



Quick Release

October 2017

Patrick Stelte

President's Message

A Memorable September

I remember the first time I met Randy Armstrong. It was after a Wednesday night Saturn ride. No, Randy wasn't part of our hammer-head "A" group bent on taxing the physical limitations of body and machine. Randy had finished with Doug Myers 5:30 PM group ride to Columbia City – a more relaxed, social pace. He came over to me with a big smile and said, "Hi Pat. I just wanted to tell you how much I enjoy riding with the club." I shook his hand and we made small talk that left me feeling good about the day. For those of you that

don't know Randy, he is the co-ride leader for the Tuesday night Kreager Ride with Deb Watts. I would guess Randy is in his 70s, friendly to approach and welcoming to his fellow cyclists. Shortly after we met, I friended him on Facebook and have followed (with envy) his cycling exploits which include numerous rides in Florida over the winter months. I can only wish to get 1,500 miles in by the first day of spring.



This past September, I met Randy's lovely wife Jade without realizing it. She was gracious enough to help with our Labor Day century tour that Deb Watts organized for the club at her church in St. Joe right off State Rd. 1. There were a number of volunteers that helped out that day; however, I only recognized Ed Lines wife Christine. I met Christine two years prior at the club's century ride in Churubusco. She was helping with our SAG at the park pavilion. The next year, she volunteered to help me with the Jersey Ride. I learned later that the other volunteers for our St. Joe century ride were church members. They were so friendly and eager to help on a blustery, hot September holiday. It takes a great deal of effort to prepare a SAG: get there an hour early, hang around while everyone else is riding and wait for the stories that will linger over the food. At the end of the day, muster enough energy to tear down and clean up.

Anyone who has attended the Membership Appreciation Jersey Ride knows I have my hands full organizing the day with shopping, transporting, setting up and cooking for fifty or so club members at the Roanoke Park pavilion. Anticipation and preparation are keys to having everything ready when riders start rolling into the park with an appetite. This year, I asked Susan Hunt to help me set up and serve the food. That morning, the cyclists left the park for the rolling adventure through the Huntington County countryside and a kind-of familiar face walked over and sat down. I couldn't place where I knew her, but she offered to help. Polite with a smile, we began talking during our preparations and she mentioned her husband was riding with the group – Randy Armstrong. I had not asked for additional help,

Monthly meetings are held the 1st Thursday of each month 7:30 PM at the Downtown ACPL, [900 Library Plaza, Fort Wayne, IN 46802](http://www.acpl.org)

Next Meeting is October 6th

BikeReg.com

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



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A Memorable September

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but Jade wanted to lend a hand and by the end of the event, I felt indebted to her hospitality and kindness. Jade asked for nothing more than to make a contribution helping others.

This past September was memorable for the Labor Day triple century and Jersey Ride turn out. Over 100 cyclists took part in these two events. A few rode all four days. Memories were made and friendships were strengthened. The weather played a big part, but the kindness of those willing to volunteer their time and effort made all the difference. These selfless acts go a long way in forging a community spirit that keeps an organization like Three Rivers Velo Sport alive.

October Touring Report

Steve Pequignot

Rolling into October we are looking forward to The Presidents' Tour on Saturday the 28th at 11:00 AM., President Patrick Stelte will lead the group on one of the eleven route options from Homestead High School. We are inviting all of the known past 3RVS presidents to join us that day. Even if they can't ride we would like to introduce the people who led our club in the past. Without their dedication 3RVS would not exist today. Here is a list of the past presidents that we can verify and plan to invite to the tour: Chuck South, 1981; Dan Arnold, 1983; Bonnie Arnold, 1984; Chuck Bash, 1985-86; Kevin True-love, 1987; Kath Stakowski, 1988; Kathy Boling, 1990-91; Rob Norwalk, 1992; Don Wag-ner, 1993; Mike Heyes, 1995-96; Steve Souers 1997 & 2002; Anne Stratton-Ellis, 1998-99; Karen Walker, 2000-01; Ed Messer, 2003-05; Dave Lehman, 2006-09; Patrick Stelte, 2010-17.



