



# Quick Release



A publication of 3 Rivers Velo Sport Inc. Founded in 1969, 3RVS is an LAB, ACA and IMBA affiliated club, & member of the IBC, USCF and NORBA. *Quick Release* contains current and planned club biking activities and is distributed to all members. Submissions are due by the 10<sup>th</sup> of each month.

October 2000

The Bicycle Bulletin Board

Issue 2000.10

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### October Cycling Quote:

"You REALLY know it's windy when  
The Sociables form a paceline!

*Club member John Moore commenting  
on a truly remarkable sight.*

### That Was COOOL!!

I recently jettisoned our family car up to Canada for a citizens race that had a prize list of \$3000. Figured that it would be sandbagging. But since it was out of the US I got over the guilt pretty quick.

Well, just my luck, got the time change thing messed up and missed my much anticipated event by an hour. Took a chance and signed up for the Pro 1/2 race,...whooah! Was it fast!! It was a 90K criterium race in an Italian section of Windsor, Canada. Crowds lined the entire 2k course.

With about 90 racers on the line, the promoters were very generous by tossing \$50-\$100 every 3 laps to the first person to cross the line on the following lap (AKA primes). The New Zealand team was there and so were some big teams from Canada and the Midwest. Luckily, I hung on to the peloton through the whole race.

It was a rush at times flying into the corners at 35mph 6-8 guys wide, bar to bar, and fighting for positions as inevitably the out side guy would tend to be pushed onto the curb. Placed 35th with an average speed of 29mph. That made for some cool new memories! **Bartels**

## 3RVS AT THE TOUR DE FRANCE

### October Program Preview

What a rush it would have been to be in Paris on the last day of the Tour de France and to have watched Lance Armstrong ride to victory.

Two of our members, Todd and Rita Andersen, did just that and will be telling us about it at the next 3RVS Club meeting on Thursday, October 5, at 7:30 p.m. at First Wayne Street United Methodist Church.

Todd and Rita will be making a special "power point" presentation about their trip this past Summer to the Tour de France. They have numerous pictures they will show us, as well as give us the inside scoop about the Tour.

Not only did Todd and Rita watch the Tour, they took their bikes to Europe and rode part of several stages of the Tour. The Tour started at about 12:30 p.m. each day. Prior to the Tour beginning each day, Todd and Rita were out there on their bikes riding part of the route the Tour would be taking, including some challenging climbs.

Can you imagine, 3RVS members riding the route of the Tour de France? We should be very proud of Todd and Rita, who are two of the strongest cyclists on our weekend Club rides.

Todd has been a member of 3RVS since the mid 80's, and Todd and Rita first joined our Club as a family in 1994. Both have done road racing and mountain bike racing. Todd has been a Cat. II road racer and an Expert in mountain bike racing. Rita also has raced as an Expert in mountain bike racing. Both Todd and Rita have volunteered to work at various club events since they have been members of 3RVS.

Prior to becoming involved in 3RVS, Todd was a triathlete, running and swimming as well as biking. Rita also was a runner, and got seriously into cycling with Todd's encouragement. Both Todd and Rita ran in the Indianapolis Mini-Marathon this Spring.

Todd and Rita spent two weeks on their European trip. Todd said the scenery along the route of the Tour de France was beautiful, particularly in the French and Swiss Alps and in Germany. On the last day of the Tour, the group Todd and Rita were with had a hospitality room in a hotel in Paris along the Tour route. The room had a balcony overlooking the route, as well as televisions for watching the Tour. Todd and Rita also could watch the Tour from a VIP section at street level.

Please join Todd and Rita at the 3RVS meeting on October 5 for their very special program about their trip to the Tour de France.

**Karen Walker**



*Rita, Tyler Hamilton, Todd at the  
Tour de France*

## President's Message



I am writing this on the Friday night just before the Pokagon Overnighter. I think our annual trip to Pokagon is one of the most fun Club events all year, so I am really looking forward to this weekend.

Marilyn Bash does a wonderful job of chairing the Pokagon Overnighter. She is a delightful hostess, who makes sure we all have an awesome time at Pokagon. She also makes sure everyone gets enough to eat. We have such great people in 3RVS and Marilyn and Chuck Bash are two of them.

