



# Spokin' Times News

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

February 2015  
March 2015

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Event Coordinator:

Tom Graham

Webmaster:

Tom Miller

Website:

www.SlowSpokes.org

Mailing Address:

Slow Spokes

P.O. Box 792

Sterling Hts, MI 48311

## 2014 Mileage Report

For 2014, 13 Slow Spokes reported a total of 51,000 miles among them. Congratulations to Tom Graham who was top dog with 5520 miles.

The list of those who sent their miles is as follows:

Tom Graham	5520
Rita Zupan-Wilhelm	5387
Paul Wilhelm	5200
Clara Herndon	5067
Bernie Sustrich	4640
Tom Miller	4188
Jim Walter	3924
Carol Sustrich	3719
Ed Schultz	3231
Bob George	2872
Betty Dilbeck	2612
Bill Appleberry	2403
Don Windhorst	2300

We wish everyone a great riding season in 2015!



So you may ask, how did the above people get so many miles in 2014. Well, most of them are already racking up miles for 2015 in Florida.

At left, Tom and Clara are pictured with a group they are riding with in Florida.

But don't get too jealous. From the looks of their attire, it isn't all that warm in Florida either.

**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.

### February Meeting

Join us on Friday, February 6th at 7 p.m. for our next club meeting.

Prior to the meeting, at 6 p.m., there will be a one hour yoga session. All are invited to attend.

Also, It turns out that we have a talented piano player in our midst. Maybe she will give us another rendition after the meeting as she did after the last meeting.

### April Newsletter

The current newsletter is for February and March. The next newsletter will be in April. Information for the April newsletter is due to the newsletter editor by March 15th. Please send your pictures and interesting bike-related information.



Some of our Slow Spokes members visited Santa at the Romeo McDonalds in December. I haven't heard whether they got their Christmas wishes or not.

### Holiday Party Report

Many thanks to Bob and Gabe Halsall for providing their home and ham for the holiday party. Thanks also to all of our cooks for bringing such delicious food for the celebration. The wine tasting was also a highlight of the evening.

A good time was had by all who attended.

Once again, thanks to Bob and Gabe for hosting the event.

## Some bicycle adventures coming up in 2015

Tom Graham and Clara Herndon are planning 2 self contained bike rides for June.

### Circle the Thumb

June 7th thru 14th, starting from home and returning home. We will ride up the shoreline, around the thumb, and return inland. Approx 330 miles in 7 days.

### Ride to GOBA

June 18th thru 20th (self-contained to Van Wert, OH), June 20th thru 27th (GOBA—truck supported), June 27th thru 30th (self-contained from Van Wert, OH to home). You may also choose to drive to Van Wert to ride the GOBA portion with us.

Please contact us if you are interested or for further details:

Tom Graham - [turbotommie@hotmail.com](mailto:turbotommie@hotmail.com)  
Clara Herndon - [claraherndon@outlook.com](mailto:claraherndon@outlook.com)

Please put Slow Spokes in your subject line when emailing.

Ed Schultz is planning a self-contained cross country ride in September thru November:

### Cross Country Ride - San Diego to St. Augustine

Ed Schultz is planning a cross country bike ride on the Adventure Cycling Southern Tier Route. The start date is around September 8, traveling by Amtrak to San Diego, California and riding, self-contained, to St. Augustine, Florida. The distance is about 3,200 miles and he expects to finish around November 16. There will be about 56 riding and 9 rest days. The plan is to camp as much as practical, with some Warm Showers and motels, depending somewhat, on weather. Meals will mostly be in restaurants.

Jim Walter is planning to join Ed on this trip.

Give Ed a call at 248-320-7752 if you are interested in joining them or if you would like further details.



We all know how interrelated bicycling and food are for the Slow Spokes.

Our motto is: We eat to ride. We ride to eat.

But these pictures bring them closer. Bicycle shaped food and pizza cutter.

Photos sent by Catherine Serra

The following partial page was copied from an old Spokin' Times from 1983. Note the Spokey picture in the upper right hand corner of the page.

The only names that I recognize as current members of the Slow Spokes are Don Windhorst and Fred Hamann. In those days, the Slow Spokes were a younger bunch, mostly in their 20s, 30s and 40s. This article tells about 32 Slow Spokes riding in the Belle Isle Marathon, which is also known as the Wolverine 200 and consists of laps around a 5 mile loop on Belle Isle to see how many miles you could do in a 24-hour period. The story continues from the previous page talking about the Slow Spokes women's team. The last line on the previous page was "Dorothy Willoughby who rode 175 miles ..."

When's the last time we had 32 people come out for a biking event? Most rides now get 5 or 10 riders, and a really good turnout is 15 or so. We need to get more people involved and riding, and try to attract a younger crowd again.

and was stopped by the torrential downpour and strong winds from making 200 is certainly in line for congratulations. She rode alone much of the night in her attempt. Also Monique Vianaw should be congratulated for stepping in only a few days before the event to take Diane's place and coming through with her 100 miles CONGRATULATIONS LADIES As far as we know ours was the only ladies team.

