



# Quick Release

June 2018

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

Next Meeting is June 7<sup>th</sup>

[BikeReg.com](#)

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



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## Sizzlin' Spring

Patrick Stelte

This past Memorial Day weekend, we experienced our first really hot weather group rides. The temps during the rides reached the mid-90s and over 100 degrees on the pavement. Coupled with humidity and bright sunshine, the danger of heat exhaustion was tangible. This was evident as I rode to our Sunday ride from Arcola. I happened upon Darren Williams (a very experienced rider) about a mile from the parking lot. He was also riding from home. We barely exchanged greetings before commenting on the heat. He looked peaked. Feeling a bit ill after leaving home, he talked about having to stop at a fire station and asking for an EMT to check on him. While listening, I noticed a blue cloth around his neck. He explained it was a cooling cloth designed to stay cool when wet. The towel was working as he was recovering from his early struggles to adapt to the extremes of the day.

Cyclists encounter different factors while riding than other outdoor activities. On the bike, we make our own breeze. This gives a false sense of comfort as that breeze evaporates sweat – an indicator of heat stress. We spend more time in the sunshine as there are few shady roads that offer relief. Also, our upper bodies have minimal movement and bake in the sunshine. Necks, arms and faces get direct sunlight. All of these factors mean that cyclists must think about their heat stress and self-monitor rather than relying on the body's natural alarm bell.

In the past, I have written about my enjoyment riding in hot weather. For some reason, the heat and humidity keep my legs limber and my sinuses open. However, from past experience, my over-confidence has gotten the best of me. Learning from mistakes are the best lessons. Being self-aware and cognizant of my body during high stress, I continually monitor how I am feeling. The best remedies to counter such stress includes taking an extra stop to find shade, fill a water bottle to the top or just pulling over to clear my head and motor down to save myself from the pain of delirium. Another way to endure such weather stress is to ride shorter than planned. Finally, the best decision is to stay away from the heat of the day and ride early.

This thought was posted on our Facebook page after that hot Sunday. Why can't the club time-shift a weekend tour during an unusual hot spell? The simple answer: not everyone looks at Facebook before a ride. Some cyclists will miss moving up a ride start and arrive at the designated time very disappointed. Also, ride leaders may not be able to time-shift on short notice. The best answer is to do what is best for you and ride earlier on your own or Facebook an invite for others to join you. There will always be another group ride.

That hot Sunday ride started with 22 in the parking lot. The group rode smart by taking an easy pace. At the short distance check-point, half the group decided to SAG and turn





Patrick Stelte

## Sizzlin' Spring

(Continued from Page 1)

around. The rest rode the full course and made an extra stop to top off our bottles. Darren had recovered with his blue cloth helping to regulate the heat. He rode strong and took turns up front. As for me, I rode well with the group. However, riding alone on my way home I struggled over the eleven miles. I was paying the price for my plan to do extra miles. Without anyone with me, my adrenaline waned and my breathing became shallow. By the time I reached home, I was done – cooked. I had ignored past experiences and the next few hours were filled with muscle spasms, a lack of appetite, headache and a general sense of unease. My aspirations got the best of me and another lesson learned on the long road travelled.

## On Behalf of Safety

Scott Tomsits

As I just turned 50 this year, I am going to allow myself to wear the grumpy old man hat for bit. We have experienced a rash of unwanted cyclist/car interactions in the past year in this area of the county. The vast majority of those incidents have involved solo cyclists; so group riding does mitigate the risks as well as having people available to render emergency aid if necessary. Just yesterday, we had one of our riders and friends hit from behind while riding solo on Stellhorn Rd.

Many folks have complimented my rechargeable rear light for its visibility during daylight hours and I see many with the same or similar types of lighting, but what I also see is the number of times those lights aren't being used during daylight hours. Just a quick tip, rechargeable batteries like being cycled, not only does running them all the time that you're riding provide a massive visibility boost, but it actually helps prolong the rechargeable battery life. I often admire the Tuesday Kreager group going up Landin Rd with a number of rear strobes going off and can't help but think that it will at least mitigate the epidemic of distracted driving by being so obvious and visible from great distance.

Besides what we ourselves can do to try to be safe and in the interest of 3RVS Cares, I would therefore like to challenge the officers and membership to think about how we can more effectively advocate for the safety for all cyclists and all vulnerable road users. Grumpy old man mode switch-off.



3RVS Touring

## Monthly Musings

Mona Will

In the past week, the trees and bushes have gone from light green buds to full leaves, the tulips at Foster Park opened in brilliant colors of oranges, reds, yellows, purples and many variations of said colors. As quickly as they opened they began to fade and the most fragrant of bushes, the lilacs, gifted us with their perfume that is unmistakable to anyone that has grown up in the Midwest. The grasses have had the perfect amount of sunshine and rain and as a result the greening almost sears my corneas.

