



# Quick Release

April 2018

Monthly meetings are held the 1<sup>st</sup> Thursday of each month 7:30 PM at the Downtown ACPL, [900 Library Plaza, Fort Wayne, IN 46802](#)

Next Meeting is April 5<sup>th</sup>

[BikeReg.com](#)

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



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## Dipping Your Toes

Patrick Stelte

A favorite idiom of mine is “dipping your toes.” Caution is often applied by children when starting something new or exposed to unfamiliar situations. Being careful is a measure we all practice before we find confidence to go forward. Trying something new always starts with dipping your toes. We all experienced that first group ride nervousness when we looked over the parking lot at the other riders, but our desire to “dip our toes” conquered the anxiety. April is prime time for toe dipping. We have spent the winter in cycling hibernation. Some put the bike up in October temporarily trading it for a gym membership and a spin class on a device that has no memories other than a glassy-eyed business transaction between body and soul. Others have been saddled to an anchored horse, fixed to unchanged scenery sans a monitor or television screen that transports them to an altered reality. But spring is here. The sun is angling at celestial singularities that wake up the rapture of renewal. Shadows cast further into the evening are like song-birds calling for a mate. Our cycle-biorhythm is attuned to such elemental signs.

With our wanderlust piqued thoughts of feline adventure crackles old habits. Is the bike in working condition? What will I wear? Where will I ride? What have I forgotten and can I remember? With a ride and a few more, the desire for shared experience expands the quest for adventure. Social media offers suggestions and illustrations of others in cycling heat. Ride leaders are summoned to set the herd on course. Group rides become circles on the mental calendar. Who is meeting where and when matters. For club members, April is the start of ride season. As club touring director Steve Pequignot notes in his newsletter article this month, toe dipping starts on Sunday, April 8<sup>th</sup>. Weekly rides begin shortly thereafter. Excitement is in the air with spring smells and sounds.

However, a fair warning is afoot. Spring is crash season. Months away from riding side-by-side with others has rusted the senses, straightened the elbows, and dithered focus. I will start my twelfth riding season with the club – a neophyte to many – and I can painfully attest to the yearly ritual of happenstance. It will take a number of weeks until everyone has their “legs” a level of fitness that gives confidence inside the group. Until then, vigilance is what I can offer. Be mindful of your surroundings: who is in your group, the quality of the pavement, your own fitness limitations, and the weather conditions. Wind can wreak havoc on a spring ride fracturing uneven abilities and thrusting a surprise in a blink of an eye. Focus is the key. Lose it and you could be rubbing the tire in front of you followed by an over-reaction and fall to the pavement. Although I am sounding a siren call for the dangers of riding with others, I want to remind everyone of the virtues of group riding, mainly, the help of others. You are not alone and desire to nurse the wounded is strong in cycling. I have witnessed many wonderful acts of kindness and responsibility. There are no strangers at an accident.



## Dipping Your Toes

(Continued from Page 1)



Patrick Stelte

Every spring, there is a time when I am riding alone and thinking about the new season astrir. Mostly, I think about the new cyclists I will meet. There have been so many over the years. The personalities, abilities and shared adventures sear my memory. Some have come back year after year and others for a short, but indelible while. I was such a cyclist just like everyone else. I was in the parking lot measuring bikes and perceived fitness. The caution was palpable. My heart raced with anticipation for something new and fear of not measuring up. Now, I look back with countless experiences under my wheels and feel buoyant for dipping my toes.

## April Touring Report

Steve Pequignot

Three Rivers Velo Sport's 50<sup>th</sup> season kicks off in just a few days. I am pleased to return for my tenth season as your touring director. Our opening tour will start at Woodlan High School using route WLN-3, which offers some of the smoothest and flattest cycling roads in the area. Be ready to ride by 11:45 AM. 3RVS Officers and ride leaders will be introduced, followed by a pre-tour briefing, and then we will roll out at noon. There will be four pace group options. A group 20+ MPH; B group 18/19 MPH; C group 16/17 MPH; D group 14/15 MPH. Distance options will be 20, 41, and 51 miles. Group ride leaders will determine the distance for each group. This season's weekend ride leaders are: D group, Robin Mitchell and Mona Will; C group, Mona Will and Tom Yoder; B group Johnny Grabowski and Cindi Souers; A group Patrick Stelte and Steve Pequignot.

3RVS is pleased to be a sponsor in-kind for the fifth annual Ride RMHC. This is a charity cycling tour that benefits the Ronald McDonald House of Northeast Indiana, located on the campus of Parkview Regional Medical Center in Fort Wayne. The tour is Sunday, April 29, at 1:00 PM. The tour starts at Kreager Park, 6400 North River Rd. in Fort Wayne. The tour will be SAG supported with distance options of 25/45/68 miles and will also feature a ten mile family fun Greenway ride. Ride RMHC is the club's official tour on Sunday, April 29. For complete details and online registration visit: <https://rmhc-neindiana.org/events/ride-rmhc/>

Our weeknight tours will be starting in April and May.

