



Quick Release

March 2018

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 March 1st

[BikeReg.com](#)

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



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Basic First Aid Class Offered to 3RVS Cyclists

Wednesday, March 7th @ 6:15pm at the downtown library, meeting room A.

3RVS member and Emergency Medical Technician Andy Grote will make a presentation on how to care for bicycle accident victim. Andy will cover basic wound care, bleeding control, hands only CPR, scene safety and awareness along with a variety of other topics. Due to limited equipment and supplies, the class is limited to 25 participants. If you are interested, please contact Andy: Andy@spokesmenCycling.com

Registration deadline is March 5th at midnight.



Shifting Gears

Mona Will

For me, the duties of the publicity officer have been similar to being a mentor. I mean that in the sense of recognizing what talent and passion is already present, seeing what is possible, and making good use of available tools to bring it all together. Ideally the optimum results are pride and recognition.

Our club has grown both in size and in visibility thanks to our participation in nationwide, statewide, and local community events. We are very active on social media and have a very engaging website. We've nurtured relationships with our local newspaper and television stations, Fort Wayne Trails, Bicycle Friendly Ft Wayne and local bike shops. We have become part of a large cyclocentric community.

I feel I have done my best as the publicity officer to bring pride and recognition of our club through the public eye. It is now time to step aside and let another person take the reins of publicity officer and run with the momentum that has been building in our club's membership.

I am by no means leaving 3RVS, just this position. I have grandiose ideas about cycling and community. I hope to find fertile ground for these ideas to grow within 3RVS and other avenues. The 3RVS mission statement is now my personal mission statement and I have a sense this will all come together, I just don't know how yet.

Election Notice

The duties of the office include promoting club activities through contacting and releasing information to local media, printing and posting promotional materials at businesses and organizations and reporting the duties of the office at the monthly club meetings. If any club member is interested in the office, please contact the president of 3RVS at president@3rvs.com. The election of the new Publicity Officer will be at the April club meeting on Thursday, April 5th @ 7:30pm at the downtown library, meeting room B. Interested parties must be present at the meeting to be elected.

I Hate February

Patrick Stelte

The forecast for a recent Sunday in February was 46 degrees and sunny with little wind. The circle on my ride calendar went twice around the date. I was ready. My fast bike was looking eager in the basement waiting for the day to arrive. I posted on Facebook I would be at the Show N' Go hoping to prompt others to join me. I thought about what I would wear for the ride. The temp and sun meant one layer on the bottom, two layers on top with shoe covers and mid-weight gloves. I had forced myself outside earlier in the week in less than ideal weather and got soaked and dirty from snow melt with a large chafe mark on my upper thigh from wearing two layers in the near freezing cold. Sunday would be different.



The night before, a light snow began to fall. It continued for two hours until 2 ½ inches covered everything. If this were December 24th, I would feel warm and cozy, the fluffy white stuff enhancing the holiday spirit. However, this was February in the dead of winter, an everyday gray that marches from dawn to dusk. The month is a lament for winter to be vanquished. The Vikings ravaged their neighbors during a little ice age that could be described as eternal February. They had Ragnarok, all I could muster was patience. To rally hope, I decided to do mental calculations. The hourly forecast for Sunday called for sun and temps that should have melted the snow by the time of the Show N' Go. I reassessed my clothing knowing that the wet streets and snow covered ground would mean one more layer. I regrettably decided to plan on riding my wet bike (not as much fun), but my optimism for an outside ride would carry my enthusiasm. I went to bed ready for the next day.

The dawn arose in the ashen light of despair. No sun. No snow melt. The temperature was below freezing and my mood fixed on a thought that nothing was going to change. I quickly got online to look at an updated forecast: Sun was coming and the temperature would rise. I resolved to believe, but as the hours passed the outside remained frozen and I was resigned to the fate of broken dreams by a cruel, mocking month. Yet, this February Sunday was not finished toying with my psyche. By early afternoon, the sun finally appeared and the white blanket disappeared a couple hours later leaving a hint of damp pavement. Only a sadistic Norse god could enjoy the irony: the elements were right for a ride, but the light of day was soon to end. "I hate February!" was all that my thoughts could summon. Loki was my torment, laughing at me, enjoying my frustration. I had fallen for the trickster month, the evil gray that is unpredictable.

March is now here and a yawning spring means cycling outside for most of our members. The club officers are gearing up with organized ride schedules and dates to write on the calendar. The initial club event is a presentation on first aid applications for cycling accident victims by Andy Grote. The class is a response to club members' requests for more information about helping others in medical need on group rides. Every year, accidents happen on our group rides and how fellow cyclists react can make a difference in the welfare of the fallen. I can readily attest to the importance after my accident last year and the care I received by the group. The class has a limit, so sign up at the earliest. Look in this newsletter and on our website for details.

In keeping with the theme of Norse gods, I welcome Freyr, who brings sunshine and fair weather after a long winter slumber. The saddle beckons for the warmth of sun, the smell of growth and deep breathes that fill the lungs with past memories and thoughts of future adventures. I wish you a safe passage and a fair wind at your back through spring travels.

