



# Spokin' Times News

SLOW SPOKES BICYCLE CLUB  
P.O. BOX 792  
STERLING HEIGHTS, MI 48311-0792

July 2015

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Tom Graham

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Slow Spokes

P.O. Box 792

Sterling Hts, MI 48311

## Annual Summer Picnic

Slow Spokes Annual Club Picnic will be held on Sunday, July 5, 2015. It will be held at Dodge Park pavilion #2. There will be a bike ride (or two) in the morning, with the picnic to follow. Please watch for impromptu email announcements of times for morning bike rides.

Lunch will be at 1 pm. The club will provide the meat. We will have pulled pork. Club members are asked to bring a dish to pass and their beverage of choice (no alcohol).

Also, please bring any games that you wish to play. We are planning to have our second annual volleyball match. Rita's Raiders team is looking to avenge their upset of last year.

Please **call Sue Graham** (586-549-1542) before June 30th to reserve your spot and let her know what dish you plan to bring.

As usual, there will not be a regular club meeting in July. The picnic takes the place of the meeting.

In the August 2013 Spokin' Times, Bill Appleberry reported on a trip he took to Minneapolis. He has now sent me an article mentioning that some organization in Europe has named Minneapolis one of the top bike friendly cities in the world. Use the following link to read the article:

<http://gearjunkie.com/minneapolis-best-bike-city-in-the-world>

Bill says he knew it all along. It's the first US city to make the list.

## Peach of a Ride

The Peach of a Ride will be held on Sunday August 30th. As usual, we will need several volunteers at registration, rest stops, sag drivers, etc. Watch your email for announcements as the ride date approaches. Also, we have a tradition of baking home-made cookies which are available at the rest stops and the end of the ride.

We like to see as many Slow Spokes as possible participate either as volunteers or as riders.

**Meetings**—Unless otherwise noted, meetings are held at 7:00 p.m. on the first Friday of every month at the Warren Woods Baptist Church at 14251 E. 12 Mile Road between Hayes and Schoenherr in Warren. Refreshments are served.

**Ride Information**—Send information for rides and walks and other exciting events to our event coordinator Tom Graham, email [turbotommie@hotmail.com](mailto:turbotommie@hotmail.com) by the 10th of the month.

**Newsletter Information**—Send articles you'd like published to Jim Walter. Email the information to him at [jim.walter@comcast.net](mailto:jim.walter@comcast.net). Articles must be received by the 15th of the month for inclusion in the newsletter. Feel free to call Jim at 248-879-2405.

### Welcome New Members

Pam Markey	Sterling Heights
Melissa & John Marsh	Rochester Hills
Roz & Scott Nowosielski, Erica & Valerie	Shelby Township
Lynn Wagner	Troy

Welcome to the Slow Spokes! Come on out and join us for a ride, and come to the picnic on July 5th.

We apologize if we missed anyone's name.

### For Sale

Trek 730 cross over bicycle.  
17 inch, good condition  
Includes helmet, tubes, air pump and gloves.  
Asking \$80.00  
Evelyn (586) 778-8397.

### July birthdays:

Richard Dempnock	July 31
Barb Gater	July 6
Kathy George	July 9
Christina Klepp	July 16
Melissa Marsh	July 5
Joe McCormick	July 19
Bonnie Michalak	July 7
Lisa Miller	July 21
Shirley Mullin	July 10
Craig Plesco	July 25
Laura Plesco	July 4
Carol Ritchey	July 1
Carol Sustrich	July 21



*The Slow Spokes  
Wish all of you  
A very happy  
Birthday!*

If we missed anyone's birthday, sorry about that! We wish you a happy birthday too!

### Club Ride Mileage

#### Top 10 Rider miles: thru 6/15

Clara Herndon	424
Tom Graham	345
Bill Appleberry	309
Rita Wilhelm	258
Bernie Sustrich	240
Jim Walter	238
Ed Schultz	226
Tom Miller	214
Don Windhorst	202
Mary Woloszyk	195

This includes only the top riders by miles, not all riders.

#### Top 10 Ride Leader miles: thru 6/15

Tom Miller	1290
Ray Carpenter	748
Tom Graham	688
Bill Appleberry	608
Rita & Paul Wilhelm	596
Mary Woloszyk	543
Jim Walter	435
Gabe Halsall	396
Ron Robinson	273
Barb Gater	234

Leader miles is determined by the number of people on the ride times the number of miles for the ride. Turn in your ride sign-in sheets.

