



Quick Release

September 2017

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 September 7th

[BikeReg.com](#)

We have changed our online signup for membership for your convenience. Follow the link above to join!



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7th Annual 3RVS Jersey Ride a.k.a. Members Appreciation Ride

Patrick Stelte

Saturday, September 16th, Roanoke Park, Roanoke, IN

Sign in starts at 9:30 a.m. with a Mass Start Time of 10:00 a.m. Lunch will be served in Roanoke Park around 12:30 p.m. Brats, hot dogs, baked beans, pasta salad, cookies, apple cider and more will be provided. Vegetarians: give me suggestions with your RSVP!

The Jersey Ride was started as a great way to gather as many club members together and mark the end of a summer season of riding. This event is one big ride with as many of the members wearing our club colors. It really does look cool heading down the road in a peloton full of yellow jerseys or vintage 3RVS wear. However, we know some of our members do not have a 3RVS jersey or some are on teams and wear their team kits when out riding. So, what is most important is that you come out and enjoy socializing with other club members whether you are wearing a 3RVS jersey or your own favorite kit.

If you cannot make the ride but want to socialize come out around 12:30 p.m. Look in your e-mail box for RSVP instructions. We need a head count to buy the right amount of food.



President's Message

Patrick Stelte

The Clarion Call of September

Every year for the past several years, I have set a goal to cycle a certain number of miles. The goal does not come from a New Year's resolution or spring to mind with the slightest hint of warming weather. The first time I rode 7,000 miles, I made an immediate goal to do it again the next year. Achieved, I set the same goal with the thought that three years in a row was worthy of a tombstone epitaph. Almost six years down the road, routine is tumbling to inevitability. Smaller goals have come up over the years that included racing, event touring, adventure riding and the club's September Strava Challenge. With the crisp morning air and the smell of decaying vegetation filling the senses, goals travel to the forefront of thought. September is the changeling of the cycling season, the passage from warm to cool, daylight to twilight, a sinewy bridge to quiet reflection.

September is also a busy month for club activities. As mentioned, the Strava Challenge has become a very popular event. The external validation of receiving a medal or plaque

The Clarion Call of September

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for miles traveled has pushed many a member to ride when normality would dictate a day off. The testament of an early morning, late evening, rainy, cold or extra time off from work ride is a proven elixir for the end of year party pay-off. The month begins with our annual Labor Day Century Tour. This year, our touring director, Steve Pequignot, has a triplet planned for the three day weekend. I don't know if the club has put forth such a challenging weekend, but I am curious who will attempt such a feat.

Contest rides may dominate the calendar, but every year the club has marked the year's passage with the Club Membership Appreciation Ride or Jersey Ride. I started this event my first year as president to say thank you to our membership for keeping the club spirit strong and show off the comradery of like-minded people. The 7th annual ride starts at the Roanoke Park pavilion on Saturday, September 16th with sign-in beginning at 9am and the mass start at 10am. The free event to club members will roll through the scenic Huntington County countryside and end back at the park with a cook-out prepared by me consisting of brats, hot dogs, salad, apple cider, chips, cookies, grapes, cheese, chocolate treats and anything else that Mona would approve of. Per usual, club members will receive notices via e-mail to RSVP. A head count is important to buy the right amount of food. Seasoned Jersey riders may notice the bump up from past October dates. I could wax rhapsodic about celestial alignments and foretold epiphanies as to why I decided to move the date to the middle of this month, but the simple fact is: the weather skews for the better in September. The weather from past rides included snow, sleet and bone-chilling wind. The first ride was fallacious, sunny and 80 degrees. It took me four more years to get smart, a run that explains why I rarely leave a casino with money in my pocket. My fingers are crossed this year (as every year) that fair weather will prevail and my brats won't catch fire (another story altogether).

September calls to thoughts of, "what is left to achieve, what box is not checked, what itch needs a last scratch." The sun wanes closer to the horizon. The window of outdoor cycling is sliding lower. Sooner or later, only the ardent will hit the pavement on two wheels. September awaits for you.

