



Quick Release

June 2019

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 June 6th

Minutes and agendas archived [here](#):

We have changed our online signup for [member-ship](#) and for the [festival tour](#) for your convenience. Follow the links above to join or more information!



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Franke Park News

Pamela Fennell

We are pleased to announce that the long-awaited Memorandum of Understanding between the Fort Wayne Board of Park Commissioners (BPC) and 3RVS has now been signed. What does that mean to members of 3RVS? We are so fortunate to have great trails for mountain bike riding right here in Fort Wayne! These trails have helped prepare many of us to ride our mountain bikes in more remote places all over the United States and abroad. 3RVS understands the value that these trails have in our community and has been working hard to preserve the trails while working within the parameters set out by the BPC. The MOU is the key that puts 3RVS in a place of control over the maintenance and operation of the trails. This is vital because mountain bike trails need the care of those who understand the trails and their use the best!

What this really means in brief is that 3RVS has been given the responsibility to oversee Franke Park Trails. 3RVS will be in charge of maintaining the trails which will include the ability to close the trails when the trails can be damaged due to riding or hiking when wet and muddy. In return for 3RVS maintaining the trails, the Park Commissioners have agreed to waive any fee they would have collected for the use of Franke Park trails for races or events held by 3RVS, as well as allow 3RVS to close the trails to outside use during the event. The Park Commissioners have also agreed to give notice to 3RVS before they hold an event at the trails.

This MOU runs through December 31, 2021 with the ability to have it extended for another 3 year period. Even though 3RVS has been given control of Franke Park trails, there is a clause in the MOU that reads, "The design and construction of all such improvements shall be subject to BPC's prior written approval and shall comply with all federal, state and municipal statutes, codes and regulations and ordinances". This means that no one is allowed to build or change the structures on the trails without consent from 3RVS and ultimately the BCP. All trail updates and changes MUST go through Randy Rozewicz, Off Road Officer.

3RVS is glad to work in cooperation with the BPC to ensure that Franke Park Trails are open for mountain biking for many years to come! Please help us in this endeavor by adhering to the above parameters. We also ask that you join us as we provide trail maintenance. You will find trail maintenance info online or as it is announced on our Facebook page.

See you on the Trails!



June Touring Report

Doug Wintin

The Times They Are a Changin', But Just A Little

(Apologies to Bob Dylan)



3RVS Touring

So here we are in the prime of the riding season. The weather is getting warmer and the sun is going down at a much more reasonable time. The weekend 3RVS rides are starting earlier and leave plenty of time for all of the "honey-do" lists that have been put off for far too long. Good changes to be sure!

But there are a few more changes this month that I hope everyone will like. On the 9th of June we will be rolling out a new start location. The club ride will be leaving from Lafayette Meadows Elementary (LME). LME is located on Ernst Road just west of Homestead. The address is 11420 Ernst Rd., Roanoke, IN. Before you get upset, the school does have a Roanoke mailing address but it is miles from Roanoke. According to Google, LME is a 23 minute drive from Parkview Regional, 25 minutes from New Haven High School, 18 minutes from Foster Park and the IHOP on SR3 takes 16 minutes. The longest drive is from the Miejer on Maysville which takes 27 minutes.

A big plus for some riders who are not fans of hills is that you will not have the ups and downs of Aboite Center nor will you have to climb the Aboite Road hill/mountain (a point of view thing). That is not to say that there will not be hills, there will be but I have tried very hard to choose the roads in the area that are more flat than hilly. Let's try some truth in advertising:

Long Route North Manchester:	64.3 miles · Climbing +1,703 ft / Descending -1,702 ft=26.5' of climbing per mile
Medium Route Huntington:	35.1 miles · Climbing +929 ft / Descending -927 ft = 26.5' of climbing per mile
Short Route Roanoke:	21.8 miles · Climbing +761 ft / Descending -759 ft = 34.8' of climbing per mile

I hope that you will come out and try the new location and route. The long ride will be rewarded with a trip over an active covered bridge as they cross the river into North Manchester. The medium route will have the pleasure of descending the Unknown Hill (and the best part is that you do not have to climb a hill to get to the top of the Unknown!) If you select the short route you get to have the bragging rights for climbing more feet per mile than both of the other routes!

HELP! I NEED SOMEBODY. NOT JUST ANYBODY

Apologies to Lennon and McCarthy

A Change To Help the Ride Leaders and Co-Leaders

Steve P. set-up the A, B, C, and D touring categories and I think that it is a great way for everyone to get a ride that matches their pace. I have noticed that some of the groups struggle to find a leader for every ride each month. I think that it is understandable. We are asking the Leader and the Co-Leader to commit to one or the other to be at all of the weekend rides. I know how that would fly around my house.

