

spoke'n word

official newsletter of the Rapid Wheelmen Bicycle Club



10.2024

the board



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Could B. U.
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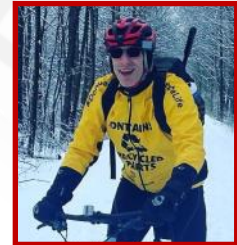
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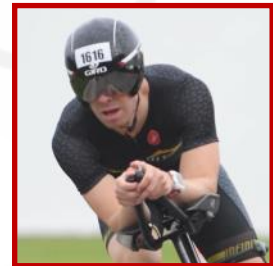
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Club Meeting

Thursday, October 3rd

Meeting: **Board and Club Meeting: 6:30 pm**

Where: **KDL Grandville Library Commons Room**
4055 Maple Street SW, Grandville

What: **Board nominations for 2025. The board will accept nominations from the floor for all elected positions. Elections will occur at the November meeting.**

Subscribe to the IO group here:

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

PEDALS ride for ALS



Thanks to our Safety Chair, Vincent Nienhuis, the club had 7 riders participate in the PEDALS fundraising ride for ALS. With a choice of tarmac or gravel, there was something for everyone. Left to right, Kevin Devries, Wael Berjaoui, Tom Westrick, Jason Lee, and Nick Siegel. Not pictured, Maureen Hammond. Photo credit: Kevin Devries



President's Spin by Evan Wilson

Club Meeting October 3rd, 2024

6:30pm (until approximately 8pm) at the
KDL Grandville Library Commons Room
4055 Maple Street SW, Grandville

The big item for discussion will be the Club Election. We'll be finalizing our slate of nominees for club board positions.

Club Election Nominations

Vice President - Currently Vacant - This position steps up to President when they step down. Traditionally put on the 100 Grand and handled the sales and inventory of club kit and merchandise.

Secretary - Cathy Pratt - Takes notes on meetings and gets those notes archived and sent out to members.

Treasurer - Randy Higgins - Keeps the accounting and books. Handles the banking.

Membership - Bob Ayars - Manages the membership BikeReg and keeps the list of members.

Special Events - Current Vacant - Traditionally put on club meetings and picnics/cookouts.

Head Ride Captain - Mike Burden - Keeps up the group rides calendar. Checks in with ride leaders about ride statuses and goings-on.

Head Race Captain - Evan Wilson - Coordinates race team(s) and club racing events.

Safety/Advocacy - Vince Nienhuis - Just brought back this year, handles coordination with local advocacy groups and club safety meetings.

Newsletter - Dave Durkee - Puts together and publishes our monthly newsletter.

We'll be taking additional nominations from the floor at this meeting. Elections will be at the November meeting.

Colorburst (October 19th) tour this year. See announcement in this issue.

Editor

Dave Durkee



As I look at the items we'll include in this month's newsletter, the club has been busy for the last couple of months. Whether we talk about the Maple Leaf ride or the upcoming Colorburst ride, the club is still fairly active in promoting rides.

Even the club members are finding rides outside of the weekly Wednesday and Saturday rides to get together. In this issue you'll find a mention of the PEDALS ride raising money for ALS, The Holland 100, and an interesting unplanned experience from Kevin Devries.

The diversity exemplifies the unbound adventures that await us each time we mount the bike. I don't know about you, but I don't believe any of my rides has ever gone the way I initially envisioned them. Whether it be the flat tire, country road with butterflies, the friendly dog, or angry motorist, we must be prepared to manage each situation as best as we can.

And so, here is the club itself at a crossroads. We emerged from the pandemic, during a bicycle boom, with some changes. But not necessarily a larger or more active club. However, the last couple of years have seen many new riders, and future potential leaders emerge as a product of the club's friendly members and welcoming regular rides.

The club offers something that the bike shops cannot: an unbiased knowledge base of cycling in general to help guide the newer riders on their paths of discovery.

Would you like to help lead the organization to help share your enthusiasm for cycling? Then consider running for a board position at our next meeting on Oct. 3rd at the Grandville Library starting at 6:30.

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

Dave

Technology better than I?

Part 4

by Dave Durkee

I threw around a few performance terms in the last issue that we should explore some more. I think Maximum Heart Rate is pretty self evident. You'll only need to produce a maximum heart rate when you're needing a maximum effort for a very brief period of time, like 40 seconds. Racers do this when sprinting, closing gaps or cresting a steep climb during an attack. It is painful! The burn in the legs is undeniable, but that's all worth it when you take the win or earn the King/Queen of the Mountain (KOM or QOM).

