

spoke'n word

official newsletter of the Rapid Wheelmen Bicycle Club



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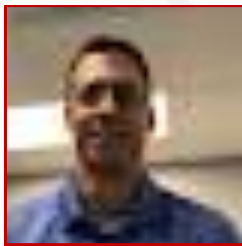
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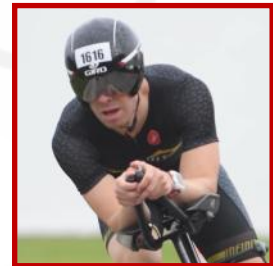
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Club Meeting

No In-Person Meeting for February

Zoom Board Meeting

Meeting: February Zoom Meeting - Tuesday Feb 11th, 7:00 pm

Where: Please email Evan Wilson for a link: emwilson06@gmail.com

What: Board business, but 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>

Head Race Team Captain Announcement

I am looking to set up a recurring zoom meeting to discuss upcoming events that the club can participate in and create. The big one being bringing back the 100 Grand in 2026. Below is a link to the meeting, which is currently set for the **second Tuesday of the month at 6:30pm starting in February.**

Matthew Cederquist is inviting you to a scheduled Zoom meeting.

Topic: Rapid Wheelmen Race Team Meeting
Time: This is a recurring meeting Meet anytime

Join Zoom Meeting

<https://us05web.zoom.us/j/83899529622?pwd=ORJO6VThRatcTTbenhqUEdTbL5FSND.1>

Meeting ID: 838 9952 9622

Passcode: 5NS3yN

Editor

Dave Durkee



So much has happened since we published the December 2024 Newsletter. The club gathered for a Holiday Party in January. I was not able to make it, but I heard there were many members which collectively consumed pizza till it came out their ears. (About 5,000 calories I estimate)

But here we are in early February and the planning for 2025 begins in earnest. We're updating our ride calendar, which should be on our main website soon. Our usual rides include the Time Trials on Monday, Challenger on Wednesday, Mystery Ride on Wednesday and Saturday, and Dawn Patrol on Saturday. There's talk about re-starting the casual Ramble ride on Sunday. New this year will be a Gravel ride on Mondays. So if you're young or old, slow or fast, we'll have a ride for you!

In this issue you'll also notice the start of a monthly ZOOM meeting hosted by our new Head Race Team Captain.

Matt Cederquist plans on having a discussion about club activities for 2025. Please take advantage of the opportunity to suggest your ideas about what you would like to see the club provide for opportunities to enjoy your favorite outdoor activity.

You'll also notice in this issue an updated bike shop directory, an updated Officers page, and links on how to renew your membership through BikeReg for 2025. You'll also notice that our yearly membership fee HAS NOT increased and remains at just \$35/yr FOR YOUR WHOLE FAMILY! When you consider that you can ride the time trials, weekly rides, and many of our large tours for just \$35, That's one heck of a deal!

I hope to see YOU on a bike in 2025!

Dave

Cover image: Just another one of the RW Zwift group rides. Anyone can join by just asking Matt Cederquist to add you.

Technology better than I?

Part 7

by Dave Durkee

Back in the late '80's, I attended a United States Cycling Federation (USCF) "Development Camp" in Colorado Springs, where they prepare athletes for the Olympics. At that time anyone could go, you did not have to be national level. Since I was near the end of my racing career as a Cat 3 Senior, I just wanted to attend to gain some knowledge to bring back to the club in order to help other riders improve their bike fit, technique, and fitness.

Besides being fit properly for my bike, a 1982 Colnago Super, I learned about periodic training. Essentially, building base fitness, then improving specifically over time to peak properly for various events. Knowing your goals, and when they will happen, you can plan accordingly.

The idea, for maximum effect at the chosen event, is that you stress the body incrementally for steady improvement. This would "train" the body to accept the workout, improve slowly, and assist in reducing the chance of injury or illness.

I know these ideas are about 50 years old, so I was intrigued when I got an email from USA Cycling (USAC—formerly USCF). One link was to an [article about periodic \(polarized\) training](#) using the "80/20" rule. Basically, 80% of your fitness comes from your core base training (moderate effort, several hours a day, 3 to 5 days a week). The other 20% is from very strenuous workouts, in which fitness reduces quickly if you don't keep doing them. So to reduce fatigue and injury, those strenuous activities should be done closer to your event, not just a matter of due course all the time.

Of the 8 tips in the short article, #5's advice is to avoid the usual fast paced group ride if it's the wrong time of year (November through January usually). They also advocate the use of heart rate over power for measuring fitness. Anyone who has performed intervals knows "The heart knows.."

ride calendar

February 2025

Day	Date	Ride Name	Ride Start	Ride Details	Contacts
MON	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 Webscorer.com . "Day of" registrations still available on-site from 5:30 to 6:15 pm	Dave Durkee davedurkeeod@gmail.com
MON	Spring 2025	Gravel Monday	6:30 pm	Start near 100th and Division	Tom Westrick tjwestrick@gmail.com
WED	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 tjwestrick@gmail.com
WED	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 rsayars@sbcglobal.net
Various	Monday workouts, Wed - Sat rides	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	Spring 2025	Saturday AM Casual Ride	TBD	Usually 20 to 40 miles at a slow to moderate pace. Great for beginners!	Bob Ayars rsayars@sbcglobal.net
SAT	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 mwb@mwburden.com
SUN	NEW 2025	Ramble	TBD	Casual ride—RELAX—	

