

# spoke'n word

official newsletter of the Rapid Wheelmen Bicycle Club



04.2024

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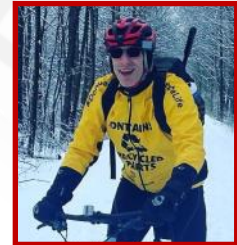
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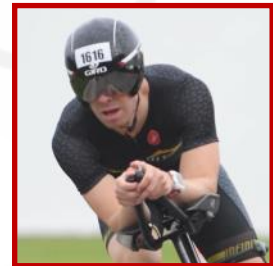
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**May B. U. ??**  
100 Grand  
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## **Club Meeting**

**TBD**

Meeting: **Look for ZOOM Meetings.**

Where: **Zoom link will be sent before the meeting in the club IO group**

**Subscribe to the IO group here:**

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

*White Pine Trail—open for business!*



Rumor has it that the White Pine Trail from Grand Rapids to Cadillac is now fully paved! According to the [WPT website](#), this was made possible by a grant of \$9.6 million federal relief funds. Improvements include paving 21 miles of trail from Sand Lake to Big Rapids and culvert work near Leroy.

There has been some enthusiastic discussion about having an organized ride on the completed trail. The 92 mile trail has no more than a 2% grade anywhere, but a round trip adventure is likely more than a 1 day ride. **If there is interest in a 2 day ride with overnight stay in Cadillac for 2024, please email Dave Durkee at [davedurkeeod@gmail.com](mailto:davedurkeeod@gmail.com)**



President's Spin  
by  
Evan Wilson

The **Paris Park Century/Tour of Hills and Wind** is on again this year. Saturday, May 4th. Same deal as the previous rides: Saturday ride late enough for folks to day-trip up, but a camping weekend Friday to Sunday for those interested. I've hit up everyone who's come along before (that I have an email for), but if you think of anyone else that might be interested, let them know.

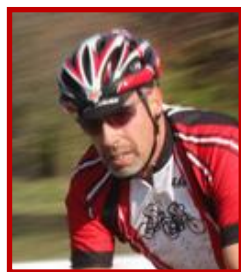
Details, including how to park for the day free are here:

<https://cranknerd.blogspot.com/2024/02/the-seventh-paris-cadillac-paris-tour.html>

Even if you, or a family member along for the trip, isn't up for a full century, the campground is right on the White Pine Trail, so there are lots of mellow riding options.

**Editor**

*Dave Durkee*



Spring has Sprung! I've been really enjoying watching the Spring Classic races in Europe over the last month. The races are far from a casual ride with bunch sprints at the end. There is some fierce racing and brave attacks in both the Men's and Women's races. So far the epic 80 km attack by Tadej Pogačar to win the gravel race Strade Bianche in Italy is the stuff of legends. If you have MAX, Flosports, or NBC Sports, you can catch much the action live. That is, if you can sometimes get up by 5 am!

Today's professional cyclists are setting records for average speeds. Even in the recent Tour of Flanders over various steep cobbled climbs, the average speed was close to 43 kph (27 mph). Are today's cyclists that much better than Gimondi, Anquetil, or Merckx?

There was recent speculation that answers the question with a "no".

*Cover image: The bare Colnago Super frame I bought for my project fixie bike. Photo credit—Luxlow Bikes.*

Most of the improvements have been made by technology advances in frames and wheels. Then there's the clothing: far more aero than the old wool jerseys. Even the correctly designed helmet is better than no helmet. Sure, fueling the engine is more efficient today too.

But, I still reminisce about the traditional clothing and equipment with a fondness of sentimentality. I still ride a fixed gear bike in respect of the traditional European spring training custom. "Save the knees for the upcoming season". I miss the early Fisk Knob races on fixies. I don't do it because it's just "cool".

Hence, the story continues in this issue about how I built an old school fixie with a classic Italian steel frame.

I hope to see YOU on a **steel** bike in 2024!

*Dave*

**Improving your Time Trial Times**

Last year June, John Crankshaw sent me a YouTube link from GCN about the "[7 Easy Ways to Improve your Time Trial Performance](#)". I saved the video to share with you for the beginning of the 2024 season. How timely!



