



# Quick Release

October 2020

## 2020 September Touring Challenge Report

Steve Pequignot

Monthly meetings are held the 1<sup>st</sup> Thursday of each month 7:30 PM at the Downtown ACPL, [900 Library Plaza, Fort Wayne, IN 46802](#).

Next Meeting is November 5<sup>th</sup>

Minutes and agendas archived [here](#):

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



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The Club's seventh September Touring Challenge brought out 88 riders, six more than last year, which is remarkable considering all of the obstacles riders faced this season with social distancing issues and a worldwide pandemic. Twelve riders achieved the top distance award of 1,000 miles (1610 kilometers). 15 riders reached the 1,000 kilometer level. 12 riders reached the 750 kilometer level. 21 riders reached the 500 kilometer level. Collectively, 88 riders rode 72,287 kilometers, which exceeds the 2017 record of 71,420 kilometers.

It's a long list, but we have many champion riders to acknowledge.

Distance award winners are:

500 Kilometers: Bill Meyer, Shawn Grubbs, Scott Burkhardt, Jay Farlow, David Hathaway, Andrew Hayes, Tim Johnston, Phil Sheets, James White, Todd Ernsberger, Landon Geiger, Scott Tomsits, Brad Smith, Ron Herman, Rosy Saylor, Rhonda Hall, Ryan Epple, Dan Stockman, Kelly Barnes, Angie Quinn and Adrianna Maurer.

750 Kilometer Awards: Michael Souers, Jonathan Hale, Jennifer Altherr, Susan Zuber, Marvin Vestbinder, Keith Pulfer, Cody Benham, Ramon Vasquez, Krista Stockman, Joe Kennedy, Trina Vian and Rex Connelly.

1,000 Kilometer Awards: Hugh Smith, Gary Shell, Russ Stephens, Michael Liechty, Bruce Fisher, Matt Sprunger, John Rodino, Rob Hentz, Todd Findley, Denise Snyder, Brian Meyer, Don Cahill, Randy Armstrong, Helen Best and Diane Kennedy.

1,000 Mile (1,610 kilometers) Awards: Steve Pequignot, Joe Bartels, Maureen Randall, Marty Smolinski, Deborah Watts, Rick Bokern, Patrick Stelte, Tim Landrum, Diana Schowe, Nathan Woods, Sean Martin and Shane Powell.

September was a good riding month weather wise with only two days of rain during riding times. One of those days was the final challenge day in which Trina Vian needed less than 20 kilometers to level up to 750 kilometers. I don't know all of the details, but Trina waited until the evening to get her last ride in which put her over 750 kilometers. You may recall that day was windy all day with periods of rain. Nonetheless, Trina got it done, through wind, rain and the darkness of night she rode on to achieve her goal of conquering 750 kilometers for



## 2020 September Touring Challenge Report

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the month. Cheers to you Trina! You rocked it and now you are a champion.

The club honors the top three men and women in the challenge with podium awards. This year we had two exciting races for the top podium spots. In the Ladies Division Deb Watts and Maureen Randall du-elled it out all month. In the end Maureen finished on top with 2,501 kilometers.

The Men's Division started with Scott Tomsits taking the lead on Day 1. Then Joe Bartels launched a series of massive rides including a challenge daily high of 265 kilometers on Day 7. Joe also had twelve other days in which he rode 100 miles or more. When the challenge ended Joe amassed a total of 4,034 kilometers for the month. I congratulate Joe for his dedication and determination. Considering he held down a fulltime job and managed to ride that distance during the month is very impressive.

As an endurance enthusiast, I set a goal for myself of riding 3,000 miles during September. That is more miles than I have ever ridden in any one month. Yes, 100 miles per day average. Fortunately I have some experience with endurance riding so I paced myself accordingly, doing so I find that I usually get stronger over time if I start modestly. I fell behind my goal average in the first half of the month, but not by a margin that I felt I could not make up. It

took me until Day 27 to catch up to my goal average. I only had two bad days suffering from fatigue. Not even a mid-ride Coke helped. On the final day I planned two sessions, one outside on a solo ride to Payne, Ohio looping back to the Fort, and the second session on Zwift. The outside ride was so much fun riding to Payne with a 17 to 20 MPH crossing tailwind. I was dancing on the pedals enjoying the good life cruising along at 25 to 27 MPH. Then Mother Nature blew me a kiss in the face as I turned west heading back to Indiana. Reality struck. Except for a few north roads it was me against the headwind most of the way home. It was all I had to maintain 20 MPH and at times I fell under that. When I got about 3 miles from home I was stopped for a traffic light and noticed it was raining hard just a few hundred meters away. The cycling Gods were kind as I missed the heavy rain, I just got sprinkled on for about 2 miles. After my Zwift session later in the day I ended my challenge month with 4,921 kilometers (3,058 miles). I just made my goal on the final ride.



