



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, ABR, and NORBA. Quick Release contains current and planned club biking activities and is distributed to all members. Submissions are due by the 10th of each month.

August 2001

The Bicycle Bulletin Board

Issue 2001.08

In This Issue

- August Program Preview*
- President's Message*
- Ultimate Neighborhood Ride*
- Meet Joe Bartels*
- Tour de Franke MTB Race*
- Mapping The Franke Trails*
- Bicycle Museum Ride*
- The Jersey Ride*

August Quote:

"You not bike rider, you nobody."

Eddie B., coach of 1984 U.S. Olympic team

Favorite Tour Commercial

"Runawayshoes.com!Runawayshoes.com!"
Kidding. That was the most annoying.

My favorite Tour de France commercial is Lance's, sponsored by Nike:

"It's my body and I can do whatever I want to it."

"I can push it."

"and study it."

"tweak it"

"listen to it"

"Everyone wants to know what I'm on."

"What am I on?"

"I'm on my bike six hours a day."

"What are YOU on?"

BLEND YOUR WAY TO BETTER HEALTH

August Program Preview

Have you ever tried a "Velvet Elvis" or a "Sexy Peach" blend? How about a "Perfect Pina Colada" or a "Peanut Butter Dream?" These exotic sounding drinks are not something you can order at one of those numerous trendy bars on the North side of town.

You can order these drinks and numerous other healthy Blendz at the YWCA's Extreme Blendz Bar, which opened in April. Our Club members will have an opportunity to learn about the Blendz and sample them at our next meeting on Thursday, August 2. **The meeting will be at 7:30 p.m. in the Recreation Hall at the YWCA.**

Note we will be meeting at the YWCA in August only, to enjoy the Blendz bar.

Amy Dimberio, Sports Club Director at the Y, will be presenting the program to us. Amy said the Y brought Extreme Blendz to Fort Wayne because the Y wants to be a well-rounded facility and wants to offer healthy options to its members and to the public. The Blendz bar has been increasing in popularity, Amy said, ever since it opened.



The Blendz are 24 ounces and there are numerous varieties from which to choose. Among the offerings are muscle builders, fat burning Blendz, Extrema-ccinos (with caffeine) and fiber-rich Blendz. Also on the menu are weight-gainers with names like "Hunky Monkey" and "Quadzilla." The weight gainers contain something around 2,000 calories and some people really do order them. Not me, of course.

I have tried several different of the Blendz, particularly the fat-burning ones. The fat-burning Blendz generally have around 300 calories. I have found them very tasty, refreshing and quite filling. Most people use them as a meal substitute. They are quite popular with the Downtown crowd, who work out at lunch and grab a Blend afterward to drink on their way back to work.

The Blendz Bar is open to the public and is open all hours the Y is open. The prices range from \$3.50 to \$6 with daily specials. Amy said the Y has just started delivering from 8 a.m. to 1 p.m. within three miles of the facility. For delivery five or more Blendz must be ordered. Amy said the delivery service is a favorite of persons holding meetings, who want to serve something different.

Extreme Blendz is a franchise that is very popular on the east and west coasts, according to Amy. The one in Fort Wayne is the only Extreme Blendz location in Indiana. Extreme Blendz is a California company with more than 100 franchises nationwide.

SPECIAL DIRECTIONS TO THIS MONTH'S MEETING: The closest parking lots to the Sports Club facility are at the corner of Putnam and Harrison Streets. Just park in one of those lots and got up the stairs into the door of the Sports Club. The door faces Putnam on the South Side of the YWCA campus.

Please plan to come to the Y on August 2 for our regular business meeting followed by a program on the Extreme Blendz and a Blendz sampling party. **Karen Walker**

President's Message



What a great Three Rivers Festival Tour and Race we had this year. The tour drew a huge crowd, and almost 100 racers participated in the road race. The event was well organized and lots of fun. And, how about that publicity we got in the Journal-Gazette? We couldn't have asked for better than a big front-page picture of the race.

Our Club owes a giant thank you to Jim Schroeder, Festival Tour Chair, and everyone who helped out with the tour and race this year. I especially wanted to thank those members who stepped in on the day of the tour to help out when it became apparent we had more riders than we had anticipated. I'm sure Jim will officially thank everyone in next month's newsletter. But, I particularly wanted to acknowledge the excellent job Jim, and all the volunteers, did with this event. An event of this magnitude takes hundreds of hours of planning.

