

spoke'n word

official newsletter of the Rapid Wheelmen Bicycle Club



10.2023

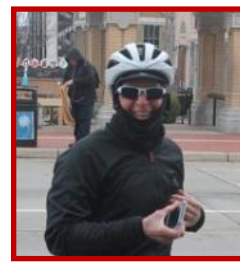
the board



Evan Wilson
President
president@rapidwheelmen.com



Could B. U.
Vice-President
vp@rapidwheelmen.com



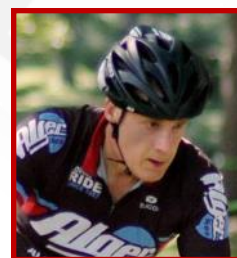
Randy Higgins
Treasurer
treasurer@rapidwheelmen.com



Cathy Pratt
Secretary
secretary@rapidwheelmen.com



Carolyn Chapman
Special Projects



Mark Schlutt
Head Ride Captain
ridecaptain@rapidwheelmen.com



Evan Wilson
Safety / Advocacy Chair
safety@rapidwheelmen.com



Bob Ayars
Membership Chair
membership@rapidwheelmen.com



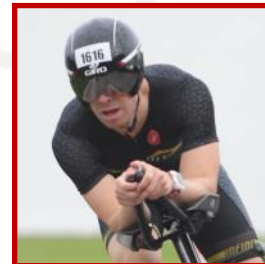
Mike Burden
Maple Leaf Tour
mapleleaf@rapidwheelmen.com



Evan Wilson
Head Race Captain



Dave Durkee
Newsletter Editor
newsletter@rapidwheelmen.com



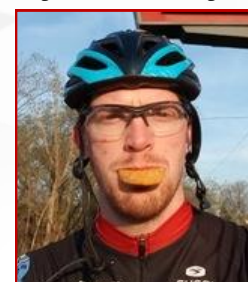
Connor Reynolds
Social Media
reynoldc@mail.gvsu.edu



Mike Burden
Ride Around Kent Co.
rakc@rapidwheelmen.com



Dave Durkee
Time Trials Coordinator
timetrials@rapidwheelmen.com



Evan Wilson
100 Grand
100grand@rapidwheelmen.com

40th Anniversary Colorburst Tour Saturday October 14th, 2023

Where: Chief Hazy Cloud Park

150 Pettis Ave NE, Ada, MI

Help commemorate the original Colorburst Ride Craig Campbell started in 1983 in memory of RW racer Donna Ryskamp

See the ride flyer in this issue!

Trivia Question: Name the ride and riders



One of my favorite Fall touring photos. This photo dates from the mid '80s and the rider in yellow on the left and the one in red on the right would be known by any members that were involved with the club then. The rider on the left comes from a cycling family, and if her 3 brothers or 2 sisters were with her, they' likely be giving her a hard time for walking that bike up the hill. Our rider on the right was a touring cycling enthusiast that could not get enough of it. Enjoying every challenge he rode, which was often, was his way of life. And always with a smile on his face. (See Classified section for the answers)

OK—I'll make it easy on you and tell you this is the Colorburst Tour. The climb north from the Fallasburg Bridge is quite a challenge. This year, only the 100K Road Route climbs this hill.

Editor

Dave Durkee



The unseasonably warm temperatures have surely pushed our Fall colors back. When I was in charge of entertainment for the Fallasburg Fall Arts Festival the last week of September in the mid 80's, there was always a canopy of color surrounding the performing stage. I always saw Jochen Ditterich with his weavings there. But the following week was the Colorburst Tour. In the photo on the previous page, it's the first week of October. Look at the Fall foliage. Vibrant colors in early October!

For current road and gravel riders the later warm weather has surely extended the more enjoyable Summer-like riding weather. Just last Wednesday I was riding with friends in Fremont in short sleeves. That would've never happened 40 years ago.

One can lament upon times past and think they were the best and nothing could be better. However, it takes great perspective that ANY time you can enjoy your favorite recreation is always the best time.

