

spoke'n word

official newsletter of the Rapid Wheelmen Bicycle Club



09.2024

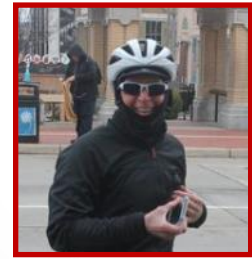
the board



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



Mike Burden
Head Ride Captain
ridecaptain@rapidwheelmen.com



Vincent Nienhuis
Safety / Advocacy Chair
safety@rapidwheelmen.com



Bob Ayars
Membership Chair
membership@rapidwheelmen.com



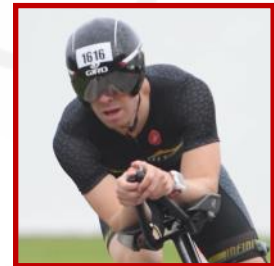
Mike Burden
Maple Leaf Tour
mapleleaf@rapidwheelmen.com



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



May B. U. ??
100 Grand
100grand@rapidwheelmen.com

Club Meeting

Thursday, Sept 12th

Meeting: Board and Club Meeting: **7:00 pm**

Where: Mike Burden's Home: [2184 Timberview NE](#)

What: Organizational meeting for 2025. There will be a proposal for a new slate of club officers and planning of events for 2025. **This is a very important meeting and your input will be much appreciated!**

Subscribe to the IO group here:

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

Challenger Ice Cream and Vintage Ride



As a popular and annual event, the Challenger ride on a late Summer Wednesday night encourages riders to bring out their relics to once again relive glory. The cover photo has all the riders, but three vintage bikes above came with vintage riders, left to right, Mike Burden, Marty Finch, and Jeff Petersen.



President's Spin
by
Evan Wilson

We have finalized the 2024 club meeting schedule:

2024 Club Meetings Schedule (Tentative)

September 12—Organizational Meeting

October 3—Slate of Officers Proposed

November 7 — Board elections for 2025

*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 Colorburst (October 19th) tour this year. Stay tuned!!

Editor

Dave Durkee



We are now at the cusp of the turn of cooler weather for the rest of 2024. But the riding continues ! The Maple Leaf tour was in August, but the Colorburst Tour is on the schedule again for Saturday, October 19th. That will be the last official large tour for the Rapid wheelmen for 2024.

However, there will still be weekly rides as long as the ride leaders continue the rides. You may look at the ride calendar in this newsletter, but any updates will be communicated through the club's IO Chat group or on Facebook Messenger (Rapid Wheelmen Group).

I heartily encourage you to attend the club's September meeting on Sept. 12th. There will be many organizational issues that will be discussed, including a proposal to make substantial changes to the current board members and planning for activities in 2025.

At the Ada Time Trial season ending celebration, I told the riders and volunteers that this was my 11th year in running the time trials. I call it a labor of love, as I really enjoy seeing riders work on self improvement goals and have fun doing it.

But I think it may be time to pass the baton, or at least share the duties with someone else. After my recent health scare, I feel I have too much knowledge to have the club's information in just one person's head.

The same would go with writing this newsletter. If the club wants to start with a completely new slate of officers, then it makes sense to replace me after my 7 year run. Anyone with graphic art skills out there? I'd be glad to help you out!!

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

Dave

Technology better than I?

Part 3

by Dave Durkee

In the last issue, we talked about determining your maximum heart rate. The standard equation most health care professionals use is 220—your age. But we found that this number is not accurate for approximately 30% of the population.

So how do you know for sure what is your maximum heart rate? According to [Garmin's](#) website, there are 2 methods:

1. Run as fast as you can for 3 minutes, rest 3 minutes, then as fast as you can for another 3 minutes. Take your heart rate then. (I assume cycling would be done the same way)
2. Use Garmin's Auto Detect feature. From their website:

*Auto Detection can calculate your maximum heart rate using performance data recorded by the watch during activities. Any activity with a higher recorded heart rate can increase your max heart rate, but max heart rate can also adjust upward or downward based on a proprietary algorithm designed by **Firstbeat Analytics**[™]. Your watch can automatically make those adjustments based on any running or cycling activities after you have a [VO2 Max Estimate](#) for that activity type. Cycling activities require power data and heart rate data in order to support auto detecting max heart rate.*

So—wow—your Garmin device can determine your max heart rate automatically once it has the VO2 Max, Power, and Heart Rate data. I know my Garmin 1030 Plus has already determined my maximum heart rate, and then passes the data to Garmin Coach for suggested training plans. That's pretty sophisticated. Helpful for the serious athlete, but likely overkill for the semi-casual rider.

