

spoke'n word

official newsletter of the Rapid Wheelmen Bicycle Club



07.2024

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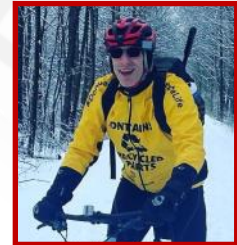
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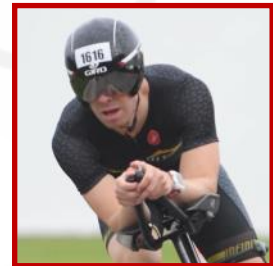
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May B. U. ??
100 Grand
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Club Meeting Monday July 8th

Meeting: Club and Board Meeting at the Ada Time Trials—7:00 pm

Where: Ada Park, Eastern parking lot, Buttrick and Grand River

Subscribe to the IO group here:

Visit: <https://groups.io/g/RapidWheelmen>

Grand Rapids Gran Fondo 2024 pics





President's Spin
by
Evan Wilson

We have finalized the 2024 club meeting schedule:

2024 Club Meetings Schedule (Tentative)

April 11, May 6*, June 3*, July 8*, August 5*, September 12, October 3, November 7

*Meeting takes place at the Ada Time Trials (assuming a positive GO/NO-GO outcome w/r/t weather)

We are working on the website and Mike Burden is checking into the club's Strava group for social networking. Vincent will give feedback on our website.

We are planning on the Maple Leaf (August 17th) and Colorburst (October 19th) tours this year. Stay tuned!!

Editor

Dave Durkee



Here we are mid-Summer already and some events are in our rear view mirror. I can't believe the time trials are now half-way over. I'm already planning for our year end celebration party. If you are a member, or become a member, you can ride the [Time Trials](#) for free, AND get a FREE dinner at the end of the year!!

This year's Grand Rapids Gran Fondo was on many riders' agendas for this year. Many riders opted for the 80 mile version which had rain almost the whole way out to the beachside lunch in Ferrysburg. The food was much better this year, and all the riders returned unscathed from any mishaps.

There's been some discussion about club members riding the [Holland 100](#) ride this year on **July 20th**. If you missed not having the club's 100 Grand this year, this is a good alternative.

As a follow up to my inquiry concerning interest in a 2 day "Tour of the White Pine Trail", I had 2 riders express interest in an unsupported ride from Grand Rapids to Cadillac, then back the next day. I'd like to see about 4 more riders express interest in the trip before firming up any dates for 2024.

The idea is to have lunch in Big Rapids each way. Having lived in Big Rapids for 9 years, I know the Gypsy Nickel Lounge is right off the trail, with a view of the Muskegon River. We patronize such establishments along the way, and it could be quite a leisurely and enjoyable ride. The hotel room in Cadillac would be a welcome sight.

Interested? Drop me a line:

davedurkeeod@gmail.com

I hope to see YOU on a bike in 2024!

Dave

*Cover image: Jeff Petersen during the 2024 Grand Rapids Gran Fondo.
Photo credit— GR Gran Fondo.*

Technology better than I?

Part 2

by Dave Durkee

As we discussed last month, I'm trying to figure out what my real cardiac potential is after a recent cardiac triple bypass operation.

Per pre-surgery performance history, I knew my anaerobic threshold heart rate was 160 beats per minute (bpm), and my maximum heart rate (MaxHR) was 171 bpm.

After surgery my Garmin device detected my new maximum heart rate at 161. But I have not actually tried to reach my maximum heart rate per the restrictions placed by my cardiac rehab plan. According to them, my blood pressure gets too high and I may "blow a gasket" at high heart rates, ie—the grafts are still healing.

But according to fitness training, the more important number is Anaerobic Threshold (AT) or if you use power, Functional Threshold Power (FTP). But let's return to that later after trying to determine our MaxHR.

According to Garmin's own documentation, they assume in the beginning that your MaxHR is based on an old equation "220-your age". For me, that would be 152 bpm. But they admit that 30% of the population does not follow that equation. I've known for years that it estimated too low of a MaxHR for me, leading to some interesting discussions with the nurses while I went through cardiac stress tests. I firmly believe my heart condition would have been detected 2 years earlier if they had used my own numbers instead of that equation. Hence, they never tested me at a high stress level resulting in an adverse test result. Of course I passed the tests with flying colors, as they were comparing me to the average sedentary non-athlete.

Just a word to the wise if you ever find yourself in my situation.

