



Quick Release

September 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 September 5th

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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9th Annual 3RVS Jersey Ride A.k.a. Members Appreciation Ride

Saturday, September 21st, Roanoke Park, Roanoke, IN

Sign in starts at 9:30am with a Mass Start Time of 10am. Lunch will be served in Roanoke Park around 12:30PM. Brats, hot dogs, baked beans, pasta salad, cookies, 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. We know some of our members do not have a 3RVS jersey or are on teams and wear their team kits when out riding. However, 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 12:30PM. Look in your e-mail box for RSVP instructions. **We need a head count to buy the right amount of food.**

Franke Park Trails, Well Loved

Patrick Stelte

I grew up with ball sports. Baseball, basketball, football, golf, tennis were my main sources of play. My competitive drive was honed early in life trying to hit, throw and catch just as good as or better than my friends and anyone else on another team. I craved winning for the external validation that I greatly needed at that time. As an adult, I found that competitive drive to win or be better than others a detriment in making friends and finding acceptance. My recreational outlet of team sports was limited to the availability of others to find time in their busy schedules of life choices. In my mid-twenties, I started working with a guy named Mike that would end up being my best friend for a numbers of years. He was an experienced cyclist. He commuted to work on a bike and told me about his cycling ad-

Franke Park Trails, Well Loved

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ventures. I had not ridden a bike in years and marveled at his exploits with my child-like knowledge.



Patrick Stelte

In the spring of 1987, my life came to a convergence. I needed to mature. I could change my life path or continue with a way of life that was familiar. I asked Mike to teach me about cycling. At that time, 80% of bikes were for the road. However, Mike was a MTB rider and like a good pupil I bought a mountain bike. To understand how alien that was in Fort Wayne, I often had to explain what a mountain bike was to friends and why I was not wasting my money on one of those coastal fads. One of the first destinations of my new sport was Franke Park. Back then, riding the trails was frowned upon. "Those" bikes were dangerous to trail-walkers and spooked the horse riders from the zoo stables. Of course, this did not stop us. We were renegades. We would ride to Franke and enter an inconspicuous portion of the trail. What a learning experience. MTB is excellent for teaching bike handling and balance by dodging tree roots, small brush and trail wash-outs near the creek and figuring out how to go around horse urine puddles the width of the path. I learned how to put my butt behind the saddle going down derby hill while chasing my instructor. I practiced doing all the trails while not putting my foot down once, a refrain that Mike preached on pavement as well.

We did not stop at Franke. Mike took me to the Foster Park trail along the river and Robison Park behind Lutheran Seminary. We found odd places to ride such as the stone grooves between parallel railroad tracks downtown. We ventured to Pokagon Park (outlaws again) where a deer almost wiped me out as he bounded across the path. We got lost on the Brown County trails near sunset when it was illegal to ride. We did Gnaw Bone boys and girls' camp and six months later, Mike took me to the Hilly Hundred and I did the 100 mile weekend on my 32 pound, non-suspension Raleigh Mt. Hood. I was hooked. Cycling was my new adult sport. I did not have to wait on others to play. I could ride on my own time and set my own goals. I eventually evolved into a roadie, raced some and began group riding with 3RVS in 2007.



3RVS Touring

Today, I am very pleased with the way Franke Park trails have been developed and maintained. The devotion is evident in the recent commitment between the parks department and 3RVS. Over the last thirty years, riders have learned to love cycling by getting lost in urban wilderness and "popping out" near a neighborhood. The acceptance and evolution of MTB riding has transformed the sense of adventure for so many. The sport has advanced far beyond my recognition from where I started. I am continually amazed at the dedication and hours spent clearing and improving Franke. I had to shake my head when I saw a recent Facebook post by Luis DeVeyra with a picture of a chainsaw strapped to his bike resting against a tree on the trail.

The Franke trail system is a jewel of Fort Wayne cycling and a destination for many in our region. It will continue to be so because of the love connection of cycling, nature, adventure and the volunteers willing to sacrifice their time knowing that it makes a difference to so many.