But—what is Firstbeat Analytics? Garmin acquired this system to help athletes understand their conditioning and training load without rigorous laboratory testing by using proprietary “algorithms”. Read more [HERE](#)

Cover image: Wednesday Challenger Ice Cream and Vintage bike night. What a fun group! Photo credit— Tom Westrick

ride calendar

September 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	Summer 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	Summer 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

2024 TT Results

2024 Ada Time Trials Points Contest Results

Burton (Female Merckx)

Place	Name	Total points
1	Elizabeth Cronin	42
2	Judy Crankshaw	14
2	Jill Martinek	14

Cyclocross

Place	Name	Total points
1	Patti Bills	14

eBike

Place	Name	Total points
1	John Crankshaw	130
2	Cal Hekman	86
3	Ben Phasser	28

Fixie

Place	Name	Total points
1	Mike Burden	14

Handcycle

Place	Name	Total points
1	Steve Chapman	14

Jr Male

Place	Name	Total points
1	William Hughes	42
2	Oscar Trout	28

Recumbent

Place	Name	Total points
1	Todd Rogers	136
2	Marshall Randall	42

Men - Open

Place	Name	Total points
1	Dave Hietikko	158
2	Jeff Petersen	90
3	Brian Ames	80
4	John Achterhof	73
5	David Tomasik	72
5	Ed Gilde	72
7	Mike Chambon	56
8	Tom Burke	42
9	Edwin Choi	41
10	Mark DeSaterlee	35
11	Mark Smith	28
12	Zach Baumgart	26
13	Julian Rose	22
14	Wael Berjaoui	14
14	Luke Mullis	14
14	Chris Young	14
17	Aaron Tubergen	12
17	Tom Baughman	12
17	Neil Muir	12
20	Kenneth Prouty	11
21	Adam Bolitho	10
22	John Malinowski	9
23	Craig VanEss	6
24	Matt Cederquist	2

Women - Open

Place	Name	Total points
1	Jill Martinek	112
2	Sue McWayne	70
3	Galina Snegireva	48
4	Claudia Ferreira	28
5	Beth Ames	26
6	Tatiana Bobrovcanova	12

Women 65+

Place	Name	Total points
1	Karen Standley	98

Men 65+

Place	Name	Total points
1	Jack Wright	156
2	Eric Hansen	122
3	David Ryskamp	84
4	Patrick Florian	70
5	Chuck Damon	62
6	Douglas Rotman	17
7	Matt Mead	10
7	Cal Hekman	10

Merckx

Place	Name	Total points
1	Ben Phasser	142
2	Samuel Lewis	108
3	Tom Westrick	105
4	Vincent Nienhuis	96
5	Jason Carpenter	74
6	Joe Miles	62
7	Chris Young	14
8	Tim Olsen	13
9	Darren Burke	12
10	Peter Truog	10
10	Tim Fox	10
10	Dillon Chapman	10
13	Mike Burden	7
14	Temitope Adeleye	5

Tandem

Place	Name	Total points
1	Jim Trout	28

2024 TT Results

2024 Ada Time Trials

Year Long Best Result Ranking per Category

Men - Open				
Rank	Date	Name	Time	Pace (mph)
1	June 10	Luke Mullis	29:30.2	30.5
2	June 17	Tom Burke	31:05.4	28.9
3	May 13	Mark Smith	31:28.7	28.6
4	May 13	Dave Hietikko	32:17.3	27.9
5	June 10	Aaron Tubergen	32:51.1	27.4
6	Aug 19	Chris Young	33:12.8	27.1
7	June 24	Tom Baughman	34:04.8	26.4
8	June 24	John Achterhof	35:08.3	25.6
9	Aug 19	Mark DeSaterlee	36:25.9	24.7
10	June 24	Ed Gilde	36:45.2	24.5
11	July 8	David Tomasik	37:48.9	23.8
12	July 15	Neil Muir	37:52.8	23.8
13	May 13	Adam Bolitho	37:58.1	23.7
14	May 20	Julian Rose	38:31.1	23.4
15	July 15	Jeff Petersen	38:31.2	23.4
16	Aug 12	Brian Ames	38:32.4	23.4
17	June 3	Mike Chambon	39:19.9	22.9
18	Aug 26	Edwin Choi	41:41.7	21.6
19	Aug 12	Kenneth Prouty	41:46.4	21.5
20	May 20	John Malinowski	41:57.6	21.4
21	July 8	Craig VanEss	43:32.3	20.7
22	May 13	Wael Berjaoui	43:42.0	20.6
23	July 15	Zach Baumgart	47:29.5	19.0
24	June 3	Matt Cederquist	51:32.8	17.5
Men 65+				
Rank	Date	Name	Time	Pace (mph)
1	June 24	David Ryskamp	38:24.4	23.4
2	Aug 26	Chuck Damon	42:14.8	21.3
3	July 8	Jack Wright	42:18.3	21.3
4	July 1	Eric Hansen	42:47.9	21.0
5	June 24	Douglas Rotman	44:36.1	20.2
6	May 13	Matt Mead	45:09.3	19.9
7	June 17	Patrick Florian	52:57.5	17.0
8	July 22	Cal Hekman	53:03.5	17.0

