



Quick Release

October 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 October 3rd

Minutes and agendas archived [here](#):

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



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Appreciation for Club Membership

Patrick Stelte

While preparing the feast for this year's Jersey Appreciation Ride, I thought about symmetry. The first Jersey ride, nine years ago, was 80 degrees and sunny on the first Saturday in October. One hundred club members showed up to partake in a mass start and after-ride cookout at Roanoke Park. The weather conditions this year were very similar. Temperatures were in the mid-80s, sunny and a little windy. Sixty-two club members took in the festivities. What happened in the intervening years can only be described as a gambit on the scale of extremes. I started the Jersey Ride in my first year as club president to acknowledge the importance club members had in keeping our cycling institution alive for the past five decades. Founding member Hector Garcia was at that first ride and refused to take any credit for the lasting success of the club. To paraphrase Hector that day, "We just wanted to ride with friends and share our love of cycling with others." In essence, that is Three Rivers Velo Sport or any other cycling club for that matter. It's the stuff in-between that determines the scale of success to the germ of the idea.



As for the gambit of extremes, having any event in October can be a challenge. The following five Jersey Rides experienced rain, strong winds, cold temperatures and sleet. Not one of those five years was the weather sunny or warm. The turnout varied in accordance of member determination vs. rotten weather. Even at the worst, sleet with strong winds, almost thirty members showed up to show their support. They huddled close to my gas grill to warm themselves as I served hot apple cider in Styrofoam cups. My memory of Joe Bartels pushing his backside up against the grill to thaw out his raw posterior is the defining moment (low point?) of Jersey Ride endurance. The weather was only part of the memories of adjustment. I am not a grill master. My past experience includes cooking simple meals of beef or chicken for a few people over a charcoal grill. Cooking twenty brats at a time over a gas grill was a learning experience that took several years to perfect.

That first year, cooking over one hundred brats, I had a couple of grease fires and smoky outcomes. Someone told me to line the grill with aluminum foil. Grease fires in year two. Advice continued, "Change the foil after each batch." Year three: grease fires. "Fold up

Appreciation for Club Membership

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the ends of the foil to catch the grease" was the next suggestion. Year four: grease fires. In year five, I called 911 because the fire was so intense I thought the grill might explode. I managed to put it out before the Roanoke volunteer fire department showed up, but the experience was nerve racking. Finally, Jan Dickson gave me the simplest advice; cook the brats in disposable aluminum pans. Bingo, brat grilling perfection. Along the way, I collected a slew of volunteers who offered help without my asking. Without that brotherhood, I would not have survived all these years. When effort is made and intentions are true, people have an inclination to get involved for the good of the whole.



Patrick Stelte

This has applied to the history of the club. Well-meaning members have given great effort to promote cycling within the club and to the public. That effort has been rewarded with a volunteer spirit that continues a feeling of fellowship, a strong tie that binds the past with the future. I have hauled my gas grill out to a distant park in dodgy weather to feed members who will show up to acknowledge my effort and help me make a memory. I am just the latest to show appreciation and feel the love. Fifty plus years of effort have been rewarded with countless events and gestures to keep our community strong. The symmetry has gone around so many times that it has worn an irreplaceable groove, an unspoken truth about who we are. This last affirmation explains a great deal why I have served as president for nine years. If I didn't believe in the club mission or its membership, I would not have lasted more than a year.



3RVS Touring

At the closing hour of this year's Jersey Ride, after a long day making memories for club members, a few stayed around to clean up the pavilion and load my grill and support materials into my truck. I wasn't the last to leave the park as a few others were still hanging around talking and finishing what food was left. As customary, Luis DeVeyra offered to follow me home and help me get the grill out of my truck. I thanked him the best I could and he responded, "See you at tomorrow's ride" and I answered in kind. There is no better way for cycle-buddies to acknowledge a good intention. Keep the rubber side down and see you at the next club ride.

Memories of MTV

Doug Wintin

(That's Major Taylor Velodrome for everyone who still has a mullet)

Several club members have commented that they have enjoyed reading stories about days gone by in cycling. I thought I would give it another shot with tales from the Major Taylor Velodrome.

The 1982 National Sports Festival had been awarded to Indianapolis with the condition that Indy must construct a velodrome in time for it to be used during the festival. As luck would have it the firm I worked for was chosen to design and engineer the bicycle facility. I was chosen along with a transportation engineer to visit several velodromes around the country. My job was to ride the tracks and report what was good and bad about each of them.



Doug Wintin

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.

Monday Meanderings & Musings TBD

Location varies, check weekly for start locations

Pace 10-15 mph

Tuesday**Kreager Ride** TBD

Officially over, check social media for impromptu rides as weather and light permit.

