

spoke'n word

official newsletter of the Rapid Wheelmen Bicycle Club



11.2024

the board



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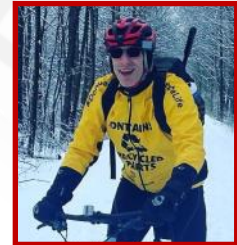
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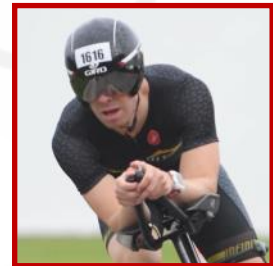
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May B. U. ??
100 Grand
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Club Meeting

Thursday, November 7th

Meeting: Board and Club Meeting: **6:00 pm**

Where: The Wisner Center / Kent District Library Cascade
2870 Jacksmith SE, Cascade in the **Good Room**

What: Board elections for 2025. Planning for 2025 events and calendar.
Discuss any feedback from this year's Colorburst Tour.

Subscribe to the IO group here:

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

Proposed Slate of Officer for 2025

Vice President - Currently Vacant - *No one on the slate.*

Secretary - Currently Cathy Pratt - Cathy Pratt

Treasurer - Currently Randy Higgins - Randy Higgins

Membership - Currently Bob Ayars - **Tom Westrick**

Special Events - Current Vacant - *No one on the slate.*

Head Ride Captain - Currently Mike Burden - Mike Burden

Head Race Captain - Currently Evan Wilson - **Matt Cederquist**

Safety/Advocacy - Currently Vince Nienhuis - Vince Nienhuis

Newsletter - Currently Dave Durkee - Dave Durkee

Editor

Dave Durkee



In this issue we share some photos and stories of the club's last official tour of the year—Colorburst 2024.

You'll also see the notice for the next club meeting coming up soon on Thursday, Nov. 7th. The slate of proposed officers for 2025 will be voted upon, as well as some planning for 2025. We hope you can attend so you can be a part of the discussion to provide the types of cycling activities that you can enjoy and create everlasting memories.

I'll also continue my series of articles on building a classic fixie / single speed bike from the bare frame up.

It appears many riders are really enjoying the prolonged Summer like temperatures coupled with Fall colors. I can't remember a time that 70 degree temps extended so far into October. Not that I'm complaining! But it is odd.

I'm going to take off my newsletter editor hat for a moment and talk about the future of the Monday night Ada Time Trials. This year I let everyone know that I needed some help in running the time trials, specifically the timing, recording, and publishing aspects. I still have the passion for doing the tasks, so I still want to stay involved. But I wanted to get back to riding the time trials and also have backup when I travel or something else happens to me (hey man—I'm getting older!)

Luckily our new proposed Head Race Team Captain, Matthew Cederquist, has answered the call and will share duties with me through 2025. He seems very motivated to advance racing in the club again. And for that, as a former racer, I am very excited about the prospects.

I hope to see YOU on a bike yet in 2024!

Dave

Technology better than I?

Part 5

by Dave Durkee

Last month I alluded to a performance term called Anerobic Threshold (AT) - the point that if you exceed too long you can't supply enough oxygen to the muscles to perform more than about 40 seconds before they just slow down or even stop. We also defined maximum heart rate, which is clearly exactly what it means.

Before we get more into the current science of exercise physiology with its various obscure terms, I think a simple explanation about how your body works under high physical stress will be beneficial to give you a framework on the various terms as we work around on how to measure and improve our performance according to our goals.

So just take a step back and just think about how this "engine" of heart, oxygen, bloodflow, and muscle work. Let's start with the main object, your muscles. They need energy to make them contract to produce power. Sugar (glucose) is used to produce Adenosine triphosphate (ATP) by using oxygen in the mitochondria of your cells. The muscles use ATP to contract, not glucose directly! ATP works on the muscles without needing oxygen, but they last only so long before needing replenishing. So when the glucose or oxygen get too low, the amount of ATP eventually later will drop, and the muscles won't contract efficiently.

