

spoke'n word

official newsletter of the Rapid Wheelmen Bicycle Club



09.2025

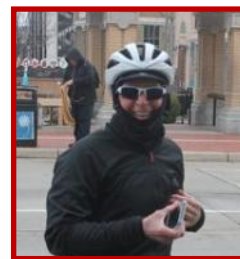
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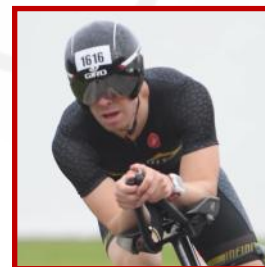
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President's Spin by Evan Wilson

- 2025 Meeting Schedule

We'll be having our club meeting on **Wednesday, September 10th** at Grattan Raceway. Come hear about the big rides folks have done this year and share your own!

The Grattan Race Series is putting on some open riding (no racing) on the track in the first two weeks of September. Riding should start around 6:40pm. There is a waiver to sign and \$5/night to the GRS for those who want to ride.

Afterward, the club will be providing brats (and veggie burgers upon request). Bring a side or desert to pass, if you would like!

- What events are folks planning to attend this year? Where will we see you? What events are not to be missed?

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



club meeting

Club Meeting
Membership Meeting

Meeting: **Member Meeting - Wednesday, September 10th, 6:30 pm**

Where: [Grattan Raceway](#), 7201 Lessiter Rd NE, Belding

What: **Riding the Track, Member Meeting and cookin' BRATS**

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

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

Ride Around Kent County

Here's your chance to see all 4 corners of Kent County in one day via bicycle! If you have what it takes to ride 150 miles from 7:00 am till 6:00pm , then you'll want to do this ride! Rest stops have hydration and nutrition and we'll have SAG support for the full 150 mile route. There are 135 and 90 mile routes too for anyone needing a shorter route.

Date: **Saturday, Sept. 20th 7:00 am start!**

Details and Registration here: [RAKC Bike Reg Page](#)

Cost is \$15 for members, \$50 for non-members



Editor

Dave Durkee



In this issue you'll find reports and a LOT of pictures from some great cycling activities in August. We hope you enjoy re-living some great memories. And if you weren't there, you'll know what to expect when you try it NEXT year.

The Ada Monday night Time Trials concluded with a last night 50th Anniversary Celebration. Started in 1975 on Butterworth Drive, Skip Obermeyer used a 10 mile course with 5 participants.

Included in this issue is the Time Trial final results with season best times overall and by Category. You'll also see some pics of our riders at the start, the celebration and winners of our season long points contest.

The club's 3 major 2025 tours started off this year with Maple Leaf on August 16th. Enjoy some pics from that great event.

Cover image: The RW riders at the Ada Time Trial gather for the final "Fun night" ride. A lot of yakking going on!

Photo: Dave Durkee

We had many club members ride the DALMAC Tour this year. Some braved the once-every-5 years "Quint Century" - 5 days of riding at least 100 miles a day. Many pics to share there too with a write up by Kevin Devries.

The club's 2nd major ride for 2025 is [Ride Around Kent County \(RAKC\)](#) which will be held on September 20th. See the announcement in this issue on how to sign up.

Our last major tour for 2025 will be [Colorburst](#) on **October 18th**.

Come enjoy some pancakes and coffee, then disembark on one of 3 colorful routes all crossing the famous Fallasburg Covered Bridge.

We have a new Gravel route with 2x the gravel of last year's route. Put it on your calendar!

We'll have registration up soon, but feel free to "Join" the Event in Ride with GPS from the RW website's [Colorburst page's](#) link to RWGPS.

