Spokin' Times News

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

Summer 2020

President
Gabe Halsall
Vice President
Lora Loche
Treasurer:
Cindy Clark
Secretary:
Linda Ostrowski
Newsletter Editor:
Jim Walter
Sunshine Liaison:
Rita Zupan-Wilhelm
Webmaster:
Lora Loche

Website:
www.SlowSpokes.org

Mailing Address:
Slow Spokes
P.O. Box 792
Sterling Hts, MI 48311

Welcome to Summer 2020

Summer is here. But when will we get back to group biking. We held zoom meetings online in May and June. There were about 20 people in attendance at each of these meetings. There have been no official club rides so far this year. Usually, we have had a picnic instead of a meeting in July. We decided to have a picnic this year at Stony Creek. See details below.

The club has no official policy on rides. Rides have always been up to individual ride leaders. If someone wants to lead a ride and announce it on the club website, they can do that. So far, due to the uncertainty with the virus, our usual ride leaders have been reluctant to commit. Major multiday rides around the state, such as the PALM, the Michigander, and the LMB rides have all been cancelled. However I just got an email from Main Street Bikes that Bikes & Brews rides are back. Other bike clubs are having group rides.

Summer Picnic

The summer picnic will be held on Wednesday, July 15th at 6:00 pm at the Northdale picnic area of Stony Creek Metropark. Rain day will be the 16th. Details were sketchy at the meeting, but the plan was to do this on a very informal basis. Everyone will bring their own food, and lawn chairs etc. And we will maintain a little bit of social distancing, whatever you are comfortable with. We want to get a chance to see each other, but not take a chance on spreading the virus.
The picnic will be posted on the website, and more details will be added as we get closer to the date. I plan to arrive earlier, perhaps 4:00 pm to do a couple loops around the park, so those who are interested could come and ride at your own pace.

Interested in an e-bike?

Lennie Raines, a long-time member of the Slow Spokes, bought an e-bike last year, but decided that the particular model she bought wasn't working for her. So she bought another bike, and is interested in selling last years e-bike which has about 400 miles on it. If you are interested, call or text her at (586) 770-8858 and I'm sure she'll let you take it for a test ride.

Meetings—Unless otherwise noted, meetings are held at 7:30 p.m. on the first Friday of most months at Christ Lutheran Church at 12500 Canal Road between Van Dyke and Schoenherr in Sterling Heights. Refreshments are served. For now, we are doing Zoom meetings on the internet.

Ride Information—Send information for rides and walks and other exciting events to our event coordinator or newsletter editor.

Newsletter Information—Send articles you'd like published to Jim Walter. Email the information to him at jimwalter46@gmail.com. Feel free to call Jim at 248-879-2405. There is no longer a deadline on the Newsletter. Send info whenever and I will publish it when I get around to it.

How is everyone handling the current situation

I hope everyone is well and not going crazy with the coronavirus situation. We came back from Florida on March 31st, and filled the gas tank for $1.19.9 at Costco. That's the last time I got gas. In April and May, I put 750 miles on my bicycle and only 100 miles on my car. Are people still using rubber gloves to fill their gas tanks or has it been decided that it isn't a big risk? I may need to know in a month or two when I finally run out of gas. Most of the time, I bike with Irene and we go through the neighborhoods around Troy. I'm finding a few streets I haven't used before. We mostly stay away from trails and sidewalks so we can keep our distance from other people. Side streets work pretty well and aren't too crowded.

Traffic was really light in April. There was never a problem crossing main streets. Now it seems that traffic is just about back to normal. I liked it better in April.

So are we going to have group rides this summer?

How safe is it? I have seen various articles on the topic. It seems to be a matter of relative risk. Close contact in indoor spaces seems to carry the most risk. Outdoors is less risky, and if we keep a little bit of distance and don't ride in a tight pack, the risk doesn't seem to be too high. However, it's obviously up to the individual what risk level they are comfortable with. Staying home still carries the least amount of risk.