And, while I am handing out compliments, I should thank Anne Stratton and Kent Ellis for chairing a very successful Club Picnic at the end of June. Over 50 Club members participated in the Club Picnic this year. And, what wonderful food we had!!! Anne and Kent added a special touch by having Popsicles and ice cream at the end of the ride. They figured out a new location for the picnic (Grabill Park) and a new route, which was a little less taxing than the hilly route we have used in the past. I, for one, appreciated a few less hills after eating so much at the picnic. Club member Stan Whittern and his wife assisted in getting the pavilion at Grabill Park for us too. Thanks, Stan.

We have another special event planned for August. The Museum Ride to the Bicycle Museum of America in New Bremen, Ohio, will be on Saturday, August 18. Phil Snider will be chairing this event, which is a very good time. The route is scenic, and the Museum is very interesting. And, our ride will coincide with the Festival in New Bremen, so we can party at the Festival before our return ride. Please join Phil for this special ride in August.

August will be another very busy month for 3RVS. Besides the Museum Ride and regular Club rides and events, our Club will be hosting a Mountain Bike Race August 12. We did not have a Mountain Bike Race last year, so we are excited about bringing back this event to Fort Wayne. Thanks to Brian Poitras from Summit City Bicycles and everyone else working on this upcoming event.

Please note that our next regular Club meeting will be at the YWCA, rather than our normal meeting location. We will be meeting at the Y for the August meeting only, so we can sample the Y's new Blendz bar. We will return to our normal meeting location at the Church in September.

See you at the Club events in August.

Karen

Three Rivers Festival Road Race Results

submitted by Jim Schroeder

Women - all categories - 13 riders - 43 miles

1. Lisa dougherty (Trek-VW Midwest)
2. Samantha Karn (Tortuga) Bloomington
3. Laura Kehoe (Indiana Hand Center)
4. Sara Coffman (Indiana hand Center)
5. Jessica Rothe (Blazing Saddles)
6. Rita Anderson (Summit City Racing)
7. Diane Daeser (no team affiliation)

Men - category 5, citizen - 45 riders - 43 miles

1. Mark Morgan (no team affiliation)
2. Corey Schaffhausen (Tarkio Road)
3. Eric Cell (Alpine Cyclery-Little Green Men)
4. Larry Pesyna (Savage Hill Cycling)
5. Woody Patrick (no team affiliation)
6. Aaron Seipel (Savage Hill Cycling)
7. Cliff Kugler (Tarkio Road)
8. Earnie Williams (Team Pyrotek)

Men - category 3,4 - 38 riders - 75 miles

1. Drew Illman (Indiana University)
2. Todd Andersen (Summit City Racing)
3. Joe Bartels (Indiana Flyers)
4. Nick Mathis (Alpine Cyclery-Little Green Men)
5. Ryan Myers (Summit City Racing)
6. Matt Jourdan (Indiana Flyers)
7. John Monafrede (Pucks)

Primes

Women - Lisa dougherty
 Cat 5 - Corey Schaffhausen
 Cat 3,4 - 1st loop - Glen Schoenung - didn't wait for award
 Cat 3,4 - 2nd loop- Todd Andersen, but he waived the award to Rob Rhodes of Columbus, OH due to some confusion.

I'm glad Rob Rhodes got something. He got six of his teammates to come up from Columbus for this race.

August Touring Schedule

<u>Day</u>	<u>Date</u>	<u>Time</u>	<u>Start Location/Destination</u>	<u>Map</u>	<u>Distance</u>
Saturday	8/4	8am	Leo/Auburn/Kendallville	LHS-9	25/37/50
Sunday	8/5	8am	Carroll/Laotto/Avilla/Kendallville	CHS-2	19/31/42/57
Saturday	8/11	8am	Huntertown/Waterloo/Hudson	HTN-7	47/61
Sunday	8/12	8am	Arcola/C.City/Tri-Lakes/N.Webster	ARC-2	24/40/55/63/75
Saturday	8/18	8am	Wayne/Poe/Ossian/Huntington*	WHS-3	19/33/60
Sunday	8/19	8am	Leo/Edgerton/Montpelier "The St.Joe"	LHS-7.1	19/37/56/70/100
Saturday	8/25	8am	Homestead/C. City/S. Whitley	HHS-2	24/48/62
Sunday	8/26	8am	New Haven HS/Woodburn/Hicksville	NHB-5	17/36/59

