

Slow Spokes
Bicycle Club

Spokin' Times News

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

October 2007

Peach of A Ride Photo Log

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Special points of interest:

- Sleep in Your Own Bed Bike Tour October 1-5
- Haunted Halloween Bike Ride
- Haunted Halloween Luncheon and Hat Contest
- Special Thanks for Members

Trail Update

The City of Utica has applied for federal and state grants to fund the construction of a recreational trail that would pass thru the City from Sterling Heights to Shelby Twp/River-bend Park. This is part of a larger project that the Huron Clinton Metropark Authority is partnered with local communities to develop a hike/bike trail to connect Metro Beach with Stoney Creek.

The proposed trail passes



thru Clinton Twp, Sterling Heights Utica and Shelby Twp. Each community has contributed to funding to build the trail. One of the remaining segments to be completed goes thru Utica, following the Clinton River

and Crosses the river twice. One span has already been completed in partnership with the City of Utica and MDOT.

Funding is still needed to pave the rest of the trail and the second bridge. The City of Utica is seeking support from cyclists, runners, hikers and anyone else interested in completing this project.

<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.SlowSpokes.org



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 jpwilhelm@hotmail.com

FOR SALE

1999 Trek 1220 road bike

Low miles • Great shape

Frame Color: Ice Earth Green

Frame: Easton Aluminum - Medium Frame

21 Speed • Shimano Derailleurs's

\$350.00 call David Saul 248-375-5564

FOR SALE

2004 Slipstream Longbike Recumbent

Frame Color: Yellow

Ridden less than 50 miles

Paid more than \$2500 new...will consider all offers

In need of an owner to love it!

Call Craig or Michele Randolph (586) 992-9602

FOR SALE

2007 Trek 7500 Hybrid

Under 40 Miles on Bike

Frame: Metallic Red & Gray Rapid Fire Shifters

Speedometer Luggage Rack Folding Mirror

\$500

Call Richard Keller 586-463-4324

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

Call Brian Bollitho 248-895-6850

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

Officer Elections

The Peach of a Ride is behind us, the days are getting short and the cycling season is winding down. All this means that another year has flown by with some great memories of bike rides and fun times. It also means that its time to start thinking about electing officers for the coming year. As you know, November is elections month for the Club. Nominations for President, Vice President and Ride Chair, Secretary and Treasurer will be taken at the October and November general membership meetings. Our current officers have all indicated their intent to run again. However that should not

deter anyone who would like to run for office from doing so. If you would like to run for office or know someone you think would make a good officer, contact Paul at jpwilhelm@hotmail.com or 586.247.6397 or see him at the October or November meeting.

ties. The weather could have been a bit more cooperative – an early morning rain “put a damper on things” and reduced the number of riders. But, those who did show up had a great time (we have gotten several very complimentary comments and letters).

Peach of a Ride

Speaking of the Peach of a Ride, we again provided the cycling community of southeast Michigan with an organized, well run fun ride through rural Macomb, St. Clair and Sanilac coun-

On behalf of the Club, I'd like to thank Kim and Concetta, POAR Co-Chairs, the committee heads, and all those who volunteered their time. It is because of your efforts, that the “Peach” is so successful and an event all Slow Spokes can be proud of. Thanks again.

MORE POAR PHOTO'S



ALL POAR PHOTOS'S COURTESY - BOB BRUCE

October Ride Calendar

WEEK DAY RIDES

STONY CREEK

DISTANCE:	15 +/- miles	DATE:	Tuesdays
PACE:	15 + mph	TIME:	5:30 p.m.
TERRAIN:	Rolling		
LEADERS	Mark Mau 586-779-2767		
MEETING PLACE:	Stony Creek Boat Launch		
ADDITIONAL INFORMATION:	We will ride until it gets dark. Check with ride leader for the following week's information, if unsure call the ride leader. No ride in the rain. A working headlight and taillight is a good idea to have with you.		

FREEDOM HILL RIDE

DISTANCE:	24 +/- miles	DATE:	Wed Oct 10 & 24
PACE:	14-16 mph	TIME:	5:30 p.m.
TERRAIN:	Flat		
LEADERS	Bob Grabe 989-751-9973 Note in October only riding October 10th & 24th		
MEETING PLACE:	Freedom Hill		
ADDITIONAL INFORMATION:	We will ride the Metro Beach Path. A working headlight and taillight is a good idea.		

JEFFERSON RIDE & THE RENEGADE RIDERS

DISTANCE:	25 +/- Miles	DATE:	THURSDAYS
PACE	18 + mph	TIME:	5:30 p.m.
LEADER:	Carol Green 586-296-7381		
MEETING PLACE:	Jefferson and Masonic Parking Center		
ADDITIONAL INFORMATION:	We will ride into Mt Clemens or Grosse Pointe. Please check with ride leader for the following weeks ride information. A working headlight and taillight is a good idea. If there is a group of riders who would like to go slower they may do so and appoint a ride leader.		