The men's team consisting of Jim Hamann, Ted Mertens, Dick Touchette, Bill Vianaw and Bill Vianaw rode a total of 1280 miles, not quite beating last year's men's team work of 1345.

As a club last year 30 club members rode 4205 miles. This year 39 club members were present and 32 riders rode 3710 miles. Again I heard comments such as "There goes that orange team again" or "You Slow Spokes aren't so slow. Overall another great time was had by all who were there. As far as we know all survived the "swamp" A special thanks to all who brought "eats" for Friday night or helped put this weekend together in any way.

**MARATHONERS:**

Don Windhorst	100 miles	Chris Keiser	100 miles
Jerry Brouhard	160 miles	Dan Mertens	100 miles
Jill Brouhard	125 miles	Fred Hamann	100 miles
Mary Trampus	80 miles	Dorothy Willoughby	175 miles
Bill Trampus	60 miles	Dave Windhorst	20 miles
Bill Stiers	160 miles	Nancy Francsak	35 miles
Jeanne Touchette	105 miles	Greg Francsak	200 miles
Dick Touchette	300 miles	Daniel Boik	75 miles
Bill Vianaw Sr.	300 miles	Leo Goodman	70 miles
Bill Vianaw Jr.	225 miles	Doug Pussos	70 miles ?
Jim Hamann	200 miles	Karl Schweitzer	105 miles
Ronnie Vianaw	50 miles	Louise Schweitzer	15 miles
Monique Vianaw	100 miles	Kristen Schweitzer	85 miles
Ted Mertens	255 miles	Kirk Schweitzer	85 miles
Ron Ferry	120 miles	Jim Schweitzer	70 miles
Diane Bera	20 miles	John Pavlat	45 miles

Time to pay your membership dues for 2015. They are due by April 1st.

Dues are still \$15.00 for an individual or family.

Please fill out the membership application on the next page.

All members who will be riding should sign the waiver form.

(Note: Your birthday is not a required field. I know some of you like to keep that secret.)



# Slow Spokes Bicycle Club

Where Friends meet Friends...



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

www.SlowSpokes.org

## Membership Application Form

### 2014 Membership

New Member       Renewal

\$15.00 Individual ( over 18 )

\$15.00 Family

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_  
State \_\_\_\_\_ Zip \_\_\_\_\_  
Telephone \_\_\_\_\_  
E Mail \_\_\_\_\_  
Birthday \_\_\_\_\_

### Additional Family Members

Name	Birthday
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Do you wish to receive newsletters by e-mail?

Yes, please add me to your list of active volunteers who help promote bicycling at the local, state and Federal level. I may be called upon to write a letter or attend a meeting.

Please make check payable and mail to:  
**Slow Spokes Bicycle Club**  
P.O. Box 792  
Sterling Heights, MI 48311-0792

**RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT ("AGREEMENT")**

IN CONSIDERATION of being permitted to participate in any way in the Slow Spokes Bicycle Club ("Club") sponsored Bicycling Activities ("Activity") . I for myself, my personal representatives, assigns, heirs and next of kin:

1. ACKNOWLEDGE, agree, and represent that I understand the nature of Bicycling Activities and that I am qualified to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe. I will immediately discontinue further participation in the Activity

2. FULLY UNDERTAND that: (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH ("RISK"). (b) these risks and dangers may be caused by my own actions or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW: (c) there may be OTHER RISK AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at the time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS AND DAMAGES I incur as a result of my participation in the Activity.

3. HEARBY RELEASE , DISCHARGE, COVENANT NOT TO SUE AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS the Club, the LAB, their respective administrators, directors, agents, and employees, other participants any sponsors, advertisers, and if applicable, owner and lessors of premises on which the Activity takes place, (each considered on the "RELEASEES" herein) FROM ALL LIABILITY CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR INPART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATION.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND HAVE SIGNED IT FREELY AND WITHOUT AND INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID, THE BALANCE NOT WITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

**ALL RIDING MEMBERS MUST SIGN**

## 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 48072	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.



The above picture shows several Slow Spokes enjoying lunch at the American Coney Island on Tom Miller's Detroit Riverfront Ride on November 30th. Thanks Tom, for leading several great impromptu rides in 2014 and leading us to some of the Detroit area's cultural and gastronomical gems.



Tom is also an expert at handling any mechanical problems we may encounter along the way. Here he is helping to change a flat tire while some of us stand around and kibitz.



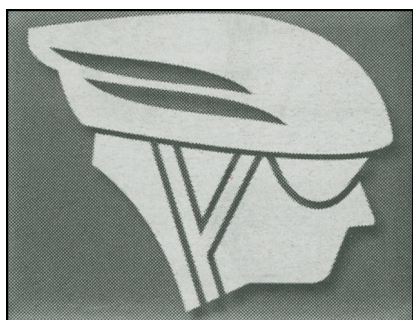
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Slow Spokes are members of the  
League of Michigan Bicyclists and  
the League of American Bicyclists.



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



## **BIKE SMART**

*Always Wear Your Helmet!*

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