



# Quick Release

May 2017

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

Next Meeting is May 4<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:

May is Bike Month	1
Destination Riding	1-2
Touring Report	2-3
It Can Happen To Anyone	3-4
National Bike Challenge Setup	4-6
Racing	6
May Happenings	7

## May is Bike Month

The rhythms of spring continue with Fort Wayne Bike Month. May has grown from a few events for cyclists to weekly happenings with the culmination of Fort 4 Fitness's Spring Cyclefest on Saturday, May 20<sup>th</sup>. Trek the Trails kicks off at the beginning of the month, followed by Bike Fusion, Parkview helmet give away, trail bird watching, music, fairy tales ride and theater, Cyclofemme, Ride of Silence, Bike to Work, Le Tour de Fort and many other activities.

To see a listing of all events: <http://www.kickstartfortwayne.com/>

Patrick Stelte



## Destination Riding

The first in a series of Destination Rides was held on April 22<sup>nd</sup>. Most people met at the Starbucks at Coventry in Fort Wayne and carpooled to the beginning of the ride. Ultimately thirteen riders gathered at the Rochester, Indiana trailhead on the northern point of the Nickelplate Trail. This trail is a former railroad and therefore very flat and straight. The trail is paved and well-marked with stop signs at road intersections. There is a porta-potty at the Rochester trailhead but no restroom or water fountains at any other trailheads between Rochester and Denver. There were several benches along the way and the trail well maintained. The scenery was rural and the group spotted several horses, cows and hawks.

The plan was to stop at Denver, Indiana for lunch at DeAngelo's Pizza but it was not yet open. Ever resourceful, the riders found an alternate place to eat in Denver at DTs. While DTs is a small town bar and apparently not accustomed to a larger crowd, once the food finally arrived it was praised by all. After lunch everyone rode back to

Jennifer Altherr & Amy Copeland

the Rochester trailhead and drove back to Fort Wayne.



While a few riders stretched their legs and added some extra miles and higher average speed, most of the group completed 36 miles at around 13 m.p.h. This was a social ride with long-time friends and hopefully some new friendships forged as well.

Building on the excitement of the first ride we are happy to announce plans for ride #2 in the series. On Saturday May 13<sup>th</sup> we will be riding the Indianapolis area on the Monon Rail Trail and Indy Cultural Trail. We



## Destination Riding

will once again meet at the Starbucks at 5723 Coventry Lane at 8:00am and condense into cars for a ride to the trailhead in Westfield located at 17501 Dartown Rd/Quaker Park for a 10:00am ride time. We will ride the length of the Monon until it joins the Indy Cultural Trail near 10<sup>th</sup> street for a sightseeing loop downtown to include The American Legion Mall, The Canal, Indiana State Museum and Monument Circle eventually returning to the

(Continued from Page 1)

Monon for our trip home. We plan for a lunch stop en route, and possibly a bonus stop in Broad Ripple to quench our thirst. Total mileage for the tour will be just over 40 miles and it will be all paved. Bring spending money, your camera and a bike lock if you have one. Although we hope to be home in time for dinner, due to the social nature of this event we can't make any guarantees. Please save the date for May 13<sup>th</sup> and consider joining the fun.

## May Touring 2017

May will bring us the start of our full accompaniment of weeknight tours. The Girls Ride Out Tour will begin May 4, and the Skills Tour will begin May 11. Once these rides start you can ride Monday, Tuesday, Wednesday and Thursday evenings and once a month on Friday evening. Our weeknight tours offer various pace groups and distances for your group riding pleasure. For locations, times, distance & pace options check the 3RVS Website or Quick Release Weeknight Touring sections.

through September 30. Ride your miles, log your miles, earn bonus points and watch Team 3RVS's progress throughout the season. Cycling miles from racing, touring and off road all count. We will not have a limit on team size this year. We need as many members as possible to compete against the larger teams in the country. I hope you will sign up to join Team 3RVS for the five-month National Bike Challenge. For more details about the National Bike Challenge see Amy Copeland's article in this issue of Quick Release.



