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Dave Durkee
Time Trials Coordinator
timetrials@rapidwheelmen.com

Evan Wilson
100 Grand
100grand@rapidwheelmen.com
**Bier Distillery**
5295 W. River Dr. NE
Comstock Park, MI

**Thursday, May 2nd**

Board Meeting: 6:00 pm
General Meeting: 7:00 pm

Thanks to Carolyn and Scott Chapman for opening their house, the pizza and all the ice cream!

Volunteers in attendance:
Bob Ayars, Dave Durkee, Evan Wilson, Dave Kuilema, Dave Ryskamp, Alison Gase, Jim Allan, and Geri Finch.
<table>
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<tr>
<th>Day</th>
<th>Date</th>
<th>Ride Name</th>
<th>Ride Start</th>
<th>Ride Details</th>
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</table>
| MON | 6, 13, 20| Ada Time Trials       | Registration 5:30 to 6:15 | 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. | Dave Durkee  
timetrials@rapidwheelmen.com |
| TUE | 7, 14, 21, 28 | Jessica’s Trail Ride | Varies, ck RW website, 10 | See separate flyer in this issue!                                           | Jessica Crawford. 616-785-8222 |
| WED | 1, 8, 15, 22, 29 | Mystery Ride       | 2:00 pm     | Start varies. Watch Yahoo group email for changes or contact Bob.          | Bob Ayars. 616-780-9590.  
rsayars@sbcglobal.net |
| WED | 1, 8, 15, 22, 29 | Challenger          | 6:20 pm “B” 6:30 pm “A” 6:30 pm “C” | Challenger Elementary School 2475 52nd St.  
Slow, Good + Fast paces, 30-50 miles | Mike Burden  
616-915-2048  
mwb@mwburden.com |
| WED | 1, 8, 15, 22, 29 | Grattan Express / Sleeper | 4:00 pm Rosa Parks Circle | Ride to Grattan Raceway to race or watch                                      | Evan Wilson  
517-902-8586  
race@rapidwheelmen.com |
| THU | 2, 9, 16, 23, 30 | Ladies’ Ride       | 6:15, The Community Church, Ada | Ladies only! Good pace, 25-30 miles. Road bike and helmet required          | Nancy Lange  
616-295-0475 |
| THU | 2, 9, 16, 23, 30 | Cannon Cruise       | 6:30 pm, Cannon Twonshp Hall | 25-30 miles, 17 mph avg. 3rd Thursday of month is gravel!              | Bill Thompson  
wthompson62151@gmail.com |
| SAT | 4, 18, 25  
RACK May 11 | Dawn Patrol         | 8:00 am     | 45-65 miles at good to fast pace  
Check Yahoo group for start location, mileage, and distance       | Mike Burden  
616-915-2048  
mwb@mwburden.com |
| SAT | 4,11,18,25 | Cannon Cruise       | 8:00 am, Cannon Twonshp Hall | 45-50 miles, 17 mph pace.                                                | Bill Thompson  
wthompson62151@gmail.com |
| SAT | 4,11,18,25 | Mystery Ride        | 10:00 am    | Start varies. Watch Yahoo group email for changes or contact Bob.        | Bob Ayars. 616-780-9590.  
rsayars@sbcglobal.net |
I very much hope everyone took my training advice seriously last month. By now, each one of you should have 500+ squats performed while standing by the side of the road, inhaling exhaust fumes, while wearing your sponge filled spaghetti strainers on your head. I’m sure by now your overall strength has improved tremendously and your aerobic capacity was increased ten fold. Either that, or you were admitted to the ER just last week. Let’s hope it’s the former situation.

This reminds me of the winter “training” regimen I subjected myself to in about 1984. My house at the time had a very steep path through the woods and was often snow covered. About twice a week I put my snowmobile boots on and ran up and down that hill in various sets of intervals. Talk about running in taffy! I felt as slow as heck, but the workout was tremendously difficult. When the Time Trials started back up that next April (yes April, not May), I was rewarded with one of the best times I ever had on the course at around 36 minutes. Usually it took me till the end of the season to match that time. I was really impressed.

Probably didn’t hurt that I was also participating in quite few roller races around the state. Performing a 1500 meter time trial, followed by a series of 1000 meter match sprints helped my anaerobic capacity, balance, and peddling technique. A good balance to the heavy boot running routine.

So whatever routine you did in the off season, the past is the past, and onward you must go.

In this issue I have written an article about basic bike fitting principles that everyone should check before they start riding each season. To be successful, you must be athletic and also comfortable. Hopefully these tips can help you achieve that this season.

This month’s entry is a glimpse at riding opportunities. Whether you like a casual tour or the ultimate test of strength and endurance, you have much from which to chose!

See the Ride Calendar in this issue or on our new website for all our regular club rides. Join our Yahoo group so you can be up to date about whether a ride is a go or no-go.

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<td>Augusta</td>
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<td>Mon. May-Aug</td>
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<td>Ride Around Kent Co</td>
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<td>The Donut Race</td>
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No Bag Balm this year!!

Cover image: Bob Ayars shows off the new Time Trial Stop-watch.

Photo credit: Dave Durkee
Basic Bicycle Fitting Techniques

by Dave Durkee

Last year I saw two new riders at the time trials that appeared to be younger and in relatively good physical shape. But their time trial times were exceedingly slow. Far slower than I would expect for riders with good conditioning, weight and lightweight bikes. I approached one of them and told them I expected better performance from them just from appearance alone. They told me they were riding as hard as they could, but could produce no sustained speed. When I asked them how they were fitted for their bikes, the response was — “What are you talking about?”

