

spoke'n word

official newsletter of the Rapid Wheelmen Bicycle Club



07.2025

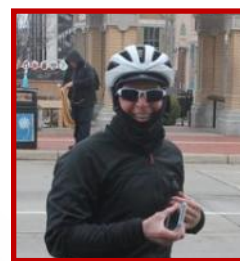
the board



Evan Wilson
President
president@rapidwheelmen.com



Matt Cederquist
Vice-President
vp@rapidwheelmen.com



Randy Higgins
Treasurer
treasurer@rapidwheelmen.com



Cathy Pratt
Secretary
secretary@rapidwheelmen.com



Carolyn Chapman
Special Projects



Mike Burden
Head Ride Captain
ridecaptain@rapidwheelmen.com



Vincent Nienhuis
Safety / Advocacy Chair
safety@rapidwheelmen.com



Tom Westrick
Membership Chair
membership@rapidwheelmen.com



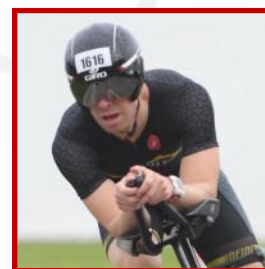
Mike Burden
Maple Leaf Tour
mapleleaf@rapidwheelmen.com



Matt Cederquist
Head Race Captain



Dave Durkee
Newsletter Editor
newsletter@rapidwheelmen.com



Connor Reynolds
Social Media
reynoldc@mail.gvsu.edu



Mike Burden
Ride Around Kent Co.
rakc@rapidwheelmen.com



Dave Durkee
Time Trials Coordinator
timetrials@rapidwheelmen.com



Matt Cederquist
100 Grand
100grand@rapidwheelmen.com



President's Spin by Evan Wilson

- 2025 Meeting Schedule

- Live meetings at TTs July 7, and August 4, then also board meetings virtually June 10, July 15, August 12 (Second Tuesday, recurring Google meeting)
- We've not yet made a decision about location(s) and dates for September, October and November meetings! Any member suggestions are welcome! What dates work? And what locations?
- What events are folks planning to attend this year? We'll have some folks present at Barry Roubaix and have a presence at the GR Gran Fondo. Where will we see you? What events are not to be missed?

We're considering a new club jersey design. What do you think? We'd like to collect club member ideas. We're planning to have a more detailed discussion this fall, but let's use the summer to hash out ideas!



club meeting

Club Meeting
Membership Meeting

Meeting: **Member Meeting - Monday July 7th, 7:00 pm**

Where: **Ada Park at the Time Trial course parking lot on Grand River**

What: **Member Meeting and cookin' BRATS**

Subscribe to the IO group chat here: <https://groups.io/g/RapidWheelmen>

Membership: <https://www.bikereg.com/rapid-wheelmen-membership>

Membership Survey

We Want Your Feedback!

As you may know, Rapid Wheelmen has been a part of the Grand Rapids cycling community since 1970. A lot has changed over the years and to keep the club going strong and relevant for another 50 years, we'd really value your input via this quick survey. Click to start:

<https://forms.gle/fF7VLAjQcBUzhRSU8>

We look forward to your responses and we will provide the results in a couple of months.

Editor

Dave Durkee



Judging from the club rides I've participated in and reports from other ride captains, 2025 has been a very good year for the club. Our new Monday Gravel ride has good participation, numbers of riders at Wednesday Challenger are record breaking, the Time Trials are still going strong, and we're even seeing new riders at Saturday Dawn Patrol. Frankly, I have not seen that level of new growth in the club for 5 years, and it's vindication that the current board is engaged and on a good path in offering opportunities that area riders find beneficial. And why not? You can't get a better deal than have a family membership for \$35 a year and receive all those riding opportunities.

The club certainly continues to evolve driven by new ideas. Tom Westrick has modernized the membership process making it far easier to start or renew membership through digital means. Several minutes on your phone, and you're set!

Cover image: Dave Durkee fulfills a lifelong goal in climbing the iconic Tour de France's Alpe d'Huez Photo: Dani from Thomson Bike Tours

Our newly elected Vice President, Matt Cederquist, has boundless energy in creating more opportunities for rider improvement through coaching and also offering training activities especially geared for the Triathlete. Matt is now offering open swimming on Thursdays. The club has a wide diversity of riders with different goals and abilities. In fulfilling the club's charter, it attempts to offer every rider an opportunity to ride a pace and distance suited to them along with like minded riders.