1. Buy the right bike. I certainly agree with that.
2. Get the right position. What I like about the video is that it emphasizes what I've always thought was the best bang for your buck, and that's getting into an aero position. The bike or components themselves only add minimal benefits beyond that. Get a skinsuit! Big helmet??
3. Recon your route. Yes, it helps! Luckily all our Monday night time trials are on the same course, so you should know that route!
4. Set a schedule. If you know your start time, work that backwards for when to arrive, what to eat and when, time for setup, registration, warm up, etc. And arrive to start on time!!
5. Pace yourself. It works for most of us better if you build speed steadily at the beginning attaining threshold about 1/4 mile later. Go anaerobic right off the start, and you lose time recovering. Then ramping up in the last mile to be anaerobic at the end, peddling all the way through the finish.
6. Use photos and videos. I have never done that, maybe I should try.
7. Don't self sabotage. Forgot your shoes or helmet? Didn't arrive at the start on time? Lost concentration? Forget to peddle in circles? (Add about 16 other items to this list)

Hope this helps you in having a Personal Best season in 2024!!

# ride calendar

April 2024

Day	Date	Ride Name	Ride Start	Ride Details	Contacts
<b>MON</b>	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 <a href="http://Webscorer.com">Webscorer.com</a> . "Day of" registrations still available on-site from 5:30 to 6:15 pm	Dave Durkee <a href="mailto:davedurkeeod@gmail.com">davedurkeeod@gmail.com</a>
<b>WED</b>	Spring 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 <a href="mailto:tjwestrick@gmail.com">tjwestrick@gmail.com</a>
<b>WED</b>	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 <a href="mailto:rsayars@sbcglobal.net">rsayars@sbcglobal.net</a>
<b>SAT</b>	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 <a href="mailto:rsayars@sbcglobal.net">rsayars@sbcglobal.net</a>
<b>SAT</b>	Spring 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 <a href="mailto:mwb@mwburden.com">mwb@mwburden.com</a>



## Build Your Dream Bike

by Dave Durkee

### Part III

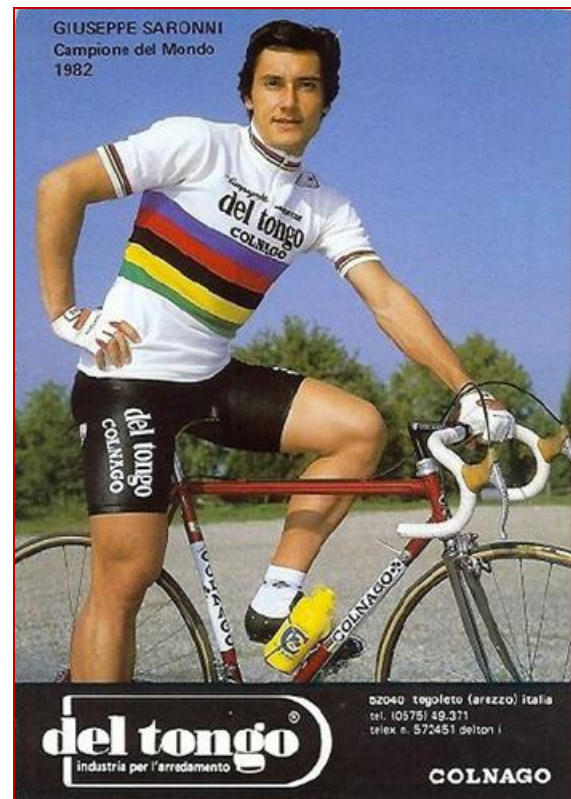
Our saga continues in finding our Winter vintage steel fixie project. One advantage of being mostly retired, is that I can spend hours (the wife says weeks) on just looking around for something.

So I wanted a Colnago steel bare frame from the 80's or 90's. It had to be 56 to 58 cm in size (the seat tube length). I'd like a red color if I could get it.