SLEEP IN YOUR OWN BED BIKE TOUR

DESCRIPTION OF TOUR

DISTANCE:	Various Miles each day	DATE:	October 1-5, 2007
PACE:	11-13 mph	TIME:	10:00 a.m.
TERRAIN:	Various routes mean various terrains		
LEADERS	Aloys Turck 248-362-4031, Evelyn Bires 586-778-8397 Rose Marie Jacobs 586-779-4780		
MEETING PLACE:	Each day ride meets at a different location.		
ADDITIONAL INFORMATION:	All rides on the bike tour begin at 10:00 a.m. and are at a pace of 11-13 mph. You are welcome to do all or part of the 5 day tour. Total miles for the week is approximately 175 miles. No ride if raining or below 42 degrees. See below for ride schedule		

DAY 1: MONDAY HARSEN'S ISLAND

DISTANCE:	22-32 +/- (your choice) miles	DATE:	October 1, 2007
PACE:	11-13 mph	TIME:	10:00 a.m.
TERRAIN:	Mostly Flat		
LEADERS	Aloys Turck 248-362-4031, Evelyn Bires 586-778-8397 Rose Marie Jacobs 586-779-4780		
MEETING PLACE:	McDonalds in Algonac on M-29		
ADDITIONAL INFORMATION:	We will eat at McDonalds after the ride, optional. No ride if raining or below 42 degrees.		

DAY 2 TUESDAY METRO PARKWAY TO WINDMILL POINTE			
DISTANCE:	About 35 miles	DATE:	October 2, 2007
PACE:	11-13 mph	TIME:	10:00 a.m.
TERRAIN:	Mostly Flat		
LEADERS	Aloys Turck 248-362-4031, Evelyn Bires 586-778-8397 Rose Marie Jacobs 586-779-4780		
MEETING PLACE:	McDonalds on Crocker and Metro Parkway. Park at the North side of the parking lot.		
ADDITIONAL INFORMATION:	We will stop at Panera's in Grosse Pointe for a bagel sandwich and/or soup on the way back. No ride if raining or below 42 degrees.		

DAY 3 WEDNESDAY ST. CLAIR TO PORT HURON			
DISTANCE:	40 miles	DATE:	October 3, 2007
PACE:	11-13 mph	TIME:	10:00 a.m.
TERRAIN:	Mostly Flat		
LEADERS	Aloys Turck 248-362-4031, Evelyn Bires 586-778-8397 Rose Marie Jacobs 586-779-4780		
MEETING PLACE:	St. Clair Plaza. Take I-94 (exit 257) turning right on Fred Moore Highway. Go about 7 miles then right on Clinton Street, then left on 3rd for 3 blocks to plaza. Park in the S.W. corner of the plaza lot.		
ADDITIONAL INFORMATION:	We will take a breather at the Port Huron Plaza Food Court for lunch. No ride if rain.		

DAY 4 THURSDAY STONY CREEK & MACOMB ORCHARD TRAIL			
DISTANCE:	35 miles	DATE:	October 4, 2007
PACE:	11-13 mph	TIME:	10:00 a.m.
TERRAIN:	Mostly Flat		
LEADERS	Aloys Turck 248-362-4031, Evelyn Bires 586-778-8397 Rose Marie Jacobs 586-779-4780		
MEETING PLACE:	Boat launch at Stony Creek Park.		
ADDITIONAL INFORMATION:	Bring your own lunch. No ride if raining or below 42 degrees.		

DAY 5 FRIDAY RICHMOND TO MEMPHIS			
DISTANCE:	39 miles	DATE:	October 5, 2007
PACE:	11-13 mph	TIME:	10:00 a.m.
TERRAIN:	Mostly Flat		
LEADERS	Aloys Turck 248-362-4031, Evelyn Bires 586-778-8397 Rose Marie Jacobs 586-779-4780		
MEETING PLACE:	McDonald's on M-19 in Richmond.		
ADDITIONAL INFORMATION:	A sandwich and/or soup can be purchased at the "Donut Sister's Deli" in Memphis. (They have donuts also!!). No ride if raining or below 42 degrees.		

OTHER RIDES OF INTEREST

FALL TRAIL TOUR			
DISTANCE:	48 miles	DATE:	Saturday, Oct 13, 2007
PACE:	12-14 mph	TIME:	8:30 a.m.
TERRAIN:	Crushed limestone dirt roads and asphalt. Flat to slightly rolling.		
LEADERS	Paul Wilhelm 586-247-6397		
MEETING PLACE:	Parking lot on the SE corner of Shelby Road and 25 Mile Road.		
ADDITIONAL INFORMATION:	This is the Rural Pearl of a ride route. We will ride on the Clinton River Trail, Paint Creek Trail, Polly Ann Trail and Macomb Orchard Trail. We'll also go through Stony Creek Park. It is recommended that you use your mountain bike or hybrid for this ride.		

