



Quick Release

June 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](#).

Until further notice meetings will be held in a virtual environment. Invitations to follow.

Next Meeting is July 2nd

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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President's Message

Johnny Grabowski

It's official - Three Rivers Velo Sport group rides (weeknight rides and weekend tours) will resume the weekend of July 4. The 3RVS Board of Directors unanimously approved this date after a great deal of thoughtful discussion and consideration of feedback from numerous club members. When group rides do resume, they will be accompanied by revised group ride guidelines specifically intended to make those rides as safe and inviting as possible, while making sure that participants are aware of the potential risks involved in light of the COVID-19 pandemic.

In the meantime, as more of us ramp up our cycling activity leading up to 3RVS group rides, take some time to consider some important safety considerations (that don't have anything to do with a pandemic at all!).

Ride Healthy - The safety of every cyclist in a group is dependent on being able to count on the other cyclists in the group to ride predictably and in accordance with the group. All participants must be alert and capable of performing on a similar level. While it always should have been common sense and common courtesy, it must be said: if you don't feel well, stay home and get better! Sharing your cough or cold (or worse) with your cycling buddies is just wrong, and if you aren't feeling well you're far more likely to make a mistake that could cause an accident.

Trainer Transitioning - If you are one of the cyclists who have been riding on a trainer or in Zwift virtual group rides over the last several months, recognize how you ride differently on your trainer. Obviously, you'll have to maintain constant focus and control to keep your own bike upright and headed in the right direction (and to avoid crashing into the other very real cyclists in the group) - but you may need to consciously relax parts of your body that have become accustomed to more rigid positions you may have adopted to increase your power output during Zwift rides.

Know Your Limits - When choosing which pace group to ride with (especially early in the season) consider playing it safe rather than pushing your limits. The longer a cyclist overexerts themselves, the more likely they are to lose focus and make a mistake that could prove dangerous to themselves and/or others.

This season's newest safety concern (COVID-19) is just one more addition to the long list of safety concerns that have existed for group rides as long as group rides have existed. And while 3RVS will do our best to address pandemic concerns with new group ride guidelines, whether or not to participate in a group ride and accept the associated risks always has, and always will, be the personal decision of each individual cyclist.

Horizon: Boundary between Known and Unknown

Patrick Stelte



Patrick Stelte

Before the Memorial weekend, I sat home watching the weather forecast drone on about rain and cool temperatures. A polar vortex had descended upon the Midwest and my thoughts turned to another bleak, dreary spring week that resembled the previous year. Cycling this year has become a diversion to the greater events that have unfolded since winter. As someone who lives alone, self-isolation has taken a toll. Getting outside to ride, albeit alone, takes me to a different place, transported by muscle memory and good times. Five days of endless rain meant five days of my body and mind attacking my senses. Finally, I saw a window on a Thursday afternoon: dry with long-sleeve temperatures. I left work a couple hours early and rode east into a mild, block head-wind. The sun was hit and miss, the traffic was rush hour until I made it to Parent Road. My goal was thirty miles, enough to grease the legs, expand my lungs and settle into my familiar heart-rate.

When I reached the fork in the road to begin my return, I decided to meander. My mood was almost "whee". I continued east at a pace for me to notice the little bits that can hide when I am zoned on performance. I spotted a foal not far from a fence where mom was sticking her nose into the wind as she stood at attention to my presence. Most fields were freshly plowed waiting for renewal. The aroma of CAFOs was mild compared to past memory. The sun started to peak here and there and fell as spotted highlights. This was my tonic for the previous days of cabin fever. Too bad it didn't last. As I turned south, I noticed a fog on the horizon. White clouds and blue sky fell over my shoulders, but the path forward signaled change. Closing in, the mystery unfolded as raindrops speckled the pavement. No worries I thought. There is too much clear sky for the rain to last.

As I rode further, the drops turned to drizzle then light rain that seemed to have no clouds, just a hazy blanket that drifted until the entire horizon was covered with gloom. I ended up riding the last 40 minutes in this, "same as it ever was", early evening spring. Arriving home, my spirit was dampened with my inability to forecast the near future. My horizon was transfixed on past experience and conjecture tied to my desire. My boundary between aspiration and reality turned into a metaphor for the present we now live. Last fall, no one could have predicted a pandemic that has turned daily routine into a mine field of what ifs leading to illness or continued good health. To compound this threat, the topsy-turvy reactions of society has muddled the path of guidance. I feel blunted by it all.