Now we all know that almost all our local bike shops offer superior fitting services that are individualized for each rider. There’s no better way to make sure you and your machine are in harmony with each other. A certified fitter will discover if you have flexibility and asymmetry problems that need to be addressed for comfort and efficiency. So the advice I’m going to give will be very general and applicable to the majority of riders that likely fit the “norm”. But if you are unsure even after reading this article, please consider having a certified fitter work with you.

My experience comes from starting racing at the age of 17, hence 46 years of pounding the pedals. There was a lot of trial and error in those days. When I was the RW Race Team Captain in 1986, I attended a development camp conducted by the United States Cycling Federation (now USA Cycling) in Colorado Springs. The purpose of the camp was to disseminate Olympic Team training techniques to the local clubs, in order to produce a better stock of future Olympic hopefuls. I learned a lot, became a better cyclist myself, brought all that knowledge back with me, and got to ride the Olympic track at Colorado Springs to boot!

So the following advice comes from some high level research as well as some practical advice by many more experienced than myself. I hope some of these basic fitting techniques help you remain comfortable, efficient and injury free, while producing more power.

Steps for Basic Bicycle Fitting

1. **Buy the right frame size** - It’s important that you can stand over your frame with both feet flat on the ground. This height is often referred to as “standover height”. Put on your cycling shoes, and straddle the frame, both feet flat on the ground. The top tube should have a slight amount (1 cm) of space between your crotch and the top tube. Slightly touching might be ok, but too much pressure could have nefarious consequences every time you dismount. You have been forewarned! Any smaller frame and you’ll likely have problems with saddle positions and handlebars. This is generally good advice for a normal bicycle, normal frame geometry and riders with average physical dimensions. This will not work with newer “sloping” or mixte frames, where the top tube is not level with the ground.

2. **Set the cleats on your shoes correctly** - Why do I start here? I know the instinct with most people is to adjust the saddle height right off the bat. Although you’d likely be fine, its better to start right at the base of the power connection between you and the machine. Small changes in cleat position later may have a small effect on your “perfect” saddle height, so why not get the shoes and cleats set first? Saddle height does not affect cleat position, but the reverse is not true. So let’s work on the base of power first as we build our “pyramid of power”.

If you have read some of my “esoteric” articles in the past, we talked at length about how a bicycle is really a succession of levers, cleverly disguised as gears most of the time. The human body is also many “levers”, with fulcrums (pivot points), and two ends. One end is where a force is applied, the other where the “work” is done. Please refer to your 11th grade physics class for a full discussion!

The strongest bone in your foot itself is the metatarsal for your big toe. From your ankle, it ends...
right at the “ball” of your foot. It’s an easy landmark to spot in your foot, and on most shoes coincides with the “bump” on the inside margin of your shoe.

The whole object here is to get the ball of your foot right over the middle of the pedal in the front/back position. This gives us the maximum mechanical leverage the foot can provide. Set the cleat too far back, and we’re peddling from the middle of our foot and missing some leverage and lower leg muscle use. Set the cleat too far forward and now the pressure we exert flexes the toes, wasting some power. Let’s use the lever, and only use muscles we need to put all the power to the crank. Not with wasted motion or effort.

The usual technique is put the bike on a trainer, sit on the bike, put the shoe on with tightened cleats in an approximate position, clip in, and check to see if the ball of your foot is right over the middle of the peddle in the forward / back direction. If not, dismount, adjust the cleat, and try again until you get it right.

Most cleats do not have much adjustment for sideways motion, so this is not anything to worry about most of the time. The rotation of the cleat in the old days was also of much importance (Figure 2), but with modern shoes and cleats having various degrees of “float”, there’s not much worry about cleat angle anymore (Figure 4). The “floating” cleat allows the heel to swivel back and forth slightly, taking a lot of stress off the knees if the cleat is mounted at a slightly less than ideal angle, and during the power stroke itself. Rotational foot motion does not add anything to the power at the pedal, but by relieving stressful forces on the knees, keeps you more comfortable and less injury prone.

The successful cleat placement makes the pedal stroke feel very comfortable and powerful. That’s what we want.

Next month --- Adjusting the saddle!
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. *Email by 5:00 pm on ride night!*

**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
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
VOLUNTEERS NEEDED

The **National 24 Hour Challenge** needs you. We need volunteers at Checkpoint 4 (Main checkpoint at the school) from 10-3am and 3am to 8 am. Take down Sunday morning 7:30 until finished.

This year we are introducing **Neutral Support**. 20 riders without crew have opted to have us provide two people at each checkpoint, expect checkpoint 5 to act as crew. This only entails handing out rider furnished water bottles, food and taking and giving clothes. It does not include fixing bicycles. We think it would be good to have volunteers with rider experience to handle Neutral Support. The schedule at Middle School is 1-5pm, 5-10pm, 10pm-3am and 3am-8am. There will be a tent set up and clearly marked.

Please call Judy 616 538-0132, or call/text Kathy at 616 340-0702.

E-mail Kathy at kathysteve@charter.net

Many thanks to all of you.

---

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
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) 855-7467
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) 561-3661
www.villagebikeshop.com

12. West Michigan Bike & Fitness
2830 East Paris Ave SE
Kentwood, MI 49512
(616) 942-1880
www.westmichiganbike.com

13. West Michigan Bike & Fitness
4300 Chicago Dr. SW
Grandville, MI 49418
(616) 531-9911
www.westmichiganbike.com
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

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https://groups.yahoo.com/rapidwheelmen

Like us on Facebook!

@RapidWheelmen
@RapidWheelmenTimeTrials