



Quick Release

December 2018

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 January 3rd

[BikeReg.com](#)

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



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2019 Three Rivers Velo Sport Officer Elections

Patrick Stelte

3RVS will hold officer elections at the first club meeting of the new year on Thursday, January 3rd @ 7:30pm at the downtown library, meeting room B. Any club member interested in serving can contact me for details and responsibilities of each office at president@3rvs.com. The election will be held at the beginning of the meeting and all nominees must be present to be elected. Club members can nominate themselves for office or nominate someone else that wants to be an officer. Only club members present at the meeting can vote for the election of club officers. The term for each office is one year.

Chilly Challenge

Mona Will

January 1st, 2019 @ 1PM

Psi Ote Barn Close to the corner of State Street and Parnell

As I'm looking out the window, I see a flock of Canadian geese flying over the tree tops, trees with only a handful of leaves left on some branches and green grass littered with brown leaves. Barely anyone has passed by on their bikes, walking, or running. It's Thanksgiving Day, it's cold outside, and I'm realizing how quickly January 1st is going to be here.

The "Chilly" has been a traditional ride for 3RVS members and others for many years. It's the first day of a new year and a perfect excuse/reason to get the bike out and go for a ride. We offer a few routes to choose from and one stops by the river to watch the Polar Bears jump in. (Crazy people if you ask me.) Your first miles of the new year are always memorable. In years past we have had teeth chattering, cold to the bone weather, and we've also had mild, just a medium weight jersey was enough weather. One thing that remains the same no matter the weather is the camaraderie of fellow cyclists sitting down, eating the delicious chili and food, and sipping on the gourmet hot chocolate that Joe Bartels is now known for, after the ride.

It's the delicious chili and food that we always need volunteers to bring to the ride. I have found that we need at least 10 crockpots or instant pots to feed the burgeoning number of people that show up from year to year. We also need people to bring plates of brownies, cookies, cheesy bread, veggies and whatever else is yummy. We need volunteers to help with either set up, tear down, kitchen duties or registering riders. Set up takes about 4 people, same for tear down, and 2 for registering the riders. Each duty is less than an hour tops. There's a saying "it takes a village to raise a child." I'd change that to "It takes a village of volunteers to keep the Chilly ride operating."

Please private message me on Facebook or email me at mwillartist@yahoo.com with your offer of food or volunteering. We can't do this successfully without you, you, and you.

From the Membership Desk

Amy Copeland

I'd like to reach out with a huge shout out of thanks to all of our 2018 members. Although I may not get a chance to ride with all of you the things you do out in our cycling community are appreciated. Sometimes it can be as little as riding in a safe and predictable manner among traffic or helping a new rider out of their training wheels opening up a lifetime of fun. We all may play a different roll but it's the love of bicycling that brings us together.

As the weather starts to turn cooler I start thinking ahead to next year and what exciting new things we will do as a club and how exciting it will be to share these things with our cycling family. When we are not actively cycling with the club it is easy to forget that our annual memberships expire December 31st. So many members have made the life of a Membership Director easy and drop off renewals at the end of season/holiday party in December and never have to worry about a lapse in their membership. This season's party will be delayed until January so I am putting the call out early for renewals. I will certainly take them again at the party in January but encourage everyone to consider completing their application before it expires December 31st so you can still get you bike shop discounts when you do spend your Christmas money and gift cards and so your covered under supplemental insurance on those Show N' Goes, City Tours, and Chilly Challenge rides with the club. Dues for 2019 will still be \$20 individual and \$30 family. You may renew online or by mailing in the registration form. Both may be accessed through the 3rvs.com page. If your going to see me out and about on a ride please feel free to save some postage and just give it to me directly, my tires I'm on will get a little wider, but I'll still be out there!



3RVS Touring

Ride Across America

Abi Snyder

Since his college days, Jim Snyder has been dreaming of riding a bicycle across the U.S., and this year he did it. After ceremonially dipping their wheels in the Pacific Ocean, Jim, together with his wife Denise, started riding east on their Co-Motion tandem through San Diego, California. They were accompanied by their daughter, Abi, who rode along on her own Specialized CruX, and their son Joshua, who drove sag with a truck and travel trailer.

After over a year of planning, they used a combination of Adventure Cycling tour maps, routes from other riders, and Google Maps for bicycles to patch together a route across the southern United States. Some of the many highlights of their trip included experiencing a snow and hail storm in San Diego (an unusual occurrence!), 12 flat tires between the two bikes, 240 straight miles of headwinds in New Mexico and west Texas (finally making it out of Texas after almost two weeks), riding along the beach on the Gulf Coast, and of, course, making it to the Florida state line.

Each day's ride averaged around 65 miles, and overall, they experienced great weather, only taking one "forced" rest day for rain. At the same time, the trip was not without challenges: dangerous and rough roads, wrong turns, fatigued muscles, sore bottoms, grinding uphill grades (especially on a tandem!), and 240 miles of headwinds (was that mentioned?!). But conquering, or surviving, those aspects of the trip was part of the journey too! What better way to see the beauty of the country and meet people (not as many as anticipated, however) than on a bike? Jim and Denise feel fortunate to have done it with family – and there's no better way to cross the country than with a personal sag!

