



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, ABR, and NORBA. *Quick Release* contains current and planned club biking activities and is distributed to all members. Submissions are due by the 10th of each month.

October 2001

The Bicycle Bulletin Board

Issue 2001.10

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October Quote:

"When the spirits are low, when the day appears dark, when work becomes monotonous, when hope hardly seems worth having, just mount a bicycle and go out for a spin down the road, without thought on anything but the ride you are taking."

Arthur Conan Doyle, in an 1896 article for Scientific American

Holiday Party Announced

The holidays start earlier and earlier, don't they. And 3RVS is proud to beat all the retailers to the punch by announcing that our Club's Holiday Party will be held on Friday, December 14th, at 7:00 pm.

The party will once again be at The Avalon in the Northbrook Apartments Clubhouse and located near the intersection of Lima and Dupont Road. From Lima Rd., turn east on Dupont and take the first right. Turn left at the stop sign and the clubhouse is right in front of you.

Look for more details in upcoming newsletters. Geez, it's still summer while I'm writing this! And I'm **not** shopping yet!

Crashing On Dirt Is Less Painful

October Program Preview

As Fall approaches and the weather turns colder, many of us start thinking about doing more mountain biking and less road riding. One of our members, however, Brian Poitras, mountain bikes a lot in all seasons.

Brian will be telling us about his off-road adventures at the next 3RVS meeting on October 4. The meeting will be at 7:30 p.m. at First Wayne Street United Methodist Church. Brian plans to show us some mountain bikes, talk some about the history of mountain biking, give us tips about places to mountain bike and possibly have a round table discussion.



Brian has been riding off-road for the past five years. He began trail riding with friends on a loaner bike mostly in Franke Park. The next year he purchased his own bike, which he said actually fit him, unlike the loaner. He then did what most of us do; he spent lots more money buying accessories and getting everything he needed to become a true gonso mountain biker.

At the time Brian began mountain biking, he was working a desk job at a local social service agency. Brian holds a B.S. degree in political science from Ball State University. He also was working part-time at Summit City Bicycle Shop. When Summit opened its south store in 1999, Brian decided to leave his desk job and go to work full-time for Summit as assistant manager of Summit's south store.

Brian mountain bikes as often as he can. He said that usually amounts to two or three times per week. He rides at Franke Park, Huntington Reservoir and regularly takes an out-of-town trip to ride on Sundays. Brian also road rides, especially in the Spring to gain endurance. This year Brian did the RAIN road ride, 162 miles all the way across Indiana. He said the first 100 miles were fine. But after that, he began to really feel it and was questioning why he had chosen to ride across the state. Brian also races mountain bikes a few times each season, normally placing in the top third in the Sport category.

Brian joined 3RVS this year and has become active in our Club quickly. He chaired the recent and very successful 3RVS Mountain Bike Race. He has been attending Club meetings and now has volunteered to present the October meeting program for us. Brian is a great addition to our Club.

Please join Brian Poitras and his mountain biking friends at the Club meeting on October 4 for an overview of riding off-road. As usual, we will have a short business meeting prior to the program and social time afterward.

Karen Walker

President's Message



David and Laramie Resler, who took over leading the Tuesday night Carroll rides this Summer.

It's hard to believe the Summer biking season is drawing to a close. We have only one more month, October, of scheduled rides. After that we will start our Winter schedule of "show and go" rides. October is a great time to ride, though, so I hope to see everyone out this month.

At the time I am writing this, I am on the injured list. I finally stupidly crashed and hurt my knee due to forgetting to unclip from the new clipless pedals I got this year. According to Parkview Emergency, it was only a bad bruise, not broken, thank goodness. I was tired at the end of a fairly long ride, 50 miles, and just forgot to get my foot out.

Many of you told me this would happen at least once, and you were right. Fortunately when I crashed, I had no one behind me. So, I didn't take anyone down with me. I always remember what Greg Duncan says that "cycling is a dangerous sport." That is why our Club tries so hard to promote riding safely and wearing helmets. Anne Stratton particularly did a great job this Summer at her Wayne rides talking to new riders about safety. Thanks, Anne, and everyone else who helped new riders to learn safe riding this year. And, thank you, Anne for starting the Wayne rides this year. We also owe a big thank you to

October means "Hilly Hundred", and many of you will be at Hilly this month. Several of our Club members normally get together for dinner on Saturday night in Bloomington. And, I expect this year will be no different. At the Club meeting on October 4, we will discuss a possible get together at Hilly for our Club.