Skills Dev Tour TBD

Officially over, check social media for impromptu rides as weather and light permit.

Wednesday**Saturn Ride**

Officially over for the season.

Rogue Ride TBD

Officially over, check social media for impromptu rides as weather and light permit.

Thursday**Girls Ride Out** TBD

Officially over, check social media for impromptu rides as weather and light permit.

Kreager 'A' Ride TBD

Officially over, check social media for impromptu rides as weather and light permit.

Urban Exploring 6:30PMJohnny Appleseed Park
(near the north playground)

Distance: TBD

Expect some off-roading

Short N' Sweet TBD

Officially over, check social media for impromptu rides as weather and light permit.

Memories of MTV

(Continued from Page 2)

That was the best assignment ever until...wait for it...until the track was being poured and they needed somebody to test ride the track! I was on the track site for a couple of weeks. I was inspecting joints, running a level everywhere to make certain that there were no high or low spots and most importantly making sure that the transition from the 28 degree track banking to the apron was as smooth as possible.

There were some other perks that went along with this job. One of them was that I lived within a couple of miles of the track. As construction wound down I loaded my daughter and our bikes into the car and headed out. My daughter became the first female to ride on the Major Taylor Velodrome on her...wait for it...big wheel! She did a full kilo. Not too bad for a three year old! She couldn't ride on the steep banking because her plastic wheels just slid down to the apron but she managed the straights pretty well.



Another perk that I never saw coming involved Tom Carnegie who was the track announcer at the Motor Speedway and the Sports Director for Channel 6 News. Somehow Channel 6 had gotten my name and they called to see if I would be interested in doing the color commentary for the races at the velodrome during the festival. I hesitated for about one half of a second before I said yes. I kind of forgot that I had stage fright. I probably should have told them that. As it turned out all I had to do was interview fellow cyclists. They were all way out of my league but a cyclist is a cyclist and I had a ball asking them questions about their training and goals they had for the year and for the upcoming Olympics. I remember talking with the wonder kid, Steve Hegg, about doing both the summer and winter games (he was also a top flight downhill skier). He said that he would like to but both of his coaches were against it.

Each day I would record a short wrap-up of activities at the velodrome. Everyone in Indy is familiar with Tom Carnegie's catch phrase at the Speedway. So I thought what would be a better way to announce a new record so I said "Leonard Nitz crossed the finish line and set AAAA NEWWWW TRACKKKK RECORDDDDD!!!!!!" Within two minutes I was given the word that I was never to say that again. You can believe that I never did.

First Friday each Month**City Tour** 6:30PM

Lawton Park, east end of parking lot

Distance: 8-10 miles

Pace: 10-12 mph

October Touring Dates

Date	Time	Map	Start At	Destination/Pace Groups	Distance
10/05	11:00 AM	HTN-5	Huntertown	Albion/Churubusco Groups A/B	22/34/55
10/06	11:00 AM	WHS-4	Wayne High School	Ossian/Hoagland Groups A/B/C	23/35/43/52
10/12	11:00 AM	KRG-3	Kreager Park	Antwerp/Cecil Groups A/B/C	25/45/65
10/13	11:00 AM	LME-1	Lafayette Meadows Elementary	Roanoke/Huntington/N. Manchester Groups A/B/	22/35/63
10/19	11:00 AM	ARC-2	Arcola	Columbia City/Epworth Groups A/B	24/40/55/63/75
10/20	11:00 AM	SJHC-1	St Joe Hessen Cassel	Wilshire/Decatur Groups A/B/C	65
10/26	Rider's Choice	Info	Hilly Hundred	Ellettsville, Indiana Staggered Start	50
10/27	Rider's Choice	Info	Hilly Hundred	Elletsville, Indiana Staggered Start	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.

Musings Ride Schedule & Info

Mona Will

Rides will start at 10 AM, will include both the trails and city streets, and will include a mid-ride stop for a snack.

Oct 7, start location is Smith Field, led by Angie Quinn

Oct 14, start location is Foster Park, led by Angie Quinn

Oct 21, start location is Swinney Park West, led by Kathi Heyes

Oct 28, start location is Lawton Park, led by Kathi Heyes

This will conclude the Meandering Rides for 2019!