Mondays will be the Morning Meandering and Musings Ride for ladies only, E group pace. In the evening the Spokesmen Bike Shop Ride will start at the bike shop in Roanoke, B and C group pace.

Tuesday evening we will have our popular Kreager Park Tour at a D and E group pace. Also the Skills Tour will start the season at a B pace and as the season progresses the pace will increase to an A pace.

Wednesday evening, the high octane Saturn Ride is back at an A group pace. Also, we are starting the new Rogue Ride for C group riders.

Thursday is the Girls Ride Out at Roanoke Park, for ladies only at a D pace. On the east side of town will feature the new Jefferson A Ride.

Our only Friday ride is the monthly City Tour held the first Friday of each month all year. This ride features a leisurely E group pace and offers a post ride social event.

For details of each ride check the Schedules/Weekday Rides section on the 3rvs.com website.

In addition to the club's website and 3RVS Facebook Page, we will be using our Twitter feed @ride3rvs to tweet our followers regarding upcoming tours, changes, cancelations, and live tour updates. If you have a Twitter account and wish to receive such tweets just add @ride3rvs to your Following list.



3RVS Touring

## April Touring Report

(Continued from Page 2)

We still use Life360 during our tours. This app worked well last year and we will be using it again this season. Life360 can be used on a computer or a smart phone and is available for iPhone and Android. This app will allow 3RVS members to join and track other 3RVS riders during our tours. This app may be useful for riders who are late for a ride. It gives families the ability to follow a rider during a ride via GPS. The app has the ability to locate a dropped rider, or a rider stopped due to a mechanical situation. We have created a Circle named **Ride 3RVS**. A circle is a name for any group of friends, family, teams, clubs, etc., who wish to track and/or be tracked by others in the circle. Tracking can be turned on and off at any time by any member, so when you want privacy you get it.

If you wish to join just go to your App Store, download the free Life360 App, and then follow the instructions in the email.

With the app you may also create your own personal circles with your family and friends if you wish. You may have as many circles as you wish. You can have one circle turned on and others off as you choose. Below is more information about the app.

### Description

Life360 is the world's leading real-time, location-sharing app, and is the best way to coordinate with family and friends, (groups are called Circles). Get automatic notifications when your family comes and goes from home, work and school, and when they complete drives or a ride.



Steve Pequignot

Use Life360's Family & Friend Locator to:

- \* View the real-time location of friends or family members on a private map
- \* Receive real-time alerts when friends or family arrive or leave home, work, and school
- \* Share photos and text messages with our secure, private chat
- \* See past location history for your Circle
- \* See information after each drive to improve driving safety
- \* Protect your family while they're driving with our Crash Detection service
- \* Track a lost or stolen phone

Use GPS to find Friends and Family

Life360's Family & Friend Locator uses state-of-the-art GPS location data to report the real-time whereabouts of your friends and family. Simply install Life360 on everyone's phone. Once registered, each member appears as a unique icon on the map so you'll always know where your family members are.

No need to send text messages asking "When will you be home?" The Life360 Family & Friend Locator tells you! Create geofence zones around your home, work, school, or anywhere you visit regularly. Whenever someone in your Circle arrives or leaves those locations, you'll get a notification.

The Life360 App is available for free at the iPhone App Store and at the Android Store. For computer use go to [www.life360.com](http://www.life360.com).

3RVS members who wish to try the Ride 3RVS Circle using the Life360 app may send a message to: [touring@3rvs.com](mailto:touring@3rvs.com). After you install the Life360 app we will send you a code to log into the Ride 3RVS Circle.

I look forward to seeing you on the road.

**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.

**Morning Meanderings TBD & Musings**

Kreager Park  
Pace 10-15 mph  
Check weekly for start locations

**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  
Starting April 17<sup>th</sup>

**Skills Dev Tour 6:00PM**

Jefferson Middle School  
5303 Wheelock Rd. Ft Wayne  
Distance: 24-42 miles  
Pace: 18-20 mph  
Starts May 1<sup>st</sup>

**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  
Starting April 11<sup>th</sup>

**Rogue Ride 6:00PM**

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

**Thursday**

**Girls Ride Out 6:00PM**

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

**Off-Road Notes**

**Randy Rozewicz**

Off Road ride season starts April 09, 2018  
Weather will dictate our ride schedule.  
Suggestions, ideas, help are welcome at anytime.

**Ride Leaders:**

**Trails**

Franke Park Monday & Wednesday  
Destination; Brown County, Winona Lake, Mourches, Fort Custer, The Dump, etc.  
Randy Rozewicz, Rich Swihart, Diana deCarranza, Martin Carranza, Phil Snyder

**Destination**

Amy Copeland, Jennifer Altherr, Deb Watts

**Urban Exploring**

Phil Snyder, Rich Swihart, Randy Rozewicz, Brad Smith, Amy Copeland

**Off Road Division Awards**

All submittals to be sent to Randy Rozewicz  
Awards will be given to female and male club members

1. Volunteer Hours; trail maintenance
2. Most miles ridden
  - A. Trail
  - B. UE / Destination
3. Most flat tires with picture
4. Bent Wheel; spirit award one winner only

Trail maintenance will be the second Saturday of the month.