Dave

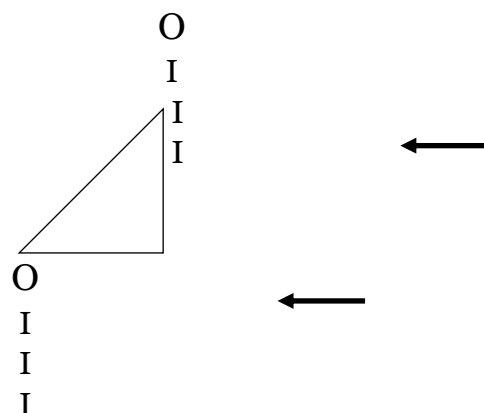
Riding the Paceline

Part 4

by Dave Durkee

We'll continue our discussion on efficient paceline riding technique by attempting to answer the question from last month. Namely, while riding at 15 mph behind someone, where's the best place to put ourselves when encountering a 15 mph sideways wind directly from our right?

We already know we need to be on the downwind (left) side at a 45 degree angle from the rider in front of us. The resultant headwind and sideways forces produce a simple right triangle, with the rider behind off to the left.



The example above shows the result of just simply moving to the left. The front wheel of the rear rider is not overlapping the rear wheel of the front rider. If the front rider moves left suddenly the rear rider is still safe from having the front rider accidentally bump into and "take out" the rear rider's front wheel. While safer, is it really the most efficient draft position? Basically, no. The closer the rear rider can move along that angled line to the front rider, the more hidden from the wind they become. However, this means overlapping the wheels. One wrong move by the front rider at least takes the rear rider down. So moving that close should only be attempted by experienced riders who know to hold their line (stay straight) and at least check behind themselves before moving off their line. I'll only ride close when riding with riders I know will hold their lines. You too!

For more riding tips, watch [this great funny video!](#)

ride calendar

September 2025

Day	Date	Ride Name	Ride Start	Ride Details	Contacts
MON	Done for 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 or seasoned riders!	Patrick Florian Check RW IO group email
Various	Any Time	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	2025	Saturday AM Casual "Mystery" Ride	TBD	Usually 20 to 40 miles at a slow to moderate pace. Great for beginners! See RW IO group email posts or email ride leader	Bob Ayars rsayars@sbcglobal.net
SAT	2025	Dawn Patrol	Time varies	45-65 miles at good to fast pace. Check IO group or Facebook IM "Rapid Wheelmen" for details	Mike Burden 616-915-2048 mwb@mwburden.com
SUN	NEW 2025	Sunday Recovery	8:00 am	Riverside Park in Grand Rapids up the White Pine Trail to Herman's Box for a bakery item and café	Matt Cederquist matt@mcederquist.com

Ada Time Trials

2025 Season Wrap-up

Place	Date	Overall Season Best Times		Time	Speed MPH
		Name	Category		
1	August 18	Tom Burke	Men - Open	30:54.2	29.1
2	June 16	Ryan Schmeling	Men - Open	32:21.2	27.8
3	August 11	Dave Hietikko	Men - Open	32:34.5	27.6
4	August 4	Tom Davis	Handcycle	33:25.4	26.9
5	July 28	Timo Knerr	Men - Open	33:59.3	26.5
6	May 12	Tom Baughman	Men - Open	34:18.0	26.2
7	June 30	John Achterhof	Men - Open	34:52.6	25.8
8	July 28	Joe Miles	Merckx	35:49.5	25.1
9	July 14	Scot Morrell	Men - Open	36:13.8	24.8
10	July 14	Mason Morrell	Men - Open	36:29.9	24.7
11	August 4	John Crankshaw	eBike	36:45.8	24.5
12	July 21	Ed Gilde	Men - Open	36:47.1	24.5
13	June 16	Kevin Smith	Men - Open	36:59.0	24.3
14	August 4	Mark Desatterlee	Men 65+	37:01.3	24.3
15	August 25	Tarra Daprato	Women - Open	37:11.6	24.2
16	August 4	Casey Falkner	Handcycle	37:30.4	24.0
17	June 16	Brian Lemre	Merckx	37:30.6	24.0
18	June 30	Marshall Randall	Men 65+	37:36.2	23.9
19	August 11	Brian Ames	Men - Open	37:46.5	23.8
20	August 11	Dave Tomasik	Men - Open	37:48.2	23.8
21	August 4	Oscar Trout	Jr Male	37:48.6	23.8
22	August 11	Mike Chambon	Men 65+	37:56.9	23.7
23	August 11	Jeff Petersen	Men - Open	38:09.3	23.6
24	August 4	Dan Gendler	Men - Open	38:46.8	23.2
25	August 11	Dave Ryskamp	Men 65+	38:59.4	23.1
26	May 19	Richard Haslinger	Merckx	39:15.0	22.9
27	August 25	Darren Burke	Merckx	39:18.7	22.9
28	August 18	Marcus Haw	Men 65+	39:30.9	22.8
29	July 7	Daniel Usakowski	Handcycle	39:35.5	22.7
30	August 4	Jim/Maryam Trout	Tandem	39:40.4	22.7
31	July 7	Kevin DeVries	Merckx	39:42.0	22.7
32	July 28	Colin Plank	Merckx	39:44.3	22.6
33	August 18	Brandy Zimmer	Women - Open	39:48.0	22.6
34	July 21	Jill Martinek	Women - Open	40:07.2	22.4
35	June 2	Michael Burden	Men - Open	40:19.0	22.3

