



Quick Release

January/February 2018

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

Next Meeting is February 1st

[BikeReg.com](#)

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



Inside this issue:

President's Message	1-2
Winter Touring Report	2
Show n' Go Schedule	3
Membership Reminder	3
50 th Anniversary Jersey Re-buy	4
MAMIL Movie February 21 st	5

Musings from the Dead of Winter

Patrick Stelte

An interesting phenomenon has evolved over the last couple of years. Traditionally, winter is a time for cyclists to either put the bike up, brave the weather and ride outside or sit on a trainer and stare at whatever diversion to make the boredom pass. Now, all I hear and read on social media is Zwifting - as in: Zwift meet ups, Zwift races and Zwift mileage. This online avatar based program has overtaken our local scene with the buzz of a fly-by. The Zwift sensation is taking off-season cycling in a new direction and has not gone unnoticed outdoors on two fronts. First, Zwifting has affected the club's Show N' Go rides. Fewer riders are braving the elements, or for that matter, forsaking outdoor riding altogether after a certain date. I remember a beautiful sunny December weekend with temps in the 50s and less than 10 riders in the parking lot. The social media chatter that weekend was Zwift racing, a Zwift climbing course and who had the most Zwift miles for the week. Second, when the Zwifters do emerge for sunlight and pavement, they are stronger than the typical "dumb trainer" cyclist. I can understand the attraction. We ride in groups to socialize, compete and channel the primordial pack mentality. Zwift has transferred that need online and tapped into a market with force majeure on a global footprint. I can see a future where riding season doesn't end in the fall, but transfers to a 3RVS online community where ride leaders take members on an avatar workout that bends the meaning of 3RVS club rides that include cyclists from around the world. Wait, is that already happening?

Last season, our riding community experienced an unusual number of serious accidents. From early spring to late summer, accidents or health related events occurred with eerie regularity. Tragically, a club member passed away during an out-of-town ride event. Another member was revived by CPR after being stricken during a ride. Thankfully, he has fully recovered. These shocking reoccurrences shook our membership and questions of roadside assistance training were asked of club officers. Andy Grote, an EMT and club member has stepped up and offered to hold a basic first-aid seminar for riders wanting to learn more about assessing and handling cycling accidents. A preliminary date and time has been set for a weeknight evening in early March. The final details will be posted soon on the club's website, as well as mentioned in our March newsletter. The power of volunteerism within our membership has kept our club strong and Andy is the latest to step forward and offer his expertise.

Every January, club officers are elected for a one year term. Last year, four new officers began the duties of their discipline. As president, I can say I have enjoyed working with all of my fellow officers and rely on them to help guide the club in a positive and productive direction. Steve Pequignot, Amy Copeland, Hugh Smith, Mona Will, Scott Tomsits, Johnny Grabowski and Randy Rozewicz are fine examples of what is special about 3RVS. Our only change this year is racing director. Dave McComb is taking over for Joe Bartels. Dave organized the club's first race team last year and he is a natural to oversee the progress of the office in 2018. I want to thank Joe for his service as out-going race director. Joe is an in-



Musings from the Dead of Winter

(Continued from Page 1)

sightful member with vast cycling knowledge and history within the club. Joe was a great help to me in making decisions that was best for the club and I will also miss his sense of humor during meetings.

February is breathing at the door with a chill wind and a white beard, but the club doesn't sleep. We have offerings that test the body and intellect. If you have the gumption, the outdoors awaits. If you have a conviction to help, we will offer guidance in March. Now if Zwift offered an avatar with a 3RVS club jersey, our presence would be complete.

Winter Touring Report

Steve Pequignot

I wish to thank all 3RVS members for your support and for electing me as your touring director for my tenth season. My goal this season is to offer multi-paced group rides each weekend and at least one weeknight tour Monday through Thursday during the week. The weeknight rides are a key training ingredient. If you can find time to squeeze in at least one weeknight ride a week, you will realize its benefit during the longer weekend tours. At press time we are still working on our weeknight lineup. I am pleased we already have most of our weeknight rides confirmed. Monday nights, Doug Wintin will return to lead the Spokesman Ride from Spokesman Bike Shop in Roanoke. Tuesdays, Deb Watts will lead the huge Kreager Ride starting at Kreager Park. Wednesday, the state's fastest touring ride will once again be led by Club President Patrick Stelte from Saturn Church. Thursday Brenda Wiley and Sara Landrum will lead the Girls Ride Out starting at Roanoke Park in Roanoke, Indiana. This is a ladies only ride. The Skills Tour will start at Jefferson Middle School; however, the day of the week is still in question. We are looking at either Tuesday or Thursday evenings. I am interested in rider feedback on which evening will work best with your schedules. If you have an opinion please contact me at touring@3rvs.com to let me know which night works best for you. Keep in mind, if we schedule the Skills Tour on Thursday night, we will have to cancel it the first Thursday of each month due to the club meeting being held at the same time. Finally, we are looking to add a fast touring ride on the northeast side of town during the week. Location and weeknight are still being discussed. If you are interested in a Saturn type ride on the northeast side of town on a weeknight other than Wednesday stay tuned. We hope to have all of the details confirmed in next month's newsletter.