Steve Pequignot

By the time you read this article the 2017 National Bike Challenge will be just about over. As of this writing (9-25-17), Team 3RVS is in fourth place about 10,000 points ahead of Fox Cities Cycling. Team 3RVS currently has 442,821 points. The final stats will be posted on the 3rvs.com website on October 1. I would like to thank the 134 members of Team 3RVS for all of the hours and miles that each member put into this year's challenge. For the third consecutive year you have exceeded expectation and brought national attention to the club. Congratulations on many miles well traveled. Individuals honors worth mentioning at press time: the top three ladies in the state of Indiana are all members of Team 3RVS. In first place Kathy Boling has 7,497 points, second place is Susan Zuber with 6,718 points and Denise Snyder is in third place with 6,661 points. Touring Director Steve Pequignot is only 251 points from first place in the state of Indiana and sits in tenth place nationally with 12,827 points.

The fourth annual 3RVS September Touring Challenge powered by Strava got off to a fast start this year as the club held its first-ever three-stage century tour over Labor Day weekend. One hundred riders participated in the 3-day tour. Eleven club members completed all three century stages. Congratulations to Mona Will, Ted McComb, Susan Zuber, Tom Yoder, Ed Lines, Shane Powell, Rex Connelly, Mark Geiger, John Rodino, Patrick Stelte and Steve Pequignot for riding all 308 miles of the tour.

We are now in the final few days of the September Touring Challenge and the race for podium places are close. In the Ladies Division Susan Zuber has 1,522 kilometers; Denise



3RVS Touring

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.

Leo/Riverside 5:30PM

Grabill Rd & Schwartz
Distance: 27 & 38 miles. 2 Groups:
15mph @5:30pm 18 & 20+ mph
@5:45pm.

Tuesday

Kreager 6:00PM

Kreager Park 6400 N. River Rd
Meet near the Tennis Courts
Distance: 28 miles
Pace: 13-15 mph

Wednesday

Saturn Ride 6:00PM

Saturn Church, 6731 E 800 S Whit-
ley Co. (1 mi E of Allen Co.)
Distance: 25-27 miles
Pace: 20+ mph

**Franke CX Skills 6:00PM
Practice**

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

Skills Dev Tour 6:00PM

Jefferson Middle School
5303 Wheelock Rd. Ft Wayne
Distance: 24-42 miles
Pace: 18-20 mph

First Friday each Month

City Tour 6:30PM

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

**Many Rides End This Month
Check social media for updates!**

October Touring

(Continued From Page 2)

Snyder 1,083 kilometers; Krista Stockman 1,003 kilometers. In the Men's Division Shane Powell has 2,126 kilometers; John Rodino 1,882 kilometers and Patrick Stelte has 1,637 kilometers. Steve Pequignot is the overall leader with 3,555 kilometers.

We have enjoyed tremendous growth in the September Touring Challenge this year as we have 99 members participating compared to 50 members last season.

Awards will be presented at our End-of-Year Party to members who achieve 500, 750, 1,000, or 1,610 kilometers. At press time 99 riders have logged over 61,000 kilometers. Podium awards will be presented at the End of Year Party to the top three women and top three men in the club. Daily updates for the September Touring Challenge are online at www.americanclassicgroup.com/3rvs/3rvschallenge.htm.



I wish to thank President Patrick Stelte along with volunteers Susan Hunt and Jade Armstrong for the enjoyable day at this year's Jersey Ride. The weather was perfect; the cookout after the ride was delicious and it was such a good time being surrounded by cycling chatter. Patrick had a good idea hosting the ride in September before the bees arrived. Well done everyone.

