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Time Trials Coordinator
timetrials@rapidwheelmen.com

Evan Wilson
100 Grand
100grand@rapidwheelmen.com
Short & Sweet

Optimal riding weather finally arrived. After a late starting winter crept into the spring season and conspired with an elongated and wet spring, summer arrived none-to-soon for most of us. With this unusually short summer coming to an end, we now look forward to the wonders and occasional miseries of fall riding in Michigan.

Speaking of fall rides, Lori and I recently hit the Holdridge Mountain Biking Trails (Oakland County) in late September for some great riding. It was fantastic and I highly recommend this venue for those who like Mountain Biking. There are multiple trails for both variety and varying skill levels. The Holly Rec. Area is also very close to it so you can add miles, variety, and challenges there as well.

As most of you know we have our signature Colorburst tour coming up on October 12. It’s an awesome ride with several courses to choose from including gravel routes. I encourage you all to sign up, come out, volunteer, ride and experience what I consider (as do many others) one of the best rides in the state!

Like our 2019 summer, this article is short and sweet! Ride frequently and ride safe.
**Trivia Winner!**

Tad Smedes correctly identified our photo above from Long Lake Park, the starting point of the Maple Leaf Tour. He wins 10,000 points! Next issue I’ll explain the significance of those points with the flag above right.

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**GRATA Central Station**

250 Grandville Avenue SW  
Grand Rapids - 2nd Floor

**Thursday, Oct. 3, 2019**

6:00 pm Board Meeting  
7:00 pm - General Meeting  
Colorburst  
Call for Officers  
Story Swapping  
(check Yahoo Group for the latest updates)
<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Ride Name</th>
<th>Start Time</th>
<th>Ride Details</th>
<th>Contacts</th>
</tr>
</thead>
<tbody>
<tr>
<td>MON</td>
<td>See you in 2020!</td>
<td>Ada Time Trials</td>
<td>Registration 5:30 to 6:15</td>
<td>15 mile time trial. Great for triathletes and racers of any ability. Measure your improvement each week. Ada Park - Grand River lot to the East.</td>
<td>Dave Durkee <a href="mailto:timetrials@rapidwheelmen.com">timetrials@rapidwheelmen.com</a></td>
</tr>
<tr>
<td>TUE</td>
<td>Have a fun Winter!</td>
<td>Jessica’s Trail Ride</td>
<td>Varies, ck RW website, 10</td>
<td></td>
<td>Jessica Crawford. 616-785-8222</td>
</tr>
<tr>
<td>WED</td>
<td>2, 9, 16, 23, 30</td>
<td>Mystery Coffee Ride</td>
<td>2:00 pm</td>
<td>Start varies. Watch Yahoo group email for changes or contact Bob.</td>
<td></td>
</tr>
<tr>
<td>WED</td>
<td>2, 9, 16, 23, 30</td>
<td>Challenger/FOBID</td>
<td>6:20 pm “B” 6:30 pm “A” 6:30 pm “C”</td>
<td>Challenger Elementary School 2475 52nd St. Slow, Good + Fast paces, 30-50 miles</td>
<td>Mike Burden 616-915-2048 <a href="mailto:mwb@mwburden.com">mwb@mwburden.com</a></td>
</tr>
<tr>
<td>WED</td>
<td>Done for season.</td>
<td>Grattan Express / Sleeper</td>
<td>4:00 pm Rosa Parks Circle</td>
<td>Ride to Grattan Raceway to race or watch</td>
<td>Evan Wilson 517-902-8586 <a href="mailto:race@rapidwheelmen.com">race@rapidwheelmen.com</a></td>
</tr>
<tr>
<td>THU</td>
<td>3, 10, 17, 24, 31</td>
<td>Ladies’ Ride</td>
<td>6:15, The Community Church, Ada</td>
<td>Ladies only! Good pace, 25-30 miles. Road bike and helmet required</td>
<td>Nancy Lange 616-295-0475</td>
</tr>
<tr>
<td>THU</td>
<td>Check with Bill</td>
<td>Cannon Cruise</td>
<td>6:30 pm, Cannon Twnshp Hall</td>
<td>25-30 miles, 17 mph avg. 3rd Thursday of month is gravel!</td>
<td>Bill Thompson <a href="mailto:wthompson62151@gmail.com">wthompson62151@gmail.com</a></td>
</tr>
<tr>
<td>SAT</td>
<td>5, 19, 26</td>
<td>Dawn Patrol</td>
<td>8:00 am</td>
<td>45-65 miles at good to fast pace Check Yahoo group for start location, mileage, and distance</td>
<td>Mike Burden 616-915-2048 <a href="mailto:mwb@mwburden.com">mwb@mwburden.com</a></td>
</tr>
<tr>
<td>SAT</td>
<td>12</td>
<td>Colorburst!</td>
<td>Fallasburg Park</td>
<td>Gravel and road options, great pancakes and soup!</td>
<td>See RW website</td>
</tr>
<tr>
<td>SAT</td>
<td>7, 14, 21, 28</td>
<td>Mystery Coffee Ride</td>
<td>10:00 am</td>
<td>Start varies. Watch Yahoo group email for changes or contact Bob.</td>
<td>Bob Ayars. 616-780-9590. <a href="mailto:rsayars@sbcglobal.net">rsayars@sbcglobal.net</a></td>
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**October 2019**
I’ve been a member of the RW Bicycle Club since 1982. I had no idea at the time that the club had only been in existence for 12 years. When I started racing for the race team and riding all the tours, I thought these people I was riding with had been around a lot longer than that. People like Skip and Diane Obermeyer, Norm Sevensma, Robin Jensen, Kirk Swayman, Craig Campbell, Randy Smolenski, Ray Ensing, Dale Harding and of course, Jochen Ditterich. Many of these people are of course still around. But I surely miss Randy, Craig, and Dale, who have left vivid memories in my mind, but have gone to the big bike in the sky.

