



# 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 and NORBA. Quick Release contains current and planned club biking activities and is distributed to all members. Submissions are due by the 10<sup>th</sup> of each month.

September 2000

The Bicycle Bulletin Board

Issue 2000.09

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### September Cycling Quote:

"Food is life, and if we are what we eat, I don't want to be a squishy yellow fruit."

*Allison Glock*

### POKAGAON UPDATE

Pokagon Overnights, it's time! Thank you for sending your applications in so early . . .

The ride is nearly full, and we have limited further applications to 3RVS Club members only. That way our loyal folks get a chance to attend this popular ride.

For those who like food, we offer sags every 15 miles on the shorter loops. If you want to race ahead, there's the 65 mile loop on Saturday which goes through some forest areas . . .

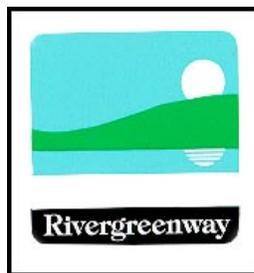
Or, just join up for the meals and campfire to enjoy the many couples, children and single folks who make this ride so much fun. To register, email me at MBCBtandem@aol.com or call 219-749-2095. *Marilyn*

## WOW! A MILLION DOLLARS FOR A BIKE PATH

### September Program Preview

It's hard to believe that building a 3 1/2 mile bike path could cost one million dollars. Yet that is how much the new section of the Rivergreenway to be built in New Haven will cost.

Ken Wilkinson, New Haven Parks Superintendent, will speak at the 3RVS Club meeting on Thursday, September 7, about New Haven's plans to build a recreational trail. The meeting will be at 7:30 p.m. at First Wayne Street United Methodist Church.



The new path being built by New Haven will connect existing trails in Moser and Havenhurst Parks to Fort Wayne's Rivergreenway.

Private citizens in New Haven began working about ten years ago on trying to build a Rivergreenway. About five years ago, the New Haven Park Department picked up the project and began applying for grant money to fund building the Greenway.

Wilkinson said New Haven applied for grants every year for the last five years before the Park Department finally was awarded a grant. In July, New Haven received a Federal grant of \$851,000 to build a recreational trail from New Haven to connect with the existing portion of Allen County and Fort Wayne's Rivergreenway.

The grant New Haven received will cover 80 percent of the cost of the path, requiring the City to come up with the additional 20 percent. The City's portion of the money will come from the operating budget of New Haven, according to Wilkinson. New Haven expects to begin construction on the path in approximately two to four years.

Wilkinson said the path costs so much because of the extensive work that will have to be done. The project consists of much more than just laying an asphalt strip. The project includes engineering studies, survey work, acquiring right-of-way, clearing the right-of-way and possibly building bridges.

The path will go through rough terrain, which creates extra problems in construction. The trail will include pedestrian crossings, fences and guardrails. Since Federal money is involved, the path will have to build to Federal standards.



Several differences exist between the path New Haven plans to build and the Fort Wayne and Allen County paths. The Fort Wayne and Allen County Rivergreenway was built as a flood control project. The New Haven path is being built strictly as a recreational trail.

Those who developed the Fort Wayne Rivergreenway were visionaries, Wilkinson said. But, because the Fort Wayne path was built much earlier, there were some problems. And, the Fort Wayne path was a complicated engineering feat. Wilkinson said New Haven hopes to learn from some of the mistakes made in building the Fort Wayne path.

Attend the Club meeting on September 7 to learn about New Haven's Plans for building its own Rivergreenway. *Karen Walker*

## President's Message



We had many fun 3RVS events during August and have several more planned for September. Your officers will be reinstating in September a Club tradition that has fallen by the wayside in recent years. That is having a party to honor our volunteers.

**The volunteer party is scheduled for Sunday, September 24, at 5 p.m. at Sears Pavilion in Foster Park.** This is the same place we had the anniversary party last September. The Pavilion is located on Bluffton Road across from Halls Restaurants. The party will be free for everyone who has volunteered to help with any of the Club's events during the past year. All members will be welcome to attend, but **those who did not volunteer will be asked to contribute \$5 toward the cost of the party.**

**Debbie Ballinger**, one of our newer members, has graciously agreed to chair the party. Please remember to RSVP to Debbie before Thursday, September 21, if you plan to attend. The party should be a good time and a way to show our volunteers how much we appreciate them.

We also are planning a Club Century on September 23. Phil Snider is in charge of this event, and Phil always does a great job planning Club events. Phil will have a shorter route too for persons like me who do not relish doing a century.

