



# 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, ABR, and NORBA. Quick Release contains current and planned club biking activities and is distributed to all members. Submissions are due by the 10<sup>th</sup> of each month.

March 2001

The Bicycle Bulletin Board

Issue 2001.03

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### March Quote:

"I get embarrassed when I see how slim I was."

*Eddy Merckx*

## Bed, Breakfast & Bike Midwest

This is the title of a new book by Theresa and Robert Russell. They visited 28 inns throughout Indiana, Ohio and Michigan and devised two cycling routes from each of the inns. The routes include a variety of terrain and distances.

The innkeepers of the inns featured in this book welcome cyclists and do everything possible to make your stay enjoyable. And, if you have a copy of this book with you, several innkeepers will offer a discount on your night's stay.

Books are available through bookstores or at their website. They are offering free shipping through April 15 on books purchased through the website. And, you get a personal inscription, yours or theirs.

Visit the B B and B Midwest website at: [www.travelnearandfar.com/bbbweb.html](http://www.travelnearandfar.com/bbbweb.html)

## Is That A Cool Bike Or What?

As Spring approaches, cyclists' thoughts turn to, no not love, but what cool new bike stuff can I buy for the upcoming cycling season. Attend the next 3RVS meeting on March 1 and learn about the new bikes and accessories being offered by Fort Wayne bike shops for this Spring. The meeting will be at 7:30 p.m. at First Wayne Street United Methodist Church.

Featured speakers will be representatives from Koehlinger Cycling and Fitness and Summit City Bicycles. They will bring with them a sampling of new to-die-for bikes, along with some new bike accessories.

Bob Mann, owner of Summit City Bicycles plans to have his representative bring new concept road bikes that feature flat handlebars. Bob said these are the latest innovation being offered by several bike manufactures, including Cannondale, Specialized and Bianchi. These bikes are made for fitness-based riding and efficiency, Bob noted.



Bob said the companies making these flat bar bikes have recognized that most non-racer cyclists seldom get down on the drops of their handlebars. So, the companies decided to make road bikes that might be more comfortable and user-friendly for 90 percent of cyclists. These new style road bikes, according to Bob, are very light weight and don't skimp on the quality of their components.

Summit City Bicycles main store is located at 3801 Northrop in Fort Wayne. Summit also has a smaller store at 5828 West Jefferson. Bob has owned the store for seven years and says his main store has the largest selection in northern Indiana. His shop is a full-service store, including bicycles, accessories and bike maintenance.



Kathy Boling, of Koehlinger Cycling & Fitness, said the Koehlinger representative also will bring new bikes to the meeting to show Club members. She said Trek has a new carbon fiber road bike. This frame is the

same one Lance Armstrong rode on hills at the Tour de France. In addition, the Koehlinger representative plans to bring a newly-designed Trek mountain bike with dual suspension. Koehlinger will show us new accessories too, including new women's clothing Koehlinger has for this year.

Koehlinger Cycling and Fitness is owned by Dean Koehlinger and has been in business in Fort Wayne for 87 years. Koehlinger has three locations, 5412 Illinois Road and 5328 Coldwater Road, plus a commercial fitness division. Kathy said their stores are full-service, including selling bicycles, fitness equipment and accessories, as well as maintaining the equipment. Koehlinger's goal is to serve all types of cyclists, including families.

Both Summit City and Koehlinger have been strong supporters of 3RVS, including giving five percent discounts to 3RVS members. Please plan to attend the meeting on March 1 to see what our local bicycle shops are offering for the upcoming season.

*Karen Walker*

## President's Message



If you missed the February 3RVS Club meeting, you missed quite an event. We had a big crowd, with approximately 40 members attending. We discussed some important business items, then had a very interesting program presented by sports nutritionist Kelly Soracco.

I learned several things from Kelly, and she had some terrific handouts too. Everyone seemed to enjoy Kelly's presentation, even though it had to be cut a little short because of the business items that came up at the meeting. Thanks, Kelly, for a great program.

