

spoke'n word

official newsletter of the Rapid Wheelmen Bicycle Club



05.2025

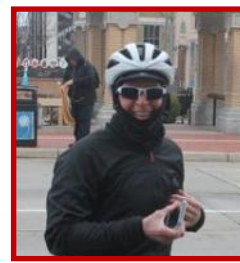
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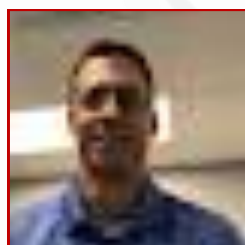
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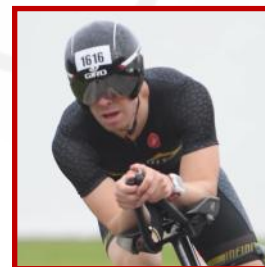
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100 Grand
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President's Spin by Evan Wilson

- 2025 Meeting Schedule

- Live meetings at TTs May 5, June 2, July 7, and August 4, then also board meetings virtually May 13, 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 May 5th, 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

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



The club's activities have really ramped up with the weather. Our weekly rides are taking off, and there are plans in the works for some larger events for the season.

You'll want to keep an eye out for these big events:

Maple Leaf Tour: Aug 16

Ride Around Kent County: September 20

Colorburst: October 18

Plans are subject to change, but just stay tuned as we prepare for some major events in 2025.

Also see the information in this newsletter about our weekly road Time Trials at Ada Park every Monday May through August. Great training for you triathletes out there!

In this issue, we'll also get you up to speed on what has transpired just in the last month. Namely, our weekly rides and a report on Adopt-A-Road cleanup on Grand River Drive in Ada.

Cover image: Dawn Patrol on Saturday, April 19th. Left to right, Ride Leader Mike Burden, Vincent Nienhuis, "Chris the New Guy", and Marty Finch. Photo: Dave Durkee

If you're new to the club and wondering if there are any rides that could meet your level of ability, the answer is YES. I would recommend our very popular Challenger Ride on Wednesday nights. Ride Leader Tom Westrick does a great job in laying out a route that will meet your ability level for almost any speed and distance. There are usually 3 groups: A group—19-21 mph 30+ miles, B group 17-19 mph about 30 miles, C group 14-17 mph 20 miles. Most riders would ride a traditional road bike with drop bars. Time trial bikes are OK, but we won't allow using the aero bars while you are in the group.

We also welcome electric assisted bikes without throttles to our rides (you must pedal for the motor to work). If you're not sure if your electric bike qualifies, check with our ride captains.

I hope to see YOU on a bike in 2025!

Dave

Group Ride Adventure + Etiquette

by Dave Durkee

As a past amateur racer and current group rider for 50 years, I think now is a good time to educate new riders, and remind current riders, about how riders can ride safely and efficiently in a group. We all want to arrive at our destination with great memories of the sensory experience that only cycling can provide. That probably is much higher by following some simple habits:

- Wear bright clothing, a helmet, and have a rear light on your bike
- Bring enough hydration for the ride length
- Check for proper tire pressure day of ride
- Arrive 15 min before the ride start time
- Don't forget your cycling shoes
- Bring some tools / tubes for repairing flats
- While riding with the group:
 - Obey all traffic laws (stops, lanes)
 - Ride to the right in your lane as much as practicable
 - Ride 2 abreast only when there is no traffic
 - Signal any attempt to stop or turn
 - Point out road hazards (potholes, critters)
 - Don't overlap your front wheel with the rider's rear wheel ahead of you unless passing
 - Follow the rider ahead of you no closer than 1 to 2 feet
- Be aware of your surroundings. Scan around at the road condition, fellow riders, and listen for any road traffic behind you

Many rides will be listed as "No Drop" rides. Usually riders of various abilities will get separated, and then the ride leader will stop at a convenient place for regrouping. To minimize regrouping, many rides will separate the riders into Groups (A-fast, B-Moderate, C-Leisurely). If you're not sure what group you should ride in, it's better to go with a slower group than be dropped all the time in a faster group until you're more "up to speed".