Cycling Terminology

Every year, new riders join the club and occasionally ask about cycling terms they do not know. Below are a few words and phrases used throughout the year during club rides.

From Wikipedia's Glossary of Cycling:

Half-wheel or Half-wheeler

A rider that rides half a wheel in front of another on training rides and group rides. No matter how much the pursuer speeds up to keep up with him/her, s/he stays that distance ahead. Usually these people are frowned upon and less desirable to ride with.

Blow up

A rider who has gone into oxygen debt and loses the ability to maintain pace is said to have blown up, variations include popping, exploding and detonating. This is a more temporary condition than cracking or hitting the wall.

Shelled

A cyclist who is dropped from the main group of riders after the pace has increased.



3RVS Touring

Granny Gear

Two meanings related to each other:

1. The lowest gear ratio on a multi-speed derailleur bicycle; smallest chainring in front and the largest at the back.
2. The smallest chainring on a crank with triple chainrings

Lead out

Sprinting technique often used by the lead out man where the rider will accelerate to maximum speed close to the sprint point with a teammate, the sprinter, drafting behind, hoping to create space between the sprinter and the pack. When the lead out man is exhausted he will move to the side to allow his teammate to race in the sprint. The purpose of a lead out is for the sprinter to achieve high speed at the sprint approach using as little of his own energy as possible, so he has as much energy as possible for the final sprint.

September Touring Report

Steve Pequignot



Steve Pequignot

We have a wonderful month of touring planned for you including three separate challenges. September is the fifth and final month of the National Bike Challenge. At press time Team 3RVS sits in 5th place nationally and first in the state of Indiana. The team has 129 members who have tallied over 328,500 points through the first 110 days. Kathy Boling remains the top female rider in the state, also team members Jeff Kenny, John Rodino and Steve Pequignot are three of the top six riders in Indiana. Thank you to all of the members of Team 3RVS for all of the miles you have ridden. You have put our club in the national spotlight for the third consecutive year.

Get ready for our 4th Annual September Touring Challenge. How many kilometers can you ride in September? We have selected the best month of the year to ride a bike in Indiana for our challenge. Our **Three Rivers Velo Sport September Touring Challenge** will once again be powered by Strava. Awards will be presented at our annual End of Year Party to club members who join this club challenge and log their cycling distance on Strava. Awards will be presented to 3RVS members who bicycle 500, 750, 1000, or 1610 kilometers during September 2017. Your distance for any bicycling event, either a club tour, race, off road, or riding by yourself will be accepted as long as the ride is uploaded to Strava via a smart phone Strava app, Garmin device, or compatible equipment. Stationary trainer miles are not acceptable for this challenge. No manual entries will be accepted unless your recording device fails during your ride, in which case you may enter your lost miles as a manual entry along with the portion of the ride that was recorded offering an explanation for the lost distance in the description box. Your Strava account must be opened to accept 3RVS members to follow you without asking for a request. To join the 3RVS September Touring Challenge, go to www.strava.com/clubs/3rvs and sign up. If you were a 3RVS member last year and joined the 3RVS September Touring Challenge you are likely already signed up for this year's challenge provided you are still a 3RVS member. If you are unsure if you are signed up go to your Strava Profile, look under Clubs for the Three Rivers Velo Sport September Touring Challenge logo. If it is on your Profile you are registered. Non-3RVS members may not participate in this challenge and will be removed from the group page on September 1, 2017. Non-members may join 3RVS then sign up for the challenge. Only kilometers ridden after joining 3RVS will be counted in the challenge. In addition to the awards mentioned above, podium awards will be presented to the top 3 female and male finishers.

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.

Leo/Riverside 5:30PM

Grabill Rd & Schwartz
Distance: 27 & 38 miles. 2 Groups:
15mph @5:30pm 18 & 20+ mph
@5:45pm.