Among the business discussed at the February meeting were Club jerseys. We decided to order jerseys again this year with the same design we have had for the past several years. Steve Souers will be handling the jersey orders again this year.

We will explore the possibility of having a new jersey design for 2002. I appointed a committee of Steve Souers, Joe Bartels and Jennifer Messer to work on this project. These three members will bring various perspectives to the project, including the fitness cyclist, Steve; racing represented by Joe and the woman's perspective from Jennifer. Thank you Steve, Joe and Jennifer for agreeing to serve on this committee.

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We also discussed our insurance coverage and ways to get liability waivers signed for Club rides. Chuck Bash has worked very hard on this, including drafting a new waiver form and talking with our insurance carrier to make sure we have adequate coverage. Our insurance is one of our biggest expenditures, around \$1,000. The consensus was to add the liability waiver to the membership application for next year. We discussed various ways to get waivers signed for this year, but did not reach a consensus yet. Thank you, Chuck, for taking on this important project.

In addition, members voted at the meeting to support our new 3RVS racing team by giving the team \$500. The membership asked the Board of Directors to decide how this money would be used to support the team. An expenditure of this magnitude requires not only a favorable vote at a membership meeting, but also a vote of five members of the Board of Directors.

At the February Board meeting, the six Board members in attendance all voted for the \$500 expenditure for the racing team. The favorable vote came after Racing Director Joe Bartels outlined a specific plan for use of the money. The money will be awarded to members of the race team on a point system, which will include points for volunteering to work at Club events. We discussed having an award ceremony at the Christmas party.

New Treasurer Diane Mardoian did a financial analysis for us at the February Board meeting. The Club has just under \$6,000 in its treasury. This sounds like a lot, but we have to keep in mind that our major events require considerable up-front money. So, while we are financially sound, your Board members are continuing to work to make sure we remain that way. *Karen*

## And You Thought You Had Problems With Dogs?

**PORT ALICE, British Columbia (Reuters)** - Wildlife officials were hunting for a hungry cougar near this small community on northern Vancouver Island Friday after it attacked and tried to eat a man riding his bicycle. John Nostdal told police he heard a clicking noise behind him as he was riding down a dark road Thursday evening, but did not realize it was a cougar chasing him until the cat jumped on his back and knocked him to the ground.

'The cougar probably saw the bicyclist leaned over with a pack on his back and thought he was a deer. He saw him as fair game,' said Constable Randy Freeborn, of the Royal Canadian Mounted Police.

Freeborn said wildlife officials believe the cougar was injured several days ago by a car. It may be the same animal that confronted another person in the area recently and is believed responsible for killing several cats and dogs. Vancouver Island has one of North America's largest cougar populations. Four of the cats, which can weigh about 200 pounds, have been shot in Port Alice in the past six months. Children in Port Alice have been warned not to play outside until the cougar is caught. Authorities believe the cat's injury prevents it from hunting deer, its usual prey, and that it has lost its fear of human, Freeborn said.

"Cougars are opportunistic," Freeborn said. Nostdals injuries were not life threatening, but he remained hospitalized Friday with bite and scratch wounds to the head and shoulders.

*Thanks to Jeff Bechinski for this submission*

### March Touring Schedule

Day	Date	Time	Start Location/Destination	Map	Distance
Saturday	3/3	1 PM	Homestead/Roanoke	HHS-3	21/27/35
Sunday	3/4	1 PM	Wayne/Poe/Ossian	WHS-8	17/32
Saturday	3/10	1 PM	New Haven HS/Woodburn	NHB-3	17/25/35
Sunday	3/11	1 PM	Leo/Spencerville/Hicksville	LHS-2	17/33
Saturday	3/17	1 PM	Huntertown/Auburn	HTN-8	17/33
Sunday	3/18	1 PM	Leo/Auburn/Waterloo	LHS-1	20/27/38
Saturday	3/24	1 PM	Wayne/Poe/Ossian/Markle	WHS-8	17/32/50
Sunday	3/25	1 PM	Dana /Churubusco	DCU-5	15/37/44
Saturday	3/31	1 PM	Arcola/Coesse/Col.Cty/Pierceton	ARC-1	21/37/57
Sunday	4/1	1 PM	Carroll/Churubusco/Merriam	CHS-5	19/39/54

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

### Notes from the Touring Director

Please take caution when riding this spring. With the wet winter we had, the road surface is very poor in many areas. Keep your distance from other riders if you are unsure of the road conditions. Those in front call out rough roads. This may help cut down on an accident or two.

