



Spokin' Times News

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

April 2015

President

Carol Ritchey

Vice President

Tom Graham

Treasurer:

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Jim Walter

Newsletter Distributor:

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Lennie Raines

Sunshine Liaison:

Rita Zupan-Wilhelm

POAR Chair:

Gabe Halsall

Event Coordinator:

Tom Graham

Webmaster:

Tom Miller

Website:

www.SlowSpokes.org

Mailing Address:

Slow Spokes

P.O. Box 792

Sterling Hts, MI 48311

It's been a long winter



Some intrepid readers went out on the ice in Grand Traverse Bay near Traverse City this winter.

The Great Lakes were much more frozen over than usual this winter.

One report suggests that this may lead to a cooler than usual summer.

But some of us are out riding again.

The first Michigan impromptu ride of 2015 took place at Stony Creek on March 11th.

Yes, there was still plenty of snow cover at the park, but the road was clear and the Slow Spokes were out riding. More pictures of the ride are on page 5.



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 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.

Date change for April Meeting
The April meeting will take place on the second Friday of April, Friday April 10th, so as not to conflict with Good Friday.

2015 Mileage Chart
For those who would like a 2015 Mileage Chart, you can print one from the web-site. The link to download it is on the home page of the website.

Anyone interested in culture	Update on Bicycle Adventures
<p>Don Windhorst suggests the following presentations at the Lorenzo Cultural Center:</p> <p>Bath City USA—Friday, April 10th at 11 am. Learn how Mount Clemens became known as Bath City, USA after becoming famous for its healing waters and welcoming guests from all over the world.</p> <p>The attack on Michilimackinac and the War Called Pontiac's—Friday, April 17th at 11 am. Learn about Pontiac's Rebellion in 1763 and the famous attack on Fort Michilimackinac on July 2, 1763.</p> <p>Killing Jimmy Hoffa—Friday, April 17th at 1 pm. See a 52 minute cut from the documentary file "Killing Jimmy Hoffa" telling the story of Hoffa's disappearance and probable murder.</p> <p>Lorenzo Cultural Center 44575 Garfield Road Clinton Twp, MI. On MCCC Center Campus near Hall and Garfield Programs are free. Preregistration is required. Call 586-445-7348. Regular Exhibit Hours: Wed-Sat 10 am - 4 pm, Sun 1-4 pm. For more information, call Don and Sue Windhorst 586-978-0184.</p>	<p>June Self-Contained Rides</p> <p>Circle the Thumb and the Ride to GOBA. Tom Graham and Clara Herndon are already making camping reservations for the self-contained rides in June. These are the Circle the Thumb and the Ride to GOBA. If you are planning on joining them, you should let them know soon. Tom Graham - turbotommie@hotmail.com Clara Herndon - claraherndon@outlook.com</p> <p>Please put Slow Spokes in your subject line when emailing.</p> <p>Cross Country Ride - San Diego to St. Augustine</p> <p>As of now, there are 4 people committed to going on this trip from about September 8th thru November 16th. A couple of other people are still thinking about it and might also join us.</p> <p>Call Ed Schultz at 248-320-7752 if you would like more details or if you are interested in joining us.</p>

APRIL WEEKLY RIDES

Thursday Evening Rides (Starting April 23rd).

DISTANCE:	14 miles	DATE:	Thursdays, Apr 23, 30
PACE:	Leisurely pace to accommodate all riders.	TIME:	6:30 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 Metropark.		

APRIL SCHEDULED RIDES

Marie Clifford's Memorial Ride

DISTANCE:	36.4 miles	DATE:	Saturday, April 25
PACE:	12 - 14 mph	TIME:	10:00 A.M.
TERRAIN:	Flat		
LEADER:	Rita & Paul (586) 291-7242 or (586) 243-4325		
MEETING PLACE:	M19 & Gratiot in Richmond in Kmart parking lot.		
ADDITIONAL INFORMATION:	Lunch at the end of the ride at Ted's Coney Island. (no ride if temperature is below 50 or if it's raining)		



So how bad was the winter?
Well, one Slow Spoke traded in her bicycle for a camel, and headed out across the Sahara Desert in Morocco.

She said the camel was a little too slow for her, so she's back on her bike now.

Editorial from our president

Why Should I Join the Slow Spokes?

