



Spokin' Times News

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

September 2015

Peach of a Ride Sunday, August 30

Peach of a Ride Volunteers Needed

Peach of a Ride is fast approaching and we are working on the last minute details of making the ride a success. We are still looking for a few good Spokes to help with Rest stops, Sag drivers, Registrations, communications and general help on the day of the ride. Wednesday August 26, after the Wednesday morning ride we will be stuffing goody bags for all of our riders. We will need help with marking the routes on Tuesday, August 25, email to follow. In case of rain, we will mark the routes later in the week with notification informing you of the make up day. Don't forget to bring your cookies to the meeting August 28. Hope to see the many Slow Spokes out there riding or volunteering.

Thanks, Gabriele Halsall
Peach of a Ride Chair
586-945-6784

Meetings

There will be a meeting on Friday, August 28th at the usual time and place. This meeting is held to take care of final details for the Peach of a Ride. This is also your opportunity to bring in those home-made cookies you baked for the Peach of a Ride. This meeting counts as the September meeting, and there will not be a meeting in September.

October and November Newsletter

Since the newsletter editor will be participating in the cross country bicycle trip for most of September, October and November, there will not be a newsletter while I am on the road. Instead, there will be one newsletter covering October and November, which will be put together around September 1st. So if you have anything to put in this newsletter, please send it to the newsletter editor by the first of September. Any rides or other events which come up in October or November will be sent out through email.

President

Carol Ritchey

Vice President

Tom Graham

Treasurer:

Clara Herndon

Secretary:

Ed Schultz

Newsletter Editor:

Jim Walter

Newsletter Distributor:

Lennie Raines

Membership Chair:

Lennie Raines

Sunshine Liaison:

Rita Zupan-Wilhelm

POAR Chair:

Gabe Halsall

Event Coordinator:

Tom Graham

Webmaster:

Tom Miller

Website:

www.SlowSpokes.org

Mailing Address:

Slow Spokes

P.O. Box 792

Sterling Hts, MI 48311

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. (September meeting is August 28th. No Meeting in September.)

Ride Information—Send information for rides and walks and other exciting events to our event coordinator Tom Graham, email turbotommie@hotmail.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.

Welcome New Members

Rick & Denise Kutchins	Royal Oak
Don Markowsky	Chesterfield Twp
Susan & Henry Hengeveld	Clinton Twp

Welcome to the Slow Spokes! We hope to see you on some of our rides.

We apologize if we missed anyone's name.

Club Ride Mileage

As of ride sheets turned in thru 8/14, we have total club miles of 17,997. That is almost three quarters of the way around the earth! A total of 84 club members and many non-club members have accumulated these miles which have been led by 16 different ride leaders. Congratulations to all these riders and leaders.

Top 10 Rider Miles:

Tom Miller	912
Jim Walter	818
Clara Herndon	751
Bill Appleberry	694
Rita Wilhelm	640
Mary Woloszyk	569
Paul Wilhelm	527
Bernie Sustrich	513
Ron Robinson	498
Tom Graham	434

Top 10 Leader Miles:

Tom Miller	3148
Ray Carpenter	2329
Rita & Paul Wilhelm	2092
Ron Robinson	2014
Mary Woloszyk	1927
Gabe Halsall	1726
Bill Appleberry	1057
Rita Wilhelm	828
Jim Walter	738
Tom Graham	688

September birthdays:

Rick Anderson	September 18
Kathy Cota	September 17
Robert Halsall	September 27
Kimberlee Hornok	September 12
Sonya Justice	September 16
Bill Kelley	September 24
Cheri Kendall	September 20
Shelly Mallon	September 13
Betty Nelson	September 4
Carrie Rondeau	September 12
Jim Walter	September 18



*The Slow Spokes
Wish all of you
A very happy
Birthday!*

If we missed anyone's birthday, sorry about that! We wish you a happy birthday too!

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

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 Twilight 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—As September progresses, we lose daylight. Some rides may change.

Silver Spin Rides—Wednesday Mornings (now at 9:00 am)

DISTANCE:	About 20 miles or more if riders prefer.	DATE:	Wednesdays
PACE:	Leisurely pace to accommodate all riders.	TIME:	9:00 A.M.
TERRAIN:	Flat		
LEADER:	Gabe Halsall or a suitable mystery guest ride leader.		
MEETING PLACE:	Parking Lot behind the Rite Aid at 29 mile and Van Dyke		
ADDITIONAL INFORMATION:	Sometimes we just ride the Macomb Orchard Trail out to Armada and stop on the way back in Romeo for lunch. Other times, we wander off the path down quiet country roads. This varies based on rider preferences and the leader's choice.		

Remembering Sue Graham

I would like to thank our friends in the club for their prayers and support during Sue's illness. I was amazed to see all the people that Sue touched during her too short life. We will miss her dearly. In lieu of flowers, a donation of \$1,640 was made to the Macomb Orchard Trail. Thank you so much for your support.

Tom Graham and family

Articles noticed by our members

Bill Appleberry sent an article about the latest and greatest in bike helmets—a helmet with built in brake lights and turn signal lights. It detects when you are slowing down significantly and turns on the brake lights. You have to press a button on the handlebars to activate the turn signal.

The following link should bring up the article:

<http://gearjunkie.com/lumos-bike-helmet>

Another article from Bill Appleberry is about two attacks against cyclists in Minneapolis. While it was previously reported that Minneapolis is a bike friendly city, apparently not everyone is friendly. The following link should bring up the article:

<http://gearjunkie.com/attack-against-cyclist-minneapolis>

The third article was sent by Don Windhorst, and was a copy of the newsletter from the Sumter Landing bicycle club in the Villages, Florida. It contained a link to a video showing what happens when you touch the wheel of the bicycle in front of you when you are riding in a group. You can watch this video with the following link:

<https://cycliq.com/videos/109?tag=Staff+Picks>

and choose bike crashes.

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.