



Spokin' Times News

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

June 2016

President

Carol Ritchey

Vice President

Shelly Mallon

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Lennie Raines

Sunshine Liaison:

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POAR Co-Chairs:

Paul Wilhelm

Curt Roelofs

Event Coordinator:

Shelly Mallon

Webmaster:

Tom Miller

Website:

www.SlowSpokes.org

Mailing Address:

Slow Spokes

P.O. Box 792

Sterling Hts, MI 48311

Annual Summer Picnic—Sunday, July 3rd



As in previous years, the picnic will be at Dodge Park Pavilion # 2. Dodge Park is located where Dodge Park Road runs into Utica Road. There will be a bike ride from the park in the morning followed by the picnic lunch in the early afternoon. More information on the time of the bike ride and the lunch will follow.

The following information comes from Carolann Green, our picnic chairperson:

We will be having ham and Turkey breast (provided by the club). Everyone needs to bring a dish to pass. Also your own beverage. No booze please.

Some suggestions:

- Rolls /Bread
- Mustard/Ketchup/Relish
- Chips
- Taco salad
- Macaroni salad
- Beans
- Desserts
- Anything you can think of.

We also need games to play to keep us busy!!!!

Please call me and let me know if you will be attending and what you are bringing. Please call by June 25th.

In order to have a good picnic everyone needs to step up and participate.

Thanks Carolann Phone 586 2967381 or 586 8726013.

Hope to see you at the picnic!

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.

2016 Peach of a Ride Report

Plans for the 2016 Peach of a Ride are progressing nicely. Thanks to Lennie, new promotional material has been developed and, by now, delivered to the local bike stores. With the help of Tom Miller and Lennie a new web page and online registration system has been created and launched in early May. We already have several registrations. Day of ride mechanics (Main Street Bikes) and massage services (Conlee Massage Therapy and Wellness) are onboard.

Our barbeque chef extraordinaire, Ed Schultz, is planning to return this year to again work his magic on the grill. Rita will be back with her crew to serve up those delicious peach desserts.

Rich and Linda Ostrowski are in charge of the rest stops. They will be looking for volunteers to staff the four stops at Avoca, Yale, North Branch and Capac. This is a fun task where you get to meet our riders. To volunteer, call or email Linda/Rich at 586-260-2765 or lindaostrowski2@gmail.com.

Don Windhorst (N8KNS) is scheduled to do communications again. Anyone with an amateur radio license that would like to “play radio” can call or email Don at 586-978-0184 or windhorstpc@yahoo.com.

Bernie and Carol Sustrich have agreed to chair the SAG group again. They will be looking for SAG drivers. To volunteer, call or email them at 586-677-9106.

Day of ride registration will be in the capable hands of Ruth Tremblay and Cindy Clark. I'm sure they could use a couple of additional hands. Call/email Ruth at 586-949-3393 huntershorn@ameritech.net or Cindy at 586-295-0139 clark.cjclark@gmail.com.

We still need to fill a couple of positions. The first is someone to take care of the email blasts. The system (MailChimp) is all set up – email address list loaded. What is needed is someone with imagination to create interesting and exciting emails to blast out to prospective and repeat riders. Call or email me at 586-243-4325 jpwilhelm@hotmail.com for details

We also need someone to take over the routes and route marking chair. As we do every year, the routes need to be reviewed be certain that they are rideable – that there aren't any construction blockages etc. And then recruit volunteer riders (not difficult) to ride and mark the routes one day the week before the POAR. Having done this the last several years, I have a process and will be glad to share with whoever takes on this important task. The final piece is to verify that the maps and cue sheets are correct. Any changes are sent to Tom Miller who will update the map/cue sheets and send them to Lennie for printing. Contact me at 586-243-4325 or jpwilhelm@hotmail.com for more info.

We are looking forward to a very successful and rewarding Peach of a Ride this year. With your help I know it will be.

See you at the “PEACH”

Paul Wilhelm

POAR Chair

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. 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:	6:00 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!

JUNE WEEKLY RIDES

Wednesday Morning Rides

DISTANCE:	20 miles	DATE:	Wednesdays
PACE:	10 - 12 mph	TIME:	10:00 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 and back. Routes may vary and distances increase as we ride more.		

Blue Water Ramble - Sunday June 26th



The Blue Water Ramble is a great bike ride put on by the Clinton River Riders. The starting location is at Algonac High School at 5200 Taft Road in Algonac. Available ride distances are 27, 46, 63 and 100 miles. A pig roast lunch is included at the end of the ride. Pre-registration is \$30 up to June 14th or \$40 day-of-ride.

Several of the Slow Spokes are planning on meeting at 8:00 am to ride this ride as a group. Some of us will do the 46 mile route and some the 63. Please wear your Slow Spokes Jersey or t-shirt to show our club spirit!!!

Paul will lead any Slow Spokes who would like to join him on the 46 mile route. His pace will be 12 to 14 mph.

Carolann will lead the 63 mile route at a pace of 13-15. If the people who ride with her want to go faster, that is also a possibility.

If you plan to ride a century, you probably want to start earlier than 8 am when the rest of us start. Otherwise, we hope to see you at 8 with your Slow Spokes jersey or t-shirt.

Our weekly evening rides (and the Wednesday morning ride) have all started in May. The weather was a little cool the first part of the month, but has really warmed up in the last few days. This picture is from the first Tuesday night ride of the season which had 12 participants dressed for cool weather. 11 of them are in the picture. The other person took it.



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.