More on this next month!

ride calendar

July 2024

Day	Date	Ride Name	Ride Start	Ride Details	Contacts
MON	May through August	Ada Time Trials	On site Registration 5:30 to 6:15 First rider off at 6:30:30	Start at Ada Park, Buttrick and Grand River. Registration in East parking lot off of Grand River. 15 mile time trial. Registration available off site at Webscorer.com . "Day of" registrations still available on-site from 5:30 to 6:15 pm	Dave Durkee davedurkeeod@gmail.com
WED	Summer 2024	Challenger	6:20 pm "C" 6:20 pm "B" 6:30 pm "A"	Challenger Elementary School 2475 52nd St. Slow, Good + Fast paces, 30-50 miles	Tom Westrick tjwestrick@gmail.com
WED	Check IO group email	Wednesday AM Casual Ride	Check IO group or email Ride Leader	Usually 20 to 40 miles at a slow to moderate pace. Great for beginners!	Bob Ayars rsayars@sbcglobal.net
SAT	Check IO group email	Saturday AM Casual Ride	TBD	Usually 20 to 40 miles at a slow to moderate pace. Great for beginners!	Bob Ayars rsayars@sbcglobal.net
SAT	Summer 2024	Dawn Patrol	8:00 am	45-65 miles at good to fast pace. Check IO group for start location, mileage, and distance	Mike Burden 616-915-2048 mwb@mwburden.com

David and Nancy Ryskamp turned over 100,000 miles on their tandem recently. Dave reports:

“These are the pictures I took when the tandem reached 99,999 and then when I got home and it showed the 4.2 miles from the Paul Henry trail to my house. Also the headset cap my son Bob got me to show 100,000 miles and one of Nancy and me when it flipped over. The 99,999 occurred at the corner of 60th and Wing Ave. The Cyclocomputer picture had a memo on it saying that the bike and computer were both 24 years and 8 months old when we hit 100,000.”



Tim Fox sends word about local Grand Rapids legend **Nick DeHann**, a previous “winner” of the 1200 km Paris-Brest-Paris

To quote Tim:

“Just wanted you to know Nick is racing the RAE (RACE ACROSS THE EAST) 630miles Ohio to Atlantic City. It is the RAM route run simultaneously with ram start was yesterday (June 19). Nick is leading having made up and passed the 5 minute man ahead of him. It's a qualifier for Race Across America (RAM) and a new race this year”

Tim tells me later that **Nick won** in the single under 50 category.

Tim sends a results link here: <http://www.raceacrosstheeast.org/>

Name	3: icothe	TS 44: Athens OH	TS 45: West Union WV	TS 46: Grafton WV	TS 47: Mc Henry MD	TS 48: Cumberland MD	TS 49: Hancock MD	TS 50: Rouzerville PA	TS 51: Darlington MD	TS 52: Malaga NJ	RAAM Finish
Nick DeHaan	138m	0d05h56m	0d10h16m	0d12h59m	0d16h31m	0d19h16m	0d21h30m	1d00h24m	1d05h38m	1d09h51m	1d12h39m

In a related story, we heard that **Jim Trout** was racing RAM with his tandem partner and made it as far as Colorado before they had to abandon the race.

Build Your Dream Bike

by Dave Durkee

Part VI

Once again, back to building our vintage fixed gear bike. As you recall, I chose a red 1983 Colnago Super racing frame.

So now we're looking at components to build the bike from a bare frame. We're going to try and use as many Campagnolo Chorus parts as possible. I had none of those already, so I would need to obtain all of them.

I don't attend large swap meets, but over the years I've had fair luck with Ebay.

Campy Chorus in good mechanical and cosmetic shape would be acceptable and I did not require New Old Stock (NOS). As I looked through the choices, I was looking for an approximate time period (70s to 90s), and nothing with carbon fiber. Finished aluminum in excellent shape would fit the ticket.

Luckily, from previous builds while roller racing, I had some track cogs, a track chain, a pair of wheels with polished Super Record hubs, and a vintage racing saddle. After some searching for many nights, some before the frame arrived, I had found the following items:

Nuovo Record bottom bracket Chorus headset, 1" threaded Campy seatpost binder bolt
Brev. Campy crankset, 53/39, 172.5 crank SR Laprade seatpost, 27.0 diam, 220 length
Brev. Campy 42 tooth inner chainring 3TTT Handlebar and stem of 22.2 diam, 120 length
Chorus brake levers, no integrated shifters Chorus brakes, differential, recessed nuts
Cinelli handlebar tape, world championship colors Brake cables and housings, yellow

So I had fair luck in finding many Campy Chorus parts, but not all. The Nuovo bottom bracket dates from the 60s to the 70s, but was in excellent shape. The Brev. Campy crankset likely dates from the same time period, but was also in great shape. The Chorus line was originally [introduced in 1987](#). So this bike is a mish-mash of different eras, yet aesthetically looks correct on a 1983 Italian steel frame as the aluminum polish looks consistent. As for the seatpost, I could not find a Campy seatpost of 220 mm length, so the SR Laprade will do. The Italian 3TTT handlebars and stem are often found on Colnago frames. Campy doesn't make bars and stems, and rumor was that Colnago and Cinelli did not like to work together. True or not!??