And then there’s almost all my race team pals, almost too many to mention. But my coach Shawn Farrell and team mentor Ken Mange I must mention for their outstanding leadership in developing the best team in West Michigan. It produced Jeff Ensing, Ray’s son, a National Criterium Champion.

Why am I thinking about all of this? It just so happens that 2020 will be the 50th anniversary of the club.

Carolyn Chapman had the foresight over a year ago to make me aware of the upcoming anniversary. How can we let this year go by without some type of tribute? We should not! We cannot! We must chronicle the history of the club in some respect. Too many great people and events have transpired in this club with which I pay tribute.

Can you help? YES! One idea we had was to use the newsletter to showcase a decade each month. Starting in February, we’d like to have volunteers submit pictures or articles about that particular decade. So anyone that was present in the ’70’s, start sending in your recollections! I’ll take interviews too if you know anyone from the club in these eras.

Let the time capsule begin!

Cover image: A couple of Summer Picnics enjoyed this Bike Polo GR venue.

Photo credit: Randy Higgins

Bike Fitting 101
Part 5

OK - time to wrap up our little dissertation on adjusting your ride to fit you. Last issue we discussed how to measure and adjust seat height. This issue, we’ll fine tune the seat position.

Once we have the height, in my experience, it’s critical to get the fore-aft position and seat angle just right. I’d start next with the fore-aft position.

Why does fore-aft position matter? Remember we talked about our foot and leg positions and the mechanical “levers” our bones create. We want to take maximum advantage of the lever our leg bone (femur) creates when pushing down on the peddle. To do this, we want to use the entire length of the femur to push directly down on the middle of the pedal. How is this adjusted?

Put the bike on the stand and sit in the saddle. Put your feet in the clips, then rotate the cranks until the pedals are horizontally level with the ground. Then drop a plumb line string from the BACK of your kneecap down to the peddle. It should line up with the middle of the pedal. If not, move the saddle forward or backward until it does.

Tourists sometimes like their pedal slightly forward, while sprinters and time trialists may prefer it back slightly. To each their own.

Then remeasure your saddle height! Moving the saddle forward shortens the seat height. Adjust up or down slightly as necessary.

The final step is the seat tilt. No measuring here, but you should feel equal pressure on the front and back part of the seat as you sit on it. Feel neutral? You’re done!
Enjoy fall colors, various distances, a pancake breakfast, cookies and fruit at rest stops, and hot soup and bread for lunch while it lasts. Proceeds benefit local charities (usually bicycle related) as voted on by Rapid Wheelmen members.

