



Quick Release

February 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 November 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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Welcome from Your New Club President

Johnny Grabowski

As last year was drawing to a close and a new decade was about to begin, I spent some time thinking about the last 10 years. In 2010 I wasn't a cyclist at all – it wasn't until 2011 that I purchased my first road bike. After that were most of the familiar “firsts” that may echo some of your own cycling experiences - like the first time I rode 20 miles, then more, then a metric century, then a century, and eventually across the state of Indiana. New average speed records, my first wreck (which was actually my first-ever broken bone), first group ride, first group ride where I didn't get dropped, first flat tire, first time falling because I didn't clip out, first time bonking, and my first ride as a group leader.

Most importantly, I gained a whole new circle of really good friends. In fact, I bet cycling was the single most positive change in my life in the last decade - and I credit much of that to 3RVS and its members.

As I said at our Awards Banquet in early January, thank you to those of you who approached me about my willingness to assume the responsibilities of club President, and for those who nominated and elected me. I will do my best to exceed your expectations. Fortunately, I'm surrounded by so many people past and present within our organization who give generously of their time and talents - from longtime veterans who have been involved with the club far longer than I have, to freshman members who have already made significant contributions - and I cannot discount the fact that I'm assuming this role in the wake of many years of Patrick's steady leadership. So thank you to all the people who volunteer and put in all kinds of work to keep the club running - officers, committee members, SAG volunteers, ride leaders, and even club members who simply participate in rides and the 3RVS community. Together, we make 3RVS great.

And 3RVS' influence extends beyond our club, as some members of our club additionally lend their talents to other cycling organizations with local, statewide, or even national reach.

Three Rivers Velo Sport's Mission as stated in the club's constitution is to promote the general interest and enjoyment of bicycling for health, recreation, and economical transportation. With that in mind, I hope to promote all that is great about 3RVS, and continue to do what I can to ensure that all cyclists - road cyclists, bike commuters, off-road cyclists, greenway riders, cyclocross enthusiasts, endurance cyclists, adventure cyclists and bikepackers, Triathletes, Zwift-ies (is that what they're called?) ... that ALL cyclists feel welcome and appreciated by the club.

Whatever your cycling style, no matter how fast or far (or not fast, or not far), we all know that life's better when we get to ride bikes - so let's find ways to give more people more opportunities to do that. Here's to a great 2020!



Johnny Grabowski

Looking Forward to the New Season

Shane Powell

As your new touring director, I do not have many anecdotes about rides of yesteryear. I entered a few races back in the 90s, and attended a handful of Club rides. I can say that this is a very different group than the one I rode with back then. I recall showing up to rides, not knowing anyone, and hoping I didn't get dropped. Because in those days, we didn't have GPS, or pace groups. If you couldn't keep up, you were left behind. No matter that you had absolutely no idea where on earth you were.



Shane Powell

As we begin to anticipate our new riding season, I would like to expand on the positive changes that I've noticed since I began riding again just a few short years ago. First and foremost on our Club Tours, we are a TOURING group. We have pace groups with descriptions that people use to determine which group may be right for them. Nobody attends a weekend touring ride with the hopes of being dropped 40 miles from home, and absolutely no idea where they are. So I'm further modifying our pace groups to be as inclusive as possible for riders of every skill level.

These modifications are targeting the A group rides. Because that is exactly what these are, group rides, not races. I've had a problem now for a while that we have a Skills Tour, with a clear definition of what it means to be an A level rider. We have all the pomp and circumstance of awarding A Wing awards to those who are able to achieve this level. Then we drop them unceremoniously at the first weekend tour they attend.

So I'm splitting the A group to A, and A+. If you reach a level that allows you to achieve your A Wing award during a particular riding season. And you maintain that fitness level throughout the season. You will no longer be dropped from the A Group. These rides will follow the same basic format as the Skills Tour. Everyone will rotate through the pace line. It will no longer be acceptable for the 5 strongest riders occupy the prime spots in the draft, as the rest of the peloton suffers in the gutter. This will allow Skills Tour riders to finally make the jump out of the B group if they so desire.

