

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 10th of each month.

January 2001

The Bicycle Bulletin Board

Issue 2001.01

In This Issue

Meet the Fat Tired Guy
President's Message
Membership Renewal Time
Area New Years Day Rides
Bicycling Pop Quiz
Indy Greenway Conference
Hamilton to Waihi Beach

January Cycling Quote:

"Get a bicycle. You will not regret it, if you live."

Mark Twain

Chilly 2001 Reminder

The sixth annual "Chilly Challenge" New Years Day bicycle tour is January 1, 2001. The ride will start from North Side Park in the Psi Ote Barn at 1:00 pm. Co-sponsored by the Ft. Wayne Parks & Recreation Dept., this is a great way to start the new year.

North Side Park is at the intersection of Parnell and State Street. All bicyclists are welcome. Hot snacks (you guessed it, chili!) will be provided at the end of the ride

And, we're repeating our Chili Cookoff! Let Susan know by Saturday, December 30 if you are bringing chili. In addition to chili, we need a few people to help inside and some judges. Judging will take place at approximately 1:30. Call Susan at 219-424-2030 or email her at smhunt@concentric.net to help out.

BUNDLE UP AND RIDE

Have you read the weather guidelines for the Fat Tired Rides and wondered if they are for real? Do people really ride in the Winter as long as the temperature is over 15 degrees, and we have less than three inches of snow?

Phil Snider, our Fat Tired Guy (and 3RVS Off-Road Director) will tell us about Winter cycling at the Club meeting on Thursday, January 4, 2001. The meeting will begin at 7:30 p.m. at First Wayne United Methodist Church.

Phil says cold weather cycling is not only possible, but it can be fun. With a few adjustments in clothing and equipment, you can ride on all but the nastiest days. And, Phil should know. He does considerable Winter cycling, including riding a century during each of the Winter months.

A resident of Hicksville, Ohio, Phil has been a member of Three Rivers Velo Sport since 1985. When I first got to know Phil, I was amazed that he often would ride his bicycle from Hicksville to the Club ride, do the Club ride, then ride back to Hicksville. Riding Centuries was nothing to him.

Phil began cycling in 1979 on a 1965 Schwinn Varsity. Like many cyclists, Phil had been a runner and took up cy-



Phil on a recent sub-freezing ride

cling because he did not like the stress running put on his knees and legs. Phil rode his first century in 1983 on the Schwinn Varsity.

Off-Road Director for the past three years, Phil has ridden about 5,000 miles a year during the last few years. Phil said he rode a few more miles when he was Club Touring Director, but he is *only* riding about 5,000 a year now. Phil served as Club Touring Director from 1987 through 1989.

Phil commutes to work year around and has racked up 95,000 lifetime miles. In his non-cycling life, Phil is an engineer with a small manufacturing company in Hicksville. On the few days Phil doesn't ride in the Winter, he enjoys cross-country skiing.

Phil probably is best known among 3RVS circles as the route master. He is the originator of many of the route maps our Club uses. And Phil continues to scout out new routes and add them to our repertoire. A few years ago, Phil completed routes that followed each of the rivers for which our Club is named. He also started the Museum ride and did the route for that, as well as the route for the Festival Tour.

Join Phil at the Club meeting on January 4 for some pointers on cold weather cycling. And, don't forget that the election of officers for 2001 will be that same night. *Karen*

President's Message



Although it is the dead of Winter, we already are looking forward to another great cycling year in 2001 for Three Rivers Velo Sport.

The election of Club officers for next year will be at the January meeting. That meeting will be on Thursday, January 4, at 7:30 p.m. at First Wayne Street United Methodist Church. Thankfully most of the current officers have agreed to run again. Kevin Truelove will be retiring as Treasurer and certainly will be missed. However, Diane Mardoian has been nominated to fill the position of Treasurer, and I am looking forward to working with Diane.

Nominations for officers can still be accepted until the end of the calendar year. Any member can nominate another member or him or herself for an officer position by contacting me. Please telephone or e-mail me your nominations.