March Touring Report

Steve Pequignot



Steve Pequignot

Good news! Open day of our 50th touring season is April 8. I am pleased to announce our ride leaders for our golden year. The weekend tours will have four pace groups: A group pace is 20+ MPH which will be led by Patrick Stelte and Steve Pequignot for the tenth season. Johnny Grabowski is returning as the B group ride leader. As an added bonus Cindi Souers will join Johnny leading the B group this season. Cindi has many miles and years of experience to add to the group, so if you are hanging with the B group you should have a great ride. The B group pace is 18/19 MPH. Mona Will and spin guru Tom Yoder are back as the ride leaders for the C group also known as the Cutters. The C group pace is 16/17 MPH. The D group will be led by Robin Mitchell and Mona Will. D group pace is 14/15 MPH. Mona will alternate weekends leading rides between the C and D groups. With this lineup of ride leaders we expect to have more B, C, and D group tours than we have offered in past years.

As in the past, the A group will ride at every weekend tour. The B, C and D groups will ride when so noted in the monthly schedule. The first monthly schedule will be in the April newsletter and on the website by April 1.

In addition to our weekend tours we have an exciting weeknight lineup of touring rides offering members several pace and distance options to choose from.

Monday, Doug Wintin will lead the Spokesman Ride again this season. The ride starts at Spokesman Bike Shop in Roanoke. The 27 to 30 mile route will be marked with Dan Henrys and have a pace from 16/19 MPH. Also, Mona Will leads the new Monday morning Meandering & Muse Ride which will start at various locations around town. This will be a D/E pace ride for ladies only. Check our website and Facebook page for the weekly start time and location.

Tuesday, Deb Watts is returning to lead our most popular weeknight ride, the Kreager Park Tour. With a pace of 13/15 MPH, distance options will vary from 25 to 30 miles. This ride utilizes various routes to Woodburn.

The Skills Ride is moving back to Tuesday this season starting at Jefferson Middle School. This ride focuses on group skills, utilizing drafting techniques, holding a good line and how to properly rise from the saddle. The pace is 18/20 MPH and usually picks up during the season as riders become more experienced riding in the draft. Our goal in this ride is to teach B level riders the art of riding smart in a group so they will be able to hang with faster pace groups. We use several distance options ranging from 25 to 45 miles based on weather and sunset times. If you want to earn your club 'A Wings' this is the only ride to do it.

Wednesday is Saturn night. Last year the Saturn Ride was the fastest weeknight touring ride in the state. If you like to hammer on rollers and enjoy a sprint finish with other like-minded riders, this ride is for you. Club President Patrick Stelte is back to lead you on the ride of your life. It's a 26-mile assault. Don't worry if you get dropped, you won't be alone; although, the big guns may be well off the front. This is an A group hammer-fest from start to finish. Average speed is 23/24 MPH.

A new ride this year on Wednesday, for those not interested in a Saturn pace is the Rogue Ride. Our most popular ride leader, Mona Will, leads this C group pace ride from Carroll High School, Tillman Park or Wayne High School. Check the weekly schedule for the correct start location.

Thursday's Girls Ride Out will once again be led by Brenda Wiley and will start at Roanoke Park in Roanoke, Indiana. This is a D group pace ride for ladies only. Distance is 20 to 25 miles.

We will have a new Thursday Ride this season. Zwift Champion, Shane Powell and Charlie Copeland are the ride leaders for the new Jefferson A Ride. This ride will feature one of two routes, one heading north to Spencerville, the second heading east to Antwerp. This ride will include a nice warm-up period, after which the pace will increase towards the mid 20s. After a brisk workout the ride leaders will slow things down several miles before the finish so everyone has the opportunity to spin down. Distance options will be up to 40 miles based on

March Touring Report

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weather and sunset times. If you like the Saturn Ride or last year's A Group Leo Ride, you should enjoy this one.

Our only Friday ride is the monthly City Tour led by Amy Copeland and Jennifer Altherr. The City Tour is held the first Friday of each month starting at Lawton Park at 6:30 PM. This ride is 8 to 12 miles at a leisurely E group pace and offers an optional post ride social event. Lights are required during the winter months.

Starting times, dates and detailed information about each weeknight ride will be posted later in March on the club website at 3rvs.com and will also be printed in next month's issue of **Quick Release**. Weekly updates will be posted on the club's Facebook page and our Twitter feed [@ride3rvs](https://twitter.com/ride3rvs).

If you can't wait until the season opening tour to ride with a group, Steve Souers leads the winter Show & Go rides on weekends, weather permitting. See the club website for times and start locations. Also look at the 3RVS Facebook page each Friday for Steve's updates.

As a reminder to club members with Garmin or compatible GPS devices, we have all of our touring routes on GPX files. 3RVS members may subscribe to receive our weekend touring routes in GPX format via email by submitting your request to touring@3rvs.com. Just state in the Subject window "Subscribe to GPX." As new routes are created or updated, the new files will be sent to all members who have subscribed to this service. Please include your name, phone number and email address with your request.