ride calendar

May 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!	Bob Ayars rsayars@sbcglobal.net
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 Ride	TBD	Usually 20 to 40 miles at a slow to moderate pace. Great for beginners! See RW IO group email posts	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	Ramble	TBD	Casual ride—RELAX —	

ADOPT A ROAD CLEAN-UP Report

From Sunday, April 13th

The club would like to thank the 12 volunteers that showed up Sunday for the Adopt a Road clean-up. They managed to get 26 bags of trash removed from the road plus 2 car tires and a large sign. I'm sure the county road commission and the local community appreciate it. Some of these folk are getting a little long in the tooth so we could use some younger people next time.

Those that served are: Bob Ayars, Phyllis Boone, Al Barton, Elizabeth Cronin, Dave Durkee, Sue McWayne, Al Stack, Pat Florian, Nancy Vanderkolk, Maureen Hammond, Gary Harkins, and Tom Westrick.

Thanks to all! - Terry Vanderkolk



Above—Maureen Hammond and Tom Westrick tackle the swamp with improvised devices.



Left—Pat Florian, Tom Westrick, and Al Barton swap some tales.

Right—Elizabeth Cronin gets a briefing from event leader Terry Vanderkolk.



Left—Sue McWayne, Al Stack, Bob Ayars, and Gary Harkins reunite for treats.

Right—Dave Durkee had a little friend cleaning bugs doing its part cleaning up.



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

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.

Registrant #1
John Mosley
john.mosley@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 a Team Search for existing Teams

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.

Substitute Ride Leader Dawn Patrol Report

by Matt Cederquist, Head Race Team Captain

Over the winter I was working on rebuilding a Trek Domane AL 2.0. I had purchased this bike used last year from a non profit in California. The bike was in great shape and ready to ride when I received it. The only thing I wanted to do was upgrade the drivetrain from a Shimano 3x Tiagra 10 speed to a SRAM Red mechanical 2x 10 speed.

This winter I completely stripped the bike down to the frame. I installed new Endo headset bearings, Koegel Ceramic GXP bottom bracket and a rebuilt SRAM Red mechanical 10 speed drivetrain with a Quarq power meter spider. Everything was coming together as planned. Saturday May 3rd 2025 I left for my first Dawn Patrol ride of the year. Cruising down Lamoureux drive heading to Riverside Park I felt like that six year old kid again on his new Huffy. Little did I know there was one component that I had installed that was going to give me a very expensive and very short ride that day.



If you are not aware, I run Powertap pedals that accept a Look cleat with a twenty millimeter spacer. I have found this allows me to produce a higher power output with lower fatigue at distances over fifty miles. Well, the new drivetrain on my Domane has a chain ring mounted power meter so I had no need for the power pedals so installed a Look pedal with the spacers. I still wanted the spacer but was having a hard time finding them. The only place I was able to find them was Amazon for around twenty dollars. This is where the mistake was made. About six miles out on our ride my left pedal backed out, stripped the spacer and I fell down hard enough to rip the shoulder of my Castelli insulated jacket, put a hole in the knee of my Castelli insulated bib pants, and completely destroyed my right shifter. After the heartbreaking decision to have my wife pick me up and for everyone else to continue on the ride, I further inspected myself and gear and found a few dimples in my Giro helmet. All I could think was “Man, if I had cheaped out on the riding gear this could have been worse”, but then again if I wouldn't have cheaped out on the spacers this wouldn't have happened at all.

I was very fortunate to only have a few scrapes and a very stern look from my wife after I told her to hurry up and get home. I need to put a new drivetrain on this bike- Vinny wants to ride today at 4:00 and time trials are on Monday. Lo and behold she reminded me that it wasn't the helmet that saved me but the rocks in my head.

Witness addendum by Dave Durkee: At the time of the aforementioned episode, I was behind the group on a climb by about 50 meters when I heard the commotion. Looking up, I saw Matt's rear wheel completely in the air, then both bike and body planted on terra firma in a heap. At first I thought that Matt had crossed wheels with Chris The New Guy, but that was not the case. As I arrived, I could see Matt's tremendous strength and weight had ripped that pedal out of the spacer. Matt was ok, but the bike looked like it had been hit by a sledgehammer. Luckily he was only going about 10 mph uphill! But it does show that performance bicycles do have their structural limits. What a story!