In times of trouble, we seek community to reassure our unease. This virus is heinous that way. Zoom and Facebook all you want, it cannot replace the energy of human contact. Last year, I moved mom into a memory care unit not far from my home. I visited nearly every day to reassure her that she was not forgotten. I have not seen her the last three months. We occasionally speak on the phone and I tell myself she is safer isolated. When will I see her again? That reunion is hazy. I do know it will feel like Christmas morning when I was a child.

There are currently no absolutes. We travel daily on guidelines that will shift arbitrarily to dispense progress to quell fears that linger. The great hope: a vaccine, is the narrative as a means to the end. Most likely, the end will not be so transfixed. It will slowly fade from fatigue and mutation and wallow as a threat to the most vulnerable. This is the horizon we face when there is talk of group riding. We all feel the pangs of desire to ride with friends, feel that energy flow and flex the memory that releases euphoria. That ache is most acute in warm weather. Now that June has arrived, the club officers are weighing public health with the mission of the club. There is no criteria in place that can guarantee safe journey. Much like the club's recommendations for safe riding in years past to keep the rubber side down, common sense is the way forward if we want to ride together. At the end of the day, we are each responsible for our own well-being.

Arbitrary dates have now been set and group riding will most likely go forward in the near future. The horizon will remain hazy and talk will ebb and flow with opinions that may cause consternation. This is all new and navigation is one step at a time. So far, many organizations (including our own) have taken a conservative approach and canceled events out of caution. Without definitive guidance from experts, we are left to venture best we can away from paralysis and create a route for our yearning of camaraderie. I wish you all the best in your decision making.



3RVS Touring

The Season Finally Kicks Off!

Shane Powell

Okay folks, it's the time we've all been waiting for! The official Season kickoff for 2020! As we venture back out onto the roads for our Club Tours. We do still need to exercise some common sense guidelines. Many of us are still social distancing, due to loved ones, or ourselves being in the "at risk" category. I fully support, and respect those decisions, and wish for your families health, and safety to continue. Please respect other riders wishes, if they choose not to draft in tight formation. Do not crowd them, or try to fill in a gap that they are leaving intentionally. If you, or anyone in your household has displayed symptoms of COVID-19, or if you have knowingly been exposed to someone. Please do not attend our rides. It is the goal of 3RVS to provide rides that are as safe as possible.

Some other things to consider, that should be followed even when there is no pandemic: If your nose is stuffed up, do NOT blow a snot rocket in the pace line! Fall to the back, and do what you need to away from others. This also applies to spitting, coughing up bugs, sneezing, and every other expulsion of bodily fluids. No one wants to take your shower even in the best of times. If you're hot, and want to spray your water bottle over your head, again fall to the back away from other riders. I shouldn't have to remind everyone to practice good hygiene, we've heard enough about that on the news.

Finally, let's all have fun! Respect the wishes of your fellow riders. We are all in different stages of what we are comfortable with, and what we are not. I can't wait to see you all on the road!

July Touring Dates

Date	Time	Map	Start At	Destination/Pace Groups	Distance
7/03	10:00 AM	KRG-6	Kreager Park	Woodburn/Payne/Paulding Groups TBD	18/27/47/62/64
7/04	10:00 AM	WHS-1	Wayne High School	Poe/Decatur/Wilshire Groups TBD	21/35/40/55/60
7/5	10:00 AM	HTN-4	Huntertown Elementary	Kendalville/Avilla/La Otto Groups TBD	33/44/51
7/11	10:00 AM	ROA-2	Roanoke Elementary	Roanoke/Huntington/Andrews Groups TBD	14/32/43/53
7/12	10:00 AM	SJHC-1a	St Joe Hessen Cassel	Decatur/Wilshire Groups TBD	44/66
7/18	10:00 AM	SWS-1	Sweetwater Sound	Huntertown/Churubusco/Garrett Groups TBD	32/41/63/72
7/19	10:00 AM	JMS-1	Jefferson Middle School	Woodburn/Antwerp/Cecil/The Bend Groups TBD	25/37/49/56/68
7/25	10:00 AM	NHS-1	New Haven High School	Monroeville/Edgerton/Woodburn/Harlan Groups TBD	17/33/44/50
7/26	10:00 AM	LHS-4	Leo High School	Garrett/Avilla/Kendalville Groups TBD	26/44/58/62*

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 @ride3rvs.

