

Spokin' Times News

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

September 2012

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Tom Miller

Website:

www.SlowSpokes.org

Mailing Address:

Slow Spokes

P.O. Box 792

Sterling Hts, MI 48311



It's that time again. The 42nd annual Peach Of A Ride is this Sunday, August 26th. Registration starts at 7:00 am at Memphis Junior High School, 34165 Bordman Road, Memphis, Michigan.

There are road routes of 22, 32, 60 or 100 miles and a dirt road route of 26 miles.

We will have home-made cookies and other snacks at our rest stops, and a light lunch and home-made peach dessert at the end of the ride. We hope to see you on Sunday.



So maybe it's a new type of biathlon. First you bike pulling your kayak. Then you kayak carrying your bike? No, actually it's Bob Grabe trying out a new trailer that he will use to haul his kayak to various lakes around his home in Clare to go fishing.

<u>Meetings</u>—Unless otherwise noted, meetings are held at 7:30 p.m. on the first Friday of every month at the Graham Elementary School located on Crocker, north of Metro Parkway. Refreshments are served.

<u>Ride Information</u>—Send information for rides and walks to Rose Marie Jacobs via email: rmj211@comcast.net by the (10th) of the month.

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

No meeting in September—meeting Friday, August 24th.

There will not be a club meeting in September. Instead, we will meet on Friday, August 24th at 7:30 pm at the Riviera Terrace Condominium Clubhouse on Jefferson just north of 9 mile in St. Clair Shores. Any last minute details for the POAR will be discussed.

Bring your cookies for the POAR to the meeting.

WELCOME NEW MEMBERS

Welcome back:

Kathy Cota, Waterford

News from Race across America

For some unknown reason, I receive the RAAM (Race Across America) Newsletter. This year, both the men's and women's solo race winners were from Switzerland, and both were RAAM rookies.

Reto Schoch, the men's winner completed the race with the third fastest time ever. His time was 15.28 miles per hour (8 days 6 hours 29 minutes). Just in case you are thinking that you can ride 15 miles per hour, this means that he covered 15 miles per hour every hour for 8 days 6 hours and 29 minutes. In other words, he covered a little more than 360 miles every 24 hours. Given that they take a little time out for sleep and bathroom breaks, they don't ride 24 hours a day. If they ride 18 hours in a day, they are averaging 20 mph while riding, or if they manage to ride 20 hours a day, they are averaging 18 mph, 20 hours a day for 8 days.

I know a person who did RAAM several years ago, and he informed me that they take very little time out for sleep, so they probably are riding 20 hours a day. They eat (or are given liquid nourishment) while moving, and they have to deal with hallucinations and the possibility of falling asleep while riding. A support team rides alongside them in a van, and deals with bicycle repairs and whatever else they need. To me, this sounds more grueling than the Tour de France (and with less of the notoriety and glory).

The women's winner was Trix Zgraggen, a 46 year old mother of three boys (ages 18, 20 and 22). Her time was 10 days 3 hours and 59 minutes. They didn't give a miles per hour calculation, and I'm not going to try to do it here. Suffice it to say, when we think of biking across the country, we usually think in terms of 3 months and they are doing it in 8 to 10 days. Wow!

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

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.



Tom Miller says that the above photo is from the first ride he led to Detroit—"Make a Run for the Border Ride", July 5, 1998. Tom identifies some of the participants (? Indicates unidentified person):

Left to right back row: Dick Barry, Lester Useted, ?, Tom Miller, Phil LaRonge, ?

Middle Row: Mary Stoolmiller, Hilda Lamont, ?, ?, Marie Clifford, Terry Taylor, Alex Schneider

Front Row: Adolfo Torres, Kathy Cota, Bob George Picture was taken in front of The Detroit Institute of Arts.





Tom Miller loves his McDonald's. On August 5th, he led a group of Slow Spokes to Detroit's newest McDonald's where they were personally welcomed by the owner. This McDonald's was built using eco-friendly construction techniques.

SEPTEMBER 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 & Mike Matlas (Mary Woloszyk (586) 778-9172 & Mike Matlas (586) 264-6759				
MEETING PLACE:	St. Clair Shores library — Corner of Jefferson & 11 Mile Road					
ADDITIONAL INFORMATION:	We will ride through the neighborhoods of St. Clair Shores and the Grosse Pointes.					
Tuesday	/ Evening Rides (time change to 6:00	for Septemb	per)			
DISTANCE:	25 - 30 miles	DATE:	Tuesdays			
PACE:	13 - 15 mph	TIME:	6:00 P.M.			
TERRAIN:	Flat	Flat				
LEADER:	Josie (586) 484-4412 or Jim (248) 879-2405 or	Josie (586) 484-4412 or Jim (248) 879-2405 or someone else ???				
MEETING PLACE:	Rainbow Plaza— SE corner of 25 Mile Rd. ar	nd Shelby Rd.				
We will ride the Macomb Orchard Trail. Weather permitting, we will ride as far as Armada. If you wish to go your own pace (either faster or slower than the rest of us), we don't mind. You can't get lost on the MOT. Wednesday Evening Rides (time change to 6:00 for September)						
DISTANCE:	20 miles	DATE:	Wednesdays			
PACE:	12 - 14 mph	TIME:	6:00 P.M.			
TERRAIN:	Flat	· · · · · · · · · · · · · · · · · · ·				
LEADER	Bill Appleberry (586) 573-7377					
MEETING PLACE:	SW corner of Metro Pkwy and Garfield — in b	SW corner of Metro Pkwy and Garfield — in bank parking lot.				
ADDITIONAL INFORMATION:	Ride destinations may vary from week to week. Note: Time change.					
Thursda	Thursday Evening Rides (time change to 6:00 for September)					
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.					