2024 TT Results

2024 Ada Time Trials

Year Long Best Result Ranking per Category

Burton				
Rank	Date	Name	Time	Pace (mph)
1	July 15	Jill Martinek	43:46.1	20.6
2	Aug 12	Elizabeth Cronin	46:04.7	19.5
3	July 1	Judy Crankshaw	46:33.6	19.3
Cyclocross				
Rank	Date	Name	Time	Pace (mph)
1	Aug 26	Kevin DeVries	42:04.1	21.4
2	Aug 26	Tom Westrick	44:46.2	20.1
3	Aug 19	Patti Bills	49:04.0	18.3
eBike				
Rank	Date	Name	Time	Pace (mph)
1	Aug 26	Ben Phasser	36:35.0	24.6
2	July 8	Cal Hekman	43:07.3	20.9
3	June 10	John Crankshaw	43:31.3	20.7
Fixie				
Rank	Date	Name	Time	Pace (mph)
1	May 13	Mike Burden	44:05.5	20.4
Handcycle				
Rank	Date	Name	Time	Pace (mph)
1	Aug 19	Steve Chapman	38:21.5	23.5
Jr Male				
Rank	Date	Name	Time	Pace (mph)
1	May 20	William Hughes	44:39.5	20.2
2	Aug 19	Oscar Trout	47:26.2	19.0

2024 TT Results

2024 Ada Time Trials

Year Long Best Result Ranking per Category

Merckx				
Rank	Date	Name	Time	Pace (mph)
1	Aug 5	Chris Young	36:50.8	24.4
2	July 8	Samuel Lewis	37:11.4	24.2
3	July 1	Joe Miles	37:36.5	23.9
4	May 13	Ben Phasser	39:06.3	23.0
5	Aug 26	Jeff Petersen	40:04.0	22.5
6	Aug 19	Darren Burke	40:22.0	22.3
7	Aug 26	Ed Gilde	41:24.0	21.7
8	Aug 19	Dillon Chapman	41:32.0	21.7
9	July 15	Tom Westrick	41:40.2	21.6
10	July 1	Jason Carpenter	42:04.0	21.4
11	July 1	Vincent Nienhuis	43:15.4	20.8
12	June 24	Mike Burden	43:42.8	20.6
13	May 6	Peter Truog	43:43.0	20.6
14	May 20	Tim Fox	43:52.6	20.5
15	July 8	Tim Olsen	44:02.3	20.4
16	July 8	Temitope Adeleye	54:58.1	16.4
Mountain Bike				
Rank	Date	Name	Time	Pace (mph)
1	Aug 26	Karen Standley	54:44.3	16.4
Recumbent				
Rank	Date	Name	Time	Pace (mph)
1	July 22	Marshall Randall	37:03.2	24.3
2	Aug 12	Todd Rogers	48:05.9	18.7

2024 TT Results

2024 Ada Time Trials

Year Long Best Result Ranking per Category

Tandem				
Rank	Date	Name	Time	Pace (mph)
1	Aug 19	Jim Trout	40:50.0	22.0
Team				
Rank	Date	Name	Time	Pace (mph)
1	Aug 26	Wright / Nienhuis	41:13.3	21.8
Women - Open				
Rank	Date	Name	Time	Pace (mph)
1	July 15	Claudia Ferreira	33:39.0	26.7
2	May 13	Jill Martinek	39:27.1	22.8
3	July 15	Tatiana Bobrovcano	40:55.1	22.0
4	July 22	Galina Snegireva	42:24.5	21.2
5	May 13	Beth Ames	47:38.4	18.9
6	Aug 26	Sue McWayne	49:36.0	18.1
Women 65+				
Rank	Date	Name	Time	Pace (mph)
1	June 10	Karen Standley	50:56.2	17.7

