



Quick Release

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 May 3rd

[BikeReg.com](#)

We have changed our online signup for membership for your convenience. Follow the link above to join!



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Appreciation for Club Officers

Patrick Stelte

Anyone who has attended the club's Christmas party has heard me extoll the virtues of members that have given their time to make Three Rivers Velo Sport the oldest and largest cycling club in Northeast Indiana. 3RVS is run on volunteers. Over my tenure, I have attempted to honor as many club volunteers as possible for their service. Outstanding Leadership, Volunteer Spirit, Innovation and Inspiration awards have accompanied recognition for the many ride leaders who oversee our organized ride schedule. My time has been relatively short in the history of the club and I cannot begin to fathom all the volunteers who came before me. There is no budget to pay for time spent making sure this wonderful community treasure continues to coordinate the cornucopia of cycling activities, as well as promote the health and well-being associated with riding a bicycle. The forefathers of the club were wise to incorporate two important agencies to guide the club over generations of cyclists: administrative officers and a constitution. Without this structure, piecemeal attempts to start something would wax, wane and wither only to kick start again and again. To underscore the significance of what makes the 3RVS wheel go-round, the following descriptions are some of the duties of the club officers.

If you want to organize a ride you better have a ride leader. To have multiple rides it is best to have a touring director. Currently, 3RVS has organized rides seven days a week during riding season. Several of those days have more than one offering and location to accommodate a variety of pace groups and disciplines. All rides need a leader and designated courses. The touring director supervises all the on-road activities. Beginning in January, ride leaders are requested and advised of duties. Days of week, start times, pace groups and courses are set. Maps for longer weekend rides are reviewed for detours and most important: the rides are sent to the website webmaster for membership and public notice. During the season, the touring director is the touch-point for problems occurred during a ride and arbitrator of outcomes. The club might function for a short-time without a touring director, but without a central authority, a club will slowly disorganize and fall away. For the last ten years, Steve Pequignot has held these duties and (in my opinion) has far exceeded the expectations of office. We are lucky to have him.

Any talk of a club usually starts with membership. It is one thing to get a room full of people and say, "who wants to join?" Keeping track of the yeas is another. A membership officer is vital for the growth and sustainability of a cycling club. Good administrative skills keep track of names, addresses, e-mails, dues and preferred disciplines. Memberships allow for quick access to latest and future events, discounts at local bike shops and club sponsored rides. Most importantly, membership is a way to participate in a belief system. A club narrative runs through the membership to promote the mission and re-inforce "why I belong." Amy Copeland is our tracker of members and an excellent officer at that. It was only a few years ago that I rode next to her during her first club ride. By the end of the year, she was hooked and co-organizing a regular club ride.

Anytime there is money involved someone better be counting and reporting the revenue and expenditures. Our finance officer keeps the books for all the monetary exchanges that occur throughout the year. Membership dues, item sales, ride insurance, event purchase receipts and fees pepper the monthly financial report. Often when a group of cycling enthusiasts

Appreciation for Club Officers

(Continued from Page 1)



decides to start a club or race team, the most important and time consuming activities are keeping the books. Finance is usually where an organization will unravel. The devil is in the details and they often appear in the balance sheet and lost sleep. Hugh Smith took over as the club's finance officer from Earnie Williamson several years ago and has excelled as astute and trustworthy.

Phil Snider has been a club member for decades. His passion and leadership for off-road riding elevated the office of off-road officer. He took the responsibility of maintaining the Franke Park trails knowing the treasure it is in the community. At the beginning of 2017, Phil stepped aside and Randy Rozewicz came forward to carry on the duties of overseeing off-road activities. What happens off-pavement is Randy's realm. As noted in his Facebook post at the end of March, NITRO, Northeast Indiana Trail Riding Organization, disbanded. NITRO has been responsible for Franke Park trails and recently, 3RVS members discussed and voted to accept responsibility for the trails. A new agreement with Parks and Recreation is in the works to formalize this measure to maintain continuity. Randy is also answerable to Destination Rides that started in 2017 and has the task of brokering NITRO goals into 3RVS goals.

Race organization in the club has ebbed and flowed over the years. With Dave McComb as the new race officer, a number of race-related rides and events have sprung to the fore of 3RVS activities. Tuesday Night World Championships, on-road and off-road time trial Series, cyclocross training, team building and race sponsorships are the primary duties of race director. Dave's enthusiasm has uplifted the status of the club and I sense it is only the beginning.