SEPTEMBER SCHEDULED RIDES					
Hot Dogs and a Night Ride					
DISTANCE:	About 18 miles	DATE:	Thursday, Sept 13		
PACE:	9 - 11 mph	TIME:	5:00 p.m. / 7 p.m.		
TERRAIN:	Flat				
LEADER:	Shelly and Brian (248) 652-1655				
MEETING PLACE:	Shelly and Brian's house, 649 Augusta Drive, Rochester Hills, MI 48309				
ADDITIONAL INFORMATION:	Hot dogs, Chips, Beverages 5:00 to 6:30 pm. Ride time, 7:00 to 9:00 pm. We will ride the Paint Creek Trail. You must have a light on your bike. It will be dark by the end of the ride.				
Tour De City					
DISTANCE:	55 - 60 miles	DATE:	Sunday, Sept 23		
PACE:	13 - 15 mph	TIME:	8:30 a.m.		
TERRAIN:	Flat				
LEADER:	Bob George (586) 463-6058				
MEETING PLACE:	Macomb Community College, corner of 12 mile and Hayes.				
ADDITIONAL INFORMATION:	Along the way we will travel through the Grosse Pointes and see some interesting parts of the East Side of Detroit including the Fisher Mansion, Indian Village, the Manoogian Mansion, and Elmwood Cemetery. We will have a lunch stop in Mexican Town. After our lunch and Tour of Downtown we will return to the starting location by way of Hamtramck.				

Sounds like a Plan (sent in by alert reader Bernie Sustrich)

Dr. Gabe Mirkin's Fitness and Health E-ZineJuly 29, 2012 **How to Recover Fast from Grueling Endurance Exercise**

Bradley Wiggins, the winner of the just-completed 2235- mile, 21-day 2012 Tour de France, states that the most important way to recover from grueling endurance sports is to **eat as much as you can**, as soon as you can, after you finish each competition.

YOU ARE WELCOME TO COPY the e-Zine's contents for use in your own newsletter, company or club publication, BLOG or website. Please give proper credit and a link back to www.DrMirkin.com



At left are 4 Slow Spokes about to dig in to a 14 egg omelet. We took the above advice to heart.

Unfortunately, we hadn't exactly been participating in a grueling endurance sport. We had just taken a leisurely bike ride to Richmond.



On Sunday, August 19th, a group of 16 Slow Spokes enjoyed Phil's Boulevard Tour of Old Detroit. Here we are going under the old Packard Plant. Phil LaRonge led us through some of Detroit's historical areas before stopping for lunch in Greektown. 13 of us made a longer ride of it biking in from Warren on Tom Miller's impromptu Ride to the Ride. Those who rode from Warren had a 45 mile ride.

The day before, Saturday, August 18th, Gary Haelewyn also led a tour of Detroit. This tour featured an hour's stop at Eastern Market. Special indoor parking had been arranged for our bicycles while we enjoyed the sights of Eastern Market. A dozen people were on Gary's ride.

The 5 people at right are about to leave on an overnight self-contained trip to Algonac State Park. Perhaps they wouldn't have such big smiles if they knew that a thunderstorm was in their future.

Terry's account of events is as follows:

This is a picture of Bob and I, Josie, and Carol and Bernie before we took off on our self-contained Trip to Algonac State Park via Richmond, Adair, a lunch stop in St. Clair, and a great ice cream stop in Marine City. The ride was beautiful, especially along the river. We survived a night time thunder and lightning storm, a short ride in the rain Sunday morning, dehydrated dinners (which we all agreed were not that bad) and, some of us, a swim in the river. We all can't wait to do it again!





As I recall, it was a hot day (but then again, what day this July wasn't a hot day) and we were very thankful for a nearby resident who allowed us to refill our water bottles.

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.

	<u> </u>		
Allied Cycle	23101 Gratiot	Eastpointe, MI 48021	586/772-3411
American Cycle & Fitness	29428 Woodward Ave	Royal Oak, MI 48072	586/542-7182
American Cycle & Fitness	2169 Metro Parkway	Sterling Heights, MI 48310	586/979-7570
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

SLOW SPOKES MEMBERSHIP APPLICATION

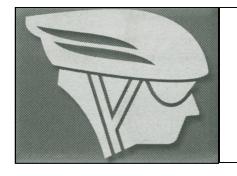
DATE:	NEW MEMBER	RENEWAL	
NAME:		PHONE:	
ADDRESS:			
EMAIL:			
OPTIONAL BIRTHDAY (MONTH and	DAY):		Anyone interested in
Please mail this application along with a check for \$15.00 payable to:	Slow Spokes P. O. Box 792 Sterling Heights, MI 48311-	-0792	bicycling is eligible for membership. Those under 18 years of age must be accompanied by an adult during all club activities and rides.
I <u>do not</u> wish to receive a har	d copy printed of the Newslet	ter.	iles and rides.



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



Website: www.SlowSpokes.org



BIKE SMART

Always Wear Your Helmet!

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

