



Quick Release

March 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](#)

Next Meeting is March 5th

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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We make the difference. You can, too!

Johnny Grabowski

If you're anything like me, your best ideas come to you when you're riding your bike (or mowing the yard). I can only imagine how many 'great ideas' I've encountered during long weekend tours with cycling friends - if I had been keeping track, I'm sure I would have lost count long ago.

I've been thinking about how many of these great ideas have been brought to life by 3RVS members, resulting in a greatly expanded and diversified offering of 3RVS ride activities. What's really exciting is just how easy it is for any 3RVS member to not only become the change they want to see in the club, but how those changes have paved the way for new members and increased participation from existing members. Here are just a few examples (I'm sure there have been countless others over the years):

Mona Will noticed that 3RVS did not have a regularly scheduled ride for a casual greenway-type cyclist, so she thought up a casually-paced ride that she even planned to lead on a hybrid bike (rather than her drop-bar road bike), even making it a point to wear more casual apparel (rather than sleek bib shorts). In fact, everything about her **Monday Meanderings & Musings** ride was designed to make it inviting, rather than intimidating, for the target cyclist. Today, the Monday Meanderings & Musings ride has a loyal following of riders, many who were not previously 3RVS members.



Johnny Grabowski

Steve Pequignot had an idea for a ride that would teach cyclists the necessary skills and resulting benefits of drafting in a group. Crafted and executed with the impressive level of detail we've come to expect from Steve, the **Skills Tour** grew from just five A Wing recipients in 2015, to eventually become not only one of the most popular weeknight rides, but the ride that, more than any other, surprises participants with what they are able to accomplish.

Amy Copeland and Jennifer Altherr wanted 3RVS to have adventure cycling-style day trip rides, coupled with a social or cultural activity at the destination. Like longer distance adventure touring, these rides would often utilize longer bike trails or rail-trails. **Destination Rides** began in 2016, adding a whole different kind of ride option to 3RVS' calendar that wasn't there before.

The **Short & Sweet** ride was an admittedly selfish endeavor on my part, albeit a ride that I really felt would appeal to certain cyclists. I don't get off work until 6 pm on weeknights, so I wished that 3RVS had a weeknight ride that started at 6:30. I also really liked the idea of limiting the distance so that participants could count on being done by a certain timeframe. Finally I wanted another weeknight ride option closer to the southwest side of town. The 20-mile Short & Sweet ride quickly became a weeknight staple for a dozen or more cyclists, and even expanded to twice a week while still in its first season!

We make the difference. You can, too! (Continued from Page 1)

This year, several regular Short & Sweet participants have volunteered to be ride leaders - proof that our programs can nurture growth and future leaders for our club.

All of these rides were once just an idea. And again, these are just a few examples - there are many, many more. But clearly, each of us really does have the power to make a difference for ourselves and for 3RVS. In fact, any 3RVS member in good standing can propose a ride with just a few pieces of information: What's the ride? What's the route? When is the ride? Who will lead? Gather that information and let me know which monthly 3RVS meeting you'd like to attend, and you can present your idea for approval. Who knows, maybe your ride will be one that 3RVS members are talking about next year!

The Mission of 3RVS Racing

Dave McComb

Dave McComb Racing Director and Team Manager



As our Club President Johnny Grabowski stated in the February newsletter, the mission of 3RVS is to “promote the general interest and enjoyment of bicycling for health, recreation and economical transportation. The rest of the mission statement states that, “To this end, 3RVS will facilitate and conduct tours, outings and races, promote better bicycle riding conditions, and will advocate and advance proper riding techniques.”

As the 3RVS Racing Director my directive to fulfill this mission is by promoting and facilitating racing. If I am successful more riders have the opportunity to race, club membership increases and some revenue is created to help finance the club. So far, I have done this through the 3RVS Racing team and by hosting racing events such as the 3RVS Time Trial practice series and the Fort Wayne cyclocross practice presented by 3RVS and Team Neighborlink. This season brings the addition of hosting the Indiana State Road Championships and an expansion of our Junior Racing program.