Steve Pequignot

Team 3RVS – National Bike Challenge, 2015-16 National Champions are planning to challenge again in 2017!

Get ready, here comes the E Group

Yes, that's right; Team 3RVS is the two-time National Bike Challenge Champions in Extra Large Division. Many things have changed in the challenge since last year so we will all go through a learning curve at first. It appears there will only be one division this year and all rides must be uploaded through Strava. Members who do not have a Strava account or a GPS bike computer need not worry, the challenge has not forgotten you. 3RVS members may obtain a free Strava account for the challenge and you can manually enter your miles in Strava without uploading from a bike computer. Any 3RVS member can join the team. This is not a race; it's about riding miles on a bike from May 1

We now have two E group ride leaders. CJ Stoltie and Phil Snider are teaming up to offer E group pace rides on selected weekend tours. This is very exciting as we now offer five different pace groups ranging from 12 to +20 MPH so come out and join us for one of our weekend tours. You will be glad you did.

The 6th Annual Fort4Fitness Spring Cycle is the official 3RVS tour for Saturday, May 20. This is a fee-based event. The tour will begin at 9:00 AM. For more information about the Spring Cycle go to:

[www.fort4fitness.org/spring-cycle.asp](http://www.fort4fitness.org/spring-cycle.asp).

3RVS is pleased to be a working partner with the Fort4Fitness Spring Cycle.



3RVS Touring

## Weeknight Rides

### 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 Whitely 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

## May Touring Schedule

Date	Time	Map	Start At	Destination/Pace Groups	Distance
5/6	11:00 AM	HHS-RC	Homestead H.S. A,B,C groups	Riders' Choice	40/41/41/ 54/58/69
5/7	11:00 AM	WLN-1	Woodlan H.S. A,B,C groups	Antwerp/The Bend	12/31/50/ 63
5/13	11:00 AM	DCU-4	Fort Financial CU A group	Churubusco/Wolf Lake	20/38/45/ 51/67
5/14	11:00 AM	SWS-2	Sweetwater Sound A,B,C groups	Spencerville/Grabill/ Huntertown	29/46/53/ 60/70
5/20	9:00AM 10:00AM	F4F	Arts United Main St Fort Wayne	F4F SAG Event Fee Re- quired 9am start only for 62 mile	10/16/34/ 44/62
5/21	11:00 AM	WHS-4	Wayne High School A, C groups	Poe/Ossian/Hoagland	23/35/43/ 52
5/27	11:00 AM	JMS-RC	Jefferson M.S A, B groups	Riders Choice choose 1 of 7 routes	37/40/45/ 53
5/28	11:00 AM	NHS-8	New Haven H.S. A group	Classic Tour from 1980 Dixon/Convoy/Van Wert	36/52/71
5/29	11:00 AM	CHS-2	Carroll H.S. A group	Laotto/Avilla/Kendallville	19/31/42/ 57

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

Groups printed in **Red** signify the groups that will ride on the specific date. All tours are subject to change due to unforeseen conditions.

Please refer to the 3RVS Facebook page the day prior to each tour for last minute changes.

## It Can Happen To Anyone

Patrick Stelte

Irony can be a bitter pill to swallow. The topic of my column last month was group riding accidents in the spring. I warned club members that April and May are historically accident prone months for 3RVS rides. A convergence of circumstance comes to a head when winter yields to the change of seasons: Group riding becomes prevalent after being dormant for a few months; the uneven fitness of the riders adds stress to their concentration; the weather conditions change frequently with strong winds leading the way and new people join group rides without the skills of tight quarter cycling. I wrote about anticipation and focus to ward off tragic misfortune. At the Welcome Ride on April 2<sup>nd</sup>, I made a little speech in the parking lot about the dangers of complacency. Although we all have participated in group riding and most have acquired

the skills to navigate safely together, it takes time to re-acquaint the feel and dynamics of the peloton.