I am considering starting my Friday morning Troy ride on Friday July 10th. I have had a couple of people express an interest. I do not expect to get a very big crowd—maybe 4 to 6 people. I will put the details out on the website when the time gets closer. We will go relatively slowly and spread out a little. It is mostly suburban side streets. Helmets are required. Masks are optional.

Social Distancing
Tandem bicycle

Looking back and looking forward

What were you doing at this time last year? Or 5 years ago? Or 10 years ago? What do you hope to be doing at this time next year?

For me, this time last year, I was floating down the Danube with a group of 16 Slow Spokes. We are lucky we went last year, because if it was this year, it would have been cancelled because of the coronavirus.

For the complete story, and more pictures see the July 2019 newsletter on the website.

Several of us are sitting in an outdoor area along the Danube in Bratislava, Slovakia.

5 years ago was a big year for self-contained bike travel. At this time in 2015, 5 of us were on our way to GOBA. We biked from Michigan down to Ohio, did the 7 day GOBA ride and biked back, detouring around the floods that were caused by the heavy rains on the last day of GOBA.

Earlier in June, 10 Slow Spokes did a self-contained ride to the Thumb area. That ride also featured some rain. Thanks to Tom and Clara for planning both trips.

For the complete stories, see the July 2015 newsletter for the Thump ride and the August 2015 Newsletter for the GOBA ride.

But wait, that's not all for 2015. A group of 5 Slow Spokes also did a self-contained cross country ride from San Diego, California to St. Augustine, Florida. The trip was organized by Ed Schultz who didn't get to complete the trip with us. We didn't do a big write-up in the December 2015 newsletter, because 3 of us blogged the whole trip on the website crazyguyonabike. My blog can still be seen at

crazyguyonabike.com/doc/slowspokes6

This is a picture of the 5 guys arriving in St. Augustine Beach. As I said, 5 years ago was a big year!!

Looking back and looking forward (continued)

10 years ago, in 2010, just the usual local rides were going on in June. I had already gone on 2 Slow Spokes adventure trips in April and May. In April, 16 Slow Spokes went with our leader, Paul Wilhelm, to the Outer Banks of North Carolina.

This is a picture of a dozen of them in a parking lot location unknown. I must have taken the picture because I don't see me in it.

These must be the other 3 people missing from the above picture. They joined me for a visit to Kitty Hawk, a national park commemorating the first flight of the Wright Brothers. We were the designated van drivers that day. The ladies enjoyed hanging out with the Wright brothers.

In May, 2010,I went on my first self-contained trip. The trip was organized by Bob George and consisted of a group of 8 guys from the Slow Spokes. Bill Kelley isn't pictured—perhaps he took the picture. The guy in the white shirt at the left was someone's friend and joined us for a day. The trip went from Washington, DC to McKees-port, PA on the C&O towpath and the GAP rail trail. There were 7 days of biking plus a couple days in Washington, DC and a day at Harpers Ferry.

4 of the guys pictured were also on the cross country trip in 2015.

So while nothing's happening now, I had time to remember these trips and many other adventures I have enjoyed with the Slow Spokes over the years.

Looking forward, next year at this time, I expect to be on the PALM. I signed up for it for the first time this year, but it was cancelled, and the money transferred to next year's ride. I also hope that there will be many more Slow Spokes adventures in the future.

CYCLING IS BAD FOR THE ECONOMY

Hilarious but true too

A cyclist is a disaster for the country's economy -
He does not buy the car & does not take a car loan -
Does not buy car insurance - Does not buy Fuel -
Does not send his car for servicing & repairs -
Does not use paid Parking - Does not become Obese

Yes,.....and well, damn it !! Healthy people are not needed for economy. They do not buy drugs. They do not go to Hospitals & Doctors. They add nothing to country's GDP. On the contrary, every new fast food outlet creates at least 30 jobs - 10 Cardiologists, 10 Dentists, 10 weight loss experts apart from people working in the outlet. Choose wisely: A Cyclist or a KFC ? Worth thinking about!!

PS: Walking is even worse. They do not even buy a bicycle!!

OK, I borrowed this poster from another bike club's newsletter. I hope they don't mind. I'm sure they borrowed it from somewhere too.

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.