Speaking of the Club meeting, I was very pleased that mountain biker and new 3RVS member, Brian Poitras, agreed to present a program at the October meeting on mountain biking. Brian is the person who volunteered this year to Chair the Mountain Bike Race. I was sorry I had to be out of town on the weekend of the race. But, from all reports, the race was a great success. So, thanks, Brian, for bringing a Mountain Bike Race back to 3RVS and for volunteering for the October meeting too. You are a great addition to our Club. And, thanks to all who helped with the Mountain Bike Race in August.

As usual, Marilyn Bash, with help and support from Chuck and other volunteers, did a great job on the Pokagon Overnighter. And, Phil Snider deserves recognition for chairing the Museum Ride again this year, as well as the Club Century in September. Both of you are wonderful.

On a personal note, I wanted to thank all of you for your condolences when my Father passed away in August. One of the great things about cycling is the friends I have made. I really appreciated the flowers, cards and the concern many of you expressed during this difficult time for me.

Karen

HELP WANTED - 2002 OFFICER POSITIONS AVAILABLE (well, you do have to be elected)

It's never too early to start looking for volunteers, so I thought it would be as good a time as any to let you know about two Club officers positions that will be open for the upcoming year.

As Karen mentioned in her President's message last month, she will be resigning after serving as President for the past two years. And I would like to announce that I will be stepping down as Newsletter Editor at the end of this year, after a two year stint.

If you have ever considered becoming an officer in the Club, here is your opportunity. Both of these offices require some work, but they are very personally rewarding.

Your Club needs you! If you would like to learn more about either of these positions, please call either Karen or myself and we'll fill you in on the details.

Michael Heyes

Chicago Consumer Show Moves to Navy Pier

CHICAGO, IL (BRAIN)—The new organizers of Chicago's consumer bike show are moving the annual event to Navy Pier, a popular destination on the shores of Lake Michigan in downtown Chicago, Illinois.

Chicago Sports Media picked up Subaru as the consumer show's main sponsor. The show will be held **March 22-24**. The organizers hope the new location will attract up to 25,000 attendees.

"We are extremely excited to be working with Subaru. Their support towards bicycling over the years has been tremendous and this show will continue to emphasize their commitment to our sport," said Eliot Wineberg, president of Chicago Sports Media.

Last year's show, held at the Rosemont Convention Center 30 minutes from downtown Chicago, drew 149 exhibiting companies.

Bicycle Retailer Editorial Staff

October Touring Schedule

<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Start Location/Destination</u>	<u>Map</u>	<u>Distance</u>
Saturday	10/6	11 am	Homestead/Roanoke/N. Manchester	HHS-6	21/37/65
Sunday	10/7	11 am	New Haven/Woodburn/Hicksville	NHB-5	17/36/59
Saturday	10/13	11 am	Huntertown/Waterloo/Hudson	HTN-7	47/61
Sunday	10/14	11 am	Dana/Churubusco/Chain-O-Lakes	DCU-8	14/35/59
Saturday	10/20	11 am	Wayne/Poe/Ossian/Huntington	WHS-3	19/33/60
Sunday	10/21	11 am	Carroll/Laotto/Avilla/Kendallville	CHS-2	19/31/42/57
Saturday	10/27	11 am	Arcola/C.City/Tri-Lakes/Wolf Lake	ARC-2	24/40/55/63
Sunday	10/28	11 am	Homestead/Huntington	HHS-4	21/50

Weeknight Touring Rides Conclude

Sorry to say, but the Monday, Tuesday and Wednesday week-night touring rides have all concluded for this year. This year saw a large increase in the number of riders on both the Carroll and Saturn rides, and the addition of Monday night rides at Wayne High School

Special thanks to the ride leaders for these fun rides, including Anne Stratton, Karen Walker, Dave and Laramie Resler and Diane Mardoian.

Sociables Howe-to-Stroh Ride

Saturday, October 20 is the date for this year's Howe to Stroh bike ride. Riders should meet at the Lima-Brighton School located at the corner of 3rd and Market streets in Howe, Indiana at 10:00 am. This 45 mile ride offers a chance for some wonderful riding in northern Indiana. Lunch is at the Original Fish of Stroh.

