



Quick Release

May 2019

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 2nd

Minutes and agendas archived [here](#):

We have changed our online signup for [membership](#) and for the [festival tour](#) for your convenience. Follow the links above to join or more information!



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Mark Your Calendar with 3RVS Rides

Patrick Stelte

May is Bike Month and marks the pseudo start to riding season. Many of you have already eased into an outdoor routine of favorite weekly rides and weekend touring. Twenty years ago, 3RVS had May Madness to kick start club members and area cyclists to join in the group fun. Today, with social media, the Internet and a profusion of non-profit source funding events, cyclists have a full plate to choose how to spend their disposable income.

Occasionally, I will talk to a new rider about the benefits of being a club member. Twenty dollars a year seems like a paltry sum, but an argument is made from an outside prospective that almost all of our rides are for free. However, the devil is in the details. Without the dues of 3RVS club members, we cannot purchase the necessary liability insurance for organized rides. Thus, all the organized free rides would go away. I am sure there would still be Facebook chatter brought to you by a dedicated administrator of a local riding page with recent posts of meet ups. Any kind of planned calendar would be promises and “might be(s)” with floating possibilities over the very near future tied to the most recent posts. Having a structure around paying dues also establishes an intent that entices volunteers to dedicate time and effort for the greater good. Try starting a church without passing around the plate. Anyone can take out a bible, read, contemplate and pray. Do it with others and it’s called a congregation. What feels better, praying alone or with the like-minded? Same goes for cycling. Being a part of something organized, popular and venerated ads to a sense of community. And one more thing, memory is served better when distinguishing a great ride to an organized calendar. With this in mind, the 2019 Three Rivers Velo Sport event ride calendar is here to enliven your summer of fun.

This month, 3RVS is a co-sponsor to CycloFemme on Mother’s Day and the Ride of Silence on May 15th. Both are in conjunction with the efforts of Jade Kelsey with Bicycle Friendly Fort Wayne and are free with strong encouragement for all riders. June is packed starting with the Fort 4 Fitness Spring Cyclefest on the first. The next weekend, the club’s first destination ride of the season will take participants to Michigan. The Air Show Ride is also on the weekend of the 8th and 9th. The Summer Solstice Ice Cream Ride is schedule for the 21st to celebrate the longest day of the year. July brings the 48th Annual Festival Tour on the 14th. This is the perennial funding ride for the club that introduces many area cyclists to 3RVS. My first contact with the club was through the Festival Tour. The traditional Labor Day Ride has turned into a weekend Triple Century Challenge that offers recognition for the hardy souls who accomplish the ultimate feat during the holiday weekend. Again, a free ride offered by 3RVS. September will bring the 9th Annual Jersey Appreciation Ride for all club members. I will be in Roanoke cooking for you as a way of saying thanks for being a part of the family. December is Phil Snider’s Christmas Lights Ride, a tradition that is a must for the curious explorers.



Patrick Stelte

Mark Your Calendar with 3RVS Rides (Continued from Page 1)

All these rides are born from dedication to a sense of fraternity. Organized, counted upon, enjoyed by all. Three Rivers Velo Sport wouldn't have lasted a half-century without such commitment. Come on out this year and share in the fun on one or more of these rides. I look forward to Lu capturing your smiles.



3RVS Touring

Touring Report

Doug Wintin

phi·lan·thro·pist

[fə'lanTHrəpəst]

NOUN

A person who seeks to promote the welfare of others, especially by the generous donation of money to good causes.

Did you ever think that no one cares about anyone but himself or herself anymore? That the age of philanthropy has died and would never return? Along comes an article about an amazing couple and the work they have done and the money they have donated in order to help hundreds of thousands of people to live better lives. Who is this couple and why am I writing about it in a cycling club newsletter?

