



Quick Release

September 2018

Dog Day and Summer Coming to an End

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 September 6th

[BikeReg.com](#)

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



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On a recent Saturday morning, I woke to the distant sound of disappointment. Turning on the TV, I looked at a red and yellow mass of all too familiar weather enveloping our area. There would be no group ride that day. August had been wetter than usual and finding the time to ride around the pop-ups and downpours challenged my routine. Balance is an important practice in my life that sniggers to irony against my favorite recreational activity. When I am disrupted, I fight to re-align. On this particular Saturday, I needed to practice patience as a window of opportunity was predicted for later that afternoon. Internal fights develop in the hump month of August. Summer is the time for horizon destinations. Adventure comes any day of the week. Early morning rides past tall corn fields can take the mind away before the work day begins. Everything is green, and overflowing, and inviting to indulge and consume. Gaia is strong and the cyclist's tuning fork vibrates most true.

As with any indulgence, the rise must fall. The legs tire in late August. The accumulated miles set against a calendar of good memories teeter on the body's strain. My patience for a ride that Saturday was really about motivation. I was looking for reasons not to ride. Blah rainy conditions - check. Windy - check. There's a ride tomorrow - check. But morning turned to afternoon and the sun came out and the wind died down. A restoration process had begun for re-balance. I readied myself for a ride. However, at the approaching time I stepped outside and a wall of humidity smacked my nerve. Where was the sun? Clouds were rolling in and my spirit was tested again. Resolve took over like an alcoholic justifying another drink. I would start slow and work my way into a rhythm. If the impetus didn't arise, I would cut my ride short.

Meandering along a familiar route, my thoughts waxed and waned to places of inconsequence. The pistons had taken control and the destination was the only question. Downtown stops and turns became long stretches of county road silence. My legs were still heavy from a week of hard riding when I passed over Hwy. 469 on my way south. On the other side, my ride changed quickly. Two dogs, running from a roadside house, came onto the pavement as I approached. I immediately remembered a Facebook post by Ellie Bogue about her encounter with these dogs. Barking and lunging, they forced me to the far left side of Thiele Rd. I screamed "Stop" over and over as I tried to ride beyond them but I couldn't safely pass and I got off my bike to use it as a shield. A moment later, the owners came out and called the dogs. Traffic was backing up and I yelled expletives until I was horse. Motivation had arrived. My anger fueled me to the longest distance of my contemplation. Sweat rolled down my glasses as I cranked out my fury. Balance was restored as I finished with thoughts of the next day's group ride.

There are still a number of destinations to cover before the air cools to a crisp. The club's Triple Century weekend is here. September's Touring Challenge begins with external validation repercussions. The 8th Annual Jersey Ride comes later this month for club members. September is the last month for weekday touring while weekend tours run through October. There is still a goodly amount of ride time this season and friendships to be made. When the squeeze of waning daylight pinches the miles shorter than practiced, who you are with intensifies the moments. I look forward to seeing you on the road in September for another month of fellowship and stories.

8th Annual 3RVS Jersey Ride a.k.a. Members Appreciation Ride



Patrick Stelte

Saturday, September 22nd, Roanoke Park, Roanoke, IN

Sign in starts at 9:30am with a Mass Start Time of 10am. Lunch will be served in Roanoke Park around 12:30PM Brats, hot dogs, baked beans, pasta salad, cookies, and more will be provided. Vegetarians: give me suggestions with RSVP

The Jersey Ride was started as a great way to gather as many club members together and mark the end of a summer season of riding. This event is one big ride with as many of the members wearing our club colors. It really does look cool heading down the road in a peloton full of yellow jerseys or vintage 3RVS wear. However, we know some of our members do not have a 3RVS jersey or some are on teams and wear their team kits when out riding. So, what is most important is that you come out and enjoy socializing with other club members whether you are wearing a 3RVS jersey or your own favorite kit.