It is hard to believe the biking season is drawing to a close. Personally I have had a very good season. I have been riding farther and a lot faster than in the past. I probably owe some of that the new road bike (thanks Kathy), but I will take some of the credit myself. All those hours I have been spending at the Y doing leg extensions and leg curls certainly have paid off for me. I may even try some indoor cycling classes this Winter.

The other reason I think I have done so well is the companionship of many of you on rides and the encouragement I have received from our members. We particularly have had fun on the Wednesday night rides at Saturn. So, I want to say a special thank you to the regular Saturn riders.

I definitely need to say thank you also to all the guys who have helped me change the many flat tires I have had this year. I hope I now have resolved the flat tire problem, and I will be trying my best to learn how to more efficiently change a flat myself. So thanks, Bob, Norb, Damian, Rob, Steve, Doug and both Mikes. Like I say, I have had several flats.

With the coming of October, many of us will be going to Hilly Hundred. 3RVS always is well represented at Hilly. The unofficial 3RVS headquarters hotel is Motel 6 on Walnut Street, where several 3RVS members are planning to stay including me. We often get together for dinner at Hilly, so contact Chuck Bash or me if you want details.

We already are having thoughts about a 3RVS Christmas party. Can you believe that? Diane Mardoian will be chairing the Christmas party this year. She has tentatively scheduled the party for Saturday, December 9. So, be sure to mark that on your calendar.

Our Club meeting in October should be particularly interesting. I am very excited about Todd and Rita Anderson's presentation about their trip to the Tour de France. Being in France to see an American win the Tour must have been a fantastic experience. So, don't miss Todd and Rita's presentation at the meeting on October 5.

*Karen*

## What Happened at the 2nd Annual Bicycle Museum of America Ride?

The weather was nearly perfect for the second annual 3RVS ride to the Bicycle Museum of America in New Bremen, Ohio. Twenty-three cyclists assembled in Neptune, Ohio on the morning of August 19 for the beginning of the ride. Former club secretary, John Moore was visiting from Cleveland; many enjoyed saying "hi" to him and catching up on recent happenings.

New this year was a 52-mile route and about half of the riders chose the longer distance. They rode for several miles along the St. Marys River and the remains of the Miami and Erie Canal. At one point the route wound around the imposing remains of Lock 14.

The museum has been extensively rearranged and expanded. One of the new features was the Schwinn family tandem built for personal use by the company founder around the turn of the century. This interesting bike featured a child seat between the captain and stoker. It sat inconspicuously near the registration stand giving no clue that it had recently earned the distinction of being the most expensive bicycle ever sold at a price of \$93,000.



Jerry Bovine "cheated" by riding along on his vintage Whizzer motorbike. He looked right at home at the Whizzer section of the museum.

The town bustled with their annual Bremenfest. It seemed that we could get around more easily on the bikes than the people in cars.

After a fine picnic lunch, courtesy of Susan Hunt and Phil Snider, the riders departed for the return ride. The section around Grand Lake was magnificent and worth the ride in itself. If you like old or unusual bicycles, the museum ride should be on your "must do" list.

## October Touring Schedule

<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Start Location/Ride To</u>	<u>Map</u>	<u>Distance</u>
Sunday	Oct 1	10 am	Leo/Edgerton/Montpelier	LHS-7.1	19/37/56/70/100
Saturday	Oct 7	10 am	Homestead/Roanoke/North Manchester	HHS-6	21/37/65
Sunday	Oct 8	10 am	New Haven/Woodburn/Hicksville	NHB-5	17/36/59
Saturday	Oct 14	10 am	Huntertown/Waterloo/Hudson	HTN-7	47/61
Sunday	Oct 15	10 am	Dana/Churubusco/Chain'o Lakes	DCU-8	14/35/59
Saturday	Oct 21	10 am	Wayne/Poe/Ossian/Huntington	WHS-3	19/33/60
Sunday	Oct 22	10 am	Carroll/Laotto/Avilla/Kendallville	CHS-2	19/31/42/57
Saturday	Oct 28	10 am	Arcola/C.City/Tri-Lake/Wolf Lake	ARC-2	24/40/55/63
Sunday	Oct 29	10 am	Homestead/C.City/S.Whitley	HHS-2	24/48/62

## The Sociables Schedule

**The Sociables** are a new group of riders that all stay together, where no one is left behind. Their rides are between 30-40 miles long, and ridden between 10-15 mph. They ride to have fun and enjoy the ride and riders. Most rides include a food stop.