World Bicycle Relief (WBR) was founded in 2005 by F.K. Day and Leah Missbach Day in response to the 2004 Indian Ocean tsunami. As a founder of SRAM and leader in product development, F.K.'s role offered a unique opportunity to problem-solve with other cycling industry leaders. As a documentary photographer, Leah's gift for sharing stories helped bring the devastation of those affected by the tsunami to light. Together, with a solid backing from SRAM Corporation and an outpouring of support from industry leaders, FK and Leah helped to launch World Bicycle Relief and provide bicycles to those in need. Partnering with aid organizations in Sri Lanka, WBR distributed more than 24,000 bicycles to displaced survivors, providing access to education, healthcare and livelihoods while reconnecting entire communities.

Following the positive impact that bicycles provided as relief in Sri Lanka, we were invited to partner with a large-scale health program in Zambia. The USAID-funded program, RAPIDS, trained and equipped community healthcare workers to help combat the AIDS epidemic. In 2006, we provided more than 23,000 bicycles through this program to support volunteers who would walk long distances to provide home-based care.

WBR has since built programs to provide specially designed, locally assembled bicycles for students, healthcare workers and entrepreneurs across Africa, South America and Southeast Asia. While the bicycles themselves help individuals conquer distance and increase their carrying capacity, WBR has also created new economic opportunities by training field mechanics and employing bike assemblers to support our local programs.

That is a very brief synopsis of the World Bicycle Relief Organization (WBRO) founded by F.K. Day and his wife Leah Missbach Day. It makes me feel a little better about the state of philanthropy in our day. It is also nice to know that this philanthropist is a fellow cyclist whose products are on all of my bikes.



Doug Wintin

Monday

Monday Meanderings & Musings **TBD**

Location varies, check 3rvs.com weekly for start locations
Pace 10-15 mph

Grabill Ride **6:00 PM**

Souder Feed 14033 Grabill Rd.
Every other Monday Starting 5/6
Distance: 28 miles
Pace: 15-18 mph

Franke **6:30 PM**

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.

Tuesday

Kreager Ride **6:00 PM**

Kreager Park 6400 N. River Rd
Meet near the Tennis Courts
Distance: 28 miles
Pace: 13-15 mph

Skills Dev Tour **6:00 PM**

Jefferson Middle School
5303 Wheelock Rd. Ft Wayne
Distance: 24-42 miles
Pace: 18-20 mph

Wednesday

Saturn Ride **6:00 PM**

Saturn Church, 6731 E 800 S Whitley Co. (1 mi E of Allen Co.)
Distance: 25-27 miles
Pace: 20+ mph

Rogue Ride **6:15 PM**

Carroll & Wayne HS (Varies weekly)
Distance: 20-36 miles
Pace: 15-17 mph

Thursday

Urban Exploring **6:00 PM**

Johnny Appleseed Park (near the north playground)
Distance: TBD
Expect some off-roading

Girls Ride Out **6:00 PM**

Roanoke Park, Corner of Seminary & 8th Street, Roanoke, IN
Distance: 20/25 miles
Pace: 14/15 mph

Touring Report

(Continued from Page 2)

If you are interested in learning more about the WBRO check out the following links:

- <https://worldbicyclerelief.org/wp-content/uploads/2019/04/2018-WBR-Impact-Report.pdf?fbclid=IwAR2zoqxwAwqMDdglonkUFAC1muzeHuKLEwE0uP4stAFcCLkKUrnECJaOHuU>
- <https://worldbicyclerelief.org>
- https://en.wikipedia.org/wiki/World_Bicycle_Relief

