



**Slow Spokes
Bicycle Club**

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Special Notice:

We need your cookies for PEACH!

We need Volunteers for POAR!

SAG Drivers Needed!



Spokin' Times News

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

September 2007

PEACH OF A RIDE CELEBRATES 37 YEARS

Sunday, September 9
Courses open at 7:00 AM
All routes start from
Memphis Junior High
School in Memphis, MI

Directions:
Take Gratiot Avenue North to Richmond take M-19 North out of Richmond to Bordman Road for approximately 1/2 mile school is on the South side (left side) on Bordman Road.

Routes:
22 Mile paved route

40 Mile paved route
55 Mile paved route
65 Mile paved route
100 Mile paved route
&
26 Mile dirt road route featuring geocaching!

Rest stops provide scrumptious home made cookies as well as other rider snacks and Peaches. At the conclusion of the ride a healthy meal is lovingly prepared by Slow Spokes members.

We need SAG drivers and workers to volun-

teer!

If you cannot work that day consider riding to support your club! All Slow Spokes members are encouraged to participate to make this ride a huge success!!

You can pre-register for only \$20 online at www.SlowSpokes.org or send your registration in to:

Slow Spokes Bicycle Club
PO Box 215
Bloomfield Hills, MI 48303

AUGUST RIDES ARE BIG HIT

If you didn't join us for a ride during August you missed several golden opportunities for fun in the sun.

The heat was extreme on some days with relatively few rain outs but Slow Spokes members made sure that everyone stayed hydrated and safe along the routes.

No other bike club shows so much empathy for new

riders or people that might be struggling learning how to ride in a group as do the Slow Spokes.



An added benefit at the conclusion or during each ride there is always an opportunity to stop along the way for food or an ice cream treat.

There are plenty of good riding days left in the season so join us for either a weekly ride or one of the impromptu rides that are announced nearly every week. You won't be disappointed!

See Photo's on Pages 6&7

<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 jwilhelm@hotmail.com

<p style="text-align: center;">FOR SALE</p> <p>1999 Trek 1220 road bike Low miles • Great shape Frame Color: Ice Earth Green Frame: Easton Aluminum - Medium Frame 21 Speed • Shimano Derailers 's \$350.00 call David Saul 248-375-5564</p>	<p style="text-align: center;">FOR SALE</p> <p>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</p>
<p style="text-align: center;">FOR SALE</p> <p>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</p>	<p style="text-align: center;">FOR SALE</p> <p>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 Bolitho 248-895-6850</p>

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

It's Peach of a Ride time again. All the planning and hard work is about to pay off in a bigger and better "Peach" this year. Kim and Concetta and the various committees have worked hard for the past year making several significant improvements for 2007, including on-line registration and payment, the addition of a "Century" route as well as a "Geocaching" route to attract GPS enthusiasts.

This will be our third year utilizing the excellent facilities at Memphis Junior High School. As a result we've got all of the previous years' glitches regarding parking, routes, rest stops, food preparation, etc. worked out. With all of these changes and improvements, we've been able to maintain those key

elements such as the delicious homemade cookies and peaches at the rest stops, the great hot lunch after the ride and the warm enthusiastic Slow Spokes hospitality that have consistently made the POAR one of the premier rides in Southeastern Michigan.

In these tough economic times, we have had to implement some changes to make this event more fiscally sound. While we have not had to increase the entry fee for the ride, it is necessary to ask all Slow Spokes members who are not volunteering their time and effort to the event and wish to ride to pay the pre-registration entry fee of \$20.00 per person. In addition volunteer workers will not be given t-shirts, Club mem-

bers can purchase t-shirts and/or sweatshirts at Club cost of \$5.00 and \$10.00 respectively. T-shirts/sweatshirts will be available for purchase at the Sept. 7 meeting. We are convinced these changes will make the POAR more financially successful.

Finally I'd like to thank Kim, Concetta, the committee chairs and all of the volunteers for their efforts to make the 2007 Peach of a Ride one of the best ever. If you are not working on the ride (We still need a few more volunteers. See Kim or Concetta.), I strongly encourage you to come out to Memphis and ride the POAR. You'll have a great time and be very proud to be a Slow Spoke.

