



# 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 8<sup>th</sup> of each month.

June 2000

The Bicycle Bulletin Board

Issue 2000.06

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### June Cycling Quotes:

"I never raced to break records.  
I raced to enjoy myself."  
*Bernard Hinault*

"Bernard enjoyed hurting people, riding  
them into the ground."  
*Steve Bauer*

### Giro d'Italia 2000

If you haven't noticed, the Outdoor Life Network, OLN, on Comcast Cable channel 45 has been televising this year's Giro d'Italia. Every stage. Two hours each night! Phil Liggett, Bob Roll and Ron Kiefel.

This is without any doubt the BEST coverage of any race that you will see on American television. It makes ABC's coverage look PATHETIC. OLN has the original RAI TV feeds, with replays of key race moments. For an entire TWO hours each night, starting at 8:00 PM EST.

And if that's not enough, they regularly have other race and mountain bike events, including Paris-Roubaix, Amstel Gold Race and others.

It's as good as it gets. Go turn your TV on tonight and check it out! It's worth it just to see how fat Bobke's gotten in a couple of years (heh heh).

## KEEP THOSE PACELINES MOVING SMOOTHLY

### June Program Preview

Learning to ride in a paceline can be very intimidating for a novice cyclist. Paceline riding also can be very frustrating and possibly dangerous for the veteran cyclist when someone in the paceline does something "squirrelly."

3RVS members will have an opportunity to sharpen our group riding and cycling skills at the next club meeting on June 1 at 7:30 p.m. at First Wayne Street United Methodist Church. Club member and former racer Greg Duncan will speak at that meeting on group riding and cycling skills, as well as on cycling courtesy.



*A Tour de France group ride.*

Greg's very witty talk will assist the newer riders to learn the skills necessary to be confident group riders. His talk also will be a good brush up course on paceline riding and cycling courtesy for the pros among us.

Greg has been involved in cycling since 1983. His cycling career started in a most unusual way. He bought a bike in the fall of 1983 and one week later took that bike to Bloomington to ride Hilly Hundred. He had never done an organized bike ride before he rode Hilly in 1983.

While it is hard to imagine now, Greg said he walked several hills during his first Hilly. Back then, Greg thought driving all the way to Bloomington to ride his bike 50 miles was "pretty stupid."

Greg joined 3RVS in 1984. He remembers learning to draft behind Chuck and Marilyn Bash's tandem. Greg began doing Club race training rides in 1985 and raced for about ten years until 1995. Greg said racing teaches a cyclist good riding technique.

**Dan Shields Talks  
"Pacelines" on Page 7**

Greg has been a very active member of 3RVS. He regularly participates in Club rides and has volunteered to help with numerous club events. Greg formerly served as Secretary and as Touring Director of our Club.

After his rather inauspicious start at Hilly Hundred in 1983, Greg has become one of the most skilled and respected cyclists in our Club. He has ridden numerous Hilly's since 1983 and certainly does not have to walk hills anymore.

Attend the Club meeting on June 1 for Greg's interesting and informative discussion on group riding and cycling skills.

*Karen Walker*

## President's Message



When Don Wagoner came to a recent Saturn ride, I was reminded of my first year as a member of 3RVS. As I told the other riders at Saturn that evening, Don was one of my mentors in cycling.

Don was Touring Director of the Club during my first year. Like many new members, I knew almost nothing about cycling when I joined the Club. I could balance my bike, but that was about it.

I started with a hybrid bike like many new cyclists and sometimes had trouble keeping up with the slowest group. Don was kind enough to encourage me, sometimes ride with me and check on me to make sure I made it back to the parking lot.

I rode with a group of new riders earlier this year, and I tried to encourage them in the same way Don had encouraged me. I hope you too will take the time when you get the opportunity to help and encourage newer members of our Club.

Speaking of Don, he has agreed to reinstitute our Club picnic for this year. He is planning the event for June 17 at Chain O' Lakes Park. We will ride to the Park from Huntertown.