May Touring Schedule

Date	Time	Map	Start At	Destination/Pace Groups	Distance
5/4	11:00 AM	SWS-1	Sweetwater Sound	Churubusco/Garret	32/41/63 72
5/5	11:00 AM	CHS-2	Carroll HS	Avilla/Kendalville	19/27/42 57
5/11	11:00 AM	WHS-3	Wayne HS	Huntington/Ossian	19/33/44/5 5
5/12	11:00 AM	NHS-8	New Haven HS	Convoy/VanWert	36/52/69
5/18	10:00 AM	ARC-5	Arcola Elementary	Columbia City/Pierceton	26/44/55
5/19	10:00 AM	CHS-6	Carroll HS	Churubusco/Merriam	27/41/53 56
5/25	10:00 AM	WHS-7	Wayne High School	Bluffton/Ossian	23/35/43 52
5/26	10:00 AM	KRG-6	Kreager Park	Payne/Paulding/Woodburn	18/27/47 62/64
5/27	10:00 AM	HHS-6	Homsted HS	Columbia City/N. Manchester	24/40/48 61/72

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.

Kreager A Ride	6:00 PM	Short N' Sweet	6:30 PM	First Friday each Month
Kreager Park 6400 N. River Rd. Distance: up to 40 miles Pace: 20+ mph		Sweetwater Sound Distance: ~25 miles Pace: 16-19 mph		City Tour 6:30 PM Lawton Park, east end of parking lot Distance: 8-10 miles Pace: 10-12 mph

3RVS CARES - Thank You

Mona Will

A very important piece of legislation for bicycle safety was passed in March and is now in on the desk of Governor Holcomb to be signed. This bill, HB1236 (aka 3 feet passing bill) is the result of many other previous versions that had been submitted and then sidelined for one reason or the other. Thanks to the many voices and emails of support from concerned cyclists, friends, and family to contact our elected legislators to get behind this bill it will go into effect July 1st.

As I have said before I don't consider myself to be a "political" person but this in particular, had me fired up and in turn I asked for you too to get fired up and involved and you did! Thanks to everyone that clicked the link, picked up the phone, or even penned a letter to those that need to hear our voices.

Speaking of votes, thank you to all the Bicycle Indiana license plate owners and those that are members of Bicycle Indiana, for your vote that resulted in me being elected to the board of Bicycle Indiana. My objective is to be a voice of the collective cyclists, bike shops, and bicycle clubs in northern Indiana. When we combine our resources and voices we are a force to be reckoned with. Indy and Bloomington have nothing over the pride and enthusiasm of northern Indiana. We need to be sure we are supporting Bicycle Indiana as an organization and that they support us.

This is where I need your help. 3RVS Cyclists Advocating for RESponsible cycling is all of us that have eyes and ears to everything bike. When you hear about a bike related event, have an idea of what could be done to make cycling safer on the roads or on the trails, or when you want to be part of something larger than being a member of the club, reach out to me. I want to connect ideas and people so that we have a very healthy cycling community not only here in Ft Wayne but in our surrounding communities for generations to come.

By the time you read this, I will have attended my first Bicycle Indiana Annual meeting and party. It's being held at a meadery in Indy. Can't wait to meet up with other members, sample some mead, and be recognized as the woman from Fort Wayne that has big plans for northern Indiana. I'm certain I will have some interesting bits of information to share with everyone.

Riding Season Means Great Tour Riding!

Pamela Fennell

It is that time when we all start looking at the different riding opportunities that are available. One that you certainly want to add onto your list is our 3RVS Festival Tour. We had a dedicated committee who spent many hours putting together a tour that will offer great riding for all of us. We are offering a new starting point, new routes, great Sag stops as well as useful SWAG including socks and a carry pouch filled with some riding essentials!

This year's ride will be held on Sunday, July 14, 2019. There will be ride distances of 20, 40, 62 and 100 miles. The routes will travel through the gently rolling hills of Northeast Indiana on scenic, low-traffic country roads. The ride will start from Sweetwater Sound Pavilion on US Highway 30W with mass starts at 8:00 and 8:15 AM.

