



# Spokin' Times News

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

August 2014

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Slow Spokes

P.O. Box 792

Sterling Hts, MI 48311

## Peach of a Ride



44th Annual  
Peach of a Ride

Sunday, August 24th

Memphis Junior High School

34130 Bordman Rd.

Memphis, Michigan

Registration starts at 7:00 am

Registration fee for the Peach of a Ride is \$18.00 on or before August 1st, and \$25.00 after August 1st or day of ride. We will have paved routes of 22, 40, 60 and 100 miles. There will not be a dirt route this year.

We will have home made cookies and other snacks at our rest stops, and a light lunch and peach dessert at the end of the ride.

See you there on Sunday, August 24th!

## Still need volunteers for the Peach of a Ride

It's not too late to volunteer to help at this year's Peach of a Ride.

- Don't forget to bake those delicious cookies.
- To be a SAG driver, contact Bernie at [bsustrich@msn.com](mailto:bsustrich@msn.com) or 586-677-9106.
- For other volunteer opportunities, contact Gabe Halsall at 586-781-6784.

## There will be 2 club meetings in August

As usual, we will have 2 club meetings in August and none in September. Both meetings will be held at the usual place, the Warren Woods Baptist Church at 14251 E. 12 Mile Road between Hayes and Schoenherr in Warren.

The regular August meeting will be held on Friday, August 1st.

The "September" meeting will be held on Friday, August 22nd, just before the Peach of a Ride on Sunday. This meeting is used to finalize any details for the Peach of a Ride, and for all you cookie bakers to bring in your famous home made cookies for Sunday's ride.

**Meetings**—Unless otherwise noted, meetings are held at 7:30 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. No meeting in July.

**Ride Information**—Send information for rides and walks and other exciting events to our event coordinator Chuck Pottenger email only please [pottengerc60@gmail.com](mailto:pottengerc60@gmail.com)

**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.

### Picnic Report by Tom Graham

On July 5<sup>th</sup>, 35 Slow Spokes members and friends gathered for their annual club picnic. The activities started with a longer faster bike ride led by Rita Zupan-Wilhelm with a total of 9 riders and a shorter slower ride led by Ray Carpenter with 10 riders. After feasting on a variety of picnic goodies, overseen by Sue Graham, the games started. First up was the water balloon toss won by Brian and Shelly Mallon. Then the egg toss won by Linda Mariani and her friend Mary Hopcroft. Next came the cherry pit spitting contest with Don Windhorst winning by a wide margin and Mary Hopcroft taking the ladies prize. Shortest pit spit was turned in by Sue Windhorst and will be submitted to the Guinness Book of World Records. Then came the volleyball game. The team of Rita Zupan-Wilhelm, Tom Graham, Gary Herndon, Linda Mariani and Mary Hopcroft was upset by the team of Clara Herndon, Don Windhorst, Jim Culberson, Brian Mallon, and Shelly Mallon. The games featured picturesque sets and earth shaking spikes, with the winning team rallying over injuries to pull off the stunning upset. Hope to see you next year for the second annual volleyball game. Lastly, a best of five games of ladder was won by Brian Mallon and Gary Herndon over Rita Zupan-Wilhelm and Paul Wilhelm 3 to 2. Thank you Sue for organizing this year's picnic. A good time was had by all.

Pictured below s part of the group in Ray Carpenter's slower picnic ride through Dodge Park



#### Bike Rack for Sale

Yakima KingJoe Pro 213 bicycle rack  
Asking Price \$100  
Original price \$189.99 within the last two years.  
If interested, call Al Chola at 313-920-6055

#### Book Club

Next Meeting—Tuesday August 19, 7:00 pm  
Book—The Color of Rain  
Authors—Gina and Michael Spehn  
Place—Jim Walter's House

# AUGUST 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:	6:30 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 (Note time change—now 6:00 pm)

DISTANCE:	20 miles	DATE:	Wednesdays
PACE:	10 - 12 mph	TIME:	6:00 P.M.
TERRAIN:	Flat		
LEADER:	Bill Appleberry (586) 573-7377		
MEETING PLACE:	Freedom Hill. South side of Metro Parkway (16 mile road) east of Schoenherr.		
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:	6:00 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!





Twelve people enjoyed Tom Miller's Celebrate Detroit Ride on Sunday, July 20th. The group posed for this picture on Belle Isle in front of the fountain, and later enjoyed lunch at American Coney Island.

### September Ride is being planned for the Upper Peninsula

**Where-** Western UP, mostly in the Keweenaw Peninsula, aka the "Copper Country"

**When-** Leaving early on Sunday, August 31- Returning either Saturday September 6 or Sunday September 7.

**Format-** Camping at state parks- Fort Wilkins, McClain and Twin Lakes. Spend a few days at Fort Wilkins and McClain. Drive vehicles between state parks. Unloaded loop rides of 40-50 miles each day on paved roads. On the way home, perhaps check conditions on a possible route for a self-contained ride next year.

**What we will see?-** Awesome Lake Superior Scenery, historic sights related to mining of copper in the 1800's, Calumet, Houghton, Hancock

**Terrain-** Flat along the lakeshore. Fairly hilly inland, i.e. Brockway Mountain Drive.

Contact Ed Schultz if interested. Phone 248-320-7752 or email [ed.schultz4@gmail.com](mailto:ed.schultz4@gmail.com). We'll have an organizational meeting early in August. It is currently planned for Monday, August 11th. Contact Ed for details.

### Rails to Trails features the Macomb Orchard Trail

The Trail of the Month for July 2014 for the National Rails-to-Trails organization is the Macomb Orchard Trail. The full address of the article is [www.railstotrails.org/news/recurringFeatures/trailMonth/archives/1407.html](http://www.railstotrails.org/news/recurringFeatures/trailMonth/archives/1407.html) or you can just go to the main [www.railstotrails.org](http://www.railstotrails.org) website and it's accessible from the front page until they come out with the August trail of the month. The article mentions that Michigan leads the nation in completed rail-trail mileage with 2300 miles.

A few Slow Spokes, Bonnie Michalak, Kathy Cota, Mary Woloszyk and Jim Walter sampled some of those rail trail miles last week on the Michigander, a week-long ride put on by the Michigan Trails and Greenways Alliance, which is the main advocate for trails in Michigan and helps keep us number one. Over the years of riding in the Michigander, we have seen more and more trails completed and paved. In the old days, many trails were rough riding. Today, for example, the Pere-Marquette trail is paved all the way from Reed City to Midland, a distance of 70 miles.

## 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.



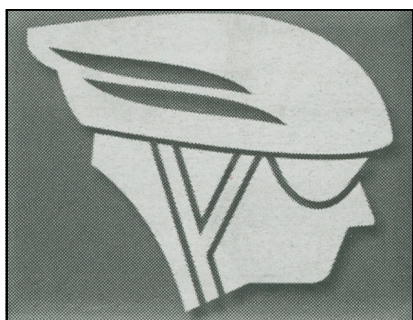
# Slow Spokes Spokin' Times News



Slow Spokes are members of the  
League of Michigan Bicyclists and  
the League of American Bicyclists.



Website: [www.SlowSpokes.org](http://www.SlowSpokes.org)



**BIKE SMART**  
*Always Wear Your Helmet!*

Sterling Heights, MI 48311-0792

P. O. Box 792

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