MT. TRASHMORE RIDE			
DISTANCE:	40-50 miles	DATE:	Sunday, Oct 14, 2007
PACE:	13-15 mph	TIME:	9:00 a.m.
TERRAIN:	Paved trails some hills		
LEADERS	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 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:	The route is almost entirely on paved bike paths a rail trail, Island Lake Recreational area, Kensington Park and connecting paths including the infamous Mt. Trashmore. We will stop in South Lyon for lunch after about 30-40 miles (so bring a little snack if you will get hungry before that—no whining). After lunch we will have about 10 miles back to our cars on a flat paved rail trail.		

SILVER SPIN			
DISTANCE:	25 miles	DATE:	Wednesday Oct 17, 07
PACE:	11-13 mph	TIME:	10:00 a.m.
TERRAIN:	Flat		
LEADERS	Evelyn Bires 586-778-8397		
MEETING PLACE:	Freedom Hill Park on 16 mile between Utica Road and Schoenherr.		
ADDITIONAL INFORMATION:	No ride if raining or below 42 degrees.		

DOUBLE LOOP RIDE			
DISTANCE:	35-39 miles	DATE:	Wednesday Oct 24, 07
PACE:	11-13 mph	TIME:	10:00 a.m.
TERRAIN:	Flat to rolling		
LEADERS	Evelyn Bires 586-778-8397		
MEETING PLACE:	McDonald's in Richmond on M-19		
ADDITIONAL INFORMATION:	No ride if raining or below 42 degrees.		

THE HAUNTED HALLOWEEN RIDE			
DISTANCE:	20-25 miles	DATE:	Sunday Oct 28, 07
PACE:	11-13 mph	TIME:	11:00 a.m. sharp
TERRAIN:	flat		
LEADERS	Aloys, Evelyn and Rose Marie 586-779-4780		
MEETING PLACE:	The clubhouse at Riviera Terrace Condos -24000 E. Jefferson just North of 9 mile road in St. Clair Shores.		
ADDITIONAL INFORMATION:	We will ride from St. Clair Shores to Windmill Pointe in Grosse Pointe and enjoy the bounteous beauty of Lake St. Clair.		

RIDE TO THE HAUNTED HALLOWEEN RIDE			
DISTANCE:	30-35 miles	DATE:	Sunday Oct 28, 07
PACE:	14-16 mph	TIME:	10:00 a.m.
TERRAIN:	flat		
LEADERS	Tom Miller 586-573-4754 Mary Miller will transport hats to clubhouse.		
MEETING PLACE:	Majestic Plaza Shopping Center—SE corner of 11 1/2 mile road and Van Dyke.		
ADDITIONAL INFORMATION:	We will ride 10 miles until we join the slower paced group around 11:00 a.m. to do the Windmill Pointe portion of the ride which is about 25 miles.		

Please see accompanying article listed elsewhere regarding a Luscious Home-made Luncheon prepared by our very own Four Star Chef.

THE HAUNTED HALLOWEEN HAT & LUNCHEON RIDE

After the workout astride our bikes, we will gather at the clubhouse for some delicious homemade food and desserts for your dining pleasure.

To quench your thirst there will be DELICIOUS cold Apple Cider or wonderful hot coffee for your drinking pleasure.

For those of you not riding, but attending the Luncheon, we figure that we will be back from our ride about 1:00 - 1:30 and the feasting will begin then. JUST REMEMBER, there will be an ugly GHOUL at the entry to the clubhouse to check your dome for the funny or creative or beautiful or silly or maybe Drop Dead Gorgeous or Drop Dead Ugly HAT.

REMEMBER - NO HAT - NO ENTRY to clubhouse and therefore no delicious food or drink. Also The

Ghoul can be extremely moody and may do harm to Humans without Hats. BEWARE.

We will hear stories about your hat, be it real or made-up on how you came to be wearing your particular hat for this Holiday. If you don't have a story about your hat, that's O.K., but be forewarned, you will have to perform in a Hula Hoop Contest-- Again, Your choice.

Aloys has cooked up some creative and fun games for us to partake in to celebrate this spooooky holiday. We look forward to greeting all of our members who enjoy a little tomfoolery.

