

spoke'n word

official newsletter of the Rapid Wheelmen Bicycle Club



03.2024

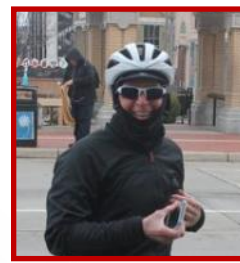
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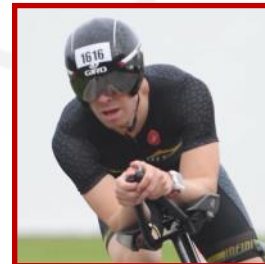
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May B. U. ??
100 Grand
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club meeting

Club Meeting

March 14th, 2024

Meeting: **ZOOM Meeting!**

Where: Zoom link will be sent before the meeting in the club IO group

Subscribe to the IO group here:

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

More Euro Cycling Photos



One interesting way to get around with horn and keyboard! Observe the well marked bike lane in downtown Copenhagen from 2015. The Danes are used to good traffic control devices , and they obey the traffic rules. For the largest bicycle commuting city in the world, they have very few accidents. It doesn't hurt either that Denmark has severe penalties to drivers that harm any cyclists, like lifetime suspension of their driver's license.

All photo credits: Dave Durkee



Well marked lanes, and a small traffic light just for cyclists.



Lateral “speed bumps” out of town give cyclists a safe path inside while cars have to slow and swerve. You’d seen these about every KM on a country ride.



President's Spin by Evan Wilson

Spinning in the winter usually means for me some smart trainer workouts mixed with watching movies and tv shows while spinning along. Only just getting into that this year due to a few outdoor rides (and some skiing!) that I've gotten in so far. I know we have members who do smart trainer workouts together via Zwift. What kind of other winter trainer habits do we have in the club? Anyone still rocking rollers?

I'm looking forward to some rides this summer, including one that some folks may not view as all that different from a trainer ride - White Pine Trail rides. Specifically, headed up to and beyond Howard City, as far as I've ridden in the past. I've been on the train from Big Rapids north, but never put it all together. I'm hoping to close that gap sooner rather than later. I've got some bigger, more distant goals for the season, but that one is close to home.

The **Paris Park Century/Tour of Hills and Wind** is on again this year. Saturday, May 4th. Same deal as the previous rides: Saturday ride late enough for folks to day-trip up, but a camping weekend Friday to Sunday for those interested. I've hit up everyone who's come along before (that I have an email for), but if you think of anyone else that might be interested, let them know.

Details, including how to park for the day free are here:

<https://cranknerd.blogspot.com/2024/02/the-seventh-paris-cadillac-paris-tour.html>

Even if you, or a family member along for the trip, isn't up for a full century, the campground is right on the White Pine Trail, so there are lots of mellow riding options.

Editor

Dave Durkee

With the Safety position filled on the board by Vincent Nienhuis, I thought it was timely to have some advice from the former Grattan Township Rescue / Fireman help me remind everyone about riding habits that will keep you safe on the road this next year. Look for Vincent's advice inside this newsletter. I'll also go over the Michigan Vehicle Code, so you'll understand your responsibilities as a road user, SHARING the road with vehicular traffic.

I'm also going to share tips on how I use this code to make me safer at the appropriate times. As controversial as it may appear, I'll also don my car driver hat and tell you the habits cyclists have that can make any car driver irritated. If you fully understand your behavior, and exemplify proper road use, you'll likely avoid confrontations with car drivers. Even those with social / mental problems!

Cover image: Normal commuting in heavy cycle, pedestrian and car traffic in Copenhagen. It's poetry in motion to watch. About 36,000 (60%) ride to work daily. And almost NO accidents. Photo credit—Dave Durkee



What stuck me soundly while visiting Belgium, the Netherlands, Italy, and Denmark was how cooperative riders and car drivers are sharing the road. Because of the sheer volume of cyclists, car drivers are used to cyclists. But likely more important was how closely riders followed the rules and used their bike lanes in the city, the many bike lanes out of town, and obeyed the rules on the narrow country roads. When I rode all those roads, even any Yankee can have a safe and enjoyable ride.

So—we're at the start of a great 2024 season. Whatever race, tour, fondo, time trial, or solo scenic adventure you have, please ride safely and you'll have many good years of riding.

And YES, the time trials are still on for 2024!! Registration details in April newsletter.

I hope to see YOU on a bike in 2024!

Dave

Is Steel the Best?