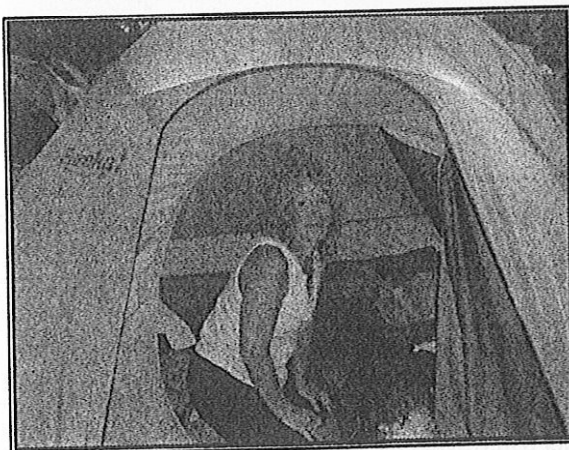
Pictures From PALM 2007



Ritualistic Dipping the Tires in Lake Michigan



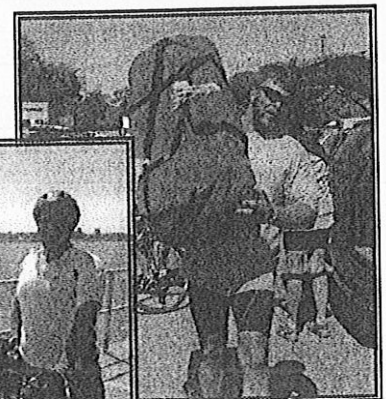
Cooling Off After a Hard Hot!! Day of Riding



Every Night It's Pitch the Tent



Some Last Day Slow Spokes Joined Us



Where's Kim When I need Her?

September Ride Calendar

WEEKLY RIDES

MACOMB ORCHARD TRAIL			
DISTANCE:	Approx. 20-25 Miles		
PACE:	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:	The speed has increased on this ride to be a little bit more accurate; now that the season is winding down we have all gotten faster. Route to be determined on the night of the ride. No Ride in Rain!		

FREEDOM HILL RIDE			
DISTANCE:	24 miles	DATE:	Wednesdays
PACE:	14-16 mph	TIME:	6:00 p.m.
TERRAIN:	Flat		
LEADERS	Bob Grabe 586-772-0571 & Mark Mau 586-779-2767		
MEETING PLACE:	The ride may take us in various directions.		
ADDITIONAL INFORMATION:	There is always the possibility of ice cream afterwards.		

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 here. 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		

SPECIAL RIDES IN SEPTEMBER

ROYAL OAK BAGEL RUN			
DISTANCE:	30 Miles	DATE:	Sunday Sep 2, 07
PACE	13-15 mph Mostly Flat	TIME:	8:30 a.m.
LEADER:	Tom Miller 586-573-4754		
MEETING PLACE:	Majestic Shopping Plaza located at SW corner of Van Dyke in Warren.		
ADDITIONAL INFORMATION:	Bagel Break at Bruegger's Bagels in Royal Oak. We will meet other Slow Spokes at the Pleasant Ridge Community Center who are doing a shorter version of the ride. The pace will slow to 9-11 mph for 11 miles and we will resume the 13-15 mph after the Bagel Break.		

ROYAL OAK BAGEL RUN (Short Version)			
DISTANCE:	11 Miles	DATE:	Sunday Sep 2, 07
PACE	9-11 mph Mostly Flat	TIME:	10:00 a.m.
LEADER:	Mary Miller 586-573-4754		
MEETING PLACE:	Pleasant Ridge Community Center at Ridge road and Millington in Pleasant Ridge (1 block south of I-696 and 1 block West of Woodward.		
ADDITIONAL INFORMATION:	Bagel Break at Bruegger's Bagels in Royal Oak. We will meet other Slow Spokes doing the long ride for a trip to Bruegger's in Royal Oak for Bagels.		

