

spoke'n word

official newsletter of the Rapid Wheelmen Bicycle Club



**DALMAC
2026**

**MICHIGAN'S
EPIC
BIKE TOUR**



10.2026

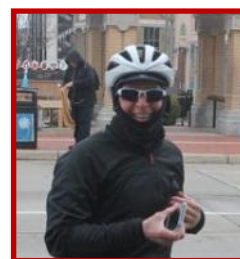
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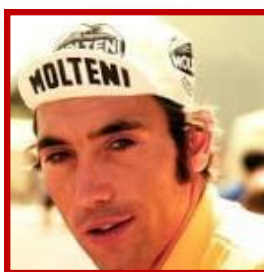
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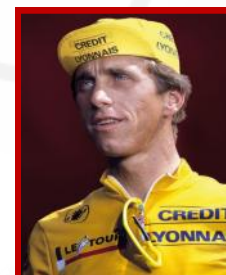
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club meeting

Club Meeting
Board and Membership Meeting

Meeting: General Meeting and Board Meeting
Where: Alger Bike Shop—120 28th St SW
When: Thursday, Oct. 8th at 6:30 pm
What: Guest Mike Roon will talk about his Prince Edward Island Tour
Eats: Pizza and soft drinks provided. RSVP to: emwilson06@gmail.com

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

DALMAC Memories

Our cover photo is a proud Dave Kuilema after finishing the DALMAC 's 4 Day West Quad Century. His combined riding time for the 4 days was just under 24 hours. So—that's about 6 hours of riding per day at an average speed of 16.7 miles per hour!

Anyone who has ridden DALMAC knows that the ride starts with gently rolling central Michigan roads. But the final couple of days has several long and steep climbs, the most famous being "The Wall" near East Jordan, which is not long, but is a steep 15% at its apex. If you think you are up for this type of challenge, I highly recommend at least one time riding DALMAC as it's a memory you'll never forget. Even after making about 100 new friends.

Your editor (Dave Durkee) has ridden DALMAC about 5 times, each one with different adventures. In 1998 I subjected my soon-to-be wife the final marriage test: Successfully ride DALMAC on a Trek T200 tandem. On that final day of the tour, we had to ride 104 miles, the last 5 were over the Mackinaw Bridge. We climbed out of Central Lake to a rising sun in our face, then immediately dropped like a rock into a fog bank. Since the not-smart bike computer was on her handlebar, while dodging some potholes I asked her how fast we were going. "52 MPH" she said. Yep—scared the bejesus out of me. But at the end, even with cramps in her legs and barely walking, she passed the marriage test and we are living happily ever after.

Want your own adventure? Check out: <https://dalmac.org/>

Editor

Dave Durkee



I would be remiss if I did not mention the Colorburst Bicycle Tour coming up on Oct. 17th. As the ride chair, I'm so excited to be offering scenic gravel and road routes for every ability. All starting at Fallasburg Park north of Lowell, MI as we visit the historic Covered Bridge on the ride. We'll have our traditional pancake breakfast at the start, then soup and cookies for your return.

Find out everything on our [Colorburst](#) page of the Rapid Wheelmen website.

In this issue you'll also find some photos and the results of our Summer season long Ada Time Trials. Our awards and final pizza party at the park recognized many riders for their efforts.

Cover image: Dave Kuilema and the iconic Mackinaw Bridge 2026

Photo Credit: DALMAC

Last month I alluded that this month's newsletter (the one you're reading now) may be the last newsletter of this format by the club. I have known for several months that Microsoft is ending support for my favorite tool for constructing this newsletter: Microsoft Publisher. In about 3 days, I'll not be able to even open old Publisher files, let alone create even new ones.

I think this is a blessing in disguise, as I think the club needs to take a pause and consider better options for writing and distributing the By-law required newsletter. The current format requires you to download a pdf and open it to read it. I think that's a challenge for reading it on a phone. So maybe something else would be better anyway.

