



Quick Release

November 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 December 7th

[BikeReg.com](#)

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



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Three Rivers Velo Sport Christmas Party

Friday, December 8, 2017
6:00 pm to 8:30 pm

Sweetwater Sound (Conference Hall)
5501 Highway U.S. 30 West

Join in the celebration of another year with 3RVS. Eat, socialize and be entertained by the evening's festivities. Rub elbows with friends, share stories and get to know new people.

I am looking forward to seeing all who can attend. Once more, we will have a photographer documenting the party with the pictures posted on our website for download. I have met with the staff at Sweetwater Sound and they are excited about hosting our party again. This year, Ziano's will be catering our dinner with baked mostaccioli, fettucine alfredo and an Italian chicken dish. **Sweetwater's deadline for a head count is November 29th so the food that is ordered will arrive on time along with a correct number of tables and chairs. If you are attending, please RSVP by the November 29th.** A tradition of our annual party is a request for club members to bring a dessert if they so desire.

The event is free to all club members with the opportunity to renew your membership for 2018. Guests are welcome with a \$10 fee. Also, the 3RVS 50th Anniversary Jersey will be available to pick up for those who ordered. Once again, awards will be presented for a variety of member accomplishments with a couple of surprises added. The keynote speaker will be Cathie Rowand, a long-time photographer with the Journal-Gazette. Cathie has taken many cycling vacations over the years and she will be talking about her favorite destinations and how to go about planning a bicycling vacation. Doors will open at 6pm with dinner served at 6:30pm. Cathie will give her presentation at 7:30pm and the awards ceremony will begin at 8pm.

RSVP names and the number of people to attend: membership@3rvs.com

November Touring Report

Steve Pequignot

Our 49th touring season ended October 29. As usual the fun times go by fast and so did our 7-month outdoor riding season. We enjoyed 56 holiday and weekend tours. Four other weekend tours were rained out, two fewer than last year. Club members also enjoyed some great weeknight rides at various locations around town. There were usually 15 to 20 riders at the Leo Ride Monday evenings. Many of the riders attending this ride are experienced time trial and CX racers from Fort Wayne Outfitters. Being aerobar friendly, these rides gave TT racers an opportunity to ride with others in the same discipline. On the opposite side of town on Monday evenings members enjoyed the hills around Roanoke at the Spokesman Rides. The Tuesday Kreager Rides always had a big turnout usually riding to Woodburn. The Wednesday Saturn Ride was the fastest weeknight ride in the state this year. Patrick led the upfront boys on many brisk 26-mile rides that routinely averaged 23/24 MPH. Thursday evenings the Skills group worked on group riding and drafting techniques. As skills improved the group found it easier to average 21/22 MPH on the 32 to 43 mile routes. Also on Thursday eve-

November Touring Report

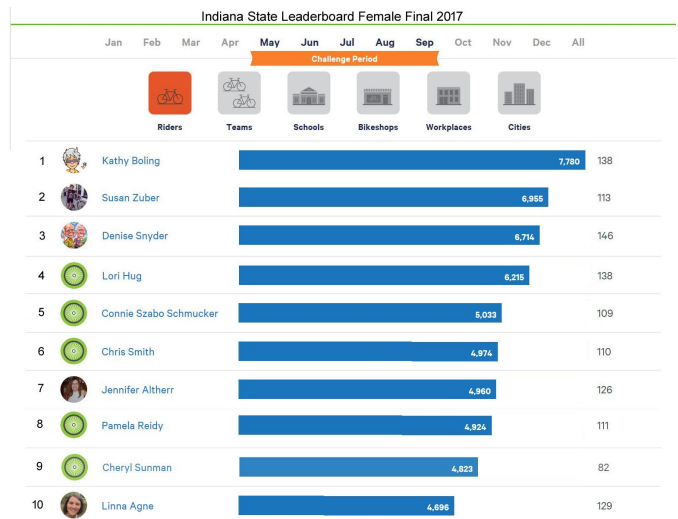
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Steve Pequignot

nings Brenda led the girls over the hills surrounding Roanoke. You still have the monthly City Tour that continues through winter. Amy and Jennifer lead the group every first Friday starting at Lawton Park. After a cool evening ride Amy and Jennifer will find you something warm to drink post ride.

The National Bike Challenge changed its format this year by discontinuing the team size divisions and pooling all teams in the category. As you may recall Team 3RVS won the National Championship in the Extra Large team division the past two years. This year our 134-member team was pooled with some teams twice our size. All considered we finished a respectable 4th place in the nation. Over the 5-month challenge Team 3RVS amassed 460,445 points. Team 3RVS was by far the top team in the state with a 244,400 point lead over the second place team Indycog. Other notable efforts, Team 3RVS had five ladies finish in the top ten in the state: Jennifer Altherr, 7th; Chris Smith, 6th; Denise Snyder, 3rd; Susan Zuber, 2nd, and Kathy Boling won the Indiana State Championship with 7,780 points. The 3RVS men did almost as well placing four in the state's top ten: Shane Powell, 10th; Jeff Kenny, 6th; John Rodino, 5th; and Steve Pequignot won the Indiana State Championship for the third consecutive year with 13,605 points. Thank you to the 134 club members who made 3RVS shine during the National Bike Challenge. It was a team effort that we can all be proud of.



