

QUICK RELEASE

A publication of 3 Rivers Velo Sport Inc. Founded in 1969, 3RVS is a LAB and IMBA affiliated club, & member of the IBC, USA Cycling and NORBA. Quick Release contains current and planned club biking activities and is distributed to all members. Submissions are welcome and due by the 15th of each month.

Club Constitution Approval

by Patrick Stelte

Many years ago, Three Rivers Velo Sport officers formed a constitution to guide the club. These rules govern the actions of the officers and members. Over time, amendments have been added and the constitution has been tweaked to reflect changes in the way the club operates. These changes have been approved by the officers. However, the changes need to be formally approved by the club members to make a permanent alteration to the document. The process for this procedure is to notify club members via the newsletter that vetting of changes will be debated at the monthly club meeting stipulated in the newsletter release.

After discussion of the document and proposed

changes, the attending club members at the meeting will formally vote approval or turn down the changes. Once that happens, the document will be posted permanently on the club's website. This notice is the first step in the process to approval. To view the constitution and the changes made over the years, click on this link: <http://3rvs.com/info/proposed-constitution.pdf>

The various colored fonts are changes that were made. At the end of the document is a history index with the color coordinated fonts and the date of the changes. The officers will discuss the constitution at the July meeting and offer a vote of approval.



Monthly Meetings are held the 1st Thursday of each month at the Downtown ACPL [900 Library Plaza, Fort Wayne, IN 46802](#)

JUNE meeting is the 2nd

IN THIS MONTHS NEWSLETTER

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Presidents Message Patrick Stelte

Touring Report Steve Pequignot

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• Fat Tire Rides Phil Snider

• Touring Steve Pequignot

TELL YOUR STORY

The newsletter is a great way to share with others the passion one has for cycling. We are always looking for articles of your cycling outings. Whether it be your first big ride, a favorite ride, or someone you'd like to give recognition to that has helped you along the way. Just give me a heads up that you'd like to submit an article and I will give you the details. **Submissions must be received by the 18th of the month.** newsletter@3rvs.com

The Great 80

80 miles | Back Roads of NE Indiana | Teams | Individuals | Fondo | Unsanctioned | Limited Support | Team & Group Starts | Gear Prizes | Post Race Cookout by Joseph Decuis

Sunday, June 12, 2016 9AM Start. Columbia City. Are you ready for an adventure? Proceeds benefit NeighborLink Fort Wayne. BikeReg.com

Heritage Days Cycling Festival

June 18th, 2016

No Limit Cycling p/b Steppin' Up Physical Therapy are bringing races to Huntington. Races start at 3PM with last race starting at 7:45PM

Pathfinders Services, 28 Theater Ave. Huntington, IN For more information go to USA.cycling.org



find us on the web

The indoor track is 230 meters around. Inside the track are four regulation basketball courts that were partially covered with carpet squares to keep the tables and chairs from gouging the hardwood. Inside the track and squares was a roped off course for small bicycles to traverse on the exposed courts. For six hours on May 6th, bicycle enthusiasts paraded through the Turnstone Plassman Center for the first annual Bike Fusion bicycle exposition. Several major bike shops in the area displayed a plethora of inventory while a variety of non-profit organizations with ties to cycling and physical fitness offered detailed information during the free event. Three Rivers Velo Sport set up camp across from Fort Wayne Outfitters and I settled in for the evening to promote the club and our cycling community.

Outside of interacting with attendees, my favorite part of the event was watching the countless number of people zooming around the track on bikes from the bike shops. At first, one or two at a time would slowly navigate the indoor oval. After a while, with confidence gained from the adventurous beginners, the track became non-stop action. All style of bikes were tested and re-tested. Hybrids would follow cruisers. Kids would secure an outside lane, leaning into an imaginary wind while adults would pass on the inside. Summit City Bicycles brought a time trial bike and watching it on an indoor track was quite a sight. Down on the bars, the riders glided through the curves and pushed the straights. However and without a doubt, the two-person recumbent from FW Outfitters was the most fun to watch.

All night long, the tandem recumbent whisked thrill seekers around to the delight of on-lookers. Possibilities was the order for the evening. Big and small, young and not-so-young mingled and rode. Volunteers talked, friends shook hands with smiles to share. Bike

Month in Fort Wayne is a continuing evolution that is strong from its inception of the last decade. Each year, the calendar adds new events and Bike Fusion was a success of participation. The Turnstone Plassman Center was an excellent venue to host outdoor pleasure seekers indoors. From what I was told, there is no other event quite like this in the Midwest. The combination of bicycle shops, related organizations, food and music blended into a carnival atmosphere.