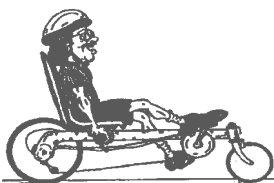
The event will be similar to the picnic we had a few years ago when the German riders were visiting (without the Germans, of course). Thanks so much Don for volunteering to organize this event. I hope many of you will be able to participate. The picnic has been fun in the past, and I know Don will plan a great event.

We had an extremely successful May Madness ride on May 13. We had 214 riders, and everything went off without a hitch. I cannot say enough good things about the great job Anne Stratton and Kent Ellis did as the organizers of May Madness. Even though it is not the goal of May Madness, Anne and Kent managed to make a nice profit for the Club as well as putting on an enjoyable event.

When you see Anne and Kent, please thank them for the wonderful job they did on May Madness. I also want to thank the members who sacrificed their own ride and volunteered to help out with May Madness. Putting on a quality event is impossible with the help of many Club members.

I hope to see you at the Club meeting on June 1, when Greg Duncan will be presenting an informative program on group riding and cycling skills. I will see you too at the Club rides this month, including the Club picnic at the Saturday, June 17, ride. *Karen*

### The 11 Foot Chain Guy: *Speed vs. Comfort*



Who should buy a recumbent? If you want to spend more time on a bike, with less pain, then you should consider a recumbent. The comfort is truly superb. No sore back. No sore neck. No sore rear end. No numb wrists. The human body was made to sit in a chair, not on a beer bottle. The more comfortable you are, the more time you will spend on the bike. I have done double-centuries on road bikes, touring bikes, and recumbents. I will never, ever, do another century, much less a double, on anything but a recumbent. Less pain = more miles.

Who should **not** buy a recumbent? Here, some of my fellow recumbent riders will differ with me, but I will bite the bullet and go on record. Contrary to all the slick advertisements, recumbents are not exactly fast bikes. Manufacturers will tell you that many speed records are set by recumbents, that they are extremely aerodynamic, and that any day now a recumbent will break the sound barrier. But for the average person, all things being equal, one will generally go a little slower than on a road bike. So, if you are wanting a speedy bike to ride fast and hard in a paceline with the roadies, don't buy a recumbent. It takes a good deal of training to exert the same power pedaling in front of you as it does underneath (the effect is similar to pedaling a paddle boat). Recumbents are also a little heavier. Aerodynamics isn't really all that significant unless one is outfitted with a fully enclosed fairing.

While you should not think of them as dogs, you do need to keep in mind that the primary design advantage is comfort, not speed. This makes them ideal for casual centuries and long distance touring. And, because of their low center of gravity, they are also fun bikes to ride; they handle like a charm.

Next issue I will address another major advantage: safety. If you already own a recumbent and want to be kept informed of local rides, please email your mailing address. If you are considering a recumbent, feel free to email me your questions! *Wendell Brane*

### June Touring Schedule - All Rides Start at 8:00am

<u>Day</u>	<u>Date</u>	<u>Start Location/Ride To</u>	<u>Map</u>	<u>Distance</u>
Saturday	June 3	Homestead/Columbia City/So. Whitley	HHS-2	24/48/62
Sunday	June 4	Wayne/Poe/Huntington	WHS-3	19/33/60
Saturday	June 10	New Haven HS/Woodburn/Hicksville	NHB-5	17/36/59
Sunday	June 11	Arcola/Coesse/Col. City/Pierceton	ARC-1	21/37/57
Saturday	June 17	Huntertown/'Busco/Chain'O Lakes	HTN-10	22/33/50
Sunday	June 18	Dana//Busco/Wolf Lake	DCU-4	20/36/67
Saturday	June 24	Carroll/Laotto/Avilla/Kendallville	CHS-2	19/31/42/57
Sunday	June 25	Leo/Edgerton/Montpelier "The St. Joe"	LHS-7.1	19/37/56/70/100

### Club Picnic Ride - June 17

For many of us, riding and eating kind of naturally go together. After all, we need that extra food for energy so we can ride even better and longer, don't we?

