



Quick Release

July 2017

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 July 6th

[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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46th Annual Three Rivers Festival Tour

The 46th Annual Three Rivers Festival Tour will be held on July 9, 2017. This is a paid event that is open to all riders. All routes begin and end at Hickory Center Elementary School, 3606 Baird Road, just south of Carroll High School, on Fort Wayne's northwest side.

You will ride through gently rolling to moderate hills on routes of 14, 25, 52, 63 or 100 miles through Allen, Whitley and Noble counties. The rest stop is located at Churubusco, where you can select various loops to ride.



Mass Start—or not

If you would like to ride with a large group, there will be a mass start at 8:00 AM. All five pace groups led by ride leaders will be available if you choose.

Support & SAG Services

The SAG stop located at Churubusco will open at 7:30 AM, so do not start prior to 7:00 AM. Select a distance you can complete by 4:00 PM, when support services end. Support vehicles will travel the routes to assist riders with mechanical problems. Support personnel will be accessible by cell phone.

Online Registration

Online registration is now open until July 6, at BikeReg using the link below. Just click on the BikeReg image. There is a small fee for online registration. **Please bring your registration verification with you to present at the registration desk the day of the tour.**



Online [registration](#) now open

Registration will be available from 7:00 AM to 10:00 AM the day of the tour at Hickory Center School. The first 150 registered riders will get a free water bottle. All riders receive a route map, roving support, snacks and drinks at the SAG stop. Please note: Small children must be accompanied by adults at all times.

[Click here to download the brochure and ride application.](#)

Mail both the form and payment to:

3RVS Festival Tour
P.O. Box 11391
Fort Wayne, IN 46857-1391

46th Annual Three Rivers Festival Tour

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**Additional Information**

For more information or questions, please email the Three Rivers Festival Tour Chairman at:

2017festivaltour@3rvs.com

President's Message It Takes a Village to Make a Cyclist

Patrick Stelte

There was an interesting post on our Facebook page earlier this month. A newer club member asked about group riding skills: how to learn and where to find information. The response was varied and typical of our sport. There has been a large influx of new members the last couple of years, riders wanting to learn more about cycling along with the socialization that happens when joining a club. Cycling has no formalized training that is common with organized sports. Because it is a solo sport in base interest (you can participate without anyone else), skills are parceled as needed. There is a vast difference between a peddle-poke who rides occasionally, stores the bike outside and rides around on rotting tires about to go flat and the deft cyclist riding a several thousand dollar machine thousands of miles a year. To navigate from A to Z, a budding enthusiast will journey through the countless steps of evolution with the help of a sundry village of elders and crafts-people. The first step of enquiry usually starts with a mentor.



Steve Pequignot

When I decided to evolve from a peddle-poke to someone more serious, I knew who to ask; my best friend who I considered a master in cycling. The stories about his adventures on two wheels and knowledge to my ignorant mind stoked my budding interest. I was daft to the right questions after my first: What kind of bike should I buy? From the day I purchased my new ride, my friend was showing and telling me all the little details, taking me on adventures around town to places I had not experienced on a bike. He taught me how to repair mechanicals in the field and preventative maintenance, what to wear and when to ride, how to ride with another and be predictable. He, seemingly, pushed me on every ride, but not enough to fizzle my enthusiasm. After six months, I rode the Hilly Hundred and the die was set - I wanted more.

The village square always has merchants who sell dreams and service desires. Many who thirst for more begin with a visit to a bike shop. Walmart is for peddle-pokes and a step up is an open door to an expert/mentor relationship. Fort Wayne has a strong foundation of cycle shops that are hubs to the spokes of interest. Knowledge is passed with merchandise. Networks are strung from questions of who, what, when and where after how has been answered. Ask anyone in the club about good advice they received and you will hear the names of employees of Summit City Bicycles, Fort Wayne Outfitters, Human Motor Works, Spokesmen, Koehlinger's, Kern's (my first bike) and the many small shops that service our passion. Going to a bike shop is a human connection you just can't get online.