To promote all of these rides and activities the club has a publicity officer, newsletter officer and webmaster. Mike Heyes started the club website and has maintained it for 22 years. 3rvs.com is necessary and time consuming work in our 21st century world. The club cannot function without pertinent information delivery to our membership. All officer duties run through the website. Ride schedules, membership, upcoming events, touring and president messages, cycling stories and rides in the area cover the front page and pull-down tabs. The website is the first stop for out of town cyclists interested in riding in the area. The club constitution and group riding guidelines are posted for all to see. Networking is so important to maintain a footprint in this tangled info web and Mike keeps it running smoothly.



Last month, Mona Will passed the publicity officer water bottle to Pamela Fennell. Pamela has the awesome job of "boosting the brand" to our community. Who we are, what we do and where we go is vital to keep the interest in the club alive. Although Mona's shoes will be hard to fill, Pamela has fifty years of club accomplishments working in her favor. This foreshadows our newsletter officer and the monthly news of the club. There is nothing like a newsletter to make a club member feel connected to the culture of tradition. Scott Tomsits stepped forward in 2017 to continue the responsibilities of narrating who we are. Scott came to the club three years ago and didn't wait long to volunteer his services. His club history mirrors our club secretary John Grabowski in that John caught the group riding bug and quickly offered his services as ride leader and club officer. The history of the club does not exist without the taking of minutes at the monthly meetings. John's observational skills are key to the narrative that goes forward and educates future officers in the direction of 3RVS just as the past fifty years of volunteerism has brought us to this point today. I am just one of the cogs in the chain-ring that has touched so many and I strive to respect and pass on this community treasure for future enthusiasts. If you happen upon a club officer, give a quick, "thanks" for their efforts. They deserve it.

Weeknight Rides

Monday
Franke 6:30PM
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 8
 8 7
 8
Monday Meanderings & Musings TBD
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Spokesmen Ride 6:00PM
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 D 9 C
Tuesday
Kreager 6:00PM
 : : 8
 M
 N D B
 D 7
Skills Dev Tour 6:00PM
 : 8
 N D 7
 D B7 :
Wednesday
Saturn Ride 6:00PM
 M 6 A B : 7
 M 82 K M 8
 N D 7 A
 D : 5
Rogue Ride 6:00PM
 M 0 2 3
 N D : 7
 D 7 A
Thursday
Girls Ride Out 6:00PM
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 N D : 9
 D 9
Jefferson A Ride 6:00PM
 N D :
 D : 5
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Quick Release

May Touring Report

Steve Pequignot

Goodbye April. Our golden opening season tour should have been named our Colden Tour. It was 33 degrees at the start of the 50th season opening tour on April 8. That was our coldest opening season tour in the past ten years. I am sure the old guns recall a colder start, but for me that was more than my limit. The frigid conditions could not keep 35 brave members away who were layered up and ready to ride. The next weekend was not any better. It was the first time in ten seasons we had to cancel both weekend tours due to rain. Like many, my April outside riding mileage was at an all-time low. Hopefully, better cycling weather is upon us as we ride into May.



The month of May will bring us the start of our full accompaniment of weekday tours. The Monday Meandering & Musings Ride begins at 10:00 AM at various starting locations. This is a women only ride. The Skills Tour will begin Tuesday, May 1, at Jefferson Middle School and the Girls Ride Out is returning on Thursdays starting a Roanoke Park. Girls Ride Out is a women only event. Starting in May members have a choice of two tours every day Monday through Thursday. These tours offer different starting locations and various distance and pace options. For locations, times, distance & pace options check the 3rvs.com website or Quick Release Weeknight Touring Section.

National Bike Challenge

After winning the 2015 and 2016 National Championship in the Extra Large Division and finishing 4th in the open division in 2017, sadly Team 3RVS will not be competing in the 2018 challenge. The National Bike Challenge has changed its format by eliminating all large teams over ten members. I would like to thank all of the club members who supported our teams over the past three years. You put our club and city in the national spotlight. Never forget, you are champions.

We are planning to have the annual 3RVS September Touring Challenge again this season. Details about that challenge will be available in August.

The 7th Annual Fort4Fitness Spring Cycle is the official 3RVS tour for Saturday, May 19. 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. 3RVS is pleased to be a working partner with Fort4Fitness Spring Cycle.

