Spokin' Times News

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

September 2014

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Thank you to all POAR volunteers

I would like to thank everyone for their help at Peach of a Ride. Once again it was a success. Riders commented on how helpful and pleasant all the volunteers were in every aspect of the ride. Many times I felt lost and had to rely on those volunteers who have worked this ride many times before. This ride could not have happened without their help and guidance.
We will be uploading photos to the Facebook page and or the website in the next few weeks.
Thank you again, Gabe
Everything is just peachy

Sunday, 24 August, 2014 Peach of a Ride

Early morning mist couldn't dampen our Club's signature ride this year. Persistent cloud cover prevented who knows how many life-threatening sunburns. The parking lot at Memphis Sr. High School quickly filled with vans and cars and pick up trucks and SUVs, all with bikes and tandems and recumbents on or in. Brightly dressed riders straddled their bikes, clicking around on their cleats, waiting for 'comfort booth' vacancy. There were plenty of Slow Spokes Volunteers (hereafter referred to as SSVs) at radio communication stations, coordinating with the SSV Sag teams. The SSV kitchen personnel were set up under a capacious tent, the portable cook-wagon (and portable cook) right alongside. Registration area a busy, busy place: bib numbers, T-shirts, safety pins, maps/tipsheets. Estimates of participants ranged from 183 to over 500 (exact figures unavailable at press time). The SSV "map guy" had done a fine job, and except for a very few overly fussy nit-pickers, the routes were judged to be well marked overall. Various riders raved (to this reporter, and on the post-ride surveys distributed and collected) about the home-made cookies and fresh peaches and sliced melons at rest stops, and also the very friendly and totally helpful SSVs staffing those areas. Bike mechanics (friends of the Club) were on hand for last minute fixes and whiffs of tire air. Massage therapists (also friends of the Club) offered heaven for $1 per minute. Mileage stickers and century certificates were awarded to qualified riders. Either you had a wonderful day with all the SSVs, or you will come out and be one and have one at next year's Peach of a Ride.

C. Ritchey

Ed. Note. I haven't heard the official total of riders. The 183 was probably the count of pre-registered riders. If we got 500 overall, it was a really great day.

No club meeting in September

There will be no club meeting in September. The next meeting will be the first Friday in October. Nominations for office will be accepted at this meeting.

Meetings—Unless otherwise noted, meetings are held at 7:30 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. No meeting in July.

Ride Information—Send information for rides and walks and other exciting events to our event coordinator Chuck Pottenger email only please pottengerc60@gmail.com

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.

Is Friday the Best day for club meetings? by Ed Schultz

The Slow Spokes have been meeting on Fridays for as long as anyone can remember. I wonder if that's a good thing?

On several occasions I have missed club meetings because we were leaving town for the weekend. I attended the August 1, 2014 meeting reluctantly. I would rather have headed to Howe, Indiana to participate in the Amishland and Lakes Weekend. I didn't because I had already missed several meetings this year. I know several other members, regular attenders, who also missed that meeting because they were traveling. I already know I will be missing the November meeting because I will be participating in a cycling event out of town.

The club by-laws are noncommittal on the day we meet. They say only that we meet monthly. I'm not suggesting that we rush into a decision on this matter. I'd suggest that we have discussions over the next few months, with announcements in the next 3 newsletters and then vote, perhaps in December. We can still have the POAR meeting on the Friday before that ride. That's a special case and I don't expect to be leaving town that weekend. I know that some folks have commitments for other nights of the week. We won't be able to accommodate absolutely everyone. That said, I think we can do better than Fridays.

Ed Schultz

I would like to hear other thoughts on Ed's suggestion above. Would a lot of people find a different night more convenient? What nights work better for you? Do you usually attend meetings now? Would you be more or less likely to attend if the meeting night were a weeknight other than Friday?

Email me your thoughts at jim.walter@comcast.net. Thanks—Jim.

POAR T-Shirts

This year's Peach of a Ride t-shirts were a huge success! Therefore, we will be placing an order for additional shirts. If you are interested in purchasing a 2014 POAR t-shirt, please let Clara Herndon know by Friday, September 12th. (We may be able to order long sleeve t-shirts in addition to the short sleeve. Price unknown at this time.)

Contact Clara as follows:

email - claraherndon@outlook.com
phone - 586-574-0426 (out of town from 9/1-9/7)
mail - send check for $12 with size (for short sleeve) to Slow Spokes, PO Box 792, Sterling Hts., MI 48311

Peach of a Ride Century Riders

This year, 49 century riders were counted going through the North Branch Rest Area. This number includes 16 Clinton River Riders, and Dave and Mary of the Slow Spokes. The first 3 riders to arrive at North Branch said they were averaging 19.8 mph at that point. However, the wind had been at their backs most of the way up to that point.