As I watched the evening unfold, I thought about the inception of 3RVS. Three guys with a passion for cycling, decided in 1969 to start a club in Fort Wayne. This venture was new to our community, but Hector Garcia, Dave Kerns, and Eli Arnold planted a germ that spread to unexpected area enthusiasts. The spirit that others hold is not always apparent. I remember stories of the Komets (or Comets as they were first known) having an exhibition before the first season and an unexpected number of people showed up - curious to hockey and its affinity to hard-scrabble partisans. Fort Wayne has always had a curious side that acts like a small child peaking around the corner to an unfamiliar sound. We don't want to give away too much of our attentiveness while the gears twirl eagerly in our head. Many of my interactions with attendees were sideways posturing with guarded questions that wouldn't give a full commitment to my answers. They didn't leave quickly though. The germ was working its way from a scratch to an itch.

As the remains of the evening wound down, I had one last glimpsed of whimsy. The stoic police officer that patrolled the expo was riding around the track on (I am sure) a bike he had spied earlier in the evening. He owned the track with a brisk pace and determined look of some place found in his childhood. To me, that is what Bike Fusion was all about.

2016 Officers



PRESIDENT
PATRICK
STELTE



TREASURER
HUGH
SMITH



SECRETARY
TIM
CLAYPOOL



TOURING
STEVE
PEQUIGNOT



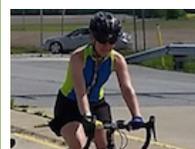
RACING
JOE
BARTELS



OFF ROAD
PHIL
SNIDER



NEWSLETTER
KATHY
BOLING



PUBLICITY
MONA
WILL



MEMBERSHIP
JANE
LEWANDOWSKI



WEBMASTER
MIKE
HEYES

May 1st was the start of the National Bike Challenge, a five-month challenge to measure how many miles our teams can ride. 3RVS entered two teams in the challenge this year, our reigning Extra Large Division National Championship team and our new youth team. Through 16 days Team 3RVS has logged 31,001 miles and is in 6th place nationally, and second place in our division. Mind Brain Social Club from the Cleveland, Ohio area, is 3,100 miles ahead of us in the Extra Large Division. It is early in the challenge and our team certainly has the legs to ride with the leaders, however, it is going to take dedication from each team member if we are going to compete against teams like Mind Brain. We currently have about 20 riders on the team who have not logged any miles during May. You do not have to log miles every day, but you must log your miles for each day of a month by the end of the current month. The NBC website will not let you log miles for a prior month. I encourage each Team 3RVS member to log your miles at least once a week. This will let Captain Amy Copeland know that you are active and still desire to remain on the team. We already have a waiting list of riders to join Team 3RVS. Those on the waiting list will be permitted to replace riders who have not logged their mileage as the end of May approaches. Riders dropped from the Extra Large team will be placed on a new team named Team 3RVS White. This process will give all members who wish to participate in the Challenge the opportunity to do so.

Congratulations to our top three female National Bike Challenge riders on Team 3RVS. Susan Zuber, Amy Copeland and Emily Payonk lead the ladies through the first two weeks of the challenge. Keep logging your miles; we will be presenting podium awards to the top men and women finishers on our teams at the end of the season.

Team 3RVS Youth

Our youth team currently consists of five 3RVS members: John Copeland, Savannah Copeland, Felicity Stockman, Sebastian Schoeff and Kieran Stockman. These future club leaders have accumulated 757 points and rank 216th nationally in the ten members or less team

division. Congratulations to these fine young riders for their achievements. If you have a 3RVS family membership and have children age 17 and under you can sign them up for our youth team. Contact Amy Copeland or email touring@3rvs.com.

I wish to thank Amy Copeland for the many hours of work she has put into the National Bike Challenge this season. Keeping the stats this month has been a real challenge. The NBC website is going through some growing pains. If you have logged on you likely noticed many of the intended functions are not operating. Amy has spent time contacting the NBC directors trying to have the problems resolved. Hopefully, by the time you read this article the NBC website will be up to speed. Thank you Amy for all of the work that you have done putting our two teams together this season.

