Christopher Estes
President
president@rapidwheelmen.com

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

Randy Higgins
Treasurer
treasurer@rapidwheelmen.com

Cathy Pratt
Secretary
secretary@rapidwheelmen.com

Evan Wilson
Director Emeritus
emeritus@rapidwheelmen.com

Mark Schlutt
Head Ride Captain
ridecaptain@rapidwheelmen.com

Evan Wilson
Safety / Advocacy Chair
safety@rapidwheelmen.com

Bob Ayars
Membership Chair
membership@rapidwheelmen.com

Vacant
Special Events

Evan Wilson
Head Race Captain
race@rapidwheelmen.com

Dave Durkee
Newsletter Editor
newsletter@ rapidwheelmen.com

Susanne Aldridge
Website / Social Media
saldrig@ gmail.com

Mike Burden
Ride Around Kent Co. + Maple Leaf
rake@rapidwheelmen.com
mapleleaf@rapidwheelmen.com

Dave Durkee
Time Trials Coordinator
timetrials@rapidwheelmen.com

Evan Wilson
100 Grand
100grand@rapidwheelmen.com
Welcome Spring!

The snow is (mostly) gone, the blue sky and sunshine are appearing more frequently, and the birds are singing. To many, this means coming out of basement trainer hibernation and actually riding outdoors and for several of us, the first organized ride/race. Saturday (3/30) is the second annual Dirty 30 Gravel Race in Saranac. Unfortunately, the forecast is not looking promising with it calling for rain the day before and a rain snow/mix on race day. Nonetheless, many a hardy soul will still participate!

Thank you all who came out to the March meeting and for your overwhelming support of the Board recommendation to amend the Constitution. Again, this amendment will reduce the number of required membership meetings from every month to at least 6 times a year and will promote greater attendance at meetings and attract more favorable programming.
**GRATA Central Station**
250 Grandville Avenue SW
Grand Rapids - 2nd Floor

No Meeting in April!

Go Ride!

(check Yahoo Group for the latest updates)

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**Charities We Have Helped**

- Elves and More West Michigan
- Friends of the Fred Meijer Rail Trails
- Friends of the White Pine Trail
- Greater Grand Rapids Bicycle Coalition
- MADD
- UICM - The Motion Initiative
- West Michigan Trails and Greenways
<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Ride Name</th>
<th>Ride Start</th>
<th>Ride Details</th>
<th>Contacts</th>
</tr>
</thead>
<tbody>
<tr>
<td>MON</td>
<td></td>
<td>Ada Time Trials</td>
<td>Registration 5:30 to 6:15</td>
<td>See you very soon! See flyer in this issue!!</td>
<td>Dave Durkee <a href="mailto:timetrials@rapidwheelmen.com">timetrials@rapidwheelmen.com</a></td>
</tr>
<tr>
<td>TUE</td>
<td></td>
<td>Jessica’s Trail Ride</td>
<td>Varies, ck RW website, 10</td>
<td>See separate flyer in this issue!</td>
<td>Jessica Crawford. 616-785-8222</td>
</tr>
<tr>
<td>WED</td>
<td>3,10,17,24</td>
<td>Mystery Coffee “Ride”</td>
<td>2:00 pm</td>
<td>Start varies upon which Panera Bread chosen. Watch Yahoo group email for changes or contact Bob. In good weather, we ride!</td>
<td>Bob Ayars. 616-780-9590. <a href="mailto:rsayars@sbcglobal.net">rsayars@sbcglobal.net</a></td>
</tr>
<tr>
<td>WED</td>
<td>10,17,24</td>
<td>Challenger</td>
<td>6:20 pm “B”</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></td>
<td></td>
<td></td>
<td>6:30 pm “A”</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>6:30 pm “C”</td>
<td></td>
<td></td>
</tr>
<tr>
<td>THU</td>
<td>Coming Soon!</td>
<td>Ladies’ Ride</td>
<td>6:15, The Community Church, Ada</td>
<td>Ladies only! Moderate to good pace, 25-35 miles</td>
<td>Laura Melendez 616-560-1767 <a href="mailto:lada480@yahoo.com">lada480@yahoo.com</a></td>
</tr>
<tr>
<td>THU</td>
<td>Can’t wait!</td>
<td>Cannon Cruise</td>
<td>6:30 pm, Cannon Twmshp 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>13,20 Special Ed April 27</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>Still waiting!</td>
<td>Cannon Cruise</td>
<td>8:00 am, Cannon Twmshp Hall</td>
<td>45-50 miles, 17 mph pace.</td>
<td>Bill Thompson <a href="mailto:wthompson62151@gmail.com">wthompson62151@gmail.com</a></td>
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<tr>
<td>SAT</td>
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</tr>
</tbody>
</table>
You’ll find this issue packed with all the upcoming events. It’s the planning time of year! Some events require quite a bit of strength, stamina, and perseverance. Unless you are adequately prepared months ahead of time, when the day comes, you will suffer horribly without some preparation.