This would be a great opportunity for you to ask your biking friends to join you for our tour. The cost for this tour is very reasonable. If you register by May 31, 2019 the fee is \$30. You can register online at: [3RFTRegistration](#)

In conjunction with our new start location at the Sweetwater Sound Performance Pavilion, we are giving away **TWO** tickets to the [Eli Young Band concert](#) at Sweetwater on July 13th, the Saturday before the ride. Anyone who registers by May 31th will be entered into a drawing for the tickets. Register now to get the Early Bird pricing for the tour and a chance to win concert tickets for the Eli Young Band.

There is more information at: www.3rvs.com/2019-festival-tour

The 2019 National Bike Challenge Starts May 1st

Amy Copeland

The National Bike Challenge is back again this year with an all new website. The National Bike Challenge is a nationwide event taking place May 1st to September 30th 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 all with an unlimited number of team mates!

In past years it was a point based contest. This year there are no points but instead leaderboards for most miles, most rides, most commuter miles and most commuter 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 twice in past years and now we are looking to reclaim that top spot in mileage 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.

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 1st to September 30th, each month the NBC awards prizes but you have to log your miles to be in running. 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!

This year you can manually log rides or link your NBC user info to Strava, Map My Ride, Endomondo or several others to have your ride data automatically entered into the National Bike Challenge/ Love to Ride contest site.

The web site for participation this year is https://www.lovetoride.net/usa/user_sessions/new?locale=en-US

Here is the link where you can both get yourself registered and join the 3RVS team now

https://www.lovetoride.net/usa/groups/952?group_invite=true&ic=2b244d43&locale=en-US

If you experience any problems getting started or have questions you can contact Amy at membership@3rvs.com

Lets Go Ride!

2019 Destination Tour Schedule-Mark your calendars!

Amy Copeland &
Jennifer Altherr

After much pondering and planning we are happy to announce the destination tour schedule for 2019. Please keep in mind we can't control the weather or any 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. Additional details will be posted in the Quick Release Newsletter and on-line as they get closer. We may also find ways add in some bonus rides.

Sunday May 5th- The Pumpkin Vine Trail- Ride Leaders Jennifer Altherr, Andrea Egeland and Sue Zuber.

Meet at 8:00 am at AMC Movie Theater at 3930 E Dupont Rd, Fort Wayne, IN 46825 to carpool. Begin our ride at about 10am on the Shipshewana trailhead on County Road 850. We will ride about 37 miles for the day. Lunch will be at Goshen Brewing Company and we will briefly stop at the Kinder Gardens in Middlebury The Pace will be 10-12 mph, E riders welcome! Any bike will work for this ride. Special thanks to Kym Byers for organizing this ride. Kym will be meeting us at the end of one of her training rides in Goshen and she will ride with us back to Shipshewana.

Friday- Sunday June 7-8-9 Kal-Haven -Ride Leaders Jennifer Altherr, Amy Copeland

Depart from Fort Wayne early morning Friday June 7 to carpool to Kalamazoo Michigan. Ride bikes on the 34 mile Kal-Haven Bike Trail (former rail trail). Spend Friday and Saturday nights in South Haven at the Kal-Haven Outpost. Saturday ride trails from South Haven along the lake. Sunday ride bikes back to Kalamazoo. Drive back to Fort Wayne Sunday. The two reserved cabins have already been filled, however, additional participants are still welcome to make individual reservations and join us. Email Amy at: membership@3rvs.com to make arrangements.

For additional information:

Kalhaven Bike Trail: <http://www.kalhavenbiketrail.com/>

Kalhaven Outpost: <https://www.kalhavenoutpost.com/>

2019 Destination Tour Schedule

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Saturday July 20th- Lansing Michigan Trails Ride Leaders Amy Copeland and Andrea Egeland

Hosted by Lansing resident and current club member Denise Egeland. We will be exploring the paved greenway trails around Lansing with a visit to the MSU dairy store (hint hint... ice cream). Grilling out at the Egeland house after the ride with an optional overnight tent camping in the yard or limited indoor accommodations. Club membership required for cookout/overnight portion. Departure time and location TBD