We are at a transition with our Wednesday morning "Mystery" ride. Our current Ride Captain, Bob Ayars, has led this ride for many years, but will now move on. If you're interested in leading this ride, contact anyone on the board.

I hope to see YOU on a bike in 2025!

Dave

Riding the Paceline Part 2

by Dave Durkee

We established last month that drafting (following another rider closely) is important for energy efficiency on group rides. Everyone rides longer and arrives at the end somewhat more fresh than "dead".

So how does one do this well?

Studies have shown that there's a range of optimum distances between riders that are basically equivalent. In my experience on non-windy rides, anywhere from 6 inches to 2 feet directly behind a rider's rear wheel is about the same draft. Beyond 3 feet, and you can feel that you're working noticeably harder. So stay behind someone about 1 foot off their rear wheel and you should be fine. There's no need to be any closer.

However, you may find yourself often just looking at the wheel ahead of you to make sure you have the proper distance. That may be fine, but I would implore you to use your eyes a different way so you can maintain that distance, and yet be more prepared for road hazards and the movements of riders ahead of you to predict their intentions.

I suggest you get your front wheel about 1 foot away from the rider's rear wheel, then look up towards their hips. Get a feel for how far away their hips are in front of you, recheck the tire distance, then back to the hips. After awhile you'll know how close the tires are by just looking at the hips.

Now with your vision more attentive ahead of you, it will be so much easier to anticipate road hazards, car and pedestrian movements, and the intent of riders near the front of the paceline. You won't need to rely on your super-ninja skills to avoid any mishaps, when you can have more time to anticipate them instead.

ride calendar

July 2025

| Day | Date | Ride Name | Ride Start | Ride Details | Contacts |
|----------------|-----------------|--|--|---|---|
| MON | May-August 2025 | 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 TimeTrials@rapidwheelmen.com |
| MON | 2025 | GRavel Grinderz | 6:30 pm | Friendship Christian Reformed Church, 190 100th St SE (corner of 100th & Division) | Tom Westrick tjwestrick@gmail.com Nick Siegel Nicholassiegel@mac.com |
| WED | 2025 | 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 | 2025 | 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! | New Ride Leader needed |
| Various | Any Time | Virtual Zwift Rides | Varies | Group workouts or just rides for fun and fitness | Join Rapid Wheelmen group discussions on Facebook's Instant Messenger, RW Zwift Club, RW Stava Club |
| SAT | 2025 | Saturday AM Casual "Mystery" Ride | TBD | Usually 20 to 40 miles at a slow to moderate pace. Great for beginners! See RW IO group email posts or email ride leader | Bob Ayars rsayars@sbcglobal.net |
| SAT | 2025 | Dawn Patrol | Time varies | 45-65 miles at good to fast pace. Check IO group or Facebook IM "Rapid Wheelmen" for details | Mike Burden 616-915-2048 mwb@mwburden.com |
| SUN | NEW 2025 | Sunday Ramble | TBD | Casual ride—RELAX — | |

Grand Rapids Triathlon

From Sunday, June 8th

Photo credits: GRTri Professional sources and Matt Cederquist



Matt Cederquist Time Trial portion



Matt Cederquist finish



Matt finishes 3rd in the Olympic Clydesdale category

| Place | Name | Swim | Bike Finish | Run | Finish |
|-------|---|----------------------|----------------------|----------------------|-----------------------|
| 124 | Matthew Cederquist Male 45-49 Bib: 3008 Comstock Park, USA | 00:32:41 00:32:41 | 01:13:11 01:53:27 | 01:05:33 03:02:09 | 03:02:09 +01:00:10 |
| 202 | Michael Burden Male 55-59 Bib: 3111 Grand Rapids, USA | 00:36:49 00:36:49 | 01:18:12 02:07:29 | 01:10:27 03:27:17 | 03:27:17 +01:25:18 |

Race results can be found here: [GRTri Results](#)

GR Fondo

From Saturday, June 21, 2025



And maybe some not-so-serious riders

Kevin Devries with some serious 80 mile riders



Kevin Devries and Julian Rose Survive to the finish

GR Fondo

From Saturday, June 21, 2025



The RW Club had an information tent that was well visited by riders wanting more information about the club