We need a volunteer to serve as Publicity Director for the coming year. The job of Publicity Director is to publicize the Club in various venues, as well as serve as a member of the Board Directors. The position will take some time and commitment, but should not take a large amount of time. I served as Publicity Director for two years a few years ago and found the position to be interesting and enjoyable. Our Club doesn't run by itself. It takes the work and commitment of members to make our Club successful. So, please consider volunteering to be Publicity Director. I can fill you in on the details.

The nominees thus far for elected positions are:

President -Karen Walker Treasurer -Diane Mardoian Secretary -Kit Conrad Joe Bartels Racing Director -Touring Director -Kathy Boling Off-Road Director -Phil Snider Publicity Director -No nominees Newsletter Editor -Michael Heyes

Karen

Besides the election, the January Club meeting will feature a presentation by Off-Road Director Phil Snider about cold weather cycling. Considering the snow and cold weather so far this Winter, his talk will be very pertinent for all of us who like to keep in shape in the Winter.

The first event for the coming year, of course, is Chilly Challenge on New Years Day. The Chair, Susan Hunt, is planning a great Chilly Challenge 2001. In addition to the ride, Chilly Challenge will feature a chili cook off. So get out those recipes and get cooking. If you are not planning to ride, please contact Susan at 424-2030 and volunteer to help with the event. Chilly will begin again this year from the Psi Ote Barn at North Side Park at 1 p.m.

We had a wonderful Holiday party this year, which was chaired by Diane Mardoian. Thank you Diane for putting on such a nice party.

See everyone at Chilly Challenge.

It's Time To Renew Your Club Membership!

Already? Yes, it is again time to renew your 3RVS Club membership. Generally, all memberships are due on January 1 of each year. If you are not sure if you renewed for 2001, just look at the mailing label on your newsletter. (Of course, if you get the newsletter by email, this really won't work.) If the label says "Expires 1/1/01", well, that's not too tough to figure out. If you get the newsletter by email and aren't sure, call our Membership superstar Leslie at 219-486-9808 to find out.

When renewing, please be sure to complete the membership application located on page 6 of this newsletter. If you want to receive the Club's *Quick Release* newsletter by email, be sure to check the appropriate box on the Membership Application and include your email address.

Besides getting this fact-filled, informative, and sometimes humorous newsletter every month, Club members are also entitled to a 5% discount at all locations of Summit City Bicycles and Koehlinger Cycle and Fitness shops. To receive the discount, you must present either a Club membership card (available on request or at Club meetings) or an issue of this newsletter showing an expiration date of 1/1/02.

Renew your membership now! Don't wait till the last minute.

January Touring Ride Schedule

We are now into the winter riding mode. If this is your first winter riding with us, our winter rides are known as "Show and Go". We will meet at the locations listed below each Saturday and Sunday at 1:00 PM and head out. Ride direction and distance are decided by those hardy, dedicated riders but usually depends on wind and temperature. The Sociables will meet at the same time and location as the touring rides.

Saturdays 1 PM Leo H.S. Sundays 1 PM Homestead H.S.

January / February Training Schedule

We will meet at Homestead H.S. at 1pm every Saturday, and at Flaugh Rd at 1pm on Sundays. We will try to ride as a group for about 2 hours at a steady pace. Remember, the people who road with us last winter were the same ones that dominated through the summer, like Norwalk, Messer, Isaacs, Myers, Lundquist (aka Team Klein / Preferred Auto) and the guys on the Indiana Flyers Team.

Joe Bartles

Saturdays 1 PM Homestead H.S. Sundays 1 PM Flaugh Rd.

Area New Years Day Rides

A long time ago, there was only one ride scheduled for New Years Day: the Polar Bear Run in Kokomo. Now, there are three, including our own Chilly Challenge. Start the new year off right with one of these three fine rides. For ride details, call the numbers listed below, or visit Bike Rides in Indiana at http://www.cris.com/~mheyes/bikeIN/bikeIN.shtml.