PEACH OF A RIDE			
DISTANCE:	22, 40, 55, 65 100 and 26 mile dirt road route with geocaching	DATE:	Sunday Sep 9, 07
PACE:	Your Own Pace Mostly Flat terrain	TIME:	7:00 AM
MEETING PLACE:	Memphis Junior High School, Memphis, MI		
ADDITIONAL INFORMATION:	Please join us for a day of fun. A great ride, great food and great friends. Early registration is only \$20. Day of ride registration is \$25 per rider. Register online at www.SlowSpokes.org		

CELEBRATION OF CYCLING			
DISTANCE:	Your Choice see additional information page 7	DATE:	Saturday September 15, 2007
PACE:	Your Own Pace Flat Terrain		
PHONE:	734-484-2758		
MEETING PLACE:	Dearborn Heights Warrendale Shelter, Hines Park		
ADDITIONAL INFORMATION:	This ride benefits PEAC who trains individuals with disabilities to become cyclists. Fee \$18 individual and \$36 for families. After 9/5/07 \$26 and \$55. You can purchase a short sleeve T-shirt for \$10 or long sleeve for \$15 if you pre-register. Email: info@bikeprogram.org		

ROAST BEEF DINNER			
DISTANCE:	50-52 MILES Rita • 22-30 Evelyn	DATE:	Sunday Sep 16, 07
PACE:	13-15 MPH Rita 11-13 mph Evelyn	TIME:	9:00 AM
TERRAIN:	Flat		
LEADER:	Rita Zupan 586-264-0712 & Evelyn Bires 586-778-8397		
MEETING PLACE:	McDonalds parking lot on Green in New Baltimore for Rita's ride.		
ADDITIONAL INFORMATION:	Rita will lead a ride leaving New Baltimore. Please meet at the McDonald's on Green at 9:00 am. Rita will ride at a pace of 13-15 mph. Rita's distance will be 40-42 miles. She will then ride into Algonac and meet up with that group. Evelyn Bires will lead a ride starting in Algonac. Her pace will be 11-13 mph and the distance will be about 22-30 miles (the more miles depends on how many times you individually choose to go around the island). Roast Beef Dinner \$10.00.		

ROOKIE RAMPAGE AND MORE			
DISTANCE:	19 + more on your own	DATE:	Saturday Sep 22, 07
PACE:	9-11 mph	TIME:	10:00 AM
TERRAIN:	Flat		
LEADER:	Kathy George 586-463-6058 & Agnes McGartland 586-268-8198		
MEETING PLACE:	Clinton River Trailhead on Crooks Road. Meet at the Taco Laco Restaurant in the shopping center on the NW corner of Crooks and M59		
ADDITIONAL INFORMATION:	There will be an ice cream stop half way. You can go more or less miles at your own speed.		

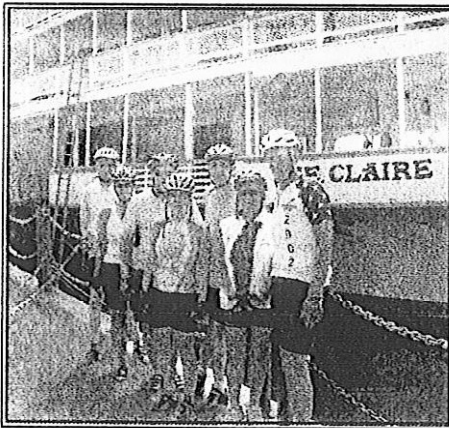
SUNDAY MORNING OVER EASY			
DISTANCE:	19 miles	DATE:	Sunday, Sep 23, 07
PACE:	10-12 mph	TIME:	8:30 AM
TERRAIN:	Flat		
LEADER:	Kim Mau 586-779-2767		
MEETING PLACE:	St. Lucy's Church parking lot, 23401 Jefferson in St. Clair Shores, 1 block South of 9 mile road.		
ADDITIONAL INFORMATION:	We will ride through Grosse Pointe and stop for breakfast in Grosse Pointe.		

WARREN TO FRANKLIN CIDER MILL			
DISTANCE:	46 miles	DATE:	Sunday, Sep 30, 07
PACE:	13-15 mph	TIME:	9:00 AM
TERRAIN:	Flat to moderately hilly		
LEADER:	Tom Miller 586-573-4754		
MEETING PLACE:	Majestic Plaza Shopping Center located on Van Dyke and Martin Road in Warren.		
ADDITIONAL INFORMATION:	Bruegger's Bagels in Royal Oak. We will enjoy a cup of fresh cider at the Franklin Cider Mill.		