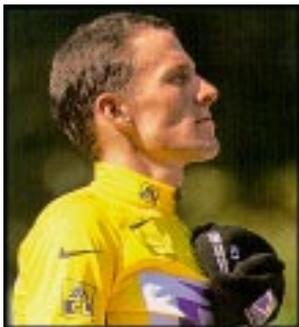
**The Pokagon Overnighter is scheduled for September 9 and 10.** This event is so popular that Marilyn Bash, who is chair of the Overnighter, had to close the event to non-members before the end of July. As of the time I am writing this, Marilyn still had a few openings for members. So, if you have not gotten your reservation to Marilyn, do so immediately. The Pokagon Overnighter is an event not to be missed.

As we look toward honoring Club volunteers at the party in September, I want to say a few words about someone who devotes considerable time to our Club. That person is **Susan Hunt**. Susan served a Club Touring Director a few years ago and has chaired the Festival Tour several times. This year she was Food Chair for the Festival Tour, as well as Chair of Chilly Challenge.

Without being asked, Susan assumed the responsibility of taking inventory of our storage facility. She buys items in bulk that the Club uses regularly for Club events, such as paper plates and cups, and makes sure we keep enough of these items in stock. Whenever I need a helping hand at Club meetings or events, Susan is always there to help out. **Thank you, Susan, for all you do for our Club.**

And speaking of thank yous, **I especially want to thank again our Fort Wayne bike shops, Koehlinger and Summit City**, for their contributions to the Festival Tour and Race. They contributed prizes for the race and paid for the very nice water bottles we gave our registrants. We did very well on the Tour this year thanks to the hard work of Tour Chair **Jim Schroeder**, the other volunteers, and the contributions from the Bike Shops. The Tour supports our Club, and these contributions are critical in enabling our Club to continue the many great events and activities we do throughout the year. **I hope to see you at the Club events in September.** *Karen*

## A Message From Lance Armstrong



When I ride the Tour de France, I benefit from police escorts and roads closed to automobile traffic. But when I train hundreds of miles a week at home, I face the same difficulties riding on the road as you do. Narrow roads and nonexistent shoulders, aggressive and sometimes hostile motorists, lack of bike access to bridges and transit -- these problems are enough to frustrate any cyclist.

But like you, I am not willing to give up and throw away my bike. Rather, I believe that we need to evaluate the problems and work together to come up with good, practical solutions that improve conditions for cyclists and encourage many more people to join us on bikes.

Fortunately, there is an organization dedicated to doing just that: the League of American Bicyclists. Day in and day out, the League is working through advocacy and education to build a truly bicycle-friendly America. Over 35,000 individual cyclists, 455 recreational bike clubs and 50 local bicycle advocacy organizations have already joined the League to help support its work for cyclists. I urge you to do the same. I am proud to be a member of the League of American Bicyclists! *Lance*

To find out more about the League and how you can support this very worthwhile organization, visit their website at [www.bikeleague.org](http://www.bikeleague.org), or write to League of American Bicyclists, 1612 K Street, NW, Suite 401, Washington, DC 20006-2802. Phone: 202/822-1333.

### September Touring Schedule

<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Start Location/Ride To</u>	<u>Map</u>	<u>Distance</u>
Saturday	Sept 2	8am	Homestead/ 1997 Festival Route	Special	14/30/53/75/100
Sunday	Sept 3	8am	Wayne/ May Madness Route	Special	11/30/43/63
Monday	Sept 4	8am	Carroll/ Festival Tour 2000 Route	Special	19/44/63/100
Saturday	Sept 9	9am	Leo/Waterloo/Angola	Special	25/50/90
Sunday	Sept 10	9am	Homestead/C.City/S. Whitley	HHS-2	24/48/62
Saturday	Sept 16	9am	Huntertown/'Busco/Chain 'o Lakes	HTN-10	22/33/50
Sunday	Sept 17	9am	New Haven/Woodburn/Hicksville	NHB-5	17/36/59
Saturday	Sept 23	9am	Wyneken Memorial School	see Club Century Below	
Sunday	Sept 24	9am	Dana/'Busco/Chain 'o Lakes	DCU-8	14/35/59
Saturday	Sept 30	9am	Arcola/Coesse/C.City/Pierceton	ARC-1	21/37/57

### Weeknight Rides

**Tuesday evenings, 6:00 pm, Carroll High School.** These rides average between 17-20 mph and are 20+ miles in length. Bring a tail light for your safety.

**Wednesday evenings, 5:30 pm, Saturn Christian Church, CR 800S.** Averaging 15 to 17 mph, these rides are a quick touring pace but not so fast you can't talk with other riders. Call Susan for more info at 424-2030 or smhunt@concentric.net.



### The Sociables Schedule

**The Sociables** are a new group of riders that all stay together, where no one is left behind. Their rides are between 30-40 miles long, and ridden between 10-15 mph. They ride to have fun and enjoy the ride and riders. Most rides include a food stop.

