

spoke'n word

official newsletter of the Rapid Wheelmen Bicycle Club



09.2026

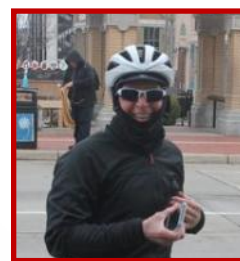
the board



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president@rapidwheelmen.com



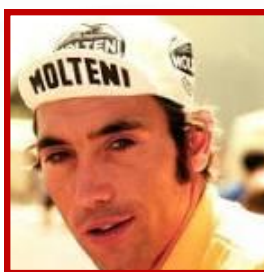
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Tom Westrick
Membership Chair
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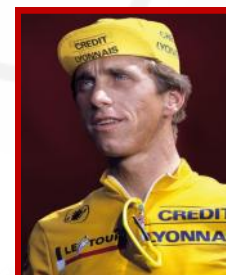
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Dave Durkee
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timetrials@rapidwheelmen.com



Matt Cederquist
100 Grand
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club meeting

Club Meeting

Board and Membership Meeting

Meeting: **General Meeting and Board Meeting**

Where: **TBD (See postings in rapidwheelmen IO group email)**

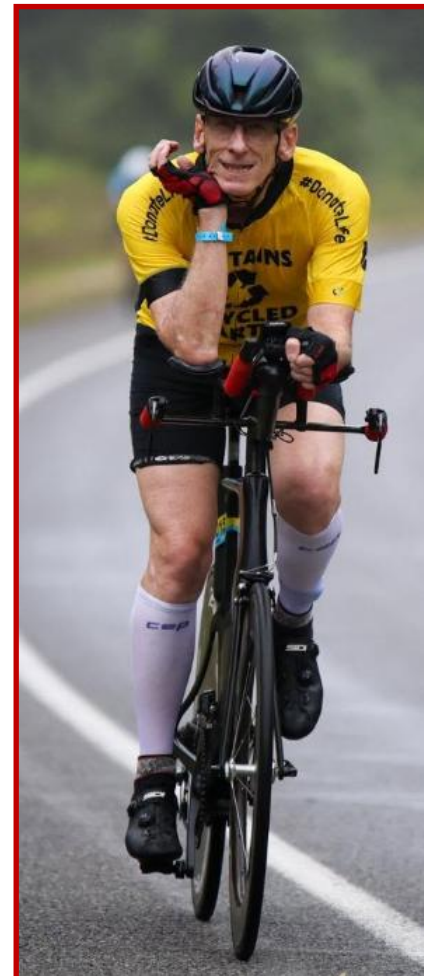
When: **TBD (See postings in rapidwheelmen IO group email)**

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

Ironman Michael Burden

When Michael Burden puts his mind to something, he will not let it go. Just ask his coach, Matt Cederquist. Disciplined in following his near multi-year training plan to complete an Ironman Triathlon, the “pedal hit the road” in this year’s Michigan Titanium held in Grand Rapids. Almost every day for 2026 was consumed with either swimming, riding, or running; culminating in the one fateful day on August 16th, 2026. As you see below, Mike finished 2nd in his age group by just barely beating out the 3rd place competitor by 1 minute 21 seconds! That’s after a total time of almost 17 hours!

It was testimony of mind over matter, as the final marathon distance run of 26.2 miles was AFTER the 2.4 mile swim and 112 mile bicycle sections. Mike paced himself beautifully through it all to make the course cutoff times while finding time to fuel himself properly. By managing his pace and discomfort levels, he kept his eye on the ball to finish when many, many others did not finish. One for the ages!



Place		Name	Swim ↕	Bike ↕	Run ↕	Finish ↕
1	☆	Armin Hagenloch M60-64 Bib: 8069	01:36:44 01:36:44	07:17:08 09:01:30	06:46:44 15:54:26	15:54:26 +07:52:50
2	★	Michael Burden M60-64 Bib: 8015	01:26:00 01:26:00	06:51:02 08:37:09	07:51:49 16:53:49	16:53:49 +08:52:13
3	☆	Mike Talley M60-64 Bib: 8072	01:37:36 01:37:36	07:16:06 09:12:08	07:17:53 16:55:10	16:55:10 +08:53:34

Editor

Dave Durkee



The good Summer activities prevented me from creating an August newsletter. The cycling kept me busy enough, but it was the almost constant house guests at our “near enough to the Lake Michigan beach” house to have something akin to renters occupying the whole downstairs till the 2nd week of August. With the house back to just Mary and I, it's back to normal operations.

