



Quick Release

December 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 January 7th

Minutes and agendas archived [here](#):

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



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Chilly Challenge 2021 - January 1st, Sun-up to Sundown

Mona Will

This year's ride will be like no other "Chilly" has been. It's going to be a "Go & Show" ride. There will be no mass start nor chili and tasty treats after the ride. Rather, you will choose your own spot to start from and then do your own ride. You can do a road ride, a bike trail ride, gravel ride, or even a mountain bike ride. What's important is that you get out on your bike like you have done all the previous Jan 1st's, and then have fun! The distance is up to you too.



What we hope is that you post a selfie, including the bike and friends, list the distance and your starting point on the Chilly Challenge Facebook page only. Tag yourself and friends and post the picture between 10A-7P on the day of the ride. Each participant that tags themselves, will be emailed a participation coupon. Plus we will have a few drawings for gifts from some generous donors. The winners of the drawings will be announced on January 2nd.

It's the first miles of the year. Whether they are a ride around the neighborhood, using a new section of the trail you haven't ridden yet, or a tried and true route, have fun!

Expanding 3RVS Horizons

Shane Powell

One of the things 2020 has given me time to ponder, is what we are lacking as a Club. When many people think of 3RVS, they think of things like our weekend tours, Three Rivers Festival Tour, mountain biking at Franke, our race team, etc. We have a dedicated person to direct, and coordinate each of these facets of our sport. What we don't always think about, are some of our most beloved, and well attended social rides, or our advocacy in the community.

In the Spring, I switched to working 2nd shift for social distancing purposes. During this time, I was able to take advantage of our trails system. What I realized in doing this, is that there are a LOT more cyclists in Fort Wayne than our tiny little club reflects. We now have well over 100 miles of cycling/ multi-use infrastructure available. However, we have very few activities to attract the users of this infrastructure. Sure we have The First Friday Tour, which always draws a great crowd. We have the Monday Meanderings and Musings, that has a following of its own. We had the annual ice cream ride which will now be a remembrance ride for Rudy Schmidtke, and the Chilly Challenge. Most of these rides have fallen under Touring, which in my opinion doesn't give them the frequency or dedication that they deserve. What many of you may not know, is that we as a club, are also a sponsor for Trek The Trails. If you are not familiar with TTT, it is the most heavily attended weeknight ride in Fort Wayne, peri-

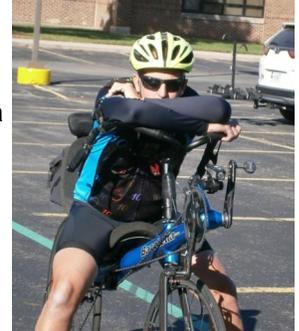
Expanding 3RVS Horizons

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od. Their turnout on a Tuesday night dwarfs anything we do, with the exception of the Festival Tour. This got me thinking. We need more rides like this!

I realized first that these are not what I would call "touring rides". They got grouped into touring, because we just didn't know what to do with them. I also realized, that we need a person to coordinate them. Someone who is approachable, and good with people. (As much as I would like to think of myself in this manner. Let's face it. I'm not that person.) So I reached out to Mona Will. I believe the way that I described the situation to her, is that I needed a "dedicated meanderer". I just didn't know what else to call it at the time. Someone who could be a liaison between TTT participants, and 3RVS. Someone who could have their own ride leaders, activities, and schedule away from Touring. Someone to coordinate, and oversee all of the fun social aspects of our Club that have been neglected. To my delight, she agreed!

We then reached out to the Fort Wayne Trails folks, and the City of Fort Wayne, to set up a meeting, and discuss the possibility of making Trek The Trails an official 3RVS Club Ride. They are all very excited about the prospect of 3RVS becoming more involved with promoting Trek The Trails, and expanding their use with our Club activities. So much so, that they went one step further, and declared 3RVS partners with Trek The Trails! What this means for us, is that all of our Club benefits will now be extended to participants on these rides. We are hoping that this will expand our footprint in the Fort Wayne area through increased membership, and being able to offer more cycling related activities to beginning, and casual cyclists. If this idea gets the response that we are hoping it will. This will eventually become a dedicated officer's position within the Club. So the next time you see Mona Will, be sure to thank her for taking on this monumental task, and working to expand our Club into new directions!



