



Spokin' Times News

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

August 2015

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Gabe Halsall

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Webmaster:

Tom Miller

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www.SlowSpokes.org

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Slow Spokes

P.O. Box 792

Sterling Hts, MI 48311

6:30 a.m.

So how do you get 14 Slow Spokes to come out for a ride at 6:30 a.m. You have to promise them a ring-side seat for a building demolition! Tom Miller led a 6:30 a.m. ride on July 11th to watch the implosion of the Park Avenue Hotel in Detroit. We watched the big bang at 8 am and then headed over to Louie's Ham and corned beef for breakfast.

Club Picnic Report



The Slow Spokes annual summer picnic took place on the 5th of July. There was plenty of delicious food and a bike ride in the morning and some games after lunch including a water balloon toss and a pie-eating contest. This is a picture of the winner of the pie eating contest.

Our club president showed up to conduct an impromptu meeting in the afternoon. It was conducted with all of the decorum of our usual club meetings even though held in such an informal setting. I don't believe anything earthshaking was decided, but we will have to wait to hear the reading of the minutes.

Don't miss next year's picnic.

Peach of a Ride T-shirts

Any club members who wish to purchase a 2015 Peach of a Ride t-shirt at a \$2.00 per shirt savings may do so by ordering and paying by the August 7th club meeting.

The 2015 t-shirts are light blue performance material. (The same as last year's gold shirts.) Regular price is \$12.00 for short sleeve and \$14.00 for long sleeve. Club price, if paid by August 7th, is \$10.00 and \$12.00.

To order please contact:

Clara Herndon – claraherndon@outlook.com – 586-574-0426

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. (In August, we meet the 7th and 28th. No Meeting in September.)

Ride Information—Send information for rides and walks and other exciting events to our event coordinator Tom Graham, email turbottomie@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.

Welcome New Members

Tari Carter	Macomb
Chris Johnson	St. Clair Shores

Welcome to the Slow Spokes! We hope to see you on some of our rides.

We apologize if we missed anyone's name.

August birthdays:

Antoinette Amabile	August 16	
Jan Benkovsky	August 6	<i>The Slow Spokes</i>
Evelyn Bires	August 17	<i>Wish all of you</i>
James Culberson	August 14	<i>A very happy</i>
Connie Hornok	August 1	<i>Birthday!</i>
Ronald Konopka	August 13	
Lora Loche	August 10	
Brian Mallon	August 7	
Roz Nowosielski	August 14	
Linda Ostrowski	August 3	
Lennie Raines	August 8	
Posy Rzadko	August 5	
Sue Windhorst	August 8	



If we missed anyone's birthday, sorry about that! We wish you a happy birthday too!

Club Ride Mileage

Top 10 Rider Miles Thru 7/21

Clara Herndon	539
Bill Appleberry	488
Tom Miller	455
Rita Wilhelm	452
Tom Graham	388
Paul Wilhelm	358
Jim Walter	348
Bernie Sustrich	324
Don Windhorst	303
Ron Robinson	292

This includes only the top riders by miles, not all riders. Includes only club rides.

Top 10 Leader Miles

Tom Miller	1806
R & P Wilhelm	1462
Bill Appleberry	1057
Ron Robinson	990
Gabe Halsall	978
Ray Carpenter	748
Tom Graham	688
Mary Woloszyk	683
Rita Wilhelm	588
Jim Walter	435

Leader miles is determined by the number of people on the ride times the number of miles for the ride. Turn in your ride sign-in sheets.

JULY 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 and Rita (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:	6:30 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.		

Editor's Note—Some ride leaders specifically mention "No ride if raining". Most don't start a ride in the rain!

Silver Spin Rides—Wednesday Mornings			
DISTANCE:	About 20 miles or more if riders prefer.	DATE:	Wednesdays
PACE:	Leisurely pace to accommodate all riders.	TIME:	10:00 A.M.
TERRAIN:	Flat		
LEADER:	Gabe Halsall or a suitable mystery guest ride leader.		
MEETING PLACE:	Parking Lot behind the Rite Aid at 29 mile and Van Dyke		
ADDITIONAL INFORMATION:	Sometimes we just ride the Macomb Orchard Trail out to Armada and stop on the way back in Romeo for lunch. Other times, we wander off the path down quiet country roads. This varies based on rider preferences and the leader's choice.		

The 7 Essential Bike Touring/Camping Tools (part 2)

When one has decided to brave the Wilderness, going beyond Belle Isle excursions and Coney Island rides, yea, even beyond Mt. Trashmore, or even the Black Friday Ride, the Questions of Preparedness and Self-Reliance must be addressed. One has already studied maps, bike maps, trail/ATV maps, sundry atlases and the world-wide internet and planned a route. One has planned a suitable distance per day, according to one's level of fitness, or desire, or time available. One begins to fill various packs, sacks, bags, and panniers while considering the various creature comforts that shall accompany the Intrepid Rider. Clothes and Foodstuffs are a subject for another day. Here I speak of another of the 7 Essential Tools. Size and weight, alas, are always one's main considerations. A 30-gallon-size black Plastic Garbage Bag, smartly folded, can lay in the bottom of one's saddlebag and scarcely be noticed. Until, that is, one is in need of an emergency Rain Poncho. Or a dry Ground Cloth. Or Windbreak. Or a Stuff Sack for one's Sleeping Bag. Or a Hamper for one's Soiled Linen. In a pinch, one could collect the Morning Dewfall in it for Emergency Water Ration. If you throw it on the fire, it makes heavy black Smoke Signal. It's a valuable piece of Sports Equipment for a rousing 3-legged race. And how better to transport the fabulous Natural History Specimen one prays from the earth? I'm sure that the Seasoned Touring Riders among us can think of a dozen other, as valuable, uses for this humble technology.