Unfortunately, I became a statistic this past April as classic mistakes were made on a Saturday club ride that led me to hit the pavement and spend time in the hospital. The warm weather conditions brought out forty-one riders to the parking lot. Groups were formed, but not until well past the start. A strong wind blew over the course. Unfamiliar faces peppered the groups. The chatter on Facebook before the ride pushed the excitement of spring fellowship. These precursors mixed a cocktail mishap. My group was three miles north of Churubusco in a double pace line of 15-20 riders. Attrition had sapped the size of the group from a start of 28. The wind was

## It Can Happen To Anyone

heavy and crossing from open countryside. A rider was caught on the windward side doing his best to control his bike despite the conditions and placement. As I came off the front and passed next to him, he touched wheels with the rider in front of him and over-corrected. He lost balance and came back into my front wheel, sending me to the pavement.

All the mistakes made were classic for spring accidents: Inexperienced rider laboring to stay in the pace line in less than ideal weather and over-reacting to touching another bike or rider. Thankfully, I didn't break any bones or suffer a serious concussion. Luckily, the rider who bumped into me did not fall and maneuvered his bike away from other riders. The reason I am writing about this incident is to stress the importance of spring accident awareness: It can happen to anyone. For all my skills of group riding, strength, fitness and attentiveness to safety, I was a victim of this dreaded spring circumstance. The compelling nature of riding with others transforms the indi-



vidual into a multi-cell organism traveling down the road constantly expanding, contracting, rotating and shifting to the gyrations of each person in unison with the whole. It can be an adrenaline rush. However, stuff can happen in group riding. We all have to be aware of each other to get home safely.

I want to end this article by highlighting the benefits of group riding: The amount of attention I received from fellow cyclists while I was on the side of the road was overwhelming. I did not once feel alone to my condition. An ambulance was called and arrangements were made to take care of my bike and belongings. My health was assessed for injury and someone was always by my side. Afterwards, the well-wishes I received on social media gave me great comfort. I felt blessed to be part of a caring group of people. As

you enjoy Bike Month in our community, I cannot say enough to keep the rubber side down. I wish all of you happy trails on your two-wheel adventures.

## The 2017 National Bike Challenge Starts May 1<sup>st</sup>

Amy Copeland

The National Bike Challenge is back again this year with an all new website, new sponsors, and a new way to log miles. The National Bike Challenge is a nationwide event uniting thousands of current bicyclists—and encouraging countless new riders. It is a free and easy way to challenge yourself, your colleagues and your community to ride more while competing on a local, state and national level.

As in past years it will be a point based contest. Points are awarded throughout the challenge and are cumulative over the duration. The points are awarded as follows:

1. 20 Challenge points are awarded for each day you ride a mile or more
2. 1 Challenge point is awarded for each mile ridden
3. Miles must be logged to the day they were ridden.
4. Rides can be logged at anytime over the month but must be logged or synced by 11:59 pm central time of the last day of each month.
5. Any outdoor bicycle miles will count, be it road, track, trail, etc. and in the case of tandems both riders get to count the miles (each will need an id), and since some riders need a little assistance due to health issues electric assist bikes will also count as long as they are pedal assisted and not throttle controlled. Sorry folks no zwifting! Miles cannot be stationary or virtual rides.

