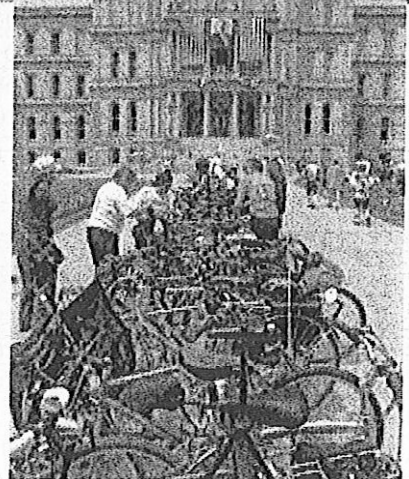
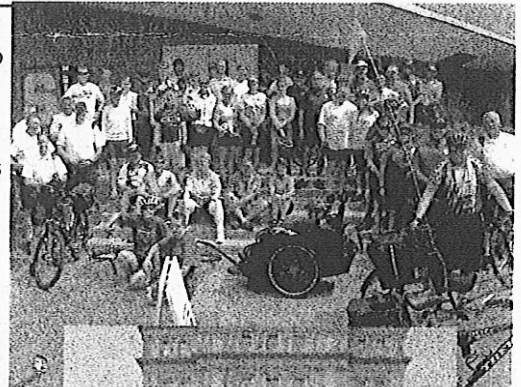
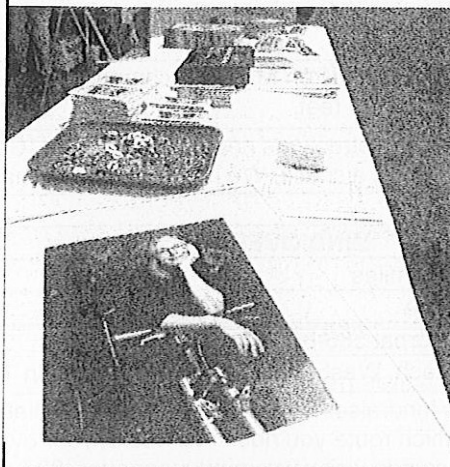
rector John Lindenmayer offered some "Advocacy 101" tips, before ten teams of lycra-clad participants, as ambassadors for all Michigan bicyclists, visited 148 offices in three buildings to deliver Michigan bicycling information to all State Senators and Representatives. Volunteers reported warm receptions from lawmakers and their staffs and many met personally with their elected officials.

In addition to leaving LMB Ride Calendars, "What Every Michigan Bicyclist Must Know" booklets, and other publications, the volunteers asked each lawmaker to complete a bicycling survey and return it to LMB. First results look extremely promising, with most respondents indicating that they personally ride a bike and many expressing interest in a Michigan Legislative Bicycling Caucus. LMB will report on the survey results on our website and in the next issue of the *Michigan Bicyclist Magazine*.

LMB would like to extend a heart-felt "thank you" to all who participated in

this year's Lucinda Means Bicycle Advocacy Day. LMB will continue to build on the success of this annual event and foster a strong relationship between the Michigan Legislature and Michigan bicyclists. LMB is already busy following up with our legislative visits and planning next year's event. We look forward to riding and advocating with all of you again next May!

Article by John Lindenmayer



Photos Courtesy: Tim Potter MSU Bikes Service Center

August Ride Calendar

MACOMB ORCHARD TRAIL			
DISTANCE:	Approx. 20-25 Miles		
PACE:	12-14 mph	DATE:	Tuesdays
TERRAIN:	Flat	TIME:	6:00 p.m.
MEETING PLACE:	SE Corner of 25 Mile Road and Shelby in the shopping plaza parking lot		
LEADER:	Mark Mau 586-779-2767		
ADDITIONAL INFORMATION:	At times, we will be exploring the new section of the Macomb Orchard Trail and going into Stony Creek - NO RIDE IN RAIN		

FREEDOM HILL RIDE			
DISTANCE:	23 miles	DATE:	Wednesdays
PACE:	14-16 mph	TIME:	6:00 p.m.
TERRAIN:	Flat		
LEADERS	Bob Grabe 989-751-9973		
MEETING PLACE:	Freedom Hill		
ADDITIONAL INFORMATION:	We will ride various routes to be determined by ride leader		

