



Quick Release

April 2020

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

Until further notice meetings will be held in a virtual environment. Invitations to follow.

Next Meeting is April 2nd

Minutes and agendas archived [here](#):

We have changed our online signup for [membership](#) for your convenience. Follow the links above to join or more information!



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Keep Calm and Ride On

Johnny Grabowski

Keep Calm - 3RVS Group Rides Suspended

Just a couple of hours ago, I emailed the other club officers, proposing that we temporarily suspend all 3RVS group rides in conjunction with recommendations related to the COVID-19 pandemic - and they agreed. I assure you that none of us took this decision lightly, and put the safety of club members and other ride participants first and foremost. Like so many other things in our lives right now, there's no way to know exactly when we will be able to resume group rides - but I firmly believe there will be a 2020 season, and that the schedule will be clearer by mid-April. In the meantime, we are planning what may be the first-ever monthly club meeting via teleconference. I hope that 3RVS members and their loved ones are healthy and safe, and managing school and business closures as well as can be expected.

Ride On - Rediscovering the Joys of Solo Cycling

When I began road cycling about 8 years ago, I didn't even know that group rides existed. Every single ride was done in the silence and solitude of my own efforts and thoughts. For me, that was a lot of what I loved about it. I loved how the rear hub of my then-new Cannondale CAAD10 freewheeled silently as I would ride the forested hills and curves of West Hamilton, so silent that I'd commonly surprise deer who didn't hear me approaching. Riding solo, listening to my own breathing and the wind around my ears, struggling against 100% of any headwind (and enjoying 100% of every tailwind), having conversations with myself in my head (and even verbally encouraging or berating myself while struggling up a climb).



Johnny Grabowski

At the time of this writing, there is no restriction on solo cycling in Indiana, and while 3RVS group rides are suspended, getting out for a short, *safe* ride may prove to be a welcome break from other limited activities. Now is also a great time to get ready for the upcoming season - clean and lube your bike, clean out, organize, and re-pack your cycling bag, put in some time on the trainer, try some new stretches and exercises, or "window shop" online for your next kit upgrade. Above all, let's stay safe, stay well, and stay connected with the rest of our 3RVS family while we all anxiously wait for the day we ride together again.

Touring Season Approaches?

Shane Powell



Shane Powell

As we all wait in anticipation of warmer weather and weekend touring, we are also learning new terms like “social distancing” and Covid-19. Additionally, by the time this newsletter is published our official rides will have been suspended. I and the officers remain cautiously hopeful and optimistic about opening weekend, and Ride RMHC. **Update: Ride RMHC has since been transformed into a virtual self-motivated ride and are asking for donations to the cause, opening weekend status has yet to be determined.**

We have been in the digital age of cycling for quite some time now. Many of us at any given time have no less than two GPS devices at our disposal on any given ride. I'm also realizing that the paper map will one day be going the way of the dinosaur and am therefore looking for a suitable map editing software to update, and maintain our current sizeable digital library. I have found that an apparent lack of demand has led to a lack of options for doing so and thus we will continue to have paper maps available for at least this season. For the future, we are working on options for a digital library that can be made whereby routes can be downloaded directly.

This brings me to my next idea for a possible clinic. Although we live in the digital age, many of us (myself included) have resisted the changes that have become inevitable. Once we're able to group together again, if there is interest for Club Members who would like a clinic on how to load a digital routes into your cycling computer please contact me directly or through the 3RVS website. Include your name, brand and model of cycling computer and I will do my best to find a knowledgeable person for your particular unit.

If there are any other cycling related topics that you would like to possibly see classes or clinics for in the future, please send those ideas to me. If I get enough requests for a particular topic, I will do what I can to make these available to Club members.

Notes from the 3RVS Racing Director

Dave McComb



Dave McComb

I feel for all the racers who trained hard this winter with the goal of racing this spring's gravel and road races. Our own 3RVS Racing team has ground to a halt. At least as cyclists we can still go outside and enjoy riding our bicycles (by ourselves for now). For those athletes who trained for a specific event or planned on doing an event in the near future it is important to reassess your goals going forward. Being an athlete who races bicycles can be a self absorbing obsession with a lot of time thinking about what is best for ourselves. We need to switch gears and focus on the health of our families and friends and to help those less fortunate than ourselves. If we all work together by doing what is right as individuals this will not last long and we will get back to our normal routines.