You can indulge in both passions, riding and eating, at the Club picnic on Saturday, June 17. We will meet at Huntertown Elementary School at 8:00 am and ride to Chain O' Lakes State Park. We will picnic in the Park, then ride back to Huntertown.

The Picnic will get underway at Chain O' Lakes when the first riders arrive, probably between 9:30 and 10:00. The picnic will be in place of our scheduled Saturday breakfast ride on that day.

The Club will provide meat, bread, drinks, paper plates and utensils. Please feel free to bring to Huntertown a dish or food item to share with the group. We will have coolers at Huntertown, and the Club will transport any food you want to contribute from there to the park. The Club also will pay the entry fee into the park for everyone participating.

The round trip from Huntertown to Chain O' Lakes and back is about 50 miles. Those who do not want to ride quite that far can drive to Churubusco and start from there. That distance is about 30 miles round trip. Those leaving from 'Busco can park at the back of the National City Bank parking lot at the corner of State Road 205 and Line Street in the middle of town.

Don Wagoner is chairing the Club picnic. If you have any questions, please contact Don at 432-7738 or email him at [dwags3436@aol.com](mailto:dwags3436@aol.com). Don always runs a class event, so join him and your other 3RVS friends at the Club picnic on June 17.

### Ride Notes

**June 3: Breakfast Ride!** Come join **The Sociables** riding group for a comfortably paced ride. Plus, you get to eat with friends new and old!

**Tuesday evenings, 6:00 pm, Carroll High School.** These rides average between 17-20 mph and are 20+ miles in length. Bring a tail light for your safety.

### Midweek Fun At Saturn

For a great break in your week, join us for the Wednesday evening Club rides, which begin at Saturn Christian Church at 6 PM.

The Church is on County Road 800 South about a mile west of County Line Road in Whitley County. While the official start time is 6, several of our members have been arriving early and riding extra miles before the ride starts. So, if you can get there earlier than 6, you very possibly will find someone else there with whom to do a few extra miles before the ride.

The pace for Saturn rides averages between 15 and 16 miles an hour, and we ride as a group. We usually ride 18 to 25 miles. The traffic is very light in this area and the scenery is nice, which makes for a very enjoyable ride.

If you have questions about the Saturn rides, please contact Susan Hunt at 424-2030 or [smhunt@concentric.net](mailto:smhunt@concentric.net).

### Bike Rides in Indiana and Surrounding Areas

<http://www.cris.com/~mheyes/bikeIN/bikeIN.shtml>

<u>Ride Name</u>	<u>Date</u>	<u>Mileage</u>	<u>Location</u>	<u>Further Info.</u>
Casual Coast & Country	June 2-4	15 - 60	Valparaiso, Indiana	219-464-7616
B & O Bicycle Tour	June 3	10/25/45	Brownsburg, Indiana	317-247-0637
ADA Tour for the Cure	June 4	25/50/75 KM	Indianapolis, Indiana	800-228-2897
Rock River Tour	June 10	23/39/63	Crawfordsville, Indiana	765-362-9615
Shades of Two Rivers	June 11	18/33/63	Chesterfield, Indiana	765-649-6823
Boulevard Lakefront Tour	June 18	35	Chicago, Illinois	312-427-3385
Flat Fifty Plus	June 24	20/30/50/62/100	Decatur, Indiana	219-724-2705
Spoken' 2000	June 24-25	18/30/65	Elkhart, Indiana	219-295-6596
LAB National Rally: Minnesota	6/30-7/3	Up to You	St. Paul, Minnesota	202-822-1333