Matt Cederquist finish

| Place | Name | Finish |
|-------|---|------------------------------|
| 72 | Kevin Devries M50-59 Bib: 1226 | 04:00:34 +00:34:37 |
| 97 | Julian Rose M50-59 Bib: 1277 | 04:14:23 +00:48:26 |
| 111 | Marty Finch M60-69 Bib: 1065 | 04:20:38 +00:54:41 |
| 143 | Wael Berjaoui M40-49 Bib: 1261 | 04:45:43 +01:19:46 |
| 146 | Jason Lee M50-59 Bib: 1245 | 04:47:13 +01:21:16 |
| 206 | Vincent Nienhuis M50-59 Bib: 1010 | 05:12:49 +01:46:52 |
| 207 | Michael Burden M50-59 Bib: 1002 | 05:12:51 +01:46:54 |
| 208 | Clayton Dobson M20-29 Bib: 1003 | 05:13:04 +01:47:07 |
| 203 | Matthew Cederquist M40-49 Bib: 1144 | 05:22:30 +01:56:33 |
| DNF | Samuel Lewis M20-29 Bib: 1564 | DNF |

The weather conditions were fairly brutal with high temps and winds. As with all GR Fondos, there's a mix of rider experience which makes pack riding dicey at times. Most made it, but 2nd hand accounts reported Sam Lewis fell, had minor injuries, and his bike was unrideable. We hope he came out ok. Link for [Full Fondo Results](#)

The **Dirty Donut** gravel race was the same day for some RW members: Link for [Dirty Donut Results](#)

ADOPT A ROAD CLEAN UP & PICNIC

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

Monday July 21st after the Time Trials around 7 PM

(If cancelled for rain, the alternate date will be Monday July 28th. Watch the io group for any updates.)

Clean up Grand River Avenue, Ada, MI from Buttrick to Kissing Rock.

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

We have a limited number of safety vests. Please wear a florescent T-shirt or jersey 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 (616) 337-4743



Racer Discount News

by Matt Cederquist, Head Race Team Captain

Happy Winter! I hope all is well with you as you read through this month's newsletter. I am pleased to announce that **Tris 4 Health**, the organizer of many fine events in Michigan, most notably for our group, the GR Gran Fondo, is offering team/club discounts. I have worked with their team to provide us with a **7.5%** discount on all of their events. On top of the registration discount, we receive a **10%** discount in their store and an end-of-year swag bag.

We, as a team, will receive additional perks. It is based on how many registrants we have for each event. For a category one event, if we have 10-19 registrants, we receive the following: Team Tent area, Team Racking (if applicable), Team call with the race director, and VIP Packet Pick up the day before. When we have twenty or more registrants, the perks get even better. I will include a link at the end of this article for you to follow to check it out

As you can see from the photo provided below, registering for your event is an easy two-step process. Follow the link at the end of this article for the full instructions.

| <u>Triathlons</u> | <u>Cycling</u> | <u>Running</u> |
|-----------------------|--------------------------|-------------------------|
| GR Triathlon | Gran Fondo | Armed Services Marathon |
| Michigan Titanium | Waterloo G+G | Brainy Day Trail Run |
| Dirty Mitten | Dirty Mitten Gravel Race | <u>Youth Events</u> |
| Grand haven Triathlon | Road to Hell and Back | GR Youth Duathlon |
| Bear Lake Triathlon | Luton Park Time Trial | Michigan Titanium Kids |
| Ugly Dog Triathlon | | |

Events in red are Category One Events

Rapid Wheelmen discount code: **TC_Rapid25**

Tris 4 Health Team Program Link: tris4health.com/teams

Tris 4 Health How to Register Link: tris4health.com/teams/#howto

Step 1

After entering your registration information, select Yes that you want to join or create a team.

Step 2

Search for your team, and if you don't find it, create one!

Step 3

There is no step 3. You're all set! If you have any questions, here are a few helpful links from our friends at RunSignup.