WEDNESDAY WRAMBLE			
DISTANCE:	18-22 MILES	DATE:	WEDNESDAYS
PACE:	11-13 MPH	TIME:	6:30 PM
TERRAIN:	Flat to rolling		
LEADER:	Jim Walter (248) 879-2405		
MEETING PLACE:	NE Corner of Livernois and Long Lake in Troy. Park next to AAA office.		
ADDITIONAL INFORMATION:	Optional restaurant stop after the ride		

JEFFERSON RIDE & THE RENEGADE RIDERS			
DISTANCE:	30 Miles	DATE:	THURSDAYS
PACE	18 +/- mph & 16 +/- mph	TIME:	6:00 p.m.
LEADER:	Carol Green 586-296-7381 & Concetta Pellerito 586-727-9494		
MEETING PLACE:	Jefferson and Masonic Parking Center		
ADDITIONAL INFORMATION:	There are two separate rides available. Carol will lead her original ride keeping the pace she has always kept and Concetta will lead a slightly slower paced ride gradually increasing. We will ride into Mt. Clemens or Grosse Pointe		

COUNTRY ROADS OF RICHMOND			
DISTANCE:	25-30 Miles	DATE:	Weds August 1
PACE	10-12 mph A few small hills	TIME:	9:00 a.m.
LEADER:	TBD		
MEETING PLACE:	Meet at McDonalds on M19 in Richmond. Follow the curve of M10 past the shopping center about 100 feet.		
ADDITIONAL INFORMATION:	Call leader if instructions need to be clarified. Call before 7:45 am. Please arrive by 8:45 am. Bring a snack. We may eat at McDonald's after the ride.		

MIND OVER MATTER			
DISTANCE:	5, 25 or 40 miles	DATE:	Saturday Aug 4
PACE	Your choice	TIME:	8:00 a.m.
LEADER:	Kristine Korpala 586-876-0827		
MEETING PLACE:	Metro Beach, West Grove Pavilion in Harrison Township		
ADDITIONAL INFORMATION:	This is a fundraiser for the Alzheimer's Association. There is an entrance fee depending on which route you ride. You ride at your own ability. For more information and the cost of the ride visit www.mindovermatter2007.com or contact Kristine Korpala at 586-876-0827		

SILVER SPIN - HARSEN'S ISLAND			
DISTANCE:	25 miles	DATE:	Wednesday Aug 8
PACE	10-12 mph flat terrain	TIME:	10:00 a.m.
LEADER:	Evelyn Bires 586-778-8397 & Aloys Turk 248-362-4031		
MEETING PLACE:	Parking lot of McDonald's in Algonac on M29		
ADDITIONAL INFORMATION:	Bring a snack. No lunch stop planned. Please be there 15 minutes before starting time. Call leader before 7:45 if there are concerns about the weather.		
TIGER'S GAME DAY			
DISTANCE:	25 miles	DATE:	Thursday Aug 9
PACE	12 mph flat terrain	TIME:	9:00 a.m.
LEADER:	Donna Mesyn 586-790-4622		
MEETING PLACE:	Shopping plaza parking lot at 13 Mile and Woodward		
ADDITIONAL INFORMATION:	Donna has tickets already purchased at the discounted rate of \$10. per ticket. Please contact Donna to let her know you are coming. Biking is optional you can meet her at the game which starts at 1:05 pm Tigers vs Milwaukee Brewers. Space is limited to 10 people.		
FREEDOM FROLIGS			
DISTANCE:	40-42 miles	DATE:	Friday Aug 10
PACE	13-15 mostly flat to some rolling terrain	TIME:	8:00 a.m.
LEADER:	Rita 586-264-0712 & Jeannette 586-574-0951		
MEETING PLACE:	Freedom Hill (Metropolitan Parkway and Schoenherr)		
ADDITIONAL INFORMATION:	This is a preview of the "Pedal and Paddle"		
CHUCK'S FROZEN DELIGHTS RIDE AND PICNIC			
DISTANCE:	25 miles	DATE:	Saturday Aug 11
PACE	13-15 mostly flat to some rolling terrain	TIME:	5:00 p.m..
LEADER:	Chuck Pottenger 586-524-3052		
MEETING PLACE:	The Pottenger's house 46644 Vineyards Lane, Macomb MI 48042. Vineyards lane is South of 21 Mile Road between North Ave and Fairchild Road. Turn South on Fairchild from 21 Mile approximately 200 yards then turn right on Keyway Drive. Take Keyway to the end which is the corner of Vineyards. House on left hand side.		
ADDITIONAL INFORMATION:	We will ride through Mt Clemens to the pathway along the Clinton River then take the path to the point at Metro Beach and return. After the ride we will have burgers and brats, play Euchre, Dominoes or Texas Hold Em and enjoy frozen delights. Please register your attendance so we can get a count for the food.		
PEDAL AND PADDLE			
DISTANCE:	40-42 miles	DATE:	Sunday Aug 12
PACE	13-15 flat rolling into Stoney etc.	TIME:	8:30 a.m.
LEADER:	Rita Zupan 586-264-0712		
MEETING PLACE:	Freedom Hill (Metropolitan Parkway just West of Schoenherr)		
ADDITIONAL INFORMATION:	Arrive by 8:15 with a good working bike. We will have lunch at Stoney Creek Canoe Rental generously provided by Tom and Mary Miller. Special Features: This ride will take you through four parks and the opportunity to Canoe/Kayak for an hour or so. On the way home we will make our tradional stop at "Erma's Custard" Be prepared to ride some paths.		
FARM COUNTRY			
DISTANCE:	30 + miles	DATE:	Monday Aug 13
PACE	13-15 mph - flat to some rolling terrain	TIME:	9:00 a.m.
LEADER:	Rita 586-264-0712 & Jeannette 586-574-0951		
MEETING PLACE:	Richmond McDonald's parking lot		
ADDITIONAL INFORMATION:	Have lots of fun		