### June Training Schedule

Thur	6-1	7:30	Club Meeting	Mellow
Tues	6-6	6pm	Monson	Circuit Race
Weds	6-7	6pm	Carroll HS	Easy
Thur	6-8	6pm	Flaugh Rd	Col. City R.R.
Tues	6-13	6pm	Wayne Trace	Circuit Race
Weds	6-14	6pm	Wayne HS	Easy
Thur	6-15	6pm	Homestead HS	S. Whitley R.R.
Tues	6-20	6pm	Wayne HS	Circuit Race
Weds	6-21	6pm	Jefferson MS	Easy
Thur	6-22	6pm	Wayne HS	Decatur R.R.
Tues	6-27	6pm	Harding HS	Circuit Race
Weds	6-28	6pm	Homestead HS	Easy
Thur	6-29	6pm	Flaugh Rd	Circuit Sprints

### USCF IN-KY Road/Criterium Championships

June 10 - 11, Fort Wayne, IN

219-744-1675 / AXNJoe@aol.com

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

### June Area Racing Schedule

6/3	Rosedale Criterium, Rosedale, IN	765-548-8356
6/3	Oakland County Criterium, Pontiac, MI	248-363-4104
6/3	Tour de Hall, Hall, IN	< <a href="http://www.truesport.com/irs">www.truesport.com/irs</a> >
6/4	Monrovia TT, Monrovia, IN	< <a href="http://www.truesport.com/irs">www.truesport.com/irs</a> >
6/10	USCF IN/KY Road Championships-LAJORS, Ft. Wayne, IN	219-744-1675
6/11	USCF IN/KY Crit Championships-LAJORS, Ft. Wayne, IN	219-744-1675
6/17	AAVC Kensington RR-LAJORS, Ann Arbor, MI	734-761-1603
6/18	IL Road Championships, Cedar Point, IL	< <a href="mailto:go2bob@mediaone.net">go2bob@mediaone.net</a> >
6/18	Kokomo Tribune TT Series, Kokomo, IN	765-883-5082
6/18	AAVC LAJORS Criterium/Tour de Kids, Ann Arbor, MI	734-761-1603
6/25	Indiana State Fairgrounds Crit, Indianapolis, IN	< <a href="http://www.truesport.com/irs">www.truesport.com/irs</a> >
6/23-6/25	Tour of Cedarville Junior's Series-LAJORS, Cedarville, IL	
6/24	NORBA LCP Off-Road Series-Trail Blaze, Lake County, IN	
6/24	Cross Roads Cycling Classic-Heartland #5, Terre Haute, IN	812-232-3698
6/24	Allen Park Criterium, Allen Park, MI, 313-388-2015	< <a href="mailto:jani@cir.com">jani@cir.com</a> >
6/25	Cobb Park Classic-Hearland #6, Kankakee, IL	815-933-0213
6/29	Grattan Race Series, Grand Rapids, MI, 616-241-1969	< <a href="mailto:rpdwlmn@aol.com">rpdwlmn@aol.com</a> >

### July Master's Championship Races

(Call Tammy Martin for details: 812-847-4846)

7/19-7/24	USCF Master's National Track Championships, Indianapolis, IN
7/26 (Thu)	USCF Master's National TT Championships, Linton, IN
7/27	USCF Master's Criterium Championships, Linton, IN
7/28	Rest Day
7/29-7/30	USCF Master National RR Championships, Linton, IN

### Joey says: Tuesday nights are race training, not just race pace!

That means that there will be attacks, mass sprints and a lot of schooling going on. And the local teams exercising blocking and organized breakaways. So, recognize this and adapt. People are training to win races, and that involves tactics you might not like.

Although some would consider Tuesday night training rides to be the Club's weekly most unfriendly ride, it's not really that way. From a time trialer's point of view, if you have enough energy to talk, then you aren't working hard enough. Sprinters like to sit on the back, suck wheel, talk and wait for the finish line to light up an all out sprint. Then there are the guys that can do both and just like to inflict pain and suffering on the general masses.

Sure, you might get dropped the first few times trying to hang on, but when you do finally hang on you will be glad you stuck to it and a lot more confident of your own abilities.

Run with the big dogs! See you Tuesday nights! Oh, and remember, having fun should always be part of your cycling goals.