Next Year Will Be Better

Doug Wintin

So I have had quite a bit of time lately to think about a summer that wasn't. As most of you know I contracted a case of shingles while vacationing in Montana. The early signs were pain in my left chest and back. It wasn't horrible, but it did keep me from sleeping more than a few hours. I went to doctor as soon as we got home. By this time a rash (3 little dots) had popped up on my chest. The diagnosis was made and I settled in for the long haul.

It has been a month of pills and lidocaine. Sleep has become infrequent. For the first few weeks I only managed to get two to three hours of sleep a night. Fatigue was constant along with much needed catnaps. The real damage is to the nerves of the skin. Even a light breeze or a shirt brushing against the area can cause pain. As time has

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 6:00PM

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

Skills Dev Tour 6:00PM

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

Wednesday

Saturn Ride 6:00PM

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

Rogue Ride 6:15PM

Arcola ES & Wayne HS (Varies
weekly)
Distance: 20-36 miles
Pace: 15-17 mph

Thursday

Girls Ride Out 6:00PM

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

Kreager A Ride 6:00PM

Kreager Park 6400 N. River Rd.
Distance: up to 40 miles
Pace: 20+ mph

Urban Exploring 6:30PM

Johnny Appleseed Park
(near the north playground)
Distance: TBD
Expect some off-roading

Next Year Will Be Better

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passed I slept more and the damage to the nerves in the affected areas has begun to subside. It seems that I may be one of the lucky ones. For some Shingles sufferers the pain never goes away.

I can't tell you how much I missed riding this summer. Being out on the road. Having miles pass by with the company of good friends. Gliding along roads that I have grown accustomed to riding or finding new (to me) roads is always pleasant surprise. I think that it really comes down to the liberty the bike provides. I remember coming home from work frustrated by the worst boss ever and in need of some kind of release. I found my way while sitting on a saddle and hammering my pedals as hard as I could. I was going to pound that pavement into submission or die trying. Well the road is still there and I am still breathing but those daily rides were exactly what I needed...every day.

Over time the boss from hell moved on and I kept pedaling. The job got better and I kept pedaling. A new job meant new challenges and I kept pedaling. So now I have a new challenge in Shingles. I have only managed to do two club rides in August. I got dropped on the first ride but I kept pedaling. On the second ride I took the short route but I kept pedaling.

Hopefully, sooner than later, I will be able to get out and ride all of the weekend tours and the week day training rides that I enjoy so much. I am really looking forward to being in the peloton, sprinting into Bluffton and getting a big, cold, Coke at the sag stop! Next summer for sure!

One last note: If you are over 60 years of age please go get the new Shingles Vaccine!



Doug Wintin

Short N' Sweet

6:30 PM

Sweetwater Sound
Distance: ~25 miles
Pace: 16-19 mph

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
Labor Day 300					
8/31	8:00 AM	KRG-7	Kreager Park	Woodburn/Payne/ Paulding/Antwerp Mass Start	26/59/72/105
9/1	8:00AM	HHS-13A&B	Homestead High School	Roanoke/Huntington/Andrews/ Lagro/Wabash Mass Start	33/48/65/100
9/2	8:00AM Century otherwise 9:00AM	STJ-2	St. Joe Church	Butler/Spencerville/ Grabill Two Mass Starts	16/25/26/34 Loops=101
9/7	9:00 AM	WHS-1	Wayne High School	Wilshire/Decatur/ Ossian Groups A/B/D	21/35/40/55 60
9/8	9:00 AM	KRG-6	Kreager Park	Payne/Paulding/ Woodburn Groups A/B/C	18/27/47/62 64
9/14	9:00 AM	ARC-1	Arcola Elementary	Columbia City/Larwil/ Pierceton Groups A/B/C/D	21/34/57/60
9/15	9:00 AM	SWS-1	Sweetwater Sound	Garrett/Huntertown Groups A	29/38/60/69
9/21	10:00 AM	ROA-3	Jersey Ride Roanoke City Park	Markle/Huntington Andrews Groups A/C	37/52
9/22	10:00 AM	WHS-3	Wayne HS	Huntington/Ossian Groups A/B/C	19/33/44/55
9/28	10:00 AM	NHS-2	New Haven High School	Hoagland/Monroeville/Woodburn Groups A/C	30/43/50/58
9/29	10:00 AM	ARC-3	Arcola Elementary	Roanoke/Huntington Groups A	20/37/47/55

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 & Rogue 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.