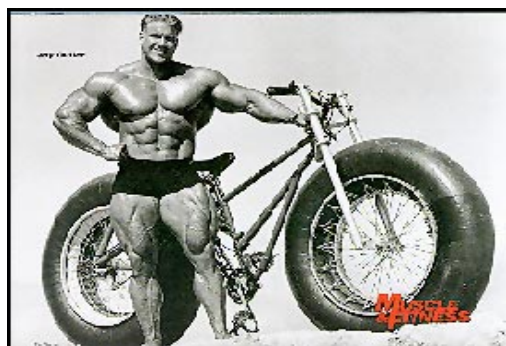
Questions? Call either Barb Pontius at 219-485-5187 or Cheryl Mathews at 219-483-8733. See you at the Safari! **Cheryl**

Carroll Riders End of Season Dinner

The Tuesday night Carroll ride ended in September. We've had a great time together, so let's get together one more time to celebrate!

The Tuesday night riders are invited to our "End of the Season" dinner. We'll meet at the Lon Sen Chinese Buffet, located in Northbrook Village at 1583 West Dupont Road at 6:00 pm on October 2.

No ridin', just eatin'. And celebratin'. If you have any questions, please email us at davidresler@juno.com or call Dave or Laramie Resler at 219-693-6191. See you there!



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>
Falling Leaves Bicycle Tour	Oct 6	20,33,64	Derby, Indiana	812-843-5416
Great Pumpkin Metric	Oct 7	25,50,100KM	Evansville, Indiana	812-490-0686
Turning Leaves Century	Oct 7	25,46,64,78,100	Dawagiac, Michigan	616-684-1980
Colorburst	Oct 14	17,31,62	Lowell, Michigan	616-752-8123
34th Hilly Hundred	Oct 20,21	30,40,50	Bloomington, Indiana	317-767-7765
Cemetery Century	Oct 21	30-100	Beecher, Illinois	708-672-5048
Big Raccoon Creek Autumn Tour	Oct 27	32,46	Bridgeton, Indiana	765-548-0628
Crane Cruise	Oct 27	10,25,50	Medaryville, Indiana	219-843-4491
Great Ghost Rider Ramble	Oct 28	25,35,50,62,100	St. Leon, Indiana	513-791-7190

Delivering More Energy to the muscles during extended cycling

by Ed Burke Ph.D.

[from *Adventure Cyclist* Sept/Oct 2001]

While riding in centuries or during multiple day rides, I'm often asked by fellow cyclists, "Are there any nutritional strategies that I can use during the ride to help me finish stronger and not feel so exhausted at the end?" The answer is yes. You need to maintain your fluid intake and consistently consume carbohydrate.

Carbohydrate is the primary fuel that powers your muscles during moderate to high intensity cycling. In as little as one hour your muscle energy reserves need to be replenished. Long distance cyclists who consume a sports drink containing 6-8% carbohydrate and electrolytes are able to maintain their pace longer and with less fatigue than cyclists who only drink water. Ideally, a long distance cyclist should consume about 20-30 ounces of fluid and 60-80 grams of carbohydrate per hour while on the bike.

New research coming out of the University of Texas may dramatically change our view of what constitutes an ideal sports drink. Previously, it was shown that a sports drink with a 4 to 1 ratio of carbohydrate to protein enhances energy replenishment following exercise. Recently, University of Texas researchers evaluated the effect (sic) of a carbohydrate/protein drink with a 4 to 1 ratio (7.75% carbohydrate/1.9% protein), carbohydrate alone (7.75%), and water during exercise.

The results were dramatic. Athletes consuming the carbohydrate/protein drink had a 24% improvement in endurance compared to the 7.75% carbohydrate drink and 54% improvement compared to water. These data show that a carbohydrate/protein sports drink with the 4 to 1 ratio increases glucose uptake by the muscles, thereby sparing muscle glycogen and improving muscle endurance. The bottom line - a carbohydrate/protein sports drink consumed regularly during a long ride will enable you to ride faster and finish stronger.



Riders at the 3rd annual Museum Ride held in August

You know you are a real cyclist when...

by Rusty Barker, CCB Montreal

- * You are the only person on your street who has the alarm clock set for 6:00 am every Sunday, all summer long.
- * You grab your water bottle during an early spring ride and find its contents are frozen.
- * You have no problem with walking past the dirty dishes, the dirty laundry, and the lawn mower while on the way to your bike.
- * There's a gorgeous looking person of the opposite sex cycling toward you while out on a solo ride, and you check out the bike.
- * You dismiss two eggs over easy, with bacon and home fries, in favor of bagels and bananas.
- * When people from outside the cycling world see you in your cycling duds, they think your name is Louis Garneau.
- * A true rim is more important than true love.
- * After entering a drinking establishment which is frequented by Hell's Angels, you belly up to the bar and say "gimme one of them Gatorade's - NOW".
- * You spend more on cycling clothes in a year than you do on civvies.
- * The 3RVS century is circled on your calendar - your wedding anniversary is not.
- * You have to explain to people why your legs are shaved and your tan doesn't match your bathing suit.
- * You wear road rash like a badge of honor. (Ed: Karen take note!)

