



# Quick Release

April 2019

Monthly meetings are held the 1<sup>st</sup> Thursday of each month 7:30 PM at the Downtown ACPL, [900 Library Plaza, Fort Wayne, IN 46802](#)

Next Meeting is April 4<sup>th</sup>

[BikeReg.com](#)

We have changed our online signup for membership and for the festival tour for your convenience. Follow the link above to join!



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## Make Time for a Ride

Patrick Stelte

What time is it? The simple answer is to look at a clock and respond. However, the greatest mystery may well be understanding the concept of time. In basic scientific terms, time is a measurement, a linear continuum infinitely divisible. Our daily struggle is quantified by time: Time to get up; time to eat, go to work, pick up the kids and the precious time to relax. April is thought of as tax time. We measure to organize, notate and remember. Navigation is based on time. Longitude befuddled sailors for millennium until a precision clock (marine chronometer) was invented in the 18<sup>th</sup> century, thus expanding trade routes and globalization. Our earlier agrarian ancestors measured time by the passing of growing seasons. Many ancient cultures used the lunar cycle to mark events from the past. Still, with all the ways time is used in our lives, it is relative; time relies on the reference of the observer.

For me, spring is a relative event that is marked by my sensitivity to the environment. The 2019 calendar stated that March 20<sup>th</sup> at 9:58 p.m. was the beginning of spring, the vernal equinox, a point where the sun crosses the celestial equator. However, for as long as I remember, my sense of spring is attached to the angle of the morning sun as it passes through a window. There is a moment, a day, when I wake up and the light shine says spring. At that point, I feel a mood change, a stir of things to do, a renewal that has promise. One of those things to do is the need to ride outside. The smell of spring, moisture that says rebirth, reinforces the compulsion. No matter how many times I rode outdoors in winter, the effort of spring riding is more focused, driven by expectations. This spring fever also gets me in trouble from time to time. An ill-advised ride on a Sunday this past March found me caught in snowy conditions for many miles that soaked me to the bone and gave me knee tendinitis that limited my riding for a couple of weeks. My temporal sense of time deceived me and I paid the price. This wasn't the first time, or the last. We all have similar stories of regret concerning the urges to ride because our sense of time has propelled our actions. Mine usually revolve around the weather.

Riding season for Three Rivers Velo Sport is measured with a calendar and April is the time for renewal of group comradery. Our weekend rides will be transitioning from the winter Show N' Go format to scheduled locations and routes. Weeknight rides will roll out by mid-April with evening light allowing for destinations not transfixed to Zwift meet-ups. Many of you will re-figure how to layer to get you through the spring chills, but the thought of warmer days will make it worthwhile. Recently, the anticipation of riding season was captured on our Facebook page with an exchange from several club members looking to meet up for a ride(s) during spring break. The individuals used impatient adjectives and exclamation points to define their joy of renewal and remembrance of good times. For the next several months, such activity will be repeated time and again.



Patrick Stelte

Time is "the" great mystery of our existence. It is the past, present and future all at once. Every moment in time is immediately in the past while the future rolls continuously through a window of consciousness much like a bicycle wheel that continually rolls on the pavement, propelling us forward, yet the wheel stays fixed in a defined shape that repeats motion end-

## Make Time for a Ride

(Continued from Page 1)

lessly with effort. We cannot get away from time. At best, we can be aware.

What time is it? In my best Thunderdome accent I say, "it's riding time."



3RVS Touring

## Touring Report

Doug Wintin

Spring has arrived and the ride season is ramping up. It is time to see if the winter training has paid off or if the holiday goodies are going to take their toll. Both the weeknight and weekend rides will give you chance to stretch your legs and get adjusted once again to your saddle. Some of you will be trying out a new bike or a set of wheels while others will stay with the tried and true gear that has served them so well in past years.

This year I will be going the tried and true route. You will probably see me on several different bikes. I ride my Roark Ti bike when the spring or fall conditions don't look particularly cycling friendly. I have had the bike for about fifteen years and it is still a solid ride. If you remember the space race and the Mercury space program you may want to take a look at the Roark's head badge. It is made from left over titanium mesh that was used in the Mercury rockets! Now there is some minutia.

When the weather cooperates and the time comes to put the Roark away I get out my other rides. I pull out either my Argon 18 or my Cervelo S3. Both are fine bikes but with very different temperaments. The Argon sits low to the ground and carves corners better than any other bike I've owned. It is very light and somewhat forgiving over rough pavement. The Cervelo is something else. It is heavier but thanks to the Zipp404 NSW's it spins up to speed quickly. It is a harsh ride that demands your constant attention. That said, if speed is the order of the day, this is the bike that comes out of the stable.

That's kind of a peek into my current line-up. I like them all and ride them all. I hope that everyone reading this can say the same thing about their bikes!