Labor day: No Ride due to Holiday

Sept 9: Tillman Park - Leader is Angie

Sept 16: Foster Park - Leader is Mona

Sept 23: YMCA on Dupont - Leader is Mona

Sept 30: Lawton Park - Leader is Kathi

Musings Ride & Rogue Ride Schedule & Info

(Continued from Page 4)

Rogue Ride for September**Sept 4:** Arcola Elementary School parking lot running parallel to Arcola Rd. 615P roll out**Sept 11:** Arcola Elementary School parking lot running parallel to Arcola Rd. 615P roll out**Sept 18:** Tillman Park, parking lot that is at the immediate corner of Tillman and Hannah. 615P roll out**Sept 25:** Tillman Park, parking lot that is at the immediate corner of Tillman and Hannah. 615P roll out**3RVS CARES - "I Ride for Her"**

Mona Will

Sometime ago I ran across a short writing that was tribute to the author's bike. I kept the article because it was a great description of the relationship between rider and bike but unfortunately, I didn't save the source of the article or the author's name. Below in italics is the article but I have changed it a bit from the original. Hopefully this writing will ring true for those that read it.

My bike is my best friend, and possibly even my only true ally in this world. My bike will never betray me in the way a few past relationships have. It may break or throw me off into a ditch or have a tire go flat so I must push it, but it will never work towards my undoing, at least not intentionally.

My bike is always there when I need it. If I take care of it, it takes care of me. I get to go places, see things, and travel under the physical power of my body. Feeling that personal power is intoxicating. My mind becomes sharper, my senses are enlivened, and time becomes like liquid while I'm riding.

My bike is my stalwart companion when all my human interactions have failed me again for the umpteenth time. All the sense of loss, hurt, and anger created in this world is pedaled out. The bike props me up when, if left alone to my own strength in the moment, I would be in a fetal position. When troubled, a bike ride unravels my mental and emotional knots and helps to solve problems and keep me even keeled. There are times when I can't articulate what is wrong, but my bike doesn't care; it will be a good friend and take me on my way for as long as I need to go. It has eternal patience.

When my father died, and I was sobbing out of my head with grief I shunned the comfort of my family and got on my bike. I rode and rode and pushed up a couple peaks. As I kept pedaling, I processed my whole life experience and before I knew it, I felt so much better because I had the best friend ever to lean on, my bike.

This year our members have experienced grand adventures followed by days of dark thoughts of not knowing what to do next. We have had challenges followed by elation. Even one person had the ultimate release of physical pain caused by death followed by friends gathering to celebrate the life that was well lived. We've created new friendships while riding together this year, gotten together with friends we've known for years because of our shared love of riding, and we've packed our bikes on the bike rack and headed off for a day, a weekend, or a week of riding.

We have different reasons for riding, different modes for riding, different terrain for riding but it still comes down to bike and human being engaged with the other. When the two meld it is a time of mental and emotional release and in that we know we are alive and loving it. Or better yet what we experience in riding on any given day is a metaphor of daily life.

<http://redkiteprayer.com/2017/06/i-ride-for-her/>

Pokagon Destination Ride

Jennifer Altherr

Mark your calendar for Saturday, September 7th - Waterloo to Pokagon Destination Ride led by Pamela Fennell and Jennifer Altherr

When: Saturday, September 7 , 2019

Meet: Amtrak train station parking lot at 485 W Van Vleek, Waterloo at 8:45 am for 9:00 am ride time. We aren't riding the train . . . we're just meeting there to begin our bike ride.

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

The ride: We will ride the on country roads to Angola where we will ride on some of Steuben County's new trails to the Pokagon State Park. The entry fee to the park is \$2 per bike. We will have lunch at the Potawatomi Inn that overlooks Lake James. Total mileage for the tour will be just over 40 miles and it will be mostly paved.

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:

<https://www.in.gov/dnr/parklake/inns/potawatomi/dining.html>



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