The A group rides at every tour, B,C & D group tours are listed in Destination/Pace Groups above.

Group paces: A = 20+ mph; B = 18/19 mph; C = 16/17 mph; D = 14/15 mph; E = 12/13 mph

See the back side of the weekend route maps or 3rvs.com for 3RVS Group Riding Guidelines.

Follow our tours live using the Life360 App at Ride 3RVS.

* Detour depending

Whatever It Takes

Pamela Fennell

Today is June 7th, and I am wearing ski goggles while riding my bike. I know that is a bit strange, but I have seasonal allergies that are really troubling right now. I find when I am riding my bike, my eyes become very irritated, so much so that two days ago I could not see very well while riding my bike. My eyes had become so irritated that it was difficult to hold them open to see the road. I took yesterday off from riding just to let them heal a bit more, but today I really wanted to ride. Trying to figure out how to avoid the eye irritation while riding my bike, Tim suggested that I wear my ski goggles. At first I laughed and said that I would certainly look ridiculous, but then I thought about it and realized that I simply didn't care. I decided that riding my bike was much more important than worrying about looking ridiculous, so I put my ski goggles on and away I rode. I did "whatever it took" to ride my bike.

I have been riding my bike as long as I can remember. Riding has always made me feel this wonderful feeling of freedom. Over the years I have embraced all different types of riding, my garage is certainly a testament to that! As I have aged, especially over the past couple of years, I have found that riding has been a little more tiring and difficult for me. I seem to be the last one up that hill or to arrive around the bend. I have shied away from rides that I felt would put others in the position to have to wait on me. In the summer of 2019, I was working at the bike shop, and I was talking with Marcus about the way that I felt. He made a suggestion that has changed my entire riding world. He told me to go ride the Vado and let him know what I thought. The Vado is an e-bike. I took it out for a ride, and the smile would not leave my face.

Having that little extra pedal assist made me feel that I could ride all day! "Whatever It Takes" When I went home to talk with Tim about the possibility of purchasing an e-bike, I will be honest and tell you that he had some mis-givings. He was afraid that I was selling my abilities short. He felt that I might become too dependent on the pedal assist, and then I would not feel like riding our tandem together. Basically he felt that an e-bike would not help me gain more confidence. He stated that if I just continued to ride a little harder, I would increase my strength, and I would be able to keep up.

After a few months of research and discussion, we finally decided to give the e-bike a try. I purchased a gravel e-bike, and it has changed my riding immensely. Instead of making me a weaker rider, it has actually made me a stronger rider! I have ridden longer and farther on my e-bike. I no longer look at hills with trepidation. I have explored beautiful back country gravel roads. I am exploring all types of maps on Ride with GPS, and instead of looking at the elevation profiles with dread, I say, "This route looks fun. Let's try it". In the past 3 months I have ridden over 1400 miles all outdoors, and I am loving it! Because I am riding so much, I am actually gaining confidence, and I am able to ride father and stronger on our tandem as well. Now Tim says that it "was the best bike purchase we have made for me!" He can see my confidence level rising well beyond what it was.

What I have learned is that my love of riding my bicycle has not changed, but as I have faced the aging process, I just need to look at cycling a little differently. I just need to do "whatever it takes" to put that bike smile on and feel the wind in my face. The bike that we ride isn't what makes us a cyclist, it is the fact that we get out there and ride. Where we ride doesn't make us a cyclist, it is the fact that we get out there and ride. The people we ride with do not make us a cyclist, it is the fact that we get out there and ride. It is not how fast we ride that makes us a cyclist, its the fact that we get out there and ride. I for one will always do "whatever it takes" to ride my bike!



Pamela Fennell

Membership Notes

Kent Ellis

2020 will certainly be a year that stands out in our memories for all of the challenges that we've faced as cyclists and members of the community. Although the club has not sponsored group rides yet this year, many 3RVS members have renewed their memberships and we've gained a number of new members. I'm excited (although I admit, a bit apprehensive) as we re-start our weekly rides. I look forward to seeing you on the road and sharing the ride time. Thanks to each of you for being a part of 3RVS this year.



Kent Ellis

Membership Count		
	Grand Total	
Year	Memberships	Adults
2020 Memberships	188	254

Three Rivers Velo Sport

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We're on the web.
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 Members interact at
facebook.com/
groups/
ThreeRiversVelo-
Sport

View our rides, Face-
book.com/3rvsvideo

 Life 360
Track our tours live
at Ride 3RVS