Ada Time Trials

2025 Season Wrap-up

36	July 7	Dillon Chapman	Recumbent	40:38.5	22.1
37	June 30	Julian Rose	Men - Open	40:43.1	22.1
38	July 7	Tom Westrick	Merckx	40:50.5	22.0
39	July 14	Edwin Choi	Men - Open	41:40.4	21.6
40	June 30	Ryan Ward	Merckx	41:44.2	21.6
41	August 25	Bryan Obermeyer	Merckx	42:06.6	21.4
42	July 28	Evan Wilson	Merckx	42:19.1	21.3
43	July 7	Katie Brim	Handcycle	42:20.5	21.3
44	July 7	David Randell	Handcycle	42:28.5	21.2
45	May 12	Mark Hughes	Men - Open	42:34.2	21.1
46	August 11	Jack Wright	Men 65+	42:48.0	21.0
47	June 9	Tadej Katanski-O'b	Jr Male	42:54.1	21.0
48	June 30	Peter Truog	Merckx	42:57.0	21.0
49	June 2	Chuck Damon	Men 65+	43:03.1	20.9
50	May 12	Marty Finch	Men 65+	43:16.0	20.8
51	July 7	Eric Hansen	Men 65+	43:25.5	20.7
52	July 28	Matt Cederquist	Men - Open	43:30.9	20.7
53	August 4	Judy Crankshaw	eBike	43:37.0	20.6
54	July 14	Vincent Nienhuis	Merckx	43:47.8	20.5
55	July 21	Cal Hekman	eBike	44:22.6	20.3
56	May 5	William Hughes	Jr Male	44:35.0	20.2
57	July 7	Steve Chapman	Handcycle	44:54.5	20.0
58	July 21	Charles Persinger	Jr Male	45:09.1	19.9
59	May 5	Wael Berjaoui	Men - Open	45:13.0	19.9
60	June 9	Amelia Crist	Women - Open	45:49.5	19.6
61	June 16	Jason Ulanowicz	Men - Open	46:35.5	19.3
62	June 2	John Willette	Merckx	48:08.2	18.7
63	May 12	Sue McWayne	Women - Open	48:35.2	18.5
64	May 12	Eric Lewis	Merckx	50:27.8	17.8
65	June 30	Patrick Florian	Merckx	51:43.7	17.4
66	June 2	Karen Standley	Women 65+	52:02.0	17.3
67	August 4	Josh Irving	Gravel / Cyclocros	52:40.0	17.1
68	August 25	Khris Skovira	Burton (Female Me	53:20.8	16.9
69	July 7	Patti Bills	Burton (Female Me	54:06.5	16.6
70	July 21	Tim Talcott	Men - Open	54:26.8	16.5
71	August 25	Dave / Nancy Ryska	Tandem	54:56.5	16.4
72	August 25	Helen Hansen	Women 65+	1:01:01.4	14.7