Ride on—for now!

Dave

Technique, Tactics, Strategy

Part 3

by Dave Durkee

So the last two articles spoke mostly about technique. We start there as without a good foundation of equipment, fit and pedaling style, you'll never perform your best no matter what tactic or strategy you employ.

It all starts with a GOAL, even a DREAM. Doesn't matter if it's riding the DALMAC tour or winning a World Championship, there's the *vision* that motivates.

For American Brandon McNulty his dream and Team USA's goal of winning the UCI World Championship in Montreal came to fruition because they had correctly analyzed that to win they needed a strategy and tactics— as a team- to win the title. The team didn't know who might win from Team USA, but they tried to cover all the options.

Their strongest rider, Quinn Simmons, covered the early attacks, as he was likely the only person that could. McNulty and Matteo Jorgenson just hung out in the chase group, with Jorgenson covering many of the counter attacks over the very long 280 km course. Glossed over by the announcers, McNulty just disappeared in the group while saving his energy. This was a great strategy for a team that had members willing to sacrifice themselves for the greater good.

When the break was caught, McNulty had benefited from not doing any more than he needed. So his winning solo attack at about 30 km was decisive as none of the remaining riders took him seriously. Jorgenson, still in the pack, disrupted the chase with a well known pack slowing technique (soft pedaling when he got to the front).

Through teary eyes, McNulty's dream came true, as he knew his team had the strategy and tactics to win the World Championship. How about you?

ride calendar

Oct 2026

Day	Date	Ride Name	Ride Start	Ride Details	Contacts
MON	Mondays See you in 2027!	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. PreRegistration available at Webscorer.com . "Day of" registrations still available on-site from 5:30 to 6:15 pm	Dave Durkee Matt Cederquist TimeTrials@rapidwheelmen.com
MON	Spring through Fall	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	Spring through Fall	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	Spring through Fall	Wed AM Ride or Coffee	Check IO group or email Ride Leader	Usually 20 to 40 miles at a slow to moderate pace. Great for beginners or seasoned riders! Coffee meetings during Winter	Patrick Florian Check RW IO group email
Various	Mon, Wed, Saturday	Virtual Zwift Rides	Varies	Group workouts or just rides for fun and fitness. Look for "Rapid Wheelmen"	Join Rapid Wheelmen group discussions on Facebook's Instant Messenger, RW Zwift Club, RW Stava Club
SAT	Spring through Fall	Saturday AM Ride or Coffee	Varies	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	Spring through Fall	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
SAT	Saturday Oct 17	<u>Colorburst</u>	9:00 AM to Noon Start	Starting at Fallasburg Park, we'll have 2 gravel and 2 road routes. Pancake breakfast!	Dave Durkee 616-292-6714 colorburst@rapidwheelmen.com

COLORBURST TOUR

Saturday, October 17

Fallasburg Park—South Open Shelter

Registration open 9:00am till Noon

Join us for the great **Colorburst Tour** on **Saturday, October 17th, 2026!** This year we are starting from a NEW location right at Fallasburg Park! There is ample level parking next to our open shelter with restrooms just steps away. There are 4 routes to choose from: 25 and 66 mile road routes along with 18 and 40 mile gravel routes. All routes start and end at Fallasburg Park just north of Lowell, MI, at the [South Open Shelter on Covered Bridge Road](#). We will be providing pancakes, coffee, fruit and doughnuts/pastries at the start, and some recovery food and refreshments upon your return. This is largely a self supported ride with some on-road support. Riders should be able to carry some of their own hydration and nutrition and repair their own flats.

The best way to access the **ROUTES** for your phone or device is to join the Ride with GPS (RWGPS) [Rapid Wheelmen Colorburst Event](#). That way you'll receive automatic updates to any route changes. For those that like paper, we'll have printed maps and cue sheets at the start.