- [Join an existing group.](#)
- [How to create or join a group.](#)
- [How to manage an existing group](#)
- [How to invite others to your group.](#)

Build Your Dream Bike

by Dave Durkee

Post Script

In my haste last month, I forgot to display a photo of the completely finished old Colnago Super fixed gear / single speed project. To wit:



As I envisioned, it's a classic frame with near time period correct quality Campagnolo components in a satin finish throughout. The wheels are new, but match the idea. The only items out of place are the pedals, which should be some version with toe clips. I have two sets of such pedals, but no guarantee at my age and current skill level that I could get out of them when riding the fixie. I love riding the bike, even though the frame is a hair small for me. It's so quiet and smooth, simple to ride. Likely the most difficult Dawn Patrol ride I had this year was taking this out for a May 45 mile ride. I was dropped like a rock *going downhill*. Ah, but my solo rides on it are like going back in time remembering the race team's Spring training rides on fixies culminating in the club's Fisk Knob road race on such.

But that story, my friends—is for another day.

Chronicles of Burden

(aka—Dawn Patrol Adventures)

by Dave Durkee

Butterfly Effect: In [*chaos theory*](#), the **butterfly effect** is the sensitive dependence on [*initial conditions*](#) in which a small change in one state of a [*deterministic nonlinear system*](#) can result in large differences in a later state. (from Wikipedia)

And so it is with most Dawn Patrol led rides by Michael Burden. Of course Mike never intends to have his adventures hijacked by near random events, but the unintended consequences of some actions lends certain plausibility, and higher probability, that *something* is going to happen. It is well known among this year's riders that we often got lost, took wrong turns, and found gravel almost every Saturday. All the riders started to expect that to happen, and actually had a lot of fun trying to figure out when and where The Unplanned was going to happen.

But yesterday's ride (July 5th) had more than its usual share of memory making dramatic moments, fomenting a ride that will not soon be forgotten, with both good and, well, not-so good.

The Butterfly Effect? Let's back up about 12 hours to 7:00pm Friday night, when Mike starts working on the route to Saugatuck, 100 miles, not currently in the RW ride database. He uses Ride with GPS (RWGPS) and lets its automated features with heat maps plot his route. Well, anyone who has designed routes with RWGPS knows it sometime mislabels asphalt as gravel and vice versa. I had the same problem with Colorburst routes, but I had more than a month to recon the routes by bike or motorcycle so I could fix all of mine. But imagine Mike, as technically proficient as he is and an encyclopedia for any type of information, still does not have enough time to get everything right in several hours. A couple of more hours go by with comments from other riders on FB Messenger about preferences (adding a cut-off shorter route of about 50 miles and revising the 100 mile route to avoid Chicago Drive, etc). Even then, version #3 arrived around most people's bedtime for a 7am start. When I awoke Saturday, I still was not 100% sure which version I had loaded onto my head unit. So let the fun begin!

To complicate matters even more, I chose to intercept the route from my home in Holland, go to Saugatuck for lunch, then take a shortcut back home for about 50 miles. (Who really WANTS to ride in 90+ degree heat for 100 miles? Oh yeah, Mike and his willing accomplice Vince Nienhuis—I forgot). Then Nick Siegel says he'll join the route from his house, intercepting the 100 mile group SW of Grand Rapids somewhere. Both Nick and I see the route, look at the mileage at prospective interception points assuming average speeds after starting on time, and make our plans. Later, I found out Jeff Petersen also joined the 50 mile ride en-route. So Mike starts with Vince Nienhuis, Dan Van Dyk, and Julian Rose and hooks up with Jeff soon after. Only Mike and Vince will continue on the 100 mile route when the routes separate.

Chronicles of Burden

(aka—Dawn Patrol Adventures)

by Dave Durkee

So I awake at 7am when the group would leave Grand Rapids, knowing that I would likely intercept the route as the group entered Holland. I was grateful for the extra 90 minutes of sleep. Mike sends me a very helpful tracking group link via text along with 2 other unknown to me phone numbers. Eventually I can see a map of his position, and it appeared he left pretty well on time with an unknown number of other riders at 7am. I planned on leaving the house at 8am, take the shortest path to intercept the route, then start riding it backwards till I found them.

Before I left the house, I got a group text from Mike at 7:25 that Dan had a flat about 6 miles into the ride and they were all waiting to get it fixed. I was still prepping my bike when at 8:03 I got an individual text from Mike:

“Man down” “Vince wiped out in a tight turn” “Got some road rash and broke his computer”

At 8:07: “Got the computer working, electronic shifting isn’t working”

At 8:08: “Shifting working” (ah— don’t you love voice to text, auto-correct or finger slips?) “About to be on the road again”

As it was, I left the house late at 8:20, but I was far less panicked about missing them knowing they were delayed. My ride to a route intercept point was pleasant on a beautifully sunny day.