Road Time Trial Series #4 - September 24, 2019 - Final Results**Dave McComb**

Place	Name	Class	Time	MPH	Place	Name	Class	Time	MPH
1	Don Cahill	W-TT	29:29	20.35	6	Don Cahill	M-TT	24:36	24.39
1	Sean Martin	M-TT	21:24	28.04	1	Nathan Woods	M-RD	23:14	25.82
2	Gary Painter	M-TT	21:49	27.50	2	John Hale	M-RD	24:02	24.97
3	Ben Hopper	M-TT	22:38	26.51	3	Graham Wedeven	M-RD	25:43	23.33
4	Paul Mowery	M-TT	22:45	26.37	4	Michael Liechty	M-RD	26:29	22.66
5	Hugh Smith	M-TT	23:16	25.79	5	Scott Tomsits	M-RD	28:39	20.94

4RVS Time-Trial Point Series Final Standings**Dave McComb**

Name	Team	Type	#1	#2	#3	#4	Total
Nancy Lichtensteiger		W-TT	25	20		25	70
Amy Woods	FW Outfitters	W-TT		25	25		50
Gary Painter	FW Outfitters	M-TT	25	25	25	20	95
Ben Hopper	FW Outfitters	M-TT	16	20	20	16	72
Paul Mowery	FW Outfitters	M-TT	10	9	9	14	42
Gregg Ness	FW Outfitters	M-TT	20	16			36
Hugh Smith	FW Outfitters	M-TT		7	16	12	
Don Cahill	FW Outfitters	M-TT	7	5	8	10	30
John Hale	FW Outfitters	M-TT	14	12			26
Sean Martin	FW Outfitters	M-TT				25	25
Asher Scott	FW Outfitters	M-TT	12	10			22
Dan Fineran	FW Outfitters	M-TT	8		10		18
Kevin Crews	FW Outfitters	M-TT	9	8			17
Nathan Woods	FW Outfitters	M-TT		14			14
Race Dorsey	FW Outfitters	M-TT			14		14
Mark Whitmer	3RVS Racing	M-TT			12		12
Denny Zech	FW Outfitters	M-TT		4	7		11
Tim Sixer	FW Outfitters	M-TT	6				6
Tim Donofrio	FW Outfitters	M-TT		6			6
Graham Wedeven	FW Outfitters	M-TT		3			3
Scott Tomsits		M-RD		20	20	12	52
Michael Liechty		M-RD		16		14	30
Dave Lewis	FW Outfitters	M-RD	25				25
Dan Painter		M-RD		25			25
David Park	Team Neighbor-	M-RD			25		25
Nathan Woods	FW Outfitters	M-RD				25	25
John Hale	FW Outfitters	M-RD	20				20
Graham Wedeven	FW Outfitters	M-RD				16	16
Drake Stafford		M-RD		14			14

September Touring Challenge Wrap-up

Steve Pequignot

The Club's sixth September Touring Challenge had 82 participants. 9 riders achieved the top distance award of 1,000 miles (1610 kilometers). 11 riders reached the 1,000 kilometer level. 10 riders reached the 750 kilometer level. 18 riders reached the 500 kilometer level.

Collectively, 82 riders rode 58,653 kilometers, the average kilometers per rider was 1,159.

Distance award winners are:

500 Kilometers: Bruce Fisher, Jonathan Hale, Rex Connelly, Ed Lines, Brenda Wiley, Shannon Linder, Ryan Bauer, Mark Witmer, Steve Mabbitt, Maureen Randall, Russ Stephens, Andrea Egeland, Johnny Grabowski, Scott Tomsits, Randy Armstrong, Jay Farlow, Angie Quinn and Rosy Saylor.

750 Kilometer Awards: John Rodino, Dan Fineran, Amy Woods, Susan Zuber, Zach Arnett, Rick Fernandez, Don Cahill, Krista Stockman, Bernie Lohmuller, and Bob Holada.

1,000 Kilometer Awards: Hugh Smith, Kymberly Byers, Tim Landrum, Brian Meyer, Shane Powell, Nathan Woods, Earl Ealey, Helen Best, Kelly Barnes, Bill Meyer and Andrew Hayes.

1,000 Mile Awards: Steve Pequignot, Lisa Mabbitt, Marty Smolinski, Emily Baltes, Denise and Jim Snyder, Patrick Stelte, Doug Wintin, and Rick Bokern.

Ladies Podium Winners are: First Place, Lisa Mabbitt, 2,279 kilometers; Second Place, Emily Baltes, 1,969 kilometers; Third Place, Denise Snyder, 1,827 kilometers.

Men's Podium Winners are: First Place and overall Challenge Champion, Steve Pequignot, 3,336 kilometers; Second Place, Marty Smolinski, 2,010 kilometers, and Third Place, Jim Snyder, 1,827 kilometers.

Thank you to all 82 club members who participated in this year's touring challenge.