# JULY WEEKLY RIDES

## Monday Evening Rides

DISTANCE:	15 - 18 miles	DATE:	Mondays
PACE:	11 - 14 mph	TIME:	6:00 P.M.
TERRAIN:	Flat		
LEADER:	Mary Woloszyk (586) 778-9172		
MEETING PLACE:	St. Clair Shores library — Southeast Corner of Jefferson & 11 Mile Road		
ADDITIONAL INFORMATION:	We will ride through the neighborhoods of St. Clair Shores and the Grosse Pointes. No ride if raining.		

## Tuesday Evening Rides

DISTANCE:	25 - 30 miles	DATE:	Tuesdays
PACE:	12 - 14 mph	TIME:	6:00 P.M.
TERRAIN:	Mostly flat and paved (Macomb Orchard Trail and low volume roads)		
LEADER:	Paul and Rita (586) 243-4325		
MEETING PLACE:	Rainbow Plaza—Southeast corner of 25 Mile and Shelby Roads		
ADDITIONAL INFORMATION:	We'll ride to Armada varying the route a bit each week. There will be an optional restaurant stop after the ride at a location to be determined.		

## Wednesday Evening Rides

DISTANCE:	20 miles	DATE:	Wednesdays
PACE:	10 - 13 mph	TIME:	6:00 P.M.
TERRAIN:	Flat		
LEADER:	Bill Appleberry (586) 573-7377		
MEETING PLACE:	Comerica Bank parking lot at Garfield and Metro Parkway.		
ADDITIONAL INFORMATION:	Ride distance and destinations may vary from week to week. No ride if raining.		

## Thursday Evening Rides

DISTANCE:	14 miles	DATE:	Thursdays
PACE:	Leisurely pace to accommodate all riders.	TIME:	6:30 P.M.
TERRAIN:	Flat		
LEADER:	Ray Carpenter (586) 321-1503 between 8 am and 8 pm		
MEETING PLACE:	At the clock on the corner of Main St. and New St. in Mt. Clemens		
ADDITIONAL INFORMATION:	Ride 7 miles, rest stop and return. Tentative destination is St. Clair Metro Park.		

Editor's Note—Some ride leaders specifically mention "No ride if raining". Most don't start a ride in the rain!

Silver Spin Rides—Wednesday Mornings			
DISTANCE:	Around 21 miles	DATE:	Wednesdays
PACE:	Leisurely pace to accommodate all riders.	TIME:	10:00 A.M.
TERRAIN:	Flat		
LEADER:	Gabe Halsall or a suitable mystery guest ride leader.		
MEETING PLACE:	Parking Lot behind the Rite Aid at 29 mile and Van Dyke		
ADDITIONAL INFORMATION:	We normally ride the Macomb Orchard Trail out to Armada and stop on the way back in Romeo for lunch, but this could vary based on rider preferences.		



### 99 ways to ride a bike

Where We Going? Through the neighborhood, to another neighborhood, around the block, up to the corner, down to so-and-so's house, past that one statue, to the beach, to the campground, for breakfast, a cup of coffee, an ice cream, a beer, to the corner store, the hardware store, across the bridge, to that one park with that wild fountain, the library, along the river, out to lunch, past the farm, to work, to church, to school, across the state, across the country, through foreign lands...

How we gettin' there? A route, an itinerary, a cue sheet, a map, a hand signal, a smart phone, a GPS, hand-written instruction, spray-painted arrows on the pavements, street signs, a vague memory of what used to be down that street...

How long is this going to take? A couple of minutes? An hour? Until the street lights come on? All day? A week? 2 weeks? 2 months? 2 years? Am I just dawdling along at near tip-over speed? Are we drafting off the back wheel 2 inches in front of us? Am i gaining significant altitude? Is there a tailwind? A headwind? Are we laughing and talking? Looking for cows? Or potholes? Am i racing you?

What am I supposed to wear? ( besides my helmet, of course) Bike shorts and a jersey, t-shirt and jeans, workout clothes, work clothes, a jacket, a sundress, rain gear, a hoodie, a tank top and cut-offs, flannel shirt and skinny jeans, swimming trunks, bathing suit, expensive italian biking shoes and \$30 ultra-thin cashmere socks, loafers and no socks, hiking sandals, running shoes, sneakers, flip-flops, crocs...