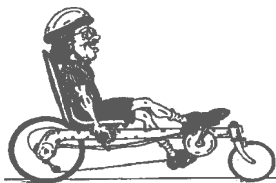
This is March and the weather is ever changing, so please be prepared. You may start out for a sunny, 30 mile jaunt but your return route may be rainy, very cool and windy. Stop in your favorite bike shop for advice on what to wear or what to carry with you. Don't forget to bring your bike club discount card!

### Welcome to 3RVS' Newest Members

Kent Shaw	Brian Boos
Kay Bradtmuller	David Dixon
John Fyfe	Kathy Knott
Herb Berg	James Rohloff
Phil Rizzo	Debra Aeschliman
Kevin Smith and family	
Harold and Diane Sparling	

**THE ABOVE MEMBERS ARE CURRENT.  
IS YOUR MEMBERSHIP UP TO DATE?  
RENEW NOW!**

### The 11 Foot Chain Guy



by Wendell Brane - [Wbrane@ctlnet.com](mailto:Wbrane@ctlnet.com)

lots of traffic. One can't say this about just anywhere. Someone in a major city would have to limit their rides to bike trails in city parks, or load up and drive for an hour got "get out." Because our population level is not that dense, we can enjoy a good ride without having 50 cars pass us every 2 minutes.

On the other hand, it is not too desolate either. I don't know about you, but I like a little busyness now and then. After riding through the desolate West, I came back begging for roads populated with houses and small towns. In fact, I consider it pretty ideal here. From where I live, I can pick a number of towns to ride to where I can break for lunch and ride back. Believe it or not, sometimes I bike over to Huntington just so I can ride a few loops around town, squeezing inside the traffic. The city of Fort Wayne itself can be a blast as well (but you really have to be in one of those moods).

The point I am making is this: When I want it quiet, I can have it quiet. When I want some action, I can find that also. While this blessing isn't unique to us, it is one that can't be found just anywhere.

### Count your blessings, Part 3.

This month I will continue my series on why we have it so good around here. While each part of the country has its own pros and cons, our tri-state area is a pretty good place to bike. I did not always hold to this position, however. But that was before I started doing out-of-state bicycle touring. I now have a much better appreciation for all those things we generally take for granted. In this issue I want to address, *a just right population level*.

Here, I am obviously talking about getting out of the city into the surrounding counties. It is not all that difficult to find quiet roads where you aren't getting blasted by

## 3RVS Sponsored Racing Team Is A Go For 2001 Race Season!

And 3RVS is taking the lead in sponsoring this new team with a \$500 sponsorship. I hope that other sponsors can be secured as well. This team will be a mix of beginning racers and a few racers with local and regional experience.

For the past 5 years or so, the local racers have become so successful that a void has formed in the Club's racing program. This new team will be the perfect place for those overly speedy tourists to advance. And it would enable them to learn those much sought after racer tips as well as to refine their riding skills. The team will also offer the opportunity for organized competitive events to participate in with the support of team members. There are currently about 20 riders that have expressed an interest in being on the team.

How will the sponsorship money be distributed? It will go into a pot and be divided up and paid out to individual racers based upon an "earned club points system." Points will be awarded to team members that enter races where at least three other team members are also racing according to the riders racing category, as follows: a cat 5 would get 3 pts for every race entered, a cat 4 - 4 pts, a cat 3 - 5 pts, a cat 2 - 6 pts.

One of the important requirements of the sponsorship is that team members are required to participate in at least one of the Club's special ride events. In return for volunteering, team members will be awarded double points.

Sure, there are more details. If you have questions about this, please call or email me, or attend the monthly Club meetings and ask me for more information.