**The Sociables Schedule For September** will be the same as the regular club rides this month. Contact Barb Pontius or Cheryl Mathews and volunteer to lead a ride in Oct.

### Annual Club Century September 23

September is known as Century Month at the League of American Bicyclists. Our Club helps to celebrate Century Month by putting on our Annual Club Century ride. This year's ride will be held on September 23rd, and will feature another of Phil Snider's famous river tour routes. And, YES, there is a 50 mile option for those wanting to do a half-century!

The Century Route is the third of the Three River Tours. If you've ridden "The Maumee" and "The Saint Joe", this is your chance to complete the trilogy. If you haven't, well, you can start the trilogy this year and finish it next. Starting a few miles south of Fort Wayne, the route winds into Ohio and stays within three miles of the Saint Marys River. It's not flat, but never really hilly.

The ride is mostly self-supported, with a detailed map but no road markings. Plan to bring food with you, or some money to buy stuff along the way (although there is a rumor of a muffin break at the 25 mile mark of the ride). The ride starts at 8:00 AM at Wyneken Memorial School, located on the east side of US 27, just south of the Allen/Adams county line on the way to Decatur. This is a great way to enjoy all the fitness you've accumulated during this year's riding season!

### Bike Rides in Indiana and Surrounding Areas

<http://www.cris.com/~mheyes/bikeIN/bikeIN.shtml>

<u>Ride Name</u>	<u>Date</u>	<u>Mileage</u>	<u>Location</u>	<u>Further Info.</u>
Midwest Tandem Rally	Sept 1 - 4	varies	St. Charles, Illinois	847-392-7797
Blueberry Bicycle Cruise	September 2	16/35/45/60	Plymouth, Indiana	219-936-2508
Backroad Bicycle Tour	September 9	16/35/62	Greencastle, Indiana	765-653-4834
Ride for Riley	September 9	12/24/62	Logansport, Indiana	219-753-0134
Lakeshore Century 2000	September 10	25/62/100	Chesterton, Indiana	219-662-7574
Hoosier Hills Bike Tour 2000	September 16	20/60/100KM	Bloomington, Indiana	812-332-1254
Hope Ride	September 16	10/25/50/75/100	Hope, Indiana	check BRinIN
Apple Cider Century	September 24	25/50/75/100	Three Oaks, Michigan	616-756-3361
Goshen Bikefest	Sept 30 - Oct 1	20/30/50/100	Goshen, Indiana	800-307-4204

## The 2000 Holland Hundred Holland, Michigan

by Diane Mardoian

Each year, the third weekend in July, the bicycle club in Holland, MI holds their annual Holland Hundred tour. This year, 3RVS members Cheryl Mathews, Bonnie Speelman, Jim Bugert, Art Miller, Bob Palmer, Barb Pontius, Dean Scoles and I attended. I've been doing the ride since 1996 as it is one of the most scenic tours I've been on. The routes pass along miles of Lake Michigan shoreline and pass through the quaint lakeside towns of Saugatuck, Grand Haven and South Haven.

The only drawback to the ride is the near impossibility of getting a hotel room. The area is very popular and draws weekend and summer tourists from Chicago, Grand Rapids and as far away as Detroit. We started calling around in April for a room and kept getting the same response — booked. We later learned that Bonnie Speelman is a native of Grand Haven, Michigan and she offered to let the girls stay with her mother — Mrs. Van Woerkom - and the boys at a vacant cottage of a friend in Grand Haven. The drive to Holland Christian School where the tour began was about a 20 minute drive.



Cheryl and I usually do the 36 mile route, as we like to stop and shop, eat and drink along the way. But when we ran into Bonnie, Jim and Bob at the first sag stop — a pancake breakfast at a church - and learned that the Fenn Hill Winery was on the 62 mile route, I quickly changed my mind and decided to continue with them. Unfortunately, the 62 mile route bypassed the town of Douglas where Cheryl and I have made it a tradition to stop and have iced cappuccino at a beautiful outdoor café across the street from a unique garden center that has statues of nude men lining the street. The 62 mile route was poorly marked prior to entering the town of Fenn Hill and we all got lost. By the time we got to the Fenn Hill Winery, we all needed more than a few tastings of wine. We did taste some nice wines which weren't bad for Michigan, and would have liked to have purchased some, but bikes are not equipped to carry a case of wine and shipping costs were astronomical.



Baldy Head was our next Sag Stop. At Baldy Head, a very steep

staircase with a total of 280 steps leads up to an observation deck at the top with a beautiful view of Saugatuck harbor. About half way up with our hearts pounding and quadriceps burning we ran into a couple visiting from Japan, husband age 85 and wife age 80, who had climbed to the top effortlessly and were on their way down. They shamed us into continuing our climb to the top. After leaving Baldy Head, we crossed the channel on a chain ferry to get to Saugatuck, a quaint lakeside community with unique shops and restaurants. Cheryl and I stopped at Saugatuck and had lunch and did some shopping.

