

# spoke'n word

official newsletter of the Rapid Wheelmen Bicycle Club



06.2025



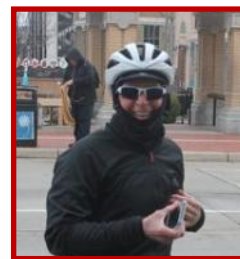
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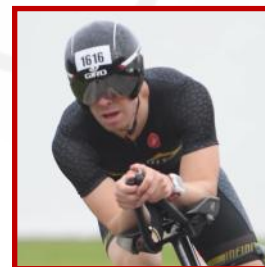
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### President's Spin by Evan Wilson

- 2025 Meeting Schedule

- Live meetings at TTs June 2, 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: **May Member Meeting - Monday June 2nd, 7:00 pm**

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

What: **Member Meeting**

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

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

### Membership Chair Announcements

#### Membership

May is upon us which means the ride season is in full swing. If you haven't already, please renew your membership. The cost is still only \$35 per family - <https://rapidwheelmen.com/join/>. As a reminder, membership is required for all group rides. If you are unsure of your membership status, please email Tom Westrick at [membership@rapidwheelmen.com](mailto:membership@rapidwheelmen.com)

#### Group Rides

##### Challenger

The Wednesday evening road group ride, Challenger, has started! For May we should be on a weekly basis as long as there is no rain. This ride has three groups - A, B, and C. A averages 19-21mph, B 17-19mph and C 13-15mph. The C Group will most likely be starting in May. Watch Facebook, the Strava Club, or email for ride updates.

##### GRavel Grinderz

The Monday night gravel ride is official and has a name, GRavel Grinderz! Check out the dedicated FB group - <https://www.facebook.com/groups/gravelgrinderz>. The meeting place is the parking lot of Friendship Christian Reformed Church at 100th and Division. They have graciously allowed us to use their parking lot. The routes to start will be around 25 miles and roughly 80% gravel. At the start, we'll be riding as one group and will adjust from there. If you have any questions, please contact Tom Westrick or Nick Siegel. The contact information is listed on the Ride Calendar Rapid Wheelmen website page.





## Editor

Dave Durkee



In this issue we'll continue our series of articles on ride etiquette and efficiency. We all want to enjoy our rides by arriving at our destinations safely without being totally exhausted. One of the club's purposes is to help riders understand the Michigan Vehicle Code enough to give guidance in how to share the road with vehicular traffic. Increasing traffic speeds coupled with distracted / self-absorbed motorists makes road riding more precarious than in the past. We must all endeavor to be vigilant and know our own rights in sharing the road.

It's no wonder that gravel riding / racing has seen such a boom in the last decade. With low motorized traffic volume and multi-surface challenges gives many riders the respite they need to once again enjoy the pure joy of cycling. In this issue you'll see many photos of recent gravel events the club promotes.

Cover image: Challenger Ride on May 29, 2025. It took everyone in the A and B groups to help solve a flat tire problem. We never leave anyone behind! Photo: Kevin Devries

And, as sad as it is, we'll be finally wrapping up our series on my Colnago Super Fixie/ Single Speed rebuild. Just yesterday (May 31) I took that bike on a 60 mile Dawn Patrol group ride. I can't fault the bike at all for getting dropped on almost every DOWN-HILL. I just could not spin the SS fast enough to keep up. I was pleasantly surprised that there were no hills I could not climb sitting nor standing in that 42x16 (69 inch) gear. Yeah, there was some pretty good knee pressure, but it was about like doing leg presses at the gym. But the bike performed smoothly and met all my expectations of what a good 40 year old hand-made Italian racing frame should be.

I hope to see YOU on a bike in 2025!

*Dave*

## Riding the Paceline Part 1

by Dave Durkee

There is no doubt that following someone's wheel (drafting) saves yourself some precious energy. In racing, saving energy is paramount to success and winning. Energy conservation leads to future opportunities to use energy expenditure when the time is right. If you arrive at the finish line having "burnt all your matches" with nothing in reserve, that final push will be more torture than you needed to endure. Be smart and tactically proficient, and you'll arrive with a chance at the prize.

Now, by far most of us are not racers, but the lessons of racing can be extended to any group ride to help riders enjoy the ride more fully. Arriving sooner, riding longer and more refreshed by the end would be desirable. Although there's great training and epic story telling in riding alone, there's better memories made with riding well with your friends through the shared adventure.