Spokesmen Ride 6:00PM

Spokesmen Cycling Bike Shop
247 N. Main St., Roanoke, IN
Distance: 27-30 miles
Pace: 16/19 mph

Tuesday

Kreager 6:00PM

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

Wednesday

Saturn Ride 6:00PM

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

Franke CX Skills Practice 6:00PM

Franke Park Trailhead
Riders may come early to pre-ride during course set up. CX practice will be 1-1.5 hours long.
Weekly starting July 26th

Thursday

Girls Ride Out 6:00PM

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

Skills Dev Tour 6:00PM

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

September Touring

(Continued From Page 2)

Once the challenge begins daily kilometer updates will be posted at: www.americanclassicgroup.com/3rvs/3rvschallenge.htm

Please do not confuse the Strava group "**Three Rivers Velo Sport September Touring Challenge**" with our club's other Strava page "**Team 3RVS National Bike Challenge.**" Distances recorded on the later site will not be accepted in this challenge; however, if you are signed up for both challenges your mileage will be counted for both. If you do not have a Strava account, you may signup for a free account at www.strava.com. Once you are a Strava member and a 3RVS member you can go to www.strava.com/clubs/3rvs to join the September Touring Challenge.

Recording distances must be posted on your Strava page at a minimum of at least once per week, no later than 11:59 p.m., each Sunday, except for the last six days of September. The last six days of the month distances must be recorded no later than Saturday, 11:59 p.m., September 30, 2017. Questions may be directed via email to: touring@3rvs.com. Distance entries will conclude at 11:59 p.m., September 30, 2017. Results will be finalized and posted October 1, 2017.



To kickoff the month of September we are holding a 3-Stage Labor Day weekend tour consisting of 100-mile stages on Saturday, Sunday and Monday. This will be a very demanding 3-day, 3-stage event. Stage 1, Saturday will be a flat tour starting at Kreager Park. Stage 2, Sunday will be a very hilly tour from Hunteertown through Angola around Jimmerson Lake and looping back. This tour includes more rolling hills than we are accustomed to in our area. It's not as formidable as the Hilly Hundred, however, the 2,125 feet of vertical climb is challenging. Stage 3, Labor Day will be a short circuit, 4-loop tour with all loops returning to the SAG start/finish at the St. Joe Indiana, Church of Christ. All members who ride the full 100 plus mile course in all three centuries will receive a special award at our End of Season Party. There will be shorter distance options in all three tours for members not opting for a 100-mile tour.

On Saturday, September 16, we will be hosting our annual Jersey Ride. This sea of yellow classic has always been a fun time for our members. After a 37 or 51 mile ride you can enjoy the company of other members at Roanoke Park. Club President Patrick Stelte will have the grill fired up awaiting your arrival to ensure you do not go home hungry.

Starting times and locations are available on the club website at 3rvs.com and in this newsletter in the Weekend Tour Section.

We hope you are able to enjoy all of the touring events the club has planned for you this month.

I look forward to seeing you on the road.

First Friday each Month

City Tour 6:30PM

Lawton Park, east end of parking lot
Distance: 8-10 miles
Pace: 10-12 mph

September Touring Dates

Date	Time	Map	Start At	Destination/Pace Groups	Distance
9/2	9:00 AM	KRG-8	Kreager Park	Woodburn/Payne/Paulding/Antwerp/Hicksville/Leo	26/46/63/105
9/3	9:00 AM	HTN-13	Huntertown Elementary	Auburn/Waterloo/Angola/Ashley	35/67/81/103
9/4	9:00 AM	SJO-1	St. Joe Church	Butler/Hicksville/Leo/Concord	32/57/75/100
9/9	10:00 AM	HHS-RC	Homestead High School	Riders' Choice, 1 of 11 routes	40/41/48/54/58/69
9/10	10:00 AM	WLN-1	Woodlan High School	Antwerp/The Bend	12/31/50/63
9/16	10:00 AM	ROA-3	Roanoke Park	3RVS Jersey Ride Markel/Huntington/Andrews	37/51
9/17	10:00 AM	JMS-1	Jefferson Middle School	Woodburn/Antwerp/the Bend	25/37/49/56/68
9/23	10:00 AM	WHS-7	Wayne High School	Poe/Ossian/Bluffton	13/24/30/48
9/24	10:00 AM	HHS-7	Homestead High School	Roanoke/Huntington Reservoir/Andrews	28/41/52/65
9/30	10:00 AM	SWS-2	Sweetwater Sound	Spencerville/Grabill/Huntertown	29/46/53/60/70