* Museum Ride - See page 7

Weeknight Touring Ride Schedules

Monday - Wayne High School - 6pm

Average 15 mph - Distance 15 - 20 miles

Ride Leader - Anne Stratton-Ellis - 219-482-2845

Tuesday - Carroll High School - 6pm

Group 1 Average 12 - 15 mph - Distance 20 - 25 miles

Ride Leader - Dave Larabie

Group 2 - Average 18 - 20 mph - Distance 20 - 25 miles

Come out early for extra miles!

Ride Leader - Group led

Wednesday - Saturn Christian Church - 6 pm

Average 16 - 17 mph - Distance 15 -25 miles

Ride Leader - Karen Walker - 219-747-2420

Weeknight Start Locations

Wayne High School - 9100 Winchester Road

Carroll High School - 3905 Carroll Road

Saturn Christian Church - CR 800 S,
about 1 mile west of County Line Road

The Sociables August Schedule

August 4: The Sociables will ride the regular club touring ride with a breakfast stop.

August 18: Sociables Safari. The Safari will be led by Jim Bugert. The plan is to meet at Wayne High School at 8:00 AM. We will stop for breakfast at Nine Mile Restaurant, approximately half-way through the ride.

It is time to start looking forward to our Howe To Stroh Safari ride on October 20th. Last year the scenery, fall colors and weather were all beautiful. The company was great and the fish lunch was delicious. Mark you calendar now and plan to be there.

Any volunteers for a Safari in September? If so, call me with you info before August 9th at 219-485-5187. **Barb**

New 3RVS Club Jersey Design

Visit the Club's website at www.3rvs.com and take a look at the beautiful new design for the planned Club jersey. Steve and Cindi Souers are working hard putting the finishing touches on it. Look for more information, including ordering information, in an upcoming issue of *Quick Release*.

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>
Strassenfest	Aug 5	20,40,62	Jasper, Indiana	812-634-1454
Minard Mill Tour & Wienie Roast	Aug 5	17 - ???	Jackson, Michigan	see BRinIN site
Amishland and Lakes Tour	Aug 10-12	25,34,45,56,62	Howe, Indiana	616-695-9591
Colbart's Cycle Challenge	Aug 18	15,34	Edon, Ohio	419-272-3229
Sizzling Century	Aug 19	34,51,62,100	Kokomo, Indiana	765-459-8431
WBNI Classic Bicycle Tour	Aug 25	15,30,45,58	Leo, Indiana	219-452-1189
Moving Spokes for MS	Aug 25	15,25,50,75,100	Indianapolis, Indiana	317-870-2500
Pedal and Picnic	Aug 25	13,25,50,62	Cedar Springs, Michigan	616-475-4335
Wabash River Century Ride	Aug 26	35,65,100	Lafayette, Indiana	800-875-5361
Bike Psychos Century	Aug 26	35,50,70,108,126	Coal City, Illinois	708-802-1804

The Chicago Cycling Club's Ultimate Neighborhood Ride

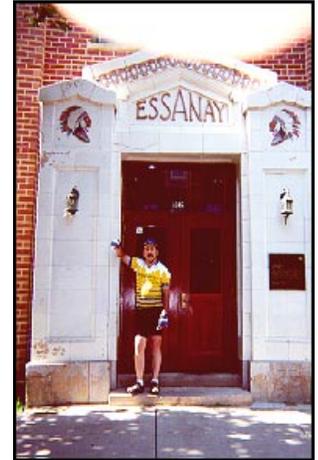
by Michael Heyes

I've always heard that you can never REALLY see the countryside until you've ridden through it by bicycle. I love Chicago, and so I decided to see if this would be true for Big City Urban Exploring. Thanks to the Chicago Cycling club (www.chicagocyclingclub.org) I got my chance. I registered early, and was rider number 4.