After intercepting the route, I start casually riding the route backwards while checking the group’s location occasionally. I’d be picking them up after the bifurcation point of the 100 and 50 mile routes, so I know I’d see at least Mike and Vince, maybe Nick and others. Long before I expect them I see a single riding coming the other way making good pace on a gravel bike, but I don’t readily recognize him as we continue to look at each other as we pass. But yet there was some familiarity about him I couldn’t explain. Then I hear someone yelling, maybe at me, I’m not sure. Then I think that it might be Nick, so I stop. While I see him turning around I’m almost now sure it is Nick, but I’m wondering why he’s not with the other riders he supposedly intercepted earlier. “Maybe he got tired of the group and took off by himself??” I thought.

Turns out that he waited for quite awhile at an intersection ahead of them, but they never showed up. So he spends the next 25+ miles trying to chase them down since he figured he must have been late. After I tell him about the flat and crash, he comes with me to meet them.

Chronicles of Burden

(aka—Dawn Patrol Adventures)

by Dave Durkee

I asked Nick if he was getting Mike's group texts about what was happening, and he said he knew nothing, which explained why Nick waited only so long. But it did not take very long and Nick and I see Mike and Vince, but no one else. So Jeff, Julian, and Dan were out finishing their 50 mile route. Since no one posted anything unusual on FB IM later, I assume they got back in good shape.

So as usual, Nick pulls all 3 of the rest of us on his gravel bike at 18-20 mph into the wind, which was a big help for the "90+ degree 100 mile guys" Mike and Vince. On we go slightly downhill to Saugatuck. The route is working well so far. I then hear the story of "We did find some gravel" and I was not surprised at all, since it happens on almost every Burden Dawn Patrol. So—one norm fulfilled.

Vince lags behind occasionally, I drop back to give him a wheel, and we regroup a couple of times. When we get to Blue Star Highway, I suggest we take the bike path since the Holland 100 uses it as it is safer than the busy road. We make it into Saugatuck without further incident.

Now the night before, Mike suggested we get lunch at The Barge. That plan got squashed when I pointed out that it didn't open till 11:30 am (Mike figured we'd be there at 10 am). I happen to like Uncommon Ground Café, but they only have coffee and pastries (ie—no protein sources). Come to find out, Saugatuck has NO regular restaurants open on Sunday before 11:30 am. Mike finds the Coral Gables Annex, so we try that, and they have bagels, coffee, and fruit smoothies. We were all so hot by then, we opted for the cooler drinks and rested on the shady deck.



While there, Vince tells us that he fell pretty well straight on his shoulder, side, and hip at the same time. His ribs hurt, so maybe some bruised ribs. He reiterates the technique for falling I used to teach our junior riders: tumble off the bike, don't break your fall with your arms. That's how many riders break wrists and collar bones. Vince was lucky to have just some minor bruises and a little road rash. Not enough to keep him off the bike this day.

Chronicles of Burden

(aka—Dawn Patrol Adventures)

by Dave Durkee

Meanwhile Nick takes a break but doesn't really want anything to eat. He'll continue his ride back home hitting some gravel roads, probably a gas station for refueling. We bid him adieu, and off he goes before the 3 of us are done eating. (Later—we find out he did 100 miles that day, much of it on gravel, and still had some reserve in the tank. Mike is astounded)

So the REAL reason this trip would be special was the chance to take the Chain Ferry across the Kalamazoo river. So we remounted our trusty steeds and had an experience like none other. About 20 people and 3 bikes load upon the ferry, and we watch one college aged kid spin the hand crank to take us across. About half way he looks like he's out of steam, and the brisk south wind and river current working in concert nearly subvert his best efforts. His much larger companion says "Well, I usually do the cranking, but he's giving me a break". I tell Vince if that chain breaks, we are all S.O.L. Mike suggests we put pedals on the crank and help the poor boy out. Somehow though, the youngster's perseverance wins out, and we all make it safely across the river.