However, there’s a trend lately to suffer as much as possible, as that’s what it’s all about. Living through the torture gives one a great sense of accomplishment when the torture is over. You’re alive! And you have only a sore rear end, paralyzed hands, and never ending leg cramps. But you’re alive! Whoo-Hoo!!

Maybe I’m old school, but back in the day you did suffer in small incremental steps as you gained “conditioning”. Your oxygen capacity improved, you had more power, and with weight loss your power to weight ratio improved.

Those who actually take “training” seriously always strive to do small improvement over time. The body can handle only so much so often. It needs stress, then rest, then more stress. Finally your body can handle high levels of stress, and at levels that would actually kill a stout horse. You’re still kicking! Although the epic suffer-fests are memorable adventures over which many a libation can be enjoyed, some of us prefer to be able to walk the next day. Hence it is recommended that you, yes indeed, actually should “train”.

In this issue you’ll find a time honored method for training for long tours or even the 24 Hr. Marathon. When perseverance in very hot weather is needed, you’ll benefit greatly by heeding the advice.

And - if you do try these methods, please send pictures. We’d love to see them.

**Cover image:** Airshow Heart from Camp Vertical - beauty and challenge!

**Photo credit:** Evan Wilson

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**Ride** | **Date** | **Location**
---|---|---
Lowell 50 Gravel | 4/6/19 | Lowell, MI
Northeast Populaire | 4/6/19 | Detroit, MI
Barry Roubaix | 4/13/19 | Hastings, MI
Rouge-A-Thlon | 4/20/19 | Detroit, MI
200k West | 4/20/19 | Canton, MI
Howard’s Friend | 4/27/19 | Midland, MI
Dawn Patrol SE | 4/27/19 | Middleville, MI
Yankee Springs TT | 4/27/19 | Middleville, MI
Ride for Recovery | 4/28/19 | Ypsilanti, MI
Ann Arbor Classic | 4/28/19 | Ann Arbor, MI
Grattan Race Series | 5/1/19 | Grattan, MI
Mud, Sweat, + Beers | 5/4/19 | Traverse City, MI
Huron River Cruise | 5/4/19 | Okemos, MI
Ada Time Trials | 5/6/19 | Ada, MI
Ride Around Kent Co. | 5/11/19 | Grand Rapids
White Lake Stage Race | 5/18/19 | White Lake
Tuesday’s Trail Ride 2019 & Yoga

Day Ride: Tuesdays @ 10am to start, (as the weather warms time will move to 9am, I will keep you posted)

Mileage: Varies 20-30-40; Average Pace: 12-15mph

For Maps & Locations: Check Location - WE MOVE EACH WEEK **** Look for 3 Special Locations & Dates

Download apps: https://www.traillink.com/ -OR- Go to: https://mitrails.org/

****MAY 28 SPECIAL LOCATION RIDE: Leelanau Trail near Traverse City at Cherry Bend Staging Area

RSVP – by May 21

Location: Fred Meijer White Pine Trail - Comstock Park Trailhead - off West River Dr on Mill Creek Ave behind Vitalles; Moderate/Flat Terrain

DATES: May 7; July 9; August 27

Location: Fred Meijer Standale Trail – at Walker Sports Complex Ice & Fitness Center - on Remembrance Rd; Moderate Terrain

DATES: May 14; July 16

Location: Forest Hills Trail at Roselle Park Trailhead - on Grand River Ave south of Knapp; Hilly Terrain

DATES: May 21; July 23

****JULY 2 SPECIAL LOCATION RIDE: Sleeping Bear Trail near Glen Arbor @ Phillip Hart Visitor Center; RSVP – by June 25

Location: Musketawa Trail at Marne Trailhead - on 8th Ave south of 6 Mile Rd; Flat Terrain