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2020 3RVS ROAD TT SERIES



*Dates
TBD*

3RVS Membership Required

The 3RVS Time Trial Series will once again take place on old Highway 24, site of this year's Indiana State Time Trial Championships hosted by Fort Wayne Outfitters on August the second. The dates are still being finalized as I wait for other schedules to be determined, but the series will be a lead up to the State Championships and take place on Tuesdays. Once again participants must be active 3RVS members and can join at the event. The fees are the same as last year - FREE. Riders of all abilities and disciplines are welcome to come out and give the Time Trial a go. You can participate in an individual event or any combination of events. Doing a triathlon? The time trial is a great way to prepare yourself and equipment for your event. Need advice - how about advice from a World Time Trial Champion and his team of nationally ranked riders. We are truly blessed to have so much talent available to our club and willing to help grow the sport of time trialing.

The Mission of 3RVS Racing

(Continued from Page 2)

Again this fall, 3RVS will be collaborating with Team Neighborlink (TNL) to present the Wednesday Cyclocross practice series. Last season saw record turnout with many new riders coming out to participate. The fee to practice will be \$10 with profits being equally split with 3RVS and TNL. Last season 3RVS used the profits from the event to purchase over 350 stakes to mark the course. Having a new staked and taped course every week for a practice series is very unique in the sport of cyclocross. Interested in trying? Come out this fall and give it a try. The atmosphere is low key and fun. Details about the start of the season will be in future newsletters and our social media outlets. You can also visit Fort Wayne Cyclocross on Facebook.



Indiana has been without a state championship road race for several years and I am happy to (tentatively) announce 3RVS will be hosting this year's Indiana State Road Championships. The race will take place on Saturday August first, starting and finishing from the Green Center Community Building located just south of Chain O' Lakes State Park. This location may bring back memories for some of our long time racing members; as it was the site of the District State Championships in the 80's. The Indiana State Road Championships is a high profile event that will showcase northeast Indiana and Three Rivers Velo Sport's enthusiasm about promoting cycling in our region. This event will require several volunteer 3RVS members to execute properly. I am confident that with the energy our club brings to everything we do that this can be an amazing event for cycling in the state of Indiana and 3RVS. More information about volunteer opportunities will be in future newsletters and our social media outlets.

Getting youth involved in riding bicycles is paramount to the future of cycling and our club. To this end 3RVS Racing will be merging our junior racing program with our local NICA (National Interscholastic Cycling Association) chapter. This promises to be a great opportunity for youth bicycle racing to take hold in Indiana. Several states have seen a large growth in junior racing through participation in the NICA league. About the NICA cycling league:

- Founded in 2009 as a 501(c)3 nonprofit
- Develops interscholastic mountain biking programs for student-athletes and coaches across the United States.
- Provides leadership services and governance for local leagues to produce quality mountain bike events.
- Has 25 state and regional leagues and over 9,000 volunteer coaches.
- Working annually with over 19,000 student-athletes from nearly 1,000 high schools and middle schools in the USA.



Basically, what NICA does is create a league that emulates other middle school and high school sports programs, with the goal of eventually becoming an official middle or high-school sport. This season is the first year for NICA to have a league in Indiana and the momentum for the series is building. Our team will now compete in the NICA league as the NEIC (Northeast Indiana Composite) mountain bike team. As the NEIC team grows it will spin off into various high school and middle school teams being sustained through support from their athletic departments. Special thanks to Jake Fitzmaurice and Ray Vasques for all the work they have done to create and help gain financial assistance for this effort. Also, thank you to the sponsors and individuals who chose to remain anonymous for your support. For more information about getting your 6th-12th grade child involved in this exciting new program email racing@3rvs.com