Chronicles of Burden

(aka—Dawn Patrol Adventures)

by Dave Durkee

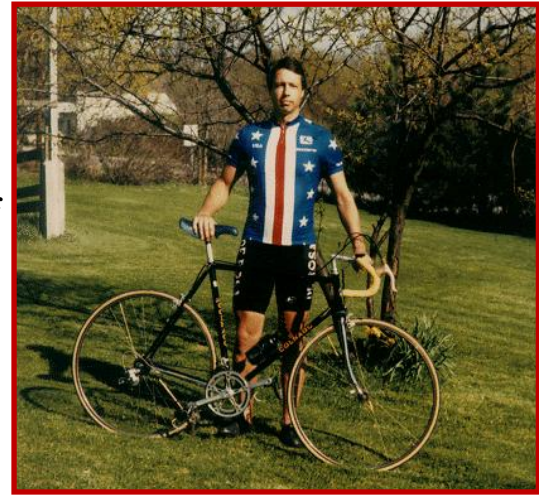
So we're doing fine navigating back out of Saugatuck to Douglas on the south side of the Kalamazoo river, but instead of taking the Holland 100's route due east, we pretty well do a 180 and go back over the major bridge connecting Saugatuck and Douglas. The bike path there is good, but leads to an almost impossible intersection to help us go NE. Quite a wait in a left turn lane, and finally out of town we go.

A gently rolling tree lined vista then slowly transforms into open flat farm land with a welcome tail wind. I'm purposely trying to take the front quite often as I know my ride is shorter than Mike and Vince's. I'm still feeling fairly well, although the heat is starting to affect all of us, some more than others. So I'm navigating the route and I see a turn in 0.20 mile. I see an intersection and take the turn. As soon as I do that, I'm off the route and realize I took a wrong turn. Mike had done a great job the whole route, correctly guessing ambiguous directions, and here I messed up. BUT, the mistake was actually a short cut, and we rerouted after some discussion and never got lost.

Now several days before the ride, I teased Mike about sprinting for every American flag that we see on the route. When I raced with the RW Race Team 40 years ago, our tradition on the 4th of July weekend was to have a points contest sprinting for US flags. It was great fun for about a 50 mile ride among of group of 20-something year old mates. So I pulled out my Stars and Stripes jersey (a copy of the 1984 Olympics US jersey) for nostalgia's sake, and lo and behold in that vast farmland, one flag was flying and off I went into a full sprint. Yes, I did win, but to be fair I was only racing against father time

and distant memories. But what an experience it was.

I finally found a good exit point from the route straight south of Zeeland to go back home. The boys were fading slightly, but they would take a break somewhere. Although I fought headwind the last 10 miles of my ride for 66 miles total, I made it back in fair shape. Before I got back, Mike texted that "Vince is making the phone call" after a great 82 miles. Mike is the only one, then riding solo, to get 102 miles before riding the 4 miles home. He then tells me "Just think ... next year I need to do this and then run a marathon after!"