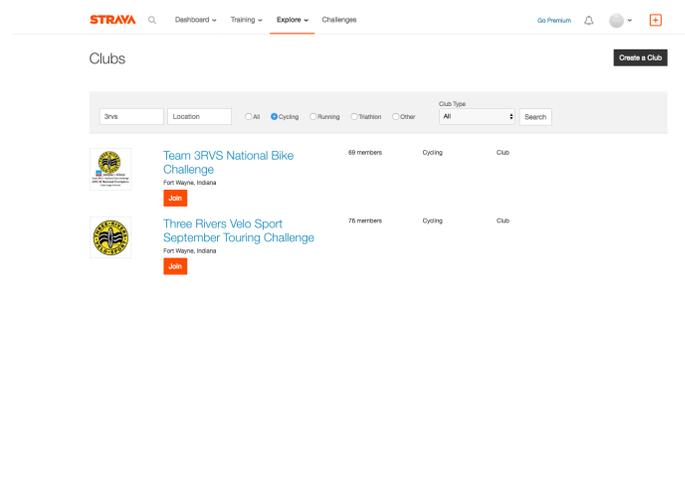
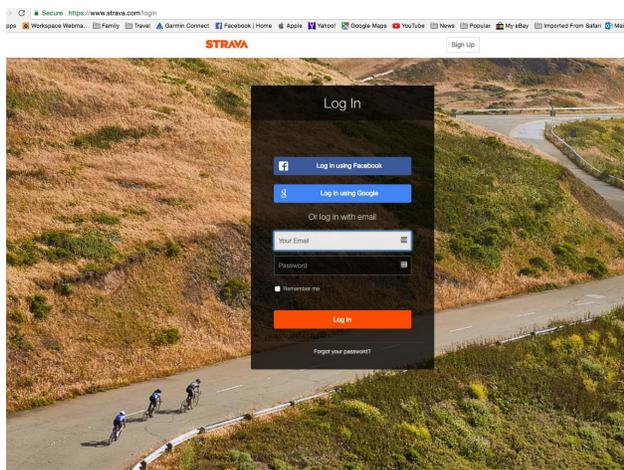
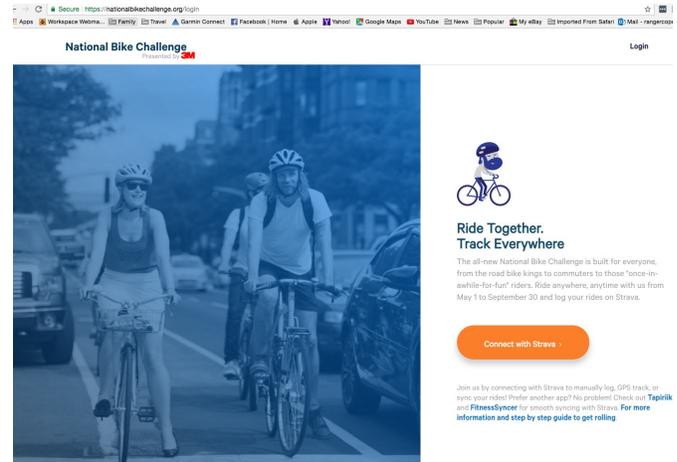
I am happy to announce that Three Rivers Velo Sport will have a team for the challenge again this year and this year we will have an unlimited number of members and all ages may participate. We won our size division the past two years so this year let's team up together to win it all! As in the past however, you MUST be a current 3RVS club member to be on the 3RVS NBC team. If you have never been a member or have forgotten to renew, now is a great time to get that detail taken care of.

## The 2017 National Bike Challenge Starts May 1<sup>st</sup>

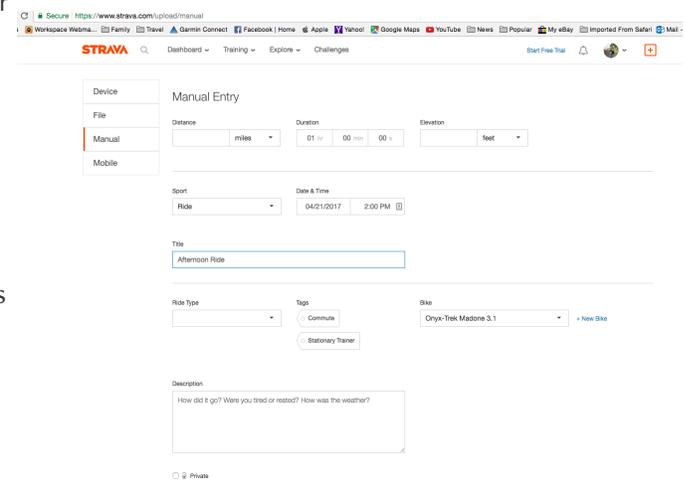
(Continued from Page 4)

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.