This month I tried something a little different with the C group. I asked several people if they would be a ride leader for the C group. If 4 people would commit to be ride leaders they would only have to lead 2 rides per month. Knowing that there would be conflicts with multiple people going to out of town events my feeling is that we should try to have 6 ride leaders per group. To simplify the process we will be utilizing Sign Up Genius for each group. Mona Will found the software and suggested that we try it. I mentioned the software during the last monthly meeting and Dave McComb noted that he had been using it and it worked great. This software is free at the level we will be using. I gave it a try with the June ride schedule for the C



Doug Wintin

Monday

Monday Meanderings & Musings **TBD**

Location varies, check 3rvs.com weekly for start locations
Pace 10-15 mph

Grabill Ride **6:00 PM**

Dates: 6/3 & 6/17
Sauder Feed 14033 Grabill Rd.
Every other Monday Starting 5/6
Distance: 28 miles
Pace: 16-19 mph

Franke **6:30 PM**

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.

Tuesday

Kreager Ride **6:00 PM**

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

Skills Dev Tour **6:00 PM**

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

Wednesday

Saturn Ride **6:00 PM**

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

Rogue Ride **6:15 PM**

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

Thursday

Urban Exploring **6:00 PM**

Johnny Appleseed Park (near the north playground)
Distance: TBD
Expect some off-roading

Girls Ride Out **6:00 PM**

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

Touring Report

(Continued from Page 2)

group. It seemed to work very well and we ended up with C group rides for all of the weekend rides except three. That was a nice improvement over the May schedule. Unfortunately I only had two Group Leaders for the C's.

I am confident that this plan will work if enough club members will volunteer to lead two rides per month. Are you ready to step up? Please send me an email with your name, your group and if you have been a ride leader in the past. I look forward to hearing from you!

Ride Safe!

Doug

June Touring Schedule

Date	Time	Map	Start At	Destination/Pace Groups	Distance
6/1	9AM 63/45 10AM 32/16/10	Visit F4F Spring Cycle	Arts United Main St. Ft. Wayne	Antwerp Rides grouped by distance	63/45/32/ 16/10
6/2	9:00 AM	WHS-1	Wayne High School	Wilshire/Decatur/ Ossian A/B/C Groups	21/35/40/ 55/60
6/8	9:00 AM	KRG-6	Kreager Park	Woodburn/Payne/ Paulding A/B/C/D Groups	18/27/47/ 62/64
6/9	9:00 AM	LME-1	Lafayette Meadows Elementary	Roanoke/Huntington/ North Manchester A/C Groups	24/34/64
6/15	9:00 AM	CHS-3	Carroll HS	Merriam/Churubusco A/B Groups	25/40/57
6/16	9:00 AM	WHS-7	Wayne HS	Decatur/Wilshire/Ossian A/B/C/D Groups	35/40/55/ 60
6/22	8:00 AM	NHS-2	New Haven HS	Monroeville/Edgerton A/B/C Groups	30/43/50/ 58
6/23	8:00 AM	SWS-3	Sweetwater Sound	Roanoke/Huntertown A/B Groups	33/44/52
6/29	8:00 AM	HTN-4	Huntertown Elementary	Kendallville/Avilla A/B/D Groups	33/44/51
6/30	8:00 AM	WHS-4	Wayne HS	Hoagland/Ossian A/B/C Groups	23/35/43/ 52

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.

Kreager A Ride	6:00 PM	Short N' Sweet	6:30 PM	First Friday each Month
Kreager Park 6400 N. River Rd. Distance: up to 40 miles Pace: 20+ mph		Sweetwater Sound Distance: ~25 miles Pace: 16-19 mph		City Tour 6:30 PM Lawton Park, east end of parking lot Distance: 8-10 miles Pace: 10-12 mph

3RVS CARES - Does It Fit

Mona Will

As a kid, we never really worried much about whether we had a good fit on the bike or not. If we could pedal it while sitting on the seat, or even just standing on the pedals and wouldn't permanently damage our crotch area if we had to come to a quick halt it was fine. Right? Did it really matter if you had to bring the bike right up next to the back-porch step to get on the bike? Did it matter if you had a single speed, a 3 speed, or a 5 speed? Did it matter that it was a bike that had been handed down by older brothers or sisters? Probably not. What really mattered was that you could keep up with your riding buddies/friends and that you could ride as long as you wanted or as long as your parents would let you.



Mona Will

I was recently reminded of the age I was when I graduated from the "blue huffy" with the pedals that spun as long as the wheels were spinning, to a gently used single speed girls' bike that wasn't a hand me down from someone I knew. It was red and as best as I can remember my dad adjusted the seat a little and then I was "riding off into the sunset". No more lifting my feet off the pedals when I coasted down a hill to avoid getting my heels scuffed. I was eleven years old and I had just been handed the keys to my freedom.

In what was a turn of fate recently, I chose to sell my trusty and well-loved hybrid bike. I had always thought when the day would come that I was ready to move on to another bike, I'd just keep *Emerald*. She was my first serious adult bike. The bike I only rode on the trails for an entire summer season. She was my first club ride bike and oh my gosh did I suffer through the winds and hills riding her. She was heavy but not nearly as heavy as the bike from 35 years earlier. *Emerald* had been the key to my new-found freedom.

