



# Spokin' Times News

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

May 2007

Slow Spokes of  
Macomb Bike Club

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Special points of interest:

**Tiger Baseball Games**

**Membership Renewal**

**Italy Trip**

**Ride of Silence**

## What to Carry When You Ride

Everyone knows the importance of getting into shape for cycling season. Don't forget when you ride there are certain items you should carry for emergency preparedness.

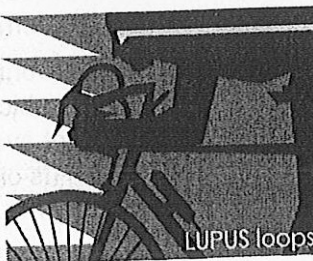
You should have a small seat pack to carry stuff in and I would recommend the following list of things to have on the bike with you each and every time you ride:

- Sunscreen
- Tire repair kit with patches and tire levers (Know how to use these items)
- A spare tube (Place it in a baggy with a little flour in it so it won't stick to the tire)
- A small tool kit (Small Crescent Wrench, full set of Allen wrenches, a flat and Phillips screw driver)
- An old white cotton sock (I know "Are you kidding" No I'm not. It will make a nice grease rag to wipe your hands on if you throw your chain and have to put it back on. I also saw a young lady use it to stop the bleeding of a severely injured rider after he took a bad fall.)
- A frame pump or some means to inflate a flat tire.
- Spare Money (For sodas and snacks or, emergency phone calls. I just throw all of my change in when I buy things. That way if I forget to take money with me I always have some.)
- Some form of secondary ID ( Always carry ID on you, but a backup is always a good idea. I wear a set of dog tags plus my Drivers License. This lesson was learned the hard way when a older friend of mine had a heart attack while running and had No ID on him. It took 12 hours before authorities could notify his family.)
- A bike mirror of some kind. (You need to be able to see traffic coming up behind you, just in case)

Taken from Klent's bike site: <http://www.kanbike.org>

## Slow Spokes Help With Lupus Ride

Volunteerism has never been more important than when we have an opportunity to help another organization.



Last year over 40 of our members helped make the "Lupus

Loops Bike Ride" a success .

The Lupus Alliance depends on our generosity and support for the ride and once again we

are being asked to lend a hand.

From baking cookies, working a rest stop, to marking the route, SAG service or Radio Operations all are needed for this very worthy cause. The ride is Sunday, May 20th at Stony Creek.

If you can help give Chuck Pottenger a call at the Lupus Office: 800-705-6677 or email him at [chuck@milupus.org](mailto:chuck@milupus.org)

<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.



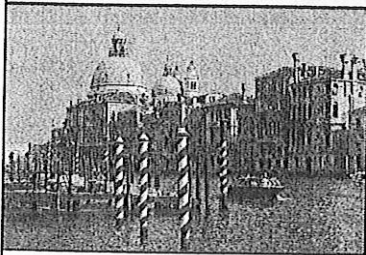
**Newsletter Information**—Send articles you'd like published to Attention Chuck Pottenger at 26507 Harper Ave., St. Clair Shores, MI 48081 or email the information to him at [chuck@milupus.org](mailto:chuck@milupus.org). Articles must be received by the 15th of the month for inclusion in the newsletter. 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 [jpwilhelm@hotmail.com](mailto:jpwilhelm@hotmail.com)

### Membership Reminder

If you haven't renewed your membership by this month this will be your last newsletter. Remember we voted to raise the annual membership fee to \$15.00 to cover the price of postage and printing of the newsletter. If you don't want to miss an issue of the Spokin' Times then please send in your membership renewal. We need all information updated so when you send in your check please fill out the information form on the back page of the newsletter. Thanks for your help!

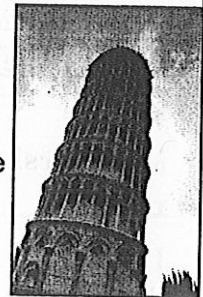
## LIFE IS AN ADVENTURE...SO LET'S LIVE IT!