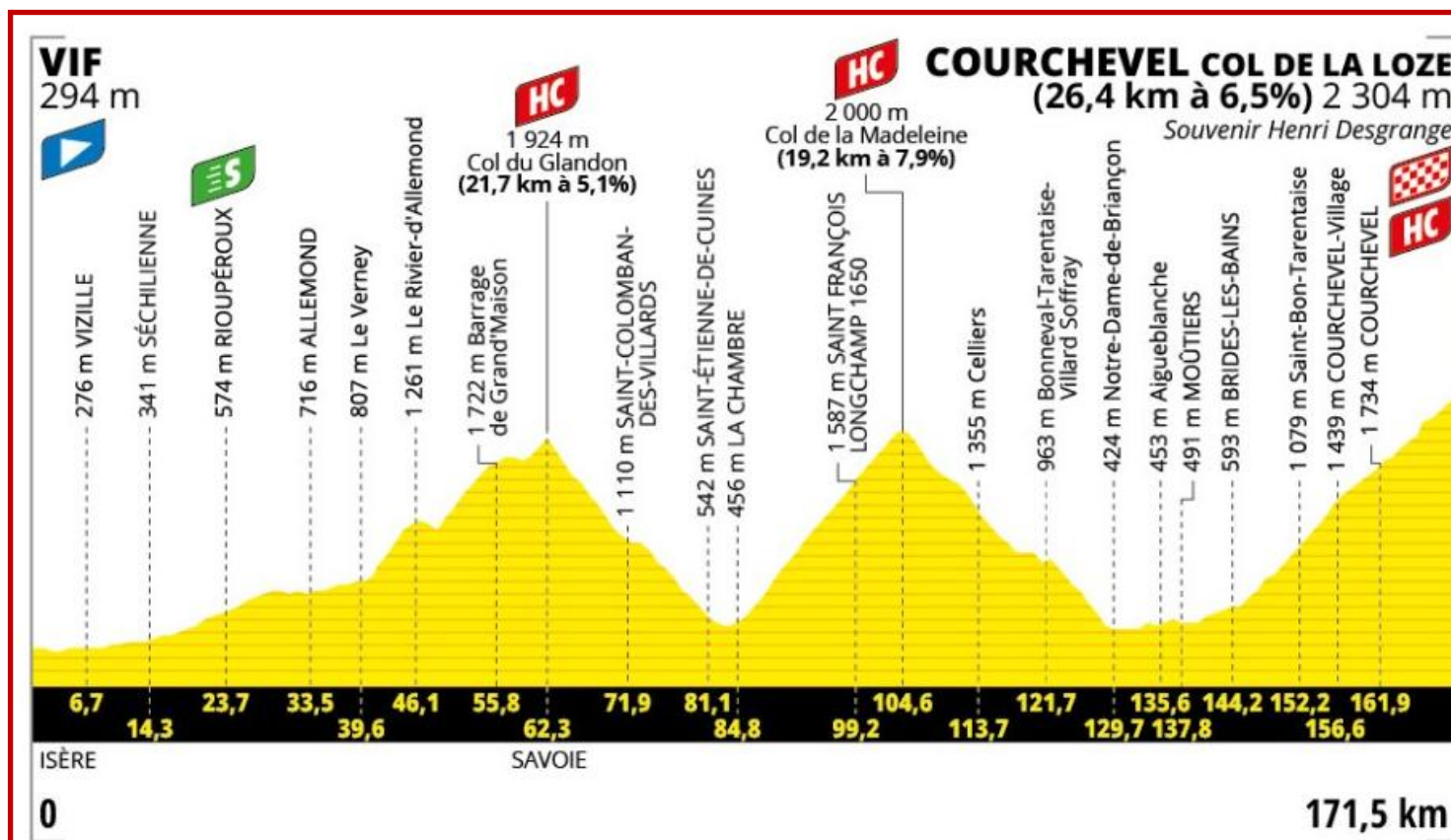


French Alps Adventure

Part 1

by Dave Durkee

I'm still in disbelief that I had largely accomplished a decades long desire to visit, and ride, the French Alps. Here, at the launch of the 2025 Tour de France, I'll recognize some of the iconic climbs on television because I had been there. This year, "Le Tour" will be using 2 of the climbs I had just ridden 3 weeks ago: The Col de la Madeleine and the Col de la Loze. Although I did both of those climbs on separate days, Le Tour will have both of them together on Stage 18 on July 24th. However, the pros will be riding both climbs in the opposite direction our tour group took, so we descended on what the pros will be climbing. Still, the grades and elevations and largely are comparable. However, I think the side I climbed on Col de la Loze was much more difficult than what the pros will do as it's a recently paved bike path over a former gravel trail that had grades as high as 24%. I'll save the story of that day for another edition.



My son in law Tim, from Denmark, accompanied me on a 7 day tour covering 482 km (301 miles) and 14,430 m (47,344 feet) of climbing. I'm still in wonder I had no long term ill effects with my body after such an extreme endeavor. I hope you find future articles interesting as we explore the riding, scenery, culture, and cuisine of the French Alps!

For Sale

2022 Cervelo Caledonia 5, 56cm Ultegra 12speed DI2 Dura Ace Crank w power meter Disc Brake

Only 1003 miles — perfect

\$ 4000



Stock image

2010+- Cervelo P3 56cm TT bike 10spd Ultegra

Set of Alloy Clincher training wheels



Similar image

And a Zipp 909disc and Zipp front wheel these are tubular with excellent tires

A great introductory TT bike

\$900.00 obo

Various rim brake wheels

And a bunch of parts/ seats components etc. Call let me know what you need to finish your build

Pictures available on request

Tim Fox: cfoxkennels@gmail.com

PH # 616-520-5151

For Sale

JAMIS Renegade gravel / road bike 56cm used one year. 2X10 gearing, 700x35c wheels. Tires can be changed for road, gravel or hybrid.

