



Quick Release



A publication of 3 Rivers Velo Sport Inc. Founded in 1969, 3RVS is an LAB, ACA and IMBA affiliated club, & member of the IBC, USCF and NORBA. Quick Release contains current and planned club biking activities and is distributed to all members. Submissions are due by the 15th of each month.

February 2000

The Bicycle Bulletin Board

Issue 2000.02

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February's Quote:

"You must also eat a lot, like a farmer."

Eddie B. - coach, 1984 USA Gold Medal Olympic Team



Michael tooling around during nicer weather before a ride at Wayne High School.

President's Message

Wasn't Chilly Challenge a great way to start the New Year and New Millennium? The weather was perfect, the ride was fun and the Chili after the ride was outstanding. Our club should be proud of sponsoring such a great event.

As I begin my term as President of 3RVS, I am excited about what the future holds for our Club. I am looking forward to working with an enthusiastic group of new officers and volunteers, who are sure to effectively carry on the traditional activities of the club, as well as add many new ideas and create new traditions.

I would like to thank the outgoing officers for the work they did in the past year. Those include Anne Stratton, Ken Isaacs, Chuck Bash, Marilyn Bash, and Gene Dixon. This will be the first year I can remember when one of the Bashes will not be on the Board of Directors. Chuck and Marilyn always contribute so much to our Club.



I also would like to thank the members who already have volunteered to chair many of the club's major events for the upcoming year. Jim Schroeder will be in charge of this year's Three Rivers Festival Tour. Anne Stratton and Kent Ellis will be handling May Madness. Marilyn Bash has volunteered to be in charge of the Pokagon Overnighter, and Susan Hunt again will chair Chilly Challenge.

One of the club traditions, which will be returning, is having regular club meetings on the first Thursday of each month. We are very fortunate to have found an excellent meeting room at First Wayne Street United Methodist Church. This location will be our regular meeting place for the rest of the year. The church is centrally located downtown. The room is large enough for us to have special activities there, and the staff at the church is very accommodating to us.

At our next regular club meeting, February 3, I will be soliciting your suggestions regarding program topics for upcoming meetings. Attendance at club meetings has been down in the past few years. I think it is important for our club to offer a variety of activities. Among those are having club meetings that are interesting and helpful to members, as well as giving us a chance to meet socially. Also, on Feb. 3, I would like to hear your ideas about how we can encourage new riders and make them feel comfortable at club rides.

I will look forward to seeing you on Feb. 3, at our beautiful new meeting location at First Wayne Street United Methodist Church, for a planning meeting for the upcoming year.

**It's time to send in your 2000 membership.
Renew yourself! It's cheap, easy and fun.
Don't wait till the last minute. Beat the crowds.**

Introducing Jim Schroeder

My name is Jim Schroeder, and I've volunteered to be the 3RVS Touring Director. Many fine people have spent many hours in making sure that our club participates and is represented in Ft. Wayne's huge festival, and I will try to keep it going.

You may know me from my dealings with the Flat Fifty Plus Tour in Decatur every June. I have moved from Decatur a couple of years ago, and now want to assist the Ft. Wayne club. The Flat Fifty started out with about 75 riders the first year with a maximum route of 50 miles. Under my leadership it grew to a maximum of 400 riders and added a 62 and 100 mile route. Not bad when we always had to compete with TRIRI and GOBA.

It may sound like I'm tooting my own horn, but that improvement couldn't have been done without four or five other bicyclists in the Blazing Saddles Bicycle Club. In fact the Blazing Saddles only has five to ten members! The structure of the 3RF is a little different from FFP, but it all boils down to volunteering. I'll be getting the word out in future newsletters about 3RF2000, but if you have any ideas, be sure to call me at 471-7142 or e-mail at indiana-jim@juno.com.

The club invitational is a description that initiates a lot of memories of all the rides I've done in the past twenty years or so. Other terms that have been used are "T-shirt ride" as the club is usually selling T-shirts to commemorate the ride, and "club century" as the pinnacle distance was always 100 miles. Those terms have lost their luster as other merchandise is offered, and since



lots of us have aged, we have too many T-shirts and 100 miles isn't as easy as it used to be.

That is why I like the term club invitational. It says a lot. 3RVS is inviting all other cyclists and clubs in the Great Lakes region to come to Ft. Wayne and ride our roads. We are here to showcase, okay show off, the area that we ride in every week and lots of weekends. In turn, other clubs do the same, and we attend them to see what's so special about their region.

