



Quick Release



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

March 2000

The Bicycle Bulletin Board

Issue 2000.03

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March Cycling Quote:

"Be at one with the universe. If you can't do that, at least be one with your bike."

Lennard Zinn

3RVS at the Health Fair

3 Rivers Velo Sport will have a display booth at the 11th Annual IPFW Health Fair on Wednesday, March 29th.

The Health Fair will be located on the IPFW campus in the Walb Student Union Ballroom between 9 am and 2 pm.

Our own Kit Conrad has again graciously volunteered to person the booth and maintain order. There will be a display explaining the benefits of bike riding and lots of club information and videos. And there will be a drawing for a couple of registrations to this year's May Madness Tour. Kit promises to have more than one video this year.

Besides our booth, many local health and excersie groups and organizations will be represented. It's always a great place to learn more about staying healthy, or just go and pick up stuff. Come on out.

Oh No, What's That Funny Noise?

March Program Preview

You are out for your first ride of the season. The weather is warm and sunny, and it feels great to be on road again. Everything is right with the world.

Then, when you are only five miles out, you hear it. What is that clanking noise? Could that funny noise be coming from your bike? You are forced to turn back, or worse yet, be sagged back, because of mechanical problems with your bike.



"My bike doesn't make any funny noises."

You may be able to avoid this disaster if you come to the 3RVS club meeting at 7:30 p.m. on Thursday, March 2, at First Wayne Street United Methodist Church. Our own Touring Director, Kathy Boling, will present a program at the club meeting on how to get our bikes ready for the upcoming riding season.

Kathy's program will be interactive. That means she will bring her bike and show us, as well as speak to us, about bike maintenance. She will be giving us all sorts of helpful tips about readying our bikes for Spring. Kathy has been a 3RVS member for over 25 years. (Obviously, she joined the club when she was a toddler.)

During her years as a member of 3RVS, Kathy has served as Club President for two years, done three previous stints a Touring Director and was Publicity Director for two years.

Kathy normally logs about 6,000 miles a year on her bike. She has ridden in 22 Hilly Hundreds. In the past few years, Kathy has completed two double centuries. She is in her fourth year as a Certified Cycling Coach for the Leukemia Society. In 1998, Kathy rode to Bar Harbor, Maine with a friend; and when her son was only twelve years old, she took a 1,000-mile bike trip with him.

Kathy has worked as Koehlinger's Cycling for 20 years and worked at another bike shop for three years before that (also, when she was toddler). When she is not biking, Kathy likes to cross-country ski, hike and work on computers. She also enjoys socializing with friends.

Kathy's presentation at the club meeting will be followed by a Social Hour with refreshments. Be sure to attend the club meeting Thursday, March 2, for Kathy's presentation and to socialize with Kathy and your other bike club friends after the program. **K.W.**

President's Message

As I write this message in mid-February, we still have snow on the ground; although the snow is showing signs of melting. It is hard to believe that the Spring riding season is just weeks away.

Your new officers are hard at work on many new and exciting projects for the upcoming year. The most obvious is in your hands now—our newly designed newsletter. Doesn't the new format for the newsletter look great? We have had a great newsletter for the past several years, but now it is even better. We receive newsletters from other clubs in our Club's mail. We have one of the best, if not the best, newsletter around.



Mike Heyes has worked very hard to develop the new format. He will be continuing to make changes, including increasing the size of the newsletter. Of course, for Mike to expand the newsletter, he will need material. Please feel free to submit relevant articles to Mike for publication in the *Quick Release*. The newsletter deadline is the 15th of the month.

In addition to the newsletter, Mike created and maintains our Web Page. And, if that isn't enough, Mike also is working on an informational brochure about our Club. When the brochure is completed, we will be putting it in places likely to attract persons who would be interested in joining 3RVS. That would include places like bike shops and workout facilities.

I want to thank Mike for doing such a great job for our Club. When you see Mike, I hope you too will let him know how much you appreciate the great job he is doing.

The Indiana Bicycle Coalition has recognized the talent of Mike, as well as another 3RVS member, Chuck Bash, by inviting both Mike and Chuck Bash to speak at the IBC annual conference in April. This is a real honor for Mike and Chuck, as well as for our Club.