The final leaderboard results is now available at: www.americanclassicgroup.com/3rvs/3rvschallenge.htm

Rogue Rider Thanks

Mona Will

Another season of Rogue rides has wrapped up by the time you read this. It doesn't seem like it's been 5 months ago that we left Arcola on our first ride and how my legs and lungs were burning within 10 minutes of roll out.

This year was the first to divide the ride between Arcola and Tillman Park and I think it was a successful plan. Arcola gives us the rollers and hills that keeps us humble for the first part of the season and Tillman gives us the fairly flat routes to hone the skills necessary to cut through the ever challenging wind that never seems to give us much of a break from week to week.

I have witnessed the gradual and impressive progression of many from individual riders to a very close knit group riders. As I have sat in the back of the group almost the entire season, I see how many of you have become stronger as the weeks and months pass. I have welcomed seeing the "veteran" riders that have joined in on the rides for either or both starting points and how their skills almost unconsciously influence the group dynamics in a positive way.



We have ridden segments of routes that we know like the back of our hands and others that we have never ridden or have been recently rediscovered. On what was our last ride from Arcola this season, we were traveling from west to east on Old Trail on a segment I had never ridden. Once again at the back of the pack with Randy Wolf keeping me company, the sun was in a position that everything the sun rays touched, was lit as if it was made of gold. The late summer air was cooling and all I could hear was the whispering whooshes of tires on pavement. It was one of those perfect moments of riding.

The sun has set on the Rogue rides once again. Thank you to each of you that have taken time to come out and ride whether it was once, a few times or almost weekly. Without each of you showing up, there would be no Rogue ride and that would be a very sad day for me and others. Until next spring, stay healthy and take good care of your bike.

Nickleplate Trail Destination Ride

Andrea Egeland

Mark your calendar for Saturday, October 5th - Nickel Plate Trail Destination Ride led by Amy Copeland, Andrea Egeland and Jennifer Altherr

When: Saturday, October 5 , 2019

Meet: 7:45 AM at Starbuck's 5723 Coventry Fort Wayne to carpool to the Lover's Lane Trailhead at 42 W Lover's Lane, Peru IN 46970. If you want to meet us at the Trail-head, plan to be ready to ride at 9:15 AM.

Bring: Spending money, helmet, your camera and a bike lock if you have one.

The ride: We will ride the on the southern part of the mostly paved Nickel Plate Trail and connect to Kokomo's Industrial Heritage Trail. A small portion of the ride through Peru is on country roads. Total mileage for the tour will be just over 40 miles and it will be mostly paved. Lunch stop will be at the Foxes Trail on 305 South Main Street in Kokomo.

Pace: Leisurely 10-12 m.p.h.

Return: 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: <http://www.nickelplatetrail.org/>
http://www.cityofkokomo.org/departments/industrial_heritage_trail.php

For those of you that are interested in the Meandering and Musings version of the Nickel Plate Trail ride on October 5th-here's the general plan.

We depart Ft Wayne (location TBD) promptly at 8:30 AM. That will get us to Bunker Hill trailhead at 10:00 AM and then leave pretty close to 10:30 AM, connecting up with the rest of the group about that time. Please contact Mona Will if you plan to ride the shortened route.

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



@ride3rvs



Members interact at
[facebook.com/groups/
 ThreeRiversVelo-Sport](https://facebook.com/groups/ThreeRiversVelo-Sport)

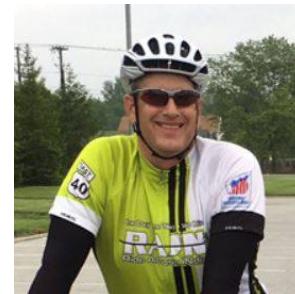
View our rides, Face-
 book.com/3rvsvideo



Life 360
 Track our tours live
 at Ride 3RVS

Indoor Season Insights

As "Failure to plan is planning to fail" I am working towards cementing the club's efforts during the winter months. For those that partake of the opportunities available to have consistent cycling workouts that aren't dependent on the Old Man Winter, I am looking towards having a series of training or events that everyone on the Zwift platform can partake in. Some suggestions have



Scott Tomsits



ranged from a time trial series through the winter months, group workouts where everyone stays together if they complete the workout to our normal group rides only conducted in the virtual environment. Only prerequisites are to avoid Tuesday and Thursdays as Summit City Cycling will have their events on those days and to accommodate our Show 'n Go schedule. Whilst I have my own ideas I am also very willing to crowdsource our club to find the events that most ignite our member's interests. Feel free to hit me up on social media or via email at newsletter@3rvs.com and let's see what we can accomplish this winter!

Scott Tomsits

