



Quick Release

November 2020

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 5th

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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Fall Update and Future Planning

Johnny Grabowski

As different as this year has been, you wouldn't know it from the sights, smells, and sensations that accompany the onset of Fall. The rich red, orange, and yellows of the fall trees, the smell of burning leaves, and the crisp, cool air is like any other year. And while our club members are back to enjoying many of the same club activities as we have in the past, the pandemic continues to affect our plans.

Around the same time as many of us would have been traveling to traditional season-end rides like the Hilly Hundred (canceled like almost all other similar events), we were notified that the Mirro Center was still not holding events and, subsequently, Three Rivers Velo Sport's reservation for our Annual Awards Banquet in January has been cancelled. Fortunately, we have a resourceful team of volunteers who have already come up with alternative ideas, and we'll come up with a plan at the November meeting. Similarly, we are looking into making changes to the Chilly Challenge ride that we host annually on New Year's Day to make physical distancing possible. Please watch for important updates about both of these events in your email inbox and/or on the Three Rivers Velo Sport Facebook Group page.



Johnny Grabowski

While this year is different in so many ways, we're finding ways to continue and even improve important traditions. As the move toward Winter, club officers will begin penciling in activities to take place over the next year. As always, I'll take this opportunity to remind everyone that 3RVS is a volunteer organization. I encourage everyone to share their ideas for what 3RVS should be, and encourage everyone even more to participate in meetings and volunteer to help lead the organization and execution of 3RVS activities.

Most importantly, let us all give thanks for our 3RVS family this November. In spite of how "different" the 2020 season has been, the heart of our club has always been its members - and that hasn't changed.

Our community is still strong and we have each other - for that, we should all be thankful.



Show N' Go Rides

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.

Distance and Pace

This will vary depending on the weather and the pack who show 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



Steve Souers

Show N' Go

Shane Powell

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!



CARtoons by Andy Singer www.andysinger.com

November Show N' Go Dates

Date	Time	Map	Start At	Destination/Pace Groups	Distance
11/1	12:00 NOON	Show N' Go Winter	Flaugh Rd.	2-3 Hour Show N' Go	TBD
11/7	12:00 NOON	Show N' Go Winter	Flaugh Rd.	2-3 Hour Show N' Go	TBD
11/8	12:00 NOON	Show N' Go Winter	Homestead High School	2-3 Hour Show N' Go	TBD
11/14	12:00 NOON	Show N' Go Winter	Homestead High School	2-3 Hour Show N' Go	TBD
11/15	12:00 NOON	Show N' Go Winter	Flaugh Rd.	2-3 Hour Show N' Go	TBD
11/21	12:00 NOON	Show N' Go Winter	Flaugh Rd.	2-3 Hour Show N' Go	TBD
11/22	12:00 NOON	Show N' Go Winter	Homestead High School	2-3 Hour Show N' Go	TBD
11/27	12:00 NOON	Show N' Go Winter	Flaugh Rd.	2-3 Hour Show N' Go	TBD
11/28	12:00 NOON	Show N' Go Winter	Homestead High School	2-3 Hour Show N' Go	TBD
11/29	12:00 NOON	Show N' Go	Flaugh Rd.	2-3 Hour Show N' Go	TBD

NEIC Trailblazers Season Recap

Ray Vasquez

In the summer of 2019, I answered an ad posted by Jake Fitzmaurice asking if anyone would be interested in starting a youth mountain bike team. With only a month before the “season” was to start, we met, recruited a few volunteers, and we were a go. The coaches attended some training, completed background checks and were ready, but we had no kids!

We put together an informational meeting at Jake's place of employment. A small group of families showed up to ask questions and find out about our new league. We started out with 5 registered riders and some who would attend once in a while, but it was a start. As the season continued, we picked up a few more riders and even did a few MiSCA (Michigan Scholastic Cycling Association) races. Since there were no races in Indiana, the MiSCA league invited us to race with them.

Our little group of 6 riders, 4 boys and 2 girls, ended up with 5 podium finishes in that first season of racing. We were all pretty excited about the 2020 season. We had the first season under our belts, had some decent results and a ton of fun as well. Our little team had started gaining traction, attracting new riders and new coaches for the 2020 season. As with everything else this year, with the pandemic, the schedules were being cancelled and/or postponed. We were left wondering if we would have a season at all. We all rode alone, if at all, just waiting and wondering what the year would bring.

Luckily things settled down enough that we were given the go ahead by the Indiana league to start scheduling practices. We scrambled to get signs and business cards out to try and get more riders before the season was in full swing. We started to pick up new riders little by little either through our signs, cards, or word of mouth. Before we knew it, we had 29 kids!

Through networking with local bike clubs, we found a fellow cycling enthusiast who suggested we do a fundraiser and start applying for grants. She found a program promoted by Specialized called Outride that supports programs raising funds to get kids outside and active. Through the generosity of individual donors and corporate sponsors we raised over \$7,500! The Outride program awarded us an additional \$3,500 to help cover the cost of team fees, 6 spare bikes, equipment and additional coach training costs.