*Joe Bartels*

## MARCH RACE CALENDAR

Sun	3/4	Road Race, Morrow OH	<a href="http://www.ohiovalleyracing.org">www.ohiovalleyracing.org</a>
Sa/Su	3/10-11	Road Race, Mt. Carmel IN.	<a href="http://www.ohiovalleyracing.org">www.ohiovalleyracing.org</a>
Sat	3/10	USCF L'Esprit Road Race, Louisville, KY	502-636-3297
Sun	3/11	Cabin Fever Cyclo-cross, Indianapolis, IN	317-257-1117
Sun	3/18	USCF Rapid Transit RR, Elizabeth, IN	<timbiern@aol.com>
Sat	3/24	USCF 2 Wheel Sports RR, Elizabeth, IN	812-945-4555
Sun	3/25	USCF 2 Wheel Sports RR, Clark County, IN	812-945-4555
Sun	3/25	USCF Fisk Knob TT, Grand Rapids, MI	616-241-1969
Sat	3/31	USCF Spring Training Series, Waterford Hills, MI	248-391-9361

## March Training Ride Schedule

The March weekend training rides will run in conjunction with the touring rides (check the Touring Schedule for time and location). I have been asked to try and get the local racers that come out on the weekend rides to help promote local cycling in general by doing the following:

On many of the touring rides, the racers hang out at the back of the pack and chat for the first part of the ride and then blast past everyone. What I would like the racers to do is to get to the front of the group and set up a nice, comfortable draft. By getting this draft, many of the riders who would normally ride a shorter distance may be able to ride a longer distance. This will help them to get into better shape.

This would also help by letting these riders have the opportunity to develop the necessary pack riding skills that they might not have been interested in developing.

Wouldn't it be beneficial to make the small investment like this to get better, more skilled beginning racers? The bigger racing gets, the more fun it can be.

Please, just think about it.

*Joe*

## JB's Early Season Riding Tips:

Stay warmer by layering your clothing. Can't keep those toes warm? Keep your feet warmer by wearing neoprene shoe covers. Tried that and they are still cold! For cold weather riding, a pair of shoes a size larger will provide extra air space at the toe section.

And when getting shoe covers, get a pair that "do not" fit too tight over your shoes. Wool socks are great, but not if they tighten the fit of your shoes.

Also, remember that your body will shunt the blood to your feet and other extremities in order to keep more vital areas warm. A lot of people make the mistake of not wearing enough on their legs and other areas even though they may think that they are warm enough.

If you don't have the right clothes. Your local bike shops do. Our local bike shops Koehlinger's Cycling and Fitness, Summit City Bicycles both sponsor our club's event. So try to shop there.

## March Fat Tired Rides

**From the Fat Tired Guy:** March is the month that brings us Spring. Sometimes it even brings us warm and pleasant days. So check your thermometer and join us for some fat tired fun! Here's the plan

**Saturday, 3-3:** Come to Franke Park for some urban trail riding. Meet at 10 AM at the BMX parking lot. If it is muddy, we will do some urban exploring instead.

**Sunday, 3-11:** The city is constantly changing! Sounds like a good reason to go urban exploring. We'll leave from Applesed Park at 3 PM to check out the northeast end of town.

**Saturday, 3-17:** How 'bout some gravel? The Festival Tour will feature an expanded gravel road route this year. We'll try out part of it with a ride past Fulk Lake, home of the famous "Beast of 'Busco." Time -- 11 AM; Starting place: Hometown Elementary School.

**Sunday 3-25:** Level 1 from Lawton. Invite your friends and family for a moderately paced ride. A potential route includes some of the new parts of the Greenway, the bypass construction and several city parks. Meet at 3 PM at the lot near the Clinton Street entrance.

**Saturday, 3-31:** Anyone for some REAL off road? If the weather is nice and the creeks don't rise, we'll head for the Pioneer Scout Camp on the Ohio/Michigan border. This remote and primitive area features miles of service roads and hiking trails. Riders have even been known to spot wild turkeys. We'll leave from Bob Evans, DuPont at I-69 at 9 AM.