This year was the 5th year for this event. Held on July 8 this year, and starting from North Park Village on Chicago's north side, this tour offered ride distances of 20 or 30 miles, the requisite Really Cool T-shirt, and the optional docent tour. For \$1 over the regular ride fee, a CCC member would escort you on the ride and explain exactly what you were riding through. Sorta like a city-site-seeing-tour by bicycle.

There were several docent tour groups at the ride, each with 10 - 15 riders. The average riding speed for our group was between 12-14 mph, allowing us to look around and see the neighborhoods, including Old Town, Wicker Park, Lakeview, St. Bens, Andersonville, Uptown and many more. As we'd ride through the neighborhoods we would stop at various places of interest and our docent guide would explain what we were looking at. After this brief stop, it's onwards to the next spot. And there were many spots too! The background sheet our docent had was 16 pages long and there were multiple stops on most pages.

Traffic was virtually nonexistent in most places on this Sunday morning, and even when we rode in downtown the traffic was generally light. Actually, it didn't seem any busier than Fort Wayne. Another plus was that the driver's weren't a bunch of rednecks trying to exert their (limited) manhood by running cyclists off the road.

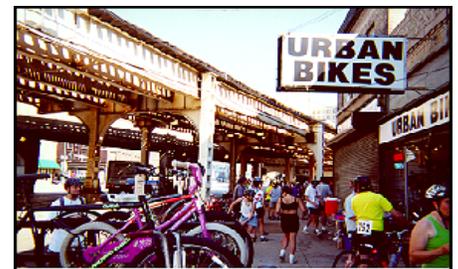


What did we see? I am certainly going to leave a lot of the sites out, but I'll try to hit the highlights. Believe it or not, by 1910 Chicago was the center of America's new moving picture industry, and Essanay Studios was a pioneer in the field. Before the industry moved on to Hollywood, a number of movies were filmed there, including Charlie Chaplin's "His New Job". That's me in the doorway of the studio. In Uptown, there was the Uptown Theatre, built in 1925, with 4,381 seats. The only place with more is Radio City Music Hall. Near the Theatre is the Green Mill Lounge, still one of the hottest jazz club's in Chicago. The story goes that Al Capone had a table there, located in the middle, up against the wall (of course), where he could see both the entrance and exit of the joint. The building to the left of this paragraph is the Uptown Broadway Building, which is a visual encyclopedia with human faces, animal heads and foliage on the terra cotta, built in Spanish Baroque style.



This brought us to the first of four rest stops along the way at Urban Bikes. The shop is located really close (see picture) to the "L" train. Scream the following: "IT IS VERY LOUD HERE!!" every 10 minutes or so and you'll know what it was like at the stop. They even had a bicycle taxi there. Fun.

From there we went by many more wonderful old homes, all with various styles, and arrived at the Alta Vista Terra, a re-creation of the row houses in London. There are 20 houses on the street, 10 on each side, and mirrored, so the first house on the left matches the last house on the right, and so on, until the last house on the left matches the first house on the right. Beautiful! Expensive! Shortly after that was Wrigley field, second only to Boston's Fenway Park in beauty and history (heh heh). Unfortunately, the Cubbies weren't home that weekend so I couldn't see park from the bleachers.



We went through neighborhoods that were burned down in the Chicago fire, saw wooden houses that didn't burn (after the fire, Building Code changes made it more economical to build with brick), the "No Two Alike" neighborhood where, er, no two buildings are alike in style or appearance, St. Alphonsus parish, a focal point for the German Catholic population, and many more interesting buildings.

One of the funniest things I saw, which I didn't have time to stop and take a picture of, was the most unique road hazard I think I have ever seen. In the middle of the road, expertly circled and with the appropriate warning label was: "RAT!". Yup, dried up and flat as a pancake, one medium sized Chicago rat. Oh stop, it's the middle of a major metropolitan city. Like you've never seen one.

One thing I would do to prepare for this ride in the future is to hit the gym and work on the hand grips. My hands were so sore and tired by the end of the ride I couldn't believe it. Now, this ride was only 30 miles long, but it wasn't any ride in the country folks. According to the cue sheet, there were nearly 100 turns! Hey Gene, how'd you like to mark that course? In fact, Rob, our docent guide, said that marking the course was the biggest challenge of putting this ride together.