Work time 9:00AM to 11:00AM.

We will be doing general cleanup of the trails until a formal agreement is in place with FW Parks.

If there are any questions do not hesitate in getting hold of me.

**Jefferson A Ride 6:00PM**  
Jefferson MS Wheelock Rd  
Distance: up to 40 miles  
Pace: 20+ mph  
Starting TBD

**First Friday each Month**  
**City Tour 6:30PM**  
Lawton Park, east end of parking lot  
Distance: 8-10 miles  
Pace: 10-12 mph

## April Touring Dates

Date	Time	Map	Start At	Destination/Pace Groups	Distance
4/8	11:45 AM	WLN-3	Woodlan High School	Antwerp/Cecil/127 Opening Season Tour, A,B,C,D groups	20/41/51
4/14	12:00 PM	NHS-1	New Haven High School	Monroeville/Woodburn A,B,D groups	17/34/47/51
4/15	12:00 PM	WHS-7	Wayne High School	Poe/Ossian/Bluffton, A,B,C groups	13/24/30/48
4/21	12:00 PM	CHS-1	Carroll High School	Churubusco/Columbia City, A,B,D groups	20/32/44
4/22	12:00 PM	HHS-RC	Homestead High School	Riders' Choice, 1 of 11 routes A,B groups	40/41/48/54 58/69
4/28	12:00 PM	JMS-RC	Jefferson Middle School	Riders Choice choose 1 of 7 routes, A,D groups	37/40/45 53/61
4/29	1:00 PM	KRG-5	Ronald McDonald Charity Tour Fee based	Woodburn, Antwerp, Cecil Register at: <a href="https://rmhc-neindiana.org/events/ride-rmhc/">https://rmhc-neindiana.org/events/ride-rmhc/</a>	25/45/68

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

## The Siren Song of Spring

Scott Tomsits

Recently, I was fortunate enough to take a trip down south and preview the coming cycling season. Sampling some warmer weather and going on group rides with Charlie Copeland as us 'Yankees' invaded Alabama via the Dothan Area Cyclists as well as riding with the Caloosa Riders in Cape Coral. After those outdoor riding experiences, coming back home to find Spring doing as admirable a job of procrastinating as I am on my taxes has been vexing. Even Zwift, which does a good job of enticing me when the outside season is farther away, has seen the bloom come off its rose.

With this late season and after a road incident on the way home which shall be known as 'that which shall not be named', I found Mona's choice of quote below quite apropos. In short, I miss the sociability of cycling, the camaraderie of the club, and I am very much looking forward to seeing everyone again out there. Happy faces with new kits or bikes; talking about topics that only a bunch of cycling yahoos like us would be interested in. Even the cold-weather cycling gear has started to look like the last girl in the bar at closing time; if only for a chance to get together and ride. Hopefully the weather will be good enough for opening day, because I will be taking that girl out to Woodlan High School regardless and I hope to see everyone else out there too! Here's to a great season everyone!

## Monthly Musings

Mona Will

"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."

**Sherlock Holmes author, Arthur Conan Doyle, Scientific American, 1896**

## Proposed Club Constitution By-Laws Amendment

At the March meeting of Three Rivers Velo Sport, a proposal was introduced to change the constitutional by-laws to insert a provision to protect club intellectual property. The proposed language was passed by club members present at the meeting. This was the first step in changing the by-laws. The second step is a formal notice in this newsletter for all members to read. The third step is a final vote for passage of the by-law change at the May club meeting, Thursday, May 5<sup>th</sup> @ 7:30pm at the downtown library, meeting room B. Discussion of the amendment by all parties present will precede the vote. If a club member has comments, but cannot attend, please submit comments to [president@3rvs.com](mailto:president@3rvs.com). All comments submitted will be read and discussed at the meeting.

The proposed amendment language reads as follows:

### 3. Constitutional By-Laws Amendment Proposal - Intellectual Property

Proposed Bylaw 1.7 reviewed. Steve Pequignot distributed hard copies of proposed bylaw language drawn up by Steve and Scott Tomsits, which was then discussed by all in attendance. The bylaw was agreed to after minor revisions, and will be included in a future club newsletter, after which it will be voted on in a future club meeting per club constitution guidelines (April newsletter, May club meeting.)

Bylaw 1.7 language: "Use of Club Intellectual Property, Name, Logo, Trade Marks, Reproductions: No individual, group, firm, organization, company, incorporated or not, may use the name, logo, likeness or any other intellectual property of the club without the expressed written permission of Three Rivers Velo Sport, Inc. Application for such use must be presented to the Board of Directors via U.S. Mail, at the club's registered P.O. Box or personally at a monthly club meeting. The application must include specific details such as how the intellectual property is to be marketed, who benefits from the proceeds; the intended price per unit of each item, along with the complete product item. If the application is approved by the Board of Directors, the applicant must enter into a marketing agreement with Three Rivers Velo Sport, Inc. prior to marketing the intended product."

### Three Rivers Velo Sport

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We're on the web.  
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