Ride Name	<u>Distance</u>	<u>Location</u>	Further Info.
Chilly Challenge	6 / 20	Fort Wayne, Indiana	219-424-2030
Original Polar Bear Run	15 / 25	Kokomo, Indiana	219-699-6825
Plar Bear Bike Tour	8/12/18	LaPorte, Indiana	219-325-9622



2001 3RVS Cycling Team Roster

Race Director Joe Bartels has announced the members of our new racing team. All the members of the race team are 3RVS Club members, and will race in at least six races through the 2001 racing season. And, all members will show the Club colors by wearing 3RVS apparel when racing. The team members are:

Steve Vorderman	Dave Kaple		
Jim Cron	Kent Rekeweg		
Matt Flaherty	Ron Repka		
Kelly Gayer	Jeff Switzer		
Jason Hicks	Earnie Willaimson		
Kevin Smith	Eric Cell		

3RVS Classifieds

FOR SALE: Shimano 105 crank arms, old style mounting, excellent condition, off 1998 Canondale R800, 175 mm. \$30. Yes. \$30. Call Greg Nordon, 219-691-2196.

Huntington Reservoir Trail Crew Now Forming

Many riders have enjoyed the mountain bike trails at Huntington Reservoir since the trial access program began a few years ago. With time, trails can become overgrown. With use, trails can wear down.



A volunteer group is now forming to help with trail maintenance and improvement. This group will also try to provide advice and suggestions to help with property maintenance.

This group is being headed up by Huntington native Tim Guy, who has quite a bit of experience in working the trails himself, both on and off the bike.

Details will be worked out among the Crew, but Tim is looking at working the trails on some Saturdays.

If you are interested in making the Huntington Reservoir trails an even better place to ride, please contact Tim at 219-356-1098 during the day, or call 219-356-2419 evenings.

The 11 Foot Chain Guy



by Wendell Brane - Wbrane@ctlnet.com

COUNT YOUR BLESSINGS

Colorado is beautiful. Unfortunately the roads generally suffer from too much traffic. Virginia also has some great sights, but the steep grades of the Appalachians are murderous, and coal trucks will run you off the road. Missouri is pretty, and the roads there are not too busy. But if you think the heat and humidity is bad here, just try the Ozarks down there. Montana could be a cyclist's dream except for one thing: it can be 50 miles or more between towns, with nothing in between.

Each Fall I take off for a couple weeks for an out-of-state bike trip. Although I enjoy these more than I could ever explain, I do come back each year with a renewed appreciation for the boring flat lands of northeast Indiana and northwest Ohio.

This month I'll share 3 reasons why; more will follow in the next issue.

- 1. <u>Selection</u>. If I want to ride from my house to Huntington, I have a dozen different routes to chose from. The same is true for Defiance, Kendallville, Van Wert, Bluffton, or almost anywhere. I like the variety. Try crossing the Rockies for instance: sometimes there is only one road that will get you over that particular mountain ridge, and it can be packed with cars, trucks, busses, campers, and RVs. The desolate areas in the Great Plains can limit your variety as well. You could easily ride 30 or more miles before you even intersected with another road, and it would probably be dirt! Talk about getting bored! Same road every day! While things may not be very scenic around here, we do enjoy some variety. Having the option to choose from several routes truly is a blessing. Our abundance of roads is due to our flat geography and moderate population level.
- 2. Weather. Sure it gets hot and humid here. And yes it can be windy at times. But the weather is quite mild compared to many other states. The winds seldom exceed 20 mph. The heat rarely rises above 90 degrees. And the rainfall is hardly an issue at all. We even get some isolated warm spots during the winter, and century rides are *possible* from March to November. All things considered, the weather here is a gift.
- 3. Quiet roads. I would rather fight headwinds, steep climbs, even rain and snow over heavy traffic. On some of my bike trips, the quietest road available would many times be like the Indy 500 fast, busy, and shoulderless! While many of our roads do suffer from heavy traffic, it is not all that difficult to find ones that aren't. So what if you have to go a few miles out of your way? Part of the fun is exploring. The roads in Ohio are especially great; almost every road is paved and most see very little cars.

Bicycle Pop Quiz - Know Your Rights

from Nov/Dec 2000 isuue of IBC's Bicyclin

True or False?

All statements refer to laws in Indiana.