When you think about it, legendary rides and experiences usually involved some sort of misadventure that you had to overcome. All my normal rides blend together and are enjoyable. But what you really remember are the unexpected turns that you barely survive.

This year's Adventure 100K Colorburst Route has a few adventures that anyone riding it will never forget. The Road 100K Route also has a little off-road scenic surprise.

Rain or shine, I hope you'll make memories on October 14th this year.

Ride On!

Dave

More Friction Shifting and Belt Drives

I'm still harping on friction shifting as a viable old-school method to riding the bike. Any retro purist rebuilding something from the '60s to mid '80s will use friction shifting. If you get good with using friction shifters, it makes troubleshooting index and even electronic shifting easier.

Then I saw this [excellent video](#) from Park Tools about the basics of derailleur shifting setup and adjustments. The mechanic uses a friction shifting system to explain how a friction shifter works. Limit screws, hanger alignment, cable tension, and the B screw adjustment all work together for a mechanically good system. I totally agree with the presenter, that if you can understand a friction shifting system, you can then adjust index and electronic shifting better.

But hold on! How much longer will we really be dealing with external flimsy mechanisms with oily chains? When you objectively look at a modern bicycle's drivetrain, why would anyone design a system that is prone to failure from poor protection from mishaps and exposed to the elements? The obvious answer is weight and ready access to the drivetrain for on-the-ride repairs.

If you were to do it from scratch, wouldn't you want something that is almost 100% reliable, protected from the elements, yet still light weight?

Well, like most motorcycles today, the modern carbon fiber reinforced belt drive is making the case it's the answer to modernizing the bicycle drivetrain. Coupled to an internal rear hub gearbox, you have the answer to something that can take a lot of abuse.

See if you agree with this [article on Belt Drives](#).

Cover image: Whites Bridge welcomes anyone brave enough to descend a steep gravel road. For 2023 you'll need to ride the Adventure 100K Route. Since the route is 37% gravel, wide tires are encouraged! Photo credit— Dave Durkee

ride calendar

October 2023

Day	Date	Ride Name	Ride Start	Ride Details	Contacts
MON	See you next May!	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 online till 3:00pm at Webscorer.com . "Day of" registrations still available on-site from 5:30 to 6:15 pm	Dave Durkee davedurkeeod@gmail.com
WED	Every Wed	Challenger	6:20 pm "C" 6:20 pm "B" 6:30 pm "A"	Challenger Elementary School 2475 52nd St. Moderate, Good + Fast paces, 30-50 miles	Tom Westrick tjwestrick@gmail.com
WED	Every Wed	Club Ride or coffee	One group 10:00 am	Email ride leader or check IO group. Pace is easy to moderate	Bob Ayars rsayars@sbcglobal.net
SAT	Every Sat	Club Ride or coffee	One group 10:00 am	Email ride leader/check IO group. Pace is easy to moderate 13 to 17 mph average	Bob Ayars rsayars@sbcglobal.net
SAT	Every Sat	Dawn Patrol	8:00 am Ck with Ride Captain	45-65 miles at good to fast pace Email ride leader or check IO group for start location, mileage, and distance	Mike Burden 616-915-2048 mwb@mwburden.com
SAT	October 14th	COLORBURST TOUR	Start anytime between 9am to noon	3 Routes: 50K Road, 100K Road, 100K partial gravel and trail	Click for latest COLORBURST information

Colorburst Tour 2023

The 40th Anniversary

Saturday, October 14th

Come celebrate a tradition like no other! Enjoy the beautiful Fall colors of rural Michigan with magnificent vistas filled with a canopy of color across the wooded farmland. Just as founder Craig Campbell intended the ride to be in 1983, it's a time to enjoy life, take in the sights, and remember the people of the past that meant so much to us.

WHERE: Chief Hazy Cloud Park at 150 Pettis Ave NE, Ada, MI.

WHEN: Registration and riding starts any-time from **9:00 am till Noon** at the park.