C. Ritchey, typotss

The Detroit Free Press for Monday, July 27th had an interesting article on biking in the Motor City. It made the front page, and is titled "Bikers Drive the Motor City". It tells about various biking events around the city. In particular, it focuses on "Slow Roll" an event which happens every Monday night and is attracting upwards of 5000 cyclists.

Another thing for me to worry about. With all this heat we've been having, it gets really hot in my garage, probably well over 100 degrees. Anyway, the other day I heard this big bang coming from the garage. And sure enough, one of my bike tires had exploded. So now on hot days, I let some of the air out of the bikes stored in the garage. Now they will need pumping up for sure before each ride.

GOBA Adventure by Jim Walter

5 Slow Spokes traveled self-contained down to Ohio for the 2015 GOBA ride. Pictured at right at our first night's stop in Ypsilanti are Bernie Sustrich, Tom Graham, Rich Ostrowski, Clara Herndon and Jim Walter. We had traveled 60 to 75 miles that first day to get there as we all had left from home and met along the trail.



Clara and Maribel

The second night we stayed with Clara's sister Maribel in her home near Osseo, MI. From there, it was a straight shot (75

miles) south to Van Wert, Ohio and the start of GOBA.

Carol Sustrich drove down to join us. Other Slow Spokes doing GOBA were Donna Mesyn, Jim Culberson, Bonnie Michalek and Kathy Cota. GOBA was relatively uneventful for the first 6 days as we traveled from Van Wert to overnight stays at Bluffton, (Defiance and Bowling Green with layover days) and Ottawa. Then the last night of camping, it rained all night and into the morning. That part of Ohio had already had lots of rain earlier in the month. In the morning, we started back to Van Wert and had to ride through water over the road a couple times. When we got to the lunch stop, they said we couldn't continue because all the back roads to Van Wert were too flooded, so they put us on a school bus to Van Wert and we took Carol's car back to get the bikes. Since we were all wet, we stayed in a motel that night.



On Sunday, we started back to Detroit. The first day's journey was supposed to be 73 miles back to Maribel's. During the day, we rode through a few inches of water over the road a half dozen times. However, there were a few floods we couldn't ride through. The picture at left shows a creek flooded over the road about a quarter mile wide. We had to backtrack a mile and a half and go over 3 miles to the main highway to get around this one. After several miles on the main highway, we encountered a flooded spot on it too, and had to detour back to our original route.

A few miles up the road, we came to the town of Ney where we had stopped for lunch on the way down a week earlier. As we passed the American Legion hall, we noticed a party going on.

Clara stopped to ask if we could use the bathroom. Instead, we got invited to Chloe's graduation party. Her mom said that they had plenty of food, so help yourself. And so we did. Here we are pictured with Chloe in the middle. Congratulations, Chloe! And good luck with your future plans. We appreciated your hospitality.

(Note: Rich was no longer with us. His family picked him up from GOBA and they went to celebrate his 70th birthday. So, Happy Birthday, Rich.)



Bernie, Tom, Rich, Clara and Jim



GOBA Adventure (continued)

Our day's adventure wasn't quite over yet. Several miles up the road, we ran into another flooded area just before an intersection. Clara asked the farmer if we could get through and he said "Sure. It's just a foot or two deep." We explained that we couldn't ride our bikes through that much water, and he said that we could get around it by going up his driveway and exiting to the other road behind his field. His daughter rode her colorful bike to show us the way. I got in the picture too while I was at it.

When we got back to the intersection to continue on our way, there was now a car stalled out in the water we had just avoided. A couple minutes later, a lady came riding up in a truck, got out and yelled at the guy in the car "I told you to turn around!". We couldn't tell how old he was, so we don't know if it was his wife or his mother. Either way, he was in big trouble.

We finally arrived at Clara's sister's house almost 11 hours after leaving Van Wert. We had gone about 83 miles (10 more than anticipated), detoured around 3 flooded areas and gone through a half dozen spots with water over the road. A very long and tiring day. Did I mention that it's uphill to Osseo and we had a strong crosswind (and sometimes a headwind)?

Thank goodness, the last two days of our journey were relatively uneventful.



Burley Pet Trailer for sale.

Josie Young is selling the Burley pet trailer pictured at right. She is asking \$200 or best offer.

You can reach her at (586) 484-4412 or (586) 243-6933



Peach of a Ride, Sunday August 30.

The POAR is approaching fast. We need volunteers and also riders. So volunteer to help out and tell your biking friends about our ride.

Cookie bakers, we gather the cookies at the meeting just before the POAR on Friday August 28th.

SAG drivers needed.

We need volunteer SAG Drivers for this year's Peach of a Ride on Sunday August 30, 2015.

Please contact Bernie or Carol Sustrich.
Email bsustrich@msn.com
Phone (586) 322-7186

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.