3RVS Touring

A continuing thirst typically leads to group gatherings. Event rides are the next stepping stone; they pique the interest from looking at the variety of bikes, kits and watching people. "Where do I fit in?" is always spinning just under the surface of recognition. The steady climb for more will lead to the serious undertaking of joining a club or a team. I am reminded of a story of a newbie who sat, terrified, in their car before a club ride. Intimidation by ignorance can be overwhelming. It took me years to go on a club ride because I thought I didn't have the right bike and gear. When I became president, I wanted newbies to sense showing up at a club ride can be like hugs from friends and family.

Monday

Franke 6:30PM

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.

Leo/Riverside 5:30PM

Grabill Rd & Schwartz
Distance: 27 & 38 miles. 2 Groups:
15mph @5:30pm 18 & 20+ mph
@5:45pm.

Spokesmen Ride 6:00PM

Spokesmen Cycling Bike Shop
247 N. Main St., Roanoke, IN
Distance: 27-30 miles
Pace: 16/19 mph

Tuesday

Kreager 6:00PM

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

Tues Night World 6:00PM

Championships

Bethlehem Suburban Church
Route: Loop
Pace: Race Training

Wednesday

Saturn Ride 6:00PM

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

Franke CX Skills 6:00PM

Practice

Franke Park Trailhead
Riders may come early to pre-ride
during course set up. CX practice
will be 1-1.5 hours long.
Weekly starting July 26th

Thursday

Girls Ride Out 6:00PM

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

It Takes a Village...(Continued)

Patrick Stelte

The welcome mat is out. You can't go wrong when you can ride, learn and talk all day about your passion to the like-minded.

The mentor, the bike shop and the club, mold and shape the clay into a seasoned rider. My favorite stories are about cyclists I have watched grow while in the club. I am still expanding my abilities through expert knowledge of others and I have passed along countless tips, whether I know it or not. And I will always remember my first mentor: Mike Beck.

July Touring Dates

Date	Time	Map	Start At	Destination/Pace Groups	Distance
7/1	9:00 AM	LHS-7	Leo High School	Spencerville/Butler/Edgerton Ohio	20/31/42/48/60
7/2	9:00 AM	WHS-7	Wayne High School	Poe/Ossian/Bluffton	13/24/30/48
7/4	9:00 AM	HHS-RC	Homestead High School	Riders' Choice, 1 of 11 routes	40/41/48/54/58/69
7/8	9:00 AM	HCS-2	Hickory Center School	3 Rivers Festival Pre-Tour	14/25/52/63/100
7/9	7AM mass start 8AM	HCS-2	Hickory Center School	3 Rivers Festival Tour, fee required	14/25/54/63/101
7/15	9:00 AM	HHS-RC	Homestead High School	Riders' Choice, 1 of 11 routes	40/41/48/54/58/69
7/16	9:00 AM	DCU-4	Fort Financial CU	Churubusco/Wolf Lake	20/38/45/51/67
7/22	9:00 AM	KRG-6	Kreager Park	Woodburn/Payne/Paulding	18/27/47/62/64
7/23	9:00 AM	JMS-RC	Jefferson Middle School	Riders Choice choose 1 of 7 routes	37/40/45/53/61
7/29	9:00 AM	SWS-1	Sweetwater Sound	Churubusco Garrett Hunter-town	29/38/60/69
7/30	9:00 AM	WLN-1	Woodlan High School	Antwerp/The Bend	12/31/50/63

Group paces: A = 20+ mph; B = 18-19 mph; C = 16-17 mph 'Cutters';
D = 14/15 mph; E = 10-13 mph.

Please refer to the 3RVS Facebook page, e-mail or twitter account the day prior to each tour for last minute changes.

Skills Dev Tour 6:00PM

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

First Friday each Month

City Tour 6:30PM
Lawton Park, east end of parking lot
Distance: 8-10 miles
Pace: 10-12 mph

Group Riding Tips

(First in a Series)

Pace vs. Average Speed - Often, group rides are advertised as average speed or pace. At first glance, you would think that the two are the same. This is false. Average speed is the end result of a ride. "We averaged 17.2 mph for 40 miles". During those 40 miles, the group could not ride 17.2 mph continuously. With stops for traffic lights, cross-roads, wind speed, socializing and general group effort, it is impossible to have a continuous speed. To achieve the final result, the group will ride a pace that is higher than the final result. Pace, is the speed the group tries to maintain throughout the ride. Before the ride or early in the ride, the group will decide what pace to maintain. If 18 mph is the pace, then the lead riders will ride at 18 mph. This is called *tempo riding*: maintain a constant pace. The pace may change during the ride as the group feels stronger or not up to the tempo. Over the course of the ride and with regular reductions and accelerations in speed with the aforementioned obstacles, an 18 mph pace may average 16.5 mph by the end of the ride.