- 1. The bicycle is considered a vehicle in Indiana.
- 2. Bicyclists are required to ride single file.
- 3. Bicyclists are required to ride on the shoulder of roadways.
- 4. Bicyclists can signal a right turn by extending their right arm straight or by raising their left arm and placing their forearm vertical, making a right angle.
- 5. Front and rear lights are required on bicycles operating on a highway 1/2 hour after sunset until 1/2 hour before sunrise.
- 6. Bicyclists are allowed to stand while riding.
- 7. Bicycle helmets are required.

Answers

- 1. **True**. The bicycle is considered a vehicle in Indiana as in all 50 states. Indiana Vehicle Code 9-21-11-2.
- 2. **False**. Bicyclists can ride tow abreast. Indiana Vehicle Code 9-21-11-6.
- 3. **False**. Bicyclists are not required to ride on the shoulder. In fact, bicyclist have as much right to the roadway are other vehicles.
- 4. **False**. In Indiana, the proper signal for a right turn is with the left arm. Indiana Vehicle Code 9-21-8-28.
- 5. **False**. Front lights are required as stated, but a light OR reflector is required for the rear. Indiana Vehicle Code 9-21-11-9.
- 6. **False**. A person may not ride upon a bicycle unless seated. Indiana Vehicle code 9-21-11-3 (b)
- 7. **False**. Some municipalities in Indiana have passed ordinances requiring bicycle helmets, but the state of Indiana does not have a helmet law.

Indiana Trails & Greensways Conference February 25-27, 2001 Adams Mark Hotel, Indianapolis

Program Description

The Indiana Greensways Conference is an opportunity for those interested in greenways, including trails, rivers and scenic byways, to share information, learn from others and promote greenway development throughout the state. The 2001 Conference will focus on building sustainable communities and improving quality of life through trails and greenways. The conference will also provide a form of sharing information about greenways planning, fund raising and citizen participation.

Who Should Attend?

Representatives from state and local government agencies, citizen advocates, nonprofit organizations, business and industry, and interested individuals are encouraged to attend this conference and learn why greenways are a good investment for the people of Indiana.

For more information, visit the website at www.indygreenways.org or contact the Registrar at (317) 237-9348.



"A greenway is a corridor of protected open space managed for conservation, recreation and non-motorized transportation."

January Fat Tired Rides

From the Fat Tired Guy: January usually brings the "depths" of winter weather. Still, it would be a shame to waste a nice winter day by staying off the bike. We're lining up some possibilities for the month. So, check the thermometer and the snow depth. If it's above 15 degrees with less than 3 inches of snow we'll be riding so join in the fun.

Each Saturday (weather permitting) come out to Franke Park at 10 AM for some great urban trails.

Sunday, 1-7: This will be our first urban exploration of the year. We will plan stops to warm up as needed. Meet at Appleseed Park at 3 PM.

Sunday 1-21: We will take our urban adventures to the great southwest. Meet at Foster Park at 3 PM for a tour of some of the new construction in the area. If the snow cover is more than 5 inches leave the bike at home and bring your XC skis.

For more info contact Phil at 419-542-8971 or bikenphil@AOL.com

IMBA Supports Forest Service Roadless Initiative

The International Mountain Bicycling Association today reiterated its support for the U.S. Forest Service's Roadless Areas Conservation Initiative, which will reserve 49 million acres of U.S. public land. "This is good for the forest and good for mountain bicycling, too," said IMBA executive director Tim Blumenthal.

Gary Sprunt, national policy consultant for IMBA, said, "We know there will be future debates about designating Roadless Areas as wilderness, which excludes bicycling. But this current decision protects pristine landscapes and allows quiet, human-powered bicycling on singletrack trails."

The Roadless Initiative's effect on logging has made the proposal highly controversial. IMBA has no formal position on the appropriate level of logging, if any, within Roadless Areas and is focused on the Initiative's road-building directives.

More IMBA Information:

www.imba.com

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 beside that small detail, it's free of charge to members.

3 Rivers Velo Sport

3RVS Inc. is a bicycling organization based in Fort Wayne, Indiana which promotes bicycling as a healthy, fun, energy efficient, lifelong 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. Special thanks to the following:

Webmaster	Michael Heyes
mheye	s@concentric.net
Membership	Leslie Melcher
lvme	elcher@msn.com

Hamilton to Waihi Beach-100kms

Hamilton to Waihi, a nice fast flat ride and 500 riders to keep me company, now if only the weather would behave itself- fat chance. Light showers greeted us as we lined up for the start, but that wasn't the only worry, the gusting 50km/h winds had everyone looking to the skies. At least for the majority of the ride it should be behind us, making for very respectable times.

