



# Spokin' Times News

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

October 2013

President

Paul Wilhelm

Vice President

Jane Mayle

Treasurer:

Clara Herndon

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Ed Schultz

Newsletter Editor:

Jim Walter

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Lennie Raines

Membership Chair:

Lennie Raines

Sunshine Liaison:

Rita Zupan-Wilhelm

POAR Chair:

Jane Mayle

Ride Chair:

Rose Marie Jacobs

Webmaster:

Tom Miller

Website:

[www.SlowSpokes.org](http://www.SlowSpokes.org)

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Slow Spokes

P.O. Box 792

Sterling Hts, MI 48311

## New Location for October Club Meeting

Starting with the regular October meeting of the Slow Spokes—Friday, October 4th at 7:30 p.m., we will have a new meeting location. We will be meeting at the Warren Woods Baptist Church at 14251 E. 12 Mile Road between Hayes and Schoenherr in Warren, Michigan.

New Slow Spokes member Larry Allen is the Senior Pastor at the church, and has offered us the use of the church facility for our club meetings. So come on out and see our new meeting location, and thank Larry for allowing us to use the facilities.

## Election of Officers in November

We will have our annual election of officers at the November meeting. We also traditionally have a pizza party for refreshments after this meeting to encourage people to come out and vote.

This year, for the first year in a long time, we will be seeking a new person to run for club president. At the last meeting, Paul announced that he will not run for another term as president. I have not heard whether there will be other open positions or not.

Elected offices are as follows: President, Vice-President, Secretary, Treasurer, Membership Chair and Newsletter Editor. All other positions are appointed positions. Ride Chair was formerly part of the Vice-President job.

Looking back in the archives of the Newsletter to October 2002 when Tom Miller was club president, there was an announcement that all club office positions needed to be filled except Newsletter Editor. The Newsletter states that elections would be held at the October meeting, but apparently they weren't held in October as the November 2002 newsletter stated that nominations for office were still open. At any rate, new people stepped up for all club offices and Paul became club president in December 2002.

So Paul has been president for 11 years. He has done an outstanding job serving the club for those 11 years. But it is time for someone else to take over the job. It's just a one year commitment. An additional 10 years are completely optional.

At least, we don't need to fill all offices like they did in 2002!!

**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.

**Ride Information**—Send information for rides and walks to Rose Marie Jacobs via email: [rmj211@comcast.net](mailto:rmj211@comcast.net) 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](mailto: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.

## OCTOBER CLUB RIDES

No scheduled rides were turned in to the Newsletter for October. Week night rides are usually discontinued after September due to darkness. Weekend rides are usually being announced as impromptu rides a day or two before the event. This allows the ride leader to have an idea of the weather before scheduling an event. There is plenty of good riding weather on weekends in October, so watch for impromptu rides.

There are several rides in the area in October. Some of these are as follows:

1. Sunday October 6th—Blue Water Ramble—30,45,65 and 100 mile routes—St.Clair, MI. For more info, see [www.lmb.org/crr](http://www.lmb.org/crr)
2. Saturday, October 12th—Trek WSD Ride for Breast Cancer Awareness—10,25,35 mile routes—Warren, MI. Macomb Bike and Fitness, [www.macombbike.com](http://www.macombbike.com)
3. Sunday, October 13—Tour De Livingston—5,9,12,28,38,62, and 100 mile routes—Brighton, MI. For more info, see [www.tourdelivingston.org](http://www.tourdelivingston.org)
4. Sunday, October 13—Fall Color Tour Algonac—24 and 42 mile routes—Algonac, MI. For more info, see [www.algonacchamber.com](http://www.algonacchamber.com)
5. Sunday, October 13—Fall Color Back 40 Tour—10,16,24 and 48 mile routes—Clarkston, MI. For more info, see [www.flyingrhinocc.com](http://www.flyingrhinocc.com).

The above ride information was selected from the 2013 LMB ride calendar.

### EUCHRE

Looking for 8 euchre players to gather once or twice a month during the winter months. Weather can be a factor during the winter so prefer east sides and south of 16 Mile.

If interested call Evelyn Bires 586-778-8397

### BOOK CLUB

Date: Tuesday, October 15th, 7:00 p.m.