Steve Pequignot

Below are the official podium results for the 2020 September Touring Challenge:

Ladies Podium Winners are: First Place, Maureen Randall, 2,501 kilometers; Second Place, Deborah Watts, 2,096 kilometers; Third Place, Diana Schowe, 1,654 kilometers.

Men's Podium Winners are: First Place and overall Challenge Champion, Steve Pequignot, 4,921 kilometers; Second Place, Joe Bartels, 4,034 kilometers; Third Place, Marty Smolinski, 2,145 kilometers.

Thank you to all 88 club members who participated in this year's touring challenge.

The final leaderboard results are now available at: [www.americanclassicgroup.com/3rvs/3rvschallenge.htm](http://www.americanclassicgroup.com/3rvs/3rvschallenge.htm)

## Seasonal Goodbyes....

Shane Powell

October has got to be my least favorite month. By the time this newsletter comes out, most of our weeknight rides will have concluded for the year. Our weekend rides will be hit or miss depending upon the temperatures, and the dust will be blown off of the indoor trainers. I consider this the first month of the Post Season. We still have some rides on the schedule. But the feeling of inevitability is hanging in the air, like the ever graying skies of Autumn.

On the Bright side, we do still have our Jersey Ride this month, weekend tours, and I will be posting a Fall foliage greenway ride when the colors of Autumn are nearing their peak. There is even a rumor that there may be hot cider available at the conclusion of the ride at Johnny Appleseed Park. Watch the website, and Facebook for the posting!

Like the rest of you, I do have my projects for the cold weather months. I plan to explore some new route options, and a new SW start location. I'm working to make some changes to our riding guidelines, and make our weekend rides more welcoming to newcomers. I want to challenge each of you to send me your ideas for rides, and events that could bring more cyclists in to join our groups.

I have also reached out to Kymberly Byers regarding the possibility of conducting a clinic on loaded touring, and bike-packing. For those of you who don't know Kymberly, she started riding just a few years ago. In those few short years, she has become quite possibly our most accomplished long distance touring cyclist. She has participated in various randonneuring events, attempted the Trans AM race across America, as well as multiple extended cycling excursions. The most notable of which occurring this year. While we were on lock down for COVID-19, Kymberly found herself off of work, and out on her bike. She spent most of the



Shane Powell

## October Touring Dates

Date	Time	Map	Start At	Destination/Pace Groups	Distance
10/3	10:00 AM	<a href="#">Jersey-Ride2020</a>	Franke Park	Huntertown/Churubusco Groups ALL	38/50/MTB Greenway
10/4	11:00 AM	<a href="#">HHS-6</a>	Homestead High School	Columbia City/South Whitley North Manchester Groups TBD	24/40/48/61/72
10/10	11:00 AM	<a href="#">JMS-RC</a>	Jefferson Middle School	TBD Groups TBD	TBD
10/11	11:00 PM	<a href="#">DCU-4</a>	Fort Financial Credit Union	Churubusco/Green Center/Wolf Lake Groups TBD	20/40/47/53/71
10/17	11:00 AM	<a href="#">NHS-2</a>	New Haven High School	Poe/Hoagland/Monroeville/Woodburn Groups TBD	30/43/50/58
10/18	11:00 AM	<a href="#">CHS-1</a>	Carroll High School	Churubusco/Columbia City Groups TBD	20/32/44
10/24	11:00 AM	<a href="#">ARC-3</a>	Arcola Elementary School	Roanoke/Huntington Groups TBD	24/26/35/47/54
10/25	11:00 AM	<a href="#">LHS-1</a>	Leo High School	Huntertown/Churubusco Groups TBD	20/40
10/31	11:00 AM	<a href="#">CES-1-48</a>	Covington Elementary School	South Whitley Groups TBD	48

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.

**Monday**

**Franke**

Over for the Season

**Monday Meanderings & Musings** TBD

Location varies, check weekly for start locations

Pace 10-15 MPH

**Covington Elementary** TBD

**Last Ride October 5<sup>th</sup>**

2430 W. Hamilton Rd. S

Distance: 25 miles

Pace: 17-18 MPH

**Tuesday**

**Kreager Ride** 5:00PM

Kreager Park 6400 N. River Rd

Meet near the Tennis Courts

Distance: 28 miles

Pace: 13-15 MPH

**Skills Dev Tour** TBD

**Official Rides Over, check Facebook for Ad Hoc Rides**

Jefferson Middle School

5303 Wheelock Rd. Ft Wayne

Distance: 24-42 miles

Pace: 18-20 MPH

**Short N' Sweet**

Over for the Season

**Wednesday**

**Saturn Ride** 6:00PM

Saturn Church, 6731 E 800 S Whitely Co. (1 mi E of Allen Co.)