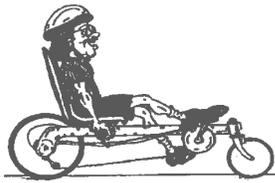


Between getting lost and doing the extra miles, we didn't make it back to Mrs. Van Woerkom's until 6 p.m., the latest we have ever finished that ride. We quickly showered and got dressed and headed out to Portabello's on the beach in Grand Haven to meet with Jim, Bonnie, Art, and Bob, who had been waiting over 2 ½ hours for a table. After dinner, we walked the shops in Grand Haven and made it to a gourmet food store where we bought everything from imported cookies to exotic teas and chocolate covered blueberries. With stomachs full, we headed back to Bonnie's mother's place where she was waiting for us. The mouse she had spotted earlier that morning had not been caught. While we got ready for bed, Mrs. Van Woerkom, age 81, lectured us on the secrets of a good marriage and how and where to find a good man while Bonnie, Cheryl and I listened attentively.

On Sunday morning, Mrs. Van Woerkom woke us up as she screamed in delight at having caught the mouse in the trap. We headed towards Hart, MI to ride 45 miles on the Hart to Montague Bicycle Trail. The trail starts at the City of Hart, midway up the western shore of Lake Michigan in Oceana County. The trail opened in 1988. The 22.5 mile long trail is built on the former C & O Railroad right of way going from Hart south into the City of Montague. A ten foot wide asphalt strip goes the full length. Current uses include hiking, bicycling, cross country skiing and snowmobiling. There is a \$2 daily fee. It was wonderful not having to worry about automobile traffic, dogs and potholes. However, the trail is very popular and heavily utilized. Cheryl summed it up when she said this would be nice if nobody else was here.

The Flower Fest in Kalamazoo, Michigan always follows the Holland Hundred on Sunday and Barb Pontius and Dean Scoles completed that in lieu of the Hart to Montague Bicycle Trail.

## The 11 Foot Chain Guy: *Favorite Rest Stops*



by Wendell Brane - [Wbrane@ctlnet.com](mailto:Wbrane@ctlnet.com)

little community complete with a post office, grain elevator, school, church, and several businesses. The only thing that remains is the Tipton Store and a handful of houses. You can find Tipton in Paulding County at State Road 114 and County Road 71.

The store goes back to 1876 and has been under the care of Helen Griffis for the last 40 years, where it doubles as her home. Helen is your typical grandmother type who goes out of her way to welcome cyclists, offering water, a restroom, and even an air pump. She stocks ice cream, pop, bottled water, chips, crackers, candy, frozen Snickers, and all sorts of snacks including penny candy (yes, penny candy!). You will also find an assortment of Gatorade in her fridge. But this is more than just a place to grab some food – you will want to settle in on one of her comfy chairs, enjoy some classic 40s music, and just chat for a spell. The visit truly is an opportunity to relax. It doesn't take much imagination to thrust yourself back in time 50 years.



Helen has seen her share of touring cyclists. Years ago the Adventure Cycling Northern Coast-to-Coast Route went through Tipton where as many as 30 or more cross-country cyclists would stop in each summer. (Recently, the route was moved a few miles north, missing her store). Helen doesn't really turn over any profit; she just enjoys visiting with folks who stop in, including a number of the neighborhood kids.

The ride to Tipton is as pleasant as the store itself. Heading southeast on Old Lincoln Highway, turn left in Zulu on Paulding Road.

Take this east 5 miles to the State Line. Turn right (heading south) and in a half mile you will pick up Paulding County Road 48. Turn left and head east again 7 miles until CR 71. Turn right (south) and the store is one mile. I doubt you will see more than 6 cars. The roads in Ohio are especially smooth, well maintained, and void of traffic. In fact, there is a three mile stretch that looks and feels like Kansas: no houses, not even any light poles!

Whenever I ride into Ohio I usually put the Tipton Store on the route. Get some friends together and check it out – I guarantee you will not be disappointed.