OK, so you already know how to ride a bike. Maybe you have more than one. Maybe your bike is just an old thing hanging in your garage. Maybe it's a fancy-schmancy race bike you bought in a moment of resolution. And maybe you're not sure about skin-tight exercise clothes.

You've seen the lycra/spandex speedsters, grimly determined, heads down, shaved legs pumping furiously along Jefferson Avenue on their \$5000 machines. You've seen the homeless guys riding the wrong way on Gratiot Avenue with black garbage bags lashed to their fenders. Teenagers popping wheelies and 360's and other death defying stunts. And everybody knows Lance Armstrong's story.

My point is, these people are all Family. The Slow Spokes Bike Club is like Close Family. There's the Uncle who knows how to urban-engineer anything, given enough angle iron and bungee cordage. The Sister-in-Law who's so completely in charge of every social situation, always has a kleenex or an extra pair of gloves for you to borrow because you forgot yours (again). The Cousin who knows the best way to get there from here. The Over-Achiever. The Slacker. The Black Sheep with the (hidden) heart of gold. The Goofball. The Sage. It's Us. We are Them.

Yeah, you ride around your neighborhood. How about riding down to Tiger Stadium for a game? Or Royal Oak for a bagel? Or Belle Isle? Lake Erie Metro Park? How about from San Diego (California) to St. Augustine (Florida)? Where do you want to go? When you're riding with a pack of cyclists, you're free to explore the world from the saddle. Even if the world is just that part of the City you used to hang out in, or always wanted to check out, but you just haven't made time to see.

You ride with other, more seasoned bikers, and chances are you'll learn valuable skills. Even if you never have to change a rear tire on the sidewalk outside the coffee shop, at least you'll see how it's done. You'll learn how to ride safer, smarter. A gang of ten bikes is a heckuva lot more visible than one bike alone. A strong headwind is not so daunting when you're singing Do-Re-Mi from The Sound of Music at the top of your lungs with fellow Von Trappes. Pretty soon 50 miles seems like a nothing distance, and you're the one with seasoning.

And, by the way...you don't have to wear special clothes, or have special shoes, or anything crazy like that. You should wear a helmet, OK, that's one thing you have to have. (A sore shoulder heals in a few days--a brain injury is forever.) Everything else is just for your personal level of comfort. Padded shorts make a big difference. Sunglasses, as much as to shield the rays as to keep grit out of your eyes. Nothing that rubs or chafes is going to feel great, no matter what your level of fitness, right? Common sense, people!

Slow Spokes is the club for regular folks who like to ride bikes. Join Us!

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

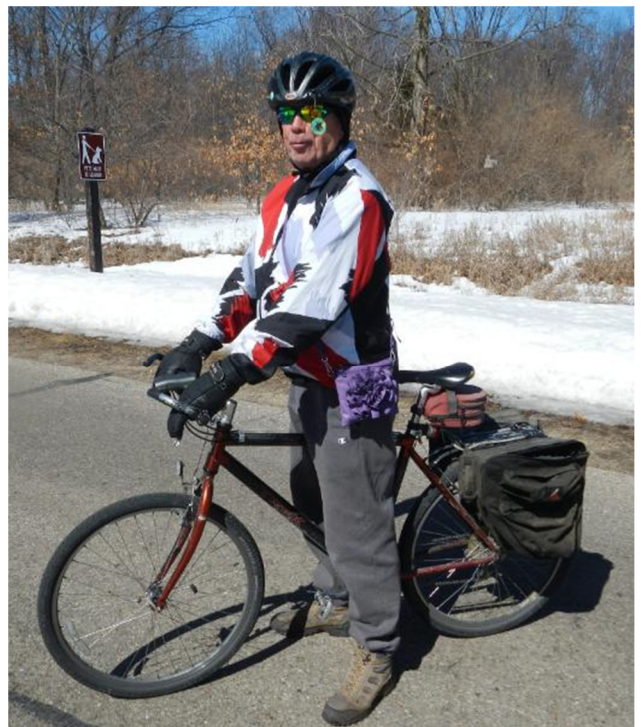
Dues are still \$15.00 for an individual or family.

Please fill out the membership application. It can be found on the website.

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.)

March 11, 2015 Stony Creek Metropark



There was a good turnout for the first impromptu ride of the season even though there still was snow on the ground.

Of course, after the ride, food was provided. That may have encouraged some of the Slow Spokes to come out of hibernation a little earlier than usual.

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

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.