



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 10th of each month.

November 2001

The Bicycle Bulletin Board

Issue 2001.11

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November Quote:

"You can't see Paradise if you don't pedal!"

Col. William Tavington, from the movie "Chicken Run"

Website Message Board

Internet-ites note: The message board on the Club's website has been completely overhauled!

Over the last few months there has been a huge surge in spam postings on the message board. If you hadn't noticed, it's because I cleaned them out. Every day.

After some amount of searching, I was able to find a security enhanced version and that is now in place. In the few weeks it has been running, there have been ZERO spam postings.

So if you have something you'd like to sell, or ask a question, post some ride information during the "off months", please feel free to try it out. And if you have ANY problems, please let me know.

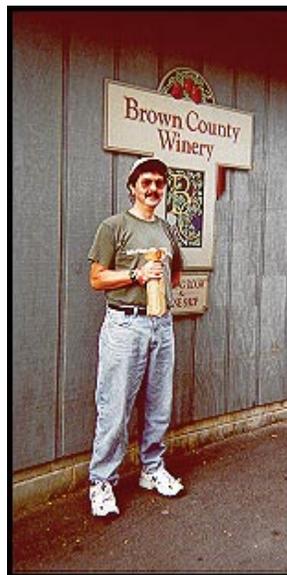
Michael Heyes

Climbing Southern Indiana Hills Is Fun???

November Program Preview

Oh, those Southern Indiana hills. They can be rolling and fun or really big and challenging. And, my, there certainly are a lot of both kinds of hills on the Fall TRIRI ride.

In September, several 3RVS members enjoyed (?) the hills on TRIRI (Touring Ride in Rural Indiana), including member Andy Gingrich. Andy will be telling us about his TRIRI experience at the November Club meeting. The meeting will be at 7:30 p.m. on Thursday, November 1, at First Wayne Street United Methodist Church.



This Fall's TRIRI was Andy's first multi-day ride, and he loved it. The September TRIRI is a six-day ride sponsored by the Bloomington Bicycle Club and the Indiana Department of Natural Resources. The mileage varies from about 45 miles to around 70 miles per day. The participants stay in state parks, where they can either stay in the inns or camp.

Andy chose to stay in the inns. Andy is no stranger to camping. But, he figured if he had to ride all day in the rain, he would at least have a dry place to sleep at night in the inns. Fortunately, this Fall's TRIRI had very little rain, but staying in the inns still was nice. And, the all-you-can-eat buffet breakfasts and dinners in the inns were fabulous.

This year's TRIRI began at Fairfax Beach on Lake Monroe, about 15 miles south of Bloomington. The first day took the riders on a 44-mile route to Brown County State Park. "Before we got to Nashville, we had to travel up Bear Wallow Hill," Andy said. This was definitely the biggest hill to that point. Many of you are familiar with Bear Wallow since it is on the second day of the "Hilly Hundred" route. Andy said the hill is probably 300 to 350 feet of elevation gain, which may not seem like a lot to some folks. "But, to a flat-landed honky like myself, it might as well have been a mountain."

Andy did many more big hills during the next five days. One was the monster hill at Whitehall. Whitehall is a little town on the way from Spring Mill State Park to McCormick's Creek Park. Andy said he is not sure why this town is called Whitehall. "Bighill would be more appropriate."

Andy has been a member of 3RVS for the past two years. He also was a member in the early 90's for a year. Andy has been cycling since a 3-speed Schwinn Speedster came into his life when he was 7 or 8 years old. A couple of years ago, Andy decided to get back into cycling as an outlet for stress and for recreation. He purchased a new bike, which had many more than three speeds, and started riding with our Club. From April of last year until April of this year, Andy logged 2,000 miles on that new bike.

In addition to cycling, Andy is very active in theater. He recently was a cast member in the Arena Dinner Theatre's presentation of "Dial M for Murder." Andy also sings professionally and is a member of the YWCA, where he participates in Indoor Cycling classes along with several other 3RVS members. Please join Andy and your other cycling friends at the Club meeting on November 1.

Karen Walker

President's Message



The regular touring season has drawn to a close. All we have left now for this year's touring schedule are the "Show and Go" weekend rides. I want to thank everyone who made this another great 3RVS touring season, especially Touring Director Doug Myers and Off-Road Director and "Special Events Coordinator" Phil Snider. Doug made sure we had maps at all rides. Phil chaired some special events for us during the season, including the Hicksville Hundred, Museum Ride and Club Century, in addition to the many other ways he contributes to our Club.