Text Terry at 616-581-9687



Stock image

bike shops

1. Alger Bikes

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

2. biked.

2312 28th St SE
Grand Rapids, MI 49508
(616) 234-0134
https://www.biked.app/

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

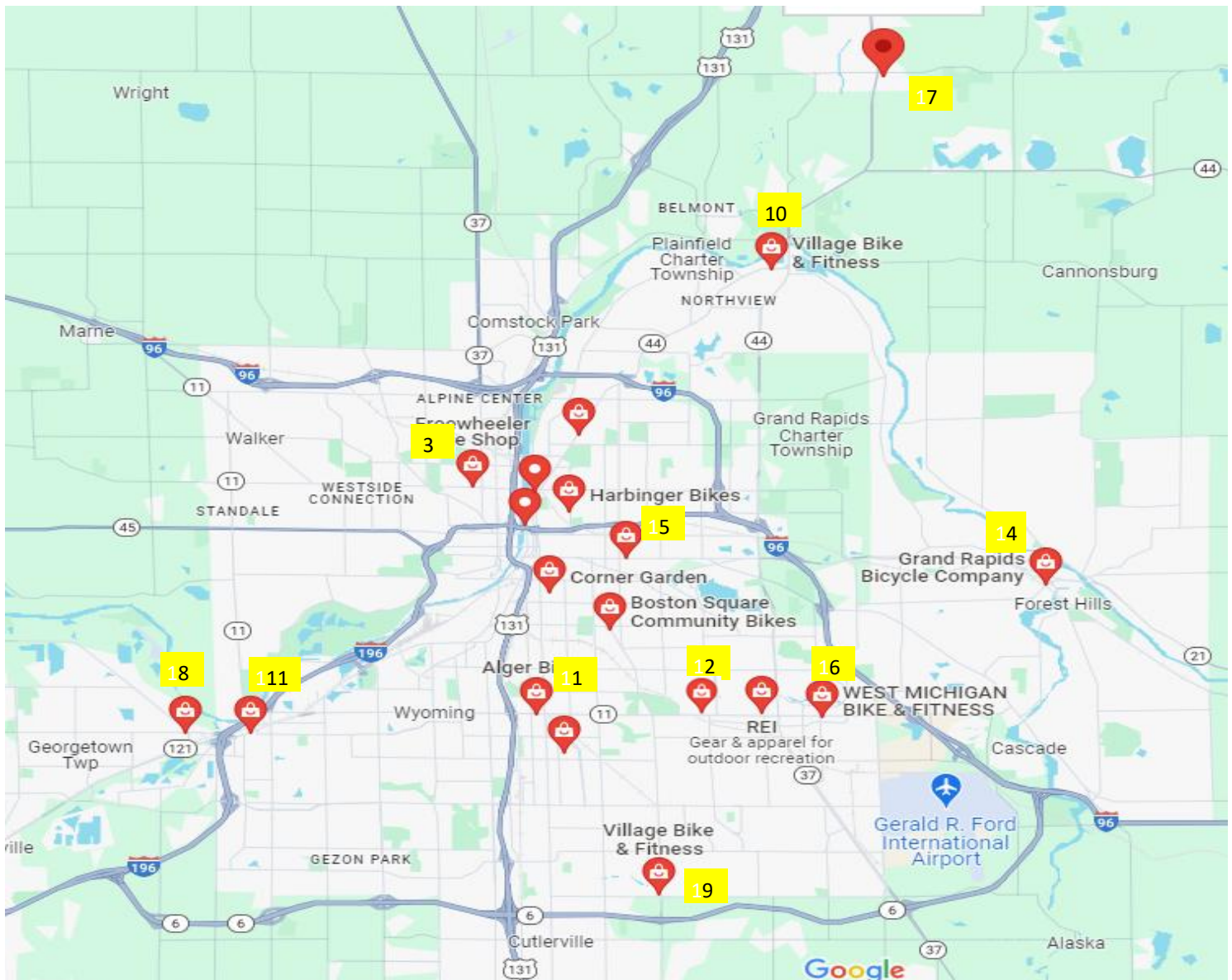
10. Village Cycle & Fitness

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

Click [HERE](#) for GGRBC's List



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!

@RapidWheelmen

@RapidWheelmenTimeTrials