Another member, who deserves our thanks, is Cheryl Mathews. She came up with the idea to create a display at the Downtown Library about cycling and our Club. She has reserved display space at the library for March and worked hard to get material for the display. Be sure to see Cheryl's display at the Library in March.

Our secretary, Kit Conrad, has volunteered to coordinate a booth for our Club at the IPFW Health Fair on March 29. Kit has handled this project before, and I want to thank him for volunteering again this year. (This sounds like yet another opportunity for distribution of Mike's new brochures.) I hope you will take time to visit the Health Fair, and see for yourself the fine job Kit does.

I cannot say enough about the many wonderful 3RVS members who devote their time and energy to promoting cycling and to our Club. As we work together during the coming year, we cannot help but accomplish great things. **Karen Walker**

The Cyclometer Crank

(From the Minneapolis Tribune)

Of all the cranks I've seen,
The cyclometer crank is the worst:
He watches it go from morn till night,
And pushes it round with all his might
Though his veins are like to burst.

There's music for him in the click of the cog,
And it cheers his weary way,
Whether riding home or riding to town,
Or pumping up hill, or coasting down,
He lives on its merry lay.

He can not stop on half a mile,
And though the time has come to dine,
If the cycle stands at 399,
The dinner must wait awhile.

When death has claimed the cyclometer crank,
And he's passed from this world of guile,
He'll ask Peter to wait at the open gate,
Though the saint is old and the hour is late,
While he runs off another mile.

Willie See

Bicycling Information at the Allen County Public Library

Drop into the downtown Allen County Public Library during the month of March and you may see some familiar faces. The main lobby will feature a bulletin board display of bicycling information featuring 3 Rivers Velo Sport.

The purpose of the display will be threefold: to inform people about 3 Rivers Velo Sport and local bicycling events, to inform them of the Indiana Bicycle Coalition and bicycling concerns in Indiana, and to educate regarding bicycling safety.

The poster of club facts and photos put together by Kent Ellis will be displayed along with club and IBC newsletters, posters, brochures and flyers.

Parkview Hospital has generously donated materials regarding bicycling safety and helmet use. Hopefully, by the end of the month, many more people will be aware of 3RVS and its activities, the IBC and its goals, and the importance of bicycle helmets. And gaining any new club members will be a welcome bonus!

Cheryl Mathews

March Touring Schedule

DAY	DATE	TIME	START LOCATION/RIDE TO	MAP	DISTANCE
Saturday	March 4	1 pm	Homestead/Roanoke	HHS-3	21/27/35
Sunday	March 5	1 pm	Wayne/Poe/Ossian	WHS-8	17/32
Saturday	March 11	1 pm	New Haven/Woodburn	NHB-3	17/25/35
Sunday	March 12	1 pm	Leo/Spencerville/Hicksville	LHS-2	17/33
Saturday	March 18	1 pm	Huntertown/Auburn	HTN-8	17/33
Sunday	March 19	1 pm	Dana/Churubusco*	DCU-5	15/37/42
Saturday	March 25	1 pm	Leo/Auburn/Waterloo	LHS-1	20/27/38
Sunday	March 26	1 pm	Wayne/Poe/Ossian/Markle	WHS-8	17/32/50
Saturday	April 1	11am	Arcola/Coesse/Col.Cty/Pierceton	ARC-1	21/37/57
Sunday	April 2	1 pm	Carroll/Huntertown/Churubusco/Merriam	CHS-5	19/39/54

Ride Notes:

Maps will be provided at the start if the temperature is 50 or over and no rain.

*** The Leukemia Society Team in Training riders will join with the 3RVS ride. Come out and help welcome them.**

Sunday, March 19 is the last ride of winter! Join us for a ride in the great outdoors and dump those winter blues.

Spring Inaugural Ride, Sunday, April 2nd: A marked route will welcome you to a spring ride, as the wheat starts to grow and the birds serenade us, we will tour the countryside of northern Allen County and touch into Whitley and Noble counties. These lightly traveled roads are great for riding, so get on your bike for your first ride of the year.