Distance: 25-27 miles

Pace: 22+ MPH

**Rogue Ride**

Over for the Season

**Thursday**

**Girls Ride Out** 6:00PM

Over for the Season

**Seasonal Goodbyes....**

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Spring, and Summer exploring the United States with only her bike, and packs. If this type of cycling sounds like something you would like to pursue. Contact me via email or Messenger. If there is enough interest, I will work with Kymberly to set a time, and date.

Finally, I would like to thank all of the volunteers who helped me fumble through what has got to be the most unique first year a Touring Director could have. Until this year, I never fully appreciated just how much behind the scenes work goes into trying to create a safe, fun, and successful cycling season. I constantly grateful for the time and dedication many of you have invested into 3RVS. If any of our other members would like to be more involved with the Club. You don't need to be the strongest, or fastest cyclist. Some of our most valuable volunteers aren't even cyclists at all. All you need is an idea, and/or a willingness to help. I will be looking to recruit ride leaders for next season very soon. If you have an idea for a ride you would like to lead, send me a message. I am in dire need of slower paced leaders, C pace and below. I would love to be able to offer a Greenway ride to less experienced riders. If you are interested in becoming a 3RVS volunteer, please contact me with your idea of how you would like to help.



**NEIC Trailblazers Season Update**

**Ray Vasquez & Jake Fitzmaurice**



The trailblazers have been traveling and racing multiple series such as DINO, MISCA, and NICA since mid-summer. While focusing on having fun and improving our skills, we have had a total of 20 podiums including 5 victories across all starts. The race results have been steadily improving each race confirming that our ideology of having fun comes first and the results will follow. Our riders consist of multiple levels of experience from be-

**First Friday each Month**

**City Tour** 6:30PM

Lawton Park, east end of parking lot

Distance: 8-10 miles

Pace: 10-12 mph

## NEIC Trailblazers Season Update

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ginner to advanced. Some of these riders have raced before and for others it is their first taste of competition ever. Many of the kids will show up not to race, but to support the team and be part of the experience.

A major factor in having such a successful season is the parents and coaches because without them none of this would be possible. Generous sponsors and supporters have also played a large role in making our season what it has been. Earlier this year, we became aware of a grant through the Outride Fund. The Outride Fund was developed to empower communities to launch youth cycling programs. The Outride Fund was founded in 2019 and has awarded matching grants across the country in excess of \$250,000. We started a fundraiser in the hope that we could get a matching grant from Outride. Thanks to everyone who contributed to our fundraiser, Outride decided to contribute an additional \$3,500 to the funds that were donated to us by sponsors, family, and friends. We plan to use these to pay for training, spare bikes, and other team expenses.

As we prepare to wrap up our season in the next 6 weeks we look forward to a fun and successful year next year. Thank you to everyone who has contributed with their time, finances, and encouragement this year. We look forward to next year and another fun and rewarding season.



Thank you – 3RVS Trailblazers

## 3RVS Time Trial Results

Dave McComb

### Road Time Trial Series #3 September 15, 2020 - Final Results

Place	Name	Class	Team	Points	Time	MPH
1	Sean Martin	M-TT	FW Outfitters	25	21:22	28.08
2	Gary Painter	M-TT	FW Outfitters	20	21:46	27.57
3	Paul Mowrey	M-TT	FW Outfitters	16	22:44	26.39
4	Hugh Smith	M-TT	FW Outfitters	14	23:24	25.64
5	Don Cahill	M-TT	FW Outfitters	12	24:31	24.47
6	Tim Donofrio	M-TT	FW Outfitters	10	25:08	23.87
7	John Copeland	M-TT		8	27:58	21.45
8	Hal Wilson	M-TT		7	28:31	21.04
9	Rex Connelly	M-TT		6	34:18	17.49
1	Nancy Lichtensteiger	W-TT		20	28:57	20.73
1	Nathan Woods	M-RD	FW Outfitters	25	23:10	25.90
2	Jon Hale	M-RD	FW Outfitters	20	23:35	25.44
3	David Hathaway	M-RD	FW Outfitters	16	27:04	22.17
4	Scott Tomsits	M-RD		14	28:55	20.75
1	Shane Powell	M-RC	3RVS Racing	25	24:42	24.29

## Monday Meanderings and Musings Schedule Kathi Hoch Heyes

Here is the Meandering Schedule for October. All is weather permitting and will be at the discretion of the ride leaders. Updates will post on the Meandering Page.

October 5<sup>th</sup>: Swinney Park West  
Ride Leader: Kathi Heyes

October 12<sup>th</sup>: Shoaff Park (Back of the park near the baseball field and boat ramp)  
Ride Leader: Amy Copeland

October 19<sup>th</sup>: Franke Park (Near Shoaff Lake)  
Ride Leader: Amy Copeland

October 26<sup>th</sup>: Promenade Park  
Ride Leader: Angie Quinn

### Three Rivers Velo Sport

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We're on the web.  
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