The Chicago Cycling Club is to be commended for putting together such an interesting, well run and supported tour. The road markings were excellent, the roads we road on were actually better than most of Fort Wayne's (not saying much), the sags were great, and the volunteers were plentiful and pleasant. There were volunteers out at every intersection that might have been a little tricky to point you in the right direction.

Best of all was Rob's suggestion for an after ride recovery meal, Chicago style: SUPERDAWG! Superdawg is a drive-in style, ala A&W, spot with real Chicago style hot dogs. They've got Super Burgers too. Great fries, and wonderfully thick milkshakes. A great way to end a great ride!

Meet Our Racing Director, Joe Bartels

In his position as Racing Director, Joe Bartels has motivated quite a number of strong cyclists to become active in bicycle racing as well as in our Club. He has rounded up sponsors to back his group financially and recently managed to get some racing duds for them. He says they look so good, it hurts.



Joe, up front, riding for the Indiana Flyers

reach speeds of up to 35 at times. They ride in a tight pack, practicing the skills required to race at these speeds in such tight quarters.

To train for racing, this speedy bunch rides together on Tuesday, Wednesday, and Thursday evenings. They do their racing on the weekends, traveling to wherever the next race is being held. Joe describes their training rides as 35-40 miles, repeating a circular 5-9 mile route. Their average speed is usually 25 mph and they

Up to 30 riders participate and most are guys. He says an occasional female rider joins them and he encourages more women to get involved. He tells beginners to just hang on as long as they can on each circuit. On their Jefferson M.S. training route, a couple of times some local boys have figured out they can draft behind the racers every time they come around. Apparently they are learning and becoming stronger because they seem to be able to "hang on" longer each time.

Joe is one busy guy. Besides cycling and racing (since about age 17), he has his own business called Commercial Interiors and owns a number of rental properties. He is married to Shawn and has four children. And he and Shawn are foster parents for an "older ARC person". Great grandma also resides with them in their big house.

As racing director, Joe devotes much time and effort and deserves a pat on the back. If any of you riders are interested in this aspect of cycling, contact Joe. He can answer your questions and help you get started. His email and phone number are listed with all the other club officers who make it happen in each newsletter.

Thanks Joe, for all your hard work.

Leslie Melcher

Upcoming August Indiana MTB Races

8-5, Indiana, DINO MTB Race Series
8-19, Boonville, IN (near Evansville), LOCO XC Mt Bike Race Series
Upcoming August Indiana Cyclocross Races
The season for cross racing is soon approaching!

Upcoming August Indiana Road Races

2, Indiana, Zionsville Criterium - part of Criterium America
3, Indiana, Madison Grand Prix - part of Criterium America
5, Indianapolis IN, Tour of Brookside - part of the Hoosier Cup
12, Lafayette IN, Lafayette Road Race, Indiana Race Series
12, Kokomo IN, Kokomo Time Trial Series - part of the Hoosier Cup
19, Greensburg, Greensburg Road Race, Indiana Race Series
25, Indianapolis, Ft. Harrison S.P. Road Race, Indiana Race Series
26, Monrovia, Festina Time Trial #5, part of the Indiana Race Series

Check www.truesport.com for out of state races.

Weekday Training Rides

Tues	7-31	6:00	Jefferson M.S.	Circuit Race
Weds	8-1	5:45	Wayne H.S.	Easy recover
Thurs	8-2	5:45	Club meeting	Mellow
Tues	8-7	5:45	Wayne H.S.	Circuit Race
Weds	8-8	5:45	Harding H.S.	Easy recover
Thurs	8-9	5:45	GM course	Circuit Race
Tues	8-14	5:45	Harding H.S.	Circuit Race
Weds	8-15	5:45	Homestead H.S.	Easy recover
Thurs	8-16	5:45	New Haven H.S.	Payne, OH RR
Tues	8-21	5:45	Flaugh Rd.	Circuit Race
Weds	8-22	5:45	Jefferson M.S.	Easy recover
Thurs	8-23	5:45	Homestead H.S.	Huntington RR
Tues	8-28	5:45	GM course	Circuit Race
Weds	8-29	5:45	Flaugh Rd.	Easy recover
Thurs	8-30	5:45	Wayne H.S.	Decatur RR

Race Results

This month's race results can be found on the Club's website on the August Racing schedule page. Here's why:

When I took over the as editor for the *Quick Release* newsletter, I decided to increase the coverage by dedicating a separate page for the racing and mountain bike sections of the club. This worked until the June 2001 newsletter.