Colorburst was started in 1983 by Craig Campbell, a Rapid Wheelmen member, as a memorial to Donna Ryskamp, who was killed on August 9, 1983, by a drunk driver while bicycling. Craig Campbell was killed when a drunk driver struck his motorcycle on August 29, 1987; Craig was driving the route for Colorburst before printing the map for the ride. Now in its 29th year, Colorburst continues to honor Donna and Craig, and has raised more than $100,000 for Mothers Against Drunk Driving (MADD) and other local charities. (More Colorburst History)

Contact: colorburst@rapidwheelmen.com

2019 Ride

If it is raining in the morning, then anyone who wants to join us at Fallasburg for pancake breakfast, a lunch with soups and bread from local restaurants, and visiting with friends can join us for just $10!

Remember, all Colorburst profits are donated to our charities, some come join us and have fun for a good cause! (And if you want to pay full price anyway, it will all go to our charities!)

Colorburst 2019
Saturday, October 12, 2019
Facebook Page

Registration

Register Online at BikeReg.com

Printable Registration Form
Mail to address provided on form.

Entry Fees

Postmarked after September 30 and day of event:

- $35 for individual (member and non-member)
- $70 for for family with up to 2 adults & minor children from a single household (member and non-member)

The ride T-Shirts are 100% polyester, moisture wicking material with antimicrobial properties. Order when you preregister for an additional $17 - must order by September 15 to guarantee a shirt. A limited number of shirts will be available for $20 the day of the event.

Start Location and Schedule

Start Location: Fallasburg County Park, 1124 Fallasburg Road Lowell, MI 49331

Check-in and Pancake Breakfast: 8:00 - 9:30 AM
Bike Polo Picnics

Photo Credit - Randy Higgins
Bike Polo Picnics

Photo Credit - Randy Higgins
Bike Polo Picnics

Photo Credit - Randy Higgins
Bike Polo Picnics

Photo Credit - Randy Higgins
<table>
<thead>
<tr>
<th>Bike Shop</th>
<th>Address</th>
<th>City, State, Zip</th>
<th>Phone</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Alger Bikes</td>
<td>120 - 28th St. S.W.</td>
<td>Grand Rapids, MI</td>
<td>(616) 243-9753</td>
<td><a href="http://www.algerbikes.com">www.algerbikes.com</a></td>
</tr>
<tr>
<td>2. Central District Cyclery</td>
<td>1309 Plainfield Ave NE</td>
<td>Grand Rapids, MI</td>
<td>(616) 446-1420</td>
<td><a href="http://www.centraldistrictcyclery.com">http://www.centraldistrictcyclery.com</a></td>
</tr>
<tr>
<td>3. Freewheeler Bike Shop</td>
<td>915 Leonard Street NW</td>
<td>Grand Rapids, MI</td>
<td>(616) 451-8011</td>
<td><a href="http://www.freewheelerbikeshop.com">www.freewheelerbikeshop.com</a></td>
</tr>
<tr>
<td>4. GRBC (Ada Bike Shop)</td>
<td>597 Ada Drive</td>
<td>Ada, MI</td>
<td>(616) 682-2453</td>
<td><a href="http://www.grandrapidsbicycles.com">www.grandrapidsbicycles.com</a></td>
</tr>
<tr>
<td>5. GRBC</td>
<td>1311 Fulton St E</td>
<td>Grand Rapids, MI</td>
<td>(616) 458-2200</td>
<td><a href="http://www.grandrapidsbicycles.com">www.grandrapidsbicycles.com</a></td>
</tr>
<tr>
<td>7. Speed Merchants</td>
<td>106 E. Bridge St.</td>
<td>Rockford, MI</td>
<td>(616) 866-2226</td>
<td><a href="http://www.speedmerchantsbikeshop.com">www.speedmerchantsbikeshop.com</a></td>
</tr>
<tr>
<td>11. Village Cycle &amp; Fitness</td>
<td>5278 Plainfield Ave NE</td>
<td>Grand Rapids, MI</td>
<td>(616) 561-3661</td>
<td><a href="http://www.villagebikeshop.com">www.villagebikeshop.com</a></td>
</tr>
<tr>
<td>13. West Michigan Bike &amp; Fitness</td>
<td>4300 Chicago Dr. SW</td>
<td>Grandville, MI</td>
<td>(616) 531-9911</td>
<td><a href="http://www.westmichiganbike.com">www.westmichiganbike.com</a></td>
</tr>
</tbody>
</table>
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

Like us on Facebook!
@RapidWheelmen
@RapidWheelmenTimeTrials

Join the Rapid Wheelmens Yahoo Group!
https://groups.yahoo.com/rapidwheelmen