Build Your Dream Bike

by Dave Durkee

Part XIV

Only a few cosmetic items to finish our vintage 1983 Colnago Super rebuild. I had noticed in the original photos on eBay that the frame had a slight dent in the top tube, some scratches, a few spots repainted, and some marred decals. There's nothing to be done with dents, and as long as they do not affect structure strength and alignment, then they are what they are. As far as the paint scratches, some automotive touch up paint of the right color would be OK with me. (Jeff Petersen just had an older frame completely sand blasted (all paint off), then powder coated with new paint which will give it a like-new appearance.) The decision whether to make like new, or just refurbish somewhat, is an individual choice. I have noticed many vintage steel racing frames on eBay have not had any major cosmetic overhauls, purposely keeping the minor flaws intact. There's a notion, especially in Europe, that flawed frames and parts have a historical value by retaining their "patina", seen as a beautiful exhibition of their age. Because of that, I have never rebuilt anything to like-new condition. There's just something about an aged frame that tells us a story about its life. Something to imagine as you wonder how all those defects came to happen. Let the imagination go wild!

Still, most of this frame was in good enough shape that some marred decals looked out of place. Now I had never replaced decals before, but I wanted to try. Having now done it, it was easier than I thought. And the bike looked fantastic when it was done. So here we go —



First determine if your frame is clear coated. If so, the decals are under a coating that has to be removed first. You can tell by running your fingernail along the edge of the decal. If you feel a definite edge, it's not clear coated. In our case, this frame was not clear coated so we could take them right off.



Upper Left—I was able to find authentic decals from Ukraine—or all places. They were specific for the Colnago Super and the right color. Left—The headtube decal was in perfect condition, so it was left alone.

Right—Some pretty marred up seat tube decals. This often happens when you're not careful when using automobile bike carriers that clamp onto the seat tube. (Been there and done that!)



Build Your Dream Bike

by Dave Durkee

Part XIV



There are two types of decals: water or glue. Water based decals are thin and tend to flake off after several years. Those are the types of decals originally on my Schwinn Super LeTour. After 20 years they were totally gone on the top tube. Taking those off doesn't require a lot of effort.

But the decals I wanted and have here are glue based. They are much thicker and actually easier to apply. However, getting them off is a little tricky. There are loose edges you can just start peeling. But there's a point that they just don't want to come off. So what we need to do is heat the decal enough to melt the glue, then keep working on the edges as we keep peeling. I used a hair dryer on high, which is enough heat. I'd be pretty careful with a heat gun as it may actually start melting paint. If you get lucky the whole decal may come off in one piece.

On the right we see the decal fragmenting into pieces as we apply heat. I found an organic solvent, like a light weight degreaser such as Park chain cleaner, to clean up the glue and also remove the decal. I would not use a strong organic solvent like paint thinner or turpentine as it may actually take off the paint!

Eventually you'll get the sticker off, and with a final cleaning with mild solvent and a clean rag the surface is ready for a new decal.



Build Your Dream Bike

by Dave Durkee

Part XIV



The glue on decals I obtained had a wax paper backing, then a plastic cover over the front. So to apply, just remove the paper backing, and without touching the decal back, place it exactly where you want it. Press down and smooth it out edge to edge, then start carefully peeling the plastic cover off. The trick with getting the cover off and leaving the decal on is pulling the cover across the decal, not pulling away from the decal which may lift it off the surface (Right). Remarkably, when done right, the decal remains well adhered. A final rub down of the decal with a clean cloth will make sure it's attached underneath edge to edge.



I also replaced the world championship stripes and was able to replace the all letters on the seat tube (Left). Although I could have just replaced a few of the letters, the letters were already lined up on the stencil correctly, so it was a no-brainer to replace all of them in one swoop.