When taking to the road on your bike this season use caution as there may be new pot holes and uneven shoulders that were not present last autumn. If you spot a bad road that is on one of our routes I would be most appreciative if you would send me a Bad Road Notice via email to touring@3rvs.com.

I look forward to riding with you this spring.

March Show n' Go Schedule

All rides start at **Noon**. Watch the 3RVS Facebook page on Friday for any updates. Further Info [here!](#)

March 2018

Saturday 3/3 Homestead HS (noon)

Sunday 3/4 Flaugh Rd. (FFCU 11:45am, Flaugh 12:00, Arcola 12:15pm)

Saturday 3/10 Flaugh Rd. (FFCU 11:45am, Flaugh 12:00, Arcola 12:15pm)

Sunday 3/11 Homestead HS (noon)

Saturday 3/17 Homestead HS (noon)

Sunday 3/18 Flaugh Rd. (FFCU 11:45am, Flaugh 12:00, Arcola 12:15pm)

Saturday 3/24 Flaugh Rd. (FFCU 11:45am, Flaugh 12:00, Arcola 12:15pm)

Sunday 3/25 Homestead HS (noon)

Friday 3/30 Flaugh Rd. (FFCU 11:45am, Flaugh 12:00, Arcola 12:15pm)

Saturday 3/31 Homestead HS (noon)

Sunday 4/1 Flaugh Rd. (FFCU 11:45am, Flaugh 12:00, Arcola 12:15pm)

2-3 hour Show N Go rides with route, destination and pace determined by group.

Monthly Musings

Mona Will

I was looking at the extended forecast for the rest of the week and weekend, expecting to find some pockets of "good weather" to ride in. HA! I thought, "When is this weather going to turn around and give us some good weather to ride in?"

"Sunshine is delicious, rain is refreshing, wind braces us up, snow is exhilarating; there is really no such thing as bad weather, only different kinds of good weather."

John Ruskin

Thank you, John Ruskin, for setting me right.

From the Membership Desk

Amy Copeland

It is membership renewal time! If you have not renewed for 2018 and don't before March 31st, this will be your last Quick Release Newsletter. You also will not be insured for the 2018 club rides nor be able to receive the GPX ride maps and club discount at our local bike shops. 3RVS memberships are valid from January 1st to December 31st annually. Renewal is still only \$20 for an individual or \$30 for a family and can be easily done on-line for a small convenience fee at <https://www.bikereg.com/three-rivers-velo-sport-club-membership> or you may print your membership form at <http://www.3rvs.com/info/brochure-web.pdf> and mail it in to the PO Box on the form. Don't forget that when completing the form as a family both listed adults need to sign the form to be valid.

Three Rivers Velo Sport

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E-mail:
newsletter@3rvs.com

We're on the web.
www.3rvs.com



@ride3rvs



Members interact at
[facebook.com/groups/ThreeRiversVeloSport](https://www.facebook.com/groups/ThreeRiversVeloSport)

View our rides, Face-
book.com/3rvsvideo



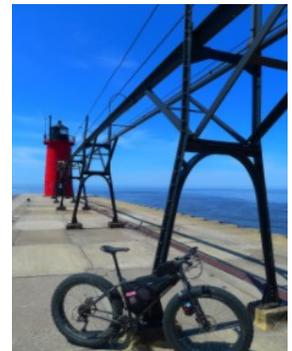
Life 360
Track our tours live
at Ride 3RVS



2018 Two Day Destination Tour

Saturday June 2 - Sunday June 3

- Ride Leaders: Amy Copeland and Jennifer Altherr
- Trail surface: crushed limestone
- Depart from Fort Wayne early morning Saturday June 2 to carpool to Kalamazoo Michigan. Ride bikes on the 34 mile Kalhaven Bike Trail (former rail trail). Spend the night in South Haven Saturday night. Ride bikes back to Kalamazoo Sunday. Drive back to Fort Wayne Sunday.
- If your bike does not have a rack to haul your change of clothing and toiletries, you could get creative and use a backpack or a pack that fits onto your bike.
- Accommodations: Kalhaven Outpost cabins is a new campground adjacent to the bike trail in South Haven. Each rustic cabin can sleep 6 people. \$143.19 per cabin fee will be split among participants. Bring your linens or rent them from the campground.
- There is normally a 2 night minimum for the cabin rentals but the owners have graciously agreed to allow us to rent for one night, but we need to get the reservation and payment in soon.
- Reserve your spot soon: \$20/person non-refundable deposit to Amy Copeland. Email Amy at: membership@3rvs.com to make arrangements.



For additional information:

Kalhaven Bike Trail:
<http://www.kalhavenbiketrail.com/>

Kalhaven Bike Trail reviews:
<https://www.traillink.com/trail/kal-haven-trail-sesquicentennial-state-park/#trail-detail-reviews>

Kalhaven Outpost:
<http://www.kalhavenoutpost.com/cabins.html>