1. Navigate to: [www.nationalbikechallenge.org/](http://www.nationalbikechallenge.org/)
2. Select "Join" and "Connect with Strava."
3. Create a Strava account or log in to your existing Strava account.
4. 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.
5. Log your rides on Strava and they will automatically import into the National Bike Challenge



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.



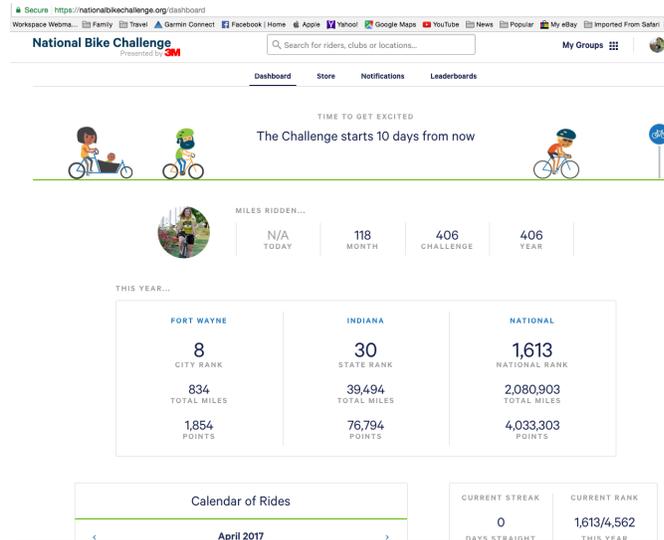
Please be sure to link to the team on Strava or the points will not be shared with the school, workplace, race team, or any other group you may wish to join. With the new Strava setup you may participate in multiple teams, but we of course want you as part of our team! Also, please be sure to add your city to your Strava Profile settings. Cities and states have their own leader

## The 2017 National Bike Challenge Starts May 1<sup>st</sup>

(Continued from Page 5)

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. Some teams and individuals can get quite competitive, it is always good to know where you and the team stands 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. So 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.

## Time Trial Series #1 - April 18, 2017 - Final Results

Place	Name	Class	Time	MPH	Place	Name	Class	Time	MPH
1	Val Deutsch	WTT	24:24	24.6	14	Dan Grotrain	TT	25:01	24.0
2	Amy Woods	WTT	26:11	22.9	15	Kent Rekeweg	TT	25:49	23.2
3	Diana Schowe	WTT	26:33	22.7	16	Justin Sexton	TT	25:52	23.2
4	Ali Gaylor	WTT	27:54	21.5	17	Bill Lambert	TT	26:39	22.5
5	Kathy Boling	WTT	28:07	21.4	18	Larry Finger	TT	26:40	22.5
6	Amy Copeland	WTT	31:45	18.9					
					1	Dave Lewis	Road A	24:56	24.0
1	Gary Painter	TT	21:26	28.0	2	AJ sood	Road A	26:12	22.9
2	Gregg Ness	TT	21:42	27.6	3	Ryan Bauer	Road A	26:29	22.7
3	Nathan DeYoung	TT	21:51	27.5					
4	Race Dorsey	TT	21:52	27.5	1	Scott Tomsits	Road B	27:01	22.2
5	Paul Mowery	TT	22:12	27.0	2	Jacob Kahle	Road B	27:08	22.2
6	Nathan Woods	TT	22:29	26.7	3	Charlie Copeland	Road B	27:44	21.6
7	Tim Saxer	TT	22:46	26.4					
8	Denny Zech	TT	23:13	26.0	1	Rex Connely	Road C	29:14	20.5
9	Joe Stull	TT	23:38	25.4	2	Jeff Enrietto	Road C	29:26	20.4
10	Hugh Smith	TT	23:51	25.2	3	Nate Powelson	Road C	29:27	20.4
11	Mark Witmer	TT	24:10	24.8	4	Marty Smolinski	Road C	31:56	18.8
12	Don Cahill	TT	24:19	24.7	5	Michael Mansfield	Road C	32:03	18.7
13	Shaun Fitzgerald	TT	24:51	24.2					

## May Happenings

May brings the cycling season in earnest, with a plethora of exciting and unique cycling opportunities to the region and our riders.