Even though the regular touring season is over, our Club still has an active schedule of off-road and urban exploring rides and special events. One special event you will not want to miss is the 3RVS Holiday party, being planned by Diane Mardoian. The party will be on Friday, December 14, at the Avalon at Northbrook apartment complex Clubhouse. Thank you, Diane, for chairing the party. And, thanks Dave Baucom (California Dave) for assisting in securing the party room for our Holiday party.

During the off-season, many of us find ways other than cycling to stay fit. I have seen several of you at the YWCA, to which I belong. I'm sure many others are participating in fitness programs at other health clubs too. While at the YW, I was pleased to see that two of our very active members, Norb Braun and Rich Wismer, were singled out for recognition in the Y "Meet the Members" program. Both Norb and Rich enjoy the indoor cycling classes at the Y, along with riding outdoors with our Club. And, anyone who has ridden with Rich will agree that he truly is a "Road Warrior."

It always is fun to see those we ride with during the season involved in other activities. Our Club members have a wide variety of interests. I enjoyed attending a play recently in which one of members, Andy Gingrich, was in the cast. Andy, our featured speaker at the November Club meeting, is very active in theater and a very good actor (and singer too from what I've been told). Try to see one of Andy's plays if you can.

As I have written before in this column, some of this year's 3RVS officers, including me, will not be running for re-election for next year. I have appointed a Nominating Committee to assist in locating persons interested in running for Club offices for next year. Anne Stratton has agreed to Chair that Committee. Serving on the Committee with Anne will be Todd Andersen and Don Glick. Anne is particularly qualified to Chair the Nominating Committee. She is a former Club President and Touring Director, who has remained very active in Club activities. Todd is on the Meijer/3RVS race team, and both he and Don regularly participate in Club rides and activities. Thank you, Anne, Todd and Don, for serving on this Committee. If you are interested in running for an officer position, please contact one of these Committee members. We will be hearing more from this Committee as the time nears for election of officers at the January meeting.

I hope to see you at the Club meeting on November 1, when we will hear from Andy Gingrich about the September TRIRI. Have a great Thanksgiving.

Karen

Pokagon Overnighter Wrap-Up

Thank you to all the riders and volunteers who made 2001 another fun weekend getaway. Special thanks to the Fort Wayne Parks' Tony Acosta, who kept the luggage dry and transported on time. Next year he and Jim Brown can take a break as the State Park has requested that the Overnighter ride help to promote the "Angola to Pokagon" multi-purpose trail.

Many riders sent thank you notes, and I am passing on a few to all the volunteers whose hard work made this ride so much fun, including: Dan Henry Marker volunteers Earnie Williamson, Gene Dixon, Jim Brown; Route Planning & Scouting volunteers Chuck Bash, Deb & Luke Ballenger; Luggage transport volunteer Tony Acosta; Waterloo Sag volunteer, Susan Hunt, and to all Ashly Sag day riders and racers who stopped in the middle of their ride to set up the Ashly Sag. Now, to the thank you's:

I wanted to take this time to thank you and your husband for all the work you did to make the Pokagon Weekend so successful. The advance work you both did was outstanding. I thoroughly

enjoyed the whole adventure. I hope that this note will make you realize how much it was appreciated. Thank you, and I hope there will be a Pokagon 2002! *Jane Lewandowski*

"Marilyn, I apologize for the delay in sending you "high fives" for once again having such a great weekend for us all at Pokagon. I was really appreciative of having the chance to stop at the last sag on Crooked Lake before the long uphill climb over I-69. I really enjoyed the historic boat ride around Lake James on Sat. evening. Once again, thanks for the great job! *Dan Strayer*"

"You made it easy for a person of limited ability to participate safely and have lots of fun at the same time. I especially appreciate your extra care in helping me get comfortable accommodations at the Inn, and your continual words of encouragement this season have been a great help. *Dan Tannas*"

Hope to see you all next year! *Marilyn and Chuck Bash*

November - December Touring Schedule

The regular touring schedule for the year has concluded. What? No more touring rides?? Mais non! This time of year we switch formats to the popular and varied Show 'n Go ride format.

The ride distance and destination are determined by those dedicated riders who show up at the ride. Maps probably aren't provided, but you can bring one of your own for our Map Packets. Map Packets are available to Club members for the ridiculously low price of \$10. See Karen to purchase one.

For November and December, rides start at Leo High School at 1:00 pm. Don't lose all that fitness you've gained during the year - come on out and spend your afternoons with your friends.

