

# Spokin' Times News

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

June 2007

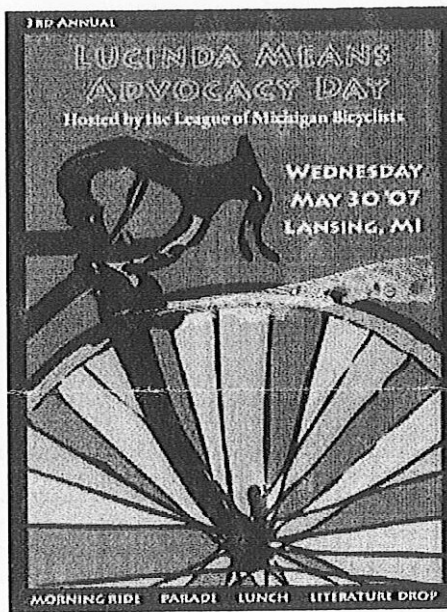
## Slow Spokes Bicycle Club

## 3RD ANNUAL LUCINDA MEANS ADVOCACY DAY MAY 30TH 2007

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Join the League of Michigan Bicyclists in demonstrating that Michigan has a strong bicycle constituency that can ride responsibly. Enjoy a 20-mile ride through the countryside south of the MSU campus. Tour the MSU Bikes Service Center and join our bicycle parade from the MSU Bikes Service Center to the State Capitol Building. Local bike cops will escort us as we travel Michigan Avenue to the Capitol where we will have lunch. Finally, help us deliver bicycling information to Michigan Legislators.



**Schedule:**  
8:30-9:30 am Check in  
and begin 20 mile ride at  
MSU Bikes Service Center

(Park at commuter lot on corner of Mt. Hope Rd. and Farm Lane. Take Farm Lane north 1.25 miles and cross the Red Cedar River. Make first left turn onto the bike path to MSU Bikes (old boat house).  
**11:30 am** Bike Parade leaves from MSU Bikes  
**12:00 noon** Lunch on Capitol Grounds  
**12:40 pm** Training - "What we want you to do during visits to Legislator's offices!"  
**1:00 pm** Pick up information and begin visits  
**2:30 pm** Informal gathering at the Nuthouse in Downtown Lansing  
**Wednesday May 30, 2007**

**Fee:** \$10.00 (includes lunch, maps and a good time)

Register online at:  
<http://www.lmb.org/pages/Events/bikeparade.htm>

### Special points of interest:

The Slow Spokes Bike Club is growing. Tell your friends to join in on all the fun.

Special July 4th Picnic information on Page 2

## Velodrome Schedule for 2007

Below is a link to the latest Velodrome Schedule. The best time to watch a race is on a Friday Night usually 7pm, the best time to learn to ride is Saturday morning 10am. Learn to ride sessions can be held on Sundays by appointment. A spectator fee is usually charged for races, I think it is \$3, could be \$5. Under 18 is free. Saturday morn-

ing lessons are free, as is first bike rental. Only track bicycles are allowed (single speed, fixed gear (no coasting) and no brakes). The park charges a \$5 per car parking fee.

As far as the races go, I think the best show will be July 20 - 22 for the NASTRACK International 3 Day. Last year the best


racers from all over the US competed for three days for a chance to ride in a European 6-day. The NASTRACK Friday Night series are fun as well.


Link:


<http://sports.groups.yahoo.com/group/velodrome/message/901>

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

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**—Email information for rides and walks to Kim Mau at [maumarkd@sbcglobal.net](mailto: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](mailto: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.

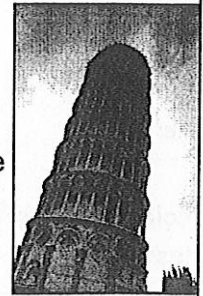
If you want to know of impromptu rides and other information of special interest not found on our website or in the newsletter, please make sure you forward your correct email address to Paul Wilhelm at [jpwillhelm@hotmail.com](mailto:jpwillhelm@hotmail.com)

## LIFE IS AN ADVENTURE...SO LET'S LIVE IT!

### VBT

Tuscany, Italy September 21, 2007

Please call Sharon Bellhorn or Donna Mesyn if you would like information regarding this exciting bicycling adventure. The more the merrier, group rate discount available if we can get more Slow Spokes Members to join us on this exciting **adventure**.