**Sunday 4-1:** Experience **PORE**. Many of you have heard of **UORE** -- Urban Off Road Exploring. Take it to another level with Polar Off Road Exploring. This ride is patterned after last year's highly successful "Bike The Grand Canyon." Plans are to enter the portable transporter at Foster Park and beam to the North Pole. This may be your only chance to ride from the western hemisphere through the eastern and back in one day. Plan on a stop for refreshments at Santa's workshop. As always, we'll have a "Plan B" in case of transporter problems. Foster Park -- 3 PM.

For more info contact Phil at 419-542-8971 or [bikenphil@AOL.com](mailto:bikenphil@AOL.com)

## Bureau of Land Management To Create Mountain Bike Plan

**BikeLeague News, Feb 9** - After receiving some 12,000 comments from cyclists opposing a Bureau of Land Management (BLM) plan that would have grouped mountain bikes with motorized vehicles, the BLM announced it will write a separate planning document for mountain bikes. The document will define how the BLM governs bicycles on BLM-managed land. The League of American Bicyclists and the International Mountain Bicycling Association (IMBA) had urged cyclists to express opposition to the proposed plan that would have grouped mountain bike with motorized vehicles, despite the different impacts of the activities.

"We have decided to pursue a separate strategy for mountain biking because there are enough unique differences. We'd really like to elevate our recognition of mountain biking and include them in our planning process," said Bob Ratcliffe, BLM's deputy group manager for recreation. The strategy, which will take at least a year to develop, will cover trail mapping, signage, user education and partnerships with other groups. Tim Blumentahl, IMBA's executive director, said, "What's been most encouraging about this is how well the cycling community responded and how enthusiastically and passionately they responded."

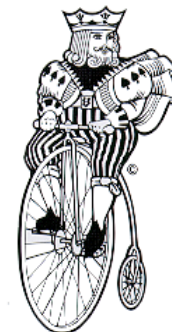
## 3RVS Classifieds

**FOR SALE: 1983 Santana Tandem**  
18 Speed; Bar-end Shifters; Captains tube 21 1/2"; Stokers tube 19 1/2"  
\$600. Don Wagoner (219) 432-7738 or [Dwags3436@aol.com](mailto:Dwags3436@aol.com)



## 3RVS Club Jerseys For Sale

Just in time for Spring riding - Brand New Medium Long Sleeve Ladies Jerseys. Only \$40! (Note: if you would like a Mens medium long sleeve jersey, I can cut the tag out for you). Contact Steve Souers: 219-482-2094



## 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 beside that small detail, it's free of charge to 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  
[mhey@concentric.net](mailto:mhey@concentric.net)

*This is another article on cycling in Rotorua, New Zealand from our friend Trevor Johns. While we are just gearing up for our spring season, cycling is going flat out there.*

As the organizer of any event will tell you, weather plays a very important part in deciding what sort of a turn out you will have for that event, you watch weather reports for at least a week before hand and try and work out the conditions for the day, you may even get down on your knees and pray, and when on the night before the skies are all nice and starry, and the weather man promises a beautiful day like the day before was, you think all your prayers have been answered.



That was me on the eve of Velo Sports fun ride, Sunday January 14. The Saturday evening was great as had the day been, and as I turned in around midnight I had visions of a beautiful sunny day ahead, however, it was not the alarm that

woke me at 5-15am but steady rain on the roof, (as this is a family newsletter I cannot write the words I said). My brain told me this was not supposed to be happening, to hell with the farmers they had had enough of the moisture last year to last a decade, I had a fun ride to run and visions of a great turnout diminished rapidly as a lot of riders for these type of events enter on the day, if it is fine they are there, if it is wet, the blankets get pulled back over the head and they snuggle down again.

Anyway, it was out of bed, throw the rest of the gear in the van and off under leaden skies to pick up the cold drinks at 6-30am and then out to the start point to set up the area for registration and a ride start at 9am. By 7-30 my helpers were arriving and several riders were drifting in with the weather still wet. A frantic phone call to a lady at Matata, the finishing point, 75km away confirmed the weather was even worse over there, so arrangements were made to hire the rugby club rooms. By 8am the weather was breaking in the West and the rain had stopped, and riders were appearing like I had never seen before, with the people handling registration working their butts off, it was a great site.