Weekday Training Rides

Tues	10-2	5:30	GM Course	Circuit Race
Thurs	10-4	7:30	Club meeting	mellow
Tues	10-9	5:30	GM Course	Circuit Race

The Oct. 9 ride is the last weeknight ride this year.

NOTE TO TEAM PYROTEK:

TUESDAY NIGHT 10-2. TEAM PICTURE WILL BE BEFORE TRAINING RIDE AND TEAM MEETING AT OLEY'S PIZZA (US24 and Homestead Rd.) IMMEDIATELY AFTER THE TRAINING RIDE.

NEW! Off-Road Training Rides

Off road training rides organized our friends at Summit City Bicycles. The format will have two ride leaders; one ride leader will lead the faster riders and a second ride leader will ride with the slower riders. Both rides are aimed at elevating fitness and bike handling skills.

Call Summit City (north) for Saturday locations. These will be determined on a weekly basis by the ride leader. For more info on these rides, call Summit City Bicycles' north store at 219-484-0182. The schedule:

Tuesdays	4:30	Franke Park	Fitness loops
Thursdays	4:30	Franke Park	Fitness loops
Saturdays	7am	Call for ride location!	

October Racing Calendar

(see www.truesport.com for complete details)

Cycle- Cross Races

- 1, Michigan, Tailwind CX Series
- 8, Michigan, Tailwind CX Series
- 15, Fairfield, OH, Cincinnati Cyclocross
- 21, Loveland Ohio, Loveland Kids on Bikes Cyclocross
- 21, Michigan, Tailwind CX Series
- 29, Kentucky, Lexington Cyclocross

MTB Races

- 6, Wooster OH, Vultures Knob (non-series) night race (MOMBC)
- 7, Mohican Wilderness, Glenmont, OH (MOMBC)
- 14, Indiana, DINO MTB Race Series
- 20, Butler OH (Clearfork), MOMBC Series Championship
- 21, Attica, IN, Badlands MTB Race - part of Indiana Championship Series
- 28, Wooster OH, Vultures Knob (non-series) (MOMBC)

Racing Results

8-5 Brookside Park Criterium

Cat4	Kent Rekeweg	Team Pyrotek	10th
35+	David Coar	Summit City	10th
	Ron Repka	Team Pyrotek	Field

8/12 Italian Festival, Grand Rapids

45+	Steve Vorderman	Team Pyrotek	5th
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8-12 Kokomo 40K Time Trial Time Trial Time

Kent Rekeweg	Team Pyrotek	60min 16sec
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8-12 Lafayette Road Race Road Race

Cat5	Jim Cron	Team Pyrotek	9th
	E. Williamson	Team Pyrotek	Field
Cat4	Kent Rekeweg	Team Pyrotek	Field
Cat1/2/3	Ed Messer	Summit City	5th, cat3 2nd
	Ray Vasquez	Indiana Flyers	Field, cat3 6th
	Ken Lundquist	Summit City	Field, cat3 Field
	Joe Bartels	Indiana Flyers	Field, cat3 Field

8-19 Greensburg Criterium

Cat5	E. Williamson	Team Pyrotek	Field
Cat4	Kent Rekeweg	Team Pyrotek	Field
Cat3	Joe Bartels	Indiana Flyers	10th
	Ray Vasquez	Indiana Flyers	Field
Cat1/2/3	Joe Bartels	Indiana Flyers	Field
	Ray Vasquez	Indiana Flyers	Field
45+	Steve Vorderman	Team Pyrotek	5th

8-25 Fort Harrison Road Race

Cat5	E. Williamson	Team Pyrotek	6th
Cat4	Kent Rekeweg	Team Pyrotek	6th
Cat3	Joe Bartels	Indiana Flyers	8th
	Ray Vasquez	Indiana Flyers	9th
40+	Ron Repka	Team Pyrotek	5th
	Steve Vorderman	Team Pyrotek	6th
	Kevin Smith	Team Pyrotek	10th

8-26 Festina 40k Time Trials #6

Ray Vasquez	Indiana Flyers	59min 49sec
Joe Bartels	Indiana Flyers	60min 38sec



Don't forget to watch OLN-TV's concluding coverage of the Vuelta Espanna every day/afternoon/night on Comcast channel 45.