Shane Powell

Festival Tour Updates

Mona Will

Yes it is only the start of December and even though we haven't even done "the Chilly" yet, the Festival Tour committee members have been meeting to do our best to create a ride that will be remembered for years to come.

Year 2021 is the 50th year anniversary for Three Rivers Festival. For anyone that has celebrated a 50th, whether it be a birthday, wedding anniversary or work anniversary, it's a big deal and the Festival Tour Ride is taking that to heart. This year we will be offering an entire weekend of bike rides for all kinds of cyclists.

July 9th we will be offering a family friendly evening ride through our bicycle friendly city. We will be utilizing segments of the bike trails, paths, and designated bike lanes. It will be a "slow roll" and the mileage will be very manageable for all. The details of the route is in the very capable hands of Amy Copeland, Jennifer Smith and some of the fine folks from Fort Wayne Trails.

July 10th we will be offering our first ever organized gravel ride. The ride will begin and end at the Whitley Co Y in Columbia City. Our committee member and also an experienced gravel rider, Pam Fennel is in charge of the route details. We are super excited to offer this ride and hope to see it grow into a ride of it's own in a year or so.

July 11th will be our traditional road ride. This ride is at the heart of the Festival Tour Ride. We will be starting the ride from Sweetwater Sound once again.. For those of you that participated in the 2019 ride, you know what a first class place this is and what a joy it is to wrap up the ride there with



Festival Tour Update

Mona Will

ice cream treats waiting. The longer ride options will continue to Columbia City's Morsches Park, where we have once again secured the air conditioned building that has indoor bathrooms. From the park the routes loop in and out, with the final loop heading back to Sweetwater.

Our goal is to create a ride that appeals to many disciplines of riders with routes that are both scenic and challenging. We want a ride that people from outside the immediate area will want to attend and put it on their calendars from year to year. For this to happen successfully, we are going to need more volunteers than we have had in the past. We will be setting up a "volunteer" calendar in the upcoming months. This calendar will list what duties that need to be covered and the typical length of time required for that duty. PLEASE help us out. Feel free to contact us at 3rvsfestivaltour@gmail.com with questions or suggestions. Your input is always taken into consideration for this ride.

We will continue to post updates on a monthly basis.

Mona Will

Chair for Festival Tour



Mona Will

Group Riding Guidelines

Shane Powell

Greetings everyone!

As many of you know, one of my biggest goals since I took over as Touring Director, has been to make our rides as welcoming, and inclusive as possible for everyone. To be honest, I wasn't exactly sure how to go about this, or if it is even possible. My hope has always been to expand on the positive changes I've seen in the Club from where it was twenty-odd years ago, vs where we are now. I would also be lying if I said that I haven't been part of the problems we face myself. I used to be "That Guy". I often like to bring up the way rides were in years past. Before pace groups, GPS, or even an adequate number of maps for participants to ensure that they find their way back to the starting point of each ride.

These last couple of seasons have given me a bit of perspective on our Club Tours, that had previously escaped me. I spent so much time trying to get to the front of the group, and hammer with the really fast guys, that I never took the time to look back and see what it was doing to the group as a whole. I just knew that by God those guys used to drop me, and I was going to get my revenge! Then as many of you know, a crash forced me to switch to recumbent, and I was forced to ride in the back of the group. In retrospect, this change was the serving of "humble pie" that I needed, to realize that we were not really riding as a group at all. I saw rides start with 20 participants in the group, and get whittled down to 4 or 5 at the SAG. I would watch the same few guys occupy the prime drafting spots towards the front of a group in a crosswind, or crossing headwind, and deprive the remainder of the riders any chance of finding relief, or the opportunity to establish a more group-friendly pace. I would frequently ride to the front of the group to let them know of the situation to no avail. At this point I realized that we were not so much riding as groups, as we were a bunch of individuals trying to draft off of a 4-7 person race team. The guttering in the crosswinds, the refusal to fall to the back of the group, and allow other participants to dictate the overall pace. These are all more reminiscent of team race tactics than friendly club tours.

