

# spoke'n word

official newsletter of the Rapid Wheelmen Bicycle Club



03.2025

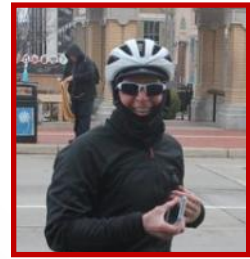
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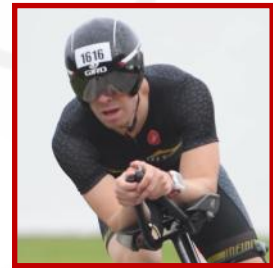
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**May B. U. ??**  
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President's Spin  
by  
Evan Wilson

- 2025 Meeting Schedule

- March 11, April 8, Club meetings at TTs May 5, June 2, July 7, and August 4, Board meetings virtually May 13, June 10, July 15, August 12 (Second Tuesday, recurring Teams 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**  
**No In-Person Meeting for March**  
**Teams Board Meeting**

Meeting: **March Teams Virtual Meeting - Tuesday Mar 11th, 7:00 pm**

Where: **Please email Evan Wilson for a link: [emwilson06@gmail.com](mailto:emwilson06@gmail.com)**

What: **All board meetings are open to the members**

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

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

*Ride Around Kent County 2025*

Ride Around Kent County (RAKC) is BACK!

Traditionally this ride is over 100 miles, starts relatively early AM on a Saturday in Late May or early June. You'll come close to all 4 corners of Kent County. The ride does have some rest stops with some refreshments. Unlike most large tours, the rider should be prepared with some of their own nutrition—just in case! Being able to repair your own flats would be advisable. Only experienced riders in an appropriate state of conditioning should attempt the ride. Pace is usually moderate to good with a group. Riding by yourself is totally acceptable. This is a RW Members only ride. Join the club for \$35/yr per family via the link above.



Mike Burden will be the ride chair this year -

He's looking for volunteers (SAG, Registration and Food)

Interested in riding or volunteering? Let Mike know by email at: [mwb@mwburden.com](mailto:mwb@mwburden.com)

**Editor**

*Dave Durkee*



With the weather breaking, slightly, we have a few members braving the sometimes icy paths and roads just to get outside. If my previous experience is any guide, be careful of sublime icy patches, as they can take you down in a blink of the eye!

But as the old saying goes, "Hope springs eternal" and even the mere moderating of temps at least tells us most of the winter is behind us.

Well the club has been preparing well for the day when outdoor organized rides start again. When will that be, you ask with abated breath? There actually is no set yearly date. Each ride leader decides their own start date, and any dates they may cancel later. So you need to not only look at the calendar, but also at the club's IO group email or the club's Facebook Messenger posts. The link to join the IO group email is on the last page of this newsletter.

*Cover image: These participation patches for a kid's summer camp in Indiana are part of RW Race Team history. How? Read on!*

In this issue we'll continue our Colnago rebuild, discussion of performance training and also a story about RW Race Team spring training from the '80s.

You'll also want to note that although there will be no 100 Grand Tour this year, Mike Burden is planning on Ride Around Kent County (RAKC) after a several year hiatus. The whole idea was started years ago by John Crankshaw to visit all 4 corners of Kent County, over 100 miles, in preparation for the 24 Hr Marathon several weeks later. So look for a solicitation for riders and volunteers in this issue.

And don't forget we'll have Time Trials in Ada every Monday night starting in May as well as an Adopt-A-Road clean up in April. A lot is coming your way!!

I hope to see YOU on a bike in 2025!

*Dave*

**Technology better than I?**

**Part 8**

by Dave Durkee

New Rapid Wheelmen board member Matthew Cederquist has been coaching several members over the winter to prepare us for events this Spring or Summer. Yes, if you have any events that require the best power, speed, or endurance you are capable of achieving, then training with a structured plan helps you peak at the right time while also reducing your chance of over-training or injury. **NOW IS THE TIME TO GET SOME BASE FITNESS IF YOU HAVE SOMETHING IN JUNE OR LATER!**

One metric that can be improved is the point at which your body needs more energy than what the normal oxygen/sugar (aerobic) system can provide. The byproducts of aerobic metabolism includes lactate, which can also be used as an energy source, until it also runs out if the effort exceeds the aerobic and lactate systems.

Years ago this was known as the Anerobic Threshold (AT), and is still being used on heart rate based training systems. It was an indirect way of measuring your Lactate Threshold (LT), as described above, and is what we really want to measure and improve so we can ride better with less effort. Using heart rate is useful, but often lags behind the LT by several minutes sometimes, so going over the LT and back again is a yo-yo game that may not help you if you want a good sustainable effort like a 25 mile time trial.