Hammerheads, I have not forgotten about you. We will have ride leaders for an A+ group. So you can try to put a hurt on each other to your heart's content. If and when you do get dropped. You may fall back to the A group, as they will always follow the same course. If you happen to drop your ride leaders, I ask only that you know where you are going. We don't want anyone getting lost.

I'm looking forward to seeing you all on the road very soon. And hope to eventually fill the shoes of my predecessors. Until then, try not to go too crazy during these cold rainy months ahead.

3RVS Zwift Weekly Training Rides

Steve Pequignot

3RVS has the opportunity to host a weekly Zwift (indoor) group ride that would be posted on the Zwift Companion App schedule. The event will be a training ride, not a race. However, it will be a spirited ride for three different pace groups. The ride will be scheduled for each Monday evening, starting at 6:45 PM.; hopefully, this time will afford those interested ample time to prepare for the event after work. Our ride will include B, C and D categories. In Zwift categories, Cat B is equal to our club's A Group pace; Zwift Cat C is equal to 3RVS B Group pace; and Zwift Cat D is equal to 3RVS C Group pace.

The starting times of each category (group) will be handicapped with Cat D starting first. Three minutes later Cat C will start, finally, Cat B will start three minutes behind the Cat C group. The goal is for one category to catch the category in front of them, and for the category in front to work together as a team to stay away from the categories behind them for the duration of the ride. This format is referred to as a Chop Event on Zwift.

The proposed categories power output ratings use by Zwift include: D Category, averaging 1.0 to 2.5 watts per kilogram (w/kg); C Category, averaging 2.6 to 3.2 w/kg; and B Category, averaging 3.3 to 4.0 w/kg. The proposed starting times are 6:45 PM., for Category D;

3RVS Zwift Training Ride

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6:48 PM., for Category C; and 6:51 PM., for Category B. Start times may be adjusted based on finishing times the week prior.

The ride will be a 60-minute event. The route will change weekly.

We have selected the Chop format ride for two reasons: 1. the chop handicap will attract more riders of various abilities; and 2. there are no Chop-type events on the current Zwift schedule Monday evenings.

To be considered by Zwift we must agree to hold our event year-round. Doing so may not be attractive to most of you in the summer months. For that reason we are seeking a large number of our experienced Zwift riders to consider volunteering to lead at least one Zwift ride per month. We will have three groups in our weekly rides. Optimally, it would be good to have a yellow and red beacon for each category. If that is not possible we can still hold the ride with fewer ride leaders. At a minimum we need at least one ride leader for each weekly event.

I have been in touch with Zwift and they believe our ride can be setup in a matter of weeks once our application is accepted. A positive note is that our club possesses all of the criteria required by Zwift to support our application.

Once our application is accepted we plan to create a Facebook Page for our Zwift ride. Weekly updates of the ride will be posted on the page. Information about the 3RVS Zwift ride will also be published in our Newsletter and website.

I ask each of you to consider being a 3RVS Zwift Ride Leader for this event. Should you care to volunteer to lead at least one Zwift ride per month please send me your name, phone number, your Zwift Login Name, and the Category (group) you wish to lead, via email to: spequignot@aol.com. If sufficient interest is generated further details will be presented at the February 6 club meeting.



Steve Pequignot

3RVS Show n' Go Schedule

Steve Souers

February Show n' Go Start Locations

Date	Time	Start At	Destination/Pace Groups	Distance
2/1	12:00 Noon	Homestead High School	Show & Go B+ & Others as show	2-3 Hours
2/2	12:00 Noon	Flaugh Rd. ¹	Show & Go B+ & Others as show	2-3 Hours
2/8	12:00 Noon	Flaugh Rd. ¹	Show & Go B+ & Others as show	2-3 Hours
2/9	12:00 Noon	Homestead High School	Show & Go B+ & Others as show	2-3 Hours
2/15	12:00 Noon	Homestead High School	Show & Go B+ & Others as show	2-3 Hours
2/16	12:00 Noon	Flaugh Rd. ¹	Show & Go B+ & Others as show	2-3 Hours
2/22	12:00 Noon	Flaugh Rd. ¹	Show & Go B+ & Others as show	2-3 Hours
2/23	12:00 Noon	Homestead High School	Show & Go B+ & Others as show	2-3 Hours
2/29	12:00 Noon	Homestead High School	Show & Go B+ & Others as show	2-3 Hours