## September Training Schedule

Tues	9-5	5:30pm	Monson	Circuit Race
Weds	9-6	5:30pm	Harding H.S.	Easy Recover
Thur	9-7	7:30pm	CLUB MEETING	300 E. Wayne St
Tues	9-12	5:30pm	Flaugh Rd.	Circuit Race
Weds	9-13	5:30pm	Homestead H.S.	Easy Recover
Thur	9-14	5:30pm	Monson	Huntington RR
Tues	9-19	5:30pm	Wayne H.S.	Circuit Race
Weds	9-20	5:30pm	Harding H.S.	Easy Recover
Thur	9-21	5:30pm	Flaugh Rd	Col. City RR
Tues	9-26	5:30pm	Monson	Circuit Race
Weds	9-27	5:30pm	Wayne H.S.	Easy Recover
Thur	9-28	5:30pm	Homestead H.S.	S.Whitley RR

## (Submitted) September Racing Schedule

9/1-9/3	NORBA AMBC Dino Series, Paoli, IN	317-484-3322
Sat 9/2	USCF Eastpointe Criterium, Eastpointe, MI	810-771-2557
Sun 9/3	Windsor Criterium, Windsor, Ontario, Canada	519-252-7960
Mon 9/4	DeBaetes-Devos Memorial Race, Detroit, MI	810-247-9240
Sept 1-4	Gateway Cup Bicycle Race - St. Louis MO, <a href="http://www.homestead.com/stlbiking/Gateway_Cup_Menu.html">www.homestead.com/stlbiking/Gateway_Cup_Menu.html</a>	
Sept 2	Ohio State TT Championships - Delaware OH	
Sept 3	Fairfield Criterium Derby - Fairfield, OH	
Sept 4	Devos-Daets ProAm Race - Detroit, Michigan	
Sept 9	World Championships 50K 4person TTT - Utica, IL, <a href="http://www.ambikerace.org/2000/world50x4.htm">www.ambikerace.org/2000/world50x4.htm</a>	
Sept 9	Potato Festival Bike Race - Mantua, OH	
Sept 9	Olney Bicycle Classic Criterium - Olney, IL	
Sept 10	Mooresville IN; Tom Revard Memorial Classic	
Sept 10	Kokomo Tribune Time Trial Series - Kokomo, Indiana, <a href="http://www.breakawaybicycleclub.org/events.htm">www.breakawaybicycleclub.org/events.htm</a>	
Sept 10	Union Criterium Derby - Union, Kentucky	
Sept 16	Pino Morroni Memorial Circuit Race - Waterford Hills, MI, <a href="http://www.flyingrhinocc.com/pino00.htm">www.flyingrhinocc.com/pino00.htm</a>	
Sept 17	Al Stern Road Race - Herscher, Illinois, <a href="http://www.geocities.com/Colosseum/Track/4992/races.html">www.geocities.com/Colosseum/Track/4992/races.html</a>	
Sept 23	Race at the Lake 2000 Championships - Monroells, OH	

## (Submitted) Race Results

## 7-8 Rum Village Race

Citizens	Eric Cell	4th
Masters	Roger Kingsbery	4th

## 7-16 (Crane) Bob Jordan Mem. Road Race

Citizens	Eric Cell	10th
CatC	Ray Vasquez	9th
50+	Roger Kingsbery	5th

## 7-22 Indy Airport Race

Cat A-C	Ray Vasquez	Field
	Ed Messer	Field
	Darren Williams	Field
CatD	Kent Rekeweg	6th
Citizens	Earnie Williamson	5th
	Eric Cell	Field
Women	Amy Jarboe	2nd

Current standings for the (IRS)  
Indiana Race Series

(12 of 17 completed)

Women's	Amy Jarboe	22nd
Citizen's	Jim Cron	9th
	Earnie Williamson	10th
	Erik Cell	43rd
Cat D's	Kent Rekeweg	4th
Cat C's	Joe Bartels	6th
	Rob Norwalk	29th
	Ed Messer	31st
	Ray Vasquez	39th
	Ken Lundquist	56th
	Ken Isaacs	66th

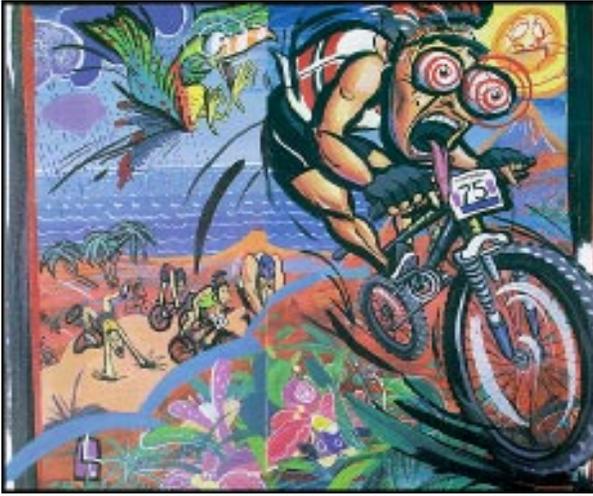
Current Standings for the  
Hoosier State Games

(3 of 4 races completed)