This past season, I thought that perhaps adding an additional pace group could alleviate the problem of stranding, and shattering a group. So we attempted to implement this concept. However, I quickly discovered that most riders don't show up with the intention of trying to drop as many people as possible. So we decided that maybe we could choose a point where a split could take place halfway through a ride, or even the last 10 miles or so. This also proved to be impossible to communicate. Sometimes a person would take off at the beginning of a ride, and scatter riders across the countryside. Coordination, and communication ultimately proved to be impossible within the group. So I did the best I could to stay at the back, and gather up the shrapnel of dropped riders to ensure that everyone found their way back to the starting point. In doing so, I came to a few realizations. The first was that at an A pace, it didn't matter if I stayed in the lead group or gathered the people who were left behind. I was getting nearly the same workout. My average heart rate, and calories burned were almost identical on each style of riding. Sure you might

Festival Tour Update

Mona Will

make some gains riding like those guys do who drop everyone. But not nearly as much as you will on a solo structured training ride. The second realization was that if we had a brand new participant, who was perfectly capable of maintaining the minimum pace of ride, and they were dropped because the pace accelerated to 28mph+. It didn't matter if a one or two people stayed back to ride with them, they were not likely to return for another ride. The final realization, was that I am NOT a racing director. We have one of those, and he does a fantastic job. None of our Club tours should be races. They are friendly, social events to build friendships, and camaraderie with fellow cyclists. If you feel the need to see how many people that you can strand in the countryside, these rides are not for you.

As a result of these observations, realizations, and input from other longtime Club members. We have passed the following changes that you will see in our riding guidelines, and rules. They are as follows:

Under Rules:

All "drop" rides are considered the jurisdiction of the Racing Director, and will not be acceptable as touring rides. This does not include rides that have a designated sprint section, if the intention is to regroup after each section is completed. Any rider capable of maintaining the minimum pace of their group shall not be dropped from said group.

Under Etiquette:

Do not attack your group. These are friendly touring rides, not races. No one shows up to a ride hoping to be stranded in the middle of the countryside. If you want to race, contact the Racing Director. This does not apply to designated sprint segments where the intention is to regroup at the conclusion of the segment. (An attack is an aggressive, sudden increase in speed to jump away from other riders.)

Stay together. Be mindful, and courteous to the slower riders in your pace group. Our goal is to help, and encourage them to become stronger riders. If they are able to maintain the minimum pace of their group, as defined on a flat course with no wind. The group will adjust to the pace of those riders. Riders coming off the pull should look back for anyone who may have fallen off the back of the group, and communicate that they need to regroup.

Ultimately I hope that these changes prove to be an improvement to our collective riding experiences, and expand our ridership as a whole.

December Show N' Go Dates

Date	Time	Map	Start At	Destination/Pace Groups	Distance
12/5	12:00 NOON	Show N' Go Winter	Flaugh Rd.	2-3 Hour Show N' Go	TBD
12/6	12:00 NOON	Show N' Go Winter	Homestead High School	2-3 Hour Show N' Go	TBD
12/12	12:00 NOON	Show N' Go Winter	Homestead High School	2-3 Hour Show N' Go	TBD
12/13	12:00 NOON	Show N' Go Winter	Flaugh Rd.	2-3 Hour Show N' Go	TBD
12/19	12:00 NOON	Show N' Go Winter	Flaugh Rd.	2-3 Hour Show N' Go	TBD
12/20	12:00 NOON	Show N' Go Winter	Homestead High School	2-3 Hour Show N' Go	TBD
12/26	12:00 NOON	Show N' Go Winter	Homestead High School	2-3 Hour Show N' Go	TBD
12/27	12:00 NOON	Show N' Go Winter	Flaugh Rd.	2-3 Hour Show N' Go	TBD
1/1	12:00 NOON	Show N' Go Winter	Chilly Challenge	Social Ride Pace	Chilly Route

First Friday City Ride- A Pause for the Cause

Amy Copeland

The times they are a changing, again! I wish I were just talking about the weather this time. Jennifer and I have been working diligently over the last two months to plan our winter First Friday schedule around fun cycling related events to carry us through the cold wintery Friday evenings. At this time we are saddened that current health conditions have become less than stellar. It is with great disappointment that we have proactively decided to suspend our First Friday City Ride until further notice. Once we feel conditions have improved for the group to ride together in a safe, well formed group and gather in spaces where we can safely seek warmth, we will resume rides with great enthusiasm and rejoicing. We both wish you a safe and blessed holiday season but also hope you don't let your bikes feel lonely. Layer up, get out and ride!



Amy Copeland

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