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Slow Spokes Spokin Times



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

HOTLINE: (810) 819-0187

WEBSITE: www.lmb.org/clubs/spokes.htm

President, Tom Miller	810-573-4754	Vice President, Mary Stoolmiller	248-879-6004
Treasurer, Gerald DeBaker	810-264-6285	Secretary, Mary Miller	810-573-4754
Ride Chairperson, Mary Stoolmiller	248-879-6004	Membership, Patrick Mullin	248-656-2187
Newsletter, Diana Moore	248-549-0354	P.O.A.R., Rose Marie Jacobs	810-779-4780
LMB Region 1 Director, Michael F. Sproul	810-445-2868		

ANNOUNCEMENTS

Next newsletter deadline: Please send any rides you are planning to lead in the month of **JUNE** to:

Mary Stoolmiller
6143 Walker
Troy, MI 48098

By 5/10/00

Other articles please send to:

Diana Moore
3016 Starr Rd
Royal Oak, MI 48073-2228
e-mail :

Dynamo930@prodigy.net

By 5/15/00

UPCOMING MEETINGS

Club meetings are held the first Friday of the month at the Owen Jax Activities Center in Warren at 8:00 p.m. The center is located on 9 Mile just east of Van Dyke. Refreshments follow the meeting.

The **May** meeting will be on Friday, **May 5, 2000**.

The **June** meeting will be held on Friday, **June 2** at the **Clawson K of C** hall at 8:00 p.m. in conjunction with our annual recognition banquet. See separate article.

E-MAIL ADDRESSES

If you want your e-mail address included in the membership list, send it to Pat Mullin at

patshirleymullin@home.com. If you included it on your membership renewal form or have already communicated via e-mail with Pat or Shirley this will not be necessary.

WEB PAGE MAINTENANCE NEEDED

The club is looking for a volunteer to update the Slow Spokes Club page on the LMB Website. If interested, please contact Bob George at (810) 463-6058 for more information.

NEW MEMBERS

Brian Blumline	St. Clair Shores
Cliff Thomas	St. Clair Shores

PEACH OF A RIDE NEWS

By RoseMarie Jacobs

A few good people are needed to volunteer as chairpersons for the following Peach of A Ride responsibilities:

Rest Stop Food Chairperson

Responsible for obtaining food and beverages for the rest stops and ride headquarters (Armada High School) and delivering food and beverages to the crews at the rest stops on the day of the ride. This job would best be handled by two people working in tandem.

Rest Stop Chairperson

Responsible for recruiting and deploying the rest stop crews to the various locations, supplying coolers, trash bags and tables to the rest stops.

NOTE: Help will be available to any one volunteering for the above responsibilities from the people who have worked the above described chairperson positions in the past.

To volunteer, please contact Rose Marie Jacobs, P.O.A.R. Chairperson, at (810) 779-4780.

ART VAN BIKE SAFETY DAY 2000

Art Van Furniture has once more invited the LMB and the bike clubs in MI to promote both themselves and bicycle safety at their 27 Michigan stores on Saturday, May 20th from 1:00 to 3:00.

The LMB will supply bike safety materials suitable for families, copies of their magazine, Shoreline tour applications and Poster Calendars.

NATIONAL TRAILS DAY

By Shirley Mullin

Saturday, June 3, has been designated as National Trails Day. Southeast Michigan Greenways, specifically Paint Creek Trail, has been chosen as a Millennium Legacy Trail and will be honored on that day. There will be speakers, nature interpretative walks, a Prediction Race, a Historical Walk, kid's programs, activities sponsored by Mountain Biking Association, Clinton River Riders, trail groups, and local organizations and businesses in the Rochester area. The Rudd's Mill Historical Site at Clarkston and Kern will be one site of festivities. The other site will be in Lake Orion at the end of the Paint Creek Trail. We have been asked to lead a Leisure Ride from Rochester City Park to Lake Orion where the stage and tent will be located. Paul Wilhelm and Diana Moore will be co-leaders of this activity, which will leave about 9:30 a.m. to arrive at Lake Orion at 10:45 before the speeches start. It will be a wonderful opportunity to introduce people to the Slow Spokes.

PEACH OF A RIDE MEETING

Date: Wednesday, May 24, 2000

Time: 7:30 P.M.

Place: Rose Marie Jacobs home

208 Riviera Dr

St Clair Shores

(810)779-4780

All Chairpersons and Team leaders should plan to attend this meeting. In order for P.O.A.R. 2000 to be successful, we need everyone working together towards a common goal. Your very important input is needed in the initial decisions that will be made in order to achieve this goal and present to the participants of this ride the best event possible.