By start time at 9am there were 178 riders lined up ready to go, (100 having registered on the day), a huge increase from the 98 starters of the previous year.

With "gun" riders like Bryce Shapley and Scott Guyton, local riders, both professionals based in Belgium it was always going to be "a race" and so was the case. With a number of other top riders from around the region the pace was on and by the first hill around 10km from the start the ride had separated into the racers and the fun riders.

By 35km three riders had broken away and had a lead of around 500m on a chasing bunch of around twenty riders going into a 2km climb up through native bush. These three were reeled in by the bunch over this climb and at the top seven riders had broken away and had a substantial lead over the rest of the pack. With 20km to go Guyton and Shapley made a break and were never headed crossing the line together in a time of 1h-40m for the 75km. They were followed 1minute later by three other top riders from Taupo with the rest of the field arriving in bunches or as a single rider.

By this time the weather had turned into a bright sunny day and very warm, the cold drinks and sausages were disappearing fast as the riders took advantage of a free BBQ, the Gods had smiled on us once again with good weather in the end and there was certainly no need to use the Matata Rugby Club rooms.

With the last of the riders arriving in 3h-31m it was then into thanking the sponsors and all the people that had helped out on the day and before. Spot prizes were drawn, everybody thanked for coming and 4 ½ hrs after the start everybody was heading home. A great day, and yes, we'll do it again next year.

From the positive feedback from riders over the last two years this event looks set to become a "must do" on the fun ride calendar. At 75km it is a distance that most fun riders of all calibre can handle without spending too long in the saddle.

Some of the profit is going towards assisting our Junior riders in various ways and also to help update, and also increase our equipment.

Cheers, *Trevor Johns*

<input type="checkbox"/> Individual <input type="checkbox"/> New <input type="checkbox"/> Family <input type="checkbox"/> Renewal	<b>3 Rivers Velo Sport 2001 Membership Form</b>	<input type="checkbox"/> Touring <input type="checkbox"/> Off-Road <input type="checkbox"/> Racing <input type="checkbox"/> Commuting
Name _____	Age _____	Date _____
Address _____		City _____
State _____	Zip _____	Phone _____
Email _____		
<input type="checkbox"/> Check to receive newsletter by email <input type="checkbox"/> Check to not be included on membership roster available to other bike related groups		
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. <b>Make check payable to 3RVS. Return to 3RVS, PO Box 11391, Ft. Wayne, IN 46857-1391</b>		

# Sometimes I Forget ...

[Editor's note: Chuck Fearnow, a CIBA club member, wrote this several years ago for publication in CIBANEWS. It was republished in the November 2000 issue of CIBA News. It remains as relevant today as it did then. Reprinted with permission].

I've been riding for several years now and I'm a pretty good rider. I wasn't born that way. It wasn't an instinct. I had to go through that building process. The process of riding and practicing. Practice is the only way to do it.

I'm not even close to the strongest rider in CIBA, but even the slowest of the regular CIBA riders is one of only a few hundred good riders in the county. To the average person, anyone who can simply ride 25, 50, let alone 100 miles has accomplished an amazing feat. *Sometimes I forget that.* The people I talk to about biking take that amazing feat as the minimum requirement.

I begin to deal with "Time and distance." My goals are in terms of riding those miles even faster. That's good. That's how we all got to be strong riders. Setting those goals a little higher each time. Pushing that extra effort when it hurt. Being happy and excited when I cover the distance in a really good time. Those are the things I think

and talk about. Those are the things that are meaningful to me.

What is meaningful to a rider out there for the first time? It's the same thing that was meaningful to me the first time - *simply covering the dis-*

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**Most importantly, I've forgotten that if I had ridden that first ride alone, there would have been no reason to come back. I could ride alone any time.**

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*tance!* Long distance or short they have to start somewhere. First time riders are not worried about the time or the speed, only that they cover the distance. *Sometimes I forget that!*

Sunday I forgot that. There was a couple riding slower than we were. We could have waited and ridden with them, but I forgot.