Because of Joe's great work as racing director (see Leslie's story), there has been a tremendous increase in the number of racers and race results. This means a plethora of results, sometimes too many to fit on one page. June was one such month. This is another; approximately 19 racers and 45 results.

The only way to fit all this information on one page is to make the font so small that it would be just a fuzzy blur when printed. Or have a page just with only results. This wouldn't be very interesting to the other Club members.

My goal is for each section of the newsletter to be of interest to the entire Club membership. I will continue to include as much information as possible on this page. However, when there are too many results to fit, they will only be on the website's racing page. Otherwise, they will appear here also.

This should be preferable to only listing in the newsletter, since everyone, everywhere, will be able to see the results of all your hard work. I hope that you understand the reason behind this decision.

Michael Heyes

August Fat Tired Rides

Is this you? You've got an off-road bike. You're not a racer but you are reasonable fit. You like to hop a curb or log now and then, and you would enjoy riding with other like yourself. If you fit this profile, you should join us on our fat tired rides.

Sunday, August 5 -- UORE Southwest: The city is changing. Come along as we check out some of the new construction and perhaps a few urban trails too. Start at Foster Park at 3 PM. NOTE: We will be trying a new parking area at the end of Hartman Rd. near the ball diamonds and dog walk area.

Saturday, August 11 -- Urban singletrack: Meet at Franke Park (BMX lot) at 9 AM. this is the day before the club off-road race so we'll have a chance to preview the course (and perhaps help out a little).

Saturday, August 18 -- Museum Ride: We're inviting the FT riders to join in the ride to the Bicycle Museum of America in New Bremen, Ohio. The short route is an easy 40 miles with no significant hills. See additional details on page 7.

Sunday, August 26 -- Greenway Tour: If you spend any time on the Rivergreenway, you know that there have been lots of changes recently. Plans are to check out the new sections. Maybe we'll do the whole thing. Meet at Lawton Park at 2:30 PM

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

New 3RVS Members

Jeremy D. Alyea
 Leatha Blazetic
 Beth Grove
 Brian Poitras
 Jeff St. John
 Steven & Judy Zacher

Franke Park MTB Map

If you have experience riding at Franke, the Fort Wayne Parks and Recreation Department would like your help. What are the best trails? Can you help put together a coherent course, or courses, that would be either enjoyable to ride or challenging? Or both?

There have been many requests for trail markings at Franke Park. If you've heard about what a great place it is to ride and want to see for yourself, the first time can be very confusing.

The Parks Dept. will do the actual marking, so you don't like have to get your hands dirty or anything. They would love to hear your suggestions!

The FTG, Phil Snider, will coordinate this effort, so if you can help, call Phil to find out how. Call Phil at 419-542-8971 or email him at bikenphil@aol.com.

The 2001 Tour de Franke MTB Race - August 12

Mountain Bike Racing returns to the Fort!

Join us at Fort Wayne's own scenic Franke Park, home of the Fort Wayne Children's Zoo, to rocket through our finest twisting single-track racing venue existing in an urban setting. All ages and abilities are invited to participate and contend for merchandise prizes, and cash awards for the experts. This is a NORBA licensed (pending) event and will follow their competition guide, available on-line at www.usacycling.org/mtb/ or with the purchase of an annual license.

There are five categories, and you will be able to find one that describes you: BEGINNER- first time, casual local; SPORT- Intermediate competitor; EXPERT- Advanced regional/national competitor; JUNIOR- 18 and under, may compete in any category if appropriate; and KIDS- a free event for kids under 12, prizes for all kids. Entry fees vary from FREE (kids) to \$25 (expert). Check the entry form for details.

Entry forms are available at Summit City Bicycles and Koehlingers Cycling and Fitness bike shops in Fort Wayne. All riders must complete a liability release at registration. Registration opens at 7:00AM and course is open for pre-ride.

