



Quick Release

October 2018

Pleasure Away from the Bike

Patrick Stelte

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 October 4th

[BikeReg.com](#)

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



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Almost five years ago, I spent a long New Year's Day traveling from a family visit in California to Fort Wayne. My day began on a quiet, crisp, sunny drive past frosty barren fields outside Sacramento. The holiday personnel at the airport was short-staffed and de-icing planes for take-off had pushed my departure back an hour. My late arrival in Minneapolis and subsequent race to the next gate to make my connecting flight ended in complete frustration as my airline chose not to wait a few extra minutes. The gate attendant offered two options: wait a day for the next flight or take the next flight to Kalamazoo and rent a car to get home. Mulling the dreary choices, another traveler in the same situation approached me and offered a third option: travel with her to Kalamazoo and her family would meet us there and take us to Fort Wayne. At times, comradeship appears when I least expect it and I agreed to tag along.

On the way home and several hours into making new friends, the brother in-law of my rescuer asked what I did for a living as I rode shotgun to his stewardship. I talked about my history of working in a hospital and the library. His matter-of-fact response, "You're a servant." His tone wasn't condescending, but the judgement was undeniable. He stated that we were opposites. He put himself first in his business dealings and social structure. Although I spent two hours talking to him, this snippet has stuck with me. I was raised by my nurse mother to believe that doing for others has great rewards and long lasting satisfaction. Now into middle-age, I have no regrets following this path. I am an only child and it is almost inherent to emphasize my needs and put myself first. I can still do that readily. However, my upbringing has helped me achieve yin yang to the point that balance is the most important aspect in my life.

Every year as club president, I have hosted the 3RVS Jersey Appreciation Ride for club members and every year a handful of people ask me why I would rather cook than ride. I have a quick response explaining how much I enjoy doing for others. The look I usually get is quizzical. I think by now, most everyone in the club knows how much I love group riding and reaching for the edge of the envelope. When I began riding with 3RVS in 2007, all I wanted to do was improve my fitness and meet a few people that enjoyed cycling the way I do. A decade later, the club has evolved into my main social community. It wasn't planned, but here I am. I need to cook for my cycle mates to balance my duality and maintain my social fabric. I need to be a ride leader to counter my instincts of competition. I have found satisfaction guiding the club, welcoming new riders and continually pushing 3RVS forward. Without doing for others, I cannot find the deep satisfaction of a well-spent ride, grinding a pace that propels the senses to remember and reflect afterward. Simply put, to maintain my community, I cannot have one without the other.



At this year's Jersey Ride, sixty-three club members showed up to enjoy their bikes and my cooking. Add in a few who came later to socialize and eat and the count was seventy. I

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Patrick Stelte

couldn't have pulled off such a task without the help of Christine Lines, Jade Armstrong and Roiann Smolinski. They are treasures to the club who have helped on numerous 3RVS rides this year. That day, we were comrades away from the bike, sharing a different perspective with the same end result: enjoying a cycling fraternity.

Occasionally, I think about that ride home from Kalamazoo. I did not, for a second, feel ashamed for being called a servant. To the contrary, I felt a sadness for my companion. He is missing out on one of the deepest connections to being human.

Nagware & Soapbox

Scott Tomsits

Like a 'Freeware' program that keeps asking if you want the premium version, and your mother-in-law; it's time for Scott's annual fall 'nanny state' safety message. You know you luv it! Acutally I wish I had been more on the ball and done this before September as we've had three mishaps recently that have removed three of our valued club-members from our ranks for the time being.

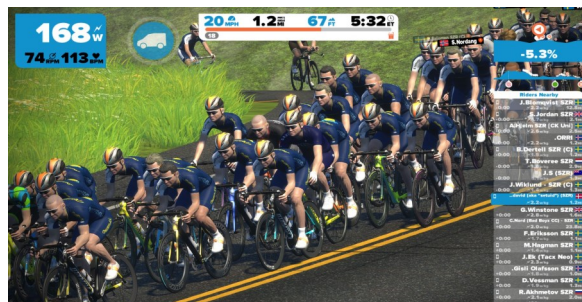
So, the corn has come down and the wind has come up...and long ago somebody left with the cup.* (Yeah, talkin' to you Kim and Mark) Plus, fall seems to be our season of complacency. So watch your spacing and your lines cause nobody wants to do hospital time.