With the advent of power based training one can measure the actual power to the pedals, and the Functional Threshold Power (FTP) can be correlated well with LT, and has immediate feedback. If you ride at, or just below, your FTP, you'll have a better chance of maintaining a strong effort without the yo-yo effect on heart rate with AT use.

So it's important to know your AT or FTP. Read this [Training Peaks article](#) on how to measure it.

# ride calendar

March 2025

Day	Date	Ride Name	Ride Start	Ride Details	Contacts
<b>MON</b>	Resumes 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 <a href="http://Webscorer.com">Webscorer.com</a> . "Day of" registrations still available on-site from 5:30 to 6:15 pm	Dave Durkee <a href="mailto:davedurkeeod@gmail.com">davedurkeeod@gmail.com</a>
<b>MON</b>	Spring 2025	Gravel Monday	6:30 pm	Start near 100th and Division	Tom Westrick <a href="mailto:tjwestrick@gmail.com">tjwestrick@gmail.com</a>
<b>WED</b>	Spring 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 <a href="mailto:tjwestrick@gmail.com">tjwestrick@gmail.com</a>
<b>WED</b>	Spring 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!	Bob Ayars <a href="mailto:rsayars@sbcglobal.net">rsayars@sbcglobal.net</a>
<b>Various</b>	Monday Wed rides and workouts	<b>Virtual Zwift 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>	Spring 2025	Saturday AM Casual Ride	TBD	Usually 20 to 40 miles at a slow to moderate pace. Great for beginners!	Bob Ayars <a href="mailto:rsayars@sbcglobal.net">rsayars@sbcglobal.net</a>
<b>SAT</b>	Spring 2025	Dawn Patrol	Time varies	45-65 miles at good to fast pace. Check IO group for start location, mileage, and distance	Mike Burden 616-915-2048 <a href="mailto:mwb@mwburden.com">mwb@mwburden.com</a>
<b>SUN</b>	NEW 2025	Ramble	TBD	Casual ride—RELAX—	

# ADOPT A ROAD CLEAN-UP

- WHO:** Rapid Wheelmen and Friends
- WHAT:** Clean-up of Grand River Avenue from Buttrick to Kissing Rock in Ada
- WHEN:** 3:00 p.m. Sunday April 13
- WHERE:** Meet at Ada Park, Grand River Parking Lot (where we have Time Trials)
- WHY:** Give back to the community. They share their road with us.

In case of bad weather, watch the Rapid Wheelmen Chat Group for rescheduling. The alternate date will be Saturday April 19<sup>th</sup>. (Note: changed to Saturday because of Easter on Sunday.) Same time. Same place.

Bring comfortable walking shoes. Sometimes the ground can be wet so boots are helpful. You may want to bring work gloves as some of the trash is nasty. We tend to get the most trash at our first spring clean-up. The club will provide disposable gloves for those who want them. Wear a brightly colored shirt or jacket for visibility or borrow one of our reflective vests.

The club will provide some weather appropriate treats after the clean-up. Bring your lawn chair to relax and chat with others after the clean-up.

The optimal number of volunteers for this clean-up would be 18 people. Please be one of them!

Questions? Email [calhekman@gmail.com](mailto:calhekman@gmail.com) or call or text (616) 252-9461.

Please RSVP to Cal Hekman if possible so he can get an idea of how many treats to provide. We need your help!

Scotty and I will be busy preparing our trip to Africa. Please help Cal make this a good year.

Thanks.  
Carolyn Chapman



## 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  
1234567890  
1234567890  
1234567890  
1234567890  
1234567890

Choose Your Event \*

11 Miles - Open \$45.00 - (includes race bag)

[+ Add Another Registrant](#)

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

[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 \*

[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 XII*

We're getting closer to completing our winter project bike, a vintage steel Colnago Super. Last month we installed the brakes, so now we're ready to install the brake levers and cables / housing. When I was looking at brake levers, I wanted Campagnolo Chorus to match the rest of the components. My goal was to find a pair in really good shape. There were several later models that had integrated index shifters built into to them. But I had a frame really set up for friction shifting with the shifter mounts on the downtube. Plus, our project was going to be a fixed gear / single speed, so integrated shifters in the brake levers was not necessary.

I was lucky to find a nice set of Campy Chorus plain brake levers on eBay that had no scratches, not been in a crash, and gummed hoods in excellent shape.



What the heck? The cable exit point was plugged. I then realized that having cables come out of the top is one option. The other route is behind the lever top and concealed by the bar tape. If we wanted a truly authentic early '80s build, we would use this top exit point. But I opted instead for the cleaner look of concealed cables, so we left that plug in the top of the hood.