### VBT

Tuscany, Italy September 21, 2007

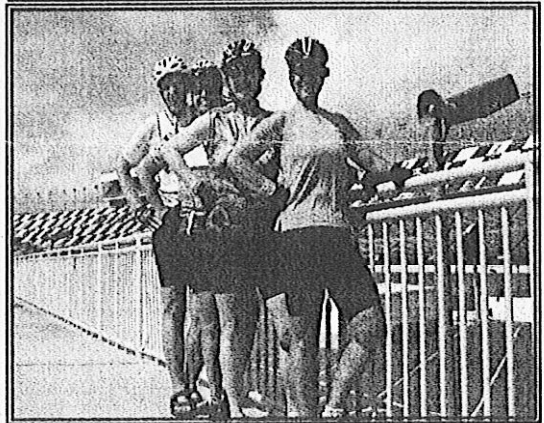
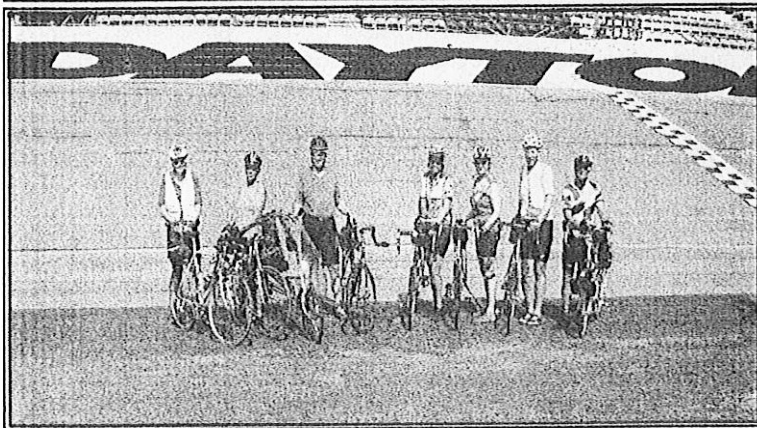
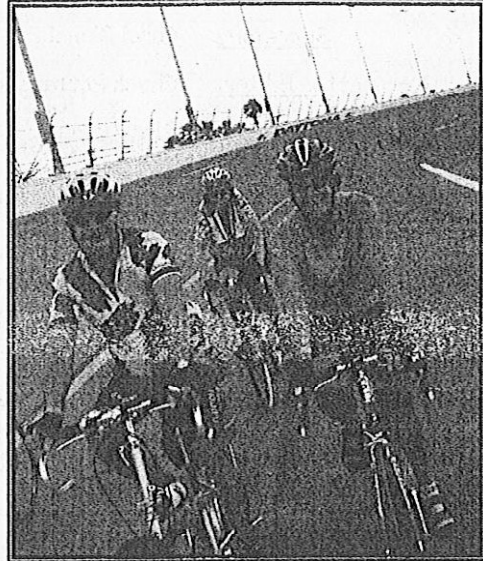
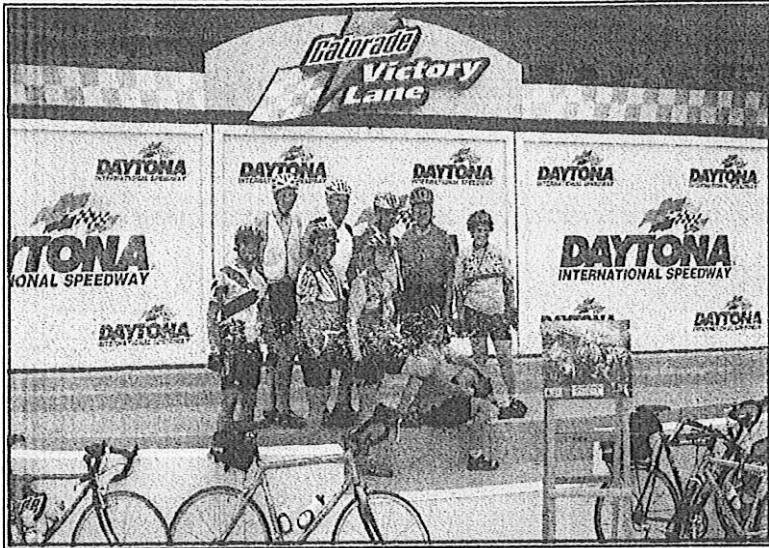
Please call Sharon Bellhorn or Donna Mesyn if you would like information regarding this exciting bicycling adventure. The more the merrier, group rate discount available if we can get more Slow Spokes Members to join us on this exciting adventure.