So what kind of advantage do we really get by following a rider's wheel ahead of us? Recent studies have estimated an energy savings of 15% to 50% depending upon the speed and number of riders. There's even a 4% energy savings for the rider in the front, as the rider behind is helping to eliminate speed sucking airflow wrapping around the first rider. (Hence a rear spoiler on race cars for the same reason.) The studies also found that the 5th rider in the line gets the most benefit of the draft. From rider 6 and back the airflow is more disorganized and not as beneficial.

So drafting certainly helps, and with many riders then we have a line of riders called the Paceline.

See this very entertaining [GCN video of drafting](#) for more information.

# ride calendar

June 2025

| Day            | Date            | Ride Name                      | Ride Start   | Ride Details  | Contacts  |
|----------------|-----------------|--------------------------------|--|---|---|
| <b>MON</b>     | May-August 2025 | Ada Time Trials                | On site<br>Registration<br>5:30 to 6:15<br>First rider off<br>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 <a href="http://Webscorer.com">Webscorer.com</a> . "Day of" registrations still available on-site from 5:30 to 6:15 pm | Dave Durkee<br><a href="mailto:TimeTrials@rapidwheelmen.com">TimeTrials@rapidwheelmen.com</a>   |
| <b>MON</b>     | 2025            | GRavel<br>Grinderz             | 6:30 pm  | Friendship Christian Reformed Church, 190 100th St SE (corner of 100th & Division)  | Tom Westrick<br><a href="mailto:tjwestrick@gmail.com">tjwestrick@gmail.com</a><br>Nick Siegel<br><a href="mailto:Nicholassiegel@mac.com">Nicholassiegel@mac.com</a> |
| <b>WED</b>     | 2025            | Challenger                     | 6:20 pm "C"<br>6:20 pm "B"<br>6:30 pm "A"                                | Challenger Elementary School<br>2475 52nd St.<br>Slow, Good + Fast paces, 30-50 miles   | Tom Westrick<br><a href="mailto:tjwestrick@gmail.com">tjwestrick@gmail.com</a>  |
| <b>WED</b>     | 2025            | Wednesday<br>AM<br>Casual Ride | Check IO<br>group or<br>email Ride<br>Leader                             | Usually 20 to 40 miles at a slow to moderate pace. Great for beginners!   | Bob Ayars<br><a href="mailto:rsayars@sbcglobal.net">rsayars@sbcglobal.net</a>   |
| <b>Various</b> | Any Time        | <b>Virtual Zwift<br/>Rides</b> | 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   |
| <b>SAT</b>     | 2025            | Saturday AM<br>Casual 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<br><a href="mailto:rsayars@sbcglobal.net">rsayars@sbcglobal.net</a>   |
| <b>SAT</b>     | 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<br>616-915-2048<br><a href="mailto:mwb@mwburden.com">mwb@mwburden.com</a>   |
| <b>SUN</b>     | NEW 2025        | Ramble                         | TBD  | Casual ride—RELAX —   |   |

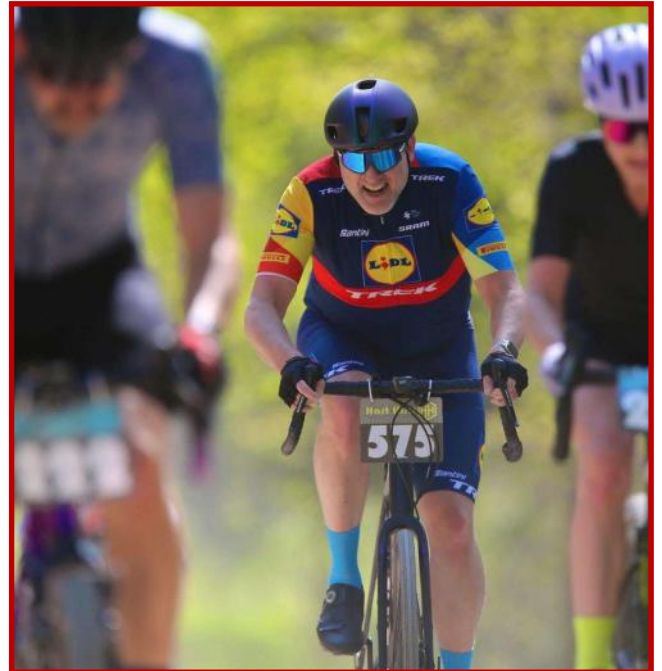
## Hart Hills Gravel Race

From Saturday, May 10th

The following photos are from professional sources and member Kevin Devries.