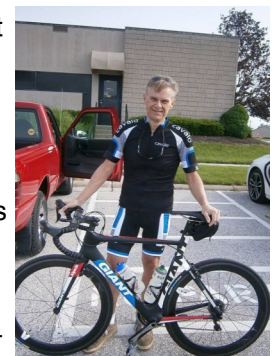
I met an eleven-year-old girl, a few inches shorter than me, but the size of a string bean and 46 years younger, that *Emerald* was intended for. She timidly walked up to her grandpa, watched as he dropped the seat as low as it would go, and then stepped over the top bar. On her tippy toes she put one foot and then the other on the pedals that spun as soon as her feet touched them. Slowly and a bit wobbly she started down the bike path. As she rode off, either her grandpa or dad said, "She looks so much older on that bike." She turned the bike around, rode back with a bit more confidence, and looked at her grandpa. He said, "Do you like it?" "Yeah", "Okay, then it's yours". She looked at me and said, "thank you". The smile on her face made my heart swell. It was all that I could do to hold back the tears of joy and sadness. Now this 11-year-old girl has a "new" bike. It will hopefully give her hours and hours of adventures and she'll find her own kind of freedom that we have all experienced when we ride.

Does it fit? Does it matter?

Whether to Weather a Ride

Patrick Stelte

This past May, I counted fourteen days in a row that rain fell in Allen County. That was just a taste of the wet spring we have been experiencing. More rain fell in April than May, but recent events often discount the past. Most of these rain occasions were sporadic pop up drenchers that lasted only a few minutes, but left wet pavement, puddles and swollen rivers. Planning a ride around a forecast of probably and maybe can be arduous for a ride leader or spontaneous devotee. The weekend tours have experienced rain on at least one day for two months straight and cancellations have been extraordinary. Spring bio-rhythms for a cyclist can take on a Neanderthal-like chant that drones in the background of the subconscious, "must ride", "must get in shape." I have read posts on our Facebook page this spring of club members asking for eyewitness observations on a particular side of town to plan last minute ride details and meet ups. Snap-shots of weather radars and hourly predictions accompany pleas of, "should we?" and "I am not." The decision to ride or not feels like a muscle cramp that won't go away no matter how much pickle juice you drink.



Patrick Stelte

All of this angst gives me a perplexing smile when I think back to winter Show N' Go's when the weather was exceptional (warm and sunny) and very few showed up in the parking lot. For most, weathering a sunny, cool ride in

Whether to Weather a Ride

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February is akin to eating your vegetables as a kid. Cauliflower? Forget it. What's for dessert? Weathering a ride in spring with black clouds to the west and gusty head-winds amounts to a shrug and thoughts of, "it will pass soon enough."

These thoughts bring me to the Fort 4 Fitness Spring Cycle and the terrible run of bad weather luck the last few years. The first F4F was a beautiful, sunny, warm day in late May that felt like Mother Nature blessed us with a kiss and a wink. Switch to several years later and a downpour drenched the start location an hour before the event was to begin. As soon as the downpour cleared Main Street and dire was the word, the pavement was packed with bicycles and riders eagerly waiting for the count-down to commence and someone to proclaim, "Saddle up!" The Spring Cycle has experienced rain for five consecutive years either downtown or on the course. However, that has not stopped riders. On another occasion, I remember thunderstorm bristling black clouds over downtown as riders were coming across the finish line and others on their way to the beer tent. The casual lack of expedient commotion befuddled me as I ran for my car in anticipation of the eminent deluge (which happened 30 seconds later.) On the drive home, I passed six cyclists, in a perfect paceline, as they made their way through blinding rain. Their unbroken cadence inspired me to hold a thought that is known as cognitive dissonance, "They're crazy and awesome."

We are a funny bunch. Depending on the calendar, we are adverse to the weather or shrug it off as a nuisance to the greater goal of, "must ride." June holds the summer solstice and the beginning of summer. Early mornings and long evenings captivate the imagination. Tasks are put off to make room for the open road and friends who make it all worthwhile. The summer calendar is starting to fill up with plans of far-away places and goals to get better, meet new people and make enough memories that if a few leak away the effort is cherished long after.

I leave you with one last thought: for the eighth year in a row, I am a ride ambassador for the Fort 4 Fitness Spring Cycle. When you see me after June 1st, ask me how wet I got.



Monday Meandering and Musings Schedule

Mona Will

- June 3:** Rockhill Park (yes again!) 10AM roll out. Meet in the one and only parking lot at the park
- June 10:** Lawton Park 10AM roll out. Meet at the trailhead parking lot located right by the skatepark.
- June 17:** Parkview YMCA on Dupont Rd. 10AM roll out. Meet at the playground near the entrance.
- June 24:** Kreager Park 10AM roll out. Meet at the parking lot located straight ahead on the right as you enter the park.

June First Friday City Tour: Special Notice - Amy Copeland & Jenifer Altherr

Due to the three day destination tour dates to Kal-Haven in June conflicting with the First Friday City tour, we will be riding the First Friday tour on the second Friday. This change is for the month of June only. The new ride date will be Friday June 14th at 6:30 at the Lawton Park trailhead. We have already started our planning for another themed ride. There will be plenty of photo ops on this tour. We hope to see you there!

Three Rivers Velo Sport

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