Ada Time Trials

2025 Season Wrap-up

Best Times by Category 2025

Place	Name	Category	Time	Pace MPH	
1	Khris Skovira	Burton (Female Merckx)	53:20.8	16.9	
2	Patti Bills	Burton (Female Merckx)	54:06.5	16.6	
1	John Crankshaw	Men eBike - Class 3	36:45.8	24.5	New Record
1	John Crankshaw	Men eBike - Class 1	43:27.5	20.7	New Record
2	Cal Hekman	Men eBike - Class 1	44:22.6	20.3	
1	Judy Crankshaw	Women eBike - Class 1	43:37.0	20.6	New Record
1	Patrick Florian	Fixie	1:01:32.0	14.6	
1	Richard Haslinger	Men Gravel / Cyclocross	39:57.5	22.5	
2	Josh Irving	Men Gravel / Cyclocross	52:40.0	17.1	
1	Karen Standley	Women Gravel / Cyclocross	52:06.6	17.3	
1	Tom Davis	Men Handcycle	33:25.4	26.9	New Record
2	Casey Falkner	Men Handcycle	37:30.4	24.0	
3	Daniel Usakowski	Men Handcycle	39:35.5	22.7	
4	David Randell	Men Handcycle	42:28.5	21.2	
5	Steve Chapman	Men Handcycle	44:54.5	20.0	
1	Katie Brim	Women Handcycle	42:20.5	21.3	New Record
1	Oscar Trout	Jr Male	37:48.6	23.8	
2	Tadej Katanski-O'brien	Jr Male	42:54.1	21.0	
3	William Hughes	Jr Male	44:35.0	20.2	
4	Charles Persinger	Jr Male	45:09.1	19.9	

Ada Time Trials

2025 Season Wrap-up

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1	Mark Desatterlee	Men 65+	37:01.3	24.3	
2	Marshall Randall	Men 65+	37:36.2	23.9	
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Ada Time Trials

2025 Season Wrap-up

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7	Tom Westrick	Merckx	40:50.5	22.0
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12	Peter Truog	Merckx	42:57.0	21.0
13	Vincent Nienhuis	Merckx	43:47.8	20.5
14	John Willette	Merckx	47:24.6	19.0
15	Eric Lewis	Merckx	50:27.8	17.8
16	Patrick Florian	Merckx	51:43.7	17.4
17	Tim Talcott	Merckx	58:52.7	15.3
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2	Helen Hansen	Women 65+	1:01:01.4	14.7

Ada Time Trials

2025 Last night Starts



You can see all the pictures of the last night's start in [Facebook Albums](#)