Ride Start Locations

Map	Location	Address
ARC	Arcola Elementary School	1006 Arcola Rd
CHS	Carroll High School	3701 Carroll Rd
DCU	Dana Federal Credit Union	3102 Spring St
HHS	Homestead High School	4310 Homestead Rd
HTN	Huntertown Elementary School	Old Lima Rd, Huntertown, IN
LHS	Leo High School	14600 Amstutz Rd
NHB	New Haven Home Loan Bank	1230 Lincoln Hwy East, New Haven, IN
WHS	Wayne High School	9100 Winchester Rd
WLN	Woodlan High School	17215 Woodburn Rd, Woodlan, IN

Welcome to new 3RVS members:

Dan Gibson
Fort Wayne

Bob Maly
Columbia City

Get the latest club info at:
<http://www.3rvs.com>

Get the latest Indiana bike info at:
<http://www.bicycleindiana.org>

Race Director Joe Bartels says, I know its early, but the racing season has already started in southwestern Ohio so if you think it is too cold to ride outside, think again. So far this year there have been more people coming out to the cold weather weekend training rides than we've had in years.

If you want to ride at the training rides but aren't sure how to dress, don't guess on what to wear; bring your duds and see what everybody else is wearing. Dressing right can make a huge difference in your performance! I am not saying that you can't train well indoors, but only by riding outdoors can you improve your bike handling in the way of holding a line, cornering, rotating in an echelon and drafting. You also get the opportunity to evaluate your winter training endeavors, as well as the other riders, and familiarize yourself with road routes around Fort Wayne. It ends up being a better work out when others hold you accountable. And most of all it's fun.



NOTE: The Masters Nationals will be held in Indy this coming July. More info on this as the time approaches.

Since the touring schedule starts in March, training rides will be held in conjunction with the touring schedule, as in past years. On the touring rides, usually within the first couple of miles the riders split into 2 groups: racers and tourists. While on the touring rides the racers usually stay together in their own group for a little more than half way through the ride. Then the pace tends to pick up and within the last 5-8 miles the pace gets intense.

Here is a very simple and efficient weekend training regimen that is proportional to the level of racing and may help you achieve your summer racing goals as well as your weekly riding: if you want to be a citizen or Cat. 5 try to do the long routes at the touring rides. Cat. 4? Try to pull a lot of the time on the longer routes of the touring rides. Cat. 3s should ride TO the touring rides and pull most of the long route AND ride back home. Cat. 2 riders need to ride to the touring rides and add 10 extra miles before the start, pull all the time, and ride an extra 10 miles while riding back home.

March Race Training Rides

DAY	DATE	TIME	LOCATION
Tuesday	March 21	5:30 pm	Wayne H.S.
Tuesday	March 28	5:30 pm	Flaugh Road
Tuesday	April 4	5:30 pm	Monson Church
Tuesday	April 11	5:30 pm	Wayne Trace

Sprinting Safely

*Written by Roger Pierce, editor of the Gainesville Cyclist in Florida.
Reprinted from Adventure Cycling Association Publication*

Sprinting is an important part of bicycle racing, and a generally fun thing to do on a bike. Sooner or later, as you become a stronger rider and join in on group rides, you will find yourself taking off to be the first one to the mythical finish line.

When you sprint in a bicycle race, it is either at a designated point that everyone knows about, or as a tactic to break away from the rest of the riders or otherwise break up the group. With the possible exception of the "A" Rides, this latter type of sprinting is not done on group touring and training rides.

In a race, the sprint is conducted on a race course that is closed to other traffic. When you sprint, the probability that you will be involved in a crash goes way up. On the open roads where touring and training rides are, the danger is much higher because of the possibility of melding with a car.

One problem with sprints on touring and training rides is that in many cases they are spontaneous. Whereas in a race, everyone knows that the points sprint is at mile 35, on a club ride many of the riders will not know what is going on, and as a result may perform maneuvers that are dangerous to the sprinters. It may seem like fun to get the jump on someone, but surprises and resulting erratic maneuvers are dangerous.