## Welcome Back Members

Paula Gervasi, St. Clair Shores and Carol Balkus, Sterling Heights

### 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



### Fourth of July Picnic



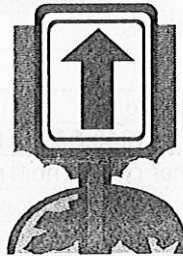
The Slow Spokes annual 4<sup>th</sup> of July picnic and meeting will be held on Saturday, July 7<sup>th</sup> at the East China Township Park Pavilion #2, on Recor Road a ¼ mile west of

River Road (M 29).

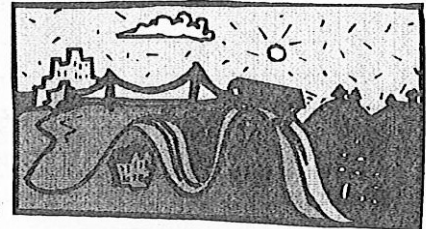
Prior to the picnic, Rita will lead a 25 to 30 mile ride at 13 to 15 mph pace. There will also be a Senior Spin ride of about 20 – 25 miles at 10 to 12 mph pace and a Rookie Ride of 10 miles at a 10 mph pace. Rita's ride will start at 2:30 pm, the Senior Spin at 3:00 pm and the Rookie Ride at 3:30pm. All rides will begin and end at Pavilion #2 in the park.

We'll plan on eating between 5:30 and 6:00 pm. The Club will provide hot-dogs, hamburgers and accoutrements. You need to bring a dish to pass, your beverage of choice and a lawn chair or blanket to sit on. We haven't planned any entertainment for the evening (just conversation with good friends). We may have a bonfire (if the park will allow) and perhaps a Euchre game or two.

**Directions to East China Township Park are as follows:** Take I-94 to the Fred W. Moore Highway (exit 257). Go East 7.2 Miles on Fred W. Moore Highway to Clinton St. (in St. Clair). Turn right .2 miles to River Rd. (M29). Go right .4 miles on River Rd and bear left for .8 miles on Oakland St. Oakland St. becomes River Rd. Continue on River Rd. for 3.3 mile to Recor Rd. Turn right on Recor Rd and in ¼ of a mile turn left into the park.



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 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 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.

## SAY HELLO TO OUR NEW MEMBERS FROM MAY AND JUNE

Dolores Barnes, Warren  
 Don Redberry, Troy  
 Yvonne Blackburn, Madison Heights  
 Brian Bolitho, Clinton Township  
 Harry Bourlier, New Baltimore  
 Marlene Carlson, Sterling Heights  
 Steve Conatser, Melvindale  
 Lee Anna Grafstein, Macomb  
 Tom and Sue Graham, Clinton Township  
 Gary Haelewyn, Clinton Township  
 Ellen Lauria, Warren  
 Donna Menendez, Clinton Township

Donna Mike, Washington  
 James Morris, Clinton Township  
 Doris Mulligan, Harrison Township  
 Duane Nieman, Romeo  
 Sandy Overway, Washington  
 Casey Phipps, Warren  
 Patricia and Eugene Ralya, St. Clair Shores  
 Rebecca Rose, Clinton Township  
 Ann Marie Schmidt, Harrison Township  
 Kurt & Christy Trombly, New Baltimore  
 Mary Vermander, Dryden  
 Joann Young, Sterling Heights

## June Ride Calendar

<b>MAGOMB ORCHARD TRAIL</b>			
DISTANCE:	Approx. 20-25 Miles		
PACE:	12-14 mph	DATE:	Tuesday
TERRAIN:	Flat	TIME:	6:00 p.m.
MEETING PLACE:	SE Corner of 25 Mile Road and Shelby in the shopping plaza parking lot		<b>NO RIDE JUNE 26TH</b>
LEADER:	Mark Mau 586-779-2767		
ADDITIONAL INFORMATION:	At times, we will be exploring the new section of the Macomb Orchard Trail - NO RIDE IN RAIN OR BELOW 45 DEGREES		

<b>FREEDOM HILL RIDE</b>			
DISTANCE:	20-25 miles	DATE:	Wednesday
PACE:	14-16 mph	TIME:	6:00 p.m.
TERRAIN:	Flat	<b>NO RIDE JUNE 27TH</b>	
LEADERS	Bob Grabe 586-772-0571 & Mark Mau 586-779-2767		
MEETING PLACE:	Freedom Hill and into Metro Beach and back again.		
ADDITIONAL INFORMATION:	There is always the possibility of ice cream afterwards.		