WHAT: A largely self supported tour with choices of either 30 or 60 miles (50 or 100 km). The area between Ada and Belding to Greenville can be very rolling terrain to mostly flat. You should be able to repair your own flats and perform simple repairs since there will be very limited SAG service. The route is not marked! We will supply route maps with cue sheets and links for GPS devices. We'll have donuts and coffee at the start, then grilling some dogs when you return.

At the ride start, we will offer donuts and coffee. When you return, we'll have the grill going with some hot dogs. If we don't run out, some will be there when you get back!

COST: Free to [Rapid Wheelmen members](#) (\$35 a year for entire family). The fee for non-members is **\$10 per person**. Donations for the club charities are always welcome.

Go the [Colorburst Tour](#) page for more details and links to GPS routes.

Cannondale R600 Build

by

Evan Wilson

There was a bike swap at Canal Park this summer, and I spotted an old Cannondale road bike frame that looked about my size.

I determined the size and age from the serial number (https://vintagecannondale.com/info/serial_numbers/ - it's a 60cm and was built in December of 1993), as well as the structural integrity of it from a visit to the shop. I wanted to take it for a test ride/race at Grattan before the season ended, so I got parts ordered and on the way.

The original 9-speed Campagnolo Athena groupset was kaput, except for the crank - even then, the left crank-arm was already a Shimano 105 when I bought it. The seat was similarly done-for. The brakes might have been OK, but I had some in my parts bin that I preferred (more on that in a minute). The headset was shot (it had that "indexed" feel), but the bottom bracket felt great. The paint job is a bit beat up, but still looks great otherwise, so I started my rebuild by protecting that.



Once the parts came in, I stripped everything off the bike and sprayed it down with a clearcoat to protect the paint. I built the bike back up with a set of Mavic Aksium wheels and Ultegra rim brakes that originally came off a 2010 CAAD10. The wheels are 10 speed, but would run 8, 9, or 10.



A new R10 short cage rear derailleur and an R8 front went on, and since the bike had bosses for the cables on the downtube, I had downtube shifters mounted there. This was definitely a different direction than the original Campy ErgoPower shifters, but going downtube felt like it would be a more durable and cheaper option. A 9-speed, indexed front shifter, and a friction front shifter went on those bosses. A set of RRL SR brakes by TRP look great with a classic "drillium" perch up on the original bars.

White cable housing and an old wire bottle cage with a white finish provide the finishing touches. There's a seat on there, but it's a demo seat from the shop and will be returned shortly, it's not quite the one for me.



The folks at the Alger bike shop put up with my questions and helped me out with getting things together.

I raced it at the last night at Grattan, a short night, so much less of a commitment. It felt fantastic, if strange, mostly because I've raced on the same bike out there since 2016. Shifting was a bit awkward for me, and provoked laughs from a friend of mine in the bunch every time.

For Sale



2006 Trek 520 touring 57 cm steel bike.

New Headset, new middle chain ring **52/42/30**, new cassette 9 speed 11-32, new brake pads, 40 cm handlebar. Shimano Sora integrated brake/shifter. Comes with extra bar end shifters, Type I Cross brake Levers, and 45 cm handlebar. I will throw in the peddles as pictured.

Asking \$300.

Bob Ayars, rsayars@sbcglobal.net

616-780-9590

For Sale

Brooks Cambium C17 Black Saddle - \$80

This saddle is pretty much brand new with less than 200 miles on it. Asking \$80 (MSRP is \$130).



Please contact Tom at tjwestrick@gmail.com for inquiries.

Trivia Answers: The photo on the left is Teresa Obermeyer. Bonus points if you knew her brothers Tony, Bryan, Kevin and sisters Ann Marie and Karen.