### 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.

## Bike Florida Ride 2007



### March 17-24th

15 Slow Spokes traveled to Florida to participate in Bike Florida 2007. They road approximately 300 miles in total taking in many sites along the way.

One of the highlights was being allowed to ride around the Daytona Race Track. The Police patrolled the track allowing the participants to ride below the yellow lines of the track but not onto the banking of the track.

The group averaged 50 miles per day staying in High Schools, College Dorms and Campgrounds along the way. Excellent food was served along the route and everyone had a great time!

Say Hello to New Member  
Yvonne Blackburn

**NEWS from CPSC****U.S. Consumer Product Safety Commission Office of Information and Public Affairs Washington, DC 20207****FOR IMMEDIATE RELEASE**

April 10, 2007

Release #07-153

Firm's Recall Hotline: (800) 346-2928

CPSC Recall Hotline: (800) 638-2772

CPSC Media Contact: (301) 504-7908

**SRAM Corp. Recalls Bicycle Brake Caliper Sets Due to Crash Hazard**

WASHINGTON, D.C. - The U.S. Consumer Product Safety Commission, in cooperation with the firm named below, today announced a voluntary recall of the following consumer product. Consumers should stop using recalled products immediately unless otherwise instructed.

Name of product: **SRAM Force Road Brake Caliper Sets**

Units: About 5,400 units

Importer: SRAM Corp., of Chicago, Ill.

Hazard: The brake caliper sets could break and detach from the bicycle's fork or frame. This could cause the rider to lose control and crash.

Incidents/Injuries: None reported.

Description: The recall involves the SRAM Force Road Brake Calipers sets sold as aftermarket components. The brake caliper sets have "SRAM Force" and some have a date or production code embossed on the unit.

The SRAM brake caliper sets may have also been installed on the following makes and models of bicycles: Specialized (S-Works Tarmac SL, S-Works Roubaix); Trek (Project One Madone models); Fuji (Fuji SL1); Scott USA (Addict R3); Bianchi (Bianchi 928 SL); Kuota (Kuota KOM, Kuota KREDO, Kuota KEBEL); Orbea (Orca, Aqua, Loboular, Opal, Arin, Aqua Dama, Dama Race and Diva); Kestrel (Evoke SL/Force, RT700/Force), Titus (Vuelo, Solera) and Sampson (Diablo).

Sold at: Specialty bicycle retailers nationwide sold individual brake caliper sets from July 2006 through January 2007 for about \$270 and bicycles which included these sets through March 2007 for between \$3,000 and \$7,300.

Manufactured in: Taiwan

Remedy: Consumers should stop using bicycles equipped with these brake caliper sets immediately and contact their bicycle retailer for a free replacement.

Consumer Contact: For additional information, contact SRAM at (800)346-2928 between 9 a.m. and 5 p.m. CT Monday through Friday or visit the firm's Web site at [www.sram.com](http://www.sram.com)

To see this recall on CPSC's web site, including pictures of the recalled product, please go to:

<http://www.cpsc.gov/cpscpub/prerel/prhtml07/07153.html>

**DETROIT TIGER BASEBALL**

Donna Mesyn will be leading two rides to the Detroit Tigers Baseball Game with the tickets purchased either group rate or 50% from the Entertainment Book.

June 14th - The Tigers vs. Brewers

August 9th - The Tigers vs. Tampa Bay

Please contact Donna if you are interested in attending either of these games

586-790-4622

## May Ride Schedules

### MACOMB ORCHARD TRAIL

DISTANCE:	Approx. 20-25 Miles	DATE:	Tuesday's
PACE:	12-14 mph	TIME:	6:00 p.m.
TERRAIN:	Flat		
MEETING PLACE:	SE Corner of 25 Mile Road and Shelby in the shopping plaza parking lot		
LEADER:	Mark Mau 586-779-2767		
ADDITIONAL INFORMATION:	We will be exploring the new section of the Macomb Orchard Trail - NO RIDE IF SNOW OR RAIN OR BELOW 45 DEGREES		

