



Spokin' Times News

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

July 2016

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Vice President

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Slow Spokes

P.O. Box 792

Sterling Hts, MI 48311



About 30 Slow Spokes ride in the Blue Water Ramble

20 of us met at 8 am Sunday to ride the Blue Water Ramble. Not everyone is pictured. Carol Green led 4 people on the 63 mile route. 11 of the 20 followed Paul on the 46 mile route. The other 5 did the 27 mile route on Harsen's Island. During the day, we also discovered about another 10 Slow Spokes on the ride bringing the total to about 30 riders.

It was a hot day and a little windy when heading south. All in all, a great ride, super rest stop food, and a fantastic dinner at the end. Loved those pirate costumes! Thanks, Clinton River Riders, for putting on a great ride!

Annual Summer Picnic—Sunday, July 3rd

We hope to see everyone at the picnic this coming Sunday July 3rd at Dodge Park pavilion # 2. Rita Wilhelm and Bill Appleberry will each lead a bike ride from the picnic area starting at 10:00 am, so you can choose your ride. Lunch will be served after the bikers return at around noon.

If you are coming to the picnic, you were supposed to call Carolann Green at 586 2967381 or 586 8726013 by June 25th to let her know what you are bringing. If you forgot to call her, you can probably still come, but you have to let those of us who signed up on time get to the food first.

Don't forget to bring a dish to pass and your own beverage (no booze).

July meeting cancelled

As usual, there is no regular Friday night club meeting in July. This is because of the picnic. Warning: Sometimes a meeting is held 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 Volunteer Opportunities

The Peach of a Ride is rapidly approaching and plans are progressing nicely. The success of the "Peach" depends to a large measure on our member/volunteers. Listed below are opportunities to get involved and volunteer.

<u>Activity</u>	<u>Chairperson/Contact</u>
Route Marking	Jack Logomarsino - adventurcyclist@hotmail.com
Rest Stops	Rich and Linda Ostrowski - lindaostrowski2@gmail.com
SAG Drivers	Bernie and Carol Sustrich - bsustrich@msn.com
Communications (Licensed Ham radio operators)	Don Windhorst windhorstpc@yahoo.com
Hospitality/ Greeter	Paul Wilhelm - jpwilhelm@hotmail.com
Poster Maker	Paul Wilhelm - jpwilhelm@hotmail.com
Ride Consultant (Distribute maps and explain routes to readers)	Paul Wilhelm - jpwilhelm@hotmail.com

Please volunteer for one of these tasks and help make Peach of a Ride 2016 one of the best ever.

Paul Wilhelm
POAR Chair

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 (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!

JULY WEEKLY RIDES

Wednesday Morning Rides (note: time change from June)

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 (note: time change from June)

DISTANCE:	15 - 20 miles	DATE:	Thursdays
PACE:	12 - 14 mph	TIME:	7:30 ride 8:30 play
TERRAIN:	Flat		
LEADER:	Tom (586) 854-7911 Clara (586) 573-0426		
MEETING PLACE:	7:30 am Ride from Tom's House, 16104 Wrotham Ct., Clinton Twp. 8:30 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.		

Tee Shirt Orders

2016 Peach of a Ride T-shirts are available to Slow Spokes members at a reduced price until the August meeting (8/5). Members can get a Small, Medium, Large or XLarge shirt for \$10.00. 2XLarge and 3XLarge are \$12.00.

Shirts must be ordered and paid for by August 5th.

Clara and/or Gabe will gladly take your order at the 4th of July picnic (on Sunday, July 3). You may send your order info (quantity and size) along with your check to Slow Spokes of Macomb, P. O. Box 792, Sterling Heights, MI 48311, attn: Clara. Or you can place your order at the August 5th Slow Spokes meeting. There may be a limited quantity (and limited sizes) of shirts available at the non-discounted price on the day of ride

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.