Being of racing heritage since the mid-70's, I'm quite used to steel frames and their pros and cons. Starting with my first Schwinn Continental (at 35 lbs!), then a Columbus steel frame in my '82 Colnago Super (at 21 lbs), I've had a good range of steel experience.

So when I read [this article](#) about why a guy replaces his stolen high end carbon bike for a steel frame, I was intrigued. And I can't argue one bit about why he now prefers his current Massi steel bike over anything. You can read the article for his side of the story.

I will say, the one attribute that you can ascribe to high quality alloy steel frames is that they will last through a tremendous amount of abuse and still keep going. You can dent them, nick the paint and decals off, and they still ride great. They may look like crap, but true aficionados actually like all the paint chips and dents, calling it the fancy name "patina".



Personally, I like my old frames to look better than that, but some riders appreciate and like it. One reason to help preserve the rust and paint chips is that you can have a great riding bike, but thieves don't see the value in such rusted frames and are not as likely to steal them. In an urban environment like San Francisco, such a frame made into a single speed or fixie would not look like messing with. So you'll see several high end steel bikes in urban areas like a Bianchi or De Rosa that looks like crap, but they ride—just great!

ride calendar

March 2024

Day	Date	Ride Name	Ride Start	Ride Details	Contacts
MON	May through August	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
WED	Spring 2024	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	Check IO group email	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
SAT	Check IO group email	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 2024	Dawn Patrol	8:00 am	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

Build Your Dream Bike

by Dave Durkee

Part II

Remember last month we talked about conceptualizing and trying to find, or build, your dream bike. If you have the tools, you might be able to build one yourself. I had some tools for working on steel bikes from the '80s-'90s, so that made it easier for me to narrow some choices down.

Out of all my bikes, numbering up to 10 of them, I had always wanted to upgrade one of them to match my collection more closely. I mostly have Colnago bicycles, because I started racing on them with the club in 1982. It had been through many crashes, but never was bent out of true or broken. As Ernesto Colnago would say himself, "Never sacrifice strength and durability for weight". He made frames as light as possible, but still not enough to break under hard abuse. The lugs are incredible, and tubing chosen to have enough strength where it needed it. All his frames for the last 70 years have adhered to that same principle. Strong as heck.

My 2 bikes that are not Colnago were a Giant Fixie / Single Speed (SS) and a Gary Fisher MTB bike. The Gary Fisher is already "vintage" so worth keeping. And Colnago doesn't make MTB bikes, so the idea was to build a Colnago Fixie / SS and replace the Giant. I will say though that the Giant was a great bike right off the shop floor. I really never had to mess with it much, and one of our team mates, Brian VanSweden, even rode it on the track in Detroit.

So, I wanted a Colnago steel frame from the '80s to '90s. It had to be about 56cm to 58cm size to fit me properly. I'm partial to a red color too. I quickly realized that a "pista" or track frame was not going to work on the road, as there are no attachments for brakes. So a road frame would need to be adapted. (I used to convert my old Colnago Super to fixed gear ever year for team training and Fisk Knob, as well as roller racing, so I knew it was possible) So the frame had to come first. If I couldn't find one, then the project was not worth even starting.

Of all the sources eBay probably has the widest worldwide collection. As far as vintage, I've had good luck finding many parts with some being New Old Stock (NOS). Although there are very few any NOS frames, you can find almost anything you want that is close on eBay. Another site, steel-vintage.com, has some beautiful bikes for a price.



Which did I choose? The '72 [Team Molteni](#) orange of Eddy Merckx, the '98 Art Décor (left) or the '81 Superissimo model (right) like ridden by [Beppe Saronni](#)? All important to Colnago history! See answer on Classified ads page.



Safer Riding by Following the Rules








The Michigan Vehicle Code has a section specifically for bicycles to share public roads with vehicular traffic with special privileges and restrictions. Anyone riding the roadway should be aware of these special conditions to ride lawfully and safely.

The League of Michigan Bicyclists has several excellent resources readily available to you for reference.

- [Michigan Compiled Laws \(MCL\)—Bicycles and the Law](#) — If you need to cite a section of the code to motorists claiming you have no right to share the road, just tell them to look up MCL 257.69, which states: “Bicyclists are considered traffic based on *MCL 257.69* and have the same rights and responsibilities applicable to the driver of a vehicle according to *MCL 257.657*.” (I can’t tell you how many times I’ve had to do that!)
- [What Every Michigan Bicyclist Must Know](#) - Besides educating the rider about the legal aspects of riding, in this downloadable PDF there are other sections such as:
 - ◊ Hand Signals (all left arm and hand)
 - ◊ Dangers of sidewalk riding
 - ◊ Rules of the Path/Trail
 - ◊ Dealing with Road Rage
 - ◊ Dealing with Dogs
 - ◊ What if there’s a crash?