**October 21:** Barbara Pontius will lead a ride from Howe, IN to Stroh, IN by way of Mongo, with lunch at the original Fish of Stroh. This is a very scenic ride and the fall colors should be at their peak.

The distance should be about 40 to 45 miles with some hills, but don't let that stop you, we will wait. Meet at 10:00, parking on the street along the South side of the Howe Military Academy. The rest of the month we will meet for the regular club rides.



*The Sociables muggin' at the Museum Tour start*

## Good-bye Weeknight Rides

<sigh> Yes, it's that time of year already: Long shadows at 4 pm, sunset before 6:30. October. And October marks the end of the weeknight rides for another year. It's been a good year for both the Tuesday and Wednesday night rides. We've had great turnouts, great rides, and plenty of opportunities to practice changing flat tires, especially on Wednesday! We hope to see all the regulars next year, along with some new faces.

The Tuesday rides were fun, with a nice "social" warm up at around 18 mph for the first half, and then a good hard last half. The rides were a nice mix of newer and more experienced riders.

Special thanks are due to Club president Karen Walker and, as Jim Schroeder would say, Food-Miester Susan Hunt for organizing and heading up the Wednesday evening touring rides, and especially for showing up every week even when they didn't feel like it. Until they got out there that is. Then they were filled with the Spirit of The Ride. They always encouraged the other riders and made the rides a lot of fun. I can't wait till next year!

## Bike Rides in Indiana and Surrounding Areas

<http://www.cris.com/~mheyes/bikeIN/bikeIN.shtml>

<u>Ride Name</u>	<u>Date</u>	<u>Mileage</u>	<u>Location</u>	<u>Further Info.</u>
Goshen Bikefest	Sept 30 - Oct 1	20/30/50/100	Goshen, Indiana	800-307-4204
Great Pumpkin Metric	October 1	15/32/64	Evansville, Indiana	812-858-9490
Harvest Homecoming Ride	October 1	22/33/47/64	Floyds Knob, Indiana	812-948-2453
Turning Leaves Century	October 1	2040/60/80/100	Dawagiac, Michigan	219-764-0088
World Recumbent Expo	Oct 6 - 8	various	Dayton, Ohio	<a href="http://www.recumbentexpo.com">www.recumbentexpo.com</a>
Colorburst Tour & Breakfast	October 14	17/230/62	Lowell, Michigan	616-752-8123
Hilly Hundred	Oct 13 - 15	~ 40 - 50	Bloomington, Indiana	317-767-7765
Crane Cruise	October 28	10/25/50	Medaryville, Indiana	219-843-4491

### October Training Schedule

Tues	10-3	5:30pm	Wayne H.S.	Circuit Race
Tues	10-10	5:30pm	Harding H.S.	Circuit Race
Tues	10-17	5:30pm	Flaugh Rd. (LAST)	Circuit Race

As the weekend road race season is wrapping up, and the lack of road races offered, we will have weekend training rides that will run in conjunction with the touring rides. So, don't get too cozy on that couch. Just because the summer road race season is over doesn't mean its time to let that rock hard back side turn to butter. Cycle cross and mountain bike races are in full swing. See below.

Club accolades to Roger Kingsbery for making a difference: On behalf of all the Tuesday night training ride participants, I would like to thank Roger Kingsbery for taking the time and interest in seeing that all the corners were swept of debris and marking the finish lines with pylons every Tuesday. Only once did Roger not show. Verbal warnings like, "GRAVEL!! SLOWING!!!" were never heard, just: "ROGER IS NOT HERE!!!!!!!!!" as we flew through the first few turns.

*Joe Bartels*

### If you've never tried cyclocross before, let me

tell you: it can be a blast. It helps build your bike-handling skills and keep your fitness during winter, while keeping you entertained at a time when you might otherwise find it hard to train. Cyclocross races are short off-road races in a circuit-race format: 1- to 2-mile courses; short, steep hills; and a variety of surfaces from pavement to mud and sand.

The primary feature that all 'cross races share and that sets them apart from the other disciplines is obstacles that force you to get off your bike. Sometimes you will leap over something and get back on, other times you'll run with the bike for some distance. Cyclocross is a kind of dirt time-trial criterium where the key is to maintain high speed no matter what comes.