So be aware of these guidelines:

1. Do Not sprint unless everyone on the ride knows where the sprint is to occur.
2. If there is motor vehicle traffic on the road when you reach the sprint location, DO NOT sprint.
3. Those doing the sprint should move away from those not doing the sprint, and those not doing the sprint should back off as the location approaches. If you are behind someone who is not in the sprint, DO NOT sprint. After the sprint, ease up and let the group reform.

Ned's Knowledge

*Excerpted from "Mountain Bike Like a Champion"
by Ned Overend*

It was a national points series race in Indiana. Torrential rain before the start left the course oozing with slimy mud. Traction was only a dream. Guys were spinning out everywhere.

On the main climb, I was riding one gear higher than normal and trying my best to pedal in smooth circles. My weight was way back on the saddle and my torso was upright to help the rear tire grab whatever it could. This lightened the front wheel so much that the bike seemed to be taking me where it wanted to go instead of where I wanted to go.

Then on the downhill, I discovered a small muddy berm created by all the passing wheels. By staying just to the inside, I rode much more confidently, even though my handlebar was almost debarking the trees. I was passing guys and using less energy at the same time.

That was about the time when the rear tire punctured. It was a slow leak, so I continued riding. The softening tire actually helped traction for awhile.

What a mess when I stopped. Mud was covering the wheel and my seatbag. I was sweating like crazy. The woods were dark. And to top it off, I had an audience. A group of spectators just happened to be right there.

One guy started driving me nuts with his small talk, asking me how I was feeling, how I like Indiana, you name it. I had to catch myself to keep from telling him to shut up. Instead, I said (not very politely), "Let me focus on fixing this." After I finally got the tube in and the tire on, I reached for my CO₂ cartridge. It had disappeared, camouflaged by the mud and leaves. I was going crazy when the same guy whom I almost told to shut up said, "There it is."

I had to smile. I had been so ticked off at this guy, and now he had saved me. I said, "Thanks, pal," aired up my tire, rejoined the race, and made it back to fifth place by the finish.

The moral of the story: Be nice to spectators (or keep your stuff in your pocket till you need it).

From The Fat Tired Guy

Anyone else contracted FTCTF? That's Fat Tired Cabin Fever, a serious malady induced by lack of off-road cycling due to uncooperative weather. We're looking for some nice days in March so we can get out and take the "cure". Here's the schedule:

March 4, Saturday -- Franke Park at 10 am. Join us for some of the best urban singletrack in town. We might get over to the other side of the creek and try out the Christmas Trail.

March 11, Saturday -- Appleseed, 1 pm. The urban explorations continue. This ride will be geared to the beginning to intermediate rider.

March 18, Saturday -- Franke Park, 8 am. Trail Work. Here's a chance to "give back". Plans are to spend an hour or so clearing and "demudding" the trails. Bring the bike so we can test the results.

March 19, Sunday -- Foster Park, 3 pm. The southwest side of town has some interesting urban trails. Come help us explore.

March 25, Saturday -- Huntertown, 1 pm. Meet at the elementary school for a gravel road ride into some of the remote parts of Allen and DeKalb counties.

For more info, especially weather guidelines, contact Phil at 419-542-8971 or bikenphil@aol.com.



Quick Release

This is a publication of 3 Rivers Velo Sport, Inc., as the astute reader would have learned from the top of page 1. It is published 12 or so times a year, and is distributed to all club members free of charge. Well, you do have to pay your dues to receive *Quick Release*, but besides that small detail, it's free of charge to club members.

3 Rivers Velo Sport

3RVS Inc. is a bicycling organization based in Fort Wayne, Indiana which promotes bicycling as a healthy, fun, energy efficient, lifelong activity for persons of all ages. The club sponsors a range of activities offering the benefits of group cycling to riders interested in touring, racing and off-road riding. Special thanks to the following:

Webmaster Michael Heyes
mheyes@concentric.net
Membership Leslie Melcher
lvmelcher@aol.com

Receive the *Quick Release* by Email

Club members can now receive The *Quick Release* newsletter by email!

