Spokin' Times News

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

September 2018

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Jim Walter
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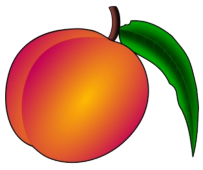
Sterling Hts, MI 48311

The Last Peach

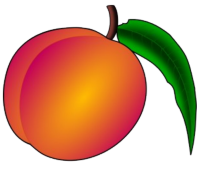
The 48th Annual Peach of a Ride took place on Sunday, August 26th at the Memphis American Legion Hall. We had 140 pre-registered riders and 110 day of ride riders for a total of 250. The day started out a little foggy as have several previous Peach of a Rides, and we had a few morning sprinkles, but all in all it was a good day for a bike ride. Participants enjoyed a pleasant ride with plenty of food at the rest stops and a great meal at the American legion Hall at the end of the ride.

This was probably the final Peach Of A Ride. Shrinking attendance and the difficulty in getting enough volunteers for the various committees needed to put on a successful ride have led the club to make this decision.

We would like to thank all of the volunteers and all of the participants who have made this ride a success over its 48 years. We couldn't have done it without you.



Thank you



Upcoming Meetings

There will be no meeting in September. It has been customary to have the "September" meeting in August the Friday before the Peach of a Ride.
The next meeting will be Friday, October 5th. We will be looking for nominations for office at this meeting. Elected offices are President, Vice-President, Secretary, Treasurer, Membership Chair, and Newsletter Editor.
Election of officers is at the November meeting.

Meetings—Unless otherwise noted, meetings are held at 7:30 p.m. on the first Friday of every month at Christ Lutheran Church at 12500 Canal Road between Van Dyke and Schoenherr in Sterling Heights. 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 15th of the month.

Newsletter Information—Send articles you'd like published to Jim Walter. Email the information to him at jimwalter46@gmail.com. Articles must be received by the 20th of the month for inclusion in the newsletter. Feel free to call Jim at 248-879-2405.

PEAC—Celebration of Cycling

The PEAC Celebration of Cycling event will not be the normal multi-distance ride this year. Instead they are just having a 12 mile ride for their students.

I got this information from their website:

www.bikeprogram.org/celebration/

For information on other September rides, please visit www.lmb.org and click on events.

POAR century Riders

Two different numbers were given to me this year on the number of people who did the century ride. I'm using the number reported by Carol Sustrich at the water stop because her number was slightly bigger. She reported 45 century riders. I believe everyone finished the ride by 4 P.M.

Officer Elections in November

Nominations for club offices are done in October and elections are held in November. If you would like to run for any office, we would love to have you. Specifically, we need to fill the offices of President and Vice-President as both those people have stated that they are unwilling to take another term. It's just a one-year commitment.

Updated ride sign in sheets

The names on the ride sign in sheets got updated as promised last month, but they didn't get sent out to ride leaders. New sign in sheets are available on the Slow Spokes website.

Mileage Report

No update on the club mileage report this month. The person responsible for doing it didn't get around to it.

When you got nothing else, show pictures

The Friday morning ride did an unscheduled stop at Jimmy John's Field in Utica where they play professional baseball in an unaffiliated league. An officer of the USPBL (www.uspbl.com) took our pictures while on her way to work at the stadium. All part of the job.

Join us any Friday morning at 9:30 at Raintree Park in Troy. You never know where we will ride, and now that I mention it, neither do I.

SEPTEMBER WEEKLY EVENING RIDES

Monday Evening Rides (No Ride Labor Day—Sept. 3rd)			
DISTANCE:	17 miles	DATE:	Mondays
PACE:	Leisurely pace to accommodate all riders	TIME:	6:00 P.M.
TERRAIN:	Flat		
LEADER:	Larry (586) 258-9232		
MEETING PLACE:	At the clock on the corner of Main St. and New St. in Mt. Clemens (across from the courthouse)		
ADDITIONAL INFORMATION:	Ride 9 miles, rest stop and return. Will ride to St. Clair Metropark. Route may vary from time to time. No ride if raining. No ride on Labor Day.		

Tuesday Evening Rides (6:00 P.M. In September)			
DISTANCE:	20 - 30 miles	DATE:	Tuesdays
PACE:	12 - 15 mph	TIME:	6:00 P.M.
TERRAIN:	Mostly flat and paved (Macomb Orchard Trail and low volume roads)		
LEADER:	Lora (248) 659-2469 and Chris (248) 760-0119		
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 **may** be an optional restaurant stop after the ride at a location to be determined. Note: Ride will start at 6:00 P.M. in September as we are losing daylight.		

Wednesday Evening Rides (5:30 in September)			
DISTANCE:	20 miles	DATE:	Wednesdays
PACE:	10 - 14 mph	TIME:	5:30 P.M.
TERRAIN:	Flat		
LEADER	Larry (586) 258-9232		
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.		