Julian Rose attacks the flat



Kevin Devries mixes it up in the stampede



Race results can be found here: [Hart Hills Results 2025](#)



## Various May Rides

The following photos are from RW members



Dawn Patrol May 24th  
After the unexpected gravel section  
Photo: Nick Siegel



Monday GRavel Grinderz  
A rare stop in action  
Photo: Wael Berjaoui



All photos sourced from Facebook Instant Messenger



**Ada Time Trials**  
**2025**  
**50th Anniversary!**

**Mondays—May 5th through August 25th**

**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. Sign up for the **SERIES before May 5th at 3:00 pm** if you plan to do many events. After that, you may sign up for individual nights that suit your schedule.

**Season Long Points Contest** by category with same point scale as 2024 - 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.

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.

Points contest will be your best 13 rides of the 15 available points rides. We'll have our 50th Anniversary Celebration on the last night, August 25th — A fun night with no points contest.

**NEW for 2025:**

No break for July 4th. We ride June 30th and July 7th.

The Cyclocross category is now Gravel / Cyclocross.

**We will REQUIRE the use of a rear light.**



## 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](https://tris4health.com/teams)

Tris 4 Health How to Register Link: [tris4health.com/teams/#howto](https://tris4health.com/teams/#howto)

### Step 1

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

Registrant #1  
John Mosley  
jmosley@tris4health.com

Choose Your Event \*

11 Mile - Open \$45.00 - (0.00) \$45.00

+ Add Another Registrant

Would you like to join or create a Team?  
☒ Yes ☐ No

Continue

### Step 2

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

Team for John Mosley

No Team Join an Existing Team Create a New Team

Select Team \*

Select an existing team

Continue Back

### 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

## *Part XV*

I know you'll all be sad to hear this, but this month's episode of "Build Your Dream Bike" will be the last of the series. I'm glad to hear that many of you have enjoyed the more than 1 year journey of having an idea, doing research, finding part by part that fit the vision, and putting it all together. There were several tasks that I have done before with previous bikes, and some new things I had not done before. So not only did the final result come out eventually as I had envisioned, but even riding it was more pleasure than I could imagine.

I wanted to point out several loose items that were needed to finish the build. When I started, I looked back at several parts that I had laying around from previous projects and tried to use them. They include:

- A. My old track chain— This is a true 1/8th inch track chain that I originally bought for Spring fixed gear training rides in the early '80s. Our coach, Shawn Farrell, insisted we use a 62 inch gear (42x18). I had a 39x17 on my old Schwinn which was close enough. I also roller raced on that chain with a 50x14 setup also on the Schwinn. It never broke and even now looks in great shape. The photo right has my original chain and includes the old 14 and 17 tooth cogs. I also had a 16 tooth cog that is now on our project bike with a 42 tooth chainring for a 69 inch gear. (On the old freewheel hubs, you can just spin off the freewheel and spin on a track cog, sometimes with a lock ring. Can't do that with today's cassettes! )



- B. My old saddle. It's a Sella Italia Concur Supercorsa model that was very popular on bikes in the mid '80s. I had raced on this saddle on my '81 Colnago Super and thought the raised rear ledge did assist in producing more power to the pedals. However, I have no idea how I ever rode that thing with nothing but a thin pad of real sheepskin chamois for 100 mile road races, but I did it. Anyway, onto the project bike it went.



- C. Braze-on Shifter Cable Covers. Since this bike was intended for down-tube friction shifter levers, there's 2 rather square and ugly posts where the shifter levers would normally be located. I really didn't need to put anything on them, since we didn't have shifting on this fixie/SS, but I just didn't like the looks. But I did have these cable guide covers from Bob Ayars' Shimano Dura Ace index shifting set. So I have to thank Bob for giving me something that really made the bike look like a finished project.



# Build Your Dream Bike

by Dave Durkee

## Part XV

And if you're wondering how much this little escapade cost, below I have copied my spreadsheet detailing items and cost:

|                            |  |           |               | Colnago Super Fixie / SS Build 2023/2024 |                 |          |         |          |            |
|----------------------------|--|-----------|---------------|--|-----------------|----------|---------|----------|------------|
|                            |  |           |               | Bare frame circa 1983+                   |                 |          |         |          |            |
|                            |  |           |               | Red frame with yellow decals             |                 |          |         |          |            |
|                            |  |           |               | Dent in top tube                         |                 |          |         |          |            |
|                            |  |           |               | Serial # J541                            |                 |          |         |          |            |
|                            |  |           |               |  |                 |          |         |          |            |
| Item                       | Specifications   | Approx. Y | Purchase Date | Origin Location                          | Source          | Cost     | Tax     | Shipping | Total Cost |
| Colnago Super Frame + Fork | 56 cm, red, 126mm rear spacing, sloping fork crown     | 1983      | 12/15/2023    | Golden, CO, USA                          | eBay            | \$818.00 | \$49.08 | \$125.00 | \$992.08   |
| Colnago Vintage Decals     | Early '80's replica set, emailed instructions          | 2023      | 12/19/2023    | Ukraine                                  | eBay            | 29.95    | 1.8     | 6.95     | \$38.70    |
| Campy Bottom Bracket       | Nuovo Record, Italian, 70mm shell, 120 mm axle         | 1980      | 12/20/2023    | Los Angeles, CA, USA                     | eBay            | 60       | 3.6     | 0        | \$63.60    |
| Campy Headset              | Chorus, 1" threaded                                    | 1985      | 12/20/2023    | San Pedro, CA, USA                       | eBay            | 69.9     | 4.19    | 15       | \$89.09    |
| Campy Seatpost Binder Bolt | New Old Stock (NOS) Nuovo Record                       | 1990      | 12/20/2023    | Koln, Germany                            | eBay            | 39       | 2.34    | 10       | \$51.34    |
| Campy Crankset             | Brev. Campy, 53-39 teeth, 172.5 mm crank length        | 1985      | 12/21/2023    | Springfield, VA, USA                     | eBay            | 145      | 8.7     | 0        | \$153.70   |
| SR Laprade Seatpost        | 27.0 , 220 mm length, bolt needed replacing            | 1982      | 12/21/2023    | Montpelier, VA, USA                      | eBay            | 44.77    | 2.69    | 6.4      | \$53.86    |
| Campy Inner Chainring      | Brev. Campy, 42 tooth                                  | 1985      | 12/30/2023    | Yanceyville, NC, USA                     | eBay            | 34.61    | 2.08    | 5.65     | \$42.34    |
| 3TTT Handlebar and Stem    | Stem 22.2 mm / 120 mm length, handlebar 44 cm width    | 1995      | 1/5/2024      | Hollis, NY, USA                          | eBay            | 75       | 4.5     | 20       | \$99.50    |
| Campy Brake Levers         | Chorus, no integrated shifters, return springs         | 1990      | 1/6/2024      | Bologna, Italy                           | eBay            | 80       | 4.8     | 13       | \$97.80    |
| Campy Brakeset             | Chorus, Differential, recessed binder nuts             | 1995      | 1/6/2024      | Arverne, NY, USA                         | eBay            | 89       | 5.34    | 10       | \$104.34   |
| Campy brake nut            | NOS, 10 mm recessed for rear brake                     | 1995      | 1/19/2024     | London, GB, UK                           | eBay            | 3.97     | 0.24    | 12.58    | \$16.79    |
| Icon MTN bike Pedals       | SPD MTN cleat, dual sided, from own old inventory      | 1988      | 10/10/1988    | Grand Rapids, MI, USA                    | Self            | 0        | 0       | 0        | \$0.00     |
| Chain                      | 6 spd used with track cogs for Fry's Fixed Fisk Frisk  | 1982      | 2/1/1982      | Grand Rapids, MI, USA                    | Self            | 0        | 0       | 0        | \$0.00     |
| Saddle                     | Concur Supercorsa Comfort, my original racing saddle   | 1982      | 2/1/1982      | Grand Rapids, MI, USA                    | Self            | 0        | 0       | 0        | \$0.00     |
| Brake Cables and Housings  | Kit with neon yellow housing and red cable ends        | 2024      | 1/19/2024     | Cartersville, GA, USA                    | Porkchop BMX    | 13.99    | 0.84    | 0        | \$14.83    |
| Handlebar Tape             | Cinelli cork with world championship stripes           | 2024      | 1/19/2024     | Cartersville, GA, USA                    | Porkchop BMX    | 34.99    | 2.1     | 0        | \$37.09    |
| Flip / Flop Track Wheels   | Fixed 16T / Single Sp 16T freehub w high flange hubs   | 2023      | 12/29/2023    | Grand Haven, MI, USA                     | Loose Spokes BS | 255.99   | 15.36   | 0        | \$271.35   |
| Tires / Tubes              | Clement clinchers 700 x 25 105-125 psi, incld w wheels | 2023      | 12/29/2023    | Grand Haven, MI, USA                     | Loose Spokes BS | 0        | 0       | 0        | \$0.00     |
| Labor to install headset   | Slot and run diesteerer, press bearing cups            | 2024      | 1/4/2024      | Grand Haven, MI, USA                     | Loose Spokes BS | 50       | 0       | 0        | \$50.00    |
|                            |  |           |               |  |                 |          |         | Total    | \$2,176.41 |

Did I get my money's worth? Well, after looking at current fare on eBay, prices for complete steel Colnago bikes is anywhere from \$1,000 to \$3,000 depending upon condition and parts. So I don't think I lost any money.