Starting May 5<sup>th</sup> with BikeFusion at Turnstone 3320 N. Clinton from 5-9 pm. With three of our favorite LBS's offering test rides around the track, 2 free bike drawings, various live demonstrations or even just saying 'Hi' to our 'Dear Leader' and his minions manning the 3RVS booth; there should be something for everyone. Parkview will be selling helmets for just \$8 to promote cycling safety and catering will be provided by Hall's and Mad Anthony's. Admission is free with either a paper or electronic copy of the BikeFusion flyer. (see right)

Kick off cycling season with fellow fitness enthusiasts while enjoying music, festival food, craft beer, a bicycle art show, and other family friendly activities.

- Test out equipment from brands like Cannondale, Electra, Scott, Specialized, Terra Trike, and Trek on Turnstone's indoor Track.
- Attend free workshops like Basic Bike Maintenance, How to Change a Flat, Yoga for Cyclists, Helmet Safety, and BMX Freestyle!
- Register to win a new bike from one of three local bike shops: Summit City Bicycles & Fitness, Human Motor Works, and Fort Wayne Outfitters and Bike Depot!
- Helmets on sale for \$8 from the Parkview Trauma Center.

Fun and festivities await - see you there!

Questions? Contact Bethany Ballard, (260) 483-2100 or bikefusion@turnstone.org

FRIDAY • MAY 5 • 5-9PM

Plassman Athletic Center at Turnstone  
3320 N. Clinton St. Fort Wayne

**FREE ADMISSION**  
with flyer

\$5 per person or \$10 per family.  
Kids under 12 are free.  
All proceeds support Turnstone's services.  
Flyers are available online and onsite at sponsor locations.

#PROMOTING HEALTH, WELLNESS, AND BIKING IN NORTHEAST INDIANA!

KidSTART EVENT Turnstone HUMAN MOTOR WORKS PARKVIEW

FACEBOOK.COM/BIKEFUSION

Also on that weekend on May 6<sup>th</sup>, several 3RVS riders will be tackling a challenge not readily found in the local area at the [3 States 3 Mountains Ride](#) in Chattanooga, Tennessee. With over 7100' of climbing this year, we wish everyone the best and a successful completion of their personal goals down there.

May 13<sup>th</sup> brings the [Bike 101 Lakes](#) in Angola, IN with a multitude of ride lengths up to 112 mi!

The weekend of May 19<sup>th</sup>-21<sup>st</sup> brings an unhappy scheduling dilemma with both the [Fort4Fitness Spring Cycle](#) here in Fort Wayne and the [Fat & Skinny Tire Fest](#) in Warsaw both occurring simultaneously at least on Saturday. I know I will be making some trips to Warsaw around being a bike ambassador for the Spring Cycle.

The last weekend in May features Mona's favorite the [Horsey Hundred](#) down in Georgetown, Kentucky on May 27<sup>th</sup>. I'm sure we can count on a few people going down to keep an eye on Mind/Brain Social Club for us again this year.

Of course this doesn't even mention our normal touring schedule, expertly prepared by Touring Director, Steve Pequignot. It does, however explain some of the group leader gaps present on that schedule as I'm sure several weekends have ride leaders out of town for special events. But whatever your flavor of riding, here's to safe rides and better (drier) weather. So, go forth and multiply your cycling enjoyment this month and let's see what we can do in the NBC with everyone all together in one team against the goliaths out there!

### Three Rivers Velo Sport

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

E-mail:  
newsletter@3rvs.com

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