The team participated in 12 different races promoted by 3 different organizations this past year. We revisited the MiSCA series, which is exclusively for youth riders thru 12th grade. The MiSCA races were all time trials this year due to the restrictions in that area. The kids raced on unfamiliar trails and did great. The DINO series is one of our local race series that includes adults so those courses are very challenging for youth riders. And, for the first time ever in Indiana, NICA held two races exclusively for youth 6th thru 12th grade.

Over the course of this season, our kids came away with 7 victories, 32 podiums, and so much more confidence in their riding abilities! Some of these kids had prior race/competition experience while others had NEVER even ridden trails before this year. The progress they make while riding with their peers is amazing. Obstacles that on the first few rides they were walking over have become something they look forward to riding over/thru now! Their confidence and skill levels are so much higher now, even to the point that some of them are almost experts with the skill levels required on some of our local trails.

As this season comes to an end, we look forward to having new riders, coaches and sponsors next year. There are some potential changes in store that would allow more of the younger riders to participate in the future. We are also looking forward to keeping our “seasoned” riders interested and looking forward to more time on the trails.

Thank you very much to all who helped to make this season a success whether through financial donations, time donated on and off the bike, the loaning/donation of parts and equipment, ride/skills leaders and sweeps, bike shops and mechanics keeping the kids rolling and parents and families who take the time to shuttle, encourage and provide invaluable support to their athletes! Bring on 2021!



NEIC Trailblazers Season Recap

(Continued from Page 4)

2020 Student Riders

<u>Name</u>	<u>Grade</u>	<u>Name</u>	<u>Grade</u>
Angel Maldonado	8 th	Levi Hall	7 th
Benjamin Wise	7 th	Liam Gypson	6 th
Braden Scroggins	7 th	Lilly Joseph	7 th
Brayden Juday	7 th	Matthew Albrecht	10 th
Camden Scroggins	7 th	Maxwell Albrecht	12 th
Daniel Hyde	6 th	Milo Burkett	11 th
Dwight Sommers	7 th	Owen Meerzo	6 th
Felix Burkett	10 th	Samuel Joseph	10 th
Henry Meyer	11 th	Selah Potsander	8 th
Jakob Dye	8 th	Syler Hyde	7 th
Jeremiah Lemmon	9 th	Tyson Brewer	6 th
Jude Serrani	8 th	Wesley Loshe	8 th
Keegan Allgeier	7 th	Wyatt Bills	7 th
Kylie Eicholtz	6 th	Zane Loshe	6 th
Kyra Vasquez	11 th		

2020 Adult Volunteers

Andrea Egeland	Karen Wood
Angel Maldonado	Lavar Brewer
Ashton Mcaffee	Lindsey Yoder-Bores
Brad Bores	Logan Rolfsen
Brian Neher	Ramon Vasquez
Charles South	Randy Cline
Emily Payonk	Randy Rozewicz
Erin Scroggins	Rich Swihart
Jared Meerzo	Ryan Epple
Jason Eicholtz	Ryan Rhodes
John Burkett	

Destination Tour Wrap-Up - Looking Ahead!

Amy Copeland

This season was not at all what we intended, but 2020 was what it was and still is what it is and we can only hope for a return to normalcy soon. With five destination tours in the schedule for 2020, Jennifer and I were happy to be able to be able to follow through with two of them this year and were blessed with some good weather and smiling riders to enjoy a day exploring some "new to most of us" biking paths. We kicked off our delayed start to the season on August 22nd with the Pumpkinvine trail through the areas of Goshen, Middlebury and Shipshewana with 12 riders and a nice lunch at the Oasis in Goshen.



We completed the season just 5 weeks later with our ride on the Panhandle pathway running between Logansport and Winamac with 8 riders and a lunch at One Eyed Jacks in Winamac before our windy return trip. The destination ride planners will be working diligently over the winter months to plan a full slate of rides for 2021 in hopes that we will be able to gather for a full season of riding. We value the input of riders and want to produce a slate of fun rides. We welcome your ideas and ask that you please send us your request for riding locations for the 2021 season to Amy at treasurer@3rvs.com

Three Rivers Velo Sport

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



Life 360
Track our tours live
at Ride 3RVS

First Friday City Ride

Amy Copeland

The Fun Never Ends!

The weather may be growing colder, hours of daylight growing shorter, and weeknight tours ending but some fun things never end. The only year round club ride will continue as usual, the First Friday City Ride! Everyone is welcome to join the fun the first Friday of every month at Lawton Park to ride the city Greenway trails, bike lanes and low traffic streets for a casual ride with friends. The ride leaders Amy Copeland, and Jennifer Altherr like to keep it fresh with a new route each month running 8-15 miles depending on the riding conditions and theme of the month. Be it new sights, smells, or history we do our best to keep it interesting and fun... and sometimes there are prizes! We might give you hints of what we are doing each month but we do our best to keep you guessing until you arrive for the ride. We are happy to welcome Angie Quinn as our special guest host for our ride on Friday November 6th, so mark your calendar now. While your at it, go ahead and mark you calendar for the first Friday of every month to be at Lawton Park at 6:30 pm with you bike, helmet, and some lights, and allow some extra time for a possible social outing after the ride.



Amy Copeland

*We rarely cancel but in case of inclement weather updates will be posted to the Three Rivers Velo Sport Facebook page.