Our happy tourist? None other than John Prussner.

bike shops

1. Alger Bikes

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

2. Spinful Bike

1140 Monroe Ave NW
Grand Rapids, MI 49503
(616) 236-2781
<https://www.spinful.bike>

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

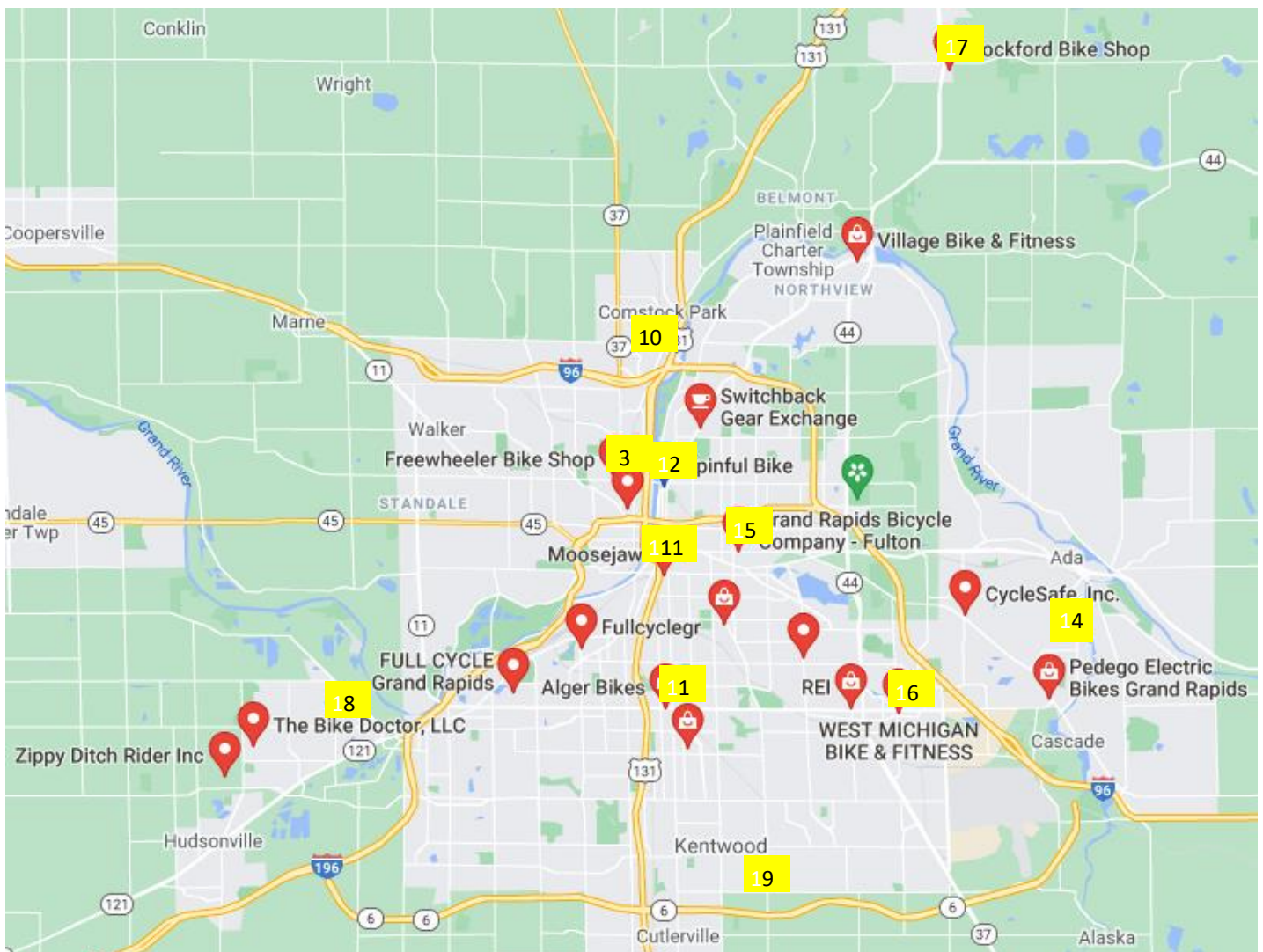
5991 Kalamazoo Ave SE
Grand Rapids, MI 49508
(616) 455-4870
www.villagebikeshop.com

10. Village Cycle & Fitness

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

11. Moosejaw

410 Ionia Ave SW
Grand Rapids, MI 49503
(616) 570-0135
www.moosejaw.com/content/grand-rapids-shop



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