But all that activity made the Summer fly by much quicker than previous years. Seems like we just started our Monday night time trials, and as I write this note, tomorrow will see the last night of the season.

I am not ready yet! It didn't help that 2 major tours in Michigan were canceled due to Canadian wildfire smoke—the Holland 100 and the Ride Around Torch Lake. Hopefully next year will be better.

Cover image: Michael Burden finishes the Ultra (Ironman distance) Triathlon at Michigan Titanium on 8-16-2026

Photo: Mi Titanium

But, the club still has intentions on 2 larger rides year this year: The Ride Around Kent County (up to 145 miles) on September 19th, and the Colorburst Tour at Fallasburg Park on October 17th.

If you want any information about either of these larger club rides, see the links from the main [Rapid Wheelmen](#) webpage. Check back often for updates as they are available.

And finally, a technical note about our monthly newsletter. I have been creating the club's newsletter now since 2017. I've been using Microsoft Publisher with good luck all these years. But about a month ago I received a message from Microsoft that Publisher will no longer be available after 10-6-2026. No replacement is available. The club will need to examine how it wants to continue. Stay tuned!

Ride on!

Dave

Technique, Tactics, Strategy

Part 2

by Dave Durkee

Last month we started a series of articles to attempt to make you a better cyclist. What I see most of the time in amateur riders is that their “form” does not appear to be optimal for efficiency and comfort. The body position, arch of the back, and pedaling style affect cycling efficiency and comfort. So how do we get there?

Good form will never be achieved if your bike is not properly fitted to your particular body dimensions. Buying the correct “frame size” is the basis upon which everything else is built around. Now, the frame size does not have to be super-exact, but it needs to be close. Fine tuning can be achieved with proper crank arm lengths, seat position and handlebar/stem choices. If in any doubt, find a professional certified bike fitter to measure your dimensions and flexibility.

So what are we looking for in good “form”? For a road bike, I'm looking for a saddle placement where your rear end most of the time covers most of the saddle. A comfortable rider will not need to move around a lot on the saddle. If you feel yourself slipping forward, then moving back about every minute, you need to keep working with adjustments or various different saddles.

Then the main thing I'm looking for is a nice straight back, elbows bent, and almost all the motion only from the hips on down. Knees in line with your hips and feet would be nice. There will be a moderate amount of knee bend at the bottom of the pedaling stroke. Saddle too high and your hips will rock. Too low and you're not using your legs efficiently.

I came across [this video](#) from the people at GCN about proper form and technique. Enjoy the show!

ride calendar

Sept 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	Sept 19	Ride Around Kent Co	7:00 AM Sharp!	145 miles for the whole ride visiting all 4 corners of Kent Co Shorter options are available	Mike Burden 616-915-2048 mwb@mwburden.com

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: **2 PM Saturday September 26**
WHERE: Meet at Ada Park, Grand River East 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 IO Group for information about rescheduling. The alternate date will be the next day which is Sunday September 27th. 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!

Please RSVP if possible so we can get an idea of how many treats to provide.

We need your help!

Thanks.

Carolyn Chapman

(616) 337-4743

carolynleechapman@gmail.com

Mid-West 6 hr TT Championship By Jill Martinek



I was the overall winner and set the course record for the six hour TT event. It was hot on the twenty mile loop course and I was self supported. So my aid station was the bumper of my car. So every lap I would have to refill my bottles and grab my own nutrition. And I still rode 100 miles in less than five hours and 20 minutes. I was so far ahead of all the other women that even stopping early didn't penalize me in any way.

The race took place on July 25th, 2026 in Chillicothe, OH

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.



Dawn Patrol on August 29th, 2026. Dave Durkee (your editor) talked fellow riders Pat Lonsway and Jack Wright into stopping in Marne for a common European riding experience: A flaky pastry and authentic espresso coffee. Although very good, we all agreed the European versions are slightly better.

