

spoke'n word

official newsletter of the Rapid Wheelmen Bicycle Club



05.2024

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May B. U. ??
100 Grand
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Club Meeting Monday May 6th

Meeting: Club and Board Meeting at the Ada Time Trials—7:00 pm

Where: Ada Park, Eastern parking lot, Buttrick and Grand River

Subscribe to the IO group here:

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

Cal's Corner

A cyclist's tribute to gas stations:

These glitzy operations are customarily scorned by roadies. I love 'em. Not only can you clean the insects off your face in a real bathroom, in many you can even take a shower.

I like them for coffee. In the old days, you needed a strong palate to handle a cup of coffee that had been sitting on a burner for 3 hours--a memorable gag moment that will leave you with a half day of aftertaste. These days, most have replaced the hot plates with an excellent piece of machinery that grinds your selected coffee (dark roast) on the spot, and deposits it hot and fresh in a medium to large cup for 2 bucks. It even develops a fine head you can usually only get on a \$5 brew off at one of those high end brew stations.

Coffee isn't the whole story. Voila, the fresh baked goods. A fine brew blends nicely with a top of the line donut, fresh out of the grease, stuffed with raspberry filling and topped with a thick layer of frosting. This is why I ride.

And, for the adventuresome, check out the lunch options. I prefer the 'tuna' sandwich. It sports a delicious layer of grey fish paste on a classic white bread. The shelf life of these sandwiches is amazing. And when you are savoring a mouthful of this mystery sandwich, you can marvel at the nine lines of small print identifying a host of mysterious ingredients. Hope to see you at a truck stop soon . . .

Cal Hekman





President's Spin by Evan Wilson

We have finalized the 2024 club meeting schedule:

2024 Club Meetings Schedule (Tentative)

April 11, May 6*, June 3*, July 8*, August 5*, September 12, October 3, November 7

*Meeting takes place at the Ada Time Trials (assuming a positive GO/NO-GO outcome w/r/t weather)

We are working on the website and Mike Burden is checking into the club's Strava group for social networking. Vincent will give feedback on our website.

We are planning on the Maple Leaf (August) and Colorburst (October) tours this year. We will not have Ride Around Kent County nor 100 Grand this year. However, we encourage anyone to do these with your best friends anytime you like!

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>

Editor

Dave Durkee



This month's issue will lay out the club's plan for the rest of the riding season. See President Evan's note. Many of our meetings over the Summer will occur at the Ada Time Trials. I'm not sure if the magic grill will make an appearance, but don't be surprised if veggie burgers and hotdogs show up! There's a mention in the President's report about working on the club's Strava new social aspects. We don't have anything firm on that yet, but it reminds me about the many other avenues of communication. I would be remiss if I did not mention many other ways you can connect with your fellow club riders:

1. The website:
www.rapidwheelmen.com
2. The IO Chat Group:
<https://groups.io/g/RapidWheelmen>
3. Facebook IM Groups:
RapidWheelmen Channel
RapidWheelmen-Virtual Rides
RapidWheelmen-Dawn Patrol
RapidWheelmen-General chat

4. Zwift Club
Rapid Wheelmen
5. Strava
Rapid Wheelmen
6. Discord
Need Link

Thanks go to the club's tech wizard, Mike Burden, for setting up most of these cycling social methods.

NONE of these methods require you to become a dues paying member of the club. You can get the club's virtual benefits for FREE! What a deal.

When you pay \$35 / family / year, you get to ride our live events (Ada Time Trials, weekly Club rides, and annual tours), as well as become a voting member.

I can't imagine a better use of \$35 / year for all the club can provide to the cycling enthusiast.

I hope to see YOU on a bike in 2024!

Dave

Cover image: Chuck Damon decompresses after deep ditch diving during Spring 2024 Adopt-A-Road. He saved Mike Burden's life. Photo credit— Dave Durkee.

Disc or Rim Brakes?

This past Winter in our FB group we had a lively discussion about disc versus rim brakes. Each brake type certainly has its own pros and cons, but for an old school guy like myself, you'd really have to convince me well to abandon a trusted rim brake as the brake of choice. As I heard comments akin to "Hey Boomer", I ran across this article from Bike Snob NYC:

<https://bikesnobnyc.com/2024/02/06/whither-rim-brakes/>

This is a great discussion about the nostalgia and practicality of rim brakes, followed by a good discussion of the current state of the industry.

Then earlier this year, I learned that Tadej Pogacar reluctantly switched from rim brakes to disc for 2024. Why did he prefer rim brakes anyway?

The most likely reason was weight. Better climbing for the Tour de France. But equipment changes in 2024 forced his hand to go disc on all his bikes.

Now, it seems that the pro peloton is really stretching the limits of materials by shaving weight off the wheels to make disc brake wheels as light as rim brakes. Stories of wheels disintegrating are out there from too few spokes and too much pressure on the hubs from the superior disc brake forces.