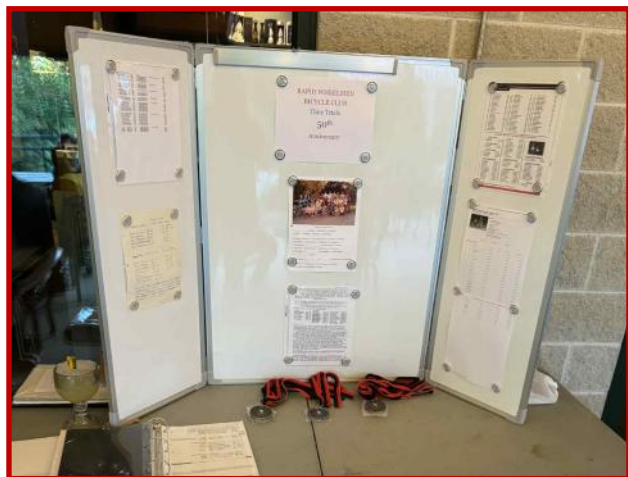
Ada Time Trials

50th Anniversary Presentation

On August 25, 2025, the club celebrated the 50th Anniversary of the Time Trials followed by our annual awards presentation. After the last “fun night” of rides, we enjoyed the hospitality of Lalo’s Mexican Grill in Ada. We had the founder of the Time Trials, John “Skip” Obermeyer and his wife Diane as special guests talking about how and where the time trials started and the other locations used besides Ada. They used different distances (5 and 10 mile) and even supported a family night once a month. We then had Carolyn Chapman relate how the time trials grew to great popularity in the ‘90’s with sometimes 70+ riders a night. Bryan Obermeyer then told a great story about the funny style track bike he used to break the Men’s record. Then we awarded the points contest winners along with a special “Cannibal” award to Vince Nienhuis for being like Eddy Merckx and not allowing anyone to win.

All the following photos are from Matt Cederquist

The [full points contest results for 2025](#) are available online.

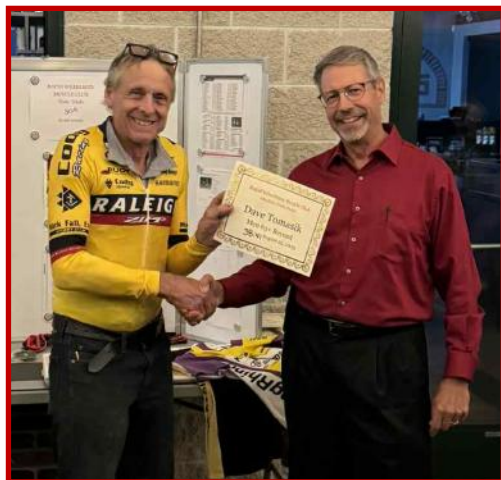


Above right: Bryan Obermeyer reliving the record experience, Left Diane Obermeyer on early TT history, and Right is Carolyn Chapman remembering the high volume glory years



Ada Time Trials

Season Awards



Dave Tomasik Men 65+ Record



Jill Martinek Women Open winner



Jack Wright Men 65+ winner



Dave Hietikko Men Open winner



Oscar Trout Jr Male winner



Pat Florian Fixie winner



Cal Hekman eBike Class 1 2nd place



Vincent Nienhuis Merckx winner and
Official Award name while riding: "The Cannibal"

Maple Leaf

From August 16, 2025



Into the home stretch to the Start / Finish for steak or brat are Dan Van Dyke and Vincent "The Cannibal" Nienhuis



Manning the tent with some high brow discussions on the future of cycling are Evan Wilson, Matt Cederquist, Beth Hamel, Randy Higgins and Cathy Pratt



Exhibiting a perfect fellow rider salute is Julian Rose



Terrorizing the back roads with high octane throttles is our intrepid trio of seasoned eBike riders Bob Ayars, John Crankshaw and Cal Hekman



Jack Wright showing off the form that won him a top spot in the Men 65+ Time Trial category

All photos credit Dave Durkee

DALMAC 2025

Story and Photo Credits: Kevin Devries

5 DAYS - 500 MILES

Since I started cycling in April 2024, I can't remember riding two long rides back to back, let alone five 100-mile rides on the circuitous "Quint" route for the 54th DALMAC, East Lansing to Mackinaw City, August 27-31, 2025.

Of the nearly 1,000 riders on multiple shorter routes, only 65 of us were crazy enough to attempt the "Quint," which is offered only every five years.



Dan Gendler, Mike Burden, Kevin Devries, Matt Cederquist, and Tom Westrick



DALMAC 2025

Story and Photo Credits: Kevin Devries

5 DAYS - 500 MILES

Despite a rare August frost advisory with overnight temps 40 degrees or less testing our summer camping gear, a four-hour ride deluge on Day 2, a minor fall left knee scrape & twisted chain repair on Day 3, swollen iced right knee Day 1-5, the infamous 16.9% gradient hill climb aptly named “The Wall” on Day 5, blah blah blah, you couldn't have asked for better riding conditions or teammates to enjoy some of the most stunning vistas the beautiful peninsula Pure Michigan offers.