You have to realize that no matter how much you train, you cannot increase your maximum heart rate. It's your physiological limit, and decreases as you age. (Hence that sometimes off equation $220 - \text{your age} = \text{max heart rate}$). Now, we're not all born equal, nor age equally. If you have a high maximum heart rate for your age—count your blessings!

Should the average tourist need to worry about their maximum heart rate? Probably not. They'll likely never get near that heart rate. Endurance at a more casual heart rate is all they need, and any type of training to get near that rate is probably wasted. Go enjoy the ride and don't worry about it.

Certainly track sprinters, criterium riders, MTN bike racing, roller racing, and other high intensity riders need to have a good maximum heart rate. Everything being equal, it will allow more blood to reach the legs and stave off "The Burn" as long as possible.

How about triathletes and time trialists? Maximum heart rate IS a factor, only because the Anerobic Threshold (AT) can be approximated from knowing the maximum heart rate. What is AT and can we improve it? Tune in the next RW newsletter to find out!

Cover image: Whites Bridge beckons the Coloburst Adventure route riders.

Photo credit— Dave Durkee

ride calendar

October 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	Fall 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	Fall 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
SAT	October 19	Colorburst Tour	Registration 9am till Noon	Chief Hazy Cloud Park, Ada 3 Routes Details HERE	Dave Durkee 616-292-6714 davedurkeeod@gmail.com

Holland 100 Tour



Most riders opted for the entire 100 mile route. It was Wael's 1st Century Ride! Beautiful weather greeted the riders on a well run tour from Holland to Saugatuck and back. There were no casualties at the Fennville Winery this year. Left to right, Very Famous Dalmac 2010 Jersey, Mike Burden, Jeff Petersen, Kevin Devries, Vincent Nienhuis, and Wael Berjaoui.



Post ride Italian frozen treats! Having their fill of goodness, left to right, Dave Durkee, Jeff Petersen, Vincent Nienhuis, and Kevin Devries.

Portland to Portland

By Kevin Devries

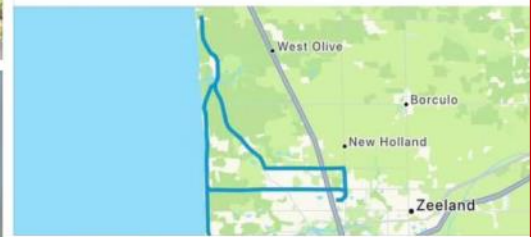
A random cycle ride to retrieve my Apple Watch, which I left after swimming off the pier last Saturday, turned into an epic adventure last night.

As I was cycling north on Lakeshore Dr, a peloton approached from the south. Waving as we passed, something inside me beckoned to pursue. With a 1/4 mile jump on me as the lead group in their A, B, and C Groups, it took me a couple of miles to catch them at mid-20 MPH. I rode to the front and asked the leader (who looked like Gandalf on Shadowfax with his long white beard blowing in the wind and keen eyes surveying the road ahead) what cycling group they were. They were on a 48-day, 3800-mile, 15-State, Portland to Portland Cross Country Tour w/Trek Travel here: <https://trektravel.com/tour/cycling/cross-country-usa/> After taking the Express Ferry across Lake Michigan from Milwaukee to Muskegon, they were cycling across Michigan to arrive in Portland, ME, next month.



Cycling

40.93mi 2:03:00 20.0mph 269ft



I followed them to their hotel and was warmly welcomed into their fellowship. Full of life and joy, they were caught up in the moment of a mission, an epic journey that opened to a world larger than themselves together. Their esprit de corps reminded me of the bonds of fellowship I felt on the extreme months-long mountain and polar expeditions I've experienced in years past. This unforeseen circumstance reminded me that every great adventure begins with taking the first step out of the silly, small stories we live in the "Shire" into unknown lands and interior geographies of a great quest, pulled by a wizened wizard and protected by a fellowship in the peloton of life.

Ultimately, the most significant discoveries find us while we are looking for something else. Get out the front door. Be and do something bigger than you. Your house is in the Shire. Home is where your heart roams free. The journey goes ever on and on out the front door. Journey on.

PS- The watch? I told the park rangers where I hid it on the lighthouse ledge and they were kind enough to find it and keep it for me. Sometimes we hide things so well we forget what we hide. That's another lesson/story.