The newsletter will be sent to you in Adobe Acrobat format, so you need to have Adobe's Acrobat Reader installed on your computer to read and or print it. Acrobat Reader can be downloaded free of charge from Adobe Corp. on their website at <http://www.adobe.com>. The newsletter will be sent to you as an attachment. You should detach the newsletter and save it somewhere on your hard drive. Then, just open the file by double-clicking on the file.

If you would like to have your newsletter delivered by email in the PDF format **instead** of by regular mail, please email Mike at mheyesh@concentric.net, or check the appropriate box on the 3RVS membership application.

One advantage doing this is that you get a **full color newsletter** which is way nicer than the regular grayscale that comes in the regular mail.

Plus it's just much cooler to get that way.

Cool (kool) Slang.
<http://www.3rvs.com>

Stuff for Sale: The Classifieds

Specialized M2 Mountain Bike, 13" Frame, Shimano XT, Grip Shift, Blue, 2-years old \$450

Shimano Dura Ace crankset. 175 mm, new condition \$100

Todd Anderson: 219-436-0346

Indiana Bicycle Conference 2000

Bicycling in the New Millennium

Friday & Saturday, April 7 & 8, 2000

The Indiana Bicycle Conference should be a great conference. The keynote speaker is John Schubert, who is the Technical Editor for *Adventure Cyclist*, the magazine of the Adventure Cycling Association. He is the author of "Cycling for Fitness", "The Tandem Scoop" and "Running."



Friday's programs are aimed at bicycle planners, while Saturday's programs should be of interest to bicycle enthusiasts, but all are welcome to attend either session. Seminars and Roundtables are planned covering riding on and off road, transportation, bike paths and trails, club issues, newsletters and web sites, safety, children and bicycle advocacy.

The Conference will be held at the Best Western Waterfront Plaza Hotel, 2930 Waterfront Parkway, West Drive, Indianapolis. Their phone numbers are 317-299-8400 or 800-528-1234.

Chuck Bash will talk Friday on Indiana Laws on Bicycling and will present an Overview of Effective Cycling II, Skills course on Saturday. Also, **Michael Heyes** will be the facilitator for a roundtable discussion about Newsletters and Websites.

If you would like a copy of this year's exciting and informative Conference, please contact Chuck at 219-749-2095 or email him at MBCBtandem@aol.com.

For additional information on the Indiana Bicycle Conference 2000, contact the Indiana Bicycle Coalition at 317-466-9701, by email at ibc@indy.net, or visit their website at www.bicycleindiana.org.

The Indiana Bicycle Coalition is the statewide voice of the Indiana bicycling community.

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Name _____		Age _____ Date _____
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Signature(s) (Parent or guardian if under 18) _____		
Fees: \$10 Individual, \$15 Family. In signing this form, I acknowledge the inherent danger of bicycling and agree on behalf of myself, my heirs, devisees or estate to hold 3RVS, Inc. and its members harmless for loss, damage, injury/death to myself or dependents as a consequence of participating in activities of 3RVS, Inc. Make check payable to 3RVS. Return to 3RVS, PO Box 11391, Ft. Wayne, IN 46857-1391		

Thoughts While Cycling

It was probably about 15 years ago that someone gave me a copy of the following story. Though I have long lost the paper, the ideas contained in it have come to me from time to time. The most recent time was during the decision making process for my cross country bike ride, and I thought about it a number of times during the ride. There is lots of time to think on a 3500 mile bike trip!!

Anyhow, it showed up in the newspaper this morning and I thought I would share it with all of you. Later, Earnie.

The Station

by Robert J. Hastings

Tucked away in our subconscious is an idyllic vision. We see ourselves on a long trip that spans the continent. We are traveling by train.

Out the windows we drink in the passing scene of cars on nearby highways, of children waving at a crossing, of cattle grazing on a distant hillside, of smoke pouring from a power plant, of row upon row of corn and wheat, of flatlands and valleys, of mountains and rolling hillsides, of city skylines and village halls.

But upper most in our minds is the final destination.

On a certain day, at a certain hour, we will pull into the station. Bands will be playing and flags waving. Once we get there so many wonderful dreams will come true, and the pieces of our life will fit together like a completed jigsaw puzzle.

How restlessly we pace the aisle, damning the minutes for the loitering -- waiting, waiting, waiting for the station.