October Fat Tired Rides

From The Fat Tired Guy:

If you've been thinking of trying some off road cycling or urban exploring on the fat tires, October is a great month to start! Trail riding is fun anytime of the year, but the fall colors and cool air seem to multiply the enjoyment. Here's this month's schedule:

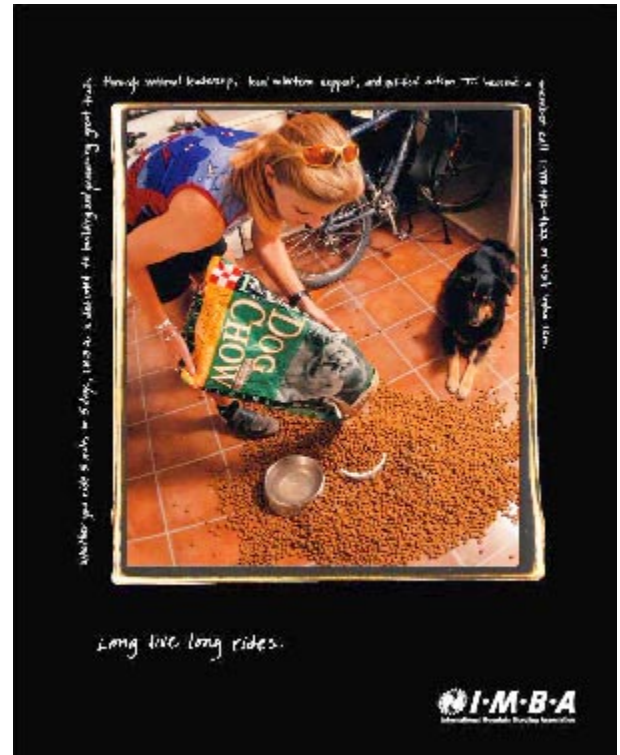
Sunday, October 7 -- Tour de Franke II: Or maybe we should say Tour de Franke Jr. This one is not a race but a tryout of some tentative loops for possible mapping and marking. The goal is to help make the park more "rider friendly" for those who may not be familiar with the trails. Park at the BMX track. We'll plan to start at **3:00 pm.**

Saturday, October 13 -- Off Road at Huntington Reservoir: Huntington is challenging but not so tough that it is discouraging. This weekend should be close to the peak of Fall color and we expect the area to be gorgeous. Meet at Meijer on Illinois Road at **9 am** for carpool there, or at the North Observation parking lot at **9:45 am.**

Saturday, October 20 -- Pioneer Scout Camp: If the weather is nice we'll head for this scenic camp on the Ohio/Michigan border. The remote and primitive area features miles of service roads and hiking trails. Riders have been know to spot wild turkeys! We'll leave from Bob Evans at Dupont and I-69 at **9 am.**

Saturday, October 27 -- UORE from Foster: The Fat-ster always looks forward to Urban Exploring in southwest Fort Wayne. Tentative plans are to visit the new construction in the Aboite area and check out some singletrack along the way. Meet at the parking area at the end of Hartman Road near the ball diamonds and dog walk area at **9 am.**

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



Long Live Long Rides Poster #1

The "Long live long rides" campaign is a light-hearted celebration of mountain biking. IMBA knows that mountain bikers are willing to attend public meetings and write letters to government officials, but ultimately, just want to get on their bikes and ride. You can order this poster for just \$5 at the IMBA website.

To find out more about the Long Live Long Rides effort, visit the International Mountain Bike Association's web site at www.imba.com.

Call For Articles!

Boy, is this a call for articles?! Everyone must be out getting the every last bit of riding in before winter, because I am getting very few articles!

Help to keep your newsletter interesting: after you do the Hilly this month, or whatever, write a few paragraphs telling everyone what you thought about it. What did you see? Should others go?

Did you ride Pokagon? How wet was it? Was it fun? Would you do it again?

You are what makes the newsletter interesting. I just arrange everything. Please help to make the Newsletter interesting.

Newest 3RVS Members

Lee Jonas Fort Wayne
Crisostomo Gutierrez Fort Wayne

Gary and Cathy Platt Grabill
Roy Watson Waterloo

Roger Hirsch Dundee, Oregon!

Roger is in Fort Wayne regularly on business and hopes to ride with the Club soon.