### Watch the pros do it and it's breathtaking.

Riders come swooping up to a big fence that anyone in his right mind would gingerly walk around. In an instant they're off the bike and running just as fast as they were riding, meanwhile lifting the bike in a gentle arc through the air over the fence, which flashes by under their feet as if it wasn't there, then whoops! and they're in the saddle again and away down the road before you've even had a chance to read the number

### If the preceding doesn't sound fun then you may

be suffering from burnout. Check into a spa and get some R&R while you read over brochures from celebrity cycling camps. The rest of you will realize that cyclocross can be a great way to develop bike-handling skills, maintain a competitive edge through the winter, and along the way pick up some great power training. Practice a bit, and go into it with a positive attitude, and you'll have a blast.

If you want to learn more checkout Dave Carr's web site: <http://members.aol.com/napavelo/cross.htm>. All the information you will ever need is there, including this article.

Wanna ride? Email 3RVS' Luke Landis @ [coolhand@skywizard.com](mailto:coolhand@skywizard.com)

### Race Results

<b>8-13</b>	<b>Lafayette RR</b>		
Citizens	Eric Cell		2th
Cat D	D. Borkenstein		7th
Cat C	R. Vasquez		field
	J. Bartels		field
<b>8-20</b>	<b>Greensburg RR</b>		
<b>Citizens</b>	<b>Eric (Super)Cell</b>		<b>1rst</b>
	E. Williamson		2nd
	J. Cron		8th
Cat D	K. Rekeweg		8th
	R. Kingsberry		field
CatC	Ryan Myers		5th
	K. Lundquist		field
	R. Vasquez		field
	J. Bartels		field
<b>8-26</b>	<b>Fort Harrison St. Park RR</b>		
Citizens	Eric Cell		2nd
Cat D	Kent Rekeweg		6th
Cat C	J. Bartels		4th
			40-49/50-59/60+
	R. Kingsberry	2nd OA	1st in 50-59
	J. Cron	9th OA	3rd in 50-59
	S. Vordeman	8th OA	6th in 40-49
	K. Wallenstein		9th in 40-49
			10-29/30-39
	J. Bartels	3rd OA	2nd in 30-39
	R. Vasquez	10th OA	8th in 30-39
<b>9-10</b>	<b>Tom Revard Memorial Classic</b>		
Citizens	Eric Cell		8th
Cat D	K. Rekeweg		16th
<b>Cat C</b>	<b>Ryan Myers</b>		<b>1rst</b>
			Final Results: Hoosier State Games
Citizens	Jim Cron		2nd
	Erik Cell		3rd
	Earnie Williamson		9th
Cat D's	Kent Rekeweg		4th
	Roger Kingsbery		32th
Cat C's	Joe Bartels		3rd
	Rob Norwalk		8th
	Ryan Myers		22nd
	Ray Vasquez		32nd
	Ed Messer		35th
	Ken Lundquist		39th
50-59	Roger Kingsbery		2nd
	Jim Cron		3rd
40-49	Doug Whitton		8th
	Earnie Williamson		15th
	Steve Vordeman		16th
	Kurt Wallenstein		23rd
30-39	<b>Joe Bartels</b>		<b>1st</b>
	Darren Williams		11th
	Ray Vasquez		15th
	Kent Rekeweg		18th
	Ken Isaacs		26th

## Time To Clean Up!

The Fall Clean Up of the portion of the Rivergreenway adopted by the Three Rivers Velo Sport is scheduled for 3:00 PM on Saturday, October 7, 2000. We will meet at the parking lot of the Greenway & boat launch, on the South side of North River Road, a little east of Maysville Road, west of Landin Road. Please wear long pants, long sleeves, work gloves and mosquito repellent.

This usually takes about two hours, but the more workers we have the faster it should go. The 3:00PM start should permit time for the club ride, a nap, and still be done before dinner. Thank you for the assistance! We have a nice sign at the bike path acknowledging our adoption of the Greenway.

The City of New Haven is pursuing funds to extend the Greenway and bike path from its current East terminus, where our adopted section begins, east to the City of New Haven. The goal is to connect New Haven and Fort Wayne by bike path. This would be a very neat connection. One remaining problem preventing this is the County owned section that has washed out along the golf course.