As I alluded to last month, on Ebay this 1980 Colnago Superissimo really caught my eye. I knew instantly that [Beppe Saronni](#) rode one like this for the pro team Del Tongo in 1982 winning the Worlds Professional Road Championship. This paint scheme has real historical significance!



So I find this frame on the left for about \$615. It WOULD have been perfect, but with many cosmetic blemishes and 60 cm size, it just wasn't going to work. A real bummer.



But all was not lost. Eventually I found a red Colnago Super from 1982 that was 56 cm and had minor cosmetic defects in the paint and decals. The chrome fork looked perfect. Not any corrosion anywhere. Someone, somehow, put a noticeable 1 inch dent in the top tube though. The dent did not alter the angle of the top tube nor the frame's strength (yea for steel!) Other than that, I think I could fix it up nicely. It was worth a try anyway. So as I was looking for parts, I ordered the frame from Ebay, and a week later it was in the garage, ready to play.



# ADOPT A ROAD CLEAN-UP

- WHO:** Rapid Wheelmen and Friends  
**WHAT:** Clean-up of Grand River Avenue from Buttrick to Kissing Rock in Ada  
**WHEN:** 1:00 p.m. Saturday April 27  
**WHERE:** Meet at Ada Park, Grand River Parking Lot (where we have Time Trials)  
**WHY:** Give back to the community. They share their road with us.

In case of bad weather, watch the Rapid Wheelmen Chat Group for rescheduling. The alternate date will be Sunday the 5th of May. 3 PM for the alternate date. Same place.

Bring comfortable walking shoes. Sometimes the ground can be wet so boots are helpful. You may want to bring work gloves as some of the trash is nasty. We tend to get the most trash at our first spring clean-up. The club will provide disposable gloves for those who want them. Wear a brightly colored shirt or jacket for visibility or borrow one of our reflective vests.

The club will provide some weather appropriate treats after the clean-up. Bring your lawn chair to relax and chat with others after the clean-up.

The optimal number of volunteers for this clean-up would be 18 people. Please be one of them!

Questions? Email me at [carolynleechapman@gmail.com](mailto:carolynleechapman@gmail.com) or call or text (616) 337-4743.

Please RSVP if possible so we can get an idea of how many treats to provide. We need your help!

Thanks.  
Carolyn Chapman





## Ada Time Trials 2024

Mondays—May 6th through August 26th

**What:** An individual 15 mile time trial. Many different classes available so you may compete with your peers.

**Where:** Ada Park, 1116 Buttrick Ave SE, Ada, MI. We use the East parking lot on Grand River

**When:** Registration opens every Monday at 5:30 pm, closes at 6:16. First rider off about 6:30

For **MORE** information, see our website: [Rapid Wheelmen Ada Time Trials](#)

**Registration:** Click [Webscorer.com](#) for registration and results. Sign up for the SERIES before May 6th if you plan to do many events. After May 6th, you may sign up for individual nights that suit your schedule.

**Season long Points Contest** by category with same point scale as 2023 - bonus for top 3, smaller bonus for top 10.

**MEMBERS** ride for FREE all year, still \$35 / yr.! Obtain membership and sign waiver [HERE](#) Membership forms and waivers are also available onsite each night.

### NEW for 2024:

Points contest will be your best 14 rides of the 16 available rides. This will emphasize performance slightly more instead of attendance.

No break for July 4th. We ride July 1st and July 8th.

PLEASE let me know by 3:00 pm race day if you have signed up for a night, but can't make it. This should help eliminate No-Shows.

We HIGHLY RECOMMEND you use a rear light. A blinking RED light is best, radar even better. Next year we will REQUIRE the use of such a red light.