### May Race Results

#### May 6 Eagle Creek Crit

Cat 3	Joe Bartels	9th
	K. Issacs	field
Cat 5	J.Cron	4th
	E. Williamson	7th

#### May 7 Mooresville Crit

Cat 3	E.Messer	3rd
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#### May 13 Tippecanoe Pk RR \*Gov Cup\*

Cat 3/4	J.Bartels	1st
	K.Rekweg	9th
	K.Isaacs	field
Cat 5	J.Cron	2nd
	E.Cell	5th
	E.Williamson	6th
30+	J.Bartels	4th
	K.Isaacs	field
	K.Rekweg	field
40+	E.Williamson	10th
50+	R.Kingsberry	3rd
	J.Cron	4th

#### May 13 Highland Rim RR

Cat 3	E.Messer	field
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Sorry if I missed some of you. Thanks to the guys like K.Isaacs and Earnie who give me written reminders of how most of the racers place.

Or, it might be because you're not a current member of the Club. It's so easy to pay your dues; you can even bring them to the training rides. *Joe*



## May Madness Century Report

The May Madness Metric Century ride was, once again, a tremendous success. The sun was shining, the wind was blowing and 214 cyclists came out and partied with us. A special thanks goes out to the following for their invaluable assistance in making the Y2K edition of May Madness such a success:

**Loren Nitcher** - Route development and marking (including the last minute update courtesy of the Allen County Highway Dept-Nice save, Loren)

**Gene Dixon** - Map preparation

**Jeff Bechinski** - Another outstanding T-shirt design (we were out by 8:15 and they clamored for more)



**Mike Heyes** - Master of procurement (I'm talking t-shirts, maps & fliers)

**Neal & Sally Butler**, the hungry cyclist's friends - Food supply

**Mike Bedwell, Jim Schoeder, Joe Imhoff, Norbert Braun, Don and Julie Glick, Marcia Moore, Sherry and Kit Conrad** - Sag support

And for the 6th year of support, **The Allen County Amateur Radio Technical Society**, the ham radio support that keeps us straight on what's happening on the routes.

Thanks to all the volunteers & riders, **Anne Stratton & Kent Ellis**

## Racing Amish Girls

On one of the recent Saturday Club rides through Grabill, I decided to take a flyer and sped off from the group. As I left town, I came upon an Amish buggy with two teenage girls in it. I carefully passed them (so not to scare the horse), smiled and said hello as I went by. They returned the smile.

I pulled back over to the right side near the white line and sped up a little bit to get away from the buggy. **ClopClop, ClopClop, ClopClop.** Getting louder.

So I sped up a little faster. **ClopClop, ClopClop, ClopClop.** Louder yet. Grrr. Now we were going up a slight grade; I sped up a little more.

**ClopClop, ClopClop, ClopClop,** still louder! So, realizing the futility of the break, I slowed up to let the girls pass me, which they did, smiling at me as they went by.

Ok. I slipped in behind the buggy to draft, unknown to the girls. HAH! I sat there, recovered, and waited for the downhill a few meters ahead.

Then I made my decisive move: I came around and sped past the girls, smiling at them and they at me. Going downhill (of course) I sped up to about 30 mph and put some distance between us. **No more ClopClop!**

Fortunately, at the bottom of the hill, I turned right and the girls kept going straight, so I could relax from my awesome effort and relish my victory.

So guys, watch out for those Amish girls in their buggies. And hope they don't learn about drafting! **Michael Heyes**

Please send me articles for the newsletter and you won't have to read stuff like the story above in the future. Thanks. **Mike**

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<input type="checkbox"/> Check to receive newsletter by email <input type="checkbox"/> 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. <b>Make check payable to 3RVS. Return to 3RVS, PO Box 11391, Ft. Wayne, IN 46857-1391</b>		

## Drafting with Dan

by Dan Shields, President, CIBA

the pacelines. There's always someone to ride with however fast I want to go. Pacelines let me "shoot the breeze" as well as get shelter from it. (*Hmmm, let's try this again. . .*)

The thing I probably hate the most about club rides are the pacelines. They can whip around in a crosswind like a triple semitrailer. When pacelines get too long you end up braking a lot to avoid running into the rider in front of you. Riders in the back are tempted to blow stop signs just to stay with the pack. . .