Watch for Impromptu Rides

Our weekday morning and evening rides happen every week (unless cancellation notice is given). Our weekend rides are mostly on an impromptu basis. Usually they are posted a day or two in advance, but occasionally they are posted just a few hours before the ride. So if you are looking for a ride on the weekend, check your email or check the calendar on slowspokes.org. A ride might be posted at the last minute.

No ride if raining

Some rides specify no ride if raining. In general, we don't start any of our rides in the rain, but sometimes we do get caught in the rain during the ride.

Rides may also be cancelled when the weather prediction calls for thunderstorms, because we don't want to be caught in a thunderstorm. So use your discretion based on the weather report before heading out for a ride.

SEPTEMBER WEEKLY MORNING RIDES

Tuesday Morning Rides (Dual Paced)

DISTANCE:	A Group: 20-25 miles B Group: 14 to 20 miles	DATE:	Tuesdays
PACE:	A Group: 13-15 M.P.H. B Group 10-12 M.P.H.	TIME:	9:00 A.M.
TERRAIN:	Flat		
LEADER:	Sue (313) 288-2884		
MEETING PLACE:	Ghesquiere Park in Grosse Pointe Woods—Parking lot is on Jackson Ave. south of the intersection of Kenmore Ave. and Jackson Ave.		
ADDITIONAL INFORMATION:	Ride the Grosse Pointe area and Lakeshore Drive. Ride splits into a faster and slower group. Everyone meets at rest stop at Panera Bread. No ride if raining.		

Wednesday Morning Rides

DISTANCE:	20-35 miles	DATE:	Wednesdays
PACE:	11 - 13 mph	TIME:	9:00 A.M.
TERRAIN:	Mostly flat and paved. Mostly on the Macomb Orchard Trail		
LEADER:	Gabe (586) 945-6784 or Jim (248) 376-8924		
MEETING PLACE:	29 Mile Road and Van Dyke (NW corner behind Rite-Aid Drug Store).		
ADDITIONAL INFORMATION:	Ride to Armada or other destination, possibly Richmond or Rochester. Routes may vary. Ride may include an optional lunch stop. Route, distance and lunch will depend on group preference.		

Thursday Morning Rides (Dual Paced)

DISTANCE:	A Group: 20-25 miles B Group: 14 to 20 miles	DATE:	Thursdays
PACE:	A Group: 13-15 M.P.H. B Group 10-12 M.P.H.	TIME:	9:00 A.M.
TERRAIN:	Flat		
LEADER:	Sue (313) 288-2884		
MEETING PLACE:	Ghesquiere Park in Grosse Pointe Woods—Parking lot is on Jackson Ave. south of the intersection of Kenmore Ave. and Jackson Ave.		
ADDITIONAL INFORMATION:	Ride the Grosse Pointe area and Lakeshore Drive. Ride splits into a faster and slower group. Everyone meets at rest stop at Panera Bread. No ride if raining.		

Friday Morning Rides

DISTANCE:	25 - 30 miles	DATE:	Fridays
PACE:	11 - 14 mph	TIME:	9:30 A.M.
TERRAIN:	Residential streets and sidewalks with a few small hills.		
LEADER:	Jim (248) 376-8924		
MEETING PLACE:	Raintree Park on John R between 16 mile (Big Beaver) and 17 mile (Wattles Road). Address is 3775 John R Rd, Troy.		
ADDITIONAL INFORMATION:	We will meander around the Troy area, modifying the route each week. There will be an optional restaurant stop after the ride at a location to be determined. No ride if raining. Speed and distance may vary depending on participants.		

Peach Of A Ride rest stop scenes

Avoca—Jim Culberson and his daughter

Yale—Mike & Ruth Tremblay, Henry & Susan Hengeveld

Capac—Barb, Gabe, Kaethe and Samantha
with representative SAG driver Bob on left.

Riley Center—Mike McGartland, John TenEyck,
Agnes McGartland, Cheryl Stauder

They were too busy to pose till we closed down at 4.

The rest stop volunteers are all pictured above except Bonnie and Bruce who worked the lonely outpost at North Branch. I didn't get out there to take their picture. I heard they had a great time taking care of the century riders.

Lennie distracting radio operator Bob George

Thanks again to everyone who worked on the Peach Of A Ride, to all the people involved in planning the event, and all the people who baked cookies or pies, marked roads, or worked on the day of the ride. Day of ride workers include SAG drivers, radio operators, registration, parking, lunch preparation and serving, and all the rest stop volunteers and anyone else I forgot.

A special thanks to our 2018 POAR chairpeople Rich and Linda Ostrowski who did a terrific job of running it this year. We finished on a successful and enjoyable year.

Thanks to Clara for wearing many hats for the event - we couldn't have done it without her. Thanks to Rita for turning out that delicious lunch. I managed to eat twice, at 11 and at 4. Without attempting to name more names, it takes a lot of people to put on an event like this, thanks to everyone who helped out in any way.

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 email notification of impromptu rides and other information of special interest, you must include your email address on your membership application. If there is a problem, email Tom Miller at tmiller793@gmail.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.