



Spokin' Times News

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

August 2016

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Slow Spokes

P.O. Box 792

Sterling Hts, MI 48311

Peach of a Ride



46th Annual
Peach of a Ride
Sunday, August 28th

Memphis High School
34130 Bordman Rd.
Memphis, Michigan
Registration starts at 7:00 am

Registration fee for the Peach of a Ride is \$20.00 on or before August 1st, and \$30.00 after August 1st or day of ride. We will have paved routes of 22, 40, 60 and 100 miles.

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 28th!

For more information, go to <http://www.SlowSpokes.org/Peach-of-a-Ride>.

See you at the Peach of a Ride

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 5th.

The "September" meeting will be held on Friday, August 26th, 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 7:00 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 Shelly Mallon, email shelmln74@gmail.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. Articles must be received by the 15th of the month for inclusion in the newsletter. Feel free to call Jim at 248-879-2405.

Reduced POAR Registration Fee for Club Members

As we have in the past, Slow Spokes members who volunteer for the Peach of a Ride and club officers will have the POAR registration fee waived, if they should choose to ride. All other club members will receive a \$5.00 reduction of the \$20.00 early registration fee. To get this reduced price members must:

- 1.) Submit a paper application (available from the Peach of a Ride webpage).
- 2.) Applications must be postmarked/received by August 15th.
- 3.) After 8/15 and day-of-ride, SS member registrations (other than volunteers and officers) will not be discounted.

Volunteer Opportunities for the Peach of a Ride

Volunteers are needed to help with the road marking for the Peach of a Ride. We will meet at Memphis High School on Monday, August 22 at 9 am. We'll ride our bikes while we mark the roads. If you are interested in helping, please contact Jack Logomarsino, 352-430-5487, adventurecyclist@hotmail.com.

I have volunteered as a SAG driver the last few years, and it is a great way to see the POAR and help any riders needing assistance.

To volunteer as a SAG driver, contact Carol or Bernie Sustrich 586-677-9106 bsustrich@msn.com

Cookies: As usual, we will need all you cooks out there to bake some cookies for the ride. They can be brought to the August 26th meeting for distribution to the rest stops.

For other volunteer opportunities, please contact Paul Wilhelm at jpwilhelm@hotmail.com or see the list in last month's newsletter.

Tee Shirt Orders

2016 Peach of a Ride T-shirts are available to Slow Spokes members at a reduced price until the August meeting (8/5). Members can get a Small, Medium, Large or XLarge shirt for \$10.00. 2XLarge and 3XLarge are \$12.00.

Shirts must be ordered and paid for by August 5th.

There may be a limited quantity (and limited sizes) of shirts available at the non-discounted price on the day of the ride.

Keeping track of Mileage

If you're like me, you're addicted to keeping track of your bike mileage. For me, it all started in 1994 when my kids got me a bike computer for father's day. I immediately put it on the bike, and as the year progressed, I decided that I could get 1000 miles by the end of the year. I made that goal, and now 23 years later, I found myself shooting for 70,000 lifetime miles before my 70th birthday coming up in September. I reached that goal on the last day of the Michigander. How many of you keep track of lifetime miles? I know some of you do as one of our members said he had about 75,000 miles a few years ago when I only had 50. One thing about lifetime bike mileage— it only goes up, not like golf scores!

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:	6:00 P.M.
TERRAIN:	Mostly flat and paved (Macomb Orchard Trail and low volume roads)		
LEADER:	Paul (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:	6:00 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!

AUGUST WEEKLY RIDES

Wednesday Morning Rides

DISTANCE:	20-34 miles	DATE:	Wednesdays
PACE:	10 - 12 mph	TIME:	9:00 A.M.
TERRAIN:	Mostly flat and paved. Mostly on the Macomb Orchard Trail.		
LEADER:	Gabe (586) 945-6784		
MEETING PLACE:	29 Mile Road and Van Dyke (NW corner behind Rite-Aid Drug Store)		
ADDITIONAL INFORMATION:	Ride to Armada, or Richmond or other destination. Routes may vary. Ride may include an optional lunch stop. Route, distance and lunch will depend on group preference.		

Thursday Morning Pedal and Pickleball

DISTANCE:	15 - 20 miles	DATE:	Thursdays
PACE:	12 - 14 mph	TIME:	7:30 ride 8:30 play
TERRAIN:	Flat		
LEADER:	Tom (586) 854-7911 Clara (586) 573-0426		
MEETING PLACE:	7:30 am Ride from Tom's House, 16104 Wrotham Ct., Clinton Twp. 8:30 am Meet at Neil Reid Park, 37701 Harper, Clinton Twp.		
ADDITIONAL INFORMATION:	2-3 hours of Pickleball We welcome all levels of players. We have a few extra paddles and will provide balls. Lunch stop at McDonald's. No ride or play if raining.		

Weekend Rides

We haven't had many impromptu rides on weekends in July. Part of this has probably been the weather, which has either been hot or threatening rain. We also need to have more people (including me) to step forward and lead their favorite ride from time to time. It seems that lately, it has mostly been Ron. Thanks, Ron, for all the great Detroit rides you lead.

Bicycle Car

Bill Appleberry sent me the following link which he got from Bob George. It's a Swedish guy who designed a bicycle-car for tooling around in Sweden in their cold winters. It's cute, and you'll love his accent.

<https://www.indiegogo.com/projects/podride-a-practical-and-fun-bicycle-car#/>

Apple Cider Century

We are planning to ride the Apple Cider Century in Three Oaks, MI on Sunday, September 25, 2016. Ed Schultz has offered to lead a ride around South Bend, IN on Saturday, September 24th. We would leave his house by noon on Saturday and drive to South Bend. Ed and Nancy have graciously offered to prepare dinner for us on Saturday night. There is free camping available to ACC riders on Saturday night at Watkins park in Three Oaks. We may also ride around the Three Oaks area on Monday if anyone is interested.

Please contact Tom Graham (turbotommie@hotmail.com) or Clara Herndon (claraherndon@outlook.com) if you are interested. Ed would like an idea of how many to expect.

Book club meets on Wednesday, August 24th at Clara's house. The book is Leaving Time by Jodi Picault.

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

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

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.