



Quick Release

August 2020

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 August 6th

Minutes and agendas archived [here](#):

We have changed our online signup for [membership](#) for your convenience. Follow the links above to join or more information!



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Ride Your Own Ride

Johnny Grabowski

It was probably about 8 years ago that I drove up to Angola to ride in my very first cycling event, Bike 101 Lakes. While it was a pretty low-key event in comparison to many of the larger annual events, it was my first experience at a ride whose participants - many whom I hadn't met before - were from numerous cities. Pretty early in the ride, I was getting to know a guy who was riding my pace, and I noticed that his friend who had started the ride with him had left him behind - and his response when I asked him about it has stuck with me ever since.

He said that he and this other friend go to cycling events together often, but with the agreement that they will always "ride their own ride" and simply meet back up at SAGs or at the finish.

Please don't get me wrong - any of you who knows me knows that I'm the last guy who would advocate for dropping your friend or not riding together in cases where everyone expects to stay together. The aspect of "ride your own ride" that strikes a chord with me is the idea that each cyclist should feel free to do the kind of cycling they want, at the speed or pace they want, for the distance that they want. More importantly, the kind of cyclist any of us want to be, or the kind of cycling we want to do, isn't set in stone and can change as needed over time.



Johnny Grabowski

I've been inspired by watching other 3RVS members as they have found new ways to enjoy cycling, too: Mona Will's commutes, Pamela Fennel's gravel excursions, Shane Powell's recumbent adventures, Kimberly Byers truly epic adventures - these are all cyclists I met on 3RVS weekend tours who are finding other cycling "sweet spots" to pursue. At the same time, there are others who continue to embrace their passion for churning out impressive road riding (or even Zwift) stats - and that's awesome too. As for me, this year I'm personally putting fewer miles on my road bike and working toward working tandem rides with my wife into my schedule, as well as some gravel or off-road rides (these are both disciplines where I'm a complete newbie). I'm also finding more time for non-cycling activities in order to achieve what feels like a better balanced life for me.

Whatever your current cycling passion, I encourage you to embrace it and pursue it. Something new? More (or less) of the same? In my opinion, it's ALL good if it's good for YOU. And while you don't owe anyone an explanation as to why you like to do whatever it is you like to do, sharing your discoveries and enjoyment with your fellow cyclists will expand their horizons too. It may even lead to them choosing to ride your ride with you sometime.

I sincerely hope everyone is having a blast this summer riding their own ride - I look forward to riding with many of you and reading about everyone else's adventures too.

Fort To Port Route Test

Shane Powell

Greetings everyone! August is promising to be an exciting month of riding! We not only have 5 weekends this month. But I am offering an additional bonus Club ride to those souls brave enough to test a new route concept with me. As some of you know, early in the year I reached out to the Flatlanders Cycling Club near Port Clinton Ohio. I asked them if they'd be interested in assisting us to design a one day, one way route from The Old Fort to Port Clinton, OH. The result is a 146 mile route created on Ride With GPS, that looks to be an adventure! I am looking for participants to assist in testing this route on a self-supported ride August 15th. You may form your own pace groups, or ride with me at an A-B pace. The plan is to depart The Fort at 6AM, and use the created route to make our way to Port Clinton. You will need money for SAG stops, and arrange for transportation back to Fort Wayne. I will personally be spending the night in Port Clinton, and riding back with my wife the following afternoon. If I receive positive feedback from the Membership, we will work towards the possibility of making this a special annual event. I will welcome feedback regarding your opinions of the ride, possible SAG locations if this evolves into an annual event, overall route, etc. Our usual weekend tours are still scheduled this weekend for those who are interested. I hope to see you all on the road soon!

For those of you interested in the Fort to Port Ride: Please contact me directly via email, or messenger. The digital route is available on our Facebook page, as well as RWGPS. We will be departing from the Lawton Park trailhead near the Old Fort. This is a self-supported ride, so you will need to bring money, and make provisions for your return to Fort Wayne.