Book Club

Next Meeting—Tuesday September 16, 7:00 pm

Book—Olive Kitteridge

Author—Elizabeth Strout

Place—Clara Herndon's House

SEPTEMBER 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 (Note time change—now 6:00 p.m.			
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 - 12 mph	TIME:	6:00 P.M.
TERRAIN:	Flat		
LEADER	Bill Appleberry (586) 573-7377		
MEETING PLACE:	Freedom Hill. South side of Metro Parkway (16 mile road) east of Schoenherr.		
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—All evening rides now start at 6:00 pm. Watch your email for changes and cancellations.

Lake Lure and the Greenbrier River Trail Trip by Jim Walter

Three Slow Spokes, Tom, Clara and I took a trip to Lake Lure, North Carolina for the Inaugural Cycle North Carolina Mountain Ride. The scenery was beautiful. The hills were gradual. The roads were serpentine. They had routes ranging from 11 to 100 miles on Saturday and 11 to 70 on Sunday. We did the 30 and 33 mile routes and found them very enjoyable. I walked only one hill compared to the Michigander a few weeks ago where I walked 4 hills around Traverse City.

Monday thru Thursday, we rode the Greenbrier River Trail in West Virginia. It is approximately 80 miles long. We took 2 days to ride from the beginning to the end, and 2 days to come back again. Actually, we came back partway the 2nd day and camped in a primitive campsite along the trail. Another camper had seen a bear nearby earlier in the day, so we put any foodstuff up in a tree overnight.

The Greenbrier River Trail is a rail-trail in a lightly populated part of the state. There were just 2 spots along the trail to get meals and supplies. The river runs along the trail for most of the route, and there are 2 tunnels and several bridges along the route. I counted 28 deer in the 4 days on the trail. Clara saw over 30 but lost count. The trail was mostly crushed limestone like the Paint Creek Trail, but doesn't get enough use to keep the grass down in the middle.

Upcoming Rides of interest

Saturday, September 13. Celebration of Cycling. Raises funds for PEAC. PEAC teaches bicycling skills to handicapped individuals. 7:30 am to 5:30 pm. Warrendale Picnic Area in Hines Park. 23302 W. Warren Ave., Dearborn Heights, MI. Several Slow Spokes usually ride this ride. Some of us meet around 9 am. That is, unless you are riding the century, in which case you ride at 7:30.

Saturday, September 27. Clinton River Trail Fall Classic. Watch for someone to lead an impromptu ride to this ride. Otherwise, registration is at Riverside Park in Auburn Hills starting at 8:30 am.

Sunday, October 5. Triple Towns Tour. This is a new ride this year sponsored by the Michigan Trails and Greenways Alliance. Meet at Milford Central Park between 8:30 and 10:30 am. SAG stops in South Lyon and Wixom. This sounds a lot like the Mount Trashmore ride.

Sunday, October 12. Tour de Livingston. Mt. Brighton. 5, 10, 27, 38, 62 and 100 mile routes.

Sunday, October 12. Fall Colors Back 40 Challenge. Clarkston. Sponsored by Flying Rhino Cycling Club. I saw a couple of their Jerseys on our POAR. Please note, this is a dirt road ride.

I have ridden all of the above rides in the past and can recommend them. That is, except for the Triple Towns Tour which is new this year, and I plan on doing this year.

For other possible rides, see the www.lmb.org event calendar.

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.

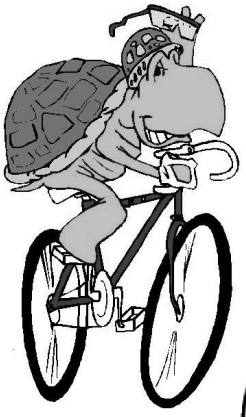
You are welcome to come for a meeting or try out a ride before joining the club.

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.



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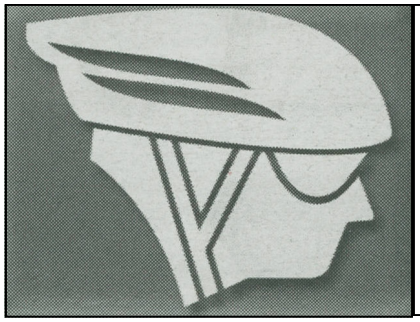
Slow Spokes are members of the League of Michigan Bicyclists and the League of American Bicyclists.

Website: www.SlowSpokes.org



BIKE SMART

Always Wear Your Helmet!

Slow Spokes
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