



Spokin' Times News

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

September 2016

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Slow Spokes

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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

Meeting this Friday, August 26th

The meeting will be held at the usual place, the Warren Woods Baptist Church at 14251 E. 12 Mile Road between Hayes and Schoenherr in Warren. 7:00 pm.

This meeting is used to finalize any necessary details for the Peach of a Ride on Sunday. Also please bring in those delicious home-made cookies for distribution to the people working the rest stops. If you still want to volunteer for something on Sunday, we can still find something for you to do.

Note: There is no meeting in September. This meeting takes the place of the regular September meeting.

Detour Getting to the Peach

There has been lots of road construction on or near our Peach of a Ride route this summer. The roads were marked on Monday and all routes are open!!

However, getting to the school is a bit of a problem. If you are coming from the west, Bordman Road is closed at Wahl road just west of the school. There is a detour which takes you on dirt roads into Memphis. To get to the school, you will need to enter Bordman Road from the east. Currently, there is a barricade saying "Local traffic only" at Bordman and Belle River which we need to go around to get to the school.

It is probably easiest to enter Memphis on M19 and turn on Bordman at the light.

See you at the Peach of a 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.

September Up North Trip

Big Mac Shoreline Fall Scenic Bike Tour and Bridge Ride

A group of Slow Spokes is planning on riding in the Big Mac Shoreline Fall Scenic Bike Tour and Bridge Ride (<http://www.mackinawcity.com/fall-scenic-bike-tour-155/>) on Saturday, September 10th and Sunday, September 11th. On Saturday, September 10th, riders have a choice of a 25, 50, 75, or 100 mile bike tour along the shores of Lake Michigan. The routes are clearly marked and a number of rest areas dot the course. SAG wagons circle the route to ensure safety for riders. On Sunday, one of the most breathtaking rides of the season, complete the weekend with a tour ride across the “Mighty Mackinac Bridge”. This is a one way tour and only for riders who participated in one of the Scenic Bike Tours on Saturday and have signed the waiver *{MUST BE 13 YEARS OF AGE OR OLDER & MUST WEAR A HELMET}*.

Our current plan is to drive Wednesday morning, Sept 7 to Charlevoix where we will ride around Lake Charlevoix – a ride of about 35 miles.

On Thursday we will ride the Little Traverse Wheelway round trip between Charlevoix and Petoskey – a ride of about 43 miles. We'll spend Wednesday and Thursday nights at a motel/hotel to be determined in the Charlevoix area.

On Friday we'll ride 42 miles round trip between Harbor Springs and Cross Village (part of the famous “Tunnel of Trees”). After the ride we'll drive to a motel to be determined in Mackinaw City for two nights. If you would be interested in joining us for any or all of this trip, please contact Paul at 586-243-4325 or jpwilhelm@hotmail.com.



Once again this year, several Slow Spokes participated in the Mind Over Matter Ride to raise money for Alzheimer's. Once again, Cal Quint who is 89, got the award for being the oldest participant in the ride. Cal is a member of the Slow Spokes. Pictured at left are some of the younger members of the Slow Spokes to participate in the ride. In the picture, we are enjoying our favorite rest stop which had a lot of good things to eat.

September is usually the last month for our weekly ride schedule. The evening rides are losing daylight as we progress through the month, so by the end of the month, the rides are shorter.

If any weekly ride leaders want to continue rides into October, please inform the Newsletter editor. Otherwise I will assume that all weekly rides end at the end of September.

As always, watch for impromptu rides announced by email.

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		
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!

SEPTEMBER 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:	8:00 ride 9:00 play
TERRAIN:	Flat		
LEADER:	Tom (586) 854-7911 Clara (586) 662-2188		
MEETING PLACE:	8:00 am Ride from Tom's House, 16104 Wrotham Ct., Clinton Twp. 9:00 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.		

SEPTEMBER SCHEDULED RIDES

Jim Needs to do 70 Ride

DISTANCE:	70 or 40 depending on where you start	DATE:	Sunday, Sept. 18
PACE:	12 - 14 mph	TIME:	70 mile 8:00 am 40 mile 9:15 am
TERRAIN:	40 mile - Flat 70 mile - Add a few hills before and after the 40 mile route		
LEADER:	Jim Home (248) 879-2405 Cell (248) 376-8924		
MEETING PLACE:	70 mile 8:00 am at Jim's house, 6870 Emerald Shores, Troy 40 mile 9:15 am by the trail on 26 mile east of Mound. Park by the PNC bank.		
ADDITIONAL INFORMATION:	Lunch in Richmond. Probably at Ken's.		

Bill Appleberry sent me an article about the 3000 mile bike route from Maine to Florida. They recently opened a bike lane across an expressway bridge which can be used at certain hours of the day (non-rush hour). From the newsletter online, you should be able to bring up the article by clicking on the link below.

<http://gearjunkie.us10.list-manage.com/track/click?u=cb657f6582be6d7b9f61ef91b&id=18a01feffe&e=61a4d4ad75>

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.