Spring has finally sprung and the temperatures remind us that summer is quickly approaching. Foster Park is now filled with families and couples walking on the Greenway, parents and kids on the playground and the baseball fields. The runners and walkers have almost doubled overnight. Cyclists zip back and forth on the trail. A sign that it is now truly cycling season for us all.

"I really don't like the gym. I like experiences, so I take any chance I get to go on a bicycle or on a hike." - Blake Lively

**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.

**Monday Meanderings TBD & Musings**

Kreager Park  
Pace 10-15 mph  
Check weekly for start locations

**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

**Skills Dev Tour 6:00PM**

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

**Wednesday**

**Saturn Ride 6:00PM**

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

**Rogue Ride 6:00PM**

Carroll & Wayne HS (Varies weekly)  
Distance: 20-36 miles  
Pace: 15-17 mph

**Thursday**

**Girls Ride Out 6:00PM**

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

**Kreager A Ride 6:00PM**

Kreager Park 6400 N. River Rd.  
Distance: up to 40 miles  
Pace: 20+ mph

**June Touring Report**

Steve Pequignot

At a recent Thursday evening Kreager A Ride we had a group of 15 riders. Most of the group comprised of what we classify as A riders, being able to maintain a pace of 20 MPH or more. There were also several in the group who likely would not consider themselves an A group rider. Ride Leader Scott Tomsits setup the ride format for the evening to be an A group, L3 pace, which is 85% of one's lactic threshold pace to build endurance. Scott figured that pace may draw more interest from riders on a Thursday evening so they would have fresh legs for the weekend. As the ride proceeded the pace stayed about 22 MPH in both directions during the ride. In a group format this is a comfortable pace for an A group rider. Since we had several B group riders who would likely be riding at the upper end of their threshold at times, I was more interested in seeing how they were doing especially on the way back as the miles added up. At the turn from Parent Road onto North River Run Road with about 5 miles to go I looked back and everyone was still together in a long single line. When we pulled into Kreager Park at the finish I was delighted that everyone was still together and we finished the 40 mile ride with an average of 21.2 MPH, just about what the ride leader predicted before the ride and at a pace that some riders did not believe they could achieve in a group.



Steve Pequignot

What made me take note of this ride was the fact that nine of the 15 riders in the group were either new to the club this year, or started within the past 4 years at or below a C group pace. It is rewarding for me to see new riders join our club, regardless of their level, ask questions, work at improving themselves and experience the thrill of a fast pace group ride.

Our club is diverse and not everyone is looking to ride more aero in a draft or increase their speed. Our most popular weeknight ride is the Kreager Park Ride. Deb Watts and Susan Zuber are the ride leaders. Deb and Susan have a large following every Tuesday as they leave the park and ride out to Woodburn. They usually make a stop at one of the convenience stores, take in the sights, converse along the road and generate a lot of cycling camaraderie. Many of the riders in this group meet for Taco Tuesday, a post-ride celebration at a nearby pub. The Kreager group meets up with a few riders from the Skills Tour to discuss all sorts of cycling topics. It's a perfect way to cap off an evening with cycling friends.

There is something magnetic about being on a friendly ride with fellow club members. Before you know it we are all cycling friends. That is the ultimate group tour.

June brings us the beginning of summer. Daylight is at a premium. We now have two rides daily Monday through Thursday with various paces options. I hope you have the opportunity to attend some of these tours. They offer a common objective we all share; plus they are good for the body, mind and soul.

Please note: All June weekend tours begin at 10:00 AM.

**First Friday each Month**

**City Tour 6:30PM**

Lawton Park, east end of parking lot  
Distance: 8-10 miles  
Pace: 10-12 mph

## June Touring Dates

Date	Time	Map	Start At	Destination/Pace Groups	Distance
6/2	10:00 AM	NHS-8	New Haven High School	Classic Tour from 1980 Dixon/Convoy/Van Wert A,B,D groups	36/52/71
6/3	10:00 AM	CHS-4	Carroll High School	Laotto/Garrett/Avilla A,B,C	19/34/42 52
6/9	10:00 AM	LHS-4	Leo High School	Garrett/Avilla/Kendallville A,B,D groups	27/45/63
6/10	10:00 AM	ARC-5	Arcola Elementary	Columbia City/Larwill/Pierceton A,B,C groups	26/44/55
6/16	10:00 AM	SWS-3	Sweetwater Sound	Roanoke/Huntington A,B,C groups	27/43/51 60
6/17	10:00 AM	DCU-4	Fort Financial CU	Churubusco/Wolf Lake A,B,C,D groups	20/38/45 51/67
6/23	10:00 AM	KRG-6	Kreager Park	Woodburn/Payne/Paulding A,B,D groups	18/27/47 62/64
6/24	10:00 AM	NHS-2	New Haven High School	Poe/Hoagland/Monroeville A,B groups	30/43/50/58
6/30	10:00 AM	HHS-RC	Homestead High School	Riders Choice, select 1 of 11 routes A,B groups	40 to 69

Weekend tours are subject to change due to road, weather or other conditions. Any changes will be posted on the 3RVS website, 3RVS Facebook Page, or @ride3rvs.