1999 RECOGNITION DINNER

by J. Paul Wilhelm

The Annual Slow Spokes Recognition Dinner honoring all the members and friends who contributed to the Club's success in 1999 is scheduled for Friday, June 2, 2000 at the Clawson Knights of Columbus Hall. The K of C Hall is located at 870 Main Street (Livernois), between 14 Mile and 15 Mile (Maple Rd.) in Clawson.

Doors open for a cash bar social hour at 6:00 PM. Dinner will be served at 7:00 PM followed by the June General Meeting at about 8:00 PM. The dinner, served buffet style, will consist of three entrees with all the trimmings, salad, desert and beverages.

Dinner for those members who helped with '99 projects (Peach of a Ride workers, Ride Leaders and Club officers) is paid for by the Club as a thank you for your time and efforts. The cost to other members and quests is \$17.00 per person.

Everyone planning on attending **must** make reservations with Rose Marie Jacobs at 810-779-4780.

This promises to be an enjoyable evening. We look forward to seeing you there.

Shoreline Tours – Bow Tie Ride

By Lester Useted

John Snethcamp, tour director of the Bow Tie ride may be joining our May meeting to talk about this new and exciting LMB Shoreline Tours route. This is a 361 mile, 8 day, 275 rider tour that goes from Gaylord, up to Mackinaw City, on to the Upper Peninsula and back to Gaylord.

NEW LIBRARY ADDITIONS

By Phil LaRonge

Book: Lance Armstrong & the 1999 Tour de France

Video: 1999 Tour de France: An American in Paris

Once you've read this book and seen this video, you will probably know everything you wouldn't think to ask about Lance Armstrong's battle with cancer and his amazing victory in the 1999 Tour de France. This was, needless to say, probably the biggest American triumph in international sports since the U.S. hockey team's upset victory over Russia in the 1980 Winter Olympics.

The book gives a day-by-day, almost pedal-stroke by pedal-stroke account of Lance's performance and includes interviews with Lance himself and with other riders and sportswriters. It also contains the complete diary Lance's teammate Frankie Andreu kept during the event. The video, of course, shows all the big moments during the course of its 3-hour run. Wheel-to-wheel action at speeds of up to 25 miles an hour! as they used to say in those Detroit Dragway ads.

If you like bike racing, this book and video are definitely for you! Included are some great scenic views, especially in the mountains.

I am writing today on behalf of a friend who needs your support.

Kevin Degen does not know the meaning of "can't". Kevin, now 42, was born with severe cerebral palsy, but it certainly does not define his life. In spite of spastic paralysis of his right side, he works full time, often putting in 14 hour days. He loves sports and is an avid fan of Michigan football, the Lions and the Tigers, attending many games each year. He likes bowling and participates in a league. His favorite activity, however, is cycling. On a special 3 wheeled cycle, he often rides more than 50 miles on a summer day - and this is pedaling with only one leg! He has participated in several cross country bike trips, once traveling across the entire United States to raise over \$60,000 for the Kenney Foundation.

This year, Kevin will be participating in a special event to help raise funds for exceptional athletes. The ride, called The Face of America, is a twenty-two day adventure from Boston to St. Louis on rail-trails. Other athletes will be canoeing, horseback riding, skating and using various kinds of cycles for part of the trip. Kevin will pedal over 2200 miles on this journey. What is really unbelievable is that he is looking forward to it!

Since meeting Kevin, it has been a lot harder for me to face myself when complaining about anything. The spirit that he brings to life is so amazing in the face of his many challenges. Now I have a chance to participate in that spirit in a small way, and I feel privileged to be able to do so. I thought that you might like to share in the adventure as well.

Kevin needs sponsors for his ride, both to cover the costs of his food and lodging and to raise funds for World T.E.A.M. Sports. He would like to raise at least \$5000.00, so if 200 people contribute \$25.00 he can reach his goal. I am convinced that we can find at least this many people who will also be amazed and humbled by Kevin's story.

World T.E.A.M. (The Exceptional Athlete Matters) Sports is a non-profit 501(c) (3) organization that was created five years ago with the goal of building diverse communities while providing opportunities for all persons, especially those with disabilities, to become involved in lifetime sports.