¹ See website - FFCU 11:45am, Flaugh 12:00, Arcola 12:15pm

Show n' Go Schedule

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March Show n' Go Start Locations

Date	Time	Start At	Destination/Pace Groups	Distance
3/1	12:00 Noon	Flaugh Rd. ¹	Show & Go B+ & Others as show	2-3 Hours
3/7	12:00 Noon	Flaugh Rd. ¹	Show & Go B+ & Others as show	2-3 Hours
3/8	12:00 Noon	Homestead High School	Show & Go B+ & Others as show	2-3 Hours
3/14	12:00 Noon	Homestead High School	Show & Go B+ & Others as show	2-3 Hours
3/15	12:00 Noon	Flaugh Rd. ¹	Show & Go B+ & Others as show	2-3 Hours
3/21	12:00 Noon	Flaugh Rd. ¹	Show & Go B+ & Others as show	2-3 Hours
3/22	12:00 Noon	Homestead High School	Show & Go B+ & Others as show	2-3 Hours
3/28	12:00 Noon	Homestead High School	Show & Go B+ & Others as show	2-3 Hours
3/29	12:00 Noon	Flaugh Rd. ¹	Show & Go B+ & Others as show	2-3 Hours

¹ See website - FFCU 11:45am, Flaugh 12:00, Arcola 12:15pm

A Note from the Membership Desk

Kent Ellis



Kent Ellis

For those who don't know me, I'd like to introduce myself as the 3RVS Membership Director. My name is Kent Ellis and I've been riding with 3RVS (off & on) since 1995 when I joined the club for an overnight ride to Pokagon State Park. I've not served as a club officer until now, although I was often a back up for my wife Anne during the years she served as president and touring director. Both Anne and I have been involved over the years with 3RVS and the Indiana tandem organization - HOOTs, and organized many, many cycling events. I'm excited about taking the reins of the membership post from Amy Copeland and realize that I have big shoes to fill as I follow her term.

With the beginning of the new year, it's time to renew your 3RVS membership. Many of the 2019 members have already re-upped; if you haven't renewed yet, please take a moment to go to our online registration site, <https://3rvs.redpodium.com/three-rivers-velo-sport-membership>, or download a membership application from the 3RVS website and send in the mail. Membership is still a bargain at \$20 for an individual, \$30 for a family. Membership in Three Rivers Velo Sport provides a number of benefits: weekday & weekend rides, discounts at the local bike shops and this terrific newsletter are just a few. But the best thing about being a part of 3RVS – the opportunity to be a part of a community and build friendships with other cyclists! Encourage your cycling friends who are not current members to join us as well.

Thank you for the opportunity to serve as the 3RVS membership director. If you have any questions about membership or about the club, please contact me at 3RVSmembership@gmail.com.

Membership Report		
Year	Memberships	# Adult Members
2020		
Memberships	96	134
2019 Pending	156	187
Total Roster	252	321

Special Events Note

Amy Copeland

Please note there will be no First Friday City Tour for February. We will however have a special event that weekend in its place

Breaking Away Movie Showing (Replaces February City Tour)

We invite you to join us Sunday, February 9 at 2PM for a free showing of the iconic bicycling movie Breaking Away at the downtown library in meeting room A. The club will supply hot chocolate and popcorn!

If you have not already RSVP'd on the Facebook post please email Amy Copeland at treasurer@3rvs.com if you are coming so we know how many chairs to set up and how much popcorn and hot chocolate to bring. You may bring your own beverage and snacks if you wish something different.

Special thanks to Patrick Stelte for arranging the meeting room at the library.

Amy Copeland, Susan Zuber and Jennifer Altherr are looking forward to seeing you there!

Three Rivers Velo Sport

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We're on the web.
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