What about my stuff? In my pockets? Your pockets? A basket? A trunk bag? Handlebar bag? A bento bag? Black pastic bag? Recycleable grocery bag? Milk crate? Wooden pallet? Bungee cord? Panniers? Front panniers? Backpack? Stylish tote?

What if I get hungry? Bring a sandwich, almonds, gummy bears, a protein bar, a chocolate bar, trail mix, beef jerky, hard boiled egg, canned sardines, a piece of fruit. Bring water.

There are infinte choices to make. There are no wrong answers. Just ride.

C. Ritchey



## Tour of the Thumb Ride by Jim Walter



Mary, Tom, Ed, Clara, Rich, Bernie, Carol S., C. Ritchey, Jim, Don

**The Thumb Ride.** 10 adventurous Slow Spokes took a tour of Michigan's Thumb last week, June 7th thru June 12th. The group included 5 club officers, President Carol Ritchey, Vice-President Tom Graham, Secretary Ed Schultz, Treasurer Clara Herndon, and Newsletter Editor Jim Walter. We were joined by Mary Woloszyk, Bernie and Carol Sustrich, Rich Ostrowski and Don Windhorst.

**Day 1.** The day started for me at 9 am as I left my house to bike to 18 and Gulliver where I joined Ed. The 2 of us proceeded thru Dodge Park to Tom's house. At the bridge in Dodge Park, a couple of people asked where I was going. They said they were new members of the Slow Spokes. At Tom's house, we were joined by Tom, Don and Clara. The 5 of us proceeded to Gus's Coney Island in Mount Clemens where we were joined by Carol R. and Mary. The 7 of us rode out to Algonac State Park where we camped for the night. Rich, Bernie and Carol S. joined us there. We set up camp, rode out to dinner, and got back just in time for the rain to start. I had 53 miles.

**Day 2.** A light drizzle accompanied us all the way to the Blue Water bridge (pictured above). After our lunch stop up the road a piece, the sun came out for awhile, but it was not to continue. We got caught in a downpour a few miles before reaching Port Sanilac, and took shelter in a roadside rest stop along highway M25. We barely all squeezed into the shelter, see picture at right. The plan was to camp that night, but when we passed a motel in Port Sanilac, everyone was just as happy to stop at the motel. 57 miles.



**Day 3.** Morning began with breakfast at Mary's Restaurant in Port Sanilac. After breakfast, some of the group started out up M25 before Tom discovered a problem with the rack on his bike which he needed to fix before continuing. So it happened that we ended up riding in 2 groups all day. Rich rode his trike somewhere in between the 2 groups. Some of us had lunch in Port Hope, home of the Leroy Burger, an 18 ounce hamburger. Don and I split one. We struggled with a headwind all day, and Clara had a slow leak they needed to pump up several times. We camped at Crescent SP near Port Austin instead of our original planned Sleeper SP. 64 miles.





**Day 3 evening.** At Crescent State Park on the tip of the thumb, several of the Slow Spokes participated in a rock skipping contest. As I recall, Rich and Don were particularly good at it. I guess they didn't have wasted childhoods.

**Day 4.** Today, we were supposed to go to Bay City State Park. However, the winds had shifted and were now out of the west. We followed the route for about 35 miles (with a little rain again in the morning), then reached a stretch of M25 directly into the wind. The wind was about 20-25 mph and we were only traveling at about 6 mph. A conference was held, and we decided to turn around and ride with the wind. We rode to Unionville, and then down to Caro

where we got a motel for the night. A DQ was a block away for sustenance (a sandwich, a blizzard, a banana split or all 3). 58 miles.

**Day 5.** Today was a beautiful day for riding. But Friday it's supposed to rain all day with possible thunder storms. So half of the group elected to strike out for home today, and the other half decided to follow the original plan and head for Genessee Otter Lake Campground. Of the half that headed for home, I heard that some of them rode all the way home Thursday (82 miles to Ed's house), and some of them stayed at an older motel facility in Romeo. I went with the group to Otter Lake. We had a short day, 34 miles, and got into Otter Lake at about 1 pm. We got pizza, ice cream and potato chips (all the basic food groups) at the camp store and spent the afternoon playing euchre. We posed by the camp statue of big foot. You need to look close to see big foot in the picture. It rained a little in the evening so we got to bed early.