Here we see the cable route going back and out the back rear of the lever. Lace that cable free end through the hole in the lever, turn the rotating barrel receptacle so the cable barrel fits into it correctly, and lace the cable out that back hole. Alternatively, the cable could go up out of the top of the hood for an exposed, older set up. Make sure you get brake cables, which are thicker than derailleur cables.

## Build Your Dream Bike

by Dave Durkee

### *Part XII*



Mounting the levers in the right place on the bars is a matter of comfort and function. Put them too high, and you can't reach the levers while in the drops. Mount them too low and you're reaching down the bar too far for comfort while "on the hoods". The angling in or out makes a difference too. To get them just right, I'll often sit on the bike in a riding position and adjust accordingly **BEFORE** installing cables and taping the handlebars. You can also change the handlebar angle at the stem to tip them up and down if that helps. It helps if you roll the hood open away from the bar and loosen the handlebar clamp quite a bit to get by all the bends in the bars.



We finished mounting both levers. Since they did not have shifters, it did not matter which side I put which lever. Here we're threading the cable through the lever.



## Build Your Dream Bike

by Dave Durkee

*Part XII*



When you install new brake cables, it's a good idea to install new housings at the same time. Never cut a cable until you have cable and housing all in place. Well, I really didn't want just plain black cable housings. So I found these neon yellow ones online from the Porkchop BMX shop. Complete with cables, housing, metal housing end pieces, and cable end covers. The colors matched the bike and decals perfectly.



I highly recommend using a cable cutter like this Park tool CN-10. It uses a circular cutter which won't fray the cable ends like regular wire cutters. It can also cut housings.



Here's the assembled front cable and housing. Tape the cable to the bar with electrical tape in a position that doesn't interfere with hand comfort. Put the silver housing end caps on both ends of the cable. Don't cut anything until you know you can turn the bars without stretching the cable and housings too much.



You can use the rear clamp for a perfect fit of the cable end tips.

## Build Your Dream Bike

by Dave Durkee

### *Part XII*



Here's our finished front and rear cables, housing, housing ends, and cable ends. Notice I left about 10-20 mm of cable at the end. Never cut it off right at the brake mounting, as you'll never know if you'll need to allow more size in the brake width with various sized rims, or cut off an end that may be frayed later.

Here's how you attach the cable to the brake: Cut the housings the right length so there's enough play when turning the bars. Place the metal caps on the housing ends. Thread the cable through the housings and brake, then place the housings into position. These brakes have barrel adjusters where the cable comes in from the top. Screw them down about 90% so later you have room to screw them up as the cable becomes more slack with use. I'll then close the brake almost against the rim with my hand, then tighten the brake lock screw against the cable. Let go, then see how far your brakes are from the rim. A couple of mm from pad to brake is usually enough. Work the brakes and see how they feel. Turn the barrel adjuster up or down to get good clearance yet positive action on the brakes. Campy brakes usually have a pin release in the levers to widen the brake for wheel removal—try that too. This is a great time then to adjust the brake pads themselves for proper alignment on the rim. If you're all good, then cut the cable 10-20 mm leftover length and cap the cable end off with a tight tip.

Man, I really loved that yellow housing on that frame!

## Rapid Wheelmen Spring Training 1987

by Dave Durkee

Between sorting through some old ride patches for Colorburst and Jeff Petersen commenting about the greatest bicycle movie of all time, Breaking Away, it made me fondly remember a Spring training camp with the RW Race Team through the mid-80's down near Bloomington, Indiana. The area was originally chosen by our coach, Shawn Farrell, in fond memory of Breaking Away and the proximity to Indiana University and the University's annual "Little 500" single speed team cinder track race the fraternities ran every year.

The typical training plan for the team, after a Winter of roller racing, was to ride every weekend in March on our fixed gear 42x18 (63 inch) modified road bikes, per "European Tradition", coach Farrell would say. Then on the weekend of the Vernal Equinox, we'd ride those same bikes in a multi-lap road race in northern Kent County on a course starting down the infamous Fisk Knob hill on a short loop several times. Later this ride became known as the Fisk Knob Time Trial.

Then about mid April, we'd go down to a kid's Summer Camp called Camp Palawopec (Hence the patches on this month's newsletter cover). It really was a great time to ride the challenging hills in and around Brown County State Park, some roads that were actually used in the filming of Breaking Away. However, we never saw Team Cinzano out training (obvious movie reference). I attended the camp in 1983, 1984, and 1987.



Above—The camp bunkhouse. The food and lodging was great. Below—Evening socializing and enjoying the fireplace was very welcome.