If you cannot make the ride but want to socialize come out around 12:30PM. Look in your e-mail box for RSVP instructions. **We need a head count to buy the right amount of food.**

September Touring Report

Steve Pequignot

Okay, it's here! How many kilometers can you ride in September? The biggest cycling month of the year is September and we are challenging you to ride, ride, ride. Our fifth annual September Touring Challenge is all set to begin the first day of September.

Awards will be presented at our annual End of Season Party to club members who join this club challenge and log their cycling distance on Strava. Awards will be presented to 3RVS members who bicycle 500, 750, 1000, or 1610 kilometers during September 2018. Your distance for any bicycling event, either a club tour, race, off road, or riding by yourself will be accepted as long as the ride is uploaded to Strava via a smart phone Strava app, Garmin device, or compatible equipment. Stationary trainer miles are not acceptable for this challenge. No manual entries will be accepted unless your recording device fails during your ride, in which case you may enter your lost miles as a manual entry along with the portion of the ride that was recorded offering an explanation for the lost distance in the description box. Your Strava account must be opened to accept 3RVS members to follow you without asking for a request. To join the 3RVS September Touring Challenge, go to www.strava.com/clubs/3rvs and sign up. The Strava September Touring Challenge page is a closed group for club members only. After you apply to join the challenge your 3RVS membership will be verified, then your place on the roster will be approved. If you were a 3RVS member last year and joined the 3RVS September Touring Challenge you are likely already signed up for this year's challenge provided you are still a 3RVS member. If you are unsure if you are signed up go to your Strava Profile, look under Clubs for the Three Rivers Velo Sport September Touring Challenge logo. If it is on your Profile you are registered. Non-3RVS members may not participate in this challenge and will be removed from the group page on September 1, 2018. Non-members may join 3RVS then sign up for the challenge. Only kilometers ridden after joining 3RVS will be counted in the challenge. In addition to the awards mentioned above, podium awards will be presented to the top 3 female and male finishers. Once the challenge begins daily kilometer updates will be posted at:

www.americanclassicgroup.com/3rvs/3rvschallenge.htm



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.

Monday Meanderings & Musings TBD

Location varies, check weekly for start locations
Pace 10-15 mph

Spokesmen Ride 6:00PM

Spokesmen Cycling Bike Shop
247 N. Main St., Roanoke, IN
Distance: 27-30 miles
Pace: 16/19 mph

Tuesday**Kreager 6:00PM**

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

Skills Dev Tour 6:00PM

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

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

Rogue Ride 6:00PM

Carroll & Wayne HS (Varies weekly)
Distance: 20-36 miles
Pace: 15-17 mph

Thursday**Girls Ride Out 6:00PM**

Roanoke Park, Corner of Seminary & 8th Street, Roanoke, IN
Distance: 20/25 miles
Pace: 14/15 mph

Kreager A Ride 6:00PM

Kreager Park 6400 N. River Rd.
Distance: up to 40 miles
Pace: 20+ mph

September Touring Report

(Continued from Page 2)

To help you kick off the September Touring Challenge we will once again be hosting a Labor Day Weekend Stage Tour consisting of three stages over three days, with routes totaling up to 492 kilometers. That's 306 miles in three days. It all begins September 1 and lasts through September 30.

On Saturday the 1st, the tour will start at Kreager Park at 9:00 AM. This will be a flat route on very good roads. Sunday the 2nd, we move to Homestead for the hilly century. This is a scenic route filled with rollers and three climbs that will knock your socks off. If you like climbing you will enjoy this tour with over 2,200 feet of vertical climb. Monday, Labor Day, we will start at the St. Joe Church of Christ in St. Joe, Indiana. This short circuit, four-loop century was designed by famed route planner Phil (The Fat Tired Guy) Snider. Two of the four loops offer some rollers. The loops vary in distance from 16 to 34 miles. If you ride all four loops, you made a century. The St. Joe Century will offer a SAG stop at the church after each loop. Special awards will be presented at our End of Year Party to all 3RVS members who complete all three century routes each of the three days. Last year 11 riders rode 100 miles+ each of the three days. All three of the Labor Day Weekend Tours will have shorter distance options for members not interested in riding 100 miles.