Directions: It's simple: From I-69, take exit 109 and follow the signs to the Fort Wayne Children's Zoo, located at 3411 Sherman Blvd. Call 219-436-4760 for more details.

<u>Race Start Times</u>	<u>Prizes</u>	<u>Length*</u>
9:00 Expert Men	Cash	2 hours/6 laps
9:03 Sport men (classes)	Merchandise	1.5 hours/4 laps
11:00 Beginner Men (classes)	Merchandise	1 hour/2 laps
11:15 Sport/Expert Women	Cash/merchan.	3 laps/5 laps
11:20 All Juniors	Merchandise	1 hour/2 laps
11:22 Beginner women	Merchandise	1 hour/2 laps
12:00 Kids Race	Fun stuff	Shorter

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
 mheyese@concentric.net



Black Phantom, circa 1949 - 1959

Third Annual Bicycle Museum Ride and Tour

A Schwinn Black Phantom bike, a favorite of baby boomers when they were growing up, is one of more than 200 bicycles cyclists will be able to see during the 3RVS-sponsored ride to the Bicycle Museum of America on Saturday, August 18.

Participants will meet at 8 a.m., at Wayne High School, 9100 Winchester Road, and will caravan to Neptune, Ohio. The drive to Neptune takes less than an hour, and is an easy and scenic drive on U. S. 33. Parking will be provided in Neptune at the community park about a quarter mile south of US 33 on Ohio 197.

From Neptune, cyclists will ride to New Bremen, where the Bicycle Museum is located. The interesting route to the Museum winds along the St. Mary's River and passes by the remains of the old Miami and Erie Canal. Another historic site on the route is the first bridge over the St. Mary's River.

This year, Museum Ride Chair Phil Snider has added the longer loop on the way to the Museum to accommodate cyclists who want to ride more than 40 miles on a weekend ride. Cyclists can choose either a 20-mile or a 32-mile route going to the Museum. The return trip is just under 20 miles, making the longer option a round trip of 52 miles and the shorter loop approximately 40 miles. Fat tire riders also will have a new option this year of 3-mile ride along the towpath of the Miami and Erie Canal.

At New Bremen, cyclists will tour the Museum, which has on display numerous interesting antique, as well as modern bicycles. Bicycles in the Museum date back to the early 1800's and include a Boneshaker, made in the 1870's, and a Schwinn Orange Krate, built in 1968. Phil reports that the Museum has added several exhibits since last year, including the Schwinn family tandem. Those who went on the Museum ride last year will have new exhibits to explore if they want to participate in this fun event again this year.

Following the Museum Tour, cyclists will enjoy a sumptuous picnic at the park adjoining the Museum. There is a small admission charge to the Museum, and the Club is suggesting a donation for the lunch.

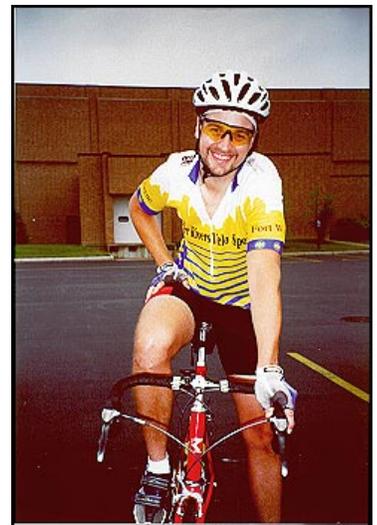
The return route from the Museum, which is the same for all riders, goes around the 10,000 acre Grand Lake St Mary's and is absolutely beautiful. Last year cyclists stopped for a short break at a Park on the lake shore to enjoy the scenery. The group expects to return to Wayne High School by 3 p.m.

Annual Club Jersey Ride

On August 5 we'll again have our Annual Club Jersey Ride. You might remember that last year's ride turned into more of a wet jersey ride with quite a bit of rain (though a few braved the weather for a couple of miles).

This year we will bring Anne Stratton's famed good weather charms to bear to ensure a rain free day. That, together with Steve Souers guarantee that you will be able to ride at least 20mph or he will push you to that speed should be plenty of incentive to come out for the ride.

Don't forget to come out on August 5 with your Club colors!