If there is no glucose available to produce ATP, the body can make ATP from Beta Oxidation, Ketosis, and Anerobic (without oxygen) Respiration. However, these alternate routes are no where near as efficient as using glucose and are only employed when the body is under stress. Diabetics often use the Ketone route since the glucose in their cells is low. Performance would suffer with non-glucose routes, so making sure your glucose and oxygen levels stay well supplied is the key.

For more information, see this [short article](#).

Cover image: Kirk Swayman remembers Colorburst founder Craig Campbell in honor of Donna Ryskamp's life. Photo credit— Dave Durkee

ride calendar

November 2024

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
WED	Resumes 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	Resumes 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	Various	Virtual Zwift Rides	Varies	Group workouts or just rides for fun and fitness	Join Rapid Wheelmen group discussions on Facebook's Instant Messenger
SAT	Resumes 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	Fall 2024	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

Colorburst 2024



Dave Ryskamp comments on the newspaper article from 1999 showing himself and his wife Nancy riding Colorburst that year on their brand new tandem. Just this year, that tandem turned over 100,000 miles. That's about 4,000 miles a year for 25 years!



Tom Westrick and Maureen Hammond scarf some breakfast goodies before the ride.



Randy Higgins arrives early to set up and fire up the grill for some AM pancakes and sausage. Luckily the weather was incredible this year with afternoon highs near 70 degrees, sun and little wind. Chief Hazy Cloud Park, like in 1983 and 1984, was the perfect launching point for this year too.



The Saturday Dawn Patrol regulars show up for Colorburst. The three riders on the left rode in rain last year (Jack Wright, Mike Burden, and Vincent Nienhuis). Marty Finch and Dave Ryskamp await the pancakes and swap some whopper stories.

Colorburst 2024



Willing participants in the Adventure 100km route include Tom Westrick, Nick Siegel, Jason Lee, and Kevin DeVries. The route is 37% mixed surfaces over a variety of road conditions from hard packed dirt, gravel, washboard, loose sand, and pea stone. With about 2500 of climbing on the way and back from Belding and Greenville, it's a challenge and very scenic.



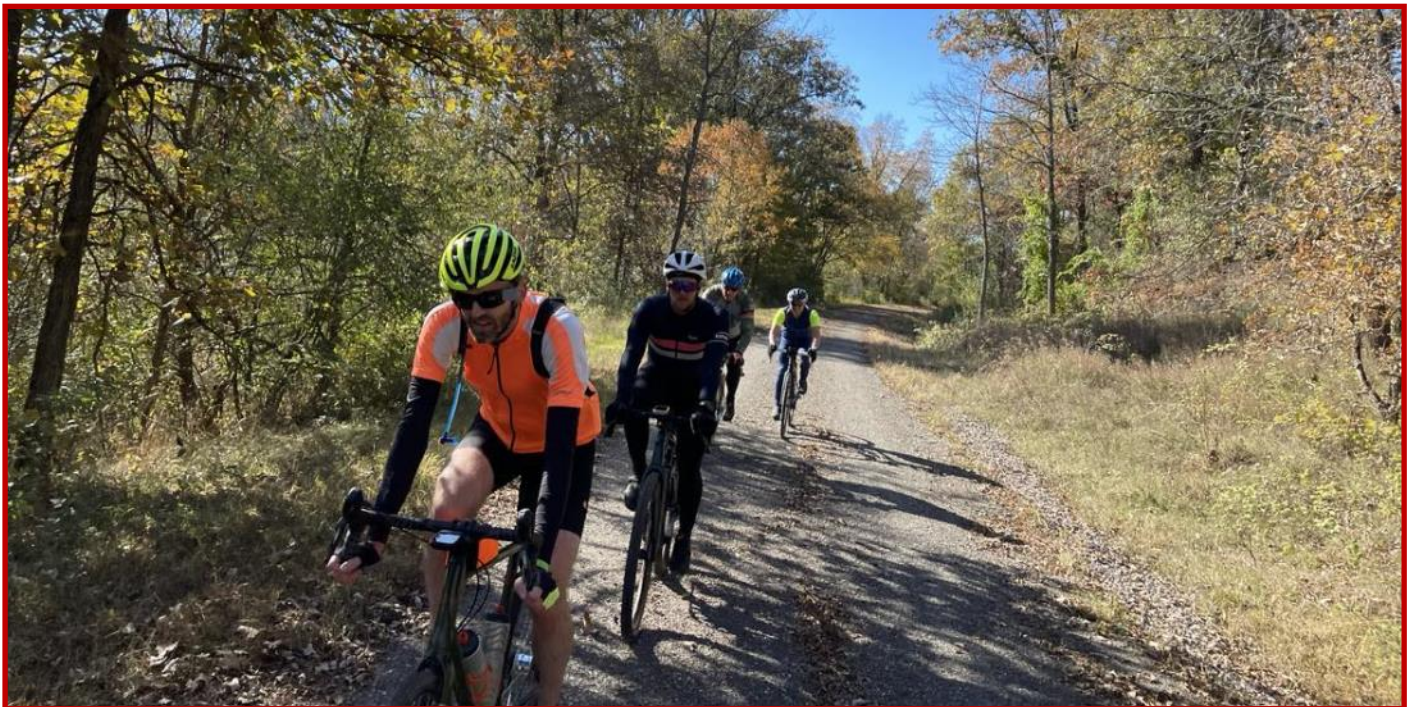
Jill Martinek stops by Chief Hazy Cloud while on a training ride to take in part of the route and say hello.