The Jersey Ride:

On Saturday, September 22, the club will hold its Annual Jersey Ride. Come and join us for this special event. Wear your 3RVS jersey new or old, ride either the 37 or 51 mile route, then enjoy a cookout provided by Chef Patrick and the club. At Roanoke Park.

Group Touring Tip of the Month:

When riding in a group if you plan to leave the group early, inform the ride leader or another rider in the group who can relay your message to the ride leader. Before exiting the group drop to the back prior to turning in a direction other than what the group will be riding. This will eliminate confusion in the group when you turn off by yourself.

Please Stop!

Please note: During all 3RVS tours all riders in a group are expected to stop at all stop signs. We must be respectful to the motoring public if we expect motorists to value our place on the road.

Thank you all for being a positive part of our touring season and elevating cycling in our community. I look forward to seeing you on the road.

The September weekend touring schedule is on the following page.

Please note the split starting times of the tours this month.

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

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

September Touring Dates

Date	Time	Map	Start At	Destination/Pace Groups	Distance
9/1	9:00 AM	KRG-8	Kreager Park	Woodburn/Payne/Paulding/Antwerp/Hicksville/Leo A/B combo, D groups	26/46/63 105
9/2	9:00 AM	HHS-13	Homestead High School	Roanoke/Huntington/Andrews/Wabash A/B combo, C groups	33/48/65 100
9/3	9:00 AM	SJO-2	St. Joe Church	Butler/Hicksville/Leo/Concord A/B & C/D combo	4 loops up to 100
9/8	10:00 AM	SWS-1	Sweetwater Sound	Churubusco Garrett Hometown A,B,D groups	29/38/60 69
9/9	10:00 AM	HHS-3	Homestead High School	Roanoke/Washington Ctr A,B,C groups	27/33/41
9/15	10:00 AM	CHS-8	Carroll High School	Auburn/Ashley/Angola/Pokagon/Waterloo A,B,D groups	46/67/83 101
9/16	10:00 AM	WLN-1	Woodlan High School	Antwerp/The Bend A,B,C groups	12/31/50 63
9/22	10:00 AM	ROA-3	Roanoke Park	3RVS Jersey Ride Markel/Huntington/Andrews A,B groups	37/51
9/23	10:00 AM	JMS-1	Jefferson Middle School	Woodburn/Antwerp/the Bend A,B,C groups	25/37/49 56/68
9/29	10:00 AM	WHS-7	Wayne High School	Poe/Ossian/Bluffton	13/24/30 48
9/30	10:00 AM	HHS-7	Homestead High School	Roanoke/Huntington Reservoir/Andrews A,B groups	28/41/52 65

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.

Musings Ride Schedule & Info

Mona Will

Rides will start at 10 AM, will include both the trails and city streets, and will include a mid-ride stop for a snack.

9/3: Labor Day: No ride

9/10: Kreager Park: Mid-ride snack will be at New Haven Bakery. Led by Kathi.

9/17: Vesey Park: Mid-ride snack will be at Conjure Coffee. Led by Kathi.

9/24: Shoaff Park: Mid-ride snack will be at Old Crown Coffee. Led by Angie.

3RVS CARES - CIBA Foundation

Mona Will

Three Rivers Velo Sport Cyclists Advocating RESponsibility-it's a mouthful to say but even more so, it's quite an undertaking. Responsibility for what? For better passing laws on the road? For safer riding? For taking care of your fellow cyclists? For what???

Back on a gray cold Saturday afternoon, in late winter/early spring, Robin Mitchell and I decided to drive down to Crawfordsville for the CIBA bike swap. We arrived at the fairgrounds site, found the building the bike swap was in, parked the car, and excitedly walked in. Whatever I thought I had made this trip for, I didn't see as I scanned the room.