*Wait a minute.* . . which way is this article going???

Actually, I probably DO love the pacelines as much as anything else about the Club - that is, when they are running well. However, that only happens when everyone is in good control of their bikes, riding within their cardiovascular ability, and very aware of what's going on around them. Here are a few ideas to keeping our pacelines safe:

- Keep the pacelines to about **16 riders or less** in a double column - preferably less - or half that if in single file. Otherwise, the inevitable tiny speed variations at the front will multiply too much via the ripple effect and become huge whiplashes at the end of the line.
- **Stay off the wheel in front of you by at least a foot and a half.** You don't gain much shelter in a large paceline by getting any closer than that. The extra gap allows you to make slight speed adjustments, based on what's happening in front of you, without causing the rider behind you to hit their brakes and cause an even bigger mess behind them.

The thing I probably love the most about club rides are

- **In high traffic**, or on two-lane roads with a double-yellow line and no shoulder, **forget double columns** and go to single file. Cut the paceline into smaller pieces to give vehicles and easier chance to pass. (Ever try to drive around 24 cyclists in a single pass?)

### New to group riding?

A "paceline" is created when two or more riders ride in single or double file so that the riders behind the leader are partially sheltered from headwinds or crosswinds.

At certain intervals, anywhere from 20 seconds to a mile, the leaders pulls over slightly and slows down a bit to let the group pass by, and then rejoins the group at the end of the line.

This way, everyone takes a turn "pulling" at the front, but only for a short time to avoid fatigue.



- **Don't ride in a paceline that is running at the very limit of your cardiovascular ability.** You are much more likely to make a small mistake, such as a little swerve or uneven pedaling, which could have disastrous consequences for those behind you. If you want to push your endurance to the limit, ride in a very small paceline.

- **Don't drink near the front of the paceline.** Otherwise, if you drop your water bottle, riders behind you won't have a chance to react and may crash if they hit it.

- If you're at the front and encounter a turn, **ride at a slower pace after the turn - say, 75% of the group's cruising speed - until everyone has gotten through the turn safely. Then gradually build up the speed back to where it was.** This way, riders in the back won't be tempted to blow a stop sign just to stay with the group. No, this probably isn't consistent with the dog-eat-dog intensity of a racing team paceline. However, most Club members - including myself - have never trained with a racing team, and have no business trying to behave like one

in a large paceline composed of riders of varying abilities who haven't practiced together as a unit.

- **The basics** - such as riding in a predictable manner, signaling, and calling out road hazards - **are critical** to keeping a paceline safe.

## Quick Release by Email

The May newsletter was sent electronically to 53 club members! If you would like to receive a full color newsletter by email in the Acrobat Reader format **instead** of by regular mail, please email Leslie at lvmelcher@msn.com, or check the appropriate box on the 3RVS membership application.

## Welcome to 3RVS' New Members:

Greg Brown, Jerell Jarvis, Jane Johnson, Steve Shoda, Robert & Jenine Burkhardt, Laura Emerson, Derek Frederickson, Matt, Susan, Joel, Kyle, & Jennifer Grate, Keith & Dianne Hughes, Branch Lew, Shawn Moore, Richard Wismer, and Marika Krech



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# Three Rivers Velo Sport, Inc.

## June 2000 Newsletter

A FORT WAYNE, INDIANA  
BICYCLE ORGANIZATION

### Next 3RVS Club Meeting

**When:** Thursday, June 1, at 7:30 pm

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

### June Meeting Program

Club member and former racer Greg Duncan will discuss group riding skills and techniques, as well as cycling courtesy. Should be a great program! Please attend.

### 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
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!
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	website	www.3rvs.com	
	email	mail@3rvs.com	
Membership	Leslie Melcher	486-9808	lvmelcher@msn.com