



Quick Release

November 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 November 7th

Minutes and agendas archived [here](#):

We have changed our online signup for [membership](#) for your convenience. Follow the links above to join or more information!



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Stealing Fall Days

Patrick Stelte

Near the end of things, time is set aside to ruminate on experiences that tie events to memory. Family often comes to mind with a resonance of tree rings that etch moments of change to a history shared and replayed. Objects take on additional meaning when possession is lost. Reflections of personal growth happen in transition rather than daily testimony. Another agency of consciousness is the change of seasons, a regulation of the senses that imprint time, place and feelings that indulge the past and foreshadow the future. My appreciation of fall reflects this dichotomy. Fall is my time to reminisce and deter the imminent gray. Cold weather is now an enemy. As a kid, snow was magical. Now, the coming winter is not a warm blanket of snuggled thoughts, but a chained ankle of daily deed waiting for a rare, warm, sunny day to mollycoddle a few hours of bliss.

Cycling in the spring and summer is all about fitness, strength and measurement tethered to the like-minded. Surroundings are a blur with twitches of cognition more for landmark than contemplation. When I cycle in the fall experiences take on new significance. Occasionally, I will take a long lunch from work or leave a little early to steal a ride that wouldn't happen with early sunsets. These rides, my alone time, allow me to think about the year and notice details that take on deeper meaning. When soy-



beans begin to mature, a burst of color appears that becomes a natural contrast to the background. Recently while riding a country road in early afternoon, a stretch of yellow / green fields appeared. I stole a glimpse beyond the beans and saw a vibrant red barn nestled against a clutch of trees. The sky beyond had gradients of deep blue with wispy cloud highlights. Most of the primary colors were present to paint a canvas to memory. I felt a past life connection, a natural order of things.

When I steal a warm sunny autumn afternoon from the end of my workday, my ride will take me near the thought of twilight. Riding north, I will look to my riding silhouette as it keeps pace at my side bouncing against objects along the road. When riding east, I let my senses dance on long shadows of late afternoon amber light past the rutted bones of a fallowed field waiting for rebirth. Sometimes, a large mechanical harvester will be working a field and if the wind is light and blowing in the same direction, the combine will be engulfed in earth dust similar to the drawings of Pig Pen in the Charlie Brown comic strips. The sight is as iconic of fall as the smell of rotting walnuts at the cool of dusk. Cool air is an elixir to memory. My last ride before work this year was set in ground fog at daybreak. The fog rose about twenty feet

Appreciation for Club Membership

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Patrick Stelte

from the ground. I could count the tops of telephone poles at distance while the sunrise reflected the density below. While riding east, grandfather country trees were backlit with fingers of hazy sundew escaping through the branches. I was electrified as the condensation filled my lungs and dappled my skin. I don't think I felt more alive on a ride this year than that morning.

No thoughts of fall cycling can be complete without mention of wooly worms on the road. Some cyclists will take a count on rides observing the higher number closer to first frost. Others will notate color band thickness. All will take care not to ride over a wooly worm. Their delicate nature offset by speed on pavement is a balance that suggests the yin yang of vulnerability.

November is a time of diminished outdoor life. To catch a ride is theft at the end of a season. Melancholy scratches at the edge of awareness. We make do with reflection and settle into indoor life. Memory sustains and awaits renewal. I will do my best to stave off the imminent gray and look forward to warmer days. Until then, save a wooly worm or two.

Show n' Go 2019-2020

Steve Souers

The Show N Go Rides will run throughout the winter so long as temperature and road conditions permit. Good days bring out a nice crowd while crappy days bring out the die hards. Always check the 3RVS Facebook page on Friday for any changes or to post any preferences you may have. So long as the temperature is above 28 degrees and the roads are not completely covered with snow and ice there should be a few riders who will Show N Go.

Start Time

Start time will be at **noon** on Saturday and Sunday. These rides leave promptly at noon, **don't be late!**

Please be on time, fully dressed and ready to ride at the designated start time. The noon start time allows enough time for morning auto traffic and the sun to melt any ice from the night before and gets us on our bikes during the warmest hours of the day. If the weather forecast dictates an incoming front or a particularly warm morning and crappy afternoon changes may be made and posted on the 3RVS Facebook page on Friday.

Location

Check the schedule posted on the 3RVS website.

