



# Quick Release

June 2017

Monthly meetings are held the 1<sup>st</sup> Thursday of each month 7:30 PM at the Downtown ACPL, [900 Library Plaza, Fort Wayne, IN 46802](#)

Next Meeting is June 1<sup>st</sup>

Following Meeting is July 6<sup>th</sup>

[BikeReg.com](#)

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



## Inside this issue:

President's Message	1-2
Touring	2-3
NBC Team 3RVS	3-4
Racing	4
3RVS Festival Tour Info	5
Destination Riding	6

## President's Message

### Traditions Are Made One Step at a Time

Patrick Stelte

A few months into my first year as president of the club, I was summoned along with several other connected local cycling people to a meeting with organizers of Fort 4 Fitness. Their Fall Run had become a big success and they were looking to expand into cycling. They didn't know the discipline or the mechanics of putting on a cycling event. The meeting was awkward at times, but a growing appreciation was formed by both sides and a year later, an event that hoped to have 500 participants turned into a happening of 1000 cyclists at Headwater Park. As a life-long Fort Wayne native, I know my people. We are curious to new things. The Fort Wayne Komets is another excellent example. Reading old newspaper accounts, the proposed marriage of a mid-west city and a Canadian sport was dicey at best. Yet, from day one, this factory town took to the Canuck game and the Komets are past their 65<sup>th</sup> year of existence.

This past May, the 6<sup>th</sup> annual Spring Cycle set a record for participants - 1500. Despite the deluge of afternoon rain, there were a lot of smiles on the road, at the SAG stops and finish line. Much like Bike Month in Fort Wayne, the Spring Cycle grows every year as the organizers add to the venue.

I volunteer every year to sweep the course through the ten mile SAG and I marvel at the enthusiasm of the back-of-the-pack riders on hand-me-down bikes.

They may go slow and struggle with every elevation change, but the determination to participate in a group setting is abundantly clear. The look on their faces reminded me of my cycling firsts: a trip around the park, a ride across town and back, my first Festival Tour and my first Hilly Hundred. I felt empowered after surviving or thriving at each challenge. The body wants and needs physical activity, to be pushed and celebrated. Preaching to the choir, cycling is a wonderful sport that bonds mind, body and social interaction.



This July, our club will host the 46<sup>th</sup> annual Festival Tour, another tradition brought about from something new. The fledgling Three Rivers Festival was only three years old when 3RVS club members decided that cycling should be a part of the growing popular community event. At that time, there were very few bicycle tours put on in our area. What better way to grow a sport, and a club, than have a tour. Local soccer had a German Fest tournament by The Sports Club. Three Rivers Velo Sport could become iconic with local cycling with the right timing. Think of those early club members wanting to grow and sustain enthusiasm for cycling. It must have been exciting and nerve racking to put on something new and have it work well enough to do again and again. With this in mind, I want to thank all the Bike Ambassadors for helping with the Spring Cycle. We are an integral supporter. Club members have sat on the organizing committee from day one



## Traditions Are Made One Step at a Time

because it is in our best interests to grow the sport in a manner that benefits all who are connected to the local cycling community.

In 2019, 3RVS will celebrate fifty years, an amazing feat from a grass-roots, all volunteer organization. To recognize this accomplishment, a committee of club officers and members has been meeting to design a commemorative jersey. Different design samples of this special 50<sup>th</sup> Anniversary

(Continued from Page 1)

jersey will be introduced as a contest to pick a winning jersey design sometime after the Festival Tour in August or early September. The goal is to have the jersey ready to wear in 2018, the beginning of our fiftieth year of existence. As we move forward through cycling's busiest season, the chatter about tradition will continue. Teasers for the jersey will show up on Facebook and people will be encouraged to partake in honoring our legacy.

## June Touring 2017

### Weekend Pace Groups

As you know, we have five different pace group options on selected weekend tours. The A group rides at every weekend tour and the other pace groups ride at various dates throughout the month according to the monthly schedule. In order to meet press time deadlines, we have encountered some problems trying to schedule the different pace groups up to six weeks in advance. We never know what life will throw at us causing predetermined plans to be changed. Consequently, some pace group tours have had to be cancelled. In an effort to help our devoted ride leaders schedule their respective weekend group pace rides closer to the tour date, we will no longer post the group pace options in the monthly touring schedule. Instead, the weekend group pace options will be posted on our Facebook page the Monday prior to the weekend of the tour. Since Facebook posts have a tendency to scroll downward on the page, we will repost the same information on the Friday prior to the tour. Additionally, the same information will be sent out from Twitter feed @ride3rvs on the same dates. We hope this change will benefit everyone. Thank you for your understanding.