Riding new and different locations and meeting new acquaintances makes bicycling so much fun. Riding the same route day in and day out sounds like work to me.

The club invitational can get kind of competitive among the clubs in the state, but in a positive and fun manner to further promote bicycling during the entire year. It can also be a great fund raiser for the bike club, so that the club can appropriate funds to other important cycling issues and be a seed for future invitationals and events.

The club invitational can only happen when the club itself decides not to ride that day and help out so others can enjoy. If 3RF2000 is going to be your milestone or your goal, i.e. a metric century or 100 mile century, then by all means do it. If this is the one chance to get your entire family to ride in a moving party, then that's great, too. This is also a chance to invite all of your out-of-town friends, and there's no problem enjoying the ride with them. But, volunteering and doing a ride "on the other side" can achieve a sense of accomplishment, too.

keep ridin', *Indiana Jim*

February is the last month for the Weekend Winter Touring Rides :-)

Next month marks the return of our regular touring schedule. But for now, get in shape for the get-in-shape rides.

Informal winter weekend Frostbite Show-and-Go rides are planned when the weather is reasonable (i.e.: whatever is reasonable for you). No maps, just show up, see who else is there, and ride as the mood hits the group.

Touring rides start at 1:00 PM from Leo High School on Saturday and from Homestead High School on Sunday.

Y2K Chilly Challenge Chili Cookoff Winners

**Best Overall: Blue Sky Chicken Chili
Cindy, Steve & Michael Souers**

**Most Unusual: Rib Meat
Tim Johnson**

**Best Beef: Hamburger
Julie Glick**

**Best Vegetarian: Lentil
Susan Hunt**

And Now , Our New Race Director , Joe Bartels

Thanks for the votes! The first thing I would like to do is to recognize and thank Roger Kingsbery for always keeping our summer course corners swept clean. Everyone appreciates your efforts!

February: Group training will be 1pm on Saturday and Sunday at Homestead High School. I apologize to the people that live far from Homestead, but there is always a turnout at this location. The pace is usually 18 - 22 mph, steady, for about 35 miles with one good surge within the last few miles. If you want to race with the racers in the summer, it helps to train with the racers in the spring. The local bike shops have all the winter clothing you need to keep warm. Shop there, quit whining and get out and ride!

Area road races start March 4 around Cincinnati, Ohio. On the web, for USCF/NORBA sanctioned races, check <http://www.USAcycling.org>. For a great listing on any race, find Truesport at <http://www.truesport.com>.

FTG: MIA



The Fat Tired Guy has been hard to find lately, no doubt out on the trails looking for new routes. If you would like to know about off-road rides and urban exploring for February, either call Phil at 419-542-8971 or email him at Bikenphil@aol.com.

Anti-Greenway Legislative Alert

HR-1090, sponsored by Rep. Bill Friend, proposes additional hurdles to trail development and applies them retroactively, and adds a new procedure for petitioning for "decommissioning" of existing greenways.

This is the first of this year's expected anti-greenway "attack" bills. It was given a first reading on 1/10/00.

Please let your representatives know you are opposed to this and any other such bills. All bills are posted on the Internet at <http://www.ai.org>.

Chuck's Mileage Milestone

I put a cyclometer on my bike in January, 1980 while I was living in Medford, Oregon. I rode with the Rogue Valley Wheelers while living there. I installed it before my first ride of the year, and marked my mileage down on my calendar, and have continued to do so ever since.

I rode with the Rogue Valley Wheelers for nearly 4 years before installation of any cyclometer. It was one of those belt (rubber band) driven cyclometers, which were new and did not interfere with the bike as much as prior devices which were used on kid's toy bikes. It showed mileage, both trip and total, I believe. No indication of speed, or any other statistic. Since it was a little device, located at the front hub, it could not be read while riding; you had to be too close to the hub to read the small numbers. It was just there so you could see your mileage at the end of the ride. I have now kept track of my mileage for 20 years.

On September 28, 1999 I hit 100,000 miles! I finished the 20 years with 100,838 miles outdoors. Of that, 36,641 miles were on the tandem with Marilyn, and 64,200 miles were on my own, including a few on the tandem with someone else. So, I have averaged 5,000 miles a year for 20 years. I did 38,000 miles in the 80's and 62,000 miles in the 90's. I have 12 consecutive years with over 5,000 miles outdoors.