A good example of this mathematical equation is the faster group ride on Wednesday nights at Saturn Church. The group will often average 22 mph over 26 miles. However, the pace of the ride is often 26 to 30 mph for over half the ride. Once again, socializing, wind speed and effort are the difference makers. Once the group turns with any kind of tail-wind, the speed and effort go up exponentially. There is another kind of riding that distorts the average speed from pace: Interval riding. This is when pre-determined effort is paced over time. Example: Five minutes of riding at 18 mph followed by 5 minutes of riding at 24 mph carried over 30 minutes. Then, another set of intervals that vary from the first set. All in all, the final average speed is not an indication of how much effort was made during the ride.

Be careful when understanding a ride's advertised speed. Although riding in a group will give you an extra couple of miles per hour, the effort may be more than you wish.

Helping a Struggling Cyclist - It happens in group riding and you must be prepared to help. Understanding the signs of a struggling cyclist is foremost. Are they falling off the back of the group frequently? Are they sweating a lot, have little in their water bottle, head cocked to one side or stop peddling often? A cyclist doesn't want to admit their struggling, so you have to look for the clues. There are several ways to help. First, drop the pace if the group agrees. A few minutes at a slower speed may do the trick. Second, shield the rider from the wind direction. Adding wind block can cut effort by 20% to 30%. Next, offer your water if the cyclist looks low in the bottle(s) or encourage the rider to drink. Cyclists in

pain, don't often realize that fluids are most important. If you have an extra gel-shot or two, offer. Gels are a great, short-term pick-me-up. They act within 5 to 10 minutes and last approximately 20 minutes. Another great thing about gels, they are easy to swallow while riding. Chewing and swallowing while riding can be an acquired skill.

If all else fails, it is time to take a break. Although a group may have a pre-determined break, if someone is under stress and needs a break, then take a break. Ten minutes can do wonders for the energy level. In extreme circumstances, a rider may need to ride at a much slower pace or call family for help. Someone needs to usher the cyclist back to the parking lot no matter how much the rider says they are okay. Remember, people under stress don't always think clearly.

Echelon - The simple definition of this French word is a line of riders seeking maximum drafting in a crosswind, resulting in a diagonal line across the road. Wind is all important when out riding in the open countryside. Riding into a good head-wind or cross-wind can be very taxing. Cyclists typically look for wind-breaks in the form of trees, buildings or tall corn fields to cut the resistance. Whatever the landscape, it is only temporary. The best wind-break is riding with another cyclist. Riding behind or next to a cycle-buddy can cut your effort 20% to 30%. An echelon works this way with a cross-wind.

A group of riders (peloton) determines the wind direction and then work together to shield each other from the wind. The lead rider positions into the wind and allows the next riders room to ride next to each other. Example: the wind is from the left of the road, so the lead rider will ride close to the center-line. Every other rider will take an angle position to the right of each other. About 5 cyclists can fit across half the road in an echelon. A second group will form an echelon just behind the first group to shield each other from the wind.

The lead rider will pull into the cross-wind for a determined amount of time until tiring. This rider will fall back slowly and diagonally across the echelon to the back of the group and take a position to the right of the last rider. Each rider in the echelon will move up one position across the road. This rotation will continually flow as the group works together to shield each other and save energy. After the lead rider is finished and falls to the back, that rider will have enough time to recover in the group so when the turn to pull again happens, the energy will be there.

Pulling or Riding in Front - Pulling or taking the lead in a peloton is part of every group ride. Again as stated

Group Riding Tips

(Continued from Page 4)

above, the cyclist riding in front is breaking the wind for everyone that follows. The energy saved can add two or three miles per hour to the normal pace of one cyclist. There are a number of subtle situations that happen with pulling. Normally, each rider taking a pull will keep the pace the same as the last rider in front. However, the person in front can increase the speed of the group by "pushing the pace" harder than the previous rider. This tactic is meant to increase the speed of the group. Sometimes this will cause the group to split and then a decision has to be made to re-group or continue the split.