Each weekend the schedule will alternate between two different starting locations. These locations are near the southwest as those locations always brings out a good crowd.

Homestead High School meet in the usual southeast corner of the parking lot.

Flaugh Road location is designed to accommodate those in town, coming from the near northside and the Aboite area. The goal is to leave the Fort Financial Credit Union (near St. Francis) at **11:45am** head out Leesburg Road and cruise past Suburban Bethlehem Lutheran Church (Flaugh Rd. & California Rd.) at **noon** and then head south on Flaugh Road, turning west on Arcola Road and past the Arcola Elementary School about **12:15pm** picking up folks that have ridden north from the Aboite area. Ride this specific route backwards to meet up with outbound riders.



Steve Souers

Show n' Go 2019-2020**(Continued from Page 2)****Distance and Pace**

This will vary depending on the weather and the pack who shows up to ride. Figure on a 2-3 hour ride going from 40-50 miles. Bring enough food and drink for the full time as mid ride stops are rare. Pack your food close to your body so Gu packs do not become popsicles and you don't break your teeth on an energy bar.

As far as pace plan on a long steady distance (LSD) ride. Regular summer riders can plan on a pace that I would refer to as B+ with a few surges and regroupings, a good workout for me but not so fast as to drop me if I stay well sheltered in the pack. If you have been riding all summer and developed your pack skills you should be able to hide well from the wind and let the studs pull you along. The pace is ultimately determined by the riders each ride.

Often times we will select a route that has a long out and back section so if you are having problems hanging on and need to slow down and recover a bit you can sit up for a few miles as the speed demons head straight out for a few more miles, turn around and head back the same way, sweeping you up on the return and dragging you back home. Please communicate with the group if you are dropping off.

On particularly warm days the basement rats that have been riding their nowhere bikes on the gerbil wheels will want to come out and show off their hard work. Those days the pace can pick up a bit more but the good part is there are more riders to hide behind. If you are not sure of the pace or find a warm day be sure to call some friends who ride your pace too and form a second group at a saner pace.

Route

The route and destination will be determined by the group that shows up.

Route choice will be influenced by the wind, weather and where we went the weekend before. We typically try to head out going into the wind to allow for an easier return trip with a tailwind. If you feel more comfortable with some sort of map go to the Special Maps section of the main 3RVS page. Click on the 3RVS Winter Map and you will have a few hundred miles of roads to choose from. In reality you should not need to look at the map as the core group rides together and the old guys know the route of the day or will make it up as they ride along pretending they really knew where they were going the whole time. If you are having trouble maintaining the pace be sure you know your way home or ask for directions or help before you drop off the back.

Nor'easter riders will need to be familiar with the area and need to let the impromptu leader know if they are getting onto roads they are not familiar with if they are having trouble holding the pace.

Clothing and Gear

The key to winter weather is to dress in layers and absolutely NO COTTON. The shops in town have plenty of cold weather gear and as it gets colder each weekend you can buy one more layer. Ask other riders about what works well and other hints on staying warm. We usually shed a layer at the half way point. It is also good to have a warm hat and extra layer tucked in a pocket in case someone has a flat. If you are cold the first five minutes you are probably dressed just right. There is a clothing chart you can use as a guide on the website.

For a ride in the mid to low thirties I would wear the following: ID, helmet, balaclava, wicking undershirt, long sleeve undershirt, winter jacket, winter gloves, knickers with tights over them, ski liner socks, wool socks, booties. You can remove the insoles from your shoes to allow a little extra room for a second layer of socks or a chemical heater pack. Hint, if you are using a chemical heater open it up as you start getting ready so it can activate before you put it inside your shoe that is oxygen deprived.

Speaking of flats be sure to have one or two good tubes in your bag as patches are hard to apply with cold fingers. Also have your bike in excellent mechanical condition as roadside stops are no fun in the snow. A blinky light on your bike can be nice too as shadows are longer and drivers are not expecting to see cyclist out in the winter.

Looking forward to some brisk, winter rides this season so be sure to Show N Go!