COLORBURST TOUR

Join us for the great **Colorburst Tour** on **Saturday, October 19th, 2024!** Ride founder Craig Campbell originally started the memorial ride from Chief Hazy Cloud Park in Ada, and we shall do the same. There are 3 routes from which to choose. A scenic 50 km (31 mile) road route to Fallasburg Park and back, then two 100 km (62 mile) routes through Fallasburg Park, then up to Belding and Greenville and back. The Road 100K route is all paved, while the Adventure 100K route includes gravel and bike paths. Registration and ride start is from **9am till noon**. We will be providing coffee and doughnuts/pastries at the start, and some refreshments upon your return. This is largely a self supported ride with very limited on-road support. Riders should be able to carry some of their own hydration and nutrition and repair their own flats. However, there are several possible stops for food & hydration, as well as restrooms, along the route.



Ride maps on paper with turn by turn cue sheets will be available at the ride start. The 50 km and 100 km road routes are marked, but the Adventure (partial gravel) route is NOT marked.

Routes on Ride with GPS for downloading routes and turn by turn directions for device navigation are here:

[Colorburst 50K Route 2024](#)

[Colorburst Road 100K Route 2024](#)

[Colorburst Adventure 100K Route 2024](#)



The Adventure 100K route includes about 37% gravel roads and should be ridden with wider tires. We recommend a gravel, fat tire, or mountain bike with at least 32mm tires. The descent to White's Bridge is on steep gravel, but the reward is seeing one of the few covered bridges in West Michigan. The route then rewards the rider with a spectacular view of the Flat River Valley up to Smyrna.

The ride is **FREE** to Rapid Wheelmen club members. For [\\$35/yr per family](#), you can ride all our rides at a discount and ride for free on weekly rides and our Ada Time Trials. New memberships late in the year are good for the following year too! *We will accept any cash donations for a charitable cause.*

Because of event insurance coverage, the ride is not available to non-members.

No pre-registration required. Just show up day of ride!

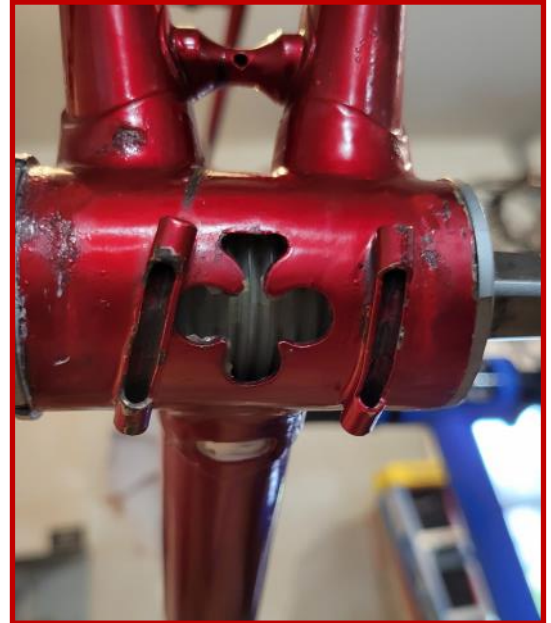
Questions? Contact davedurkeeod@gmail.com

Build Your Dream Bike

by Dave Durkee

Part VIII

We're back in the shop building our 1983 Colnago Super Fixie / SS. We finished assembling the bottom bracket so now we could work on the drive train.



The underside of the bottom bracket with Colnago's trademark Asso di Fiori symbol cutout. Water goes in, water comes out.

The Brev. Campagnolo 53/39 crankset for the project. But would those chainrings work for our gearing?

So let's go through the math: I want a gear that I can spin easily on the flat at a speed I know I can maintain at a reasonable cadence. So, let's say 17.5 mph with a cadence of 85 rpm (my usual). If I pick the right gear, I should be able to stay with a group at 20 mph, but still climb some hills. Using [BikeCalc](#), we can see that a gear combination of close to 69 gear inches would be good. Steep hill climb 50 rpm @ 10 mph, then a cadence of 110 rpm is 22 mph. That's doable. The closest I can get that I have is a 39x17 gear which is 60 gear inches, way too low. My 39x14 is 73 gear inches, a little too high if I'm going to climb some hills.

What to do? My choices became narrower when I found some wheels at Loose Spokes Bike Shop in Grand Haven. They had a set of brand new Single Speed / Fixie wheels with a 16 tooth cog on each side. So a little work with BikeCalc revealed that a 42 tooth chainring with the 16 tooth cog would be good. Luckily that's a common Campy chainring size, and with some searching on Ebay, I had exactly the right gear combo.



My 40 year old track chain and cogs. The chain is thick, strong as heck. But would those 13, 14, and 17 tooth cogs be the right gearing with a 39 tooth chainring?

Build Your Dream Bike

by Dave Durkee

Part VIII



The assembled 42 tooth chainring. Luckily the bolts will work on a 2 chainring or 1 chainring setup. The pedals are my old MTN bike pedals, but the color matches!