Off-Road Training Rides

Off road training rides organized our friends at Summit City Bicycles. The format will have two ride leaders; one ride leader will lead the faster riders and a second ride leader will ride with the slower riders. Both rides are aimed at elevating fitness and bike handling skills.

Call Summit City (north) for Saturday locations. These will be determined on a weekly basis by the ride leader. For more info on these rides, call Summit City Bicycles' north store at 219-484-0182. The schedule:

Tuesdays	4:30	Franke Park	Fitness loops
Thursdays	4:30	Franke Park	Fitness loops
Saturdays	7am	Call for ride location!	

Winter Spin Classes

Don't want to ride outside in the cold? Me neither. In fact, the older I've gotten, the higher my minimum ride temperature has become (presently, it is at 40F).

If you don't like riding in the cold, you might like one of the various Spin classes being offered around town. Believe it or not, there are now three locations that offer spin classes: Summit City Bicycles, Gold's Gym, and the YWCA.

Spin class format varies with the "ride leader", but they are between 30 - 60 minutes long, and use the adjustable resistance on the bikes to simulate all types of ride terrain. You can adjust your workout to your own abilities/desires - you don't have to stand and sprint if you don't want to. The classes ARE a lot of fun.

Signing-up ahead of time is suggested, as these classes tend to fill up quickly. Call any of the three locations to find out more.

Fat Tired Ride Schedule

From the Fat Tired Guy — The November schedule is on the light side while FTG takes some time off for personal business. But don't stop riding! The cool days this time of year are perfect for off road and there are no mosquitos, no poison ivy and no sunburn.

Why not try out some of the nearby trails: Franke, Huntington or Winona Lake. For directions to these trails or further information contact Phil at MTB@3RVS.com or 419-542-8971.

We can't let the month go by without at least one FT ride. On the day after Thanksgiving (11-23) we'll head for the gravel. This is a perfect chance for you non-shoppers to get away from the crowds. Meet at Leo High School at 1 PM for a scenic ride through the Amish country of Allen and DeKalb counties.



Club Jersey Update

Things are moving along with the new jerseys. Final quotes and information are being obtained from Voler and Louis Garneau.

A sample of the new design for the club jersey is shown above, and also on the website, large and in color! This design will be finalized with the art department of the jersey vendor.

Look for order forms in the January and February newsletters with shipment planned for May. If you have questions or comments, email them to Steve at steve_cindi@yahoo.com.

Our First Century! September 22, 2001

*by Joe Kennedy and
Jane Lewandowski*

The year was 2000. We watched the Tour and marveled at the riders' strength and speed. We went on tours around the area and were envious of the groups of riders that passed us wearing Velo jerseys. We were content to watch and talk about riding, but late in the season we were bitten by the road cycling bug. We wanted to get out there ... and ride.

This year we put aside our mountain and touring bikes and purchased road bikes. In April of 2001 we started planning our rides. In May it was off to Decatur, July it was the Festival ride, August WBNI. On the weekends we would ride the club rides. Our desire was always to become stronger and better riders. We knew we had to lay a solid foundation because we wanted to ride the century in September.

The September Touring Schedule was published and it said that the ride was to be on the 22nd. There were also 31 and 50 options. It was a mostly self-supported ride that offered satisfactory maps.

For a first-time rider that was not enough. We were still very apprehensive. We wanted to know more. We wanted to know what were we getting ourselves into. So we sent an e-mail to Phil Snider. He reassured us that the route followed a gentle terrain and was a good first-time route. We decided we would give it a try, but depending on the day and how we felt, we could elect to go a shorter distance.

Well, if you could have picked a day to do 100 miles it would have been that day. It was a little foggy and overcast in the morning. We started out with leg and arm warmers, but soon the sun came out and the day warmed up to 70+ degrees with low humidity. There was also a low pollen count and absolutely no wind. It could not have been more perfect.

We left the Wyneken Memorial School (located on US 27, about ¼ mile south of Allen-Adams County Line) at 8 a.m., rode down the Winchester Road to Decatur and Pleasant Mills and on into Ohio. Those first miles were peaceful, quite and exhilarating. There is nothing else like riding along with a group, looking at the beautiful countryside, counting your blessings and hearing only the sound of bike wheels turning. At that point in the ride, we thought we could easily do 167 miles.

Our first stop was in Wren, Ohio, where Marilyn Bash joined us to help serve Phil's wife's muffins. Even though it was only 20 miles into the ride, it was a nice time to stop and chat and for us to find out that Marilyn was going to be traveling along (in her car), just in case we needed help.