Several other projects are in the works right now, one is the Cuore 3RVS team store where the 50th Anniversary Kit can be ordered. Minimum order quantity to close a window is 10 pieces, I currently have commitments for 8. If this happens it will in all likelihood be the last possible ordering opportunity.

Next up, we have been throwing about the possibility of a 3RVS scheduled group ride on Zwift for those that ride indoors during the inclement months to augment our existing Show n' Go rides. Ideas include group workouts or speed sorted free rides if we have enough participants to form our traditional groups as well as communication via voice over IP which is pretty simple to set up for anyone not used to it already. I would be interested in hearing from those with thoughts on the subject and how to make it appealing for our members at newsletter@3rvs.com.



3RVS Touring



*Yes, this is a [Cake - The Distance](#) reference

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.

Tuesday**Kreager 5:30PM**

Kreager Park 6400 N. River Rd
Meet near the Tennis Courts
Distance: TBD
Pace: 13-15 mph
Ending October 9th

Skills Dev Tour TBD

Jefferson Middle School
5303 Wheelock Rd. Ft Wayne
Show n' Go as light allows

Wednesday**Saturn Ride 6:00PM**

Saturn Church, 6731 E 800 S Whitley Co. (1 mi E of Allen Co.)
Distance: 25-27 miles
Pace: 20+ mph
Last Ride: October 10th

First Friday each Month**City Tour 6:30PM**

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

October Touring Report**Steve Pequignot**

Autumn has arrived and we are riding into our last month of the season. Wow! That went by fast. As the season winds down most of our weeknight tours have concluded or will conclude by mid-October. Many 3RVS members will be riding in the Hilly Hundred which is early on October 6 and 7 this year. With so many members away that weekend 3RVS will offer Show & Go Rides instead of our regular weekend tour format.

The Presidents' Tour will be Sunday the 21st at 11:00 AM., President Patrick Stelte will lead the peloton from Homestead High School to Huntington and back on one of his favorite routes. 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 Truelove, 1987; Kath Stakowski, 1988; Kathy Boling, 1990-91; Rob Norwalk, 1992; Don Wagoner, 1993; Mike Heyes, 1995-96; Steve Souers 1997 & 2002-03; Anne Stratton-Ellis, 1998-99; Karen Walker, 2000-01; Ed Messer, 2003-05; Dave Lehman, 2006-09; Patrick Stelte, 2010-18. Please join us for this special tour.

The fifth annual 3RVS September Touring Challenge powered by Strava got off to a fast start this year as the club held it second three-stage century tour over Labor Day weekend. Eighty-two riders participated in the 3-day tour. Six club members completed all three century stages. Congratulations to Lisa Mabbitt, Marty Smolinski, Luis deVeyra, Mark Geiger, Patrick Stelte and Steve Pequignot for riding all 307 miles of the tour.

At the time of this writing, one week remains in the September Touring Challenge and the race for podium places are close. In the Ladies Division Kymberly Byers leads with 2,207 kilometers; Denise Snyder 1,765 kilometers; and Lisa Mabbitt 1,426 kilometers. In the Men's Division Mark Linn has 2,112 kilometers; Marty Smolinski 1,771 kilometers and Jim Snyder has 1,765 kilometers.

This year we have 88 members competing in the September Touring Challenge. Awards will be presented at our Annual 3RVS Party to members who achieve 500, 750, 1,000, or 1,610 kilometers. At press time 88 riders have logged over 53,600 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. The Final results will be posted October 1.

Please note the October weekend tours will start at 11:00 AM.

October Touring Dates

Date	Time	Map	Start At	Destination/Pace Groups	Distance
10/6	11:00 AM	HHS	Homestead High School	Show & Go Hilly Hundred weekend	up to 60
10/7	11:00 AM	KRG	Kreager Park	Show & Go Hilly Hundred weekend	up to 60
10/13	11:00 AM	LHS-9	Leo High School	Classic Tour Heyes Half-Hundred Aub/K'ville/Avilla A,B,D groups	25/40/50
10/14	11:00 AM	ARC-5	Arcola Elementary	Columbia City/Larwill/Pierceton A,B,C groups	25/40/50
10/20	11:00 AM	SWS-3	Sweetwater Sound	Roanoke/Huntington A,D groups	27/43/51 60
10/21	11:00 AM	HHS-7	Homestead High School Presidents' Tour	Roanoke/Huntington Reservoir/ Andrews A,C groups	28/41/52 65
10/27	11:00 AM	WHS-4	Wayne High School	Poe/Ossian/Hoagland A,B groups	23/35/43 52
10/28	11:00 AM	HTN-4	Huntertown Elementary	Kendallville/Avilla Hills A,B groups	26/44/55

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 group tours are listed in Destination/Pace Groups above.