If the weather is inclement and the ride has to be cancelled, PLEASE be our guest at the clubhouse at 12:00 noon, to help us consume all the wonderful food and drink that has been

prepared for this day. We will light a fire in the fireplace and create a warm and cozy atmosphere for your enjoyment and pleasure. We can still gather to break bread, view silly hats and partake in some foolish

festivities. Your welcoming hosts for this day will be -----



Aloys

Evelyn



Rose Marie



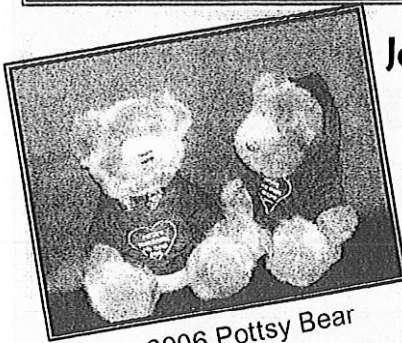
586 779-4780

WELCOME NEW MEMBERS TO THE CLUB

Gary Bailey Sterling Heights
June Zydek Chesterfield
Aleta Hastings St. Clair Shores
Nora Smith Warren

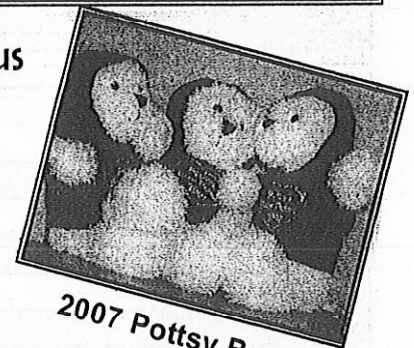
Alla Kopacz Warren
Michelle Sebaly Macomb Township
Roger Reini Westland

Eric Anderson Roseville
Margaret Westerman Sterling Heights
Henry Dotson Harrison Township



2006 Pottsy Bear

Join Pottsy's Bear Patrol for Lupus
Saturday, September 29th
Freedom Hill Park
15000 Metropolitan Parkway
13th Annual Walk for Lupus



2007 Pottsy Bear

Registration at 10:00 AM Walk at 11:00 AM
Luncheon Served by Outback Steakhouse
Register online to join Chuck Pottenger's team at
<http://www.firstgiving.com/pottsysbears>

Slow Spokes wear
your 2007 POAR
T-shirt to the walk!

Team Members get a 2007 Pottsy Bear (limited supply)

A big **Thank You** to the Rest
Stop Members as follows:

At Riley Center
Ruthann and Leo Booms, Mary Miller, Marie
Appleberry and Joann Young

At Avoca:
Carol Green, Bill Kelly and Dan Schrode


At Lakeport:
Bob Grabe, and Bernie Sustrich

At Smiths Creek
Agnes and Michael McGartland, Margaret Westerman, Mike
Senyk, Wilma Hamman and (yours truly) Fred Hamman

An extra thank you to Bob Grabe for helping me (Fred) pick up
the ice.

Thanking all of you for a job well done. We received many com-
pliments from the riders.

Fred Hamman




A POEM ~~~~~

OVERHEARD IN THE ORCHARD

Said the Robin to the Sparrow:
"I should really like to know
Why these anxious human beings
Rush about and worry so."

Said the Sparrow to the Robin:
"Friend, I think that it must be
That they have no heavenly Father
Such as cares for you and me."

Elizabeth Cheney



Submitted by RMJ

YOUR FAVORITE BIKE SHOP!!!

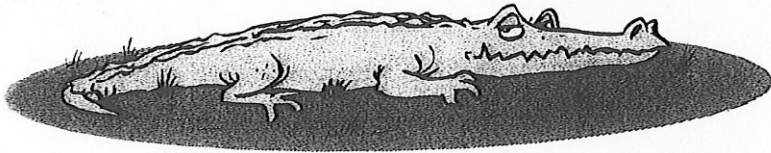
The following bicycle stores offer a discount on equipment and accessories. Be prepared to show your Slow Spokes membership card when making a purchase to receive the discount.

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 JOKE --- An elderly man in N.C. had owned a large farm for several years. He had a large pond in the back, fixed up really nice, along with some picnic tables, apple and peach trees. The pond was properly shaped & fixed up for swimming when it was built. One evening the old farmers decided to go down to the pond, as he hadn't been there for a while, and look it over. He grabbed a 5 gal bucket to bring back some fruit. As he neared the pond, he heard voices shouting and laughing with glee. When he came closer, he realized it was a bunch of young women skinny-dipping in his pond. He made the women aware of his presence and they all went to the deep end to shield themselves. One of the women shouted to him, "We're not coming out until you leave!"

The old man frowned and replied, "I didn't come down here to watch you ladies swim naked or make you get out of the pond naked." Holding the bucket up he said, I'm just here to feed the Alligator.



A THOUGHT ---- "Don't worry that children never listen to you; worry that they are always watching you."

Submitted by RMJ



The Peach of a Ride was a great success. Thank you all very much for all the hard work you put into the Ride. All the riders had a lot of fun and so did the volunteers. It was really great to be there with all the excitement. Thank you all so very much. I hope to see you next year.

Kim Mau

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.