Steve Pequignot

If you have an itch to get outside and ride in the cold, Steve Souers leads the Show & Go Rides every Saturday and Sunday if conditions are favorable. Generally speaking, if the temperature is at least 28 degrees, the roads are somewhat dry and the wind does not blow your helmet off, you can ride with this hardy bunch at 12:00 PM. The start locations rotate and the route varies, so check the club website or our Facebook Page for weekly details. The Show & Go Rides are about 40 miles with no stops.

The start of our 50th touring season is still two months away. We already have our Opening Season Tour planned. Save the date, Sunday, April 8, 2018, 11:45 AM. The tour will start at Woodlan High School, with distance options of 20, 41 and 51 miles. Being the first tour of the season, we are planning to offer a wide variety of pace options ranging from 13 to 20+MPH. This year is the beginning of our Golden Anniversary; we hope to see many of our new Golden kits on the opening tour. If you missed our first wave of anniversary kit orders you still have an opportunity to order now and receive your 50th Anniversary Kit in time for our opening tour. Just contact Scott Tomsits at: newsletter@3rvs.com for ordering information.

February & March Show n' Go Schedule

All rides start at **Noon**. Watch the 3RVS Facebook page on Friday for any updates. Further Info [here!](#)

February 2018

Saturday 2/3 Homestead HS (noon)
Sunday 2/4 Flaugh Rd. (FFCU 11:45am, Flaugh 12:00, Arcola 12:15pm)

Saturday 2/10 Flaugh Rd. (FFCU 11:45am, Flaugh 12:00, Arcola 12:15pm)
Sunday 2/11 Homestead HS (noon)

Saturday 2/17 Homestead HS (noon)
Sunday 2/18 Flaugh Rd. (FFCU 11:45am, Flaugh 12:00, Arcola 12:15pm)

Saturday 2/24 Flaugh Rd. (FFCU 11:45am, Flaugh 12:00, Arcola 12:15pm)
Sunday 2/25 Homestead HS (noon)

March 2018

Saturday 3/3 Homestead HS (noon)
Sunday 3/4 Flaugh Rd. (FFCU 11:45am, Flaugh 12:00, Arcola 12:15pm)

Saturday 3/10 Flaugh Rd. (FFCU 11:45am, Flaugh 12:00, Arcola 12:15pm)
Sunday 3/11 Homestead HS (noon)

Saturday 3/17 Homestead HS (noon)
Sunday 3/18 Flaugh Rd. (FFCU 11:45am, Flaugh 12:00, Arcola 12:15pm)

Saturday 3/24 Flaugh Rd. (FFCU 11:45am, Flaugh 12:00, Arcola 12:15pm)
Sunday 3/25 Homestead HS (noon)

Friday 3/30 Flaugh Rd. (FFCU 11:45am, Flaugh 12:00, Arcola 12:15pm)
Saturday 3/31 Homestead HS (noon)
Sunday 4/1 Flaugh Rd. (FFCU 11:45am, Flaugh 12:00, Arcola 12:15pm)

2-3 hour Show N Go rides with route, destination and pace determined by group.

From the Membership Desk

Amy Copeland



It is membership renewal time! 3RVS memberships are valid from January 1st to December 31st annually. If you have not already renewed for 2018 now is the perfect time so you don't miss out on your member discount at local bike shops as we start to think about gearing up for spring riding. 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-membership> or you may print your membership form at <http://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.

50th Anniversary Jersey Re-buy

Scott Tomsits

Members, we are looking to do an Anniversary Jersey re-order within the next week in order to take care of a few clerical mistakes on our end. Anyone who has had non-buyers remorse or just couldn't order at the time is welcome to piggyback onto this order with the objective of getting them in your hands before the end of March. Tentative pricing is \$76.00 for the jerseys, \$98.50 for bibs and \$87.50 for shorts for new orders. If we could get to 20+ jerseys orders the cost goes down to \$70.50. I am unsure as to whether we can meet those quantities with the saturation of the first order, but if we can the savings would get passed on to members.

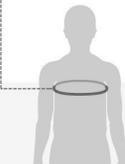


Please contact me at newsletter@3rvs.com to place an order and I will add it in. Reminder: Euro sizing on these, please size up accordingly or ask someone who has already ordered it who normally wears your size. I will be returning all e-mails with confirmation of your order. If you don't get one, sent another to ensure your order is confirmed.