August Touring Dates

Date	Time	Map	Start At	Destination/Pace Groups	Distance
8/1	9:00 AM	ARC-5	Arcola Elementary School	Columbia City/Larwill/Pierceton Groups TBD	26/44/55
8/1	9:00 AM	CHS-1	Carroll High School	Churubusco/Columbia City Groups TBD	21/32/44
8/8	9:00 AM	ROA-7	Roanoke Elementary	Kendalville/Avilla/La Otto Groups TBD	26/45/55/69
8/9	9:00 AM	NHS-8	New Haven High School	Dixon/Convoy/Van Wert Groups TBD	36/52/69
8/15	9:00 AM	WHS-3	Wayne High School	Zanesville/Huntington/Ossian Groups TBD	19/33/44/55
8/16	9:00 AM	HTN-1	Huntertown School	Auburn/Ashley/Avilla Groups TBD	26/39/62
8/22	9:00 AM	WLN-3	Woodlan High School	Woodburn/Antwerp/Cecil/The Bend Groups TBD	20/41/46/51
8/23	9:00 AM	HHS-4	Homestead High School	Columbia City/South Whitley Groups TBD	37/38/52
8/29	9:00 AM	KRG-8	Kreager Park	Payne/Paulding/Antwerp/Hicksville Groups TBD	26/48/64/104
8/30	9:00 AM	LHS-9	Leo High School	Butler Center/Avilla/Kendallville	25/45/51

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 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.

Summer Rain

Patrick Stelte



Patrick Stelte

Here it is, the last days of July and I feel like the summer just started. The pandemic has pushed my bio-rhythm markers all out of whack. The club began group riding at the beginning of the month with turnout feelers ready to proceed with the new normal. My spirits have risen seeing, talking and experiencing the synergy of energy in motion with my cycle-buddies, acquaintances and new faces. My coping therapy looks like a math equation: bike plus like-minded human variable(s) equals harmony. Even those few rides of suffering at high pace was worth the post-ride muscle soreness. No pain, no gain? No pain, no joy this year. It hurts so good to feel something other than suspended animation.

That need to feel extends to Mother Nature. Summer is my time on the bike. I have written in the past that the warmer it is the better I ride. Bright sunshine, a good sweat, limber legs churning like pistons in a Stroker V8 stock block and no traffic signs for miles is a chorus for my soul. Insert this rapture into a paceline and all bio-rhythms are attenuated and extended through the oneness of body and mind as if all participants have melted into a single organism. There is a funny scene in the baseball movie *Bull Durham* where a rookie pitcher with a million dollar arm and a five cent head is trying to tame his ability and archive his potential. At one point, he takes off-beat advice to breathe through his eyelids like a reptile. The wacky idea is to get him to relax and find the singularity of the moment to throw the perfect pitch. During the summer months, I search for those reptilian breaths. On occasion, I have found perfection. Last year, it was pulling a group out of Larwill over rolling terrain at a brisk pace for 6 miles to the town sign at Columbia City. I was the Lizard King that day, Jim Morrison be damned.

All elements come into play during the summer and rain is a big indexing marker for memories. I can remember rain rides better than almost any other of my thousands of bike rides. A peculiar trait of summer rain is the pop-up storm. If the weather service predicts even the slightest chance of rain, we look at the radar before we ride. Is there a line forming? Are there any spotty green/yellow/red dots on my planned route? Sometimes it just doesn't matter what the radar shows. Back in 2002, I was set for a short evening ride with bright sunshine. No hint of rain on the radar. Half-way through my ride, I noticed darkness forming to the south. I was 35 minutes from home and wasn't concerned. 15 minutes later, the heavens opened up and a deluge ensued. I rode the last 7 miles trying to see through my sunglasses. Before the ride, I was worried about a parade on my route home and how to avoid the traffic. That wasn't an issue. All had fled and party debris was the only trace of humanity. When I finished, I stepped gently inside the door and stripped naked out of the heavy outwear. When the rain stopped four hours later, eight inches had fallen and a number of locations were flooded.



3RVS Touring

Sometimes, we try to beat the predicted rain to group ride. Several years ago, a strong westerly wind pushed 12 to 14 avid cyclists to Paulding, Ohio, sunshine at our backs. I remember coming out of the convenience store and noticing the group looking to the horizon, our planned return destination. What we saw was a wall of angry, black clouds. We had no recourse but to ride thirty plus miles through it to get home. Three miles outside of Paulding, a white squall hit us like a two by four. The pelting rain stung with shards of hail. My helmet rattled as if a drunk drummer was stuck on a hi-hat. We huddled close, rotated frequently and somehow survived the onslaught. This ride has a companion in my memory of summer rain to a century group ride through Hicksville, Ohio a couple of years ago. Seventy miles into the ride, we SAG'd with ominous clouds and spotty radar building between where we were and where we were going. My group mates were hungry and sluggish to re-start, so I decided to solo my way home. I rode Highway 1 from St. Joe to Leo (9 miles) in a downpour with traffic whizzing by me while I rode on a slim shoulder. Thankfully, the rain cooled the hot temperatures and relieved my sore legs, a yin-yang dichotomy. That ride had an iconic twist of summer rain: by the time I reached home, I was dry. Pop-ups can soak you and pass quick enough for sunshine to bake the moisture out of your kit.