DATES: June 4; July 30

Location: Grand Haven Lakeshore Trail at Rosy Mound Natural Area - on Lakeshore Dr south of Rosy Mound Elementary; Moderate/Flat Terrain

DATES: June 11; August 6

****SEPTEMBER 3 SPECIAL LOCATION RIDE: Betsy Valley Trail at Beulah Trailhead Visitor Center;

RSVP – by August 27

Location: Greenville at Fred Meijer Flat River Trail & Fred Meijer Heartland Trail at Tower Park Lower Lot parking area - off 57 south on Baldwin; Moderate Terrain

DATES: June 18; August 13

Location: Holland Trail at Upper Macatawa Greenway Trail & Fred Meijer Kenowa Trail - off Adams west of 196; Moderate Terrain

DATES: June 25; August 20

Contact: Jessica Crawford 616-785-8222 call/text

SPECIAL NOTES: Rides require, at minimum, an appropriate bike in good working order, water and a helmet. We suggest a spare tube, energy food, maybe a little cash in case we stop, and your biggest smile! Many rides are held subject to weather; please dress appropriately for weather. It's a good idea to confirm dates, time and location. SPECIAL, SPECIAL NOTE: At the half way point for those interested we’ll stop to do a little Yoga….because it’s good for you….We'll see you out there — be safe and have fun!
Rapid Wheelmen Road Time Trials
Ada Park
May – August - 2019

Every Monday night at Ada Park, Grand River entrance. First rider off at 6:30 pm
(Except for Memorial Day)

Registration closes at 6:15 pm

What we will continue to provide:

- Make you a member of the Rapid Wheelmen Bicycle Club
- FREE activity for Rapid Wheelmen members (Annual family fee – still just $25!)
- Provide official timekeeping on a standard 15 mile course
- Provide a holder for the start
- Results will be available soon after the last rider finishes
- Sorted results by class available on our website the next day
- Season end celebration party
- Fun and Competition
- Course Records for all classes available (For record attempts, we ask for a 48 hour advance notice to arrange for a turn-around spotter)
- All previous classes for riders will be recognized each night: Men, Women, Juniors, Team, Fixed Gear*, Vintage*, Mountain Bike*, Hand Cycle, Tandem, Fat Bike*, Single Speed*, Human Powered Vehicle (HPV)*, BMX*, Cyclocross (CX)*, e-Bike*, and Merckx (Just a regular road bike, no aero bars nor aero helmet).
- Registration by email is available.

NEW for this year!

Like last year - Participation/Performance Points Contest for Men’s and Women’s categories with year-end cash and/or merchandise to top 3 spots in each category. Last year $1,200 in cash prizes! New this year – Points Contest for Merckx class!! Results posted weekly.

*- These Classes must be inspected and meet the criteria for that Class. Basically, they must be run as they would for their intended purpose (ie – MTN, Cross, BMX, and Fat must have the tires for their regular use, not road tires)

Registration / Questions / Request Start Time : Email the Time Trial Coordinator at:

timetrials@rapidwheelmen.com
ADOPT A ROAD CLEAN-UP

WHO: Rapid Wheelmen, Time Trialists, Family, Friends
WHEN: Sunday April 28
TIME: 3:00 PM
WHERE: Ada Park, Grand River Parking Lot

There is no back up date. This is the last possible day for the pick-up.

Please join us for our spring roadside clean-up of Grand River Avenue in Ada, MI. Everywhere we go, we share the roads with other vehicles. Let’s show the community that we appreciate the shared use of the road. Be sure to bring comfortable walking shoes and gloves if you wish. We will have some latex gloves available also. The first clean-up of the spring is usually our biggest with lots of trash. Often there are wet areas so bring appropriate shoes. After the clean-up, the club will provide treats of some kind. If the weather is good, we will probably go for ice cream. The club treats the volunteers!

Thanks.

Carolyn Chapman, carolynpeacock@charter.net
Volunteers Needed!!

Ada Time Trial Volunteers Needed!

Still some positions left! They are not all taken yet:

Signs - Month of August - put out and pick up sings - You still ride!
Sequencers / Watch Stop Clickers - Prestige galore!
Counters - Get all the riders off on time - you can ride last!