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.

Follow our tours live using the Life360 App at Ride 3RVS.

3RVS CARES - Trail Buddies

Mona Will

Last week I was reading a new online cycling blog. This one was specifically addressing middle aged women and riding. A Canadian woman was describing why she rides an e-bike. It is a mode of transportation for her daily seventy-five-minute commute to work and it is a great stress reliever after a full day at the office. Riding home is "an effective transition period from work to home, a stress hormone dump, and a nature bath."

Recently my friend Susan Hunt, who has been a 3RVS member for years, who is a very familiar face at club events such as the chilly challenge and the festival ride, and has been riding for many years, called to tell me that she was back home after another arduous round of doctor appointments, examinations, blood draws, pokes and prodding at the Mayo Clinic in Cleveland. She has been in and out of hospitals for almost a year now and hasn't been able to ride for a few years. On this particular day her voice was stronger than it been the last time I spoken to her and she mentioned she was hoping to be able to come to the jersey ride; not to ride, but rather to help Patrick if he needed it and to chat with fellow cyclists.

And then there's any number of us that were fortunate to get out Sunday for a ride and enjoy the warm fall day when there wasn't a cloud in the sky. That ride may have lasted an hour or half a day depending on how long someone wanted to ride.

All three scenarios have a common thread-the love of riding. Riding comes in many forms and as a 3RVS member you may remember that the club's mission statement is "...to promote the general interest and enjoyment of bicycling for health, recreation and economical transportation." This can be found by going to <https://www.3rvs.com/pdf/3rvs-constitution.pdf>

I think of this mission statement often and look for ways to expand on that in my own riding experiences. That's why I decided to be a volunteer this year for the TRAIL BUDDIES biking program at Jorgensens YMCA. TRAIL BUDDIES offers a bike ride on a specially designed bike to people that can't ride on their own due to physical limitations. The ride follows a paved trail around the backside of the Y and through a neighboring addition that is built around a small sized lake. One time around the lake and back to the Y is maybe a bit over a mile but it is a unforgettable mile for someone that can't do it themselves! Ask Roiann Smolinski, Marty's wife, what it is like to go on a bike ride next to her husband. Take a look at the smile on a non-verbal young man's face when the ride is over. Listen to parents say how much their daughter who has cerebral palsy looks forward to her weekly bike ride. I had no idea when first joining TRAIL BUDDIES how much a simple bike ride would mean to someone else. What I can tell you, is that after a ride you can see that they too have "the love of riding."

I encourage you to be the legs for someone that can't pedal or ride a bike. You can give them the opportunity to go for a bike ride for possibly the first time in their life or the first time in a long time.

For more information about the Trail Buddies program and volunteering feel free to send an email to [Rebekah Coffey@fwymca.org](mailto:Rebekah_Coffey@fwymca.org) Tell her that Mona sent you.

Last Destination Ride October 20th Local Car Collection Redo

Amy Copeland &
Jennifer Altherr

In case you missed it last year, or just wanted to do it again, we will once again be doing our local car collection destination ride to a fabulous location in Southwest Fort Wayne. Led by Jennifer and Amy, we will be meeting at the Johnny Appleseed Park trailhead the morning of the 20th with a departure time of 10:30am sharp. Plan to arrive at 10:15 for a pre-tour briefing. We will be traveling approximately 35 miles total along local trails and lightly traf-



ficked roads at a pace of 10-13 mph. E riders are welcome and any style bike would be suitable for the ride. After our visit to the car collection we will begin our return trip with a stop at Casa Ristorante on West Jefferson for lunch before riding the rest of the way back to Johnny Appleseed Park. We would like to once again thank our club member Aaron Williams for arranging access to the museum. Don't forget your helmet, money for lunch and possibly a bike lock.

Three Rivers Velo Sport

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We're on the web.
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