### SENIOR SPIN

DISTANCE:	20-25 miles	DATE:	Wednesday, May 2nd & May 9th
PACE:	10-12 mph	TIME:	10:00 a.m.
TERRAIN:	Flat		
MEETING PLACE:	Macomb Orchard Trail - Meet in the parking lot on E. side of Onyx Ice Arena which is South of 24 Mile Road on Dequindre.		
LEADER:	Evelyn Bires 586-778-8397 & Aloys Turck 248-362-4031		
ADDITIONAL INFORMATION	Anyone interested in joining is welcome. The purpose of these rides is to get our bicycle legs back in shape for the summer. We will do a slow pace and short distance in the beginning. The plan is to gradually build on our strength & endurance.-NO RIDE IF BELOW 40 DEGREES. Please bring a snack for the half way point as a lunch stop is not planned.		

### FREEDOM HILL RIDE

DISTANCE:	20-25 miles	DATE:	Wednesday's
PACE:	14-16 mph	TIME:	6:00 p.m.
TERRAIN:	Flat		
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.		

### JEFFERSON RIDE

DISTANCE:	30 Miles	DATE:	Thursday, May 3, 10 & 17
PACE	15-17 mph	TIME:	6:00 p.m.
LEADER:	Carol Green 586-296-7381		
MEETING PLACE:	Jefferson and Masonic Parking Center		
ADDITIONAL INFORMATION:	We will be riding either into Mt. Clemens or into Grosse Pointe		

## Metro Grand Spring Tour

**Sunday, May 6, 2007**

Downriver Cycling Club Presents the 24th annual

**MGST 2007**

Pre-registration Fees if postmarked by Wednesday, April 25, 2007

\$16 Individual \$43 Family

After April 25th \$22 Individual \$55 Family

Entry forms online at: <http://www.lmb.org/dcc/mgst/>

RIDE OF SILENCE			
DISTANCE:	10 Miles	DATE:	Wed. May 16th
PACE:	12 mph	TIME:	7:00 p.m.
TERRAIN:	Flat		
MEETING PLACE:	Belle Isle Fountain Area		
ADDITIONAL INFORMATION:	Join cyclists worldwide in a silent slow-paced ride (max. 12 mph/20 kph) in honor of those who have been injured or killed while cycling on public roadways		

ROOKIE RAMPAGE-FREEDOM HILL			
DISTANCE:	10 Miles	DATE:	Friday May 18th
PACE:	10 mph	TIME:	6:00 p.m.
TERRAIN:	Flat		
LEADER:	Kim Mau 586-779-2767		
ADDITIONAL INFORMATION:	We will meet at Freedom Hill and just take a small ride out with snacks when we return.		

AUTOMOTIVE HISTORY TOUR			
DISTANCE:	15-20 Miles	DATE:	Saturday May 19th
PACE:	Pace of the slowest rider	TIME:	9:30 a.m.
TERRAIN:	Flat		
LEADER:	Bob George 586-463-6058		
MEETING PLACE:	Belle Isle Casino		
ADDITIONAL INFORMATION:	The Cost is \$10. We will ride to T-Plex, <a href="http://www.tplex.org">http://www.tplex.org</a> . This is Henry Ford's first factory on Piquette Ave. where the first 12,000 Model T's were built. We will spend about 1-1/2 hrs. touring the building. We will see the secret experimental room where Ford developed the Model T. Another exhibit shows the Model T during various stages of assembly, explaining the stationary assembly process used before the moving assembly line. We will ride to the Avalon Bakery for a snack/lunch		

ZOO-DE-MACKINAC			
DISTANCE:	51 Miles	DATE:	Saturday May 19th
MEETING PLACE:	Boyne Highlands in Harbor Springs, MI	TIME:	Check website for start times
ADDITIONAL INFORMATION:	This is a weekend of Celebrations. It is not a race and not about being serious but having fun and enjoying Michigan's outdoors. There will be a kickoff party Friday night at the Zoo Bar at Boyne Highlands with live music. The ride is Saturday with spectacular views of Lake Michigan, pedaling through the famed Tunnel of Trees with a post celebration on Mackinac Island. Participants return home on Sunday. Go to <a href="http://www.zoo-de-mack.com">www.zoo-de-mack.com</a> for more info		

Lupus can be  
a Life  
Threatening  
Disease

## LIFE WITHOUT LUPUS BIKE RIDE

Sunday, May 20, 2007

Lupus Alliance of America Presents  
7th Annual Lupus Loops Bike Ride

Starts at: Stony Creek Metro Park Eastwood Beach Shelter

Pre-register by May 15, 2007 for \$15.00

After May 15th \$20 registration fee and day of ride.