Saying Goodbye to a Friend and Member

A longstanding 3RVS member rode his last club ride May 14. Unfortunately, it was a cold, windy and wet ride. The good news it was a fast tailwind metric century, one way from Sweetwater Sound to Defiance, Ohio. Adam Warrix gave it one last spin with our group, at least for awhile. Adam has moved to South Dakota for four years to complete his doctorate degree. Adam is a tri-athlete who has competed on the national level and earned a spot to compete in the world championships this year. He is a brilliant young man who has the ability to make our world a better place for all of us. 3RVS congratulates Adam for his accomplishments and wishes him and his wife Meghan a bright future.

Two New Weekend Routes

We will introduce two new weekend tours in June. We will ride KRG-6 on June 5. This is a flat route from Kreager Park to Payne and Paulding, Ohio, with five distance options ranging from 18 to 64 miles. 80% of the long route will be on roads that we have not used in at least ten years. This tour features low traveled smooth roads, many available rest stop options, including an ice cream stand. On June 18 we start at Sweetwater Sound and ride to Huntington on route SWS-3. This route has four distance options from 27 to 60 miles.

TNWC AND TIME TRIALS

May 18th, 60 degrees, 8mph NE winds.
36 riders. New course record. Old record was 20:51.

Men's Aero Bike Riders			
1	Gary Painter	20:48:00	28.8
2	Evan Zehr	21:32:00	27.9
3	Race Dorsey	21:40:00	27.7
4	Gregg Ness	22:06:00	27.1
5	Matt Grate	22:12:00	27.0
6	Henry Swinty	22:12:00	27.0
7	Nathan DeYoung	22:46:00	26.4
8	Nathan Woods	22:54:00	26.2
9	Denny Zech	23:03:00	26.0
10	Shaun Fitzgerald	23:14:00	25.8
11	Joe Shull	23:19:00	25.7
12	Graham Wedeven	23:25:00	25.6
13	Paul Mowery	23:30:00	25.5
14	Shannon Branscomb	23:38:00	25.4
15	Tim Saxer	23:40:00	25.4
16	Dave Lewis	23:50:00	25.2
17	Don Cahill	23:58:00	25.0
18	Jeff Cook	24:06:00	24.9
19	Tim Donofrio	24:23:00	24.6
20	Mark Witmer	24:43:00	24.3
21	Bill Lambert	24:46:00	24.2

The TT's are on Wednesday evenings,
Everyone must pay \$1 and register by 6PM. TT starts at 6:30 here are the future dates: June 22nd August 17th
July 20th September 21st

22	Dan Gotrain	26:02:00	23.0
23	Juergen Walpick	26:23:00	22.7
24	Adam Warrix	27:33:00	21.8
25	Bill Loraine	28:30:00	21.0
Women Aero Bike Riders			
1	Lori Cook	26:27:00	22.7
2	Nancy Litchensteiger	31:10:00	19.3
3	Lori Baldauf	31:16:00	19.2
A/B Riders w/Road Bikes			
1	Gavin Saxer	26:34:00	22.6
2	Scott Tomsits	27:53:00	21.5
3	Hugh Smith	28:47:00	20.8
4	Charles Copeland	29:28:00	20.4
5	Jeff Walker	30:37:00	19.6
6	Mike Eid	30:43:00	19.5
C/D Riders w/Road Bikes			
1	Brian Meyers	32:29:00	18.5
Hand Crank Bike			
1	John Shank	33:03:00	18.1

JUNE TUESDAY NIGHT PACK SKILLS TRAINING - 6PM

6/7	Flaugh Road	Road	6318 W California Rd
6/14	Flaugh Road	Road	6318 W California Rd
6/21	Flaugh Road	Road	6318 W California Rd
6/28	Flaugh Road	Road	6318 W California Rd

WEDNESDAY TIME TRIAL - MUST REGISTER BY 6PM - TT'S START @6:30

6/22 Old 24 & HWY 101 TT HWY101 to Antwerp & back
For a more information check 3rvs.com or contact Joe Bartels at racing@3rvs.com



WEEKNIGHT RIDES

MONDAY at FRANKE

Learn basic off road riding techniques. Meet at the trailhead parking lot **6:30 PM**
Where: Franke Park

MONDAY at LEO/Riverside Park Ride Begins - April 11th

C-group 15+mph group **5:30PM**
A, B group 18, 20+ MPH **5:45PM**
Grabill Rd & Schwartz
Distance 27 & 38 miles.

TUESDAY at KREAGER PARK

Ride Begins - April 12th
6400 North River Road **6PM**
Distance 28 miles.
Pace: 13/15 MPH

TUESDAY at JEFFERSON MS

Ride Begins May 17th
Skills Tour **6PM**
5303 Wheelock Rd
Distance: 25-44 miles.
Pace: 18/20 MPH.