For Sale

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

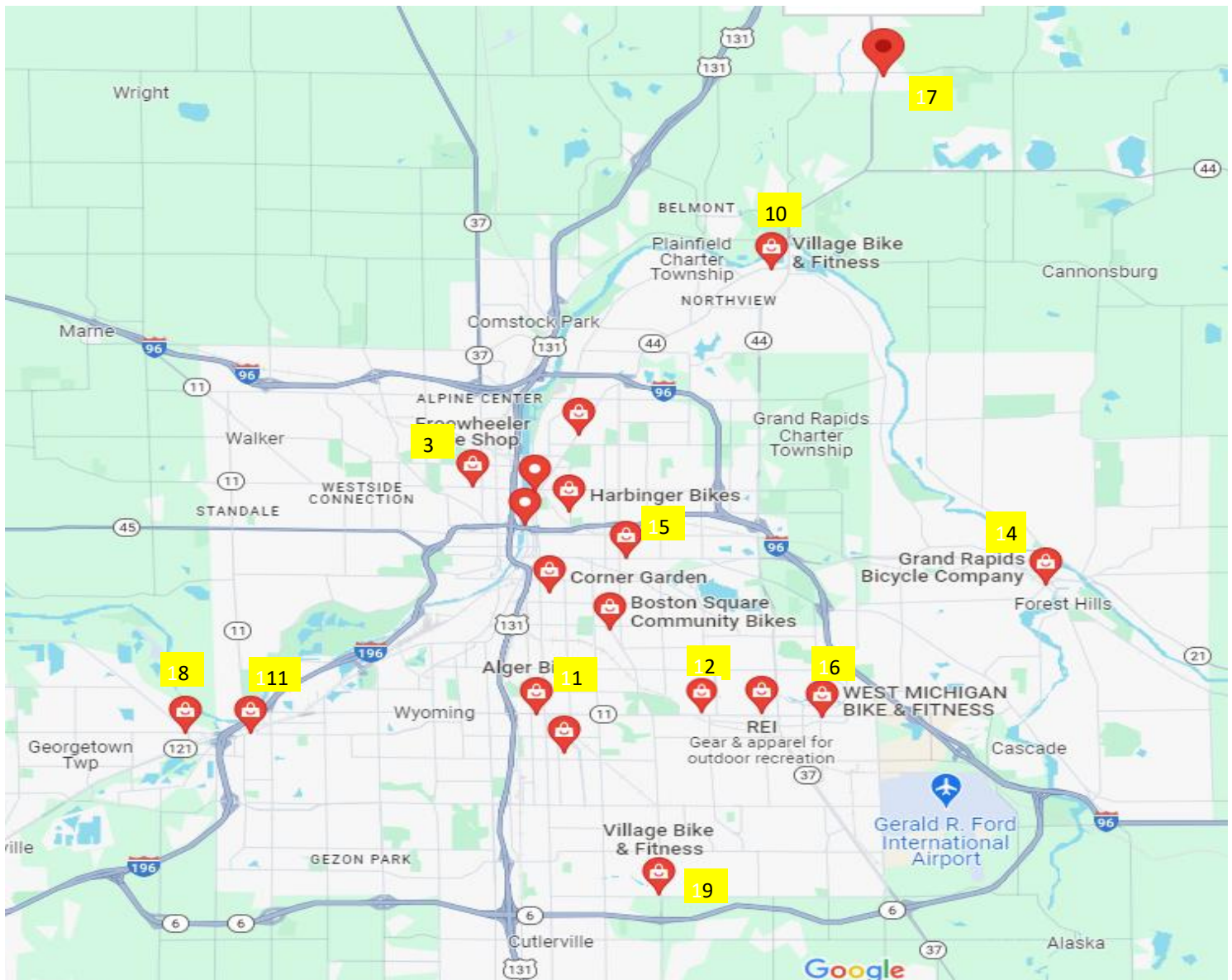
5278 Plainfield Ave NE
Grand Rapids, MI 49525
(616) 361-3661
www.villagebikeshop.com

11. West Michigan Bike and Fitness

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



[Click 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!

@RapidWheelmen

@RapidWheelmenTimeTrials