DANGEROUS BEHAVIOR

Bicyclists

-  Riding against the direction of traffic
-  Failing to yield when required
-  Running stop signs or red lights
-  Riding at night in dark clothing and/or without lighting
-  Riding unpredictably (weaving in and out of travel lane)
-  “Hugging” the curb or riding on sidewalks
-  Riding while distracted or intoxicated

In my 40+ years of riding solo and group rides, here are the points I find most valuable:

- * Ride to the right as far as “practicable”. (Exception, a left hand turn allows you to use the whole lane. Then vehicular traffic may pass you on the right after signaling your left turn)
- * No more than 2 abreast in a lane. (As a courtesy to drivers, the rider at the rear can say “car back”, and the riders try to form a single line as far right as possible)
- * Report drivers not giving you at least a 3 foot distance. Get a license # if you can.
- * Act as a pedestrian when on sidewalks and crosswalks. You may ride, but pedestrians have the right of way.
- * Verbally tell pedestrians before you pass them, something like “On your left”, then pass on their left
- * Try to stop at Stop signs. Although rolling through at 5 mph after checking traffic is common practice, large groups doing 25+ mph is not safe and exhibits bad behavior to motorists.

Riding Tips from our Safety / Advocacy Chair

By Vincent Nienhuis

Group Rides- Before each ride begins the ride captain or captains should have a plan in place in the event something happens. It's not a matter of “if” something happens but “when” it happens. That type of thinking will insure proper actions that could save a life. First and foremost if a rider is struck by a vehicle there is some very important first aid that must happen immediately while someone makes the 911 call.

- Stay calm and do not move the person unless they are in immediate danger.
- Check to see if they are breathing and have a pulse. If they're not breathing and pulse less CPR will need to be started. Check for any major signs of bleeding. Use direct pressure to stop major bleeding.



02/29/24

Rapid Wheelman, Inc.
Consolidated Income Statement
 January through December 2023

	<u>Jan - Dec 23</u>	<u>Jan - Dec 22</u>
Income		
Club Membership Dues	6,267	5,255
Club Event Income	4,271	1,806
Other Income	0	291
Event Fees	(952)	(204)
Total Income	<u>9,586</u>	<u>7,148</u>
Gross Profit	9,586	7,148
Expense		
Club Food	6,104	333
Club Rentals	4,243	960
Club Insurance	2,438	2,471
Club Christmas Party	450	0
Club Sponsor/Advertise	395	0
Event Advertising	375	0
Event Expenses	337	2,735
Club Postage & Shipping	194	182
Club Miscellaneous	165	19
Club Board Expenses	0	105
Colorburst Charity Donation	0	625
Club Donations	0	200
Club Dues/subscript other orgs	0	200
Other Expenses	(1,000)	200
Total Expense	<u>13,701</u>	<u>8,029</u>
Net Income	<u><u>(4,115)</u></u>	<u><u>(881)</u></u>

February 29, 2024
Cash Basis

Rapid Wheelman, Inc.
Balance Sheet
As of December 31, 2023

	<u>Dec 31, 23</u>
ASSETS	
Current Assets	
Checking/Savings	
5/3 Main Chkg - 7744	7,974
5/3 PayPal Savings - 5052	600
Cash	<u>(151)</u>
Total Checking/Savings	8,423
Other Current Assets	
Club Merchandise	<u>5,100</u>
Total Other Current Assets	<u>5,100</u>
Total Current Assets	<u>13,523</u>
TOTAL ASSETS	<u>13,523</u>
LIABILITIES & EQUITY	
Equity	
Opening Bal Equity	11,281
Retained Earnings	6,357
Net Income	<u>(4,115)</u>
Total Equity	<u>13,523</u>
TOTAL LIABILITIES & EQUITY	<u>13,523</u>

For Sale

Nothing to see here— ;-)

For Sale

Colnago frame answers:

ANSWER: None of these frames!

1. The orange Molteni was too large (60 cm) and too many paint chips. Very similar to Merckx's '72 Hour Record breaker though!!
2. The '98 Art Décor is beautiful, but not quite my color and has a few paint chips.
3. The '81 red Superissimo was too large at 60 cm and also had paint issues. I would have LOVED to have found one my size and good condition as Ernesto Colnago just loved Beppe Saronni. But my search was futile.