Ed Gilde and Mark DeSatterlee partake in the post ride offerings of grilled burgers, brats, soup, and home baked cookies. What a great end to a beautiful Fall day.

Colorburst 2024

The following series of photos were taken by Kevin DeVries as he was accompanied by Tom Westrick, Jason Lee, Nick Siegel, and Randy McClay. You can see the variety of surfaces on the Adventure 100K route. Four other riders also braved this route. In one of the photos, you'll see the real adventure in fixing Jason Lee's flat. The story goes that Kevin had to lend Jason almost everything he needed to change his flat. Moral of the story: Always ride with well equipped friends.



Colorburst 2024



Many thanks to **Evan Wilson**, **Cathy Pratt**, and **Randy Higgins** for set-up, breakfast, and lunch. And a special thanks to **Carolyn Chapman** for preparing a traditional after ride soup and many varieties of home baked cookies.

We had 32 riders this year from all over the state of Michigan. We're looking forward to a bigger and better ride next year!

Racer Discount News

by Matt Cederquist, Head Race Team Captain

Happy November! 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.](#)

Build Your Dream Bike

by Dave Durkee

Part IX

We're back in the shop building our 1983 Colnago Super Fixie / SS. Since we have the drive train (cranks, chainring, chain and track cog) set, we can next work on the headset, handle bar stem and the bars themselves.

In keeping with our time period Campagnolo Chorus groupo as much as possible, I was able to find what I needed on eBay out of San Pedro, California for \$70. However, I had to make sure I had a headset with the right dimensions to fit the frame. Common in those days for steel frames was the 1" Threaded Headset. There are other variations, but I was pretty sure that would work.

Below is our headset as seen on eBay. The description said "Good shape, some oxidation". Pictures looked pretty good to me too. These headsets are set into the headset tube by press fitted races—ie—the top and bottom bearing races need to be pressed in. Sound easy? Well, it's not! The fit is so tight that it can't be done by hand and must be exactly square to go in. To the right is an example of the tool we need to press in those races.



So I took the frame, fork and headset into Loose Spokes Bike Shop in Grand Haven to have Christian install the headset for me since I did not have the right tool. About a week later I pick up the bike and Christian tells me the headset fit perfectly and was in good shape with proper bearing surfaces and adjustment. But he found he needed to cut a groove in the fork's threads to accommodate a keyed (square tab) spacer. Since Christian is used to working on older steel bikes (Colnago and Bianchi especially), he had the tool for that too. After fiddling with the headset myself, I had to adjust it some. But with the right spanner, which I have, you can get the tension between the top two nuts right so the fork rotates freely but with no sideways or up and down play in it. Takes some fiddling to get it right, but it's what you have to do. To the right, our finished headset which looks and performs magnificently!