The ride begins in Boston on May 13. There will be a special welcome for the athletes when they pass through Detroit on May 25, so you can watch for it on the news. From Detroit, they will ride to Jackson and Kalamazoo on their way to Chicago and St. Louis, where they will meet the Western team on June 3. There is also a website (www.worldteamsports.org) where you can meet some of the athletes and track their progress as the event takes place.

I hope you are interested in joining with Kevin on his journey!

Contributions are tax-deductible. The check should be made out to World T.E.A.M. Sports and sent to:
World T.E.A.M. Sports
c/o Mrs. Carol Degen
778 Upper Scotsborough Way
Bloomfield Hills, MI 48304

Please write "Kevin Degen" on the memo line of the check so Kevin can receive credit for the funds raised in his name.

Thank you so much for considering this request. Please feel free to pass this on to anyone you think might be interested.

MAY 2000 RIDE SCHEDULE

For all rides, call the ride leader if weather is doubtful.
The time listed is the start time of the ride.
Please be 15-20 minutes early in order to be ready to ride at the start time.

Ride Leaders – please return sign up sheets to Mary Stoolmiller.

Wednesday, May 3 Metro Parkway Ride 10:00 A.M.

Meet at Freedom Hill Park on Metro Parkway (16 Mile) between Utica Rd. and Schoenherr.
Restaurant stop during the ride. Ride will be 30 miles on flat terrain.
Ride Leader: Lester Useted (810)754-6334

Saturday, May 6 Stony Creek Morning Ride 10:30 A.M.

Meet at the Rochester Municipal Park in the main parking lot at the foot of Pine St., one block west of Rochester Rd, one block north of University. This is a ride we did last spring, but shorter because it is early in the season and the route is hilly. Bring a lunch to eat at Stony Creek Park as food services may not be open this early. Ride is 25-30 miles on hilly terrain.
Ride Leaders: Pat & Shirley Mullin (248)656-2187

Sunday, May 7 Paint Creek Trail to Canterbury Ride 10:00 A.M.

Meet at the Rochester City Park at the foot of Pine St., one block west of Rochester Road, one block north of University. Restaurant stop in Canterbury Village. Ride is 32 miles on flat to rolling terrain.
Ride Leader: Fred Meinberg (248) 651-6714

Sunday, May 7 Metro Grand Spring Tour

New Boston (313)381-2833 or see LMB Calendar

Wednesday, May 10 Grosse Pointe Ride 10:00 A.M.

Meet at the Grosse Pointe Woods Municipal Building at 20025 Mack Ave, between Moross and Vernier on the west side of Mack. Restaurant stop during the ride. Ride will be 25 miles on flat terrain.
Ride Leader: Terry Taylor (810)285-9940

Saturday, May 13 RAM (Richmond, Armada, & Memphis) Ride 10:00 A.M.

Meet at the Kmart parking lot near Burger King at M-19 and Gratiot in Richmond. Restaurant stop after the ride. Ride will be 32 miles on flat terrain.
Ride Leader: Dick Barry (810) 329-9331

Saturday, May 13 Michigan Recumbent Rally-East

New Boston (734)487-9058 or see LMB Calendar

Sunday, May 14 K Of C Mothers' Day Brunch Ride 9:00 A.M.

Meet at the K of C Hall in Clawson on Main St (Livernois) between 14 Mile and 15 Mile. Park at the east end of the parking lot. Ride will be approx 2 ½ hours long, 26 miles, on flat to rolling terrain. After the ride, brunch will be served in the K of C Hall. Cost is \$2.75 per person.
Ride Leader: John Gentilia (248) 879-7660

Sunday, May 14 Spring Back 40 Challenge

Clarkston (248)625-7000 or see LMB Calendar

MAY Rides continued

Thursday, May 18 Pelicans Ride 10:00 A.M.

Meet in the SE corner of Lapeer Meijers parking lot. Take M-24 north to the first traffic light beyond I-69, turn left onto Baldwin and follow signs to Meijer's, or take I-69 west to exit 155 (M-24) and go north to Baldwin. Restrooms available inside Meijers. Restaurant stop during the ride. Ride will be 38 miles on rolling terrain.

Ride Leader: Len Ziegenmeyer (810) 724-8054

Saturday, May 20 Ride to the Marathon 8:30 A.M.

Meet at Macomb Community College, corner of 12 Mile and Hayes. We will ride to Belle Isle where the Wolverine 200 24 hour marathon will be underway. There we will visit with cycling friends and do one or two laps of the course. From there we will take a tour of downtown Detroit with a lunch stop in Mexican Village or Greek Town. After lunch we will ride back to the college. Ride will be 65 miles in length, with an alternate distance of 45 miles. Those desiring the shorter alternate route can ride back directly from Belle Isle on their own.