87 Camp "Lost in Nenevah"

Without GPS devices, we used the sun and a map to get around. And we were lost in Nenevah. Riders include Ken Mange, Kevin Obermeyer, and Brian Chappel.



**For Sale**

2022 Cervelo Caledonia 5, 56cm Ultegra  
12speed DI2 Dura Ace Crank w power me-  
ter 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 fin-  
ish your build

Pictures available on request

**Tim Fox: cfoxkennels@gmail.com**

**PH # 616-520-5151**

**For Sale**

## 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

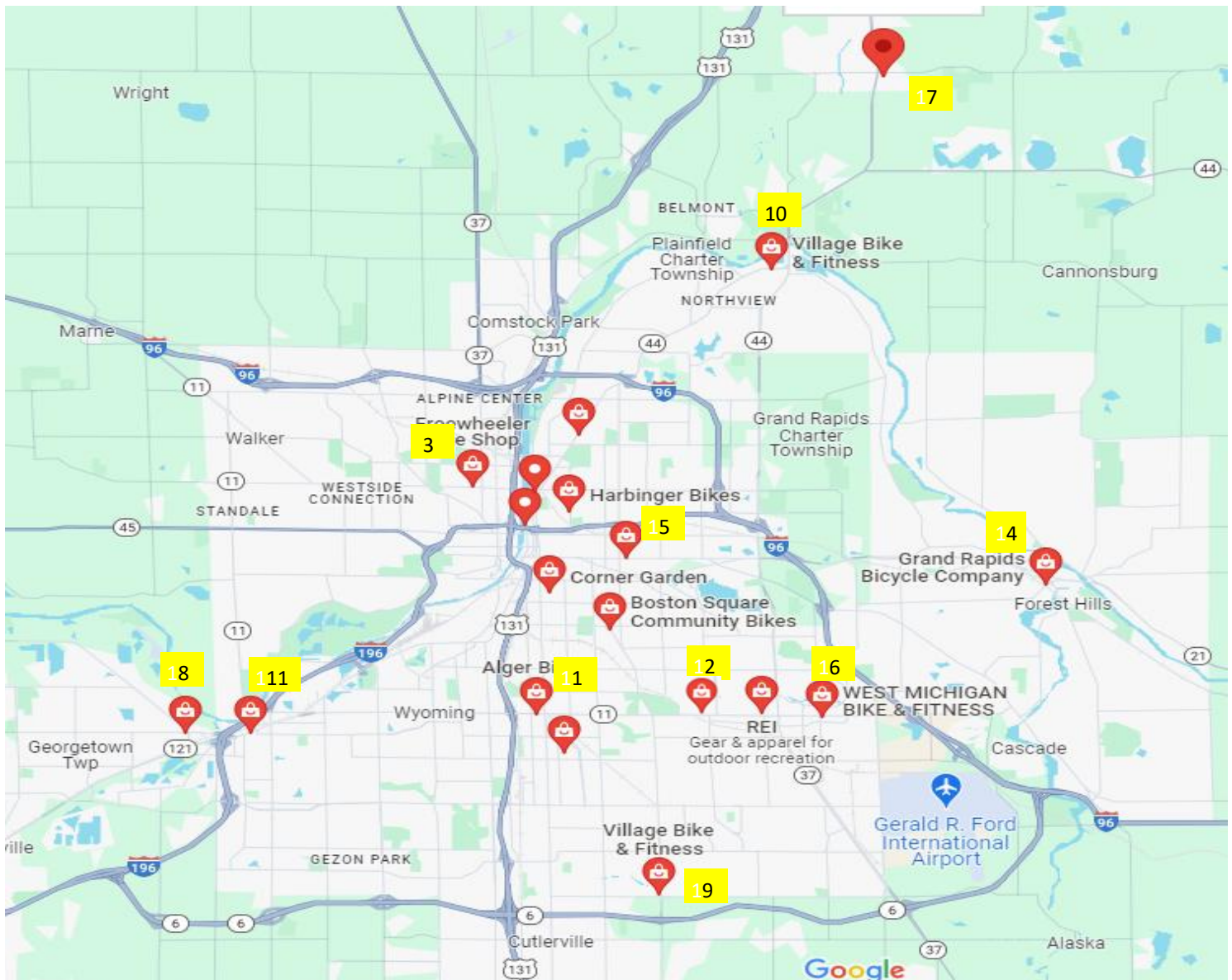
5278 Plainfield Ave NE  
Grand Rapids, MI 49525  
(616) 361-3661  
www.villagebikeshop.com

### 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!*

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@RapidWheelmenTimeTrials