The club's fourth September Touring Challenge was an overwhelming success. This year 109 members joined the challenge, more than doubling last year's 51 members. Over the 30-day challenge, club members rode 71,420 kilometers compared with 52,067 kilometers last season. Twenty members rode 500 kilometers; 9 members rode 750 kilometers; 16 members rode 1,000 kilometers; and 12 members rode 1,610 kilometers (1,000 miles). These riders will receive awards at the December End of Year Party. Additionally, podium awards will be presented to Ladies Division winners: Susan Zuber, 1,775 km.; Krista Stockman, 1,130 km.; Denise Snyder, 1,103 km. Men's Division winners are Shane Powell, 2,716 km.; Mark Linn, 2,163 km.; John Rodino, 2,023. The overall leader of the challenge was Steve Pequignot with 4,500 km. Detailed stats are online at: <http://www.americanclassicgroup.com/3rvs/3rvschallenge.htm>

I wish to thank our touring ride leaders Dan Grotrian, Denny Zech, Andy Grote, Doug Wintin, Deb Watts, Rick Pegg, Patrick Stelte, Brenda Wiley, Amy Copeland, Jennifer Altherr, Johnny Grabowski, Mona Will, Tom Yoder, Phil Snider and Steve Souers for keeping our tours exciting and memorable for our members. Without the ride leaders' dedication we would not have enjoyed the success we experienced this season.

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.

Tuesday

Wednesday

Franke CX Skills Practice 6:00PM

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

First Friday each Month

City Tour 6:30PM

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

Saturday

Event Rides 1:30PM

Nov 11th Franke Work Day

Nov 18th GRR/Gravel Road Ride;
meet at Leo HS

Nov 25th Pufferbelly; Meet at Meijer on Lima Rd

Keep an eye on Social Media for ride cancellations!

November Touring

(Continued From Page 2)

Off-season Show & Go Rides are coming. We are fortunate to have Steve Souers returning as the Show & Go Ride Leader again during the off-season. Look for Steve's schedule and more details in the newsletter and the website. Steve's Show & Go rides will be starting in November.

There are so many members to thank at the conclusion of a successful touring season. It takes many volunteers to make things work well. One member in particular that I wish to recognize is our president, Patrick Stelte. Patrick has been club president longer than any of his predecessors. He is active in every aspect of the club, ensuring every detail is addressed. The club has grown in many ways as a result of Patrick's dedication to 3RVS. Cycling is a wonderful sport. When I look at the photos that Luis takes during our rides, I see smiles of joy on many faces as members are riding, enjoying something we all have in common – the quest for freedom on a bike. These smiles are a direct result of Patrick's hard work and dedication to bring us all together doing something we enjoy - riding together. Well done Patrick! Thank you for another great season.

I look forward to seeing each of you on the road next season. o7o

Presidents Message

Patrick Stelte

Cycling Adventures in a Distant Land

As the mountain forest gave way, the road fell like a blown ribbon across the golden, rolling landscape that was known as "The Seven Sisters." I had been climbing for over an hour and gazing up at the short, but steep slopes; my brow glistened from the warm sun. I looked to my right and saw the Pacific Ocean far below lap at the jagged edges of civilization. On my left was the tree line that hid my switch-back travels of pain. I was on an adventure courtesy of a cycling friend from San Francisco. We were in an area north of the Golden Gate known affectionately as Mt. Tam, short for Mt. Tamalpais: a destination for cyclists to prove one's muster and conquer the beauty that hurts so good. The sisters were the end of that crusade. Locals had Strava'd the sisters with names and KOMs. All I wanted to do was survive. Much like the previous climbs during my week on the coast, I would crest one and groan at another in the distance.

The adventure this day was tinged with a bit of outlaw behavior. The road had been closed for fire precaution. Our reason to continue was born from the logic of any cyclist, "Road closed means no cars." However, our trespass wasn't un-eventful. As we free-wheeled downhill around a curve my friend almost ended up in the grill-work of an on-coming fire truck. The obscenity emanating from the cab made us sit up with caution. Danger was now around any corner and we skedaddled off the mountain top. Nine miles back to the car, we descended the Pacific Coast Highway, twisting and turning at 30+ mph using the whole lane to stay ahead of traffic - European style.