Both gravel routes include about 90% non-paved roads and should be ridden with wider tires. We recommend a gravel, fat tire, or mountain bike with at least 32mm tires. The descent to White's Bridge on the gravel routes is a steep gravel grade, but the reward is seeing one of the few covered bridges in West Michigan. The route then rewards the rider with a spectacular view of the Flat River Valley.

The ride cost is **\$20/person** for Rapid Wheelmen club members and **\$55/person** for non-members. *We will accept any cash donations for a charitable cause.*

Register and see more information for the tour ride on October 17th at:

[Colorburst RunSignUp](#).

Or—On-Site Registration (cash only) and ride start is from **9am till noon**.

*** We also have a collaboration with the people running the [Lowell Classic Gravel Road Race](#) the next Saturday on October 24th. For any riders desiring a recon ride on October 17th, we'll be offering breakfast and lunch all day for just **\$10** ! No requirement to be a member of the club, no registration nor waivers are required. Just show up to the South Open Shelter at Fallasburg Park, eat, and ride your chosen recon route. This offer is for food only! There will not be any course nor maps support.***

Click on the Bike Reg link if you are interested in racing the [Lowell Classic Gravel Road Race](#) on October 24th.

ADA TIME TRIALS

Wrap Up 2026

by Dave Durkee

This year, 2026, was remarkable in one respect: It was the first time since I've been running the time trials that we had every scheduled event. None were cancelled from severe weather. That included any cancellations from our newly instituted heat index policy. We ran all 17 events.

It was also remarkable that NO ONE attempted a record this year. With the advent of 4 new course lengths this year (6.2, 10, 12.4, and 25 mile), it would have been very easy to put oneself in the archives for almost—forever! (Now that I say that, I'm sure there will be a rash of attempts in 2027).

Our riders continue to excel. **Jill Martinek** won a multi hour Midwest time trial, and both **Dave Hietikko** and **Joe Miles** won State Championship 1st place medals in their respective divisions on Sept 27th. Tom Burke used the Ada Time Trial for training for the National Road TT Championships, taking 5th place in his Masters category. The time trials continue to be motivation for improvement for anyone at any level. It continues to be excellent training for tri-athletes too.

Of course, once again we had great volunteers to make it all happen. Many thanks to Carolyn Chapman for Adopt-A-Road; my co-coordinator and timer Matt Cederquist; registration help from Judy Crankshaw, Evan Wilson and Geri Finch; holders Randy Higgins, Judy Crankshaw and Dave Ryskamp; and our illustrious cone/sign crew, who never complained about the 2x amount of cones they had to haul—Bob Ayars, Pat Florian, Dave Kuilema, and Scott Chapman. Cal Hekman was invaluable as an immediate helper on any night—much appreciated!

But Judy Crankshaw really went above and beyond, volunteering whenever and whatever needed to be done. The riders really enjoyed her presence too. One rare night with Judy absent, one rider remarked how they were going to miss Judy admonishing them for improper (you name it). She ran a tight ship with a satirically humorous note that everyone obeyed—and laughed!

The Points Contest and Time results for the year are at: [Webscorer 2026 RW Time Trial](#)

The following pictures were taken by Randy Higgins at our last night awards / pizza party at the triple gazebos at Ada Park on August 31, 2026. Enjoy —

ADA TIME TRIALS

Final Night Pics 2026



Dave Ryskamp and Dave Daprato look on as Dave Hietikko receives his points contest 1st prize—Men Open, from Dave Durkee. (This photo shall be henceforth known as the tale of 4 Daves).



The riders wiped out the 10 boxes of pizza like it was water. The Triple Gazebos at the park are nice, but boy does it get dark fast that time of year.

ADA TIME TRIALS

Final Night Pics 2026



The prize table. On the left is my personal cowbell. The trivia question of the night was: Which cycling event is most associated with cowbells, and why cowbells at all? Answer on the Classified Ads page.