2024 Mileage Reports

Member Achievements for the Record

Phyllis Boone: 2,444 miles

Jason Lee: 3,779 miles 157,139 ft of climbing

Jeff Petersen: 3,170 miles

I'm sure all the RW members would have liked to ride more miles. I'm one of them but I'm really happy with the 3600 combined that I did do. My yearly goals were 3200 bike and 75 walk. I've increased the mileages this year to 3500 bike and 100 walk. I like to make them obtainable. 3600 was hard to accomplish but now that I'm on Zwift I think it'll be easier.

Chad Kettner: 1,899 miles 82,398 ft of climbing

Dave Durkee: 2,642 miles 107,198 ft of climbing

Tom Westrick: 4,274 miles

Shameless Plug: New Gravel Ride—New for 2025, with gravel being dope, all the hype and the best thing since disc brakes, a weekly club gravel ride is being worked on for Monday Nights on the South side of Grand Rapids, starting down by 100th and Division. Details are still being worked out but the start time will probably be around 6:30pm. Stay tuned for more details!

Ryan Ward: 2,669 miles 102,789 ft of climbing New Member!

Tim Fox: 1,954 miles

Tyler Mitchell: 1,100 miles 5,000 ft of climbing

Jack Wright: 4,062 miles All outdoors!!

Kirk Swayman: **8,341 miles** (The former 24 Hr Marathoner still has it!)

Was a pretty good year to get miles, not many big days but lots of daily rides, enjoying retirement and the ability to get in afternoon rides on my own schedule.

Mike Chambon: 8,003 miles

I'm doing the **Cherohala Challenge** this year. It is June 7th. It starts and ends in Tellico Plains, TN. They have 3 distances with the longest being 114 miles. Can we get something in the newsletter to see if others are interested? (Click on Mike's name above to send an email—ed)

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 Yes
john@tris4health.com
1234567890
1234567890
1234567890
1234567890
1234567890

Choose Your Event *

11 Miles - Open \$45.00 - (includes P+G)

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

Step 2

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

Team for John Mosley

Select Team *

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 XI

We're once again in the shop, building our 1983 Colnago Super Fixie / SS. Last month we installed the handlebar stem and handlebars. What should we do next? Let's mount the brakes-

Now, a true fixie purist may eschew brakes altogether. If anyone saw the Kevin Bacon movie "Quicksilver" there were some NY bike messengers skidding themselves around traffic, stopping right where they wanted. For a tutorial on how to skid, check out [this Youtube video](#)). My former race teammate, Dennis Hamel, would ride his fixie without brakes. One Spring training ride he almost killed himself trying to stop after a downhill "Stop Ahead" sprint. He had no choice but to grab the front wheel with his gloved hand. You can imagine the heat generated from that! So, I'll go the safe route and put brakes on this road fixie. (BTW—Track bikes are REQUIRED to be fixed gears with no brakes on the track as a safety issue)

On Ebay I found a set of Campagnolo Chorus "Differential" rim brakes from about 1995, so newer than our frame, but the right style I wanted. I never heard of a Differential brake before, but evidently they are designed to have less braking power on the rear than the front. Why is that? If anyone really tried to apply a lot of brake all at once, the most likely tire to skid is the rear. So this was designed to reduce rear tire skidding.



Brake and recessed mounting nut. We can tell which is the front and rear brake by the length of the axle threaded into the fork or rear stay crossbar block. The longer one should be up front, shorter one in the rear. Also—the brake pads should be mounted such that they will not slip out the open end when applying the brakes. Having them in the reverse orientation could be hazardous to your health!



Front brake after inserting into the frame and applying the recessed binder nut. It was important to note what type of mounting I had before ordering the brakes. My 1982 Colnago Super had a flat fork crown and normal binder nut. Notice the more beautiful and functional sloping crown and recessed binder nut on the 1983 and later Colnago Supers. Less weather exposure to both the fork crown and nut area would result in less corrosion.

Build Your Dream Bike

by Dave Durkee

Part XI



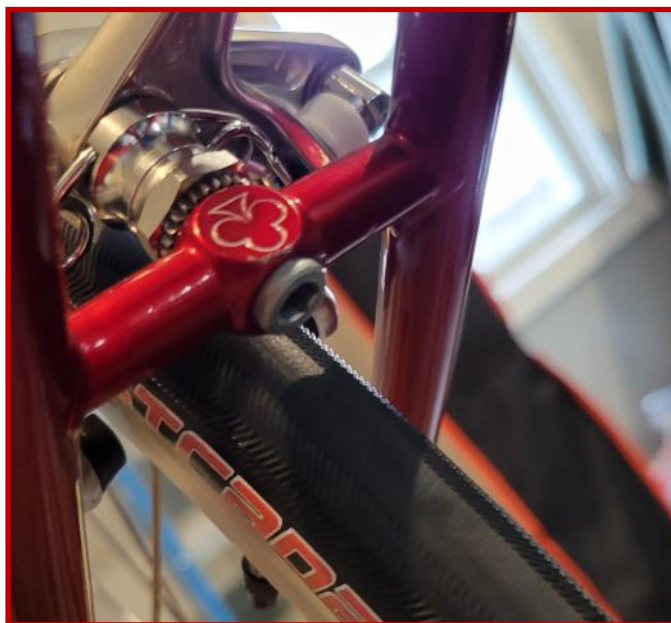
The front brake installed. Notice the brake pad holders have a closed end at the front, so when the brakes are applied the pads are pushed against the closed end. The back of the holder is open so you may replace the pads later when they become worn.