Citizens	Jim Cron	2nd
	Earnie Williamson	6th
	Erik Cell	14th
Cat D's	Kent Rekeweg	5th
	Roger Kingsbery	26th
Cat C's	Joe Bartels	3rd
	Rob Norwalk	8th
	Ryan Myers	18th
	Ed Messer	26th
	Ken Lundquist	33rd
50-59	Roger Kingsbery	2nd
	Jim Cron	4th
40-49	Doug Whitton	6th
	Earnie Williamson	15th
	Steve Vordeman	16th
	Kurt Wallenstein	24th
30-39	Joe Bartels	1st
	Darren Williams	11th
	Kent Rekeweg	17th
	Ken Isaacs	25th

## Living in a lactic-acid-crippling haze

from *A Ride on the Wild Side of Cycling* by Bob Roll



July 11 - The weather was dry for a change and the crit was fast. We blasted out of town like we just robbed the local Conoco gas station, up this little hill, down a pond road, and over this two-inch-wide, fast bridge and into single file -- it was hectic. I started okay, and avoided a few wrecks and was in a group of five guys, sixth through 10th place. I thought, all right, I'm going good and I'll shred the last two laps. Then it happens ... ppphhhiffff. Sh(hi Kathy)t, a freakin' flat, man! You can't just put your finger up and have some foaming-at-the-mouth mechanic run up and change your wheel; so I got out my CO2 cartridge and tube, lost about five minutes, and cursed through my grinding teeth for the umpteenth time this season.

July 12 - Cross-country: Have mercy! What a race! Early start, and I guess the promoters forgot that no restaurants in this town open before 8 am on Sundays during the summer --which made it difficult to digest pancakes, eggs, bacon, toast and hashbrowns before 9 am. We started fast, as usual, and I was choking down bile after 100 yards, as the Greybrain (Grewal) brothers took turns courting favors from their dad, by attacking like timber wolves on a crippled caribou. We did tow short climbs and some single-track, then did a 10 mile climb up into the stratosphere. At the top, it was cloudy; and when my eyes saw the rain-

bow jersey, my mind, in a 13,000 foot, oxygen-debt haze, couldn't remember what Gianni Bugno was doing in a mountain-bike race. Luckily, Johnny said, "Hey Bobke," as I jogged up to him ... and I remembered where I was. I bombed down the last long descent to the finish, snorkeling through eight-foot-high weeds, of a variety I've never seen before.

September 5 - As a roadie, I always raced well in Vail no matter what my form was like. Today, I felt like the walking wounded and broke my own personal record of five crashes, set on a stage of the 1986 tour de France that finished in Pau. I was tied with my very own record going down the last hill, when a baby gopher looked at me funny, and I went over the bars ...

## September Fat Tired Rides

**From The Fat Tired Guy: September is a great month to discover the joys of riding fat. Fat tires, that is. Here's what we've lined up:**

**Saturday, September 2 -- Trail Maintenance** -- If you happen to have a little free time on this holiday weekend, why not "give back" at Franke park. We'll work for a couple of hours. Bring your bike so we can test the results of our efforts. Meet near the duck pond at 8 am.

**Saturday, September 10 - UORE Southwest** -- We'll start at Foster Park at 3 pm for another venture into the urban wilds. With all the construction in this area, there will surely be some NEW places to visit.

**Saturday, September 16 - Off Road at Huntington Rez** -- Huntington is a great place for the intermediate rider. It's challenging, but not so tough that it's discouraging. Meet at Meijer on Illinois Road (near the corner of Getz Rd.) at 9 am for carpool or at the North Observation parking lot at 9:45.

**Sunday, September 24 - Urban Exploring Made Easy** -- Bring friends and family to this "Level 1" ride. The pace and route will be suitable for all skill levels but it won't be monotonous. Plan on a mix of streets, Greenway and urban off road. Meet at Appleseed Park at 3 pm.

**For more info contact Phil at 419-542-8971 or bikenphil@aol.com.**

## DON'T TRUST ANYONE UNDER 5,000 FEET.

### *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  
 mhey@concentric.net  
 Membership ..... Leslie Melcher  
 lvmelcher@msn.com

### SATURN TIME TO CHANGE

Beginning the first Wednesday in September, the time for the Saturn rides will change from 6 to 5:30 p.m. The Saturn rides will start earlier during September to allow for more riding time as the sunset get earlier and earlier.

The Saturn rides will end the last Wednesday in September with a huge celebration banquet at a restaurant to be announced later. So, on that Wednesday night, cyclists might want to bring a change of clothing unless you want to eat in damp, smelly bike shorts and jerseys. We plan to ride really fast and work up quite a sweat on that last night to make up for the shorter miles due to the early sunset.

The Saturn riders have good cause to celebrate this year. We have had the largest turnouts at Saturn ever. And, with only a few exceptions, the rides have been really fun. It probably is best not to go into the details of the exceptions in the newsletter, but does three flat tires sound familiar, Doug? Only the Saturn riders know.