The route then went further east into Ohio, down along the roads that parallel the St. Mary's River (River Trail, Old Town Run). Other roads names (Godfrey Reserve, Alspatch, Blacklon, Frysinger) made us wonder about the history of the area.

Right outside of Mendon, we heard Phil shout TURN LEFT ...TURN LEFT... A few of us turned left and the rest of the club went off down the road to Mendon. The road, aptly named Deep Cut Road, had cut the group in parts. Phil reassured us that we were following the route and that we would probably join the rest of the riders in Mendon. So off we went, saying to ourselves: Well we never thought we would be leading the club after 45 miles. We did pass the rest of the riders going in the opposite direction when we were going into Mendon... but that was the last we saw of them.

Marilyn and Phil greeted us in Mendon and we had another muffin and water break. Then it was off to Rockford and lunch.

Reaching Rockford, meant we had made it 70 miles, but didn't dare sit too long, since the toughest 30 were ahead of us. The rest of the ride went up to Willshire, then into Indiana along the Piqua Rd though Monmouth and back.

Phil left us and went back to his car before the end of the ride. We know the last 30 would not have been so enjoyable if it had not been for him riding along, telling us stories, singing his song "FRED" and giving us the history of the area. We thank you Phil for planning the route, arranging the sag stops and helping us achieve our goal of doing a century.

Even though we had ridden through some of the most beautiful countryside and enjoyed the friendship of the group, the best site of the day was when we turned on 350 W and could see the steeple of the church ahead of us. It gave us renewed strength. We forgot all about our tender backsides, or our aching shoulders, and pushed on to the end.

Back at the school lot, we sat and talked about the day, laughed, had a beer, and said ...

We did it! We rode a 100!!



Cross Race Schedule

- 4, Copley, OH, Team Burn Cyclocross #1 (Bike Authority Cyclocross Series)
 5, Fairfield, OH, Cincinnati Cyclocross
 11, Bay Village, Ohio, Rose Hill CX Race #1 (Bike Authority Cyclocross Series)
 12, Waynesville OH, Caesar Creek Cyclocross
 12, Indianapolis IN (MTV), First Bike Wave Cyclocross
 12, Michigan, Tailwind CX Series
 19, Edwardsville IN, Knob Cross Cyclocross Race
 19, Cincinnati, Ohio, Bio Wheels Ohio-Valley Cyclocross Series
 19, Michigan, Tailwind CX Series
 25, Bay Village, Ohio, Rose Hill CX Race #2 (Bike Authority Cyclocross Series)
 26, Cincinnati, Ohio, Bio Wheels Ohio-Valley Cyclocross Series

MTB Races

- 4, Mohican Wildernes, Glenmont, OH (MOMBC) (non-series)
 11, Duncan Falls, OH, Velo-Z (MOMBC) (non-series)
 11, Wooster OH, Vultures Knob (MOMBC) (non-series)
 18, New Philadelphia, OH, Beans Mountain Bike Series #9 (Series Final)

Racing Results

9-8, 2001 Ceraland Fall Criterium

35+/45+

Dave Coar Summit City Racing 45+, 4th place
 Ft. Wayne rider 35+, 10th place

Cat 3

Joe Bartels Indiana Flyers 3rd
 Ray Vasquez Indiana Flyers Field

9-16 Mooresville Fall Finale

Citizens

James Cron Team Pyrotek Field

Cat 3

Jerry Witham Bicycle Stop/Dayton 4th
 Ron Repka Team Pyrotek 8th
 Joe Bartels Indiana Flyers 9th
 Ryan Myers Summit City Racing Field
 Ed Messer Summit City Racing Field
 Ken Lundquist Summit City Racing Field

Midwest Rails-to-Trails Statistics

The Rails-to-Trails Conservancy, www.railstrails.org, recently published state-by-state statistics on the number of open trails and total distance of those trails. Here are some results:

State	Open		Project	
	Trails	Miles	Trails	Miles
Indiana	15	35	30	414
Ohio	42	369	49	591
Illinois	38	421	50	659
Michigan	92	1127	45	615
Kentucky	2	2	17	221
Alaska	1	3	4	131
Pennsylvania	113	923	95	1067

Ron Repka

I think everyone knows by now that Club member Ron Repka was struck and killed by an automobile while riding his bike on Arcola Road, after finishing one of the Club training rides.