### Out of a Jam

3RVS is pleased to announce our support for "Out of a Jam" by making their Charity Ride our official club tour on Saturday, June 17. Out of a Jam was started to help women not only out of a simple jam, but also to



Steve Pequignot



3RVS Touring

### Steve Pequignot

assist those caught in the wake of tragedy, domestic abuse, and addiction. In conjunction with Steppin' Up Physical Therapy and Spokesmen Cycling, 3RVS is encouraging all of our members to attend this charity ride for a good local cause. The tour will be a mass start at 9:30 AM from Spokesmen Cycling, on Main Street, Roanoke, Indiana. Distance options are 20/40/60 miles with SAG stops along the three routes. All riders receive a jar of jam made by the students of Out of a Jam. Photos will be taken of each rider as they conquer Maple Grove Hill, professional massages will be available after the ride by Steppin' Up Physical Therapy and Joseph Decuis will cater a post ride meal. Online registration is available at [www.bikereg.com/jammin-in-roanoke](http://www.bikereg.com/jammin-in-roanoke). 3RVS members receive a \$5.00 discount by entering the code

**"Member\_3rvs\_2017"** during online registration. Please come and join us for a fun-filled day of cycling. Your registration fee will be of great assistance to women overcoming major issues in their lives.

### Last Call for 3RVS Jerseys & Kits

We still have a small supply of 3RVS jerseys & kits available to members. Mona Will is our contact person at: [publicity@3rvs.com](mailto:publicity@3rvs.com). You may also see Steve Pequignot at any of the weekend tours. Steve will have a small supply of each available size. Members may use cash, check or credit card for purchases at weekend tour sites.

**Monday****Franke** 6:30PM

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.

**Leo/Riverside** 5:30PM

Grabill Rd & Schwartz  
Distance: 27 & 38 miles. 2 Groups:  
15mph @5:30pm 18 & 20+ mph  
@5:45pm.

**Spokesmen Ride** 6:00PM

Spokesmen Cycling Bike Shop  
247 N. Main St., Roanoke, IN  
Distance: 27-30 miles  
Pace: 16/19 mph

**Tuesday****Kreager** 6:00PM

Kreager Park 6400 N. River Rd  
Meet near the Tennis Courts  
Distance: 28 miles  
Pace: 13-15 mph

**Tues Night World Championships** 6:00PM

Bethlehem Suburban Church  
Route: Loop  
Pace: Race Training

**Wednesday****Saturn Ride** 6:00PM

Saturn Church, 6731 E 800 S Whitley Co. (1 mi E of Allen Co.)  
Distance: 25-27 miles  
Pace: 20+ mph

**Thursday****Girls Ride Out** 6:00PM

Roanoke Park, Corner of Seminary & 8<sup>th</sup> Street, Roanoke, IN  
Distance: 20/25 miles  
Pace: 14/15 mph

**Skills Dev Tour** 6:00PM

Jefferson Middle School  
5303 Wheelock Rd. Ft Wayne  
Distance: 24-42 miles  
Pace: 18-20 mph

**First Friday each Month****City Tour** 6:30PM

Lawton Park, east end of parking lot  
Distance: 8-10 miles  
Pace: 10-12 mph

**June Touring Dates**

Date	Time	Map	Start At	Destination/Pace Groups	Distance
6/3	10:00 AM	LHS-4	Leo High School	Garrett/Avilla/Kendallville	25/42/58
6/4	10:00 AM	ARC-5	Arcola Elementary	Columbia City/Larwill/Pierceton	26/44/55
6/10	10:00 AM	SWS-3	Sweetwater Sound	Roanoke/Huntington	27/43/51/60
6/11	10:00 AM	WHS-3	Wayne High School	Ossian/Huntington	19/32/45/55
6/17	9:30 AM	Jammin' Charity Tour	Spokesmen Cycling, Roanoke	Fee based tour for Out of a Jam SAG supported	20/40/60
6/18	10:00 AM	NHS-2	New Haven High School	Poe/Hoagland/Monroeville	30/43/50/58
6/24	10:00 AM	HHS-RC	Homestead High School	Riders Choice, select 1 of 11 routes	40/41/41/54/58/69
6/25	10:00 AM	HTN-5	Hunertown Elementary	Albion/Churubusco	22/34/54

Group paces: A = 20+ mph; B = 18-19 mph; C = 16-17 mph 'Cutters';  
D = 14/15 mph; E = 10-13 mph.

Please refer to the 3RVS Facebook page, e-mail or twitter account the day prior to each tour for last minute changes.