There is beauty to be found in summer rain. Many times riding in the country, I will watch white clouds bubble and boil in the distance, bright sun illuminating the backside against a blue sky palette. Last year in the parking lot at Saturn Church in Whitley County, I was trying to determine the best path for our group around the radar rain spots as they moved

Summer Rain**(Continued from Page 3)**

in a two hour history timeline. My best guess was due west, an out-and-back. We started with ominous overcast skies hoping the rain would hold as it passed in front of us. By the turnaround at Highway 5, sunshine welcomed the group. Heading back east, we caught the sight of the tall, strikingly brilliant boiling white bank of clouds a few miles to the south with a multi-shaded rain curtain extending below. I could not take my eyes off it. I felt so close yet safe from the elements that wrought the living in its path. I was in awe. In the matter of thirty or so minutes, the clouds had formed over us and passed before letting go the turmoil made of heat and humidity.

The genesis of this article came from a recent Sunday club ride. Hessen Cassel was the start and end point with sixty-six miles in between and Wilshire, Ohio as the destination. It had rained over-night with a forecast of pop-up storms later in the day. Eight hardy souls dared to thumb a nose at Mother Nature. Three decided to go the full sixty-six - including me. The first three hours were pleasant and sun-sparkled. The last twenty minutes was an adventure. We knew our fate for many miles prior. The sky was darkening near our end-point, but we rationalized movement to the south and west away from the parking lot. Rationalize is a funny word. We ascribe our opinion to causes that superficially seem reasonable and valid but that actually are unrelated to the truth. Well, we got soaked in rationalization. Six miles out, it started to rain. The last two was in a downpour. I rode side-by-side with Mark Geiger down Monroeville Road trying to see fifty feet ahead. It was raining so hard that there was no point in changing clothes at our vehicles because the rain came sideways into our cars when we opened the door.

There is a metaphor to my storytelling of summer rain. It takes endurance to persevere in the most trying of times. Caught by surprise out in the middle of a ride, exposed to the inevitable consequences, we endure to make it to safety. Grit, patience and calm thinking allows us to survive the wave that passes over and beyond. 2020 has been the most trying of times in recent memory. Back in December, no one could have foretold what we have endured seven months later. Patience is on the menu for the current and near future (hopefully) as we navigate our way home. I wish you all the best in your travels on two-wheels, be they alone or with others. Adventure waits down the road, the path may be further away, but eventually we will get there.

3RVS Time Trial Results**Dave McComb****Road Time Trial Series #1 July 21, 2020 - Final Results**

Place	Name	Class	Team	Points	Time (adj)	MPH
1	Sean Martin	M-TT	FW Outfitters	25	21:11	28.32
2	Gary Painter	M-TT	FW Outfitters	20	21:34	27.82
3	Hugh Smith	M-TT	FW Outfitters	16	23:06	25.97
4	Dave Lewis	M-TT	FW Outfitters	14	23:20	25.71
5	Chris Kern	M-TT	FW Outfitters	12	23:36	25.42
1	Nancy Lichtensteiger	W-TT		25	29:22	20.43

Expanding Our Horizons

Scott Tomsits

This is a notice from your friendly Newsletter Editor that all input is welcome to the newsletter and club. If you have a cycling discipline, aspect or facet that you have input and would like to see covered, by all means write up a small article with your thoughts and personal expertise. I welcome all input and would love to work with new content providers addressing any under-represented segments of our club. First things first, however, you have to make it known you want it is you'd like to see get greater exposure. In this era as we explore the new-normal, now is the perfect time to make known alternatives to the usual paceline touring, especially if it involves increased separation while still maintaining community and activity. I look forward to hearing from anyone interested in expanding the horizons of the club and it's members.



Scott Tomsits

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