Show n' Go Schedule

Steve Souers

March Show n' Go Start Locations

Date	Time	Start At	Destination/Pace Groups	Distance
3/1	12:00 Noon	Flaugh Rd. ¹	Show & Go B+ & Others as show	2-3 Hours
3/7	12:00 Noon	Flaugh Rd. ¹	Show & Go B+ & Others as show	2-3 Hours
3/8	12:00 Noon	Homestead High School	Show & Go B+ & Others as show	2-3 Hours
3/14	12:00 Noon	Homestead High School	Show & Go B+ & Others as show	2-3 Hours
3/15	12:00 Noon	Flaugh Rd. ¹	Show & Go B+ & Others as show	2-3 Hours
3/21	12:00 Noon	Flaugh Rd. ¹	Show & Go B+ & Others as show	2-3 Hours
3/22	12:00 Noon	Homestead High School	Show & Go B+ & Others as show	2-3 Hours
3/28	12:00 Noon	Homestead High School	Show & Go B+ & Others as show	2-3 Hours
3/29	12:00 Noon	Flaugh Rd. ¹	Show & Go B+ & Others as show	2-3 Hours

¹ See website - FFCU 11:45am, Flaugh 12:00, Arcola 12:15pm

2020 Destination Tour Schedule - Mark your calendars!

Amy Copeland



Amy Copeland

After much pondering and planning we are happy to announce the destination tour schedule for 2020.

Please keep in mind we can't control the weather, DOT or park boards construction schedules so while we intend things to go as planned there is always the potential we may need to change things up. Ride leaders this year will include Jennifer Altherr, Amy Copeland, Andrea Egeland, Pamela Fennell, and Sue Zuber. Additional details will be posted in the Quick Release Newsletter and online as each event gets closer. We may also find ways add in some bonus rides possibly to include some mountain biking, but for now save these dates!



Saturday April 18th The Cardinal Greenway- Jonesboro to Converse and Back

Saturday May 9th- The Indianapolis Central Canal and Cultural Trail

Friday- Sunday June 12-14 Kal-Haven Michigan –Long weekend bike and camp

Saturday August 22nd- The Pumpkinvine Trail- Goshen-Middlebury-Shipshewana

Saturday September 26th- The Panhandle Pathway- Between Winamac and Logansport



Keeping families close™

Join us for the First Ride of the Season!



Sunday, April 26, 2020

Ride Time: 1 PM

Kreager Park, Fort Wayne

Greenway Routes:

5-10 Miles
(Pick your distance.)

Road Routes:

15-Mile
25-Mile
45-Mile
65-Mile

Register at ridermhc.org

Or [scan this QR code](#) on your phone



\$40 Registration

Children 12 and under ride for free.

Registration includes a light lunch,
and if you register by April 12th, an event t-shirt.

A Note from Membership

Kent Ellis

Greetings 3RVS Members,

I'd like to thank each of our members for being part of our cycling community. And that is how I view the Three Rivers Velo Sport club – as a community of people brought together by their joy and appreciation of cycling, regardless of the type of cycling they enjoy; touring, racing, trails, mountain biking or gravel roads. It seems to be a simple thing, just riding a bike; but the pleasure of cycling is enhanced by the fellowship and social times you have when you ride with a group instead of spending time on the road alone. It's always good to be out on the bike and, yeah, we all have times when we just want to get out and spin; but having companions on the ride can create special times.

Anne and I have been all around the country on bike rides, seen some amazing sites and have done terrific rides. But, whenever we look back on our experiences, it's always the people and connections made on those rides that stand out in our memories.

So, celebrate the 3RVS community with us; if you haven't renewed your club membership for 2020, do it today and resolve to spend more time riding with your 3RVS family this year!

Three Rivers Velo Sport

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We're on the web.
www.3rvs.com



@ride3rvs



Members interact at
facebook.com/
groups/
ThreeRiversVelo-
Sport

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



Life 360
Track our tours live
at Ride 3RVS



Kent Ellis

Membership Report		
	Memberships	Adults
2020 Member- ships	141	190
2019 Pending	122	148
Total Roster	263	338