## The 3RVS National Bike Challenge Team NEEDS You!

Amy Copeland

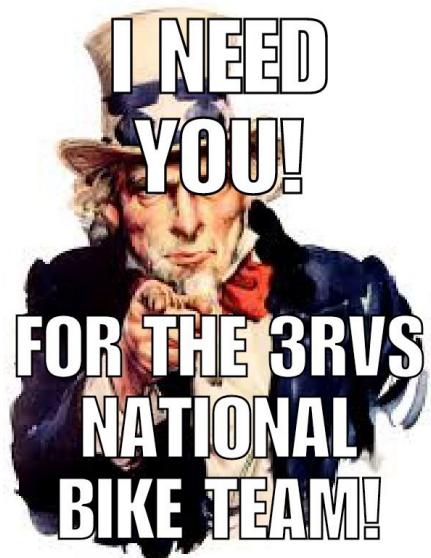
As the end of May approaches the team finds itself floating between 4<sup>th</sup> and 5<sup>th</sup> place up against teams with many more members than we have. We would like to move up on the leaderboard but will need more members to do so. If you have not already done so, I encourage you to please join us. As long as you have paid 2017 club dues you qualify to be on the team.

Follow these five easy steps to join the National Bike Challenge and the 3RVS team. They have a new website, so even if you participated in the past, everyone will need to register, even if you are currently listed on the Team 3RVS National Bike Challenge Strava page at <https://www.strava.com/clubs/3riversvelosport> you must link to the team again this year.

Navigate : [www.nationalbikechallenge.org/](http://www.nationalbikechallenge.org/)  
Select "Join" and "Connect with Strava."

Create a Strava account or log in to your existing Strava account.  
Link to "Team 3RVS National Bike Challenge" team on Strava by selecting the "explore" tab and selecting "clubs" or just follow this link <https://www.strava.com/clubs/3riversvelosport> as long as your 3RVS dues are current, your request will be approved and you will be a member of the team.

Log your rides on Strava and they will automatically import into the National Bike Challenge



## 3RVS NBC Team NEEDS You!

(Continued from Page 3)

If you do not have an electronic device for tracking your miles there is no reason to fear. You may manually add your miles in Strava much like you could in past years of the challenge, you will just need to log them in Strava instead of on the National Bike Challenge page. From Strava just click the orange + sign on the up right corner and select "manual entry" to log your ride.

Please be sure to link to the team on Strava or the points will not be shared with the group or your school, workplace, race team, or other group also has a team you may also join them. With the new Strava setup you may participate in multiple teams, but we of course want you as part of our team! Also, please be sure to add your city to your Strava Profile settings. Cities and states have their own leader boards for the challenge and you certainly don't want your hometown to get shortchanged in the rankings!

Be sure to log your miles regularly. It is always good to know where you and the team stand against everyone else, and its best to not wait until the last minute. Even though the Challenge runs May 1<sup>st</sup> to September 30<sup>th</sup>, each month is also an individual contest. If you don't win one month you can always win the next, but only if you log the miles during the current month. If you go in on June 1<sup>st</sup> to log in miles for May 30<sup>th</sup>, you will not receive the points. And YES, there are prizes. Each month they will randomly draw for prizes and email you if you win, and our team has had winners in previous years. It could be you!

If you experience any problems getting started or have questions you can contact Amy at [membership@3rvs.com](mailto:membership@3rvs.com) or Steve at [touring@3rvs.com](mailto:touring@3rvs.com) or see Amy Copeland or Steve Pequignot at a club ride.

## Racing Results

## Time Trial Series #2 - May 23, 2017 - Final Results

Place	Name	Class	Time	MPH	Place	Name	Class	Time	MPH
1	Emily Payonk	WTT	25:32	23.5	9	Shaun Fitzgerald	TT	23:59	25.0
2	Amy Woods	WTT	26:37	22.5	10	Hugh Smith	TT	24:06	24.9
3	Ali Gaylor	WTT	27:11	22.1	11	Don Cahill	TT	24:15	24.7
4	Kathy Boling	WTT	28:19	21.2	11	Tim Donofrio	TT	24:15	24.7
5	Amy Copeland	WTT	29:32	20.3	13	Dan Grotrain	TT	25:15	23.8
6	Nancy Lichtensteiger	WTT	30:38	19.6	14	Larry Finger	TT	25:47	23.3
7	Connie Lubbenhusen	WTT	30:57	19.4	15	Justin Sexton	TT	26:34	22.6
					16	Hal Wilson	TT	27:10	22.1
1	Race Dorsey	TT	21:38	27.7	17	Shannon Branscomb	TT	27:16	22.0
2	Nathan DeYoung	TT	21:59	27.3	18	Larry Wagner	TT	27:36	21.7
3	Gregg Ness	TT	22:07	27.1	19	Mark Lulling	TT	28:00	21.4
4	Nathan Woods	TT	22:40	26.5					
4	Denny Zech	TT	22:40	26.5	1	Shane Powell	Merckx	25:35	23.5
6	Graham Wedeven	TT	23:22	25.7	2	Scott Tomsits	Merckx	26:06	23.0
7	Matt Misner	TT	23:23	25.7	3	Rex Connely	Merckx	27:46	21.6
8	Tim Sixer	TT	23:36	25.4					

## 46<sup>th</sup> Annual Three Rivers Festival Tour

### About

The 45th Annual Three Rivers Festival Tour will be held on July 9, 2017. This is a paid event that is open to all riders. All routes begin and end at Hickory Center Elementary School, 3606 Baird Road, just south of Carroll High School, on Fort Wayne's northwest side.