The A group rides at every tour, B,C & D group tours are listed in Destination/Pace Groups above.

Group paces: A = 20+ mph; B = 18/19 mph; C = 16/17 mph; D = 14/15 mph; E = 12/13 mph

See the back side of the weekend route maps or 3rvs.com for 3RVS Group Riding Guidelines.

Follow our tours live using the Life360 App at Ride 3RVS.

## Racing Results

Dave McComb

## Road Time Trial Series #2 - May 22, 2018 - Final Results

Place	Name	Class	Time	MPH	Place	Name	Class	Time	MPH
1	Don Cahill	M-TT	32:19	23.95	1	Ryan Bauer	M-R	34:20	22.54
2	Shannon Branscomb	M-TT	32:29	23.83	2	Scott Tomsits	M-R	36:20	21.30
					3	Angel Campos	M-R	34:12	20.81
1	Diana Showe	W-TT	34:09	22.66	4	Rob Schwievert	M-R	37:27	20.67
1	Kimberly Bee	W-R	40:12	19.25					



## 3RVS Race Series &amp; Practice Schedule

*3RVS Membership Required*

Road TT Series					
Location	New Haven	POE	New Haven	POE	New Haven
Main date	04/24/18	05/22/18	06/26/18	07/24/18	08/21/18
Rain date	05/01/18	05/29/18	07/03/18	07/31/18	08/28/18

MTB TT Series					
Location	Franke Park	Morsches Park	Franke Park	Morsches Park	Franke Park
Main Date	05/08/18	06/12/18	07/14/18	08/07/18	09/11/18
Rain Date	05/15/18	06/19/18	07/21/18	08/14/18	09/18/18

Cyclocross Series					
Location	Franke Park	Roanoke Park	Franke Park	Memorial Park	Franke Park
Date	09/25/18	10/09/18	10/23/18	11/06/18	11/27/18

Criterium Series				
Location	Baer Field	Baer Field	Baer Field	Baer Field
Date	05/15/18	06/19/18	07/17/18	08/14/18

Criterium Practice					
Location	Start	End	Day	Time	Ride Leader
Baer Field	04/17/18	08/21/18	Tuesday	06:30 PM	Dave McComb

Cyclocross Practice					
Franke Park	08/22/18	11/21/18	Wednesday	06:30 PM	Dave McComb

MTB Weekend Race Ride					
Franke Park	05/05/18	09/15/18	Saturday	10:00 AM	TBD

Road Weekend Race Ride					
Woodside M.S.	05/05/18	08/04/18	Saturday	08:00 AM	TBD

TT Weekday Training Ride					
Saturn Church	04/30/18	TBD	Monday	06:15 PM	Mark Witmer

## 3RVS Racing Point Series Summary

Dave McComb

Men's Place	First	Last	Team	Category	New Haven	Poe	New Haven	Poe	New Haven	Total
1	Shannon	Branscomb	Neighborlink	M-TT	16	20				36
2	Nathan	Woods	FW Outfitters	M-TT	25					25
2	Don	Cahill	FW Outfitters	M-TT		25				25
4	Shane	Powell	3RVS Racing	M-TT	20					20
1	Michael	Liechty		M-R	25					25
1	Ryan	Bauer		M-R		25				25
3	Scott	Tomsits		M-R		20				20
4	Angel	Campos		M-R		16				16
Women's Place										
1	Diana	Schowe		W-TT	25	25				50
2	Amy	Woods	FW Outfitters	W-TT	20					20
1	Kimberly	Bee		W-R	25	25				50
Junior Place										

# Indianapolis Monon and Culture Trail Destination Ride

Jennifer Altherr & Amy Copeland

**When:** Sunday, July 22, 2018 at 7:45 AM

**Meet:** Starbucks at 5723 Coventry Lane at 7:45 AM and condense into cars for 8:00 AM SHARP departure to drive to the trailhead in Westfield located at 17501 Dartown Rd/ Quaker Park for a 10:00 AM ride time.

**Bring:** Spending money, helmet, your camera and a bike lock if you have one. Any type of bike will work for this ride.

**The ride:** We will ride the length of the Monon until it joins the Indy Cultural Trail near 10<sup>th</sup> street for a sightseeing loop downtown to include The American Legion Mall, The Canal, Indiana State Museum and Monument Circle eventually returning to the Monon for our trip home. We plan for a lunch stop en route, and possibly a bonus stop in Broad Ripple to quench our thirst. Total mileage for the tour will be just over 40 miles and it will be all paved.



**Pace:** Leisurely 10-12 MPH

**Return:** Although we hope to be home in time for dinner, due to the social nature of this event we can't make any guarantees.

For more information about the trails:

<https://indyculturaltrail.org/>

<https://www.visitindy.com/indianapolis-monon-rail-trail>

## Three Rivers Velo Sport

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Members interact at  
facebook.com/  
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