New Record

Build Your Dream Bike

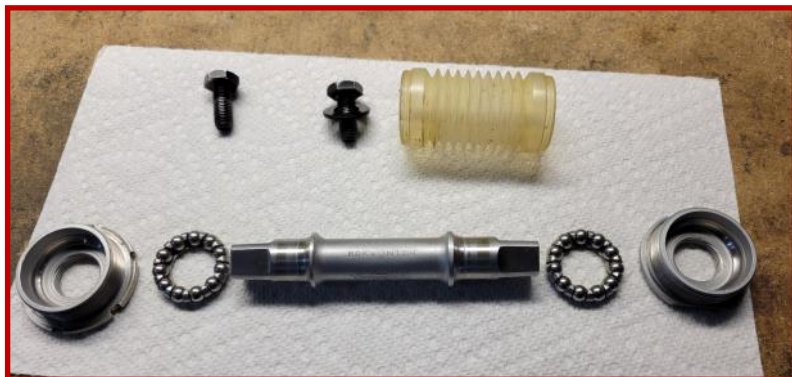
by Dave Durkee

Part VII

As a reminder, back to building our vintage fixed gear bike, a red 1983 Colnago Super racing frame. The first item to be assembled will be the bottom bracket. Usually Italian frames will have Italian threading and sizing (36 mm diameter, 24 threads per inch, 70 mm width, both sides right handed threads). This means you need to obtain the right size and type of bottom bracket or it won't work. Luckily I had fair experience with both open cup and cartridge types of bottom brackets in that size.



The bare frame was cleaned and inspected, especially the condition of the bottom bracket threads.



The complete bottom bracket includes the outer cups, bearings, the center spindle, a cup liner, and the bolts to attached the crankarms. They all looked in great shape.



The non-drive side adjustable cup with lock ring. It's Italian by the 36 x 24 stamping.



Confirm the 70 mm width of an Italian bottom bracket.



Grease the shell threads before inserting the cups. I prefer a lightweight lithium grease for everything except the ball bearing surfaces themselves.

Build Your Dream Bike

by Dave Durkee

Part VII



The “fixed” cup goes in first on the drive (right) side after greasing the shell. Thread in clockwise by hand at first to avoid cross-threading. Then tighten well with the spanner, or large crescent wrench, all the way in till snug.



Before inserting the spindle, pack the bearings and cages with grease. I prefer Phil Wood Ball Bearing grease. Notice the bearing cage has the open balls toward the center to ride on the spindle.



Notice this spindle is longer on one side. The short side goes on the drive (right) side in to the fixed cup.



Place a greased bearing cage on the short side of the spindle in the correct orientation, insert spindle into fixed cup.



Insert the plastic liner all the way into the shell. This shell has cut-outs in the bottom, so this helps protect the bearings from water and dirt.

Place bearing cage on spindle, then hand thread the adjustable cup until you feel the bearings start to seat. Use a pin spanner to adjust play out of the spindle, but free to spin. Then use the lock ring spanner to tighten. May take a few times to get it right.



THANK YOU ADOPT A ROAD CLEAN UP

Rapid Wheelmen Members, Friends, and People interested in a clean environment.

It was a very nice night for the clean-up on July 22nd. We managed to clean up every section of road we've been assigned all the way from Buttrick to Kissing Rock. Many, many thanks to Judy Crankshaw and Scott Chapman who were our superheroes and cleaned up three whole sections of road together.

There were a total of 17 volunteers including the picnic folks, and we picked up 15 bags of trash. This was much lighter than this spring when we picked up over 30 bags of trash. There were reports of poison ivy and ticks so be careful -- it's hazardous duty!

Another alarming discovery some volunteers made was that there were a few bags from one of our previous clean ups in ditches away from the side of the road that had never gotten picked up by the Kent County Road Commission. I'm guessing maybe wind blew them away or people made the mistake of placing them too far from the road. You might want to find a rock or a stick or something if you think that you have light bags that could blow around. Place them just off the paved shoulder as close to the road as possible.