MEN'S CUORE JERSEY SIZING CHART

CENTIMETERS		INCHES	
XS	<90	XS	<35
S	91-96	S	36-38
M	96-101	M	38-40
L	101-106	L	40-42
XL	106-111	XL	41.5-42.5
XXL	111-117	XXL	43.5-45.5
XXXL	118<	XXXL	46<

HOW TO MEASURE CHEST
With arms at your side measure around your upper body, under your armpits and over your chest

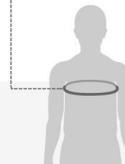


THINGS TO KEEP IN MIND
Cuore fits true to size
Chart reflects body measurements, not the garment itself
Any Questions, contact Support

WOMEN'S CUORE JERSEY SIZING CHART

CENTIMETERS		INCHES	
XS	<80	XS	<31.5
S	81-85	S	32-33.5
M	85-89	M	33.5-35
L	89-94	L	35-37
XL	94-99	XL	37-39
XXL	99-104	XXL	39-41

HOW TO MEASURE CHEST
With arms at your side measure around your upper body, under your armpits and over your chest

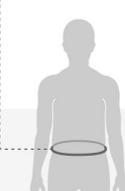


THINGS TO KEEP IN MIND
Cuore fits true to size
Chart reflects body measurements, not the garment itself
Any Questions, contact Support

MEN'S CUORE BIBSHORT SIZING CHART

CENTIMETERS		INCHES	
XS	<78	XS	<30
S	79-84	S	30.5-33
M	84-89	M	33-35
L	89-94	L	35-37
XL	94-99	XL	37-39
XXL	99-104	XXL	39-41
XXXL	105<	XXXL	41.5<

HOW TO MEASURE WAIST
Measure around your body at the top of your hipbone.

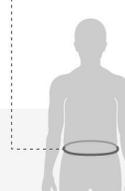


THINGS TO KEEP IN MIND
Cuore fits true to size
Chart reflects body measurements, not the garment itself
Any Questions, contact Support

WOMEN'S CUORE BIBSHORT SIZING CHART

CENTIMETERS		INCHES	
XS	63-68	XS	25.5-27
S	68-73	S	27-29
M	73-78	M	29-30.5
L	78-83	L	30.5-33
XL	83-88	XL	33-34.5
XXL	89<	XXL	35<

HOW TO MEASURE WAIST
Measure around your body at the top of your hipbone.



THINGS TO KEEP IN MIND
Cuore fits true to size
Chart reflects body measurements, not the garment itself
Any Questions, contact Support

2018 Two Day Destination Tour

Amy Copeland & Jennifer Altherr



Saturday June 2 - Sunday June 3

- Ride Leaders: Amy Copeland and Jennifer Altherr
- Trail surface: crushed limestone
- Depart from Fort Wayne early morning Saturday June 2 to carpool to Kalamazoo Michigan. Ride bikes on the 34 mile Kalhaven Bike Trail (former rail trail). Spend the night in South Haven Saturday night. Ride bikes back to Kalamazoo Sunday. Drive back to Fort Wayne Sunday.
- If your bike does not have a rack to haul your change of clothing and toiletries, you could get creative and use a backpack or a pack that fits onto your bike.

2018 To Day Destination Tour

(Continued from Page 4)

- Accommodations: Kalhaven Outpost cabins is a new campground adjacent to the bike trail in South Haven. Each rustic cabin can sleep 6 people. \$143.19 per cabin fee will be split among participants. Bring your linens or rent them from the campground.
- There is normally a 2 night minimum for the cabin rentals but the owners have graciously agreed to allow us to rent for one night, but we need to get the reservation and payment in soon.
- Reserve your spot soon: \$20/person non-refundable deposit to Amy Copeland. Email Amy at: membership@3rvs.com to make arrangements.

For additional information:

Kalhaven Bike Trail:

<http://www.kalhavenbiketrail.com/>

Kalhaven Bike Trail reviews:

<https://www.traillink.com/trail/kal-haven-trail-sesquicentennial-state-park/#trail-detail-reviews>

Kalhaven Outpost:

<http://www.kalhavenoutpost.com/cabins.html>

Three Rivers Velo Sport

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Fort Wayne, IN 46857-1391

E-mail:
newsletter@3rvs.com

We're on the web.
www.3rvs.com



@ride3rvs



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

View our rides, Face-
[book.com/3rvsvideo](https://www.facebook.com/3rvsvideo)



Life 360
Track our tours live
at Ride 3RVS

MAMIL Movie Winter Social

On Wednesday, February 21st, at the Regal Coldwaster Crossing theatre there will be a showing of MAMIL (Middle Aged Men In Lycra). As discussed on Facebook, a fair number are already committed to making it a group get-together. Tentative plans call for pre-movie activities at Agave's starting around 5:30-5:45 PM. A certain number of confirmed reserved tickets need to be sold to bring the film to Fort Wayne and as of publishing time more tickets needed to be reserved to bring the here. A link to the trailer and ticket information and reservation is below. Seems like a great mid-winter cycling social evening and hope to see all interested there!

<https://tickets.demand.film/event/3234>

Middle-Aged Men in Lycra

AVAILABLE ONLINE NOW

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WWW.BOOLARONGPRESS.COM.AU