Another important subtle situation that occurs with pulling is when a rider over-exerts while taking a pull. Every cyclist feels the need to "do his/her share" of the work to prove worthy of the group. This is a mistake in thinking. Not all cyclists have the same fitness in a group, but together, they can stay in a group if each rider understands their limitations. The stronger cyclists naturally

gravitate to the front and pull. What is important is that the rider(s) who cannot pull the pace of the group - stay off the front and continue riding behind stronger riders in the group. Taking a pull is not as important to the group as keeping the group together. If someone drops off because of tiring from a pull, the group must slow down to re-gather that rider. Pride can get the best of a rider, so understand your limitations and stay with the group.

Working together is all about energy efficiency and energy transfer. As a whole, the group is stronger than any individual cyclist. The energy of riding with others is palpable and is conveyed between each rider, non-verbally urging each on.

Racing Results

Time Trial Series #3 - June 20, 2017 - Final Results

Place	Name	Class	Time	MPH	Place	Name	Class	Time	MPH
1	Ali Gaylor	W Road	28:54	20.8	11	Graham Wedeven	TT	23:24	25.7
					12	Tim Saxer	TT	23:40	25.5
1	Emily Payonk	WTT	25:10	23.9	13	Shaun Fitzgerald	TT	23:43	25.4
2	Diana Schowe	WTT	25:50	23.3	14	Tim Donofrio	TT	23:45	25.4
3	Becky Lieland	WTT	26:47	22.5	15	Don Cahill	TT	24:01	25.1
4	Amy Woods	WTT	26:59	22.3	16	Dan Grotrain	TT	25:13	23.9
5	Nancy Lichtensteiger	WTT	30:52	19.5	17	Justin Sexton	TT	25:56	23.2
					18	Larry Wagner	TT	26:55	22.4
1	Evan Zehr	TT	21:21	28.2	19	Hal Wilson	TT	27:03	22.3
2	Gary Painter	TT	21:28	28.1	20	Bill Lambert	TT	27:31	21.9
3	Nathan DeYoung	TT	21:46	27.7					
4	Paul Mowery	TT	22:19	27.0	1	Henry Swinty	Road	24:55	24.2
4	Gregg Ness	TT	22:19	27.0	2	Scott Tomsits	Road	25:37	23.5
6	Joe Stull	TT	22:34	26.7	3	Jacob Kahle	Road	26:06	23.1
7	Denny Zech	TT	22:46	26.5					
8	Matt Misner	TT	22:54	26.3	1	Levy Hall	Juniors	39:11	15.4
9	Nathan Woods	TT	23:01	26.2	2	Jasper Hall	Juniors	40:01	15.1
10	Mark Witmer	TT	23:23	25.8	3	Oscar Hall	Juniors	46:00	13.1

Destination Ride #4 Kalamazoo River Valley Trail

Jennifer Altherr

Hosts: Jennifer Altherr, Amy Copeland and Phil Snider

Date: Saturday, July 29, 2017

Meet for carpooling at 8:00 am: Carmike Cinema. 3930 E. Dupont Rd, Fort Wayne IN 46825

Drive to Kalamazoo River Valley Eastern Trailhead:

Drive time estimate: 1 hr 35 minutes

Galesburg-Augusta Primary School at S. 35th St. and W. Battle Creek St.
315 W. Battle Creek St. Galesburg, MI 49053

Trail surface: Paved. Any bike is suitable for this ride.

Ride distance: 32 miles-42 miles (A side trail offers exploring options for the curious and adventuresome)

Pace: 10-13 m.p.h. E riders welcome!

Lunch: Arcadia Brewing Company. 701 East Michigan Avenue, Kalamazoo, MI 49007. <http://arcadiaales.com/>

Optional for those interested after the ride:

Drive east on I-94 to Firekeepers Casino in Battle Creek, MI which is just west of I-69. Clean up, play some games, before heading back to Fort Wayne.

Kalamazoo River Valley Trail: <https://www.trailink.com/trail/kalamazoo-river-valley-trail/#.WR9NRn-6yCE.email>

Remember to bring: helmet, bike lock if you have one, money for lunch

Three Rivers Velo Sport

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