I make no claim of speed or strength, and the above is nowhere near the accomplishments of some, but the nice round figure of 100,000 miles in 20 years was a bit of a goal for the last couple of years. - **Chuck Bash**

Get the latest club info at:

<http://www.rvs.com>

Hot Chilly Challenge

by Karen Walker

The name of the 3RVS New Year's Day ride may have to be changed if we have another New Year's Day like this year.

The weather for Chilly Challenge was amazing—warm and sunny. The weather was so nice that I rode my first New Year's Day's ride since the first year the club sponsored a ride on New Year's Day. That year, I don't think the temperature ever got over 20, and I was so cold I never had the nerve to try again.

This year, however, I had no excuse for not riding, and about 200 other people agreed with me. With the weather so unusually warm, I figured someone might even be wild and crazy enough to show up for the ride in bike shorts. I was not disappointed. Club members Holly Snow and Steve Souers both did the ride in shorts! Maybe they got new bike shorts for Christmas and wanted to show them off.

The ride started at North Side Park and proceeded along a route, mapped out by Phil Snider, which went through Downtown Fort Wayne to Johnny Appleseed Park. There we watched the Polar Bears take their annual swim. We proceeded back, some taking longer routes than others, to North Side Park for the traditional bowl of Chili.

This year we had a Chili Cookoff. The Chili was outstanding and, in some cases, really hot. The judges, including Mike Heyes, Cheryl Mathews and Anne Tinkle, tasted 27 pots of Chili before declaring the overall winner to be the Blue Sky Chicken Chili, brought by Steve, Cindi and Michael Souers. After tasting that much Chili, I doubt whether the judges will be craving Chili for awhile.

As usual, Susan Hunt did a fabulous job planning Chilly Challenge. We owe a big thanks to Susan, Phil, the Chili judges, and everyone who pitched in after the ride to assist in the clean up at the pavilion. I hope everyone at Chilly Challenge got a chance to see the inaugural of the excellent new display about our Club that Kent Ellis made. We will be using Kent's display for other events.

If you missed this year's Chilly Challenge, you missed a great Club event.



Jerry Bovine's Classic Bike

Stuff for Sale: The Classifieds

Specialized M2 Mountain Bike, 13" Frame, Shimano XT, Grip Shift, Blue, 2-years old \$450 Todd Anderson: 219-436-0346

Shimano Dura Ace crankset. 175 mm, new condition \$100 Todd Anderson: 219-436-0346

- Individual New
- Family Renewal

3 Rivers Velo Sport 2000 Membership Form

- Touring Off-Road
- Racing/TT Commuting

Name _____ Age _____ Date _____

Address _____ City _____

State _____ Zip _____ Phone _____ Email Address _____

Check to receive newsletter by email Check to not be included on membership roster available to other bike related groups

Signature(s) (Parent or guardian if under 18) _____

Fees: \$10 Individual, \$15 Family. In signing this form, I acknowledge the inherent danger of bicycling and agree on behalf of myself, my heirs, devisees or estate to hold 3RVS, Inc. and its members harmless for loss, damage, injury/death to myself or dependents as a consequence of participating in activities of 3RVS, Inc. **Make check payable to 3RVS. Return to 3RVS, PO Box 11391, Ft. Wayne, IN 46857-1391**

Editor's Corner

Well, this looks different, doesn't it? I'd like to thank Gene Dixon for doing a great job with the newsletter for the past six years! The *Quick Release* has always been on time, filled with all the information club members need in an attractive style. Of course, as you might expect, Gene's not quite off the hook yet; he has volunteered to help print all the mailing labels and do the dreaded bulk mail sorting for awhile. I'm told that is a particularly nasty job.

I had two challenges facing me in putting this newsletter together: 1). I've never done this before and 2). Gene has been producing these on a Mac, and I have to use <SIGH> Windows. (Before those of you that know me start laughing TOO loud, it's just that there are no desktop publishing programs available for Linux. Yet, that is.)

So please bear with me as I try to produce an attractive and informative newsletter. It will no doubt change as the months go on. And if you send me stories and articles about your cycling experiences there will be less room for ramblings like these.

And how would you like your newsletter delivered?