Still need help in June, July, and August!

Contact Carolyn Chapman - carolynpeacock@charter.net

100 Grand

June 1, 2019

There are lots of ways to volunteer. You can work registration for a couple hours, make (8-10 dozen) cookies, work a rest stop, drive a SAG vehicle, paint the course, prep lunch, or work as go-between rest stops.

You can earn a free ride for most of them. Of course, doing something like driving a SAG vehicle all day or working a rest stop can mean that you don't get to ride, so this year Mike Burden will give free rides across our events. So, if you drive SAG or otherwise do something for Ride Around Kent County (May 11th) and don't get a free ride for that event, I'll get you one for the 100 Grand. Likewise, if you do something for the 100 Grand that precludes riding, Mike will get you a free ride at the Maple Leaf (August 17th).

There are lots of ways to help, both Day-Of as well as Before the Event

Contact Evan Wilson: emwilson06@gmail.com
All photos courtesy of Evan Wilson - rumor has it that Dave Kuilema was present!
Ride Around Kent County: May 11th, 2019

145 miles touching the 4 corners of Kent County, with optional 100 mile bail-out. At least two groups will form: "Fast" (18+ average mph) and "Good" (15+ average mph). Slower-paced riders will not finish by the 6 PM cut-off.

SAG, snacks, ice, and sports drink all around the route. Lunch for 150-milers about half way around. Sandwich provided for 100- milers. "Best supported ride I've been on." "You guys are the greatest!" "Best sandwich ever."

Lunch sandwiches will contain chicken and possibly nuts. Peanut butter, jelly, bread, bananas, oranges, trail mix, and "Aussie Bites" and/or "Sunrise bars" (organic energy bars) will be available as alternatives. If these options don't meet your dietary needs, then we welcome you to bring your own nutrition and our SAG vehicles will carry it to the lunch stop for you. Be sure to mark your name and route on the container so that it arrives at the correct lunch stop!

Ride Around Kent County is the second ride of the National 24-Hour Challenge three-ride endurance training series leading up to the National 24-Hour Challenge (June 15-16, 2019, http://www.n24hc.org/).

Ride 1: April 27, 2019 - Dawn Patrol a 100+ mile ride on the 24-Hour route (see Ride Calendar to confirm). We will leave from Thornapple Kellogg Middle School (10375 Green Lake Rd, Middleville, MI 49333) at 8:00am on Saturday, April 28th and ride the 121 mile Loop 1 of the National 24 Hour Challenge route.

Ride 2: May 11, 2019 Ride Around Kent County

Ride 3: June 1, 2019 100 Grand Bicycle Tour
BEGINNER'S GUIDE TO BICYCLE TOURING

Step 1:
Get a spaghetti-strainer and several small sponges. Soak the sponges in salt-water and paste them to the inside of the spaghetti-strainer. Place the strainer on your head. Find a busy road. Stand by the side of the road and do deep knee-bends for 8 hours. This will acclimatize you to a day's ride.

Step 2:
Take some 200-grit sandpaper and rub your rear-end and the insides of your legs for about 20 minutes. Rinse with salt-water. Repeat. Then, sit on a softball for 8 hours. Do this daily for at least 8 days.

Step 3:
Each day, take two twenty-dollar bills and tear them into small pieces. Place the pieces on a dinner-plate, douse them with lighter fluid and burn them. Inhale the smoke (simulating car-fumes). Rub the ashes on your face. Then go to the local motel and ask them for a room.

Step 4:
Take a 1-quart plastic bottle. Fill it from the utility sink of a local gas-station (where the mechanics wash their hands). Let the bottle sit in the sun for 2 or 3 hours until it's good and tepid. Seal the bottle up (kinda, sorta) and drag it through a ditch or swamp. Walk to a busy road. Place your spaghetti-strainer on your head and drink the swill-water from the bottle while doing deep knee-bends along the side of the road.

Step 5:
Get some of those Dutch wooden-shoes. Coat the bottoms with 90-W gear-oil. Go to the local supermarket (preferably one with tile floors). Put the oil-coated, wooden shoes on your feet and go shopping.

Step 6:
Think of a song from the 1980's that you really hated. Buy the CD and play 20 seconds of that song over and over and over for about 6 hours. Do more deep knee-bends.