After 40 days of riding and six rest days, they rode down the boardwalk into the Atlantic Ocean on April 13, thus finishing their cross-country ride. As Denise noted, it was a bit anticlimactic, but still, they did it! Now months later, she tells people she is just amazed that they actually rode every inch across the United States, and can hardly believe she did it, but, if she did it, you can too!

Monday

Franke 6:30 PM

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.

Thursday

Urban Exploring 6:00 PM

Johnny Applesee Park (near the Tank)

Distance: TBD

Expect some offroading

First Friday each Month

City Tour 6:30 PM

Lawton Park, east end of parking lot

Distance: 8-10 miles

Pace: 10-12 mph

December Show n' Go

May Touring Schedule

| Date | Time | Start At | Destination/Pace Groups | Distance |
|-------|----------------------------------|--|--------------------------------|-----------|
| 12/15 | 11:45 AM 12:00 PM 12:15 PM | FFCU Flaugh Rd. Arcola | Show n' Go B+ & others as show | 2-3 Hours |
| 12/16 | 12:00 PM | Homestead HS | Show n' Go B+ & others as show | 2-3 Hours |
| 12/22 | 12:00 PM | Homestead HS | Show n' Go B+ & others as show | 2-3 Hours |
| 12/23 | 11:45 AM 12:00 PM 12:15 PM | FFCU Flaugh Rd. Arcola | Show n' Go B+ & others as show | 2-3 Hours |
| 12/24 | 11:45 AM 12:00 PM 12:15 PM | FFCU Flaugh Rd. Arcola | Show n' Go B+ & others as show | 2-3 Hours |
| 12/29 | 12:00 PM | Homestead HS | Show n' Go B+ & others as show | 2-3 Hours |
| 12/30 | 12:00 PM | Homestead HS | Chilly Challenge | |
| 12/31 | 11:45 AM 12:00 PM 12:15 PM | FFCU Flaugh Rd. Arcola | Show n' Go B+ & others as show | 2-3 Hours |
| 1/1 | 1:00 PM | See 3rvs.com & Newsletter for de-tails | Chilly Challenge | |

Memories

Patrick Stelte

This past Thanksgiving, mom and I made our annual holiday pilgrimage to South Bend to celebrate with the Kramer family, friends that we have known since my childhood. On the way up, we reminisced over past events and people that connect our lives to a timeline of personal history that anchors our sense of being. I spent my youth having adventures with the Kramers and followed them from Fort Wayne to Huntington and eventually South Bend. There were the backyard wiffle ball games that had a garage roof as a home run fence. I took my first airplane ride in their living room, blindfolded while standing on a 2 x 4 rocking up and down with sound effects and flight commands. The year I turned ten, Uncle Bob dressed up as a werewolf in theatrical make up for Halloween and chased us around a dark countryside. Many of my best childhood memories came from my association with the Kramers.

As mom and I traversed the past, I noticed the roads dissecting US 30 and began to think of all the memories I had cycling each and every cross road up to Columbia City and beyond. I thought, "We used this road and that road for a Saturn course." "There is the short-cut to Yellow River Road." I thought about a very hot holiday club ride where we diverted to the gas station at West Countyline Road to rest and fill up empty water bottles for the last few miles back to Sweetwater Sound. I remember Amy Woods trying to stay composed while Steve Voderman looked every bit of the weather. Further up the road, Wilby's Gas and Goodies in Pierceton is where Ryan, an out-of-towner, exclaimed to the group that it was the hardest ride he had so far that year and we were only half way.



After a bit, I began to think about my first serious attempt at cycling and my mentor Mike Beck. Mike was an urban explorer par excellence. He put me through more heart-pounding experiences than I thought I could tolerate. Ever try riding the large stones between two railroad tracks? Try doing it between Sherman and Columbia Street not knowing when a train was coming. We rode the Franke horse trails when cyclists were not allowed and dodge our share of urine puddles. Mike took me to Gnow Bone Boys and Girls Camp and we got lost on Brown County trails near sunset. When he moved to Los Angeles, I visited and rubbed his back tire while screaming down a gavel path in El Moro Canyon. Mike loved his mountain bike. I remember selling my '65 Chevy Impala and buying a Centurion Le Mans which I used to win my first race - a biathlon with a woman I had a crush. That was also the bike I was on for my first serious crash, the day my grandmother died. My first aluminum bike was purchased to celebrate college graduation. My Cannondale Super-Six was purchased with insurance money from my second serious crash and my Giant was purchased after I saw it at a close out sale while looking for a new helmet after my third serious crash. The memories flood when the gates are open.

Earlier this year, mom was diagnosed with dementia. She is happiest in the memories of the bygone. The last few years, our conversations on the way to the Kramers also include remembering names to familiar faces. My years on the bike have given me more memories than I can remember, but mom's illness gives me pause to cherish what I can remember. Coming up in January, the club will officially celebrate fifty years. This is a time to join others and converse in all things cycle-y and acknowledge the past, honor the present and talk about the future. Join me on Friday, January 18th for a night to remember. RSVP at membership@3rvs.com.