First Friday each Month

City Tour 6:30PM
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May Touring Dates

Date	Time	Map	Start At	Destination/Pace Groups	Distance
5/5	11:00 AM	WHS-7	Wayne High School	Poe/Ossian/Bluffton A,B,D groups	13/24/30/48
5/6	11:00 AM	NHS-1	New Haven High School	Monroeville/Woodburn A,B,C groups	17/34/47/51
5/12	11:00 AM	HHS-12	Homestead High School	Ossian A,B,C groups	44
5/13	11:00 AM	WLN-1	Woodlan High School	Antwerp/The Bend A,B groups	12/31/50/63
5/19	9:00AM 10:00AM	Fort 4 Fitness	Arts United Main St Fort Wayne	SAG Event Fee based 9am start 100k & 44mi others 10am	10/19/34/44/6 2
5/20	11:00 AM	SWS-2	Sweetwater Sound	Spencerville/Grabill/Huntertown	29/46/53/60/7 0
5/26	11:00 AM	WHS-1	Wayne High School	Poe/Decatur/Willshire	21/35/40/55/6 0
5/27	11:00 AM	ARC-1	Arcola Elementary	Coesse/Columbia City/Pierceton	21/34/60
5/28	11:00 AM	LHS-5	Leo High School	Spencerville/Butler	20/29/50

Weekend tours are subject to change due to road, weather or other conditions. Any changes will be posted on the 3RVS website, 3RVS Facebook Page, or @ride3rvs.

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

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

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

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

Monthly Musings

Mona Will

As most people who know me, know I am passionate about women and girls getting on bikes. I don't really care what kind of bikes they are; what I am passionate about is that they find a sense of freedom, the eventual joy of a challenge, and most importantly making time for themselves to ride.

My back patio door looks directly onto the bike path on the south end of Foster Park. I spend a lot of time looking out that patio door when I'm eating or doing something on my laptop. I see cyclists pass back and forth on the trail morning, day and night. Of all those cyclists I see, maybe ten percent are women. I wonder to myself, "Where are the ladies and girls today? If the guys make time to ride, what are the ladies and girls doing?"

I have a favorite bike blog I love to read. It is redkiteprayer.com and recently I read this, written by Pdraig, in the article titled "The Future: What Do You Want Your World To Be" dated March 19, 2018. This is something to ponder.

"Imagine for a moment that women represented 50 percent of all cyclists—in each and every discipline. From track to trials, from group rides to gravel grinders, half of everyone you saw on a bike was a woman. Think about what that increase in population would mean for our visibility on the road, literally, as well as what it would mean figuratively in our visibility in the political process. Think about what that would mean for bike shops. Think about how that would play out for viewership numbers for races, both in-person and on TV. And think about what that would mean for advertising and sponsorship."

3RVS Race Series & Practice Schedule

3RVS Membership Required

Road TT Series					
Location	New Haven	POE	New Haven	POE	New Haven
Main date	04/24/18	05/22/18	06/26/18	07/24/18	08/21/18
Rain date	05/01/18	05/29/18	07/03/18	07/31/18	08/28/18

MTB TT Series					
Location	Franke Park	Morsches Park	Franke Park	Morsches Park	Franke Park
Main Date	05/08/18	06/12/18	07/14/18	08/07/18	09/11/18
Rain Date	05/15/18	06/19/18	07/21/18	08/14/18	09/18/18

Cyclocross Series					
Location	Franke Park	Roanoke Park	Franke Park	Memorial Park	Franke Park
Date	09/25/18	10/09/18	10/23/18	11/06/18	11/27/18

Criterium Series				
Location	Baer Field	Baer Field	Baer Field	Baer Field
Date	05/15/18	06/19/18	07/17/18	08/14/18

Criterium Practice					
Baer Field	04/17/18	08/21/18	Tuesday	06:30 PM	Dave McComb

Cyclocross Practice					
Franke Park	08/22/18	11/21/18	Wednesday	06:30 PM	Dave McComb

MTB Weekend Race Ride					
Franke Park	05/05/18	09/15/18	Saturday	10:00 AM	TBD

Road Weekend Race Ride					
Woodside M.S.	05/05/18	08/04/18	Saturday	08:00 AM	TBD

TT Weekday Training Ride					
Saturn Church	04/30/18	TBD	Monday	06:15 PM	Mark Witmer

3RVS Racing Introduction

Dave McComb

Three Rivers Velo Sport (3RVS) was created in 1969 to promote the general interest and enjoyment of bicycling for health, recreation and economical transportation. To this end, 3RVS has facilitated and conducted tours, outings and races, promoted better bicycle riding conditions, and advocated and advanced proper riding techniques for almost 50 years.

The central responsibility for the Race Director is carrying out the racing portion of the 3RVS mission. It is my goal to make club racing available and economical to our membership in several disciplines. The main barrier to participating in racing is the cost. Travel, entry fees, and licenses make racing an expensive endeavor. In order for 3RVS race events to have NO entry fees we use volunteer club labor, and do not provide prizes or payouts. Another cost reduction comes from 3RVS being self-insured, this eliminates the need to purchase a license to cover the insurance cost. The ONLY requirement to participate in the 3RVS practice races is a club membership.