The frame came with no decals on the chain stays. Since I bought a 1982 Colnago Super new, I know it should have these decals. Having the old bike helped getting them in the right place too.



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 grave 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

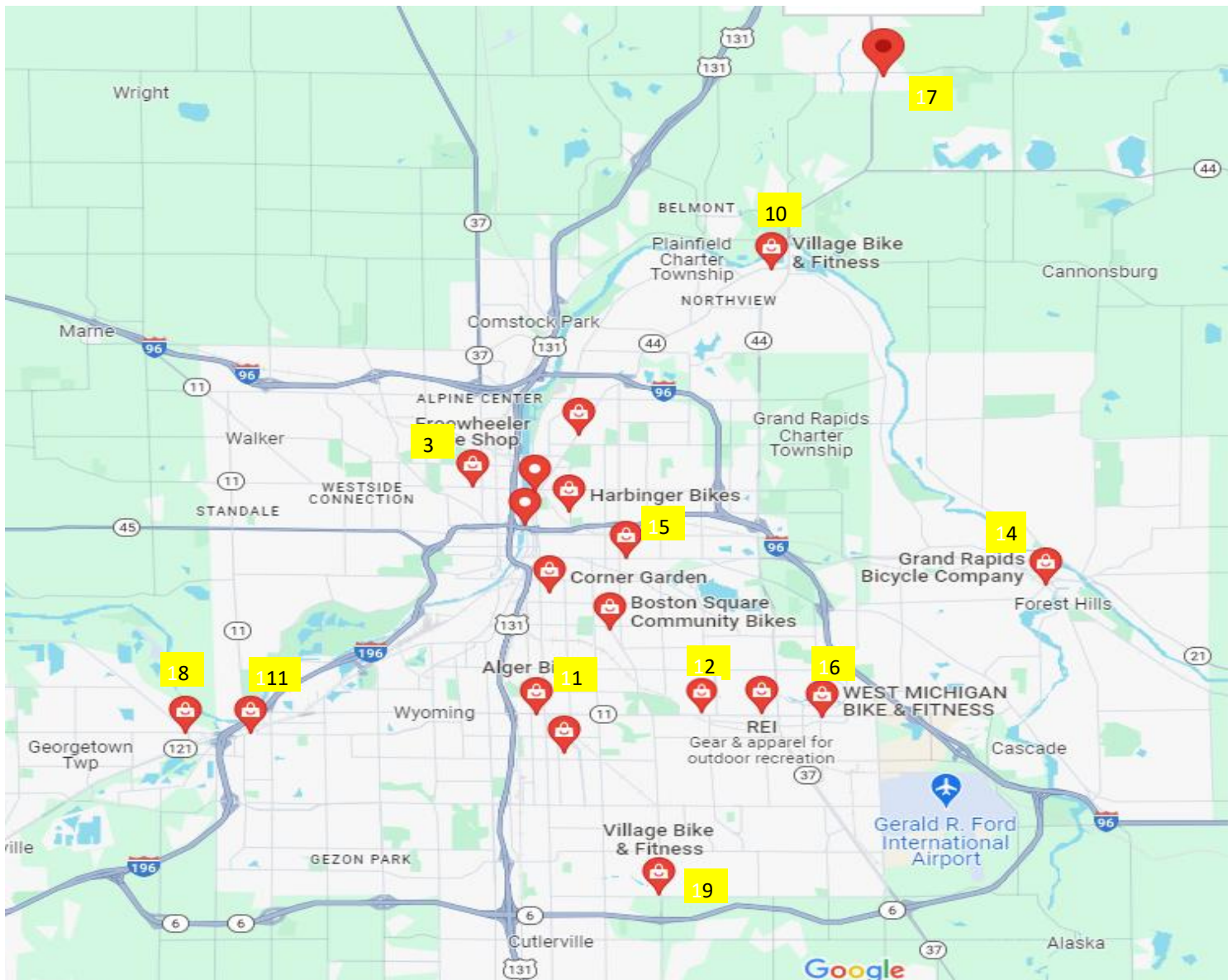
10. Village Cycle & Fitness

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