For Sale

JAMIS Renegade gravel bike 56 cm
\$1,900 new, one year old asking **\$1,200**

Text Terry 616-581-9687



Stock photo

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

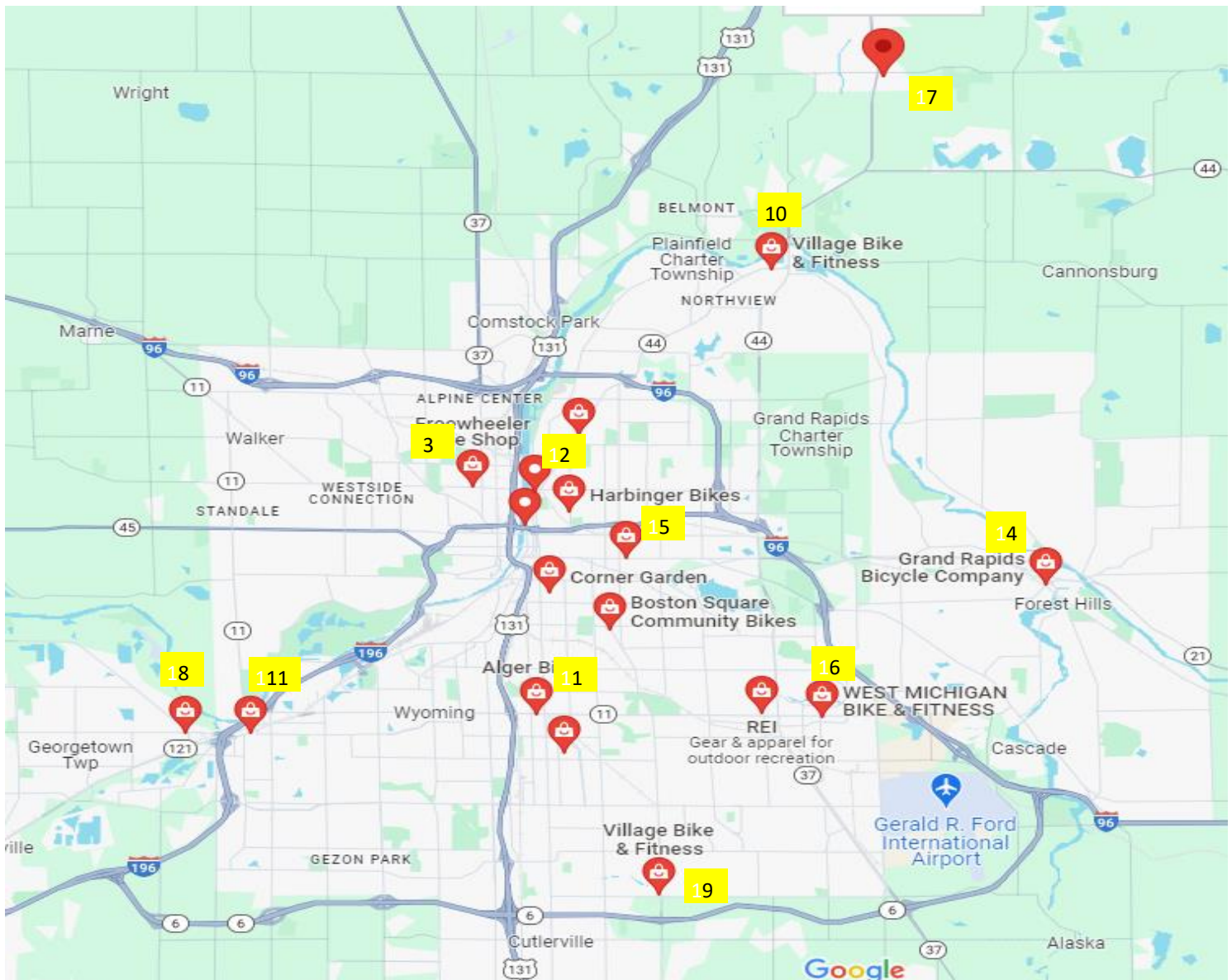
5991 Kalamazoo Ave SE
Grand Rapids, MI 49508
(616) 455-4870
www.villagebikeshop.com

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