The accident remains under investigation at this time and the driver has not yet been charged. Sources close to the investigation say this is not uncommon in cases such as this, and that the investigation can take several months to reach a conclusion.

Every person I spoke with about this, whether they knew Ron or not, was upset and saddened by the news. All of us at 3 Rivers Velo Sport extends our condolences to Ron's family.

The 3RVS website announced the news the day after the accident, and I received several emails from cyclists who saw the announcement there. I would like to share a couple of those emails with you. I think they summarize our thoughts and feelings:

"At the suggestion of an on-line list, I logged into your site in the hope I could find some information on how to begin a successful touring club. I am so sorry to hear of the tragic death of one of your club members. My condolences to his family and you Club members. Losing a friend is hard to comprehend; losing a friend when they are engaged in something they love is beyond comprehension." *Jack Barbour, in Birmingham, Alabama.*

"I travel to Fort Wayne fairly regularly and bike with the Tuesday evening touring group. I'm writing to express my sadness on the news of Ron Repka. While I did not know him personally, there exists an invisible brotherhood/sisterhood among cyclists across the country."

"Whenever this type of tragedy happens, we all feel it. Having recently lost another good friend, I'm sure that hearts are very heavy. Please extend my condolences and prayers to the Club and Mr. Repka's family." *H. Finch*

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Life Does Not End at Fifty but It Sure Hurts a Lot More When You Do an End-Over

Notes on converting from the flats of Indiana to the mountains of Colorado:

Yes. I still love my road bike but I have found a new love; my full suspension Trek Fuel mountain bike. Remember that 10-year-old mountain bike you have been riding in Indiana. Throw it away. It took me one four-hour ride on the Colorado trail to discover why I need 27 gears instead of 18, cutting edge technology and 15 less pounds.

The rule, head out into the wind is modified to: **Always** start out climbing; you will not have the energy to climb at the end of a long ride in the mountains. There is a reason it is called down hilling and it is so popular; you don't have to climb first. The only problem is someone has to drop you off at the top of the mountain.

When the trail splits and you ask what the trail on the left is like ahead, make sure you ask the person their skill level. It is very possible in Colorado that they are a World Class rider and that puts them on a different planet than you. The phrase; "there are some sharp switch-backs and a few real technical descents"; may mean "take out a million dollar accidental death policy, your heirs will appreciate it". I asked a rider this a few weeks ago when I was alone on a section of the Colorado Trail at about 6500 feet. Two end-overs later, riding down a single track descent with a vertical drop of 200 feet 18 inches off my left pedal I began to analyze that statement and the person who made it. I later found out this is one of the most technical descents in the area and I swear I have seen that guy's face in a bicycling magazine before.

Those basic skills about positioning your weight as far back as possible on descents do apply, especially on rocks and when you have not unlocked the death grip on your rear brake for the last 20 minutes. Yes it is possible to descend with your rear wheel locked; in fact it is a necessity. The skill is in how much freedom you give your front brake. An error causes an immediate end-over. There is no greater thrill after a descent when you think to yourself; "I would be a fool to walk down that!"

Throw away those foot inserts and get some SPD cleats. You don't have time to get your foot back on the pedal, climbing or descending when you are bouncing like a kangaroo. That is why there are SPD pedals.

You know that Granny gear they put on mountain bikes that you never use in Indiana? Well in the mountains you never leave it or its three closest brothers. You won't need those two large cranks either. They are for getting you to the mountain climb, after that they are just extra weight. Weight in mountain bikes is just as important as in a road bike. You may be climbing for hours, the lighter the bike the easier the climb. On a mountain bike speed kills, if you don't know the trail. Switchbacks, and technical descents appear in microseconds and you need time to react.

When you see a path that all the other bikes took, don't be a fool - take it. There was a reason the single-track path goes that way. On a descent or a climb you can easily lose your ability to judge angles, nothing is flat, your sense of perception and depth becomes skewed and once you commit yourself it is too late. I learned this the hard way. That end-over had me landing square on my helmet, it cracked but not my hard head. You won't see a single person on the trail without a helmet on. The ones who did not wear theirs are dead.

There is a world of difference between 6000 and 10500 feet. Mountain goats don't run at that elevation for a good reason. When biking at high elevations pretend that you are your grandfather on the bike. The lack of oxygen will hit you without warning when under extreme exertion. You can quickly exert yourself 3 to 4 times more when climbing a mountain on a single-track trail than on your road bike climbing that 8% grade. Take it slow until you are sure you know your limits.