Next month we reveal what I did find. Not perfect, but pretty close for a reasonable price.

bike shops

1. Alger Bikes

120 - 28th St. S.W.
Grand Rapids, MI 49548
(616) 243-9753
www.algerbikes.com

2. Rebel Bike Shop

1140 Monroe Ave NW
Grand Rapids, MI 49503
(616) 980-0416
<https://www.rebelbikeshop.com>

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

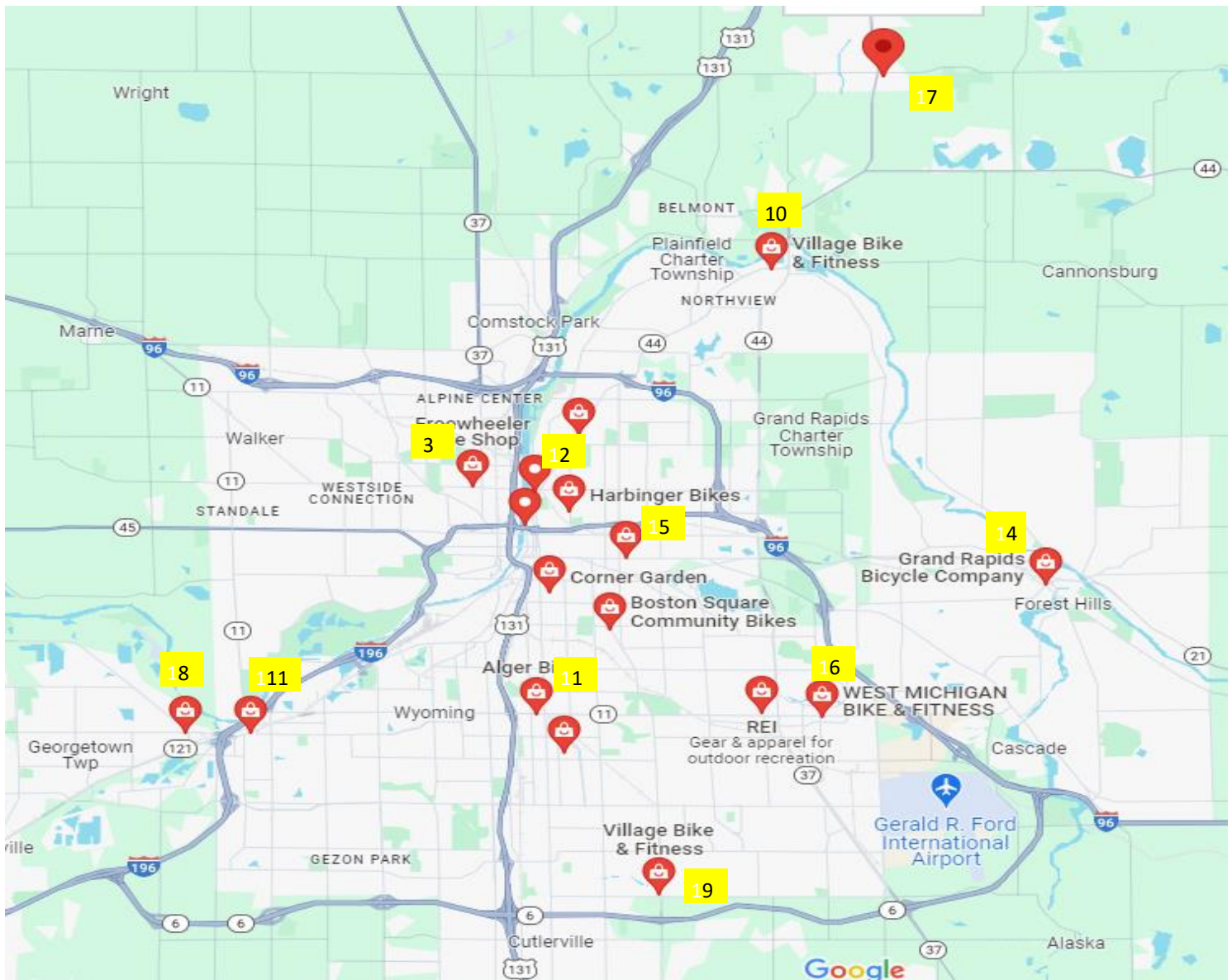
5991 Kalamazoo Ave SE
Grand Rapids, MI 49508
(616) 455-4870
www.villagebikeshop.com

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



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