### About the Greenway:

About a dozen years ago, a diverse group of citizens from both the public and private sectors in Fort Wayne and Allen County met to form the Rivergreenway Consortium. The goal was to develop a linear park, along the banks of our rivers, that would extend from county line to county line. The Rivergreenway offers natural vistas and scenic overlooks within an urban environment. It creates a synergism between country and city settings that affords users the opportunity to enjoy the best of both. Additionally it creates a natural overflow against the invasion of high water, which helps mitigate the ravages of flooding.

*Chuck Bash*

## October Fat Tired Rides

**From The Fat Tired Guy:** October is one of my favorite months for off road and urban exploring. Actually, it's one of about 6 favorite months, maybe even 8 or 10. The cooler days and turning leaves make the trails especially inviting. It might be a good month for your first Fat Tired club ride. Here's what we've got planned.

**Saturday, October 7 -- Franke Trails.** The FT Guy may be out of town but he's suggesting that you try the trails at Franke Park. It is a good preparation for future off road ventures and you can check out some of the recent trail improvements. Meet at the BMX parking lot at 9 AM or whenever you can get there.

**Saturday, October 14 -- Pioneer Scout Camp.** This favorite spot features 700 acres interlaced with trails and service roads. The terrain is much like Pokagon and is especially gorgeous in the fall. Meet at Bob Evans, I-69 and Dupont at 9 AM for carpool or caravan to the camp.

**Sunday, October 22 -- Twilight/Night Ride.** Join us at 5 PM at Lawton Park for a ride around the city as the sun goes down.

**Saturday, October 28 -- Urban Singletrack.** We'll be back at Franke Park to see how many miles of trails we can find. This is some of the best urban off road in the state. Don't miss it. Meet at 9 AM at the BMX parking lot.

**For more info contact Phil at 419-542-8971 or bikenphil@aol.com.**

## 3RVS Classifieds:

1. 56 cm, Year 2000 Cannondale R1000, team yellow, carbon forks, MINT condition. \$1250 firm. See #2 for number.

2. 54 cm, Year 2000 Specialized Allez Sport, MINT. \$875 firm. Call Tim at 219-483-6384 or Page 460-9440.

3. 52 cm, Cannondale R900S with Look carbon fork, Ultegra 8-spd, Cinelli bars/stem. Front shifter needs work. Great bike/parts for only \$300. Call Jeanine at 219-489-0521, leave message.

4. Selle Italia Mythos Saddle Low profile shell, slim cut-out to help provide pressure relief, smooth leather cover. Perfect condition. New \$89 Pre-owned, slightly used, looks brand new \$40. Also, Dura Ace 175mm cranks, perfect condition, slightly used 53/39 \$125 obo. And, Shimano 600/Ultegra 170mm cranks, excellent condition, used aprox. 6 months 53/39 \$75. One more: Specialized Stumpjumper Mountain Bike, owned by Rita Andersen, only ridden on Sundays to church and back. 13" Frame, Shimano XT components, excellent condition, Blue metallic paint. \$500 or best offer. Please contact Todd or Rita Andersen 219 436 0346.

## Quick Release

This is a publication of 3 Rivers Velo Sport, Inc., as the astute reader would have learned from the top of page 1. It is published 12 or so times a year, and is distributed to all club members free of charge. Well, you do have to pay your dues to receive *Quick Release*, but beside that small detail, it's free of charge to members.

## 3 Rivers Velo Sport

3RVS Inc. is a bicycling organization based in Fort Wayne, Indiana which promotes bicycling as a healthy, fun, energy efficient, lifelong activity for persons of all ages. The club sponsors a range of activities offering the benefits of group cycling to riders interested in touring, racing and off-road riding. Special thanks to the following:

Webmaster ..... Michael Heyes  
mhey@concentric.net  
Membership ..... Leslie Melcher  
lvmelcher@msn.com

## The Flat Fifty Tires Ride or The Culture, Fitness and Food in One Easy Ride

By John Moore



On August 12, the Sociables assembled in Avilla. Bonnie Speelmen, Bob Palmer, Jim and Dave Burget, David and Laramie Ressler, Art Miller, Anne Stratton-Ellis and I were assembled in biking gear. I was puzzled by the instructions to meet in Avilla, because I was only aware of the Limberlost site in Geneva. Cheryl Matthews was also present to allay my confusion, and hand out well marked maps. Barb Pontius developed the ride with Cheryl. However, Cheryl was unable to bike with us due to a recent illness.