For anyone who hasn't done the Saturn rides this season, you can still participate during September with this absolutely great group of 3RVS members. The rides are every Wednesday evening and begin at Saturn Christian Church, which is on County Road 800 South in Whitley County about a mile west of County Line Road. This is a particularly convenient location for anyone who lives in the Aboite area, Waynedale or on the southwest side of Fort Wayne.

The Saturn rides are averaging between 16 and 17 miles an hour during this time in the season. We have been doing about 25 miles, but the miles will have to be cut back as we have less daylight. Saturn is a nice place to ride because of light traffic and varied terrain, including a few decent sized hills.

So join us at Saturn during September and don't forget about the Saturn banquet on September 27. *Karen*

### VOLUNTEER PARTY TO BE SEPTEMBER 24

Volunteers for 3RVS events during the past year will be honored at a party hosted by our Club on Sunday, September 24, at Sears Pavilion in Foster Park.

The fun will begin at 5 p.m. and will continue non-stop until, well until, we just can't party anymore. Everyone is welcome. The volunteers will get in free and everyone else will be asked to pay \$5 to defray the cost of the party.

The Club will provide pizza, pop, plates, cups, utensils and napkins. You may bring an appetizer, desert or salad to share if you want.

Debbie Ballinger, who also volunteered for the Festival Tour, will be heading the committee for the Volunteer Party. If you are planning to attend, please RSVP to Debbie at 489-7164 or email her at luiebal@aol.com.

We are asking Club members to bring to the party their memorabilia, including pictures, t-shirts, maps, etc. from past Three Rivers Festival Tours and other club events. We have many members who have been in the Club for several years. (Just look at the current poll on the Web Page).

The Volunteer Party will give all of you who have been in 3RVS for a while an opportunity to haul out of the back of your closet those old Club things that you have been wondering why you saved. Now you can share your Club treasures with everyone. Other members, especially new ones, will enjoy seeing how things were done in the "good old days."

Please plan to join your 3RVS friends on Sunday evening, September 24, for a night of food, fun and memories of past club events. *Karen*

<input type="checkbox"/> Individual <input type="checkbox"/> New <input type="checkbox"/> Family <input type="checkbox"/> Renewal	<b>3 Rivers Velo Sport 2000 Membership Form</b>	<input type="checkbox"/> Touring <input type="checkbox"/> Off-Road <input type="checkbox"/> Racing <input type="checkbox"/> Commuting
Name _____ Age _____ Date _____		
Address _____ Email _____		
State _____ Zip _____ Phone _____ City _____		
<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) _____		
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. <b>Make check payable to 3RVS. Return to 3RVS, PO Box 11391, Ft. Wayne, IN 46857-1391</b>		

## First Annual Wet Club Jersey Contest

Twenty brave souls showed up in Club jerseys on a damp, gloomy Sunday morning. The rain paused long enough for a group photo, and then most people packed up and headed to Bob Evans for breakfast. Following some carbo loading and caffeine ingestion, a dozen riders went on a brisk ride showing off the Club colors.



### The Club Classifieds: Great Stuff For Sale

1. 56 cm, Year 2000 Cannondale R1000, team yellow, carbon forks, MINT condition. \$1250 firm. See #2 for number.
2. 54 cm, Year 2000 Specialized Allez Sport, MINT. \$875 firm. Call Tim at 219-483-6384 or Page 460-9440.
3. 52 cm, Cannondale R900S with Look carbon fork, Ultegra 8-spd, Cinelli bars/stem. Front shifter needs work. Great bike/parts for only \$300. Call Jeanine at 219-489-0521, leave message.

### Welcome to 3RVS' New Members:

#### Fort Wayne:

Mick & Sue McCollum  
Susan Markey  
Don Stump

#### Bluffton:

Tom & Pam Miller

#### Ossian:

Alan Aeschleman

#### Auburn:

Kurt and Margaret Grimm

### Quick Release by Email

If you would like to receive a full color newsletter by email in the Acrobat Reader format **instead** of by regular mail, please email Leslie at lvmelcher@msn.com, or check the appropriate box on the 3RVS membership application.

## Summer Bicycling In The Berkshires

by Michael Heyes

I spent my summer vacation this year like I normally do, back home in Berkshire County in Massachusetts. And, as usual, I brought my bike with me.

I've always tried to find groups to ride with when I'm back home, but there never seem to be any. And this year, I found out that there really are no bike clubs per se in northern Berkshire County. I think it's because the area is so hilly (mountainous actually) and, as you know, when there are hills, groups split. So, most of the time you'll see riders either alone or with one other person.