Do I have any regrets? Just 1 minor one: I could have used a slightly larger frame, like a 57cm or 58cm instead of the 56cm I got. But I compensated pretty well with longer seatpost and handlebar stem.

No regrets about the ride!



## 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

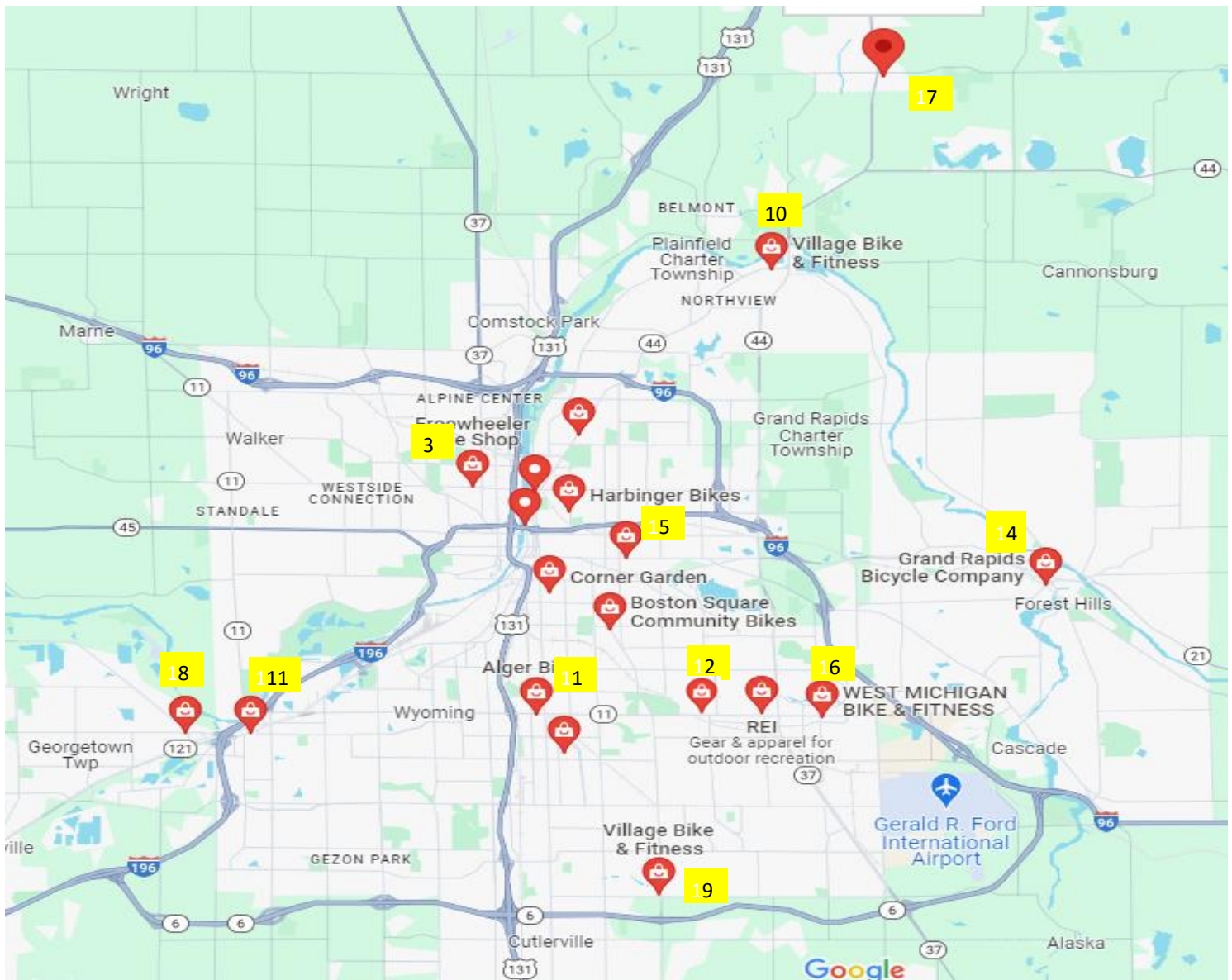
### 10. Village Cycle & Fitness

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](mailto:treasurer@rapidwheelmen.com)

## IO Groups

Join the Rapid Wheelmen IO Group!

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



**Like us on Facebook!**

@RapidWheelmen

@RapidWheelmenTimeTrials