Why Do You Ride?

Kimberly Byers

An easy question to answer until you stop and think about it for a moment. The reasons I ride today are drastically different than the reasons on my first Tuesday evening at Kreager Park. And those reasons were different than when I purchased my first new bicycle and even that reason was different than when I bought a garage sale bicycle to begin my cycling journey. So why do I ride?

I ride because I feel good when the earth is passing beneath my wheels. I ride because I feel empowered by the miles. My friends ride, so I ride. I ride for tacos on Tuesdays and exploring on Thursdays. I ride to chase sunsets, and an occasional sunrise. I ride to fill my soul with the beauty and grandeur of our earth. I ride to escape myself, and sometimes the world. I ride because that is what I do, but one thing is for certain, I do not have to ride as my only mode of transportation like so many people must do.

When I followed Phil Snyder to the Heart of the City Mission to see if I could help one Friday morning, the first thing that stood out, was that the patrons of the mission needed their bicycles to get around. The amount of need that the HOTC fills is very dramatic, and I walked away from that first Friday feeling as if the riding I do is a privilege. Continuing to return to help, I learned that HOTC not only repairs bicycles, but has an Earn A Bike program, in which through a few hours of volunteering, a person can earn a bicycle. Imagine being able to earn your only mode of transportation in the short span of a couple of weeks. HOTC also offers a skills program towards becoming a bicycle mechanic, a program that I have been taking advantage of. Also, HOTC has a food bank, offers tutoring, music lessons and even a laundry room, so that a family doesn't have to choose between food on the table and clean clothes. The more I hung around the Heart of the City Mission, the more I felt the weight of the need. But what more could I offer?

The answer came on a Wednesday evening, in the form of craft beer while listening to Andrew Gritzmaker talk about his participation in the Trans Am Bicycle Race and his efforts to raise money for the Mad Anthony's Hope House. All of a sudden, the answer to "What more can I offer?" was staring me in the face. "Those that can, have a responsibility to do", was repeatedly upon my heart in the days that followed Andrew's presentation. It was then that my mission became clear. I would race the Trans Am to raise money for the Heart of the City Mission.

Many serious cyclists that I have talked to or ridden with have dreamt at one point or another about riding from coast to coast across America. I know I have more than once. But racing from shore to shore would go against the very fabric of the totally relaxing bike packing trips I have completed the past couple of Septembers. Of course, my relaxing trip this past September earned me the win for the women and second overall in the September Distance Challenge. This has also fueled my desire to race across the country.

After serious inquiry, the creation of a budget and a training plan, and talking with a few people about how to proceed with the simple idea of raising awareness and funding for HOTC through my bicycle riding, I have begun the process of entering the world's longest, non-stop, self-supported bicycle race. On November First, I was formally invited to participate in the 2019 Trans Am Race.

Having made it on to the roster, I need your help, just like the patrons of Heart of the City need our help. I need your support and encouragement. I need help to raise awareness of HOTC and everything that the mission quietly accomplishes. I have gained so much since that Tuesday evening when I finally mustered the courage to ask if I could ride with you, and I will never be able to repay the debt I owe to 3RVS for changing the trajectory of my life. It is now time for me to pay it forward, and I ask you to join me in supporting the Heart of the City Mission.

3RVS CARES - Advocating Responsibility

Mona Will

Responsibility is defined in the Merriam Webster Dictionary as: the quality or state of being [responsible](#): such as:

1. Moral, legal or mental accountability
2. Reliability, trustworthiness

Think about all the people that took on some form of responsibility to make the weekend rides, the weekday rides, and the destination rides possible so all you really had to do was show up and have a good time. Those people, the ones that volunteered are your friends. They are also ride leaders, SAG drivers and SAG support. They are board members, tour director, and website manager.

Were you one of those people that we relied on this year? If not, consider stepping up in 2019. Not only will you be helping the club, but you reap benefits too. Studies show that some of the benefits that come with volunteering include:

1. **Connecting you to others**
 - You make new friends and contacts
 - You increase your social and relationship skills
2. **It's good for your mind and body**
 - Counteracts the effects of stress, anger, and anxiety
 - Combats depression
 - Makes you happy
 - Increases self-confidence
 - Provides a sense of purpose
 - Helps you stay physically active
3. **Brings fun and fulfillment to your life**

We all have busy lives but somehow each one of us makes time to ride every week; sometimes that's once, twice, or more times a week. You always make time for what is important. Make time to take on a role of responsibility within the club for 2019. Why? Because we take care of each other. Whether we do it out of a sense of moral obligation or because we want to instill a sense of trustworthiness between ourselves and those riding with us, it's who we are. It's what we do and it's part of being an engaged member in this "tribe" or "family" we call Three Rivers Velo Sport.

Feel free to contact a board member such as Patrick Stelte, Steve Pequinet, Randy Rozewicz, John Grabowski, Amy Copeland, Dave McComb, Pam Fennell, or Scott Tomsits to learn about volunteer opportunities within the club.



Three Rivers Velo Sport

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