WEDNESDAY at SATURN

Ride Begins - April 13th
Saturn Church, 6731 E 800S **6PM**
Distance: 25 - 27 miles.
A-group Pace: 20+ MPH.
D-group Pace 15+mph **5:30PM**

THURSDAY at CARROLL HS

Ride Begins - April 14th
Carroll HS, 3701 Carroll Rd **6PM**
Distance: 25-30 miles.
Pace: 20+ MPH.

THURSDAY Girls Ride Out

Ride Begins May 5th
Roanoke Pk, Seminary & 8th **6PM**
Distance: 20-25 miles.
Pace: 14/15 MPH.

FRIDAY 1st Friday of the month

Ride is year-around **6:30 PM**
Location: Lawton Park trailhead
Distance: 8-10 miles.
Pace: 10/12 MPH

SATURDAY FAT TIRE RIDE/WORK SCHEDULE

FatTire Lite

For many of us June schedules get pretty full with graduations, weddings and vacations. We're going to a lighter schedule but don't see it as an invitation to stay off the bike. There are plenty of options to ride area trails, join the roadies or race. Our regular schedule will resume on July 9 with another work day at Franke.

June 4, June 18 and July 2 are open.

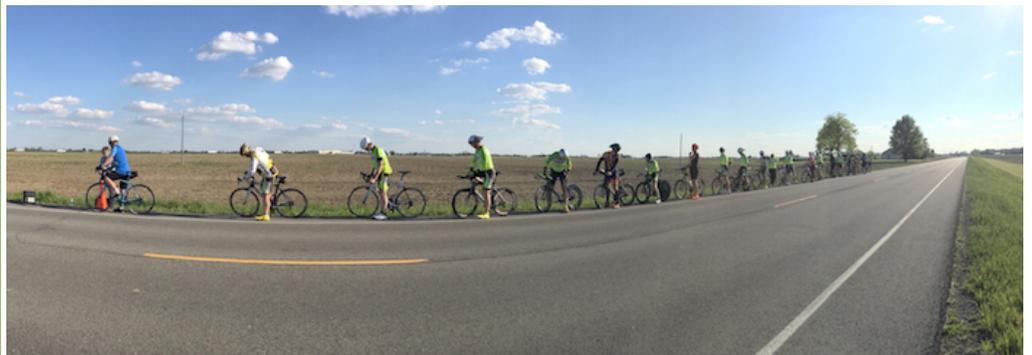
June 11 - Franke Work and Ride

Chances are pretty good that things will be grown in at the trails. Come ready to whack some weeds and ride the latest version of these great trails. Meet at 9 AM at the trailhead.

June 25 - Rider's Choice

If conditions are right this should be a good time to visit an area spot for some real off road. The fun starts at Carmike Cinema on Dupont Road at 9 AM

Ride and Work the trails. It takes many volunteers to make Franke Park a safe and a great destination spot. For info on trailing riding contact Phil Snider MTB@3RVS.com



JUNE TOURING

10AM START TIMES

As a courtesy to fellow riders, please arrive early enough to hear Steve's rider meeting

6/4	WHS-4	Wayne HS Groups A,	Poe/Ossian/Hoagland	23/35/43/52
6/5	KRG-6	Kreager Park Groups A, B, C, D,	Woodburn/Payne/Paulding	18/27/47 62/64
6/11	NHS-2	New Haven HS Groups A, B, C, D,	Poe/Hoagland/Monroeville	30/43/50/58
6/12	HHS-RC	Homestead HS Groups A, B, C	Riders Choice, select 1 of 5 routes hhs-1, 2, 7, 9, 11	40/41/41/54/ 58/69
6/18		Arcola Elem Groups A, B, C	Roanoke/Huntington *see note below for pace groups	27/43/51/60
6/19	CHS-6	Carroll HS Groups A, C, D,	Churubusco/Blue Lk/Tri Lks *see note below for pace groups	27/41/52
6/25	HHS-RC	Homestead HS Groups A, C	Riders Choice choose 1 of 7 routes	40 to 67
6/26	HTN-1	Huntertown Elem Groups A, B,C,D	Auburn/Ashley/Garrett	26/39/62

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 on Twitter - @ride3rvs.

The A group rides at every tour, other groups ride when noted above in the Destination box. Group paces: A = 20+ mph; B = 18/19 mph; C = 16/17 mph; D = 14/15 mph.

See the back side of the weekend route maps or 3rvs.com for 3RVS' Group Riding Guidelines, see on page 6