ADOPT A ROAD CLEAN UP & PICNIC

Rapid Wheelmen Members, Friends, and People interested in a clean environment.

Monday July 22nd after the Time Trials around 7 PM

(If cancelled for rain, the alternate date will be Monday July 29th. Watch the io group for any updates.)

Clean up Grand River Avenue, Ada, MI

Come to Ada Park, Grand River east entrance where the Time Trials sign up is, to pick up your bags.

We have a limited number of safety vests. Please wear a florescent T-shirt if you have one as a safety measure, and that way you don't have to wear a safety vest.

There will be a picnic after the cleanup.

Please bring appropriate shoes and work gloves if you like. Sometimes the ditches along the roadside are wet. We're not sure what the weather will be like so plan your foot attire appropriate to the weather. The club will provide disposable gloves for anyone who would like them. We need at least 18 volunteers to do this job effectively.

Please join us in helping the Ada community with this project. Whether or not you participate in the Time Trials, we all use public roads to ride our bikes. This is a way giving thanks for the use of public roads.

If you have any questions, contact Carolyn Chapman, carolynleechapman@gmail.com or call (616) 337-4743



Ada Time Trials 2024

Mondays—May 6th through August 26th

What: An individual 15 mile time trial. Many different classes available so you may compete with your peers.

Where: Ada Park, 1116 Buttrick Ave SE, Ada, MI. We use the East parking lot on Grand River

When: Registration opens every Monday at 5:30 pm, closes at 6:16. First rider off about 6:30

For **MORE** information, see our website: [Rapid Wheelmen Ada Time Trials](#)

Registration: Click [Webscorer.com](#) for registration and results. You may sign up for individual nights that suit your schedule.

Season long Points Contest by category with same point scale as 2023 - bonus for top 3, smaller bonus for top 10.

MEMBERS ride for FREE all year, still \$35 / yr.! Obtain membership and sign waiver [HERE](#) Membership forms and waivers are also available onsite each night.

NEW for 2024:

Points contest will be your best 14 rides of the 16 available rides. This will emphasize performance slightly more instead of attendance.

No break for July 4th. We ride July 1st and July 8th.

PLEASE let me know by 3:00 pm race day if you have signed up for a night, but can't make it. This should help eliminate No-Shows.

We HIGHLY RECOMMEND you use a rear light. A blinking RED light is best, radar even better. Next year we will REQUIRE the use of such a red light.