Let the buyer beware!

ride calendar

May 2024

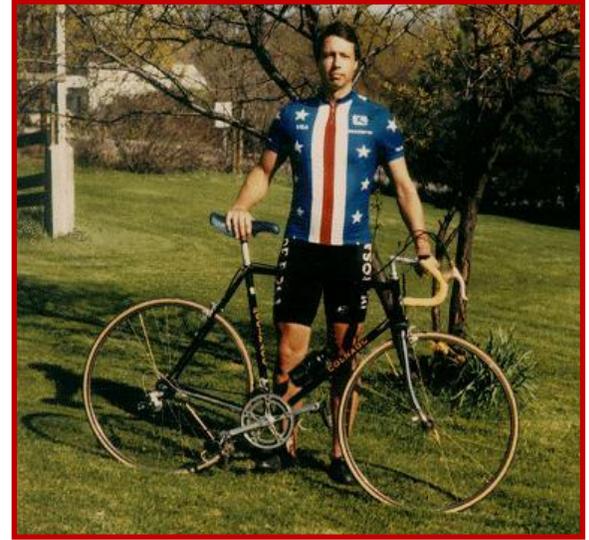
Day	Date	Ride Name	Ride Start	Ride Details	Contacts
MON	May through August	Ada Time Trials	On site Registration 5:30 to 6:15 First rider off at 6:30:30	Start at Ada Park, Buttrick and Grand River. Registration in East parking lot off of Grand River. 15 mile time trial. Registration available off site 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 IV

Back to building our vintage fixed gear bike. As you recall, I chose a red 1983 Colnago Super racing frame. As was true of almost all racing frames of that era, it's made from Cro-Moly double butted steel tubes. Colnago traditionally joined the tubes with precision machined lugs to gain the proper strength at the joints. When I raced in the '80's, Colnagos were joined in the peloton by bicycles made by De Rosa, Guerciotti, Ciocc, and Bianchi. They were all good frames and any vintage frames made by these manufacturers are still collector's items today. Back then, fellow club member Jim Townsend and Breakaway Bicycles rider Andy Synder both rode Colnago.



But really, the best reason I wanted a vintage Colnago frame for the new build was that I raced on a black 1982 Colnago Super from 1982 through 1989. It survived several crashes without ever breaking or being bent out of shape. In particular, the bike survived a 35 mph sprint at Grattan where I planted my front wheel right into my teammate's (Don Eeingenberg) back, somersaulting me over the bars. I had abrasions on every corner of my body, but the bike came out with only scratches. Amazingly strong. Me? I stuck to the bed sheets for the next 3 weeks from oozing wounds.



But I did not ride just in the standard friction shifting derailleur setup. The RW Race Team had roller races and a Spring fixed gear training series followed by the Fisk Knob road race (later—a time trial). With the right tools, you can remove a freewheel from the rear hub to reveal just a threaded area. Guess what? It's exactly the right size and threading to screw on loose track cogs. Back then I had several tracks cogs I could spin on for road or for rollers. After acquiring a track chain, I was in business.

I also tore that old black Colnago apart to a bare frame quite a few times for maintenance. So I was pretty sure I could build something up, if I could just find a good bare frame.

Left—40 year old track cogs and a track chain that can be used on our project bike. Who says you should throw everything old away!

ADOPT A ROAD CLEAN-UP



Hello Everybody,

We had a terrific turn-out on April 27th for the Adopt A Road Clean-up. It was the best spring clean up we've had in many years. Volunteers picked up 31 bags of trash. Kudos to Nancy & Terry Vanderkolk and also to Al Barton and Ellie Bergman. Those 2 groups picked up six bags of trash each! Two other groups picked up 5 bags each.



Beth & Brian Ames and their son, Daniel Devrey had the most interesting story. They encountered a **very large live hog nosed snake**. They showed us pictures. Bob Ayars found an artificial peacock feather.

We picked up trash in 8 of our 9 sections of road. Hurray! What an accomplishment in the spring.

Several volunteers returned with their bottom halves covered in mud as the roadsides were quite wet in spots. Mike said he stepped in a spot and sunk up to knee deep.

Be sure to thank these volunteers: Beth & Brian Ames, Bob Ayars, Al Barton, Ellie Bergman, Mike Burden, Scott Chapman, Chuck Damon, Daniel Debray, Dave Durkee, Patrick Florian, Cal Hekman, Rick Pearce, Nancy & Terry Vanderkolk, Les Winegar, and Jack Wright.

Thanks.

Carolyn Chapman



Ada Time Trials 2024

Mondays—May 6th through August 26th

What: An individual 15 mile time trial. Many different classes available so you may compete with your peers.

Where: Ada Park, 1116 Buttrick Ave SE, Ada, MI. We use the East parking lot on Grand River

When: Registration opens every Monday at 5:30 pm, closes at 6:16. First rider off about 6:30

For **MORE** information, see our website: [Rapid Wheelmen Ada Time Trials](#)

Registration: Click [Webscorer.com](#) for registration and results. Sign up for the SERIES before May 6th if you plan to do many events. After May 6th, you may sign up for individual nights that suit your schedule.