I was disappointed and underwhelmed and was making my way towards the exit when I stopped at a table for who knows for what reason. A friendly woman greeted me and we started talking about bike stuff of course. There was literature on the table from CIBA (Central Indiana Bicycling Association) and their upcoming 2018 events. I recognized the acronym CIBA because of the Hilly Hundred and the Indy NITE Ride. What I didn't know was that CIBA has a foundation. After a few moments of talking with Dolly, I realized I came to this swap meet not to spend \$50.00 on bike parts or jerseys but instead to hear what she was telling me about this foundation.

CIBA foundation promotes the benefits of safe cycling; that's their mission. They support efforts that improve safety for bicyclists, educate and promote the health, recreational, economic, social, cultural and other benefits arising from the use of bikes and to advance bicycling-related efforts and activities.

Grants are generally between \$500.00 to \$5,000.00. In 2017 the total amount of grants disbursed was \$39,120.00! Twenty- four different organizations, from trail systems to youth bicycle helmets, locks and lights were granted financial support from the foundation. The Hilly Hundred ride generates money for the foundation as well as the NITE ride. The largest contributions come from their annual fundraiser, individuals, and corporations.

Just this week, the S&P 500 marked the longest bull run on record. This "run" has added trillions of dollars to household wealth. I believe in spreading wealth around and would encourage each of you to consider sending a contribution to the CIBA Foundation. Imagine that the \$50 or \$500.00 you contribute will be part of grant money that will go to 24 or more well deserving organizations promoting cycling and cycling safety each year.

Three Rivers Velo Sport CARES. Go to www.cibafoundation.org for more interesting information and how you can contribute.

A Humbled Race Director

Dave McComb

My first summer as the 3RVS Race Director has had many highs and lows. I would argue mostly lows because participation in the Practice Point Series I created was very low. I naively thought that a local free race series would be a win for generating memberships and providing an opportunity for local racers to practice. Turns out that free and local are not the main barriers preventing cyclists from participating in their favorite disciplines. Clearly there are many other factors that have contributed to the decline of participation. Not to be completely discouraged I hope to regroup for next season and try a few new ideas. The conclusion of the 3RVS Practice Series will take place at Franke Park on Tuesday at 6:30PM on September 11 and will be the last Time Trial for the 3RVS MTB TT Series.

The recent turn of events for the local cyclocross scene has certainly been a high note for this season. On Friday August 24th our Club President Patrick, Andrew Hoffman of Neighborlink and I sat down at the downtown library in a small conference room to work out a solution that would bring cyclocross back to a single weekly event. The meeting went well with both organizations agreeing to share responsibilities and split proceeds resulting from any surplus funds at the end of the season. Going forward cyclocross will happen at Franke Park on Wednesdays during late summer through fall and on most event days the cost will be ten dollars.

Another high note has been the recent performances by our 3RVS Racing members. Mark Witmer, Brian Gillie and Kyle Zelt competed in the USA Triathlon Nationals in Cleveland Ohio on August 12. All racers had to overcome some serious changes made by race officials just prior to the event start. The swimming portion of the event at Edgewater Beach was canceled by race officials and the United States Coast Guard because of strong currents in Lake Erie. The race was changed from a triathlon (swim-bike-run) to a duathlon (run-bike-run). The course consisted of a 2.72-kilometer run, 20-kilometer bike, then another 2.72-kilometer run. Not good news if you are a strong swimmer such as Brian Gillie. However all three of our racers had stellar performances. Kyle finished 51st overall and 18th in his age group and is a 2nd alternate for entry into the Triathlon World Championships. Mark Witmer finished 38th in his age group and 304th overall, and Brian Gillie was 24th in his age group and 218th overall. Over 5400 athletes competed in this year's USA Triathlon Nationals!

Our sixteen 3RVS Racing members have competed in over 46 events so far this year with the cyclocross season yet to fully start. They all credit a large portion of their success to the variety of rides available through 3RVS and the encouragement they receive from fellow 3RVS members who wish them well. I would also like to reiterate that the team is funded by sponsorship and gives a portion of that sponsorship back to the club as a good will contribution for all the intangible benefits gained from the association with the club. If you would like to contribute to our 3RVS Racing Team as a sponsor please contact me at racing@3rvs.com.

Three Rivers Velo Sport

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