That was a recent Survey Question on the 3RVS website. We will shortly be able to offer email delivery of the *Quick Release* newsletter to club members in **Adobe PDF** format. How does this work?

You need to have Adobe's Acrobat Reader installed on your computer to open the newsletter and read it. Acrobat Reader can be downloaded free of charge from Adobe Corp. on their website at <http://www.adobe.com>. The newsletter will be sent to you as an attachment. You should detach the newsletter and save it somewhere on your hard drive. The newsletter should be able to be opened by double-clicking on the newsletter.pdf file you saved.

If you would like to have your newsletter delivered by email in the PDF format instead of by regular mail, please email Mike at mheyesh@concentric.net, or check the appropriate box on the 3RVS membership application and he'll add you to the mailing list. One advantage doing this is that you get a **full color newsletter** which is much nicer than the regular grayscale that comes in the mail.

Plus it's just much cooler to get that way.

Stay up-to-date:

<http://www.3rvs.com>



1999 Member Mileage

Congratulations and thanks to the following club members for submitting their 1999 mileage totals.

Phil Snider	5470
Chuck Bash	6431
Susan Hunt	4096
Marilyn Bash	2753
Michael Heyes	1848

Welcome New / Returning 3RVS Members

- Joe, Sue & Greg Rohling
- Diane Thompson
- Greg Johnson
- David Boylan
- Ron Repka
- Roger Ferguson
- Ty Bruce
- Ken & Lisa Lundquist
- Michael Diettrich
- Jeff Switzer
- Chad Mark
- Paul Newman-Jacobs

Quick Release

This is a publication of 3 Rivers Velo Sport, Inc. as the astute reader would have learned from the top of page 1. It is published 12 or so times a year, and is distributed to all club members free of charge. Well, you do have to pay your dues to receive *Quick Release*, but besides that small detail, it's free of charge to club members. Our illustrious staff includes:

Editor Michael Heyes
Special Assistant to Editor Gene Dixon

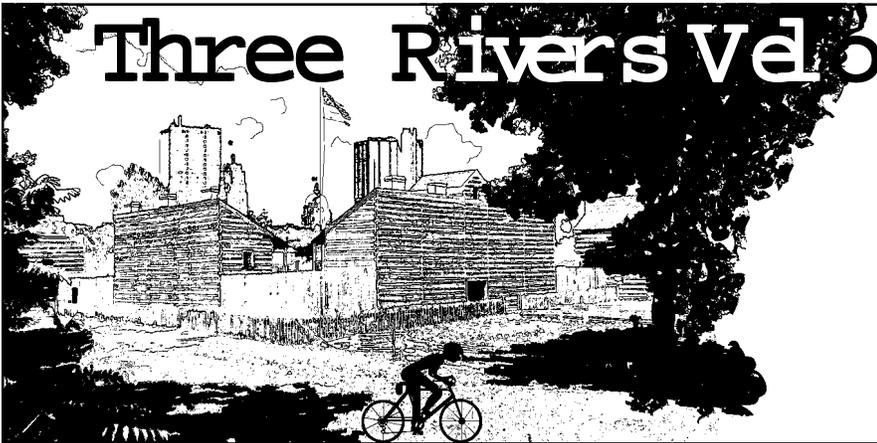
3 Rivers Velo Sport

3RVS Inc. is a bicycling organization based in Fort Wayne, Indiana which promotes bicycling as a healthy, fun, energy efficient, life-long activity for persons of all ages. The club sponsors a range of activities offering the benefits of group cycling to riders interested in touring, racing and off-road riding.



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Three Rivers Velo Sport, Inc.

February 2000

Newsletter

A FT. WAYNE, INDIANA
BICYCLE ORGANIZATION

Next 3RVS Club Meeting

When: Thursday, March 3, at 7:30 pm
Where: First Wayne St. United Methodist Church, 300 E. Wayne St.

3RVS Club Meeting

The February meeting will solicit ideas for program topics during the upcoming year. Come with your suggestions and help plan interesting meetings. Social hour to follow after the meeting.

3RVS Club Officers

<u>Position</u>	<u>Name</u>	<u>Phone (219-)</u>	<u>Email</u>
President	Karen Walker	747-2420	cougargalkw@hotmail.com
Treasurer	Kevin Truelove	432-6219	KTrue@aol.com
Secretary	Kit Conrad	422-6332	teacher@tk7.net
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