Step 7:
Hill training: Do your deep knee-bends for about 4 hours with the salt-soaked spaghetti-strainer on your head, while you drink the warm swill-water and listen to the 80's song over and over (I would recommend "I'm a cowboy/On a STEEL horse I ride!" by Bon Jovi). At the end of 4 hours, climb onto the hood of a friend's car and have him drive like a lunatic down the twistiest road in the area while you hang on for dear life.
Step 8:

Humiliation training: Wash your car and wipe it down with a chamois-cloth. Make sure you get a healthy amount of residual soap and road- grit embedded in the chamois. Put the chamois on your body like a loin-cloth, then wrap your thighs and middle-section with cellophane. Make sure it's really snug. Paint yourself from the waist down with black latex paint. Cut an onion in half and rub it into your arm-pits. Put on a brightly colored shirt and your Dutch oil-coated wooden shoes and go shopping at a crowded local mall.

Step 9:

Foul weather training: Take everything that's important to you, pack it in a Nylon corodura bag and place it in the shower. Get in the shower with it. Run the water from hot to cold. Get out and without drying off, go to the local convenience store. Leave the wet, important stuff on the sidewalk. Go inside and buy $10 worth of Gatorade and Fig Newtons.

Step 10:

As Archimedes hypothesized: "Use a simple lever to move the Earth from one place to another". After doing that, go around your house and lift heavy things that you never imagined a person could lift. Surprise yourself. Do 1,000 sit-ups. Then 10,000. Eat lunch. Repeat. Argue with every girlfriend/boyfriend you've ever known and be RIGHT. Solve all the problems of politics, faith and economics. At the end of the day, get into a huge tub filled with hot soapy water and relax, because tomorrow is another BIG DAY ON THE BIKE!

Step 11:

Headwinds training: Buy a huge map of the entire country. Spread it in front of you. Have a friend hold a hair-dryer in your face. Stick your feet in taffy and try to pull your knees to your chest while your friend tries to shove you into a ditch or into traffic with his free hand. Every 20 minutes or so, look at the huge map and marvel at the fact that you have gone nowhere after so much hard work and suffering. Fold the map in front of a window-fan set to "High".

Author: Unknown  I suspect it's Cal Hekman or John Crankshaw- they train like this all the time - Ed.
For Sale

Garmin Edge 500 Cyclocomputer

Approximately 10 year old GPS enabled cyclocomputer. Excellent condition, babied most of its life. (Well, OK - I did ride in the rain a couple of times, and occasionally crashed. But no damage to the unit! Came out far better than the rider.) The original battery was replaced in 2018 via a conversion after market battery. Includes box, manuals, rubber mounting rings, 2 handlebar / stem mounts, charger with various plugs, charging cord, and CD/instructions for battery replacement. Does NOT include heart rate strap or wireless speed/power/cadence sensors. Those items can be purchased separately from Garmin. Works fine on GPS without sensors.

Price: Was $100, now Fire Sale Price $60!!

Rapid Wheelmen kit colors!!

Contact Dave Durkee:
davedurkeeod@gmail.com
1. Alger Bikes
   120 - 28th St. S.W.
   Grand Rapids, MI 49548
   (616) 243-9753
   www.algerbikes.com

2. Central District Cyclery
   1309 Plainfield Ave NE
   Grand Rapids, MI 49505
   (616) 446-1420
   http://www.centraldistrictcyclery.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. GRBC
   1200 East Paris SE
   Grand Rapids, MI 49546
   (616) 835-7467
   www.grandrapidsbicycles.com

7. Speed Merchants
   106 E. Bridge St.
   Rockford, MI 49341
   (616) 866-2226
   www.speedmerchantsbikeshop.com

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
    2844 Thornapple River Drive SE
    Cascade, MI 49546
    (616) 285-1670
    www.villagebikeshop.com

11. Village Cycle & Fitness
    5278 Plainfield Ave NE
    Grand Rapids, MI 49525
    (616) 361-3661
    www.villagebikeshop.com

12. West Michigan Bike & Fitness
    2830 East Paris Ave SE
    Kentwood, MI 49512
    (616) 942-8880
    www.westmichiganbike.com

13. West Michigan Bike & 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

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

Like us on Facebook!
@RapidWheelen
@RapidWheelmenTimeTrials