Club members in attendance, that I saw, were Kris Withington, Paul Richardson, Pauline Horn, Graham Nelson and myself, Graham even remembered to bring his bike shoes this year.

The November issue of *Quick Release* included a feature story about the Velo Sport Club in Rotura, New Zealand.

VSC's Trevor Johns sent us this so that we know people are still riding their bikes somewhere in the world. Don't get too comfy on the couch; spring is coming soon!

The ride started on time and the shower of rain that we had to endure 5 minutes prior was quickly forgotten, the bunch quickly got up to speed as riders jostled for prime positions. A police car was the lead vehicle and the ride was paced at 25km/h to the edge of town before it pulled away

and the ride proper started. Very quickly it was evident that the pace was going to be hot, as 60km/h appeared on my speedo and I was getting passed by riders like I was standing still. It was a drag race up a very long straight and very soon small bunches of riders began to form as the pace took its toll.

I chased for miles before picking up a small bunch that I was comfortable in, we maintained a high average speed, assisted by the gusting tail wind. We started to pick up individual riders and small bunches and before too long we had a sizeable group. We

started to work together to try and chase down the front runners, who were at this stage 5 minutes up the road. The first hour passed and we are at the halfway point, 50km/h average so far and no sign of slackening, I hope I can keep this up. Kris is in the same bunch as me and is looking quite comfortable. He's treating this as a training ride so isn't too worried about times while I'm just happy to be up with him.

The usual grovel up a couple of small rises and I am able to stick with the bunch until Waihi Town, the bunch goes silly and the pace quickens and it's here we part company. A change in direction has the wind howling at right angles now and the riders struggle to keep their bikes upright. I watch as Kris is literally blown off the side of the road into a ditch. Another rider suffers the same fate soon after.

This is hard work but it is only minutes before we have the wind behind us again for the ride to Waihi Beach. Kris is uninjured and has got back on the bike again to be just in front of me. Waihi beach comes up and I record a time of 2hrs 23mins, not as quick as I would of liked, but I'm happy with the 29th place. Pauline suffered the same fate as Kris and was also blown off the road. The only difference was that she whimpered all the way to Waihi Beach after that.

For goodness sake Pauline, be like Kris, cry once and get over it.

My offer to kiss her grazed bum all better was politely declined in 2 words and they weren't "No thank-you". Pauline got a spot prize for her troubles.

The major prize was a cool cruiser bike with white wall tyres, single speed, coaster brake, big sprung seat and swoopy handlebars. Paul Bishop won the race in a time of 2hrs 9mins.

Graham Nelson's time-close to 3hrs? Sorry Paul Richardson but I didn't see your result either but I remember seeing you come in, think it was around 2hrs 30min?

Hawkesy

☐ Individua	al	3 Rivers Velo Sport 2000 Membership Form		☐ Touring	☐ Off-Road
☐ Family	☐ Renewal			☐ Racing	Commuting
Name			Age	Date _	
Address			Emai	1	
State	Zip	Phone	City		
☐ 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					



Greg Duncan Honored with I.U. President's Award

One of the Club's longtime members, Greg Duncan, was honored in December for his contributions to the IPFW Alumni Association. On December 9, Greg was awarded the Indiana University Alumni Association President's Award.

Greg has been on the board since 1995 and is currently serving as secretary. In addition, he served as the board's unofficial parliamentarian and constitutional expert, keeping the members focused on their mission. Congratulations Greg!

Shock as 300 Gear Jobs Go

by Steve Willey for the Nottingham Evening Post

Sept. 16, 2000 - Workers at one of Nottingham's best known manufacturing firms today told of their shock over the sudden loss of their jobs.

Staff at bicycle gear manufacturers Sturmey Archer say they were given just ten minutes notice that the firm was closing.

The company used to be part of the Raleigh group and has been based in Triumph road, Radford, for the last 98 years.