Here is our list of volunteers in no particular order: Judy Crankshaw, Scott Chapman, Nancy Vanderkolk, Bob Ayars, Randy Higgins, Dave Durkee, Brian Ames, Beth Ames, Jeff Petersen, Mike Chambon, Tom Westrick, and Jack Wright. For organization and picnic: Evan Wilson, Cathy Pratt, and Carolyn Chapman.

Thanks to everyone who participated in making our community safe and clean!

See you next spring!

Carolyn Chapman



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

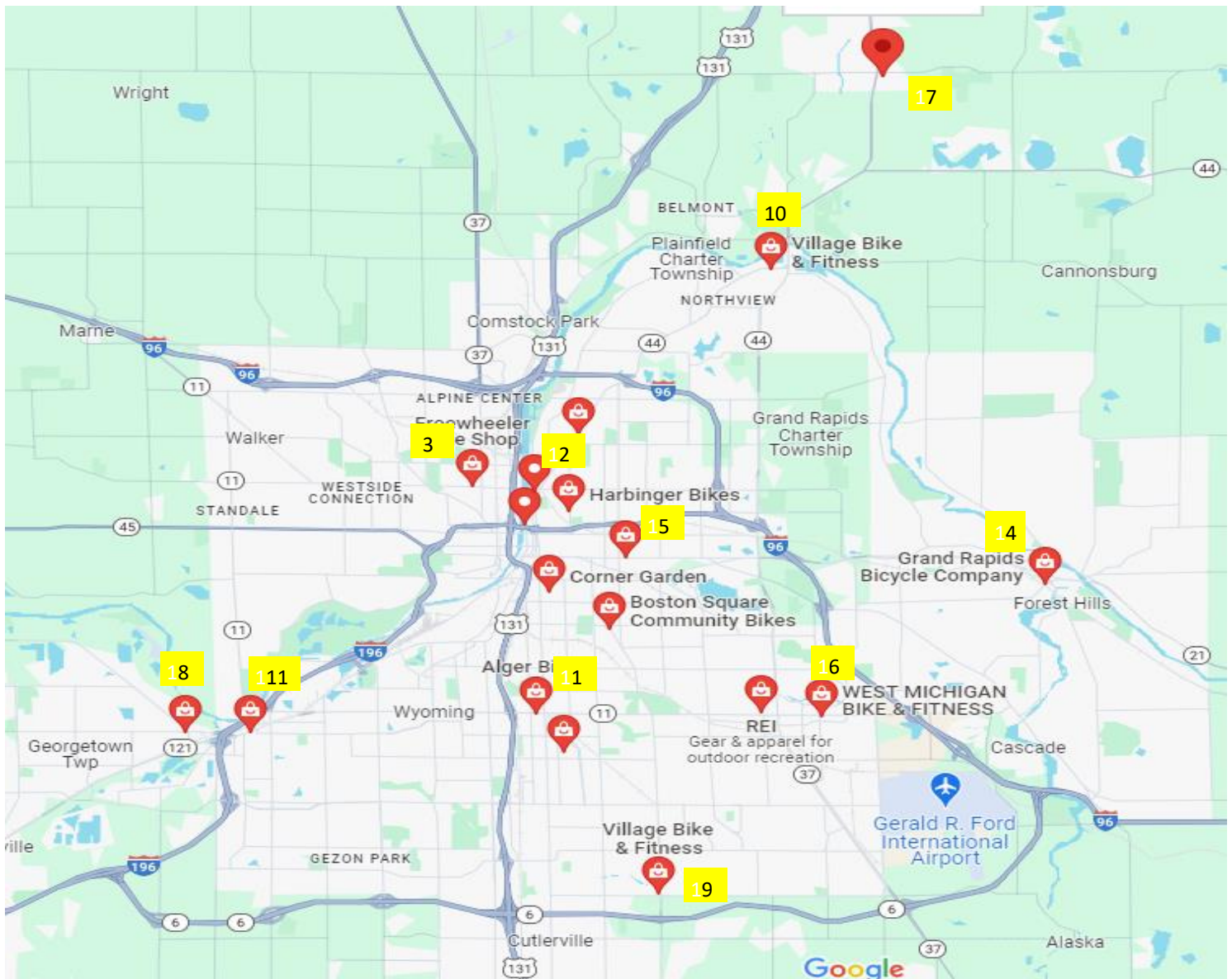
5991 Kalamazoo Ave SE
Grand Rapids, MI 49508
(616) 455-4870
www.villagebikeshop.com

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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