SILVER SPIN—MACOMB ORCHARD TRAIL			
DISTANCE:	23 miles	DATE:	Weds August 15
PACE:	10-12 mph	TIME:	9:00 a.m.
TERRAIN:	Flat		
LEADERS	Aloys Turk 248-362-4031		
MEETING PLACE:	Parking lot on East side of Onyx Ice Arena which is south of 24 mile on Dequindre.		
ADDITIONAL INFORMATION:	Bring a snack. No lunch stop is planned. Call leader by 8:15 a.m. if there are concerns regarding the weather. Please arrive by 8:45 a.m.		

TURTLE CRAWL (a.k.a. MIDNIGHT RIDE OF THE SLOW SPOKES)			
DISTANCE:	15 miles	DATE:	Saturday August 18
PACE:	12-14 mph	TIME:	11:00 p.m.
TERRAIN:	Flat		
LEADERS	Tom Miller 586-573-4754 and Kim Mau 586-779-2767		
MEETING PLACE:	Lakeshore Village Shopping Center located at the NE corner of Jefferson and Marter Road (approximately 1/4 mile south of 9 mile road)		
ADDITIONAL INFORMATION:	Enjoy the night time breeze of Lake St. Clair. Hope to see you all there!! This is a night ride <u>You Must</u> have lights on your bike.		

CREAM CRUISE			
DISTANCE:	11 miles	DATE:	Sunday August 19
PACE:	9-11 mph	TIME:	6:30 p.m.
TERRAIN:	Flat		
LEADERS	Mary Miller 586-573-4754		
MEETING PLACE:	Majestic Plaza Shopping Center, located at the SE corner of Martin (11 1/2 mile road in Warren.		
ADDITIONAL INFORMATION:	Dairy Queen Restaurant Stop. A leisurely paced ride for a little socializing and a sweet treat.		

SILVER SPIN—ALGONAC-MARINE CITY			
DISTANCE:	25 miles	DATE:	Wednesday Aug 22
PACE	10-12 mph flat terrain	TIME:	10:00 a.m.
LEADER:	Aloys Turk 248-362-4031		
MEETING PLACE:	Parking lot of McDonald's in Algonac on M29		
ADDITIONAL INFORMATION:	We will ride into Marine City with a possible lunch stop back at McDonald's. Please be there 15 minutes before starting time. Call leader before 7:45 if there are concerns about the weather.		

WINDMILL POINTE			
DISTANCE:	25-30 miles	DATE:	Friday August 24
PACE:	13-15 mph	TIME:	9:00 a.m.
TERRAIN:	Flat		
LEADERS	Rita 586-264-0712 & Jeannette 586-574-0951		
MEETING PLACE:	Masonic and Jefferson Parking Lot		
ADDITIONAL INFORMATION:	We will ride to Windmill Pointe		

FREEDOM FROLICS			
DISTANCE:	25 +/- miles	DATE:	Friday Aug 31
PACE	13-15 flat	TIME:	8:00 a.m.
LEADER:	Rita 586-264-0712 & Jeannette 586-574-0951		
MEETING PLACE:	Freedom Hill (Metropolitan Parkway and Schoenherr)		
ADDITIONAL INFORMATION:	We will ride into Metro Beach and back.		