Once you get used to it, it's actually kind of nice. I ride at the pace I want to ride. If I get tired, I slow down. If I want to stop, I stop. If I want to sprint, I sprint. Riding as an individual, not part of the Borg collective. Maybe it's the Yankee part of me?

So anyway, I did a longer version of my Ride the Elk ride one day. Ride the Elk is a beautiful and challenging 8 mile ride up the mountain along the Mohawk Trail to an elk monument for veterans of the Korean War. Earnie Williamson rode the elk during his cross country ride last year. (Yes, Earnie, and I have MANY more pictures too, so you have to be nice to me.)



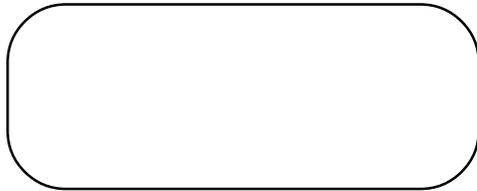
Then, there's about a 10 downhill through some of the prettiest mountain valleys in New England! The road winds along the Cold River, twisting and turning past rural campgrounds and parks.

Towards the bottom, just before you get into Charlemont, is Mohawk Park, which is a memorial to the Mohawk Indians who came to the area from New York. There were five different tribes of Mohawks, and not all of them liked the white folks. The Mohawk Trail was the primary Indian route between the Hudson River Valley in NY and the Connecticut River Valley.

I stopped at A.L.Avery & Son's General Store in Charlemont to rest before starting up the mountain. Founded in 1861, it's a typical New England general store with just about everything you need for your house, including shoes, cloth, nails, steaks, beer; you name it. But, no bait!

After some Pop-Tarts (no Hostess cupcakes either) and a Birch Beer flavored Squeeze soda, it was time to get started back. Remembering the ride back up the same mountain last year, I decided to take a longer, but more gradual route up the mountain.

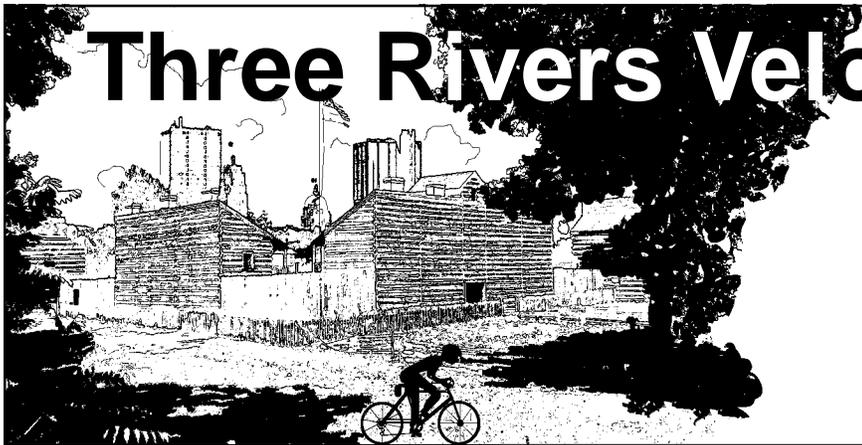
As I started up, following the river, I kept waiting for the river to go away from me. As long as the river was near me I figured I wasn't climbing. It seemed that I was climbing, but the river stayed there! Well, after a few miles, I remembered I wasn't in Indiana, and that rivers actually do flow down mountains! I had a nice ride up to Plainfield, but I had to tack and cut the mountain for a mile or so at about 8 mph. Then, stuff happened, my vacation ended and I came home.



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# Three Rivers Velo Sport, Inc.

## September 2000 Newsletter

A FORT WAYNE, INDIANA  
BICYCLE ORGANIZATION

### Next 3RVS Club Meeting

**When:** Thursday, Sept 7, at 7:30 pm

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

### September Mtg. Program

New Haven is expanding the Rivergreenway, and New Haven Parks Superintendent Ken Wilkinson will talk about the plan and how New Haven is funding it. Please attend.

### 3RVS Club Officers

<u>Position</u>	<u>Name</u>	<u>Phone (219)</u>	<u>Email</u>
President	Karen Walker	747-2420	cougargalkw@hotmail.com
Treasurer	Kevin Truelove	432-6219	KTrue@aol.com
Secretary	Kit Conrad	422-6332	teacher@tk7.net
Racing	Joe Bartels	744-1675	AXNJoe@aol.com
Touring	Kathy Boling	432-5526	bikemom@ctlnet.com
Off-Road	Phil Snider	419-542-8971	Bikenphil@aol.com
Publicity	Your Name		Please volunteer to help!
Newsletter	Michael Heyes	489-7040	mheyес@concentric.net
	website	www.3rvs.com	mheyес@concentric.net
	email	mail@3rvs.com	
Membership	Leslie Melcher	486-9808	lvmelcher@msn.com