On a different and more serious note:



Doug Wintin

Our fourth weekend ride of the year is very special and is something very close to me and my family. As you know the Ronald McDonald House Charity gives family members a place to stay while their child is in the hospital undergoing treatment. One of those families just happens to be my oldest daughter's. Due to complications during her second pregnancy, she had to be hospitalized for three months. The only hospital in Montana that could care for both her and the baby was one hundred and forty miles away. Every weekend her husband and older daughter drove over to visit. They would spend the days with her and nights at the Ronald McDonald house. Having the RMH made life easier for them all. It also made the visits something they could afford. Long story short, Mom and baby came through with flying colors! Ella was a preemie and was in the infant intensive care unit for a week. RMH made life so much easier during an extremely difficult time. This is just one story. The Ronald McDonald House Charity yearly serves millions of families and means millions of stories. RMH has facilities in 64 countries and regions of the world. There are 368 Ronald McDonald Houses, 250 RM Family Rooms and 49 RM Care Mobiles

**Monday**

**Monday Meanderings & Musings** **TBD**

Location varies, check 3rvs.com weekly for start locations  
Pace 10-15 mph

**Franke** **6:30 PM**

Learn basic off road riding techniques. Meet at the trailhead parking lot. Respect the Trails - Stay off when condition pose a threat of damaging the trail.

**Tuesday**

**Kreager Ride** **6:00 PM**

Kreager Park 6400 N. River Rd  
Meet near the Tennis Courts  
Distance: 28 miles  
Pace: 13-15 mph

**Skills Dev Tour** **6:00 PM**

Jefferson Middle School  
5303 Wheelock Rd. Ft Wayne  
Distance: 24-42 miles  
Pace: 18-20 mph

**Wednesday**

**Saturn Ride** **6:00 PM**

Saturn Church, 6731 E 800 S Whitely Co. (1 mi E of Allen Co.)  
Distance: 25-27 miles  
Pace: 20+ mph

**Rogue Ride** **6:15 PM**

Carroll & Wayne HS (Varies weekly)  
Distance: 20-36 miles  
Pace: 15-17 mph

**Thursday**

**Urban Exploring** **6:00 PM**

Johnny Appleseed Park (near the north playground)  
Distance: TBD  
Expect some off-roading

**Girls Ride Out** **6:00 PM**

Roanoke Park, Corner of Seminary & 8<sup>th</sup> Street, Roanoke, IN  
Distance: 20/25 miles  
Pace: 14/15 mph

**Kreager A Ride** **6:00 PM**

Kreager Park 6400 N. River Rd.  
Distance: up to 40 miles  
Pace: 20+ mph

**Touring Report**

(Continued from Page 2)

The Ronald McDonald House Charity ride will take place on April 28<sup>th</sup>. Kreager Park acts as the Start/Finish point for the ride. Members of Three Rivers Velo Sport are preparing the maps, marking the routes and will be riding the course prior to the event. 3RVS is also seeking club members to act as ride ambassadors. We will need 2 people for each distance. If you are interested in being a ride ambassador, please contact me.

Mark your calendars now for the Ronald McDonald House Charity ride. Registration is open on-line so you can reserve your place. Remember this is great charity that helps families through a very difficult time. I hope to see all of you at Kreager Park!

**April Touring Schedule**

Date	Time	Map	Start At	Destination/Pace Groups	Distance
4/13	12:00 PM	<a href="#">HHS-7</a>	Homestead HS	Roanoke/Huntington	28/41/52
4/20	12:00 PM	<a href="#">CHS-1</a>	Carroll HS	Churubusco/Columbia City	20/32/44
4/27	12:00 PM	<a href="#">WHS-7</a>	Wayne HS	Bluffton/Ossian	13/24/30 48
4/28	1:00 PM*	<a href="#">KRG-3</a>	Kreager Park	Antwerp/Cecil	15/25/45 65

Weekend tours are subject to change due to road, weather or other conditions. Any changes will be posted on the 3RVS website, 3RVS Facebook Page, or @ride3rvs.

The A group rides at every tour, B,C & D group tours are listed in Destination/Pace Groups above.

Group paces: A = 20+ mph; B = 18/19 mph; C = 16/17 mph; D = 14/15 mph; E = 12/13 mph

See the back side of the weekend route maps or 3rvs.com for 3RVS Group Riding Guidelines.

Follow our tours live using the Life360 App at Ride 3RVS.

**Short N' Sweet**

**6:30 PM**

Sweetwater Sound  
Distance: ~25 miles  
Pace: 16-19 mph

**First Friday each Month**

**City Tour**

**6:30 PM**

Lawton Park, east end of parking lot  
Distance: 8-10 miles  
Pace: 10-12 mph

# Don't Be Sketchy!

Scott Tomsits

It is time for your semi-annual visit from the safety crusader! Spring and Fall are always a concern for the club regarding accidents. Windy weather, different fitness levels and the erosion of riding skills (both group and individual) from months of trainer sessions, if you were even on the bike at all; combine and lead to a consistent spike in mishaps during the early months. In fact, last year saw enough of an increase in our usage of supplemental medical insurance that the rates the club has to pay increased this year.