Under the provisions that participating member adhere to the social distancing guidelines, I have gone ahead with the 3RVS Time Trial Series schedule knowing that it is subject to change. As always look to our Facebook page or contact me at rac-ing@3rvs.com for the most recent information about upcoming race related events.

3RVS Time Trial Series Dates

April 21
 May 5
 July 21
 August 18
 September 15 (tentative)



Kal-Haven Destination Ride June 12-14, 2020

Jennifer Altherr &
Amy Copeland



Amy Copeland

Check your calendar for availability

Back for 2020 With a Twist- The Kal-Haven Destination Tour

Date: Friday June 12 - Sunday June 14

Ride Leaders: Amy Copeland, Pamela Fennell, Andrea Egeland, and Jennifer Altherr

Trail surface: Crushed limestone

Accommodations: Kal-Haven Outpost Cabins

Depart from Fort Wayne 4 PM, Friday June 12 to carpool to Kal-Haven Resort in South Haven, Michigan. Spend Friday and Saturday nights in South Haven. Saturday and Sunday ride bikes on the 34 mile Kal-Haven Bike Trail (out and back on the former rail trail) and around South Haven. Drive back to Fort Wayne Sunday.

For those with more time we have an early car tentatively leaving around 10am that will be stopping for lunch at a Kalamazoo craft brewery before possibly stopping at the Kal-Haven trailhead to drop anyone who would like to ride to the campground for extra mileage, the remainder of the car load will drive ahead to start setting up camp.

The twist . . . because we are driving to South Haven this year, you decide how long you want to ride on the trail and simply turn around and go back to the cabin when you are ready. Also, you don't need to haul your gear on your bike. Other options are riding on the trail a few miles to the town of South Haven to shop, enjoy the beach and/or state park, or for the mountain bikers the more rugged Van Buren trail from South Haven to Hartford and back. Kal-Haven Outpost cabins is a new campground adjacent to the bike trail in South Haven. Each rustic cabin can sleep up 7 people and will be co-ed. Linens are included. \$321.90 per cabin fee will be split among participants.

Reserve your spot soon as people are already asking about doing this trip again. \$50/person non-refundable deposit (to cover cabins, firewood and other incidentals) to Amy Copeland. Due to space limitations participation is limited to club members only. If we fill up we will collect name of other interest parties to put them in touch with each other to see if they would like to go in together on an additional cabin, however, tent spaces are available for anyone who prefers a little more rugged experience.

Email Amy at: treasurer@3rvs.com to make arrangements.

For additional information:

Kalhaven Bike Trail: <http://www.kalhavenbiketrail.com/>

Kalhaven Outpost: <https://www.kalhavenoutpost.com/>

*We are closely monitoring the COVID-19 situation and we can cancel or postpone with the campground for a full refund if we do so 14 days ahead. In this case all deposits will be refunded.



April First Friday and Destination Tour Updates

Amy Copeland & Jennifer Altherr

Due to the current CDC and USA Cycling recommendations in regards to the COVID 19 virus we will be cancelling the First Friday City Ride for the month of April. We will continue to monitor the situation in hopes of returning to normal ride status for May.

At this time we are leaving the April 18th destination ride on the Cardinal Greenway on the schedule out of hopeful optimism. The current plan if possible is to carpool to Jonesboro and ride the trail to Converse for a lunch stop and then bike back to Jonesboro. We will monitor the situation for guidance from the CDC and USA Cycling as well as any local municipalities and dining availability. Cancellation of the trip or further details of the ride will be posted on the Three Rivers Velo Sport Facebook page by April 13th.

Riding outside is therapeutic! Please still get out there and do it...socially distanced!

Three Rivers Velo Sport

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We're on the web.
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Members interact at
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