I can give a lot of good reasons for not riding with them. Of course, they'll never know any of those reasons. They only know that no one rode with them. They may keep riding in spite of me, but certainly not because of me, because I forgot why they were there.

I had my own goals. Perhaps I had to be somewhere at a certain time. Perhaps I wanted to ride hard and fast. Perhaps I didn't want to look bad in front of other riders. Perhaps I wanted

to keep up with someone else. There are lots of good reasons, but those slower riders will never know any of those reasons, because I won't see them again.

*Sometimes I forget.* I ask slow riders if they had trouble on the route. I'm honestly concerned about them, but they hear: "You must have had trouble to be that slow." I could get the same information by asking: "Did you have a good ride?"

*Sometimes I forget* when a ride leader puts out the extra effort to ride the short ride slowly to help new riders. I kid him about riding the short ride. Those new riders hear: "You're not worthy to ride with us if that's all you can ride." That's not what I meant, but that's what they hear.

*Sometimes I forget* why I'm out there in the first place. I forget that I love the joy of riding. I revel in the new strength I find in riding. Sometimes I get caught in schedules and have only a limited time to ride. When I do that, I've forgotten I'm there for pleasure and to forget the pressures of the work-day world, not for competition.

Most importantly, I've forgotten that if I had ridden that first ride alone, there would have been no reason to come back. I could ride alone any time. I'm very glad that someone slowed down and rode with me. I'm sad that I didn't do that for someone else. I'm going to try to do better next time. I'm going to ride at least twice during the season with the last rider because there are things that I want to remember, and *sometimes ...*

*I forget!*

Chuck Fearnow  
CIBA member

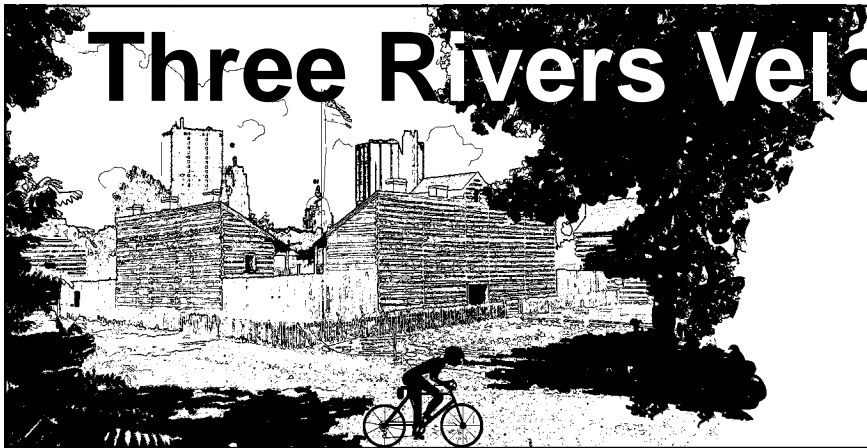




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# Three Rivers Velo Sport, Inc.

## March 2001 Newsletter

A FORT WAYNE, INDIANA  
BICYCLE ORGANIZATION

### Next 3RVS Club Meeting

**When:** Thursday, March 1, at 7:30 pm

**Where:** First Wayne St. United Methodist Church, 300 E. Wayne St.

### March Program

Representatives from Koehlinger Cycling and Fitness and Summit City Bicycles will bring with them a sampling of new to-die-for bikes, along with some new bike accessories. Should be an interesting program!

### 3RVS Club Officers

<u>Position</u>	<u>Name</u>	<u>Phone (219)</u>	<u>Email</u>
President	Karen Walker	747-2420	president@3rs.com
Treasurer	Diane Mardoian	497-9740	treasurer@3rvs.com
Secretary	Kit Conrad	422-6332	secretary@3rvs.com
Touring	Kathy Boling	432-5526	touring@3rvs.com
Racing	Joe Bartels	744-1675	racing@3rvs.com
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