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

Us and Them

For any of you who have ever wondered what it would be like to race with the pros, here is a local perspective I hope will help to understand the link between us and them.

Club members Ray Vasquez and myself went to race the Tour di Via Italia in Windsor, Ontario, Canada on September 3rd. We raced the category 3/4/5 40k/25mile race and placed 9th (Ray) and 11th. The average race speed 27.7mph. The main reason we came was to race the category Pro/1/2 race later in the day. There were rumors of having some big name riders racing this day.

We were disappointed! Nine time Tour de France rider Frankie Andreau, and Bobby Ventura were just part of a small US Postal team at the race, along with John Harris and his team from New Zealand, Team 7-UP from Colorado, Team Navigator (from out west some where), Canada's only pro team, and a list of others with national championship titles. Yes, it was a little intimidating.

I did this same race last year and had hung on the whole race. But then again it only averaged 29.8mph. This time would prove different. It was a cool clear 75 degrees with a slight wind. Ray and I were comforted knowing that there were 100+ riders in the race. This would afford us shelter from the head wind at race speed, aka drafting/wheel sucking.

The flat 2K rectangular criterium course was wide and smooth. With such a good turn out, and with the promotor's need to have more time to give out more money during the race, the officials decided to up the race distance to 100 kilometers (62miles). After introducing all the big name riders and there respective credentials to the crowd of several thousand, the race was off to a brisk start. As for Ray and myself, we basically were no competition to these guys. About the only thing we had to offer the race was the little financial contribution we paid as an entry fee. Our only goal, besides winning on a solo breakaway, was to just hang on as long as possible.

The race had picked up pace and an official reported that we had passed the 30 mile mark at 58 min 16sec. After a rider in front of me had slid out in a turn, I was faced with bridging a fifty foot gap to the front 10 or so riders. Sounds small, but it was physically devastating. I bridged it but could never recover, and dropped out of the race with 18 laps to go. Ray was still hanging in there though. He was looking like death warmed over, but still determined to hang on. With the end of the race nearing, never ending attacks from the big boys totally stripped starry eyed Ray of enough power to push the pedals any more. He dropped off the back with only two laps left.

Kurt Obee of the Navigators placed first, followed by U.S. Postal's Robby Ventura. Officials announced that the 100k race speed had averaged 52Km per hour or 32.2mph.

After all said and done. I think its great to win a few Cat3 races or even one of the states coveted race series. But I would trade any one of those victories for the inspiration gained just to race and place along side the big boys in one of their races. Its been said that, it is easier for the average person to ride like us than it is for "us" to ride like "them".

Joe Bartels

<input type="checkbox"/> Individual <input type="checkbox"/> New <input type="checkbox"/> Family <input type="checkbox"/> Renewal	3 Rivers Velo Sport 2001 Membership Form	<input type="checkbox"/> Touring <input type="checkbox"/> Off-Road <input type="checkbox"/> Racing <input type="checkbox"/> Commuting
Name _____ Age _____ Date _____ Address _____ City _____ State _____ Zip _____ Phone _____ Email _____		
<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. Make check payable to 3RVS. Return to 3RVS, PO Box 11391, Ft. Wayne, IN 46857-1391		



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Three Rivers Velo Sport, Inc.

October 2001 Newsletter

A FORT WAYNE, INDIANA
BICYCLE ORGANIZATION

Next 3RVS Club Meeting

When: Thursday, Oct. 4, at 7:30 pm

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

October Program

Brian Poitras, Tour de Franke organizer, and avid mountain biker, will show us mountain bikes, discuss MTB history, and give us practical tips on how to avoid face plants at the next meeting. Another great meeting!

3RVS Club Officers

<u>Position</u>	<u>Name</u>	<u>Phone (219)</u>	<u>Email</u>
President	Karen Walker	747-2420	president@3rvs.com
Treasurer	Diane Mardoian	unlisted	treasurer@3rvs.com
Secretary	Kit Conrad	471-4962	secretary@3rvs.com
Touring	Doug Myers	359-8621	touring@3rvs.com
Racing	Joe Bartels	744-1675	racing@3rvs.com
Off-Road	Phil Snider	419-542-8971	mtb@3rvs.com
Publicity	Scott Hill	422-0800	publicity@3rvs.com
Newsletter	Michael Heyes	489-7040	newsletter@3rvs.com
Membership website	Leslie Melcher www.3rvs.com	486-9808	membership@3rvs.com mheyes@concentric.net