DALMAC 2025

Story and Photo Credits: Kevin Devries

5 DAYS - 500 MILES

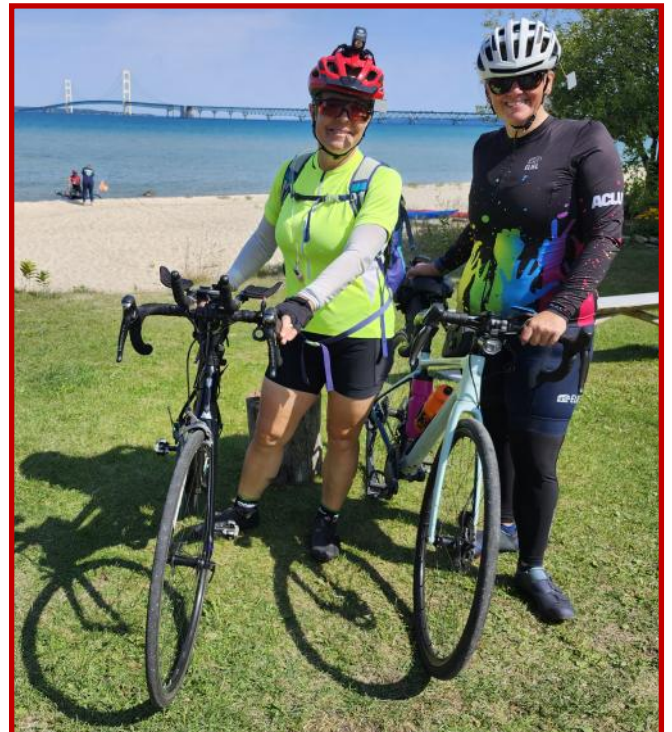
Special thanks to Michael Burden for tech support, transportation, bag/bike lodging:), Erica & Matthew Cederquist for their fantastic SWAG support, Dan Gendler and Tom Westrick for their mechanical expertise and excellent ride companionship on Day 4/5, the crew at Capitol City Cycling Club for welcoming me to their 12-22 person peloton when my legs were still fresh enough to pull on Day 2 before I fell behind in the hills after lunch on Day 3, the servant-hearted DALMAC volunteers, and most importantly Almighty God who orchestrated my miraculous rescue from a 15-minute, no heartbeat cardiac arrest in 2019 so I could experience this epic adventure on this side of eternity.

I was very grateful to have cycled 500 miles in 26.5 hours with an elevation gain of over 13,000 ft at an average speed of 18.5 mph over five days.



DALMAC 2025

Photo Credits: Maureen Hammond



Racer Discount News

by Matt Cederquist, Head Race Team Captain

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

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

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

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

Events in red are Category One Events

Rapid Wheelmen discount code: **TC_Rapid25**

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

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

Step 1

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

Step 2

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

Step 3

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

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

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

Wheelset #1 for Sale — Bontrager front, Stay True rear—10 speed. \$100 for both or \$50 each

Wheelset #2 for Sale — Bontrager Front, Bontrager Rear 10-speed
\$110.00 per set

Wheelset #3 : Zipp Super 9 disc wheel, no imperfections, 10-speed hub

Zipp 909 Front

Comes with Continental Tubular wheels.

I can glue on your tire for \$30.00 a tire
\$800 for the set

For more information or photos, contact Matt Cederquist: matt@mcederquist.com

Posting on behalf of Matt Mead.

Cervelo P3, circa 2003 or 2004. Campagnolo cranks and chainrings, Ultegra shifters. Disc rear wheel and tri spoke front.

Hoping to find someone who will put this to good use for time trials and triathlons, so it won't collect dust in Matt's garage!