Just Added

DAN HOFFMAN SPAGHETTI DINNER BENEFIT RIDE			
DISTANCE:	10 or 25 miles	DATE:	Sunday, Sep 16, 07
PACE:	Own Pace SAG support along route	TIME:	12:30 PM
TERRAIN:	Flat		
LEADER:	Macomb Bike & Fitness 586-756-5400 email:ride@macombbike.com		
MEETING PLACE:	Bruce Post VFW Hall; 28404 Jefferson, St. Clair Shores		
ADDITIONAL INFORMATION:	This is a Spaghetti Dinner for Dan Hoffman's family. Dan passed away suddenly on Memorial Weekend. All proceeds will be donated to the family. \$20 per person; dinner served between 2 pm and 6 pm. If you can't ride come to the dinner! There will be raf-		

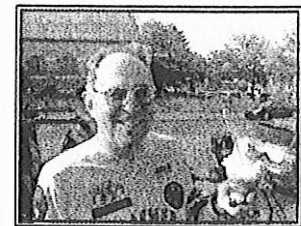
A Summer Full of Fun!



New River Walk in Detroit



Peddle & Paddle



Jim's Favorite Treat



Rita's Sunrise Adventure



Harsen's Island Ferry



2007 Bike Club Picnic



Sunrise Roger's City



Memorable Moments From Richmond



Bloomfield Hills Ride

Great Ride to Come for
Slow Spokes

October 1-5, 2007

Save these Dates

EB - AT - RMJ



MARK YOUR CALENDARS...SUNDAY, OCTOBER, 28th

The witches, goblins, skeletons and ghosts are coming to St Clair Shores. Of added interest will be great food and some fun and foolery for your pleasure and entertainment. Find a great hat to wear for entry into clubhouse festivities. Join your biking buddies for a great and scenic ride to Windmill Pointe. More info. in next newsletter.

Main Street Bikes

Open House

Saturday September 8th

From: 10 am till 3:00 pm

Come and see our new Store Location along the MOT!

Raffle Prizes:

Two (2) New Bikes

One Year free Chiropractic Care from Swain Chiropractic

A Day of Beauty Gift Basket from Details Salon

Free refreshments provided by 7 Eleven

Great deals on all products!

Main Street Bicycles

5987 26 Mile Road

Washington, MI 48094

586-677-7755

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

CELEBRATION OF CYCLING RIDE

-- Saturday, September 15th

To Benefit: PEAC - Programs to Educate All Bicyclists.

Place: Warrendale Park - Hines Drive -
Dearborn Heights., Mi.

By the time the above date rolls around, we should all be rested up from the PEACH. We can hop on our bicycles and meander over to Hines Park to participate in this great ride. The PEAC organization assists individuals with disabilities to become competent cyclists. This is a great opportunity for the club to participate in a well-organized ride in a beautiful park setting and also benefits some special people. Friendly competition between bicycle clubs is an added incentive to participate. Club prizes are awarded to clubs with the most members attending also for the most miles ridden by its' members. What fun. Let's show those other clubs what we're made of. Let's just do it. SEE YOU THERE. There will be a mass start of Slow Spokes at 9:00 a.m. After the Rocky theme is played, (just kidding), groups will break off to do their own pace.

Visit: WWW.bikeprogram.org for more information and applications. R.M.J.

A THOUGHT

A good wine is like a gentle kiss, Its effect throughout the meal is scintillatingly sensual in an elegantly understated way.

Frances Tabeek, Wine Consultant

A JOKE

A few of church bulletin bloopers

1. Don't let worry kill you off - Let the church help.
2. Scouts are saving aluminum cans, bottles & other items. Proceeds will be used to cripple children.
3. Please place your donation in the envelope along with the deceased person you want remembered.

Submitted by RMJ

"If life were fair, Elvis would be alive and all the impersonators would be dead."
--Johnny Carson

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.