**Day 6.** It rained off and on during the night, but was relatively dry as we quickly packed up at 6 am. We left by 6:30 and by then it was raining. It rained all the way to our breakfast stop 5 miles away, and was still raining after we finished breakfast. At about 15 miles into the ride, we stopped to ask for directions at a little church at Farnsworth and Daley north of Lapeer. We were trying to cut off miles as the planned route went south and then doubled back. They gave us directions and then asked if they could pray over us. One lady said a lengthy prayer while coming around and putting her hand on the shoulder of each of us during the prayer. Their directions proved to be good and the route was mostly flat to Imlay City Road. We followed it to Imlay City and had lunch at McDonalds (the only McDonalds stop of the trip). We took Van Dyke to Romeo and the Macomb Orchard Trail. Bernie and Carol left us at 28 mile. At 25 and Shelby, Tom and Clara headed south and I continued on the trail toward home. Although we had expected it to rain all day, we got no more rain after the prayer at the church in the morning. A couple of my companions remarked on this fact toward the end of the ride. I got home at 3:30 with 62 miles for the day. Clara said she got home after 4 with 75 miles.

**Final thoughts.** A big thank you to Tom and Clara for planning this trip. Also thank you to everyone for being flexible and working with the weather. The first night, we stayed at the planned stop. Nights 2 thru 4 were spent at different places than the original plan. On the 5th night, just 5 of us stayed at the planned spot. Overall, however, I believe that everyone had a great time and things worked out well, considering the weather conditions last week.

Like the saying on the back of our club Jerseys, "May the wind always be at your back". And if you find that you are riding into a headwind, sometimes it works to turn around and go the other way. The miles pile up much faster that way.

I hope to see you all at the club picnic after I get back from GOBA.

Bike safe and enjoy the ride!

## 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	29428 Woodward Ave	Royal Oak, MI 48072	248/542-7182
American Cycle & Fitness	39900 W. Fourteen Mile	Walled Lake, MI 48390	248/960-1371
American Cycle & Fitness	203 N. Perry Street	Pontiac, MI 48342	248/333-7843
American Cycle & Fitness	20343 Mack Avenue	Grosse Pointe Woods, MI 48236	313/886-1968
American Cycle & Fitness	18517 Hall Road	Macomb Twp. MI 48044	586/416-1000
Anchor Bay Bicycle & Fitness	35214 23 Mile Road	New Baltimore, MI 48047	586/725-2878
Bike Tech	18401 E. Warren	Detroit, MI 48236	313/884-2453
D & D Bicycles	8383 N. Middlebelt Rd	Westland, MI 48185	734/522-9410
D & D Bicycles	121 N. Center Rd.	Northville, MI 48167	248/347-1511
D & D Bicycles	9977 E. Grand River	Brighton, MI 48116	810/227-5070
D & D Bicycles	4141 W. 12 Mile Road	Berkley, MI 48072	248/547-0770
D & D Bicycles	7330 Highland Road	Waterford, MI 48327	248/461-6550
East Side Bike Shop	26210 Van Dyke Ave	Centerline, MI 48015	586/756-2001
Fraser Bicycle & Fitness	34501 Utica Road	Fraser, MI 48026	586/294-4070
Hamilton Bicycle	69329 Main Street	Richmond, MI 48062	586/727-5140
Macomb Bike & Fitness	28411 Schoenherr	Warren, MI 48088	586/756-5400
Main Street Bicycles	5987 26 Mile Road	Washington, MI 48094	586/677-7755
Main Street Bicycles	622 S Lapeer	Lake Orion, MI 48362	248/236-9100
Metro Bike-N-Sport	36649 S. Gratiot Ave	Clinton Twp., MI 48035	586/791-3488
Paul's Bike Depot	28057 Gratiot	Roseville, MI 48066	586/776-9165
Stoney Creek Bike	58235 Van Dyke	Washington, MI 48094	586/781-4451

### Club Information

For more information about our club, please see our website at [www.slowspokes.org](http://www.slowspokes.org)  
 Most of the information on the website is visible without signing in. If you are a member, you can use your email address as your login ID and create a password. This gives you access to some information that non-members cannot see.  
 If you wish to join the Slow Spokes, there is a membership application on the website that you can print out and fill out.  
 You are welcome to come for a meeting or try out a ride before joining the club.

### DO WE HAVE YOUR CORRECT EMAIL ADDRESS?

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)

#### 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.