November Show n' Go Start Locations

Steve Souers

Date	Time	Start At	Destination/Pace Groups	Distance
11/2	12:00 Noon	Flaugh Rd. ¹	Show & Go B+ & Others as show	2-3 Hours
11/3	12:00 Noon	Homestead High School	Show & Go B+ & Others as show	2-3 Hours
11/9	12:00 Noon	Homestead High School	Show & Go B+ & Others as show	2-3 Hours
11/10	12:00 Noon	Flaugh Rd. ¹	Show & Go B+ & Others as show	2-3 Hours
11/16	12:00 Noon	Flaugh Rd. ¹	Show & Go B+ & Others as show	2-3 Hours
11/17	12:00 Noon	Homestead High School	Show & Go B+ & Others as show	2-3 Hours
11/23	12:00 Noon	Homestead High School	Show & Go B+ & Others as show	2-3 Hours
11/24	12:00 Noon	Flaugh Rd. ¹	Show & Go B+ & Others as show	2-3 Hours
11/29	12:00 Noon	Flaugh Rd. ¹	Show & Go B+ & Others as show	2-3 Hours
11/30	12:00 Noon	Homestead High School	Show & Go B+ & Others as show	2-3 Hours
12/1	12:00 Noon	Flaugh Rd. ¹	Show & Go B+ & Others as show	2-3 Hours

¹ See website - FFCU 11:45am, Flaugh 12:00, Arcola 12:15pm

Cycling Metrics, Motivating, Menacing, or Mastering?

Mona Will

"Strava diverted the course of my life six years ago. It pushed me further than I would have gone otherwise because it gave me the metrics to chase goals I hadn't thought I would or could achieve, or even knew existed. It houses some of my proudest achievements and some distance, time, and elevation numbers truly unfathomable to my overweight early-twenties self. It feels like a body of work that I'll happily never complete; rather it'll change and evolve over time as I do different things." (www.lavelocita.com/opinion-page/i-love-strava James Raison)

I'm quite sure reading that paragraph, I wasn't the only one that nodded in agreement either in part, or wholly, with what James described; the beginning of hooking into Strava and how that changed the rides ridden from then on out.

Here are some interesting statistics from Strava. When cyclists set goals on Strava, the median increase in uploads up to 6 months later saw a 15.1% annual increase overall. For those that set a personal timed goal-95% reached their goal and cyclists that were still active 6 months after setting a distance goal were 94% successful.

Women cyclists worldwide uploaded 50 million rides whereas men had 382 million uploads. Those numbers reflect that men's uploads were 8X more than women and yet women comprise nearly 30% of the cycling populace. Clearly women are not using the metric platform at the same rate as their male counterparts and are possibly missing out on it's benefits.

Cycling Metrics

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The US average distance per ride 18.7 miles

Women aged 18-29 rode	14.6 miles	Women aged 50-59 rode	19.6 miles
Women aged 30-39 rode	15.1 miles	Women aged 60-69 rode	20.4 miles
Women aged 40-49 rode	17.2 miles	Women aged 70 + rode	17.2 miles
Men aged 18-29 rode	16.6 miles	Men aged 50-59 rode	21.6 miles
Men aged 30-39 rode	16.7 miles	Men aged 60-69 rode	23.4 miles
Men aged 40-49 rode	18.9 miles	Men aged 70+ rode	22.4 miles

Consider all those rides and all the hours that are devoured between the time we start getting ready for a ride, whether indoors or outdoors, to the time that we finally collapse on the bed or the couch and call it done. Add in how many months we do this continually plus working full time. When do those that we live with get quality time with us? We jokingly refer to our non-riding significant others as “bike widows” or “bike widowers” but maybe we shouldn’t be joking. Are we spending too much time pursuing our love of the sport at the expense of our personal relationships?

Bill Gates said that as a young man in his 20s, he was consumed with making Microsoft a personal-computing giant. (We could substitute the words a bit ... with making a cycling goal of x amount of miles per year no matter what.) Today, his focus is on other people: “Did I devote enough time to my family? Did I learn enough new things? Did I develop new friendships and deepen old ones? What questions are we asking of ourselves that aren’t about the next bike ride we want to go on?”

Could there be a mid-point or common ground to both the pursuit and conquering of cycling goals and making time to live life off the bike?

“A master in the art of living draws no sharp distinction between her work and her play; her labor and her leisure; her mind and her body; her education and her recreation. She hardly knows which is which. She simply pursues her vision of excellence through whatever she is doing, and leaves others to determine if she is working or playing. To herself, she always appears to be doing both.”

— Francois Rene De Chateaubriand



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