<input type="checkbox"/> Individual	<input type="checkbox"/> New
<input type="checkbox"/> Family	<input type="checkbox"/> Renewal

3 Rivers Velo Sport 2001 Membership Form

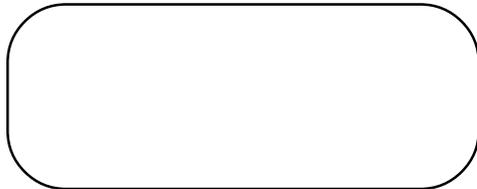
<input type="checkbox"/> Touring	<input type="checkbox"/> Off-Road
<input type="checkbox"/> Racing	<input type="checkbox"/> Commuting

Name _____ Age _____ Date _____
 Address _____ City _____
 State _____ Zip _____ Phone _____ Email _____

Check to receive newsletter by email Check to not be included on membership roster available to other bike related groups

Signature(s) (Parent or guardian if under 18) _____

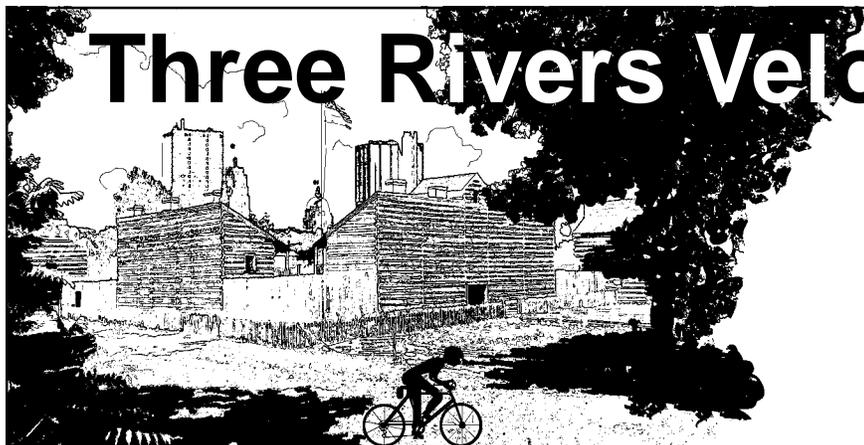
Fees: \$10 Individual, \$15 Family. In signing this form, I acknowledge the inherent danger of bicycling and agree on behalf of myself, my heirs, devisees or estate to hold 3RVS, Inc. and its members harmless for loss, damage, injury/death to myself or dependents as a consequence of participating in activities of 3RVS, Inc. **Make check payable to 3RVS. Return to 3RVS, PO Box 11391, Ft. Wayne, IN 46857-1391**



PRESORTED
STANDARD
U.S. POSTAGE PAID
FT. WAYNE, IN
PERMIT NO. 396

RETURN SERVICE REQUESTED

3 RIVERS VELO SPORT, INC.
P.O. BOX 11391
FORT WAYNE, IN 46857-1391



Three Rivers Velo Sport, Inc.

August 2001 Newsletter

A FORT WAYNE, INDIANA
BICYCLE ORGANIZATION

Next 3RVS Club Meeting

When: Thursday, Aug 2, at 7:30 pm

Where: YWCA Sports Facility, corner
of Putnam and Harrison St.

August Program

Amy Dimberio, Sports Club Director at the Y, will be present program about Extreme Blendz and their benefit to you as an after workout drink. After the meeting we will be able to sample these, and tour the Y!

3RVS Club Officers

<u>Position</u>	<u>Name</u>	<u>Phone (219)</u>	<u>Email</u>
President	Karen Walker	747-2420	president@3rvs.com
Treasurer	Diane Mardoian	unlisted	treasurer@3rvs.com
Secretary	Kit Conrad	471-4962	secretary@3rvs.com
Touring	Doug Myers	359-8621	touring@3rvs.com
Racing	Joe Bartels	744-1675	racing@3rvs.com
Off-Road	Phil Snider	419-542-8971	mtb@3rvs.com
Publicity	Scott Hill	422-0800	publicity@3rvs.com
Newsletter	Michael Heyes	489-7040	newsletter@3rvs.com
Membership website	Leslie Melcher www.3rvs.com	486-9808	membership@3rvs.com mheyes@concentric.net