Saturday August 3rd- Indianapolis Cultural Trail/Monon Trail Ride leaders Jennifer Altherr, Amy Copeland, and Andrea Egeland

Back by popular demand and hoping for mothers natures cooperation this year. Paved trails and bikes lanes suitable for any bike. Departure time and location TBD

Saturday September 7- Ride Leaders Pamela Fennell and Jennifer Altherr

Waterloo to Angola for lunch out and back combination gravel road ride and off-road trails. You might want to leave your road bike at home for this one. Departure time and location TBD

Saturday October 5th- Nickel Plate Trail Ride Leaders Jennifer, Amy, Andrea

Also making a return this year it is all multi-use trail running from Rochester to Kokomo. It will be an out and back with a lunch stop. Start and turn around points are TBD at this point as the trail is 37 miles long and we are not likely to make it a 74 mile one day trip. Departure time and location TBD

We look forward to seeing many of our club members of these trips again this year!

CycloFemme

Jade Kelsey

This is Fort Wayne's fourth year participating in CycloFemme. CycloFemme is a global, annual event founded in 2012. This ride is to celebrate and support cycling for women of all ages. This ride is not limited to women, everyone is welcome to attend. This is a casual ride.

We'll start together from the Tillman Park baseball diamonds at 2:00 pm. We'll ride together along the River Greenway to Foster Park, and return to Tillman. Participants are encouraged to bring a picnic and spend the afternoon in the park. Helmets are required and participants will be asked to sign a waiver. This ride is free.

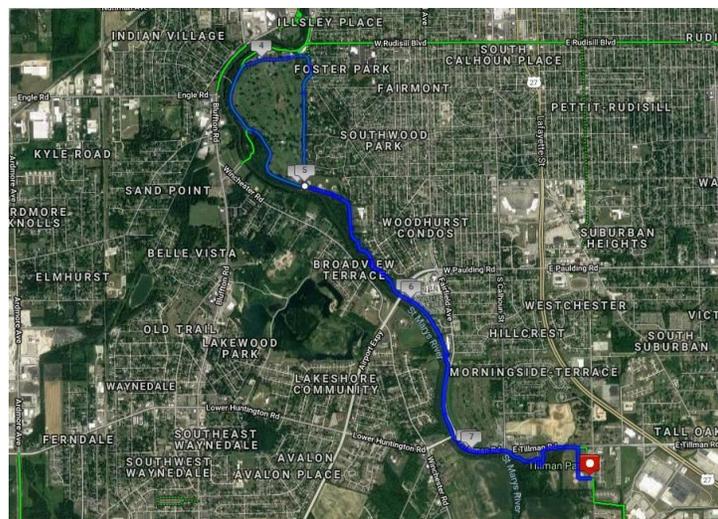
Date: 5/12/19

Time: 2:00 PM

Location: Tillman Park, at Tillman St. & S. Hanna St. Distance: 8 miles

Speed: casual

Route:



Pumpkinvine Trail Destination Ride

Jenifer Altherr

Please join us: Sunday May 5, 2019
Meet at: 8:00 am at AMC Movie Theater
at 3930 E Dupont Rd, Fort Wayne, IN
46825 to carpool.

Begin our ride at about 10am on the
Shipshewana trailhead on County Road
850.

We will ride about 37 miles for the day.

Lunch at Goshen Brewing Company.

We will briefly stop at the Kinder Gardens
in Middlebury.

Pace 10-12 mph, E riders welcome!

Any bike will work for this ride.

Ride leader hosts: Andrea Egeland, Sue
Zuber and Jennifer Altherr



Special thanks to Kym Byers for organizing this ride. Kym will be meeting us at the end of one of her training rides in Goshen and she will ride with us back to Shipshewana.

Pumpkinvine Trail: <http://pumpkinvine.org/trail-access/>

Goshen Brewing Company: <https://goshenbrewing.com/>

Three Rivers Velo Sport

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



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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
at Ride 3RVS