While cycling has varying degrees of assumed risk, good decision making and proper equipment choices can help mitigate those risks. As discussed on Facebook, a good helmet can greatly reduce the risk of head injury or traumatic brain injury. New helmets with MIPS® or WaveCel® technology can be even more effective in reducing the TBI threat. Unfortunately, even the best helmets could not have prevented the fractured pelvis, cracked vertebrae, broken ribs and punctured lungs that happened to our riders last year.



**'Very Bad Things'™  
Can Happen**

The typical spring scenario involves a headwind fatigued rider deciding to draft closer to the wheel in front to try to hang on to that group they've always ridden with. Inopportune gusty winds cause wheels to touch and the chain reaction starts. Often it is the second person back from the contact in that paceline that bears the brunt of the consequences and goes ass over tea-kettle! Fortunately there are many opportunities to break the chain of decision-making leading to these events and a new touring group as well as some enforcement of existing rules should help enhance safety for all. Respecting the wind, recognizing the group ride rust, forming an early slower sub-group if necessary and not allowing your emotions to drive you to exceeding these limits can keep you and everyone around you healthy and hale. Nobody wants to take multiple steps backwards or lose a riding season if it can be prevented!



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**Spend Money Like Mona!**



## From the Membership Desk

Amy Copeland

It is membership renewal time! Thank you to our large amount of members who have already taken care of their 2019 memberships. 3RVS memberships are valid from January 1st to December 31st annually. If you have not already renewed for 2019 now is the time so you don't miss out on your member discount at local bike shops as you gear up for spring riding. This will also be your last Quick Release Newsletter if you do not renew. Don't miss out on all the club happenings when the regular riding season starts in April, and made sure you have your club supplemental insurance coverage when your participating in club rides. Renewal is still only \$20 for an individual or \$30 for a family and can be easily done on-line for a small convenience fee at <https://www.bikereg.com/three-rivers-velo-sport-club-membership1> or you may print your membership form at <https://www.3rvs.com/info/brochure-web.pdf> and mail it in to the PO Box on the form. Don't forget that when completing the form as a family both listed adults need to sign the form to be valid. This is the last newsletter for the old mailing list. In May only the current active members will receive it.

### Three Rivers Velo Sport

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We're on the web.  
[www.3rvs.com](http://www.3rvs.com)



@ride3rvs



Members interact at  
[facebook.com/groups/ThreeRiversVeloSport](https://www.facebook.com/groups/ThreeRiversVeloSport)

ThreeRiversVeloSport

View our rides, Facebook.com/3rvsvideo



Life 360  
Track our tours live at Ride 3RVS



## April First Friday City Tour - Special Notice Date Change

Amy Copeland & Jennifer Altherr Smith

Spring seems to have finally sprung! We are looking forward to more pleasant riding temperatures but for just the month of April we are going to spring a change on you. Due to Spring Break and ride leader conflicts we will be riding the First Friday tour on the second Friday. This change is for the month of April only. The new ride date will be Friday April 12th at 6:30 at the Lawton Park trailhead

## The Traveling Jersey

Krista Stockman

Shortly after the 50th anniversary jerseys were released last year, I noticed members started posting pictures of themselves wearing the new jersey in other states.

Like many of you, I have a goal of riding in all 50 states. (I've got a ways to go as I've only hit 14 so far.) I love seeing where our members travel and especially where they spread the 3RVS bicycling spirit. I know when I ride in another state, more often than not I meet someone who has a connection to Fort Wayne or at least to Indiana. Last year, when I picked up a rental bike in Wenatchee, Washington, the clerk recognized Fort Wayne immediately, as her grandmother had lived here. She commented on what hardy riders us Midwesterners are for being able to ride in brutal humidity. Never mind that the temperature that morning was already in the 90's in Wenatchee.

After I got back from my vacation and saw more and more jersey photos in other states, I thought, "I wonder how many states our club jersey has been in this year. Someone needs to compile all the photos of where our club jersey traveled in 2018." So, I grabbed the pictures I had already seen posted on the club Facebook page; put a call out for any additional pictures; and sent messages to others who I knew had traveled out of state. In the end, I came up with pictures from 16 states and 4 additional countries. Not too bad!

You can see the slideshow of places we've traveled here. <https://spark.adobe.com/video/xxMdWfMp9e0FS>

Already this year, I've seen some photos of the jersey hitting warmer spots while our bikes are hooked up to our indoor trainers in Indiana. As you travel this year, wear a 3RVS jersey on a ride, take a picture and post it to the club Facebook page or send it directly to me at [wine lover2775@gmail.com](mailto:wine lover2775@gmail.com). Let's see how many states we can hit in 2019!