--

Dave Durkee  
RW Time Trials Coordinator  
Rapid Wheelmen Bicycle Club

[davedurkeeod@gmail.com](mailto:davedurkeeod@gmail.com)



**For Sale**

Nothing to see here— ;-)

**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

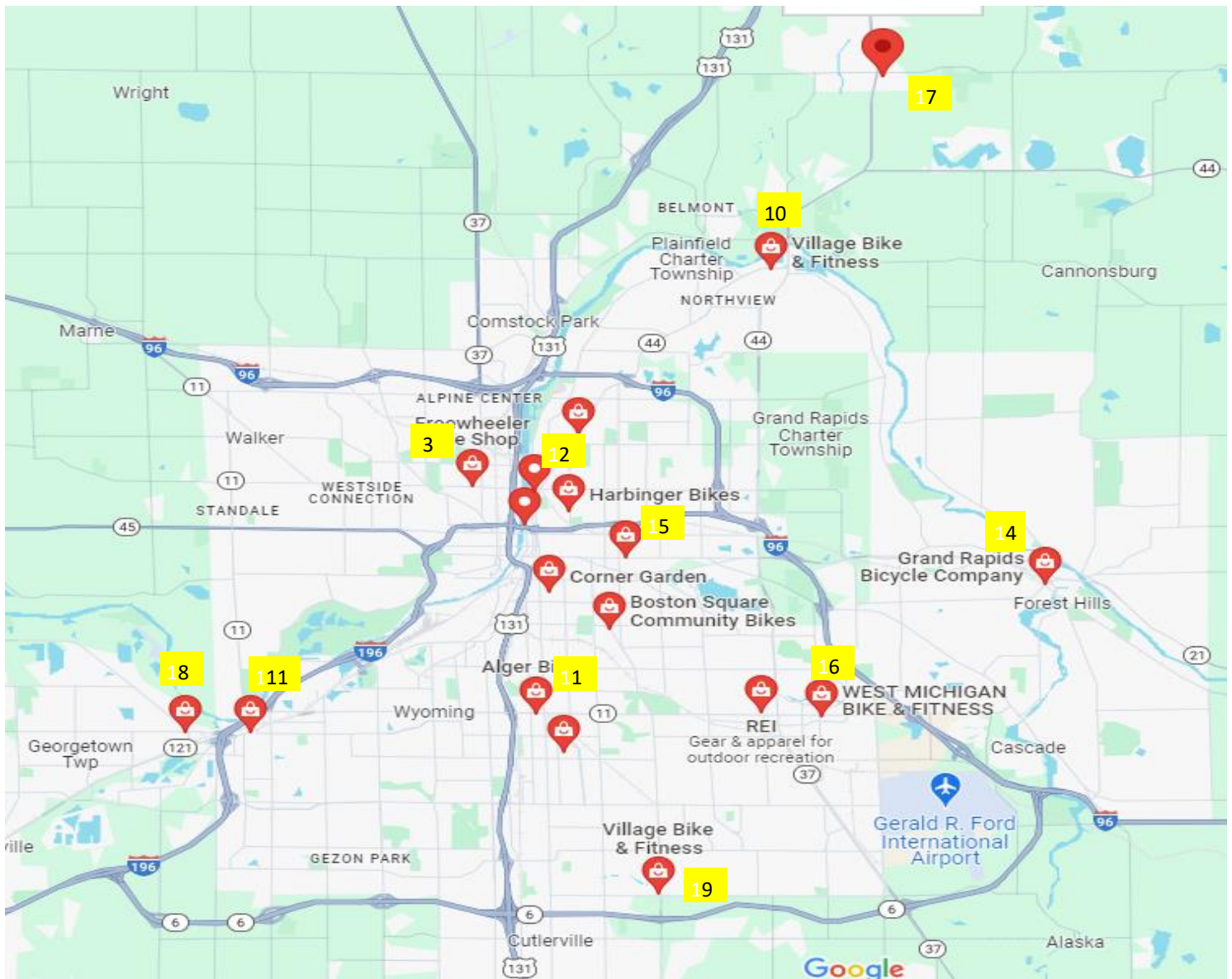
5991 Kalamazoo Ave SE  
Grand Rapids, MI 49508  
(616) 455-4870  
www.villagebikeshop.com

### 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](mailto:treasurer@rapidwheelmen.com)

## IO Groups

Join the Rapid Wheelmen IO Group!

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



*Like us on Facebook!*

@RapidWheelmen

@RapidWheelmenTimeTrials