You will ride through gently rolling to moderate hills on routes of 14, 25, 52, 63 or 100 miles through Allen, Whitley and Noble counties. The rest stop is located at Churubusco, where you can select various loops to ride.



**APPROVED CYCLING HELMETS MUST BE WORN BY ALL RIDERS.**

### Support & SAG Services

The SAG stop located at Churubusco will open at 7:30 AM, so do not start prior to 7:00 AM. Select a distance you can complete by 4:00 PM, when support services end. Support vehicles will travel the routes to assist riders with mechanical problems. Support personnel will be accessible by cell phone.

### Online Registration

Online registration is now open until July 6, at BikeReg using the link below. Just click on the BikeReg image. There is a small fee for online registration. Please bring your registration verification with you to present at the registration desk the day of the tour.



Online [registration](#) now open

### Regular Registration

**Pre-registration** is appreciated and saves you money. To pre-register, complete the Registration Form and mail it to the address on the form, along with a check for the proper amount, payable to 3RVS. Pre-registration ends June 23<sup>rd</sup> at midnight. Please be sure you sign & date the form.

Registration will be available from 7:00 AM to 10:00 AM the day of the tour at Hickory Center School. The first 150 registered riders will get a free water bottle. All riders receive a route map, roving support, snacks and drinks at the SAG stop. Please note: Small children must be accompanied by adults at all times.

**[Click here to download the brochure and ride application. Coming soon](#)**

Mail both the form and payment to:

3RVS Festival Tour  
P.O. Box 11391  
Fort Wayne, IN 46857-1391

### Additional Information

For more information or questions, please email the Three Rivers Festival Tour Chairman at:  
[2017festivaltour@3rvs.com](mailto:2017festivaltour@3rvs.com)

The Three Rivers Festival, July 7 - 15, 2017, is a 9-day celebration of Fort Wayne's heritage and offers a multitude of cultural, ethnic, recreational and educational events. Our bicycle tour just happens to be one of the oldest and best events of the festival. We hope you enjoy it!

## Destination Ride #3 is coming June 10th

Jennifer Altherr  
Amy Copeland

Building on the excitement of the first two destinations rides we are happy to announce plans for ride #3. Our destination is the Bicycle Museum of America in New Bremen, Ohio. On Saturday, June 10<sup>th</sup>, we will celebrating the 20<sup>th</sup> anniversary of the clubs first museum tour with a ride for both fat and skinny tired folks.

Phil Snider will host a redo using the original 40 mile route starting and ending in Neptune, Ohio. The more adventuresome can choose a 28 mile MTB route using the Miami and Erie Towpath/Buckeye Trail beginning and ending north of St Mary's, Ohio. This

will allow both our road friends and MTB/Urban exploring friends to do part of the route together including the museum, a lunch in New Bremen and a great view of Grand Lake St Mary.



There will be an initial meet up point in the shopping center parking lot of 469 Sports and Spirits at 1310 Minnich Rd just south of Highway 930 in New Haven. Please arrive by 7:45 so we can arrange our car pools and be on the road by 8:00. The 40 mile road group led by Phil at a D/E pace is targeted to arrive at the park in Neptune,

Ohio on 197 just south off Highway 33 about 9:00 to prepare to ride. The 28 mile mountain bike group will drive to the Noble Township Community Center 16586 Co Rd 66A just north of St Mary's with a targeted arrival time of 9:15. Using the club's new Life 360 app circle we will be able to track each groups progress and hopefully meet up near St Mary's and share some time on improved trail together before splitting off again on the way to the Museum and lunch in New Bremen.

The two groups will depart New Bremen together on some group road miles to take in a view of the Grand Lake St Mary's where they will once again diverge to continue to their respective starting points.

\*The road group will also enjoy several miles of improved trail

\*\*The MTB group will take in 4+ mile of trail designated rugged grass field terrain, be prepared for a workout or cut off onto the road riders route and a few extra miles, but miss several historic canal locks.

\*\*\* Museum admission is \$3 adult/ \$2 senior. Don't forget money for lunch, sun-screen and a bike lock if possible.

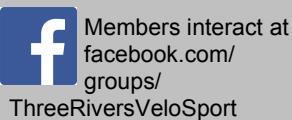


Three Rivers Velo Sport

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[www.3rvs.com](http://www.3rvs.com)



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