7:00 am registration opens

Casual 6.5 Mile Ride, 31 Mile, 40 Mile and 62 Mile Road Courses; 17.5 Mile Off Road Ride

SAG Services, Rest Stops, Route Maps and Lunch Served at conclusion of Ride!

T-Shirts Available for only \$7.00

Go To: <http://www.milupus.org/events> to register and pay online!

Proceeds  
Benefit People  
with Lupus

SENIOR SPIN-HARSEN'S ISLAND			
DISTANCE:	20-25 Miles		
PACE:	10-12 mph	DATE:	Wednesday, May 16th & 23rd
TERRAIN:	Flat	TIME:	10:00 a.m.
MEETING PLACE:	Meet at the McDonalds in Algonac		
LEADER:	Evelyn Bires 586-778-8397 & Aloys Turck 248-362-4031		
ADDITIONAL INFORMATION:	Anyone interested in joining is welcome. -NO RIDE IF BELOW 40 DEGREES. Call leaders if below 40 degrees or raining. Please bring a snack for the half way point as a lunch stop is not planned.		

JEFFERSON RIDE			
DISTANCE:	30 Miles	DATE:	Thursday, May 24 & 31
PACE:	16-18 mph	TIME:	6:00 p.m.
LEADER:	Carol Green 586-296-7381		
MEETING PLACE:	Jefferson and Masonic Parking Center		
ADDITIONAL INFORMATION:	We will be riding either into Mt. Clemens or into Grosse Pointe		

ROOKIE RAMPAGE-FREEDOM HILL			
DISTANCE:	10 Miles	DATE:	Friday May 25th
PACE:	10 mph	TIME:	6:00 p.m.
TERRAIN:	Flat		
LEADER:	Kim Mau 586-779-2767		
ADDITIONAL INFORMATION:	We will meet at Freedom Hill and just take a small ride out with snacks when we return.		

MAKE A RUN FOR THE BORDER			
DISTANCE:	43 Miles	DATE:	Sunday, May 27th
PACE:	12-14 mph	TIME:	8:30 a.m.
TERRAIN:	Flat		
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:	We will visit Detroit's East Side, Belle Isle, Downtown, Corktown, Greektown, Comerica Park and Ford Field.		

SENIOR SPIN			
DISTANCE:	25 miles		
PACE:	10-12 mph	DATE:	Wednesday May 30th
TERRAIN:	Flat	TIME:	10:00 a.m.
MEETING PLACE:	Lakeshore Village Shopping Center, NE corner of Jefferson and Marter (approx 1/4 mile S. of 9 Mile)		
LEADER:	Evelyn Bires 586-778-8397 & Aloys Turck 248-362-4031		
ADDITIONAL INFORMATION:	We will ride North on Jefferson to Gazebo at Lake St. Clair in the Park. Bring a snack to eat at Terry's bench. No lunch stop is planned. NO RIDE IF BELOW 40 DEGREES. Call leaders if below 40 and raining.		

## 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

## EXTRAVAGANZA 2007

A Weekend of Cycling Fun presented by the Niagara Freewheelers Bicycle Touring Club Inc.

Friday, May 18 to Monday, May 21, 2007

\$170.00 per person \$190.00 for non-members

Cycling Weekend Includes:

3 nights accommodation in the Bricker Students' Residence of Wilfrid Laurier University in Waterloo. There will be an excellent meal plan with 3 breakfasts, a buffet dinner on Saturday evening, and a dinner dance Sunday night. Accommodations are air conditioned quads with 4 single bedrooms, 2 complete bathrooms, a kitchenette and sitting area. Price also includes P.S.T., G.S.T., gratuities and parking.

CONTACT EVAN TAYLOR FOR ALL THE DETAILS

(905)-892-7804 or [etaylor-ext@hotmail.com](mailto:etaylor-ext@hotmail.com)



### 3RD ANNUAL LUCINDA MEANS ADVOCACY DAY

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>