My trip out west was planned around family (celebrate a nephew's first birthday) and to ride Levi Leipheimer's Granfondo in Santa Rosa - an entry on my bucket list. Levi did not disappoint. Santa Rosa is somewhat of a mecca for cyclists. Often, well-known professionals will train in the area and some have homes. The town is surrounded by vineyards and mountains. The ocean is twenty or so miles away and the climate is hot and dry. The roads on the other hand, are known for being testy. Chip n' seal is California vernacular for "Hole" yelled over and over. The mass start corralled 4,000 enthusiasts on a cool, foggy morning. Five distances were offered and I chose the Medio, a metric century that took me to the coast and back. The roll-out was accompanied with thunderous cheers and I rode the first few, flat miles faster than I expected. As my voluminous group began a rhythmic long climb, the riders around me thinned to a reasonable gang. The five mile

President's Message

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decent however, was a free-for-all. Bombing on dodgy roads makes me queasy. Keeping my shorts dry while dozens of others flew past me with a purpose was my primary goal.

The best part of the day was riding along the ocean on the PCH. Morning sun lit the ocean mist as waves rolled over the rocky outcrops and curvaceous beaches. A coastal SAG stop allowed for a few pictures before the penultimate climb inland just down the road. Life was good and Levi was worth the price. I kept telling myself this when the sound of my breathing drowned out all surrounding noise shortly after I began my ascent on Coleman Valley Road. One and a half miles to climb 810 feet. Legend has it that Lance Armstrong trained on this road. Some riders around me tried tacking the road: zig zagging back and forth to cut down on the grade. They did not like me telling them, "On your left." Inevitably, a gear crunch sound would accompany a discernable grunt from the despondent. This was the hardest climb I have ever done. Switch-back after switch-back on a crappy cattle ranch road that seemed not to end. As I reached the summit and looked back to the coastline, I held a thought between joy and pain: beautiful.



Being a cyclist means taking the road less traveled. We are adventurers. We can survive and thrive in the cracks of the pathway. We test to prove something we can grasp and lose in a moment or a day. What lies beyond pushes the body and mind; and after, we can't stop reliving it and planning to do it again. The seasons are changing, but the passion burns for tomorrow. Enjoy your winter slumber. The call will come soon enough for what's down the road.

November 2017 Show n' Go Schedule

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

Saturday 11/4 Homestead HS

Sunday 11/5 Flaugh Rd. (see website - FFCU 11:45am, Flaugh 12:00, Arcola 12:15pm)

Saturday 11/11 Flaugh Rd. (see website - FFCU 11:45am, Flaugh 12:00, Arcola 12:15pm)

Sunday 11/12 Homestead HS

Saturday 11/18 Homestead HS

Sunday 11/19 Flaugh Rd. (see website - FFCU 11:45am, Flaugh 12:00, Arcola 12:15pm)

Friday 11/24 Flaugh Rd. (see website - FFCU 11:45am, Flaugh 12:00, Arcola 12:15pm)

Saturday 11/25 Homestead HS

Sunday 11/26 Flaugh Rd. (see website - FFCU 11:45am, Flaugh 12:00, Arcola 12:15pm)

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

2017 Destination Tour Series

Amy Copeland
Jennifer Altherr

Three Rivers Velo Sport

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



@ride3rvs



Members interact at
facebook.com/
groups/
ThreeRiversVeloSport

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



Life 360
Track our tours live
at Ride 3RVS



The final destination tour of the season was held October 14th and we could not have hoped for better weather considering the date. We left the lot with 15 riders eager for a good time, and I am pretty confident in saying they found it. With an approximate age gap of 60 years between our oldest and youngest riders we proved the joy of cycling knows no age limits. For a change of pace, this tour was local as we used the River-greenway and Aboite Trails to travel to Keith Busse's Corvette Museum. It was quite an impressive collection and we were welcomed to stroll the grounds while we were there taking in the sights of a beautiful pond and visiting the horses at the stable. On the way back we made a stop at Casa's for a nice lunch finishing with about 32 miles round trip.

When Jennifer and Amy hatched the idea of destinations rides this spring the hope was to plan 3 or 4 rides to get people out to see new communities and bike paths. Little did we know that it would be so well received and become a series of 6 rides consisting of the Nickel Plate Trail, the Indianapolis Monon and Cultural Trails, the Miami and Erie Canal Trail & Bicycle Museum of America, the Kalamazoo River Valley Trail, the Panhandle Pathway, and our final local destination with the Corvette Museum. We owe special thanks to Phil Snider who helped so much with route recon on some of our destinations rides and graciously helped in leading the rides when needed and offering up a wealth of information about some of the destinations. We are also thankful to the riders who came out and shared special time on their bikes with us, enjoying some spectacular sites and wonderful food. Our groups ranged in size from 9 to 21 riders and welcomed all styles of bikes and riders from any pace range. It was a great way to get out and ride with some people you may have not otherwise gotten a chance to ride with during other scheduled rides.



We will begin our planning for next season's destinations in the next few months and would love to have input for possible destinations locations for next year via e-mail at membership@3rvs.com. Please let Jennifer and Amy know about any special places you would like to go on bike or that great trail that you would love to share with friends.