Ride Leader: Bob George (810) 463-6058

Saturday, May 20-Sunday, May 21 Wolverine 200

Belle Isle, (248)594-6301 or see LMB Calendar

Sunday, May 21 Ride to Ann Arbor 10:00 A.M.

Another beautiful ride through Western Wayne County. We'll take the back roads from Canton all the way to Ann Arbor and back. Traffic is usually light, and there's a nice shoulder for much of the route. When we get to Ann Arbor, we'll follow the bike path which goes through Gallup Park along the Huron river. The terrain is mostly flat with some rolling hills as we approach the city. The total distance is about 41 miles. Meet at Greg's house. Take I-275 to Ford Rd. exit #25. Go west about 1/2 mile to Lilley Rd. South on Lilley to Gloria. Turn east on Gloria to 608 Shana Dr. (Gloria changes to Shana Dr. as it veers to the right). Restaurant stop after the ride.

Ride Leader - Greg Dunn (734) 844-3471

Thursday, May 25 Troy Bloomfield Ride 10:00 A.M.

Meet at the NE corner of Square Lake (19 mile) and Rochester Rds. Park near the Credit Union facing Square Lake Rd. Bring a picnic lunch to eat at Mary's house after the ride. Mary will provide beverages. The ride is 20-25 miles on flat to hilly terrain.

Ride Leader: Mary Stoolmiller (248)879-6004

Saturday, May 27 Harsen's Island Ride 10:00 A.M.

Meet behind McDonalds on M-29 in Algonac, about 2 miles east of the Harsen's Island Ferry dock. Ride will be 27 miles on flat terrain. Restaurant stop after the ride.

Ride Leader: Aloys Turck (248) 362-4031

Sunday, May 28 Warren to Metropolitan Beach Ride 8:00 A.M.

Meet at the Warren City Swimming Pool located on Campbell between Martin Rd and I-696. From Westbound I-696, exit at Hoover and continue on service drive 1/2 mile, turn right on Campbell. From Eastbound I-696, exit at Van Dyke and continue on service drive 1/2 mile, turn left on Richard/Campbell. Restaurant stop will be decided on the day of the ride. Ride will be approx 4-5 hours, 38 miles on flat terrain.

Ride Leader: Tom Miller (810)573-4754

Monday, May 29 Tour-de-Lakes 2000

West Bloomfield (248) 746-3360 or see LMB Calendar

These fine Bicycle Stores offer "Spokes" members a discount on bicycle supplies. You must show your membership card when making a purchase using this discount.

20th Century Bike Shop

Roseville - 28043 Gratiot Ave.
810-772-9084

Fraser Schwinn

Fraser - 32064 Utica
810-294-4070

Anchor Bay Bicycle & Fitness

New Baltimore - 35214 23 Mile Rd.
810-725-2878

Jerry's Bicycles of Birmingham

Birmingham - 33502 S. Woodward
248-645-2453

Busutti's Marine City Sport n Bike

Marine City - 6756 S. River Rd.
810-765-9042

Macomb Schwinn Cyclery

Warren - 28411 Schoenherr
810-756-5400

Cycle & Fitness USA

Walled Lake - 39600 W. 14 Mile Rd.
248-960-1371

Royal Oak - 1109 S. Washington
248-542-7182

Sterling Heights - 2169 Metroparkway
810-979-7570

Grosse Pointe - 20343 Mack Ave.
313-886-1968

Mountain of Bikes

Clinton Twp. - 42201 Garfield
810-412-0500

Prestige Cycles

Clinton Twp. - 36558 Moravian
810-792-4040

Adventure Cycle & Sport

Lapeer - 454 W. Nepessing
810-664-1313

D & D Bicycles

Berkley - 4141 W. 12 Mile Rd.
248-547-0770

Northville - 121 North Center
248-347-1511

Westland - 8383 Middlebelt
313-522-9410

Bicycle & Fitness Barn

Port Huron - 1604 Stone St.
810-987-2523

MEMBERSHIP APPLICATION

Name _____ Phone _____

Address _____

City/State _____ Zip _____

E-mail address _____

Check one please: New Membership _____ Renewal _____

Please make your \$10.00 check payable to Slow Spokes.

Mail this application and your check to:

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



Slow Spokes Are Members of
League of American Bicyclists
League of Michigan Bicyclists