Mike Chambon—1st place in the very competitive Men 65+ category. This was in spite of the one night his rear derailleur battery failed and he rode the whole TT with a cadence of 120+ rpm!



Tarra Daprato wins 2nd place, Women's Open. Upon my amazement that she chose a \$30 gift certificate over beer, her reaction was—priceless!

ADA TIME TRIALS

Final Night Pics 2026



Jack Wright wins 2nd place, Men 65+. It was a battle royal between Jack and Eric Hansen, like it has been for several years now. But this is good, as both have helped each other reach new highs.



Eric Hansen rises to accept his 3rd place , Men 65+



Beth Ames nabs a nice bottle of Grand Traverse Late Harvest Reisling, to the envy of everyone else in attendance. And 5 minutes from now, our food table would be completely empty. I need to buy more food!

ADA TIME TRIALS

Final Night Pics 2026



As Karen Standley looks on, Vincent Nienhuis wins 1st in the Merckx division. He's a true example of winning by speed, determination and consistency. Way to go!



Edwin Choi loves to ride the Time Trials. He finished 5th in the Men's Open category. Cathy Pratt looks on.



Finally! Thanks to Cathy Pratt, someone nabs a valuable prize for the night.

Membership—Important Update!!

New for 2026, we've transitioned to RunSignUp's Club Management platform. What does this mean for you? You can now manage your membership online (pay, update your personal info, set your emergency contact, etc.). If you are renewing your membership, please first try claiming your existing by following the directions [here](#).

Once claimed, you can view club memberships by going to your RunSignUp Profile here - <https://runsignup.com/Profile> and clicking on "My Club Memberships" at the bottom.

Join and manage your membership online at <https://membership.rapidwheelmen.com>. If you have a family membership, you'll need to enter each member individually under your primary membership.

Of course, if you still prefer paper and offline payment, we can still do that. You can find the PDF membership form at <https://rapidwheelmen.com/join/> under "Paper Form".

If you have any questions or issues, please reach out at membership@rapidwheelmen.com.

Adopt-A-Road

From Carolyn Chapman

Bob Ayars arranged a ride from Ada to Keiser's Kitchen in Lowell Saturday morning Sept 26th. Following the ride, many helped clean up Grand River on the beautiful sunny afternoon. There were 12 volunteers in total. Be sure to thank them for representing the club in a positive way. Most of us went over to Scoopers and had some ice cream to celebrate.

Volunteers included: Bob Ayars, Scott Chapman, Brian Curtis, Dave Durkee, Gary Harkins, Cal Hekman, Dave Kuilema, Nancy Lange, Linda Momber, Rick Pearce, Al Stack, and Les Winegar

Hope to see everybody again at the spring clean up.

Carolyn Chapman

For Sale

For Sale

Cow Bell Trivia Answer:

- A. Cowbells are most associated with Cyclocross events
- B. European Alpine dairy farmers in Sweden and France would allow their herds to graze the high alps in the Summer. The cow bells would allow the farmers to monitor their herds' location easier. In the Winter, the cows were put indoors, their cowbells removed. The Swedish farmers would often ski race in the Winter, and the now idle cowbells started being used to motivate the skiers in the early 1900's. Not long after that, they were used for cycling events, like climbing mountain passes and cyclocross all across Europe. Even in America today, almost all cyclocross events have many cowbells present to motivate the riders.