Email or message me directly if you are interested.

mwburden@mwburden.com



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

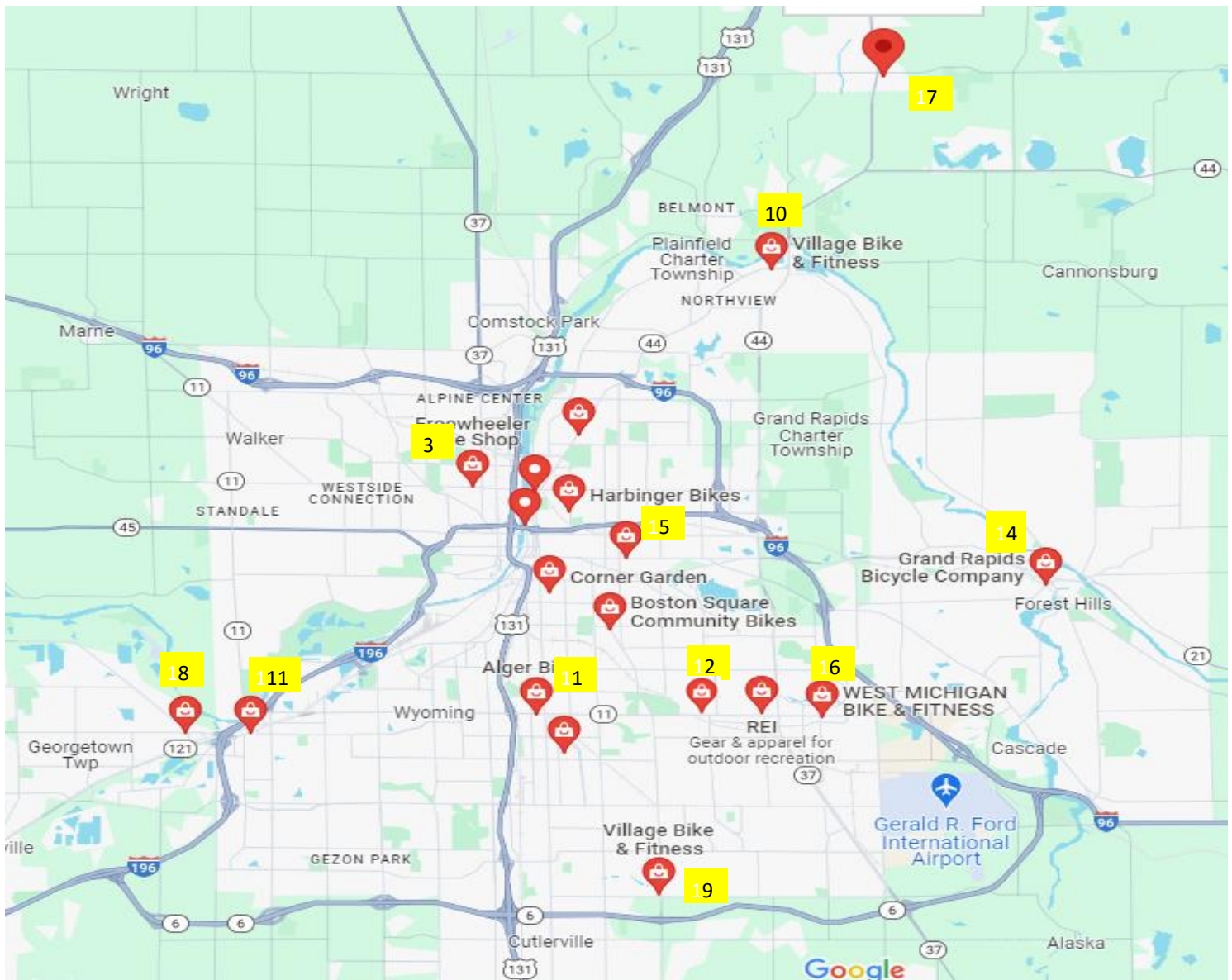
5278 Plainfield Ave NE
Grand Rapids, MI 49525
(616) 361-3661
www.villagebikeshop.com

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>



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