<b>WEDNESDAY WRAMBLE</b>			
DISTANCE:	18-22 MILES	DATE:	WEDNESDAYS
PACE:	11-13 MPH	TIME:	6:30 PM
TERRAIN:	Flat to rolling		
LEADER:	Jim Walter (248)879-2406		
MEETING PLACE:	NE Corner of Livernois and Long Lake in Troy. Park next to AAA office.		
ADDITIONAL INFORMATION:	Optional restaurant stop after the ride		

<b>JEFFERSON RIDE</b>			
DISTANCE:	30 Miles	DATE:	THURSDAYS
PACE	18 +/- mph	TIME:	6:00 p.m.
LEADER:	Carol Green 586-296-7381	<b>NO RIDE JUNE 14TH AND 28TH</b>	
MEETING PLACE:	Jefferson and Masonic Parking Center		
ADDITIONAL INFORMATION:	We will be riding either into Mt. Clemens or into Grosse Pointe		

<b>SILVER SPIN</b>			
DISTANCE:	22 Miles	DATE:	Weds June 6th
PACE:	10-12 mph	TIME:	9:30 a.m.
TERRAIN:	A few small hills		
MEETING PLACE:	Stony Creek Boat Launch		
LEADER:	Evelyn Bires 586-778-8397 & Aloys Turck 248-362-4031		
ADDITIONAL INFORMATION	We'll visit the nature center-interesting. After the ride if you want to pack a lunch for yourself we'll find a nice picnic table to eat and chat.		

<b>HARSEN'S ISLAND SPAGHETTI DINNER</b>			
DISTANCE:	50 Miles	DATE:	Saturday June 9th
PACE:	13-15 mph	TIME:	9:30 a.m.
TERRAIN:	Flat		
LEADER:	Rita Zupan		
MEETING PLACE:	New Baltimore, in front of the police station, on the water front by the water tower. We will then meet up with the group from Algonac at the ferry then off to Harsen's Island to enjoy the spaghetti dinner at the church.		
ADDITIONAL INFORMATION:	There will be another group starting at the McDonald's in Algonac at 10:00 a.m. The ride leader is yet to be determined.		

