

# Super Ride set for September

Bike enthusiasts who want to do something to aid the March of Dimes fight against birth defects will have a choice of four different biking events in which to participate.

Super-Ride '76 is the overall term for the four events scheduled to take place in Hines Park, the Michigan State Fair Grounds, Metropolitan Beach and Grosse Ile.

First will be the 50-mile event from 8:30 a.m. to 4 p.m. Saturday, Sept. 11 in Hines Park, which will be closed to all motor traffic.

The Century Ride will follow at 7 a.m. Sunday, Sept. 12 at the Fairgrounds. For experienced riders only, the 100-mile event will take participants to take place in Metropolitan Beach and Grosse Ile will have 50-mile events beginning at 8 a.m. Saturday, Sept. 25.

MIKE WALDEN, president of the Michigan Bicycle Federation who will marshal Super Ride '76, commented, "Bicycling is not only healthy, it is great fun."

"It can put the fun in fund raising when you are super riding for the March of Dimes," he added.

"We hope to have all young people who have bicycles join us for a great day. All proceeds will further the goal of the March of Dimes in their continuing fight against birth defects."

Walden is also the national volunteer coordinator for all March of Dimes Bikes-thons.

Participants must pre-register. Children under 12 years of age must be accompanied by an adult. Bikers under 18 must have permission of parent or guardian. Only experienced riders may tackle the 100-mile Century Ride.

As a voluntary health organization, the March of Dimes is concerned about the health and safety of all its participants. To register, call the March of Dimes at 864-6000.

ALL ROUTES will be patrolled and any rider with bike trouble will be returned to the starting point.

There is no way of knowing how long it

will take an individual to complete the Bikesathon. However, if participants agree on a certain time or place to be met, all facilities at all parts will be open. Suggestions for increasing enjoyment in Super Ride '76 are: Don't overdress; bring just enough money for lunch, snacks, phone calls; eat light high energy foods; do not carry purses or shoulder bags; ride

at a rate that is comfortable for you. This is not a race. The March of Dimes asks all participants to be alert. Bikes have a right on the road, but so do automobiles. This will not be a problem once you're inside Hines Park between 8 a.m. and 4 p.m. on Saturday, Sept. 11, because the park will be closed to all traffic but bikers and volunteers.

Thanks to special contributors, there are premiums for fast collection returns. Two ten-speed bikes will be given away for each route. Riders who turn in \$100 or more in pledges by Oct. 25 will receive a nylon riding jacket worth \$10 through the March of Dimes office. New Super Ride patches will be given to every participant upon receipt of their pledges.



## ORT fashion focus

Designer Yves Saint Laurent's fall collection will be shown by Bernet Teller at a fashion luncheon scheduled by the Michigan region of Women's ORT (Organization for Rehabilitation through Training) at noon Wednesday, Sept. 15, in Congregation Shalom Zedek, Southfield. Tickets to members are \$4.50 and may be reserved by calling the ORT office, 355-9151. Getting a preview of a Saint Laurent creation are Barbara Weisberg (left), Farmington Hills, membership chairman; Suzie Walters of Southfield, Michigan ORT president; and Beth Feldman of Birmingham, luncheon chairman.

## Do something different to begin

"Do Something Different," a six-week course encompassing a wide variety of subjects, will be offered in a number of Oakland and Wayne county locations starting this fall.

The programs will be held at Lahar High School in Bloomfield Hills, Southfield High School in Southfield and St. Mary College in Orchard Lake.

Eight different subjects will be available in the Bloomfield Hills and Southfield branches and six in Orchard Lake. Each session lasts for two hours.

The Bloomfield Hills class will meet at 7:30 p.m. Monday for eight weeks starting Oct. 4. Southfield programs will be at 7:30 p.m. Tuesdays starting Sept. 28.

Classes at St. Mary will begin at 12:30 p.m. Mondays for six weeks starting Sept. 27 and at 8 p.m. Wednesdays starting Sept. 29.

BLOOMFIELD HILLS programs will include adventures in awareness, how to headsup the horses, values clarification, assertiveness training, genealogy and astrology.

In addition, Southfield courses include hypnosis, the secrets that hide in handwriting, body language and psychic phenomena.

Programs at St. Mary include human potential workshop, how to live rationally in an irrational world and dream analysis based on the Gestalt theory.

Further information about courses and registration may be obtained from "Do Something Different," 725 S. Adams, Birmingham.

## Friends plan meeting

The Compassionate Friends, a group organized to offer friendship and understanding to parents who have lost a child will meet at 8 p.m. Tuesday, Sept. 14 at the parks and recreation building of the Southfield Civic Center, 2000 Evergreen.

For further information write to the organization at PO Box 1814-L, Lathrup Village 4878.

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ROSH HASHHANA Saturday, September 25, 1:00 P.M. CHOOSING

FRIDAY, Friday, October 1, 8:30 P.M. HOPE

YOM KIPPUR Monday, October 4, 1:00 P.M. CONTROLLING

MEMORIAL Monday, October 4, 4:30 P.M. REMEMBERING

CHILDREN'S SERVICES (ages 4-9)

Rosh Hashana - Saturday, September 25, 2:30 P.M.

Yom Kippur - Monday, October 4, 2:30 P.M.

YOUTH SERVICES (ages 10-12)

Rosh Hashana - Saturday, September 25, 3:30 P.M.

Yom Kippur - Monday, October 4, 3:30 P.M.

Tickets of admission are required for all adult services and may be purchased by calling the Temple Secretary. Tickets are not required for memorial, children's and youth services.

## THE BIRMINGHAM TEMPLE

The Center of Humanistic Judaism  
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