I encourage members who have never raced to please try some of these events. Do not feel like you have to be an experienced racer to participate. Those who race all started somewhere and most wished they had a free entry level practice event to start. When you ride do you challenge yourself to raise the average speed from the last ride? Do you give everything to stay on the wheel of the person in front of you during a group ride so as not to get dropped? Did you spend time this winter on a trainer chasing a virtual peloton? Do you dream of a light-weight bike that is often profiled on cycling websites and magazines? If you answered yes to any of these questions then you have the need for speed and are a perfect candidate to try our race series events.

Besides a 3RVS Practice Point Series there are also group rides that are geared toward faster average speeds and discipline specific training. On Monday's there is a time trial/triathlon training and recovery ride that provides an opportunity to work on individual time trial skills. On Tuesday there is a criterium practice at Baer Field Motorsports Park with the goal of teaching pack racing skills and providing high intensity race efforts. On the weekend there are two rides on Saturday for the fat and skinny tire community. Both rides are 1 to 1 1/2 hour long high intensity training rides that are meant to simulate race efforts. For more information about the Practice Point Series and practice race group rides please visit our 3rvs.com website. For any questions about the schedule or point series email me at racing@3rvs.com.

Back By Popular Demand - Indianapolis Monon and Culture Trail Destination Ride

Jennifer Altherr
& Amy Copeland

Sunday, July 22, 2018 at 7:45 AM

Starbucks at 5723 Coventry Lane at 7:45 AM and condense into cars for 8:00 AM SHARP departure to drive to the trailhead in Westfield located at 17501 Dartown Rd/Quaker Park for a 10:00 AM ride time.

Spending money, helmet, your camera and a bike lock if you have one. Any type of bike will work for this ride.

We will ride the length of the Monon until it joins the Indy Cultural Trail near 10th street for a sightseeing loop downtown to include The American Legion Mall, The Canal, Indiana State Museum and Monument Circle eventually returning to the 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.

Leisurely 10-12 MPH

Although we hope to be home in time for dinner, due to the social nature of this event we can't make any guarantees.

For more information about the trails:

<https://indyculturaltrail.org/>

<https://www.visitindy.com/indianapolis-monon-rail-trail>



3RVS CARES Reboot

Mona Will

Back in 2001 3RVS former president Mike Heyes had a vision to create a grassroots advocacy network for 3RVS. It was named 3RVS CARES, thanks to the creative thinking of Kathi Heyes. 3RVS CARES was an acronym for Three Rivers Velo Sport Cyclists Advocating RESponsibility. A website was then created and developed by Mike specifically for this cause. Jim Schroder, an active member of the club volunteered to be the face for the advocacy section on the website. Together he and Mike worked together to “share news & ideas, confront, and mobilize in the cause for safe bicycling.” Jim hoped that the cycling future would be so bright that he would have to wear “shades”. □

Fast forward to 2018; we are a strong and diverse club both in membership and in spirit. We are often seen in small groups, riding out of town rides or races, wearing our yellow and black (bumblebee) jerseys and often referred to as “a very friendly group.” We can rally 50 or more people to purchase movie tickets so that a cycling movie will be shown in our city. We have volunteer ride leaders that have led rides for over 5 years in one stretch. Some of our members volunteer year after year to help with the Festival Tour, the Jersey Ride or the Chilly Challenge. We commute to work and/or school. We are parents, aunts and uncles, grandparents, young or young at heart. We are the oldest and largest bike club in Northeast Indiana. In other words, we are loud, proud, and we make things happen.

In a 2002 newsletter, Steve Souers the 3RVS President at the time said, “What do you do to improve your cycling? I am not asking about the miles you ride for training or about the new gadgets you bought for your bike. My question asks about what you do for the cycling community.” To that I would add, try to imagine what riding would be like without the extensive city trails we have now, the manicured trails at Franke, Morsches Park, and Winona Lake, the designated bike lanes in our downtowns, vehicles buzzing us because there is no 3- foot passing law, or having no cycling voice in city planning.

Advocating is a way to pay forward to those that have been and are growing the cycling community. Because of them each of us have a pleasant experience every time we hop on our bikes and go for a spin. I strongly believe it’s time for a 3RVS CARES reboot! Therefore, my goal each month is to bring to the club’s newsletter and website a featured event, organization, or even a person that embodies the club’s mission statement and CARES.

I invite each of you to send me information and/or feedback that I can include in the upcoming months. Feel free to email me at mwillartist@yahoo.com.

P.S. I would like to thank Mike Heyes for his contribution to this article. Without the archiving he has so well maintained some of our club history would be lost forever.

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



@ride3rvs



Members interact at
[facebook.com/
groups/
ThreeRiversVeloSport](https://www.facebook.com/groups/ThreeRiversVeloSport)

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



Life 360
Track our tours live
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