Season long Points Contest by category with same point scale as 2023 - bonus for top 3, smaller bonus for top 10.

MEMBERS ride for FREE all year, still \$35 / yr.! Obtain membership and sign waiver [HERE](#). Membership forms and waivers are also available onsite each night.

NEW for 2024:

Points contest will be your best 14 rides of the 16 available rides. This will emphasize performance slightly more instead of attendance.

No break for July 4th. We ride July 1st and July 8th.

PLEASE let me know by 3:00 pm race day if you have signed up for a night, but can't make it. This should help eliminate No-Shows.

We HIGHLY RECOMMEND you use a rear light. A blinking RED light is best, radar even better. Next year we will REQUIRE the use of such a red light.

--

Dave Durkee
RW Time Trials Coordinator
Rapid Wheelmen Bicycle Club

davedurkeeod@gmail.com



For Sale

Nothing to see here— ;-)

For Sale

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

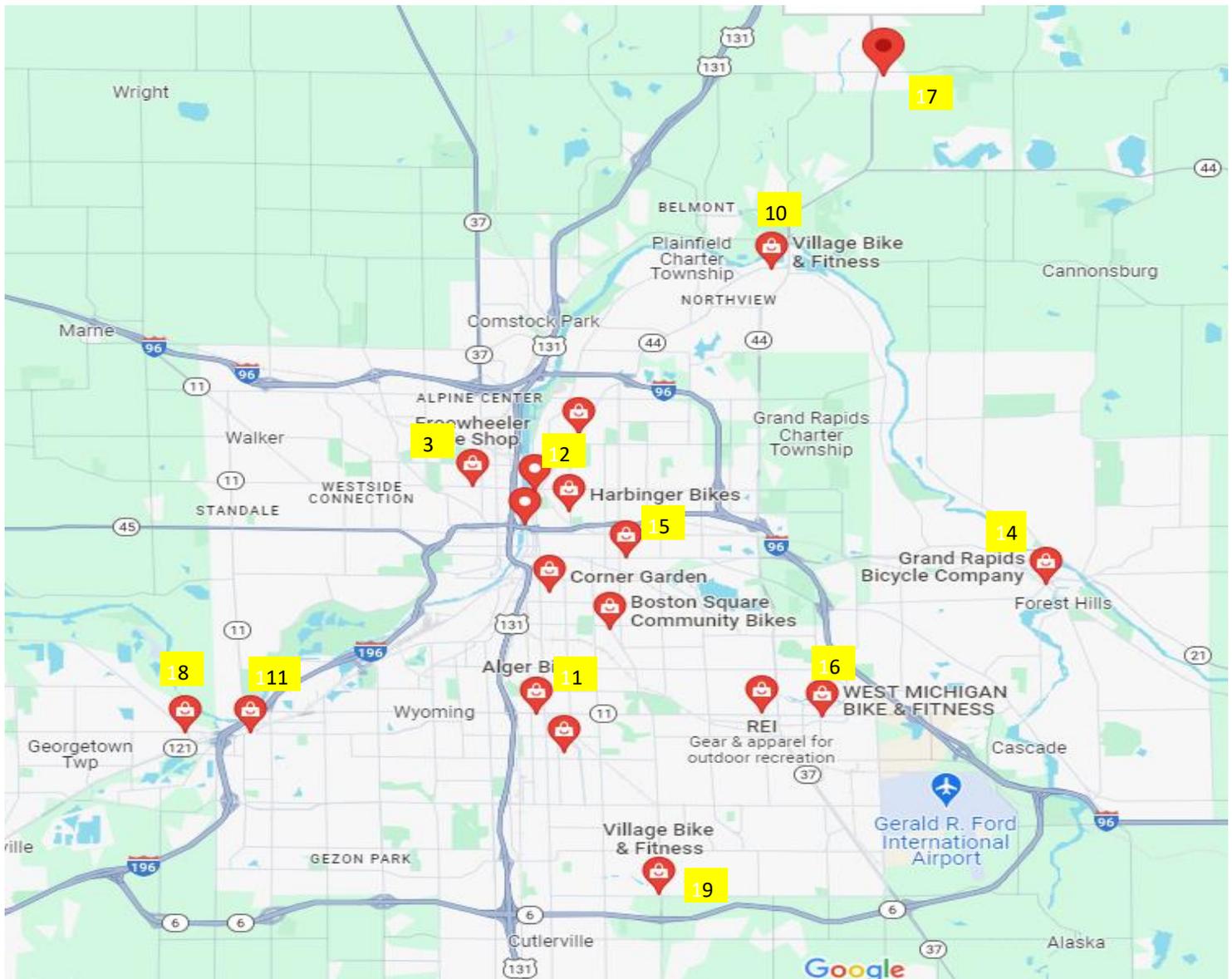
5991 Kalamazoo Ave SE
Grand Rapids, MI 49508
(616) 455-4870
www.villagebikeshop.com

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