Under blue skies with no discernible wind, we embarked on our adventure. The terrain was gently rolling with abundant crops and trees. The absence of cars and the presence of farmland impressed this Cleveland native as an exotic phenomenon. While voyaging to the Gene Stratton Porter Site, the group had abundant conversation. At one point or another on the ride virtually everyone talked with everyone else. In spite of the holiday atmo-

sphere, we continued to make good progress toward our destination. In about an hour we arrived at the Gene Stratton Porter State Historic site near Rome City, where Cheryl rejoined us.

I was impressed by the profusion of large trees, with a vocal bird contingent. After a stroll through the forest, we enjoyed the large, beautiful garden. The group surveyed the grounds and the scenic vistas of Sylvan Lake. We took an impromptu vote and decided to participate in a tour of Limberlost North. The Cabin woodwork and furnishings were well preserved. In addition, we were fortunate to have an enthusiastic curator as our guide. I was astonished to have lived for three years in Kendallville (about ten miles away), and had never heard of this beautiful location.

When the group reassembled to voyage home, we were dismayed to find that the front tire of Bonnie was flat. A small contingent changed the tire, while the remainder of the group hiked beside Sylvan Lake. We then continued our sortie back to Avilla. While biking this pleasant and scenic path. We were rudely interrupted by another flat. Laramie was the unfortunate victim this time. While David was expeditiously patching the tube, we encountered an unusual gentleman. His beard and T-shirt bore unfortunate evidence of his tobacco chewing habit. He showed us the results of his golf ball hunting expedition. Duly impressed by this encounter, the group returned to Avilla.

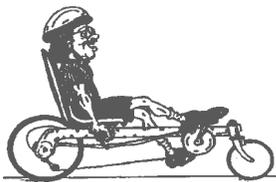
At the St. James restaurant (founded 1877) we were joined by Kathy (wife) and Julie (daughter) of Jim. We had very good meals, and felt very refreshed when we departed. We all agreed the ride had been an enjoyable experience, and vowed to bike together again soon.

### Welcome to 3RVS' New Members: Chuck Geswein, Jim Gerber, Steve Alles, David Leff,

Tina Fischer, Dave Kaple, Brenda Wiley, Deb Lambert, Betty Feay, Pat and Kevin Murphy and Michael Brown

<input type="checkbox"/> Individual <input type="checkbox"/> New <input type="checkbox"/> Family <input type="checkbox"/> Renewal	<b>3 Rivers Velo Sport 2000 Membership Form</b>	<input type="checkbox"/> Touring <input type="checkbox"/> Off-Road <input type="checkbox"/> Racing <input type="checkbox"/> Commuting
Name _____ Age _____ Date _____		
Address _____ Email _____		
State _____ Zip _____ Phone _____ City _____		
<input type="checkbox"/> Check to receive newsletter by email <input type="checkbox"/> Check to not be included on membership roster available to other bike related groups		
Signature(s) (Parent or guardian if under 18) _____		
Fees: \$10 Individual, \$15 Family. In signing this form, I acknowledge the inherent danger of bicycling and agree on behalf of myself, my heirs, devisees or estate to hold 3RVS, Inc. and its members harmless for loss, damage, injury/death to myself or dependents as a consequence of participating in activities of 3RVS, Inc. <b>Make check payable to 3RVS. Return to 3RVS, PO Box 11391, Ft. Wayne, IN 46857-1391</b>		

## The 11 Foot Chain Guy: West on the TransAmerica Bike Route



by Wendell Brane - Wbrane@ctlnet.com

Several years ago my brother and I set a goal to cross America on our bicycles. Time and expense prevented us from tackling the huge task in one summer. So instead, we decided to divide the trip into several manageable segments, riding a two/three week section each summer. In 1996 we started at the Atlantic Ocean and have been heading west, following Adventure Cycling's TransAmerica Bike Route. So far, we've been through Virginia, Kentucky, Illinois, Missouri, and Kansas. On September 5<sup>th</sup> we started where we left off last year, about 25 miles northwest of Canon City, CO. Our goal this year is to reach Missoula, MT, a distance of around 1000 miles.