I guessed I needed a 10 mm recessed nut, and luckily someone out there on Ebay had a replacement.



The rear brake mounted. Notice anything wrong here? It appears the binder nut at 13 mm is too long for the brake mounting block. It works OK the way it is, but it should fit flush into the recessed area. What to do?



There, that looks 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

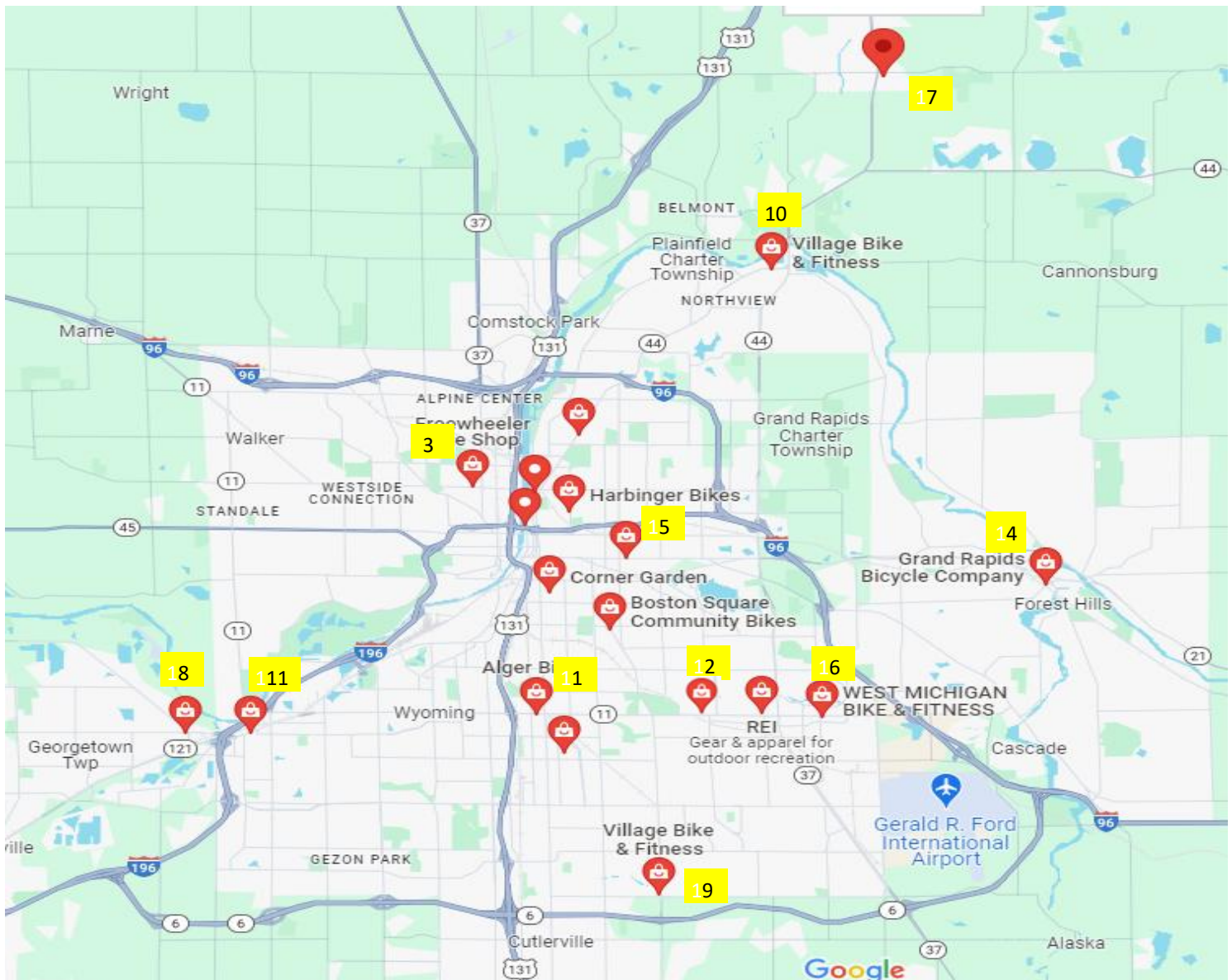
5278 Plainfield Ave NE
Grand Rapids, MI 49525
(616) 361-3661
www.villagebikeshop.com

11. West Michigan Bike and Fitness

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



Click [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!

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@RapidWheelmenTimeTrials