Host: Clara Herndon

30943 Boewe

Warren, MI

(586) 574-0426

Book: Remarkable Creatures

Author: Tracy Chevalier

## Peach of a Ride pictures



This year's Peach of a Ride was a great success with beautiful weather and about 350 enthusiastic riders. Patrolling the route backwards from Capac to North Branch, I counted 64 riders on the century ride. Since no one else gave me a different count, that's the official count of century riders.

The first picture above was taken at Capac and features the last 2 riders on the century route. The person at left is known only as rider number 100. She was thinking about doing a century, and decided to go for it when she got rider number 100. The person at the right is Slow Spoke member Carol Ritchey doing her first century. The second picture is Carol shaking her fist as she refuses the kind offer (or harassment) of a ride in from those friendly sag drivers. They did the century in a very good time considering that they left at 8 am and finished at 4 pm for a total of 8 hours. For me, I usually take around 9 hours to finish a century ride.



Above: Slow Spokes Dave and Mary Pakledinaz also did a century.

At Right: Barb Gater provides bagpipe music to cheer on the weary cyclists at the Capac Rest stop. This is at least the 3rd year for this tradition. Thanks Barb!



## Peach of a Ride thank you notes:



A big thank you to Ruth Ann and Leo Booms for all the work and time they put in getting the supplies and people to work at the rest stops.

Also thank you to the volunteers that worked the rest stops including the people at Riley Center namely Agnes and Michael McGartland, Evelyn Bires, Mary Woloszyk, Mary Jane Hinze, and Wilma Hamann.

Thank you to the riders that rode on a very nice day.

Many thank yous to all the people that worked hard to make our Peach of a Ride a success in our 43rd annual year.

P.S. Lets not forget the Weatherman.

Gratefully,  
Fred Hamann

### THANK YOU!

TO ALL OF THE SAG DRIVERS AND RADIO OPERATORS.  
AS ALWAYS - YOU DID A GREAT JOB THIS YEAR.  
WE'VE HEARD A LOT OF POSITIVE COMMENTS.  
THANK YOU AGAIN,  
CAROL AND BERNIE

### To All SLOW SPOKES volunteers for POAR 2013 - Epecially SAG

Hi, my name is Carole Deslippe. I am a return participant in your annual Peach of a Ride cycling event. I'm writing to thank *all of your volunteers* for this event, [especially your SAG Team](#) for their welcome presence on this ride.

To let you know, I am an experienced long distance (tour) cyclist who enjoys this sport immensely. I usually participate in 60, 80 or 100 mile rides when offered. I enjoy the personal satisfaction of completing these events while enjoying the different landscapes, their challenges and meeting like riders as well. Your SAG Team presence is the best I've seen this year and from what I remember, probably the *most visible presence* offering support on any ride that I've been on in the last several years of cycling.

I've never had to rely on the SAG for a personal or technical issue until this POAR event on August 25, 2013 when I experienced my first ever asthma attack while stopped at the second (Yale) Rest Area on the ride. Because of change of direction on the route, (riding into the wind just before this stop), I hadn't realized that I was in distress until I was fully stopped. **Your team of volunteers were quick to realize my situation offering support and later calling your SAG team to take me and my riding partner back to starting area** after we decided it was in my best interest to quit after 30 miles.

*Please know, that all of your volunteers are welcomed and appreciated and that my sincere thanks go out to the SAG team members who helped me on that day.*

Looking forward to another great ride with you next year.

Carole Deslippe - (Riders 270 & 271)

## Missouri Katy Trail Riders



Left to Right: Shelly, Rita, Paul, Rich, Bill, Bernie, Carol, Dan, Ed, Bob, Bill, Carol, Tom, Clara

The above picture was taken at the beginning of the Katy Trail Ride. 14 Slow Spokes left Michigan on September 7th and returned on September 14th. In between, they spent a few hot days in Missouri on the Katy Trail.

I didn't hear a lot about the trip except that it was hot, and dusty, and hot and the towns didn't always have anything to eat and it was hot, and they couldn't always find water, and it was hot, and, oh yes, it was really hot!! See the next page for the Tale of the Katy Trail.