But yesterday all 300 staff were called in to a meeting and told they were being laid off - with immediate effect.

One employee, who did not want to be named, said: "I have worked here for 42 years and couldn't believe it when we were called into this meeting and told our jobs had gone.

"The firm says it could no longer afford to pay our wages and asked us all to leave the premises immediately. The whole workforce is devastated. It's terrible."

Company managing director Colin Bateman said he had no choice but to make the announcement after the firm was declared insolvent.

He blamed the new owners, Lenark, for going back on its promise to relocate the company to new sites in Basford and Calverton.

"But this is a sad day for bicycle manufacturing in Nottingham, not to mention for all the staff that work here. We all feel very let down. It is a devastating blow."

Raleigh still employs 600 people at its factory in Triumph Road, although it has also announced plans to move to a new site in Notts.

Sturmey Archer's new owners, Lenark, were unavailable for comment.

Sturmey Archer owed its birth to Raleigh founder Frank Bowden's enthusiasm for the application of gears to bicycles.

According to <u>The Sturmey Archer Story</u> by Tony Hadland, the three-speed gear was developed by William Reilly in Manchester, but was patented in the name of a colleague J. S. Archer.

Eleven days later Henry Sturmey patented another identical gear, but with a different gear change, after seeing Reilley's patent drawing and claimed the ideas as his own.

Frank Bowden set up the Three Speed Gear Syndicate to exploit the potential of the gear with himself, Sturmey, Archer and Reilly as directors.

Reilly was eventually pushed out of the company which changed its name to Sturmey Archer.

Lastly, About the 3RVS Website . . .

Everything should be done by the time you read this. Files moves, pictures relocated, links re-linked, scripts scripting.

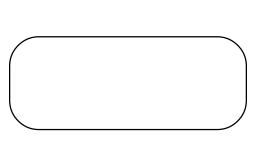
Huh? I hope this is all you notice about the website change. Yes, I have finally moved the Club website from our former web hosting service to its new home at **Interland**.

Interland offers A LOT more storage for the site, new email addresses for Club officers, and they do this for 33% less than our rotten old hosting service who I won't name but I'll tell you if you ask because I really don't like them anymore since they moved to California and hired all those bad customer service reps and rude tech support people.

So, if you notice a survey script that doesn't seem to be working, or a page with a problem, please let me know and I'll fix 'er up. I am hopeful that there won't be any problems though.

mike

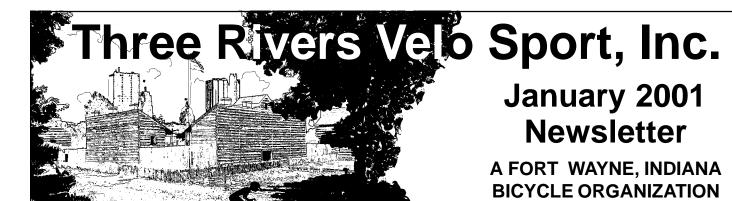
Oh, and I know all about the counter already.



PRESORTED STANDARD U.S. POSTAGE PAID FT. WAYNE, IN PERMIT NO. 396 **KETURN SERVICE REQUESTED**







Next 3RVS Club Meeting

When: Thursday, Jan. 4, at 7:00 pm

Where: First Wayne St. United Methodist Church, 300 E. Wayne St.

January Mtg. Program

Phil Snider, our Fat Tired Guy (and 3RVS Off-Road Director) will tell us about Winter cycling at the next Club meeting. Come find out how to stay FIT during the winter.

3RVS Club Officers

<u>Position</u>	<u>Name</u>	Phone (219)	<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
Racing	Joe Bartels	744-1675	AXNJoe@aol.com
Touring	Kathy Boling	432-5526	bikemom@ctlnet.com
Off-Road	Phil Snider	419-542-8971	Bikenphil@aol.com
Publicity	Your Name		Please volunteer to help!
Newsletter	Michael Heyes	489-7040	mheyes@concentric.net
	website email	www.3rvs.com mail@3rvs.com	mheyes@concentric.net
Membership	Leslie Melcher	486-9808	lvmelcher@msn.com