There is no feeling equal to doing a wheelie while on a steep climb. You realize it's impossible to lean too far forward while climbing. That guy who just passed you on the climb fully seated while you look like you are towing your bike on a trailer hitch attached to your butt is a World Class rider. Enjoy watching his skill; someday you might get there.

Yes I still ride my road bike. I have found some great road rides around Boulder. On one its eight miles up the mountain without a single break but what a thrill coming back down. Remember, "hills are your friends", one day they might turn into mountains.

For every climb there is a descent. Enjoy!

Michael Bedwell

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
mheyese@concentric.net

Good News, Bad News

October Rivergreenway Consortium Meeting

reported by Jim Schroeder

Jeff Baxter of the Parks Department announced that phase 4 construction has been completed with the exception of some minor utility work and a patch of overlay work. This is the Lawton to Swinney spur that has been under construction for quite some time.

“9/11” has now affected bicycling in Ft Wayne. The Rivergreenway stretch through the City Water Filtration Plant has been closed indefinitely. It is unfortunate as that point is the confluence where our three rivers actually meet, and this point is designated with an impressive statue of the Jesuit priest pointing out toward the rivers. Moving the fence to separate the filtration plant and the greenway was suggested, but that would also warrant putting down new asphalt trail as the filtration driveway was part of the greenway. Signs will be posted with an alternate route utilizing Tennessee Ave. and Spy Run Ave.

A subcommittee has been formed, the Greenway Users Subcommittee or “GUS”, and its primary goals are to identify areas for repair and maintenance, and to discuss and assist in improvements and expansion of the Rivergreenway.

Granite mile-markers will be placed along the trail by the Rivergreenway Consortium. Since the greenway radiates from the confluence in many directions, the mileage will relate to how far that point is from the confluence.

The next major Rivergreenway project is the re-routing of the trail at Lakeside Golf Course to avoid the

collapsed trail into the Maumee River. New Haven will also be starting soon to lengthen the Rivergreenway by connecting their city with Kreager and Maumee parks.

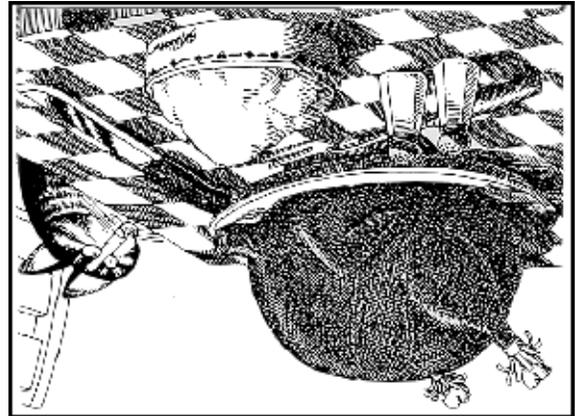
Another project in the future will be the connection of Swinney and Rock Hill parks, and there is much interest in extending that section out towards Fox Island, the Wetlands Corridor, and Aboite township. Serious discussion has started regarding the extension of the Greenway from Johnny Applesseed Park to Shoaff Park. This will be a major undertaking and new preliminary studies will need to be done.

This Consortium is a think tank of private citizens consisting of the County and Parks Department employees, as well as civic leaders. The City and County governments do listen to our ideas although the final results many times are not seen for quite a long time. Interested in joining? The meetings are held every second Thursday, 9am, at the Parks Department, 705 E State Blvd. More info at their website: www.fortwayneparks.org/welcome/rivergreenway.htm



Don and Julie Glick on a cool September ride

<input type="checkbox"/> Individual <input type="checkbox"/> New <input type="checkbox"/> Family <input type="checkbox"/> Renewal	3 Rivers Velo Sport 2001 Membership Form	<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) _____		
<small>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. Make check payable to 3RVS. Return to 3RVS, PO Box 11391, Ft. Wayne, IN 46857-1391</small>		



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Three Rivers Velo Sport, Inc.

November 2001 Newsletter

A FORT WAYNE, INDIANA
BICYCLE ORGANIZATION

Next 3RVS Club Meeting

When: Thursday, Nov. 1, at 7:30 pm

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

November Program

Andy Gingrich, 3RVS member and stage actor tells us what it's like to ride on the Fall TRIRI in southern Indiana. This popular multi-day ride turned out more difficult than expected. Come hear more Nov. 1.

3RVS Club Officers

<u>Position</u>	<u>Name</u>	<u>Phone (219)</u>	<u>Email</u>
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