“When we reach the station, that will be it,” we cry. “When I am 18.” “When I buy a new 450SL Mercedes Benz.” “When I put the last kid through college.” “When I have paid off the mortgage!” “When I get a promotion.” “When I reach the age of retirement, I shall live happily ever after.”

Sooner or later we must realize there is no station, no one place to arrive at once and for all. The true joy of life is in the trip. The station is only a dream. It constantly outdistances us. “Relish the moment” is a good motto, especially when coupled with Psalm 119:24: “This is the day which the Lord has made; we will rejoice and be glad in it.”

It isn't the burdens of today that drive men mad. It is the regrets over yesterday and the fear of tomorrow. Regret and fear are the twin thieves who rob us of today.

So, stop pacing the aisles and counting the miles. Instead, climb more mountains, eat more ice cream, go barefoot more often, swim more rivers, watch more sunsets, laugh more and cry less.

Life must be lived as we go along. The station will come soon enough.



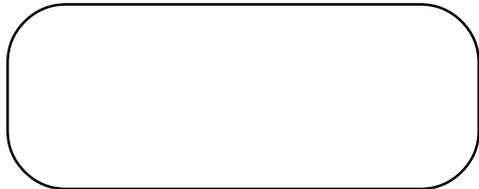
Membership Reminder to Current 3RVS Members

It's again time to renew your membership! Don't remember if you renewed or not? We do, and here's how you can tell: look at the mailing label on this newsletter. If the expiration date ends in "00", you need to renew now.

Just fill out the membership application in this newsletter and send it along with ten dollars to the address shown. Ten dollars?! That's pretty inexpensive, isn't it? Actually, we have the lowest membership dues in Indiana.

Besides getting this beautiful, informative and fact filled newsletter every month, club members are entitled to a 5% discount at Summit City Bicycles and Koehlinger Cycle and Fitness shops. Be sure to ask for the discount.

**Renew yourself! It's cheap, easy and fun.
Don't wait till the last minute. Beat the crowds.**

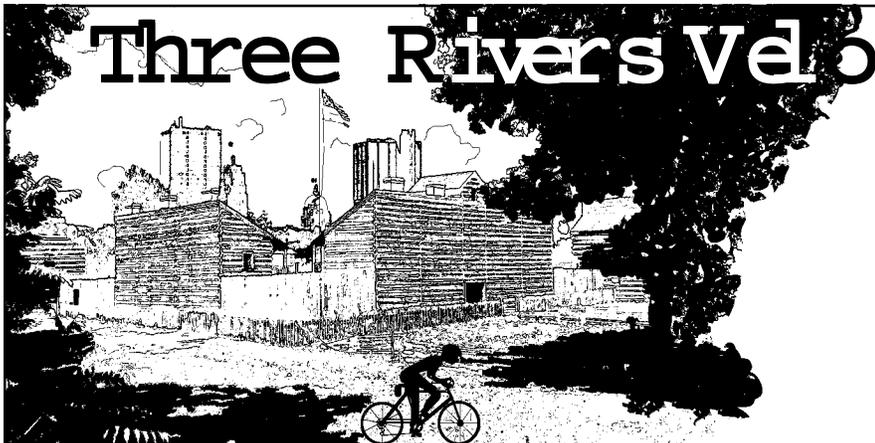


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Three Rivers Velo Sport, Inc.

March 2000

Newsletter

A FORT WAYNE, INDIANA
BICYCLE ORGANIZATION

Next 3RVS Club Meeting

When: Thursday, March 3, at 7:30 pm
Where: First Wayne St. United Methodist Church, 300 E. Wayne St.

March Meeting Program

The March meeting program will feature Kathy Boling. Kathy will talk about getting our bikes for the upcoming season, with a focus on preventing problems from occurring during a ride.

3 RVS Club Officers

<u>Position</u>	<u>Name</u>	<u>Phone(219-)</u>	<u>Email</u>
President	Karen Walker	747-2420	cougargalkw@hotmail.com
Treasurer	Kevin Truelove	432-6219	KTrue@aol.com
Secretary	Kit Conrad	422-6332	teacher@tk7.net
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