SILVER SPIN—PEACH OF A RIDE PREVIEW			
DISTANCE:	25+/- miles	DATE:	Weds Aug 29, 07
PACE	10-12 mph flat terrain	TIME:	9:00 a.m.
LEADER:	Evelyn Bires 586-778-8397 & Aloys Turk 248-362-4031		
MEETING PLACE:	Memphis Parking Lot on Porter Street		
ADDITIONAL INFORMATION:	Take M19 into Memphis (Parking Lot) go to the first block before the stop light on the East side of the street.		



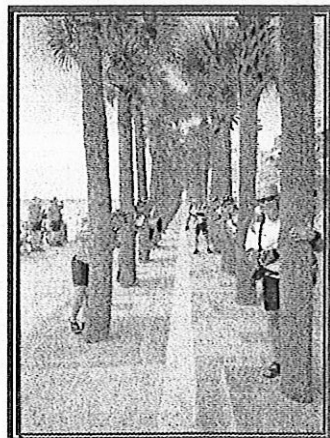
I did my first sprint triathlon. swam .25 miles it was difficult to swim in a pack. biked 15 miles passed about 25 people. ran...err walked mostly in pain hamstring again. About 20 people passed me. did the race right around 2 hours clock time in 90

degree heat. the picture is with Sarah Reinertsen, one legged Iron-man Tri-athlete and on the cover of runners world December 2004.

Mark Carlson

Why Join Slow Spokes

At any given moment when you least expect it you may encounter a group of fun loving people out enjoying one of the few healthy options available. If you are not careful you might find yourself stopping along the way for ice cream or for just a great photo opportunity.



Peeking Round the Palms

Volunteers Needed for Mind over Matter Bike Ride

alzheimer's association
Greater Michigan Chapter
Metro Detroit Region

Mind over Matter 2007 Bike Event

A tribute to Karl T. David

Held at Metro Beach's
West Grove Pavilion
Saturday, August 4, 2007
8:00 a.m.

Contact Kristen Korpall
korpall5@wideopenwest.com

586.876.0827

\$25-Five Mile Ride

\$40-25 Mile Ride

\$50-40 Mile Ride

Kids under 16 ride for \$10

Great Family Discounts





Ice Cream is Always a Possibility



Rides Are Planned for Every Level of Skill

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	New Address: 29428 Woodward Ave.	Royal Oak, MI 48072	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	5987 26 Mile Road	Washington Twp., MI 48094	586/677-7755
Paul's Bike Depot	28057 Gratiot	Roseville, MI 48066	586/776-9165
American Cycle & Fitness (Formerly Pointe Cycle & Fitness)	20343 Mack Avenue	Grosse Pointe Woods, MI 48236	313/886-1968
American Cycle & Fitness (Formerly Scarlett's)	203 N. Perry Street	Pontiac, MI 48342	248/333-7843
Hamilton Bicycle	69329 Main Street	Richmond, MI 48062	586/727-5140

The Lighter Side

THOUGHTS ON CYCLING FROM FAMOUS FOLK.

"LIFE IS LIKE RIDING A BICYCLE.

TO MAINTAIN YOUR BALANCE, YOU MUST KEEP MOVING."

ALBERT EINSTEIN

"NOTHING COMPARES WITH THE SIMPLE PLEASURE OF
A BIKE RIDE." JOHN F. KENNEDY

"CYCLISTS WORSHIP LEGS." NELSON PENA

"CHASING RECORDS DOESN'T KEEP ME ON MY BIKE.
HAPPINESS DOES." LANCE ARMSTRONG

"BIKE RIDING AS LITTLE AS THREE MILES A DAY
WILL IMPROVE YOUR SEX LIFE." DR. FRANCO ANTONINI

SUBMITTED BY: R.M.J.

A
THOUGHT.....

"To laugh often
and Love Much...

to appreciate
beauty,

to find the best in
others,

to give of one's
Self...

this is to have
succeeded."

Ralph Waldo

Emerson

submitted
by: R.M.J.

SLOW SPOKES MEMBERSHIP APPLICATION

DATE: _____ NEW MEMBER _____ RENEWAL _____

NAME: _____ PHONE: _____

ADDRESS: _____

EMAIL: _____

Please mail this application along
with a check for \$15.00 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 accom-
panied by an adult
during all club activi-
ties and rides.