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, & E groups' schedule will be posted on Facebook and Twitter @ride3rvs the week prior to the tour.

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

Racing Results

Time Trial Series #5 - August 15, 2017 - Final Results

Place	Name	Class	Time	MPH	Place	Name	Class	Time	MPH
1	Valerie Deutsch	WTT	25:23	23.8	6	Don Cahill	TT	23:39	25.5
2	Ally Gaylor	WTT	26:32	22.7	7	Hugh Smith	TT	24:06	25.0
3	Kathy Boling	WTT	28:06	21.5	8	Kent Rekeweg	TT	25:30	23.6
4	Nancy Lichtensteiger	WTT	30:10	20.0	9	Justin Sexton	TT	25:39	23.5
					10	Larry Wagner	TT	27:08	22.2
1	Gary Painter	TT	20:46	29.0					
2	Gregg Ness	TT	21:34	28.0	1	Tim Hall	Road	24:46	24.3
3	Paul Mowery	TT	21:50	27.6	2	Nate Powelson	Road	26:09	23.1
4	Nathan Woods	TT	22:29	26.8					
5	Tim Donofrio	TT	23:27	25.7	1	Levi Hall	Junior	38:30	15.7

Of Bikes, Cars and Human Nature

Scott Tomsits

Let me start by stating that cycling is an assumed risk activity, racing especially so. Every time we ride in a group, on a trail, or even (maybe especially) take to the road solo, we take on a measure of risk for any number of reasons, but primarily because we enjoy it. I was a Naval Aviator, which is also an assumed risk activity. From my experience there, I know that even if an activity has risk, steps to reduce that risk can be taken and prove highly successful. Under these programs mishap rates have plummeted over 200 fold since the inception of the service, yet we all resented (the kinder word) the Safety Officer for wasting a good work/flying day with the quarterly safety stand-down to re-hash the same-old, same-old. I hope you can bear with me here as I do the same.

In my short time of observation, there seems to be two periods of increased risk in the club; spring-time when skills are rusty and winds are strong, and the fall. I believe the fall spike to be complacency related. Sadly, I saw evidence that we may be entering this time of year recently in our touring rides. A near miss in the pace-line, extended riding three abreast just to talk, and sketchy intersection behavior have all been in evidence at one time or another recently. We've all seen the comments on social media where a driver has seen some 'bicycle rider' make an idiot move on the road and therefore proceeds to victim blame any and all cyclists. You can make all the logical arguments about how we do pay for our share of the road, that double pace-lines are safer and more convenient for drivers or point out the differences between casual bike riders and cyclists; but none of that matters in these days of opinion is equal to fact. Anytime real cyclists ignore our own mandate to properly share the road with motorists we do our cause a disservice and create another possible Kalamazoo driver or at least one sympathetic.

As a club, we've seen our share of bike/bike and bike/auto unfortunate interactions this year, and many more regionally. Riding is infinitely more fun than recuperation, so let us re-commit our efforts towards keeping the rubber side down and being good members of our community out on the road. The struggle for acceptance and recognition of our rights as legal traffic and human beings is old and ongoing and is difficult enough without any self-inflicted wounds. I look forward to seeing everyone out on the road!

Three Rivers Velo Sport

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