Spokin' Times News

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

June 2013

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P.O. Box 792
Sterling Hts, MI 48311

Slow Spokes Annual Picnic—Saturday, July 6th.

Save this date, Saturday, July 6th, for our annual Slow Spokes Club Picnic.

It will be held at Dodge Park Pavilion #2 . There will be two bike rides in the morning...one 8-10 mph through the park, and one 12-14 mph through the park and on surrounding roads...with the picnic to follow at 2:00pm.

The Club will provide the hot dogs, hamburgers and buns, expertly cooked to order by chefs Evelyn and Aloys. Club members are asked to bring a dish to share and their beverage of choice (no alcohol). Also, any lawn games you can bring would be appreciated.

Please contact Carol Sustrich (586-677-9106) before June 30th to reserve your spot and to let me know what dish you plan to bring. Please leave a message if no answer.

Watch for more details in the July newsletter.

These Slow Spokes turtles aren't WIMPS.

Bill writes:

Here is a picture of two slow spokes that rode to the "Team Sammy" spaghetti fundraiser. As it was raining at this time there was some surprise expressed that we, (Tom and I), rode bicycles in the rain to the event. Since the Slow Spokes mascot is a turtle, and as we all know turtles don't let a little water bother them, I guess I'm a little surprised that most slow spokes chose to drive their cars to the dinner.

(Editor's note: I drove to the dinner. After all, it was raining.)

Meetings—Unless otherwise noted, meetings are held at 7:30 p.m. on the first Friday of every month at the Wheeler Community Center and Administration Building at 24076 Frederick Pankow Blvd. in Clinton Township. Refreshments are served.

Ride Information—Send information for rides and walks to Rose Marie Jacobs via email: rmj211@comcast.net 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.

Wanted—Used Bikes

Chuck Pottenger is looking for used bicycles any size any shape to be donated to an inner city church group of bike riders that he is training to ride. Helmets and other bike related products will also be gladly accepted. Chuck will be organizing short rides this summer in Royal Oak Township for any members and new riders. These rides will be slower paced short rides as he encourages new novice riders to bike safely.

Call Chuck at 586.219.5299 or email at pottengerc60@gmail.com

Greene Trails Cycling Classic

Several of us have really enjoyed this ride in past years, and had the opportunity to ride a century on a rail-trail. This year's ride runs from Thursday, July 18th to Sunday, July 21st.

Their website is: http://www.miamivalleytrails.org/events/greene-trails-cycling-classic

Bill Zakowsky says he's going again this year and would love to see some of his fellow Slow Spokes there.

Bike for Sale

Trek 520 for sale. 57 cm men's frame size. All original (2002) components. Newer chain, 2 sets of tires. $550.

Email Barb at barbara.bollin@gmail.com or call 586.292.0281.

Woodward Avenue Gran Fondo

Woodwardavenuegranfondo.org

This is a new event this year. It will take place on Sunday, June 30th starting at 8:00 am.

Organizers are hoping for thousands of riders. The ride will cover Woodward Avenue from the river front to Pontiac, a round trip of 54 miles. There will be 7 starting points at different bike shops along Woodward.

For more information, see their website listed above.

JUNE 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.		

Tuesday Evening Rides (time change to 6:30 starting in June)			
DISTANCE:	25 - 30 miles	DATE:	Tuesdays
PACE:	13 - 15 mph	TIME:	6:30 P.M.
TERRAIN:	Flat and paved (Macomb Orchard Trail)		
LEADER:	Josie (586) 484-4412 and Rita (586) 291-7242		
MEETING PLACE:	Bank parking lot on the north side of 26 Mile east of Mound Road		
ADDITIONAL INFORMATION:	Optional restaurant stop after the ride at a location to be announced. Slower riders can always come out and ride at their own pace. You can't get lost on the Macomb Orchard Trail, and you can always join us at the restaurant afterwards. (For many of us, that's our favorite part of the evening anyway.)		

Wednesday Evening Rides (time change to 6:30 starting in June)			
DISTANCE:	20 miles	DATE:	Wednesdays
PACE:	12 - 14 mph	TIME:	6:30 P.M.
TERRAIN:	Flat		
LEADER	Bill Appleberry (586) 573-7377		
MEETING PLACE:	Freedom Hill. South side of Metro Parkway (16 mile road) east of Schoenherr.		
ADDITIONAL INFORMATION:	Ride distance and destinations may vary from week to week.		

Thursday Evening Rides			
DISTANCE:	14 miles	DATE:	Thursdays
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 Metro Park.		

Our week night rides are going again for the summer. We have regular scheduled rides every Monday thru Thursday evening.

These 2 pictures came from the first Wednesday night ride on May 1st.

Bill Appleberry took the top picture before leaving the parking lot at Freedom Hill. Everyone is in the picture except for Bill and 2 people who arrived late.

The second picture was taken on the Metro Park pathway. In this picture, Bill managed to capture his shoulder and his shadow as he took the picture while riding (a trick he probably learned from Tom Miller.)

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	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

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.

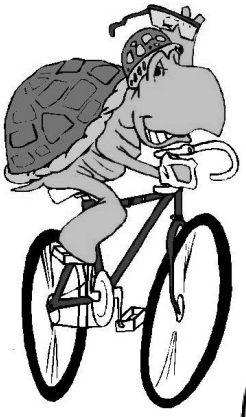
You are welcome to come for a meeting or try out a ride before joining the club.

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.



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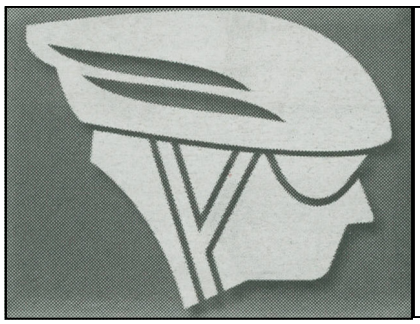
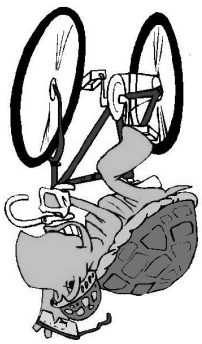
Slow Spokes are members of the League of Michigan Bicyclists and the League of American Bicyclists.

Website: www.SlowSpokes.org



BIKE SMART

Always Wear Your Helmet!



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