Above: Not another flat



Above right: Time for a break



Right: Trail's End

## Items contributed by our readers

### The Tale of the Katy Trail

Sit right down and I'll tell the tale  
Of the crew who rode the Katy Trail.  
14 Slow Spokes with bikes, camping gear,  
Tidy Cat panniers and energy bars  
Carpooled down to Missouri, the Super 8 in St. Charles.  
'Fore dawn in the morning crammed into a bus  
A shuttle conveyed them with minimal fuss  
To the start of their ride  
At Clinton and the sun so hot they nearly fried.  
Campgrounds or hotels--the heat or A/C--  
Each one thought the other was crazy.  
The trail was dusty. Adversity loves a buddy.  
Hey, look! The river they call the Big Muddy!  
Lunch at a trailhead. A cold beer in Hartland.  
A caboose, a bed-and-breakfast, a teensy little city park-land.  
Locals with produce. Fellow bikers (from Wales!)  
Corn to the horizon. cows. Owls. Coyotes. Deer. Hay in bales.  
Alarmed by a snake, one rider went down--  
Battered, bruised, bloody, bandaged, rode to the next town.  
That one hill in Herman was 90 degrees!  
Did I mention the heat? One prayed for a breeze.  
Home made gooseberry pie. Dollar taco night.  
Breakfast at Casey's. Start riding before it's light.  
Bridges and tunnels. Towering limestone bluffs.  
More than 237 miles--we're made of strong stuff.  
A dozen flat tires, easily fixed.  
The side trip to Columbia? Rocky trail, searing heat--nix'd.  
Recumbents and road bikes. Seasoned riders, some not so.  
Did I mention it was hot? Oh.  
Lots of photos were taken, lots of sunblock applied.  
Some souvenirs bought. Nobody cried.  
This Rails to Trails thing is a wonderful trend,  
But we all agreed we don't have to see this particular route again.

--by the Bard of Eastpointe, Carol Ritchey



"Dead" weight stoker. Submitted by Mary Woloszyk.  
(Tandem couple spotted on the Tour De Troit.)

### Improvised light.

Last evening we went for a ride with a small group. Coming home it was time to turn our bike lights on. My captain noticed, riding behind another rider, that he could clearly see her iPhone in her back pocket. The pocket part of her jersey was white and he could clearly see the outline of the phone and that the camera was facing towards him. At a stop, he took her phone, turned on the iLight app, set it to Strobe, and put it back in her pocket. It was brighter than most of the other lights in the pack. It is not red, but it is a free and bright light that you might be carrying around anyway; even the battery drain was minimal. I would think that other smartphones with a camera would have a similar feature. There is also an app called Flashlight that also lets you strobe.  
So, if you get caught out, .....

Submitted by Tom Miller. (From the Clinton River Riders.)

### First Aid

A recent Club Ride suffered a nasty spill the other evening. Quickly, bandages and gauzes came to his rescue, clean tissues, cleaning wipes, antibiotic ointments. Arrangements were made for the Ride Leader (who was less than 24 hours past his own brush with catastrophe and a mailbox) to fly back to his vehicle for sag support. Remaining Club Riders accompanied the accidentee to the Urgent Care right behind McDonald's. The injured rode perhaps 3 miles (?) holding a paper towel to his nose.

Be sure to have even some minimal FirstAid supplies on your bike. A Band-Aid doesn't take up any room. One of the 7 Fundamental Outdoor Tools is the Bandana. It can be bandage, Kerchief, dust mask, water filter, signalling device, and fashion statement--versatility, thy name is Bandana. Submitted by Carol Ritchey

## 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	586/542-7182
American Cycle & Fitness	2169 Metro Parkway	Sterling Heights, MI 48310	586/979-7570
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 48072	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](http://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](mailto: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.



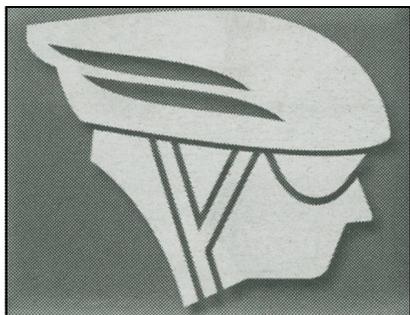
# Slow Spokes Spokin' Times News



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



Website: [www.SlowSpokes.org](http://www.SlowSpokes.org)



**BIKE SMART**  
*Always Wear Your Helmet!*

Sterling Heights, MI 48311-0792

P. O. Box 792

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