October Touring Dates

Date	Time	Map	Start At	Destination/Pace Groups	Distance
10/1	11:00 AM	WHS-1	Wayne High School	Poe/Decatur/Willshire	21/35/40/55/60
10/7	11:00 AM	HHS	Homestead High School	Show & Go	up to 60
10/8	11:00 AM	KRG	Kreager Park	Show & Go	up to 60
10/14	11:00 AM	NHS-8	New Haven High School	Classic Tour from 1980 Dixon/Convoy/Van Wert	36/52/71
10/15 /2017	11:00 AM	CHS-2	Carroll High School	Laotto/Avilla/Kendallville Hills	19/31/42/57
10/21	11:00 AM	LHS-9	Leo High School	Classic Tour Heyes Half-Hundred Aub/ K'ville/Avilla Hills	25/40/50
10/22	11:00 AM	ARC-5	Arcola Elementary	Columbia City/Larwill/Pierceton	26/44/55
10/28	11:00 AM	HHS- RC	Homestead High School	The Presidents' Ride	40/41/48/54/58/69
10/29	11:00 AM	HTN-4	Huntertown Elementary	Kendallville/Avilla Hills	34/44/51

Weekend tours are subject to change due to road, weather or other conditions. Any changes will be posted on the 3RVS website, 3RVS Facebook Page, or @ride3rvs.

The A group rides at every tour, B,C,D, & E groups' schedule will be posted on Facebook and Twitter @ride3rvs the week prior to the tour.

Group paces: A = 20+ mph; B = 18/19 mph; C = 16/17 mph; D = 14/15 mph; E = 12/13 mph

See the back side of the weekend route maps or 3rvs.com for 3RVS Group Riding Guidelines

Racing Results

Time Trial Series #6 - September 26, 2017 - Final Results

Place	Name	Class	Time	MPH	Place	Name	Class	Time	MPH
1	Amy Copeland	WTT	28:13	21.4	6	Kent Rekeweg	TT	26:21	22.9
2	Nancy Lichtensteiger	WTT	31:03	19.4	7	Larry Wagner	TT	26:30	22.8
					8	Charlie Copeland	TT		
1	Gregg Ness	TT	21:59	27.4					
2	Tim Donofrio	TT	23:25	25.8	1	Ben Hopper	Road A	24:28	24.6
3	Don Cahill	TT	23:53	25.2	2	Scott Tomsits	Road A	26:01	23.2
4	Hugh Smith	TT	24:18	24.8	3	Rex Connelly	Road A	26:48	22.5
5	Hal Wilson	TT	26:09	23.1					

Another Riding Season Begins to Wind Down

Mona Will

The long rides for many of us have wrapped up or will be by the end of the month. This will give most of my Facebook friends rest from all the cycling photos I love to post week after week.

Hopefully what can be seen in these photos are not only men and women dressed in Lycra, but smiles; smiles because of the camaraderie shared between fellow cyclists. Hopefully those photos reflect that we share a common passion for cycling and enjoy spending hours together on the road weekend after weekend.

What isn't visible in all those photos are the people in our lives that support our love of the sport. These are the people that understand and/or accept that we would rather pay \$120.00 or more for cycling shoes, but not more than \$45.00 for work shoes. They are the people that become "bike widows or bike widowers" from May through the end of September. They are the people that provide real food for us mid-ride so we can keep riding for many more miles. They are our foundation from where we begin and end our rides and days.



We couldn't do the rides we do without the support of these people. So to all of you, THANK YOU!!! "Thank you for your prayers as we happily ride day after day. We know you worry and for good reason. We love you."

Yes, we are a bit crazy. But you know as well as we do, once it turns March we will be start doing all this craziness all over again.

Quote used from Lisa Doden Hapner

Three Rivers Velo Sport

3RVS
P.O. Box 11391
Fort Wayne, IN 46857-1391

E-mail:
newsletter@3rvs.com

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



@ride3rvs



Members interact at
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Life 360
Track our tours live
at Ride 3RVS