As I write this, we are on day 6 of our trip. The first two days were exceptional: the scenery was breathtaking, the weather was perfect, and we both seemed to have unlimited energy. In fact we did two centuries, back to back, which involved some intensive climbing in the Rocky Mountains. Though steep and long, we flat-landers didn't have any trouble reaching the summit of Hoosier Pass, the highest point of the coast-to-coast route at 11,542 feet. Traffic in Colorado has been less than desirable: roads are filled with busses, semi-trucks, giant RVs, logging trucks, and campers. But the sights, sounds, and smells of this colorful country make it well worth it.



The Colorado mountains did not prove to be as much of a problem as the brutal winds of Wyoming. For the last 4 days we have been battling cross/head winds of 25 to 45 mph. It is not unusual to inch our way down the road at 4 mph, mile after mile! We actually had to use our lowest granny gear to pedal 4 mph to go down a steep hill!! Yes, DOWN! Traffic, however, has been ideal. The roads are lightly traveled and enjoy very wide smooth shoulders. The scenery is terrific and wildlife is abundant. It would be a cyclist's paradise if not for the winds.

One especially difficult section was a 13 mile stretch on I-80 (yes, bikes are allowed on Interstates in Wyoming). The high winds along with the slipstreams from busses and trucks proved to be one of the greatest challenges I have ever faced on a bike. The shoulder was graced with full width rumble strips that made it especially delightful to ride on. And sometimes, the shoulder was only a foot wide!

Don't let my whining discourage you from bicycle touring. It is a rich experience. We have enjoyed some great times with locals along this route. The scenery is always interesting (even Kansas was beautiful in its own way). There is something rewarding about looking on a map and telling yourself, "I propelled myself, with my own human power, from here to there!" And of course you get a wealth of unique experiences that can be shared with friends and family (and eventually you can exaggerate the tales for grandchildren).

Riding a recumbent provides unique opportunities to interact with the locals. They are always coming up asking, "What is that?", "How fast will it go?", "How much did it cost?", "Did you make that?", "How do you steer that thing?" Such questions open doors for more conversations and exchange, which always adds to the experience of cross country touring. Next month: the conclusion. Will we make Missoula, or will the winds cause us to surrender in defeat?

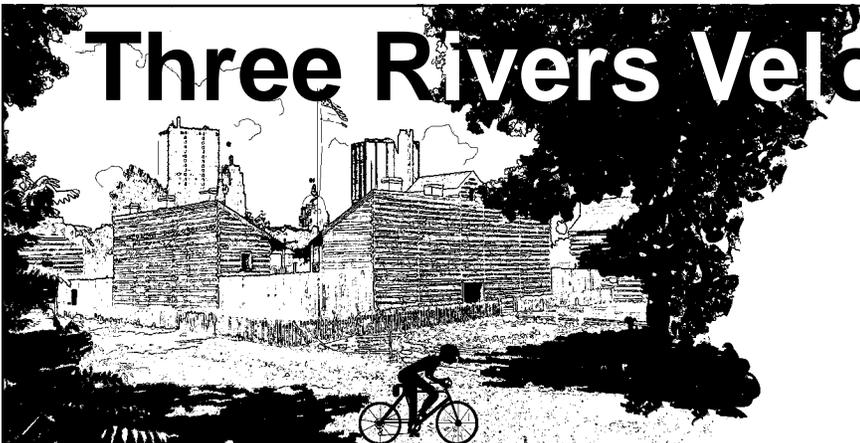




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# Three Rivers Velo Sport, Inc.

## October 2000 Newsletter

A FORT WAYNE, INDIANA  
BICYCLE ORGANIZATION

### Next 3RVS Club Meeting

**When:** Thursday, October 5, at 7:30 pm

**Where:** First Wayne St. United Methodist  
Church, 300 E. Wayne St.

### October Mtg. Program

Todd & Rita Andersen. Tyler Hamilton.  
Tour de France. Power Point Presentation.  
Food. One of the above will be missing.  
Find out who. Don't make it two.

### 3RVS Club Officers

<u>Position</u>	<u>Name</u>	<u>Phone (219)</u>	<u>Email</u>
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