<b>WARREN TO BLOOMFIELD HILLS</b>			
DISTANCE:	52 Miles	DATE:	Sunday June 10th
PACE:	13-15 mph	TIME:	8:30 a.m.
TERRAIN:	Flat to rolling		
LEADER:	Tom Miller 586-573-4754		
MEETING PLACE:	Majestic Plaza Shopping Center located at the Southeast corner of Van Dyke and Martin Road (11-1/2 mile rd) in Warren. Please park on the Van Dyke side of the parking lot		
ADDITIONAL INFORMATION:	Lunch Stop in Royal Oak at Bruegger's		
<b>SILVER SPIN</b>			
DISTANCE:	20 +/-	DATE:	Wednesday June 13th
PACE:	10-12 mph	TIME:	9:30 a.m.
TERRAIN:	Flat		
LEADER:	Evelyn Bires 586-778-8397 & Aloys Turck 248-362-4031		
MEETING PLACE:	St. Lucy's Church Parking Lot, 23401 Jefferson in St. Clair Shores, 1 block South of 9 Mile Road		
ADDITIONAL INFORMATION:	We'll ride north on Jefferson to Lake St. Clair. After the ride we're headed to Evelyn's home to put together the sundae of your choice. We'll have the makings.		
<b>TIGERS GAME</b>			
DISTANCE:		DATE:	Thursday June 14th
PACE:	12 mph	TIME:	10:30 a.m.
TERRAIN:	Flat		
LEADER:	Donna Mesyn (586) 790-4622		
MEETING PLACE:	Shoppint Plaza Parking Lot at 13 Mile and Woodward Avenue		
ADDITIONAL INFORMATION:	Donna has tickets already purchased at the discounted rate of \$10.00 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 p.m. Tigers vs. Milwaukee Brewers. Space is lim-		
<b>SILVER SPIN</b>			
DISTANCE:	20 +/-	DATE:	Wednesday June 20th
PACE:	10-12 mph	TIME:	9:30 a.m.
TERRAIN:	Flat		
LEADER:	Evelyn Bires 586-778-8397 & Aloys Turck 248-362-4031		
MEETING PLACE:	St. Lucy's Church Parking Lot, 23401 Jefferson in St. Clair Shores, 1 block South of 9 Mile Road		
ADDITIONAL INFORMATION:	We'll ride south on Jefferson to Windmill Pointe. We'll stop at Bruegger's for a snack.		
<b>RIDE TO MARY'S ICE CREAM RIDE</b>			
DISTANCE:	30 miles	DATE:	Sunday June 24th
PACE:	13-15 mph	TIME:	5:15 p.m.
TERRAIN:	Flat		
LEADER:	Tom Miller (586) 573-4754		
MEETING PLACE:	Majestic Plaza Shopping Plaza located at the SE corner of Van Dyke and Martin (11 1/2 Mile Road).		
ADDITIONAL INFORMATION:	Ride to Pleasant Ridge Community Center where we will slow down the pace to 10 mph and join the other riders for a ride to Jimi's. After the ice cream stop we will resume the 13-15 mph pace for our return to Majestic Plaza Shopping Center.		
<b>MARY'S ICE CREAM RIDE</b>			
DISTANCE:	10 miles	DATE:	Sunday June 24th
PACE:	9-11 mph	TIME:	6:30 p.m.
TERRAIN:	Flat		
LEADER:	Mary Miller (586) 573-4754		
MEETING PLACE:	Pleasant Ridge Community Center (4 Ridge Road). One block south of 1-696 and one block west of Woodward Avenue.		
ADDITIONAL INFORMATION:	Ice cream stop at Jimi's in Royal Oak.		

HURON VALLEY TRAILS RIDE			
DISTANCE:	40-50 miles	DATE:	Saturday June 30th
PACE:	11-15 mph	TIME:	9:00 a.m.
TERRAIN:	Paved trails/some hills		
LEADER:	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 the 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 34-40 miles (so bring a little snack if you will bet hungry before that—no whining!) After lunch, we have about 10 miles back to our cars on the flat paved rail trail.		

### Ride for Relay

Saturday, June 9, 2007; 25, 40 and 62 mile routes through Calhoun County. All routes begin and end at Family Bible Church, 14995 Old US 27 North, Marshall, MI. Rides start between 7am and 10am. Lunch served from 11am till 2pm at the church. For more information call Bonnie Laing 269-789-9733

### Vassar Cass River Habitat

#### 4th Annual Riding for Home Tour July 28, 07

10, 15, 32 & 64 miles to raise funds for Cass River Habitat for Humanity. All routes begin and end at Vassar High School. Routes wind out of the city across lush farmlands of Saginaw Valley and through Frankenmuth. For more information visit: [www.CassRiver.com](http://www.CassRiver.com)

### 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

A THOUGHT .....

A good exercise for your heart is to bend down and help another up.

A second thought.....

I can see how it might be possible for a man to look down upon the earth and be an atheist, but I cannot conceive how he could look up into the heavens and say there is no God.

Abraham Lincoln

## Chuck Gets a New SAG Wagon



Take A Friend Along

With a top speed of 13 miles per hour this little wagon will keep up with most of your rides while keeping your drinks cool. Seen here tooling down 29 mile road this baby comes in either gas or electric. Mary Ann says Chuck has enough gas so she' ops for the electric.

Submitted by: R.M.J



## A Million Thanks to The Slow Spokes

*Obrigado!*

*Merci*



for all your help at the Lupus Ride Sunday May 20th



Thank You for helping people with lupus!



### 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 accompanied by an adult during all club activities and rides.