I experimented with a 17 tooth cog, but the chain was too short. I put more links in, but then it was too long! Going to the 16 tooth cog solved all the problems.



Both wheels on the bike. The satin aluminum rims matched the Campy parts in appearance. Notice the large flanged hubs and 15mm nuts on the wheels (no quick release). This is traditional for track bikes, which fixed gear bikes try to emulate. I had an older pair of Campy wheels I was going to use with polished hubs which were beautiful, but they would only take tubular tires. Hence these New/Old looking clinchers would work just fine.

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

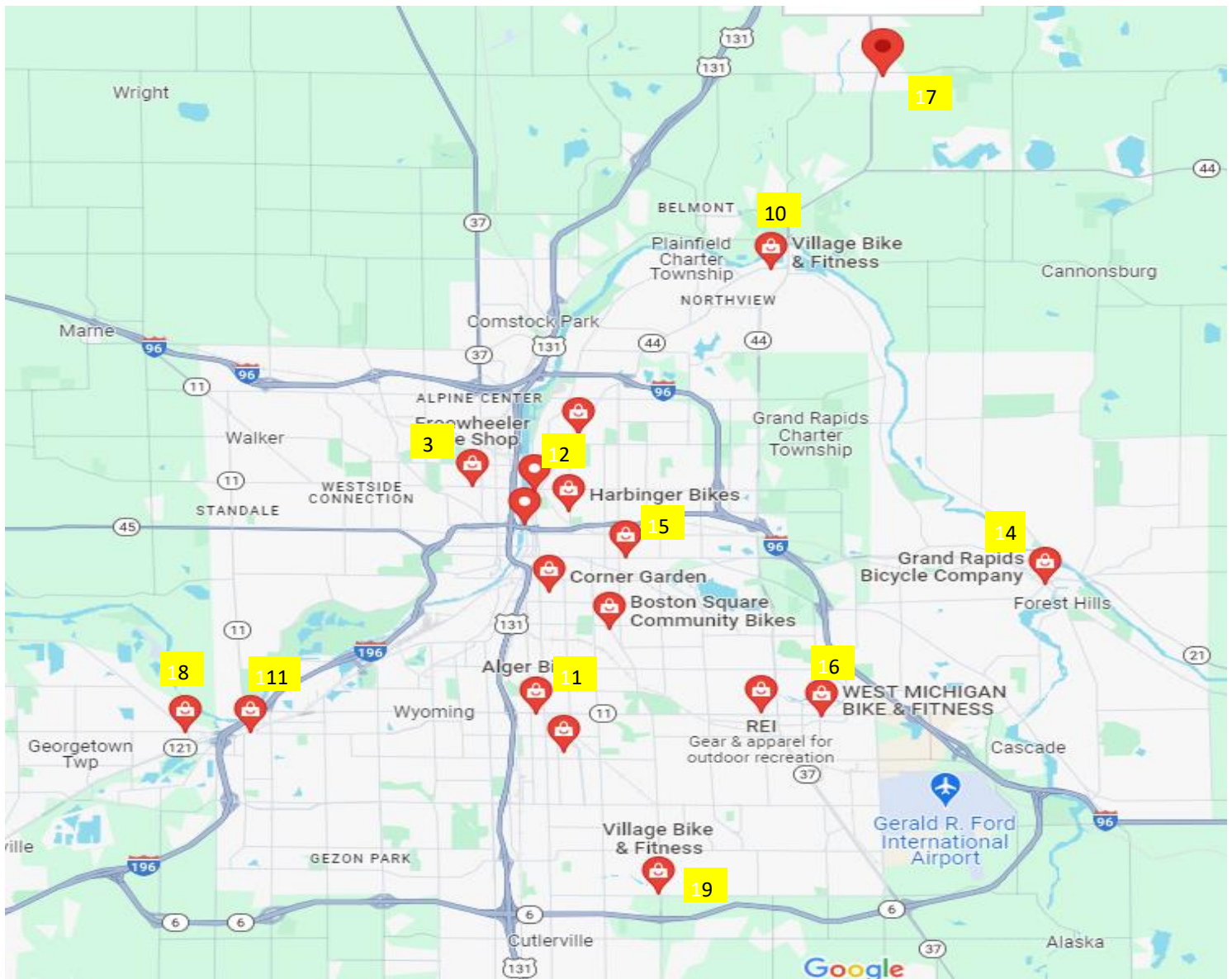
5991 Kalamazoo Ave SE
Grand Rapids, MI 49508
(616) 455-4870
www.villagebikeshop.com

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>



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