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

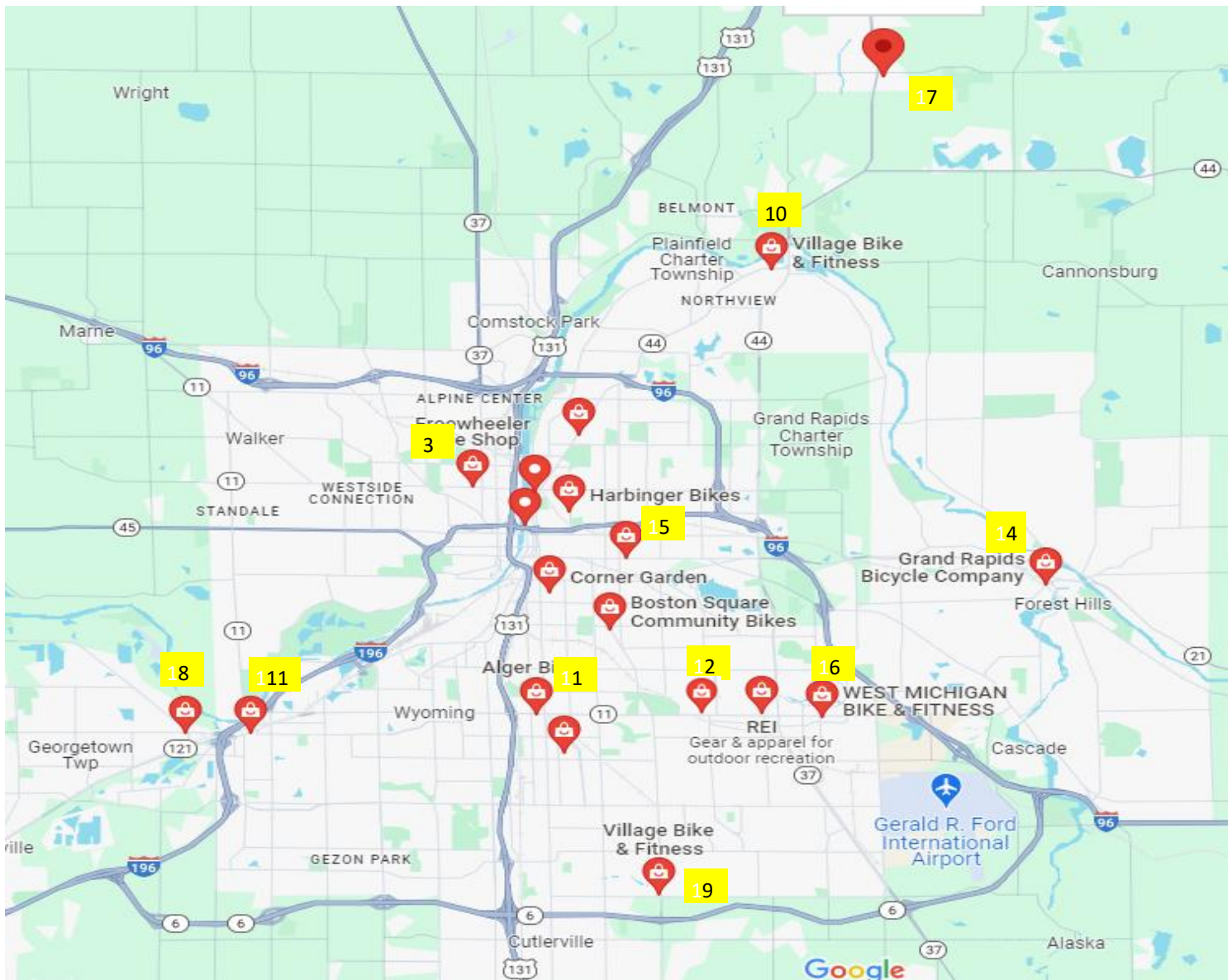
5278 Plainfield Ave NE
Grand Rapids, MI 49525
(616) 361-3661
www.villagebikeshop.com

11. West Michigan Bike and Fitness

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



[Click on map for update](#)



Rapid Wheelmen
PO Box 1008
Grand Rapids, MI 49501



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



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

To arrange a purchase, contact:

Randy Higgins: treasurer@rapidwheelmen.com

IO

Groups

Join the Rapid Wheelmen IO Group!

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



Like us on Facebook!

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@RapidWheelmenTimeTrials