--

Dave Durkee
RW Time Trials Coordinator
Rapid Wheelmen Bicycle Club

davedurkeeod@gmail.com



For Sale

JAMIS Renegade gravel bike 56 cm
\$1,900 new, one year old asking **\$1,200**

Text Terry 616-581-9687



Stock photo

For Sale

bike shops

1. Alger Bikes

120 - 28th St. S.W.
Grand Rapids, MI 49548
(616) 243-9753
www.algerbikes.com

2. Rebel Bike Shop

1140 Monroe Ave NW
Grand Rapids, MI 49503
(616) 980-0416
https://www.rebelbikeshop.com

3. Freewheeler Bike Shop

915 Leonard Street NW
Grand Rapids, MI 49504
(616) 451-8011
www.freewheelerbikeshop.com

4. GRBC (Ada Bike Shop)

597 Ada Drive
Ada, MI 49301
(616) 682-2453
www.grandrapidsbicycles.com

5. GRBC

1311 Fulton St E
Grand Rapids, MI 49503
(616) 458-2200
www.grandrapidsbicycles.com

6. West Michigan Bike and Fitness

2830 East Paris Ave, SE
Kentwood, MI 49512
(616) 942-1880
www.westmichiganbike.com

7. Rockford Bike Shop

169 Marcell Dr NE
Rockford, MI 49341
(616) 951-7181

8. Village Cycle & Fitness

450-A Baldwin Jenison, MI 49428
(616) 457-1670
www.villagebikeshop.com

9. Village Cycle & Fitness

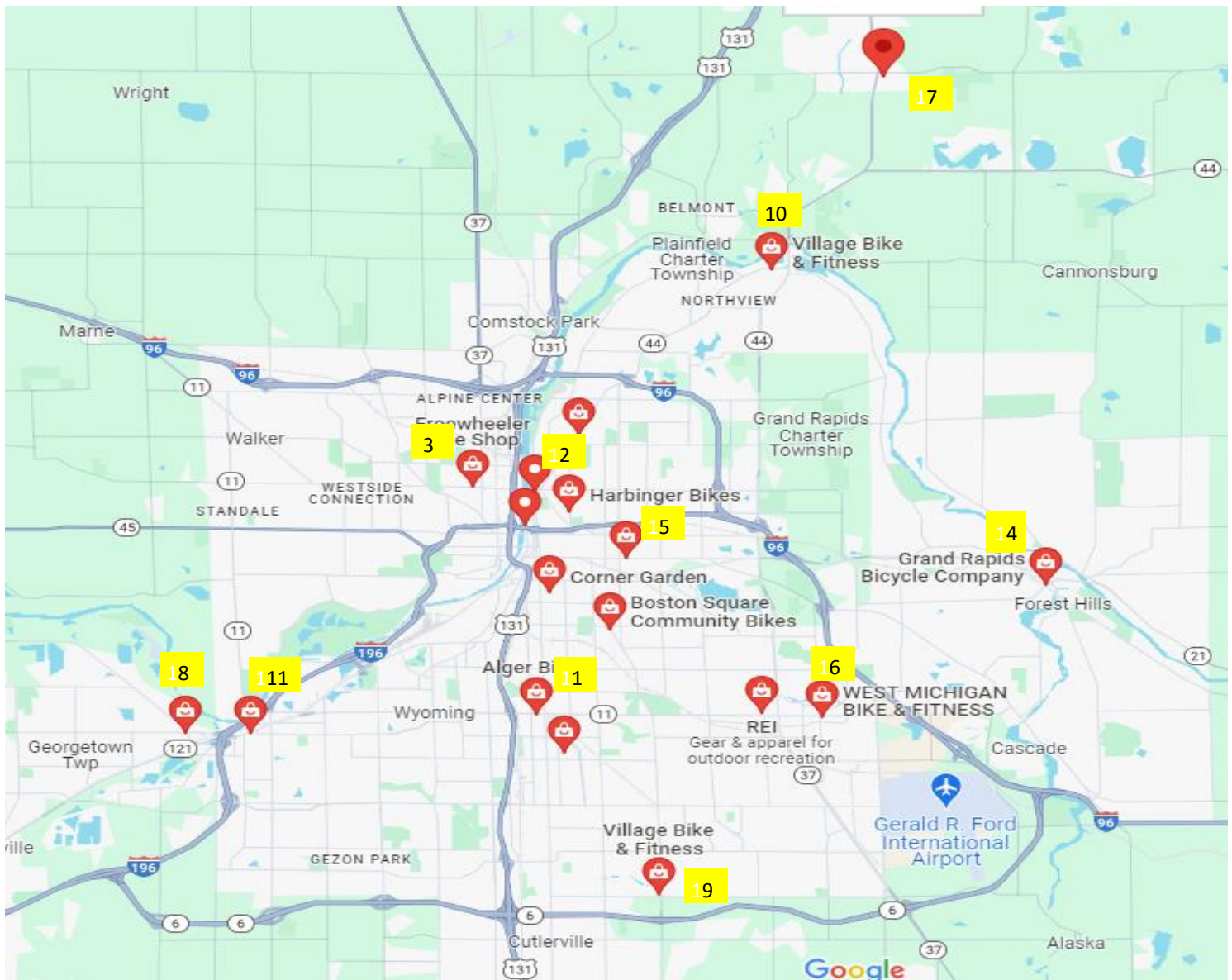
5991 Kalamazoo Ave SE
Grand Rapids, MI 49508
(616) 455-4870
www.villagebikeshop.com

10 Village Cycle & Fitness

5278 Plainfield Ave NE
Grand Rapids, MI 49525
(616) 361-3661
www.villagebikeshop.com

11. West Michigan Bike and Fitness

4300 Chicago Dr. SW
Grandville, MI 49418
(616) 531-9911
www.westmichiganbike.com



Rapid Wheelmen
PO Box 1008
Grand Rapids, MI 49501



Support your club, ride in club colors! Items will be available for purchase at club meetings and events.



- t-shirts - \$12
- shorts - \$65
- bib shorts - \$70
- jersey - \$60
- water bottle - \$10

To arrange a purchase, contact:

Randy Higgins: treasurer@rapidwheelmen.com

IO

Groups

Join the Rapid Wheelmen IO Group!

<https://groups.io/g/RapidWheelmen>



Like us on Facebook!

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@RapidWheelmenTimeTrials

