

STLRC President's Report/Newsletter

January 2022

Since many things are going on in STLRC, I am choosing to send you a combined President's Report and Newsletter to keep everyone informed.

The Pandemic

After my report in March 2019 at our last spring potluck, the pandemic was just beginning. No reports or in person meetings occurred until October 2021 at an adjusted picnic/ride.

Hopefully, we will be able to have a "normal" March kickoff potluck and October potluck/ride in 2022. Many of us have continued riding and hiking, despite the pandemic, sometimes having to wear masks and eat outdoors for safety purposes. Some members have chosen to refrain from group rides/hikes out of caution. We hope when the pandemic is better contained, we will see all of you on rides and hikes.

Directors learned how to participate in Zoom meetings (UGH!) and conduct surprisingly successful phone conferences with small groups. We sometimes met outdoors at a park. Thank you to all of our members who have taught us how to manage business in new ways.

(As I write this, the pandemic cases are rising. If March is not an option, perhaps an early summer potluck. Bikers are flexible. It was so fun to see many of you at the October ride/picnic.)

Directors Duties: For those of you who would like to know what our STLRC Directors do, I've listed their job duties below. If you feel you can add your special expertise or skill set in any of the areas below, consider running for the Board when elections come up.

Faye Holdenried President, ex-officio member of standing committees, ride leader

John Clarke, Vice President, supervises insurance claims and elections

Joe Kruchowski, Website Manager, ride leader extraordinaire, helps post rides, creates new cue sheets and navigation files that are traffic friendly, helps others create cue sheets and navigation files, website committee, ride/hike leader committee

Leslie McCormick Secretary, career in Information Technology, head of communications via the website and e-mail, recorder of meetings, bylaws committee, website committee, not for profit committee, hike statistician, ride/hike leader committee

Kathy Montgomery, Treasurer, career in banking, not for profit committee co-chair, ride leader, ride/hike leader committee

Jim Musec, newly appointed Director, CPA, not for profit committee co-chair, ride leader

Barry Rinderknecht Director, STLRC media representative, Bike Safety Certification through League of American Cyclists

Janis Thompson, Director, head of apparel sales, ride leader

Patti Brumleve, Director, STLRC Membership Chair, handles renewals and new member applications, keeps our Membership spreadsheet updated.

Other appointees/volunteers:

In addition, Larry Essmann efficiently runs our elections electronically so that every member is able to vote. In the past elections (done in person at our March potluck, many members were enjoying warmer locations or vacationing). Larry is also in charge of writing memorial letters of our members. We would appreciate that when someone you were friends with passes away, you send any information or interesting stories about the person to Larry and he will create a letter and send out to the membership.

Granville White is our rides statistician and Jerry Whittle is our hikes statistician (formerly assigned to Leslie McCormick). For many years Wayne Marsh was our statistician. We thank him for his service.

Your directors are always trying to make our club even better. If you have ideas to share with us, send them to directors@stlrc.org.

Renewals & Dues

Our calendar year is now officially January through December. Renewal Dues have been raised to \$20 and are due on January 1, 2022. (Our insurance payments are due in January, 2022) The Directors' decision to increase dues was based on rising insurance costs and increasing reoccurring expenses to keep our website functionally consistent and properly maintained. After January 31, 2022, a \$5 late payment fee will be added. Beginning January 1, 2022, the only members included in the Protected Members Area will be 2022 paid members. If you haven't renewed as of yet, here is the link to the [membership & renewal form](#). You will be receiving a new password after February 1st.

Membership Numbers Analysis

Taking a look at the membership numbers over the past 7 years, we see some interesting numbers.

2014 – 176	2016 – 183	2018 – 158	2020 – 170
2015 – 187	2017 – 181	2019 – 174	2021 – 195

We don't know what was going on in 2018, but membership picked back up in 2019. Surely, previous members being cautious about group activities due to Covid in 2020 contributed to the slightly lower membership total than in 2019 but in 2021, membership spiked back up. I'd like to give credit for this to several items.

First, our newly updated website became fully functional around May 2019. This enabled much more visibility on the Internet. An STLRC Facebook group was created in March 2019 thanks to Pat Cannon and Ann Jesse, and it has created a wide spectrum of interest. It's great advertisement for our club and very nice to see photos from some of our rides and hikes posted for everyone to see. There was a rider on one of the recent Monday Sailboat rides who was in town from Virginia visiting her in-laws. She saw us on the Facebook page and said that she was excited because there were recent posts of rides and hikes there showing us as an active club. Interesting fact: Most of the members of the STLRC Facebook group aren't even members of STLRC. We have had other visitors, on bike rides, from around the country, who found us by doing Google searches and by linking from the Facebook page.

Second, the other item which has increased our membership this year is the addition of a fully coordinated hiking program which has attracted a lot of attention. Quite a bit of work was done compiling hiking venues for this program. Now there are many different types of hikes and locales. Previously, it was an email only list group but now our hikes are advertised on our Events Calendar. Several people have joined by seeing our Events Calendar and some are spouses of biking members.

Why do our membership numbers go up and down? There could be many reasons with a mature group such as ours. Remember - The majority of STLRC is made up of retired persons of varying ages. As we mature, some develop health issues and aren't able to participate at the levels previously achieved. There may be family issues with someone having to care for an ailing spouse/partner or even just losing interest in cycling. Also, life goes on. Some get tired of cold temperatures and move to warmer climates. Rest assured, there were many new members throughout 2021. We continue to be optimistic about the future of STLRC.

STLRC History

We started STLRC in 2012 as a loosely organized group wanting to continue riding as we had been doing under the sponsorship of Hosteling International.

In 2015, we became more structured with a Board of Directors and money in the bank. Most importantly we have provided our members with many opportunities

In December, 2021, STLRC officially became a Missouri Not-for-Profit Corporation. You recently received an email detailing the Incorporation processes. The committee preparing the paperwork was made up of Treasurer Kathy Montgomery, Director Jim Musec, CPA, Secretary Leslie McCormick, and myself, Faye Holdenried, President. They along with our pro

bono lawyer, Butch Miller (recommended by Marilyn Janowski) and Mark O'Donnell (club member and CPA) worked many hours to complete this task.

Hiking

Since the formation of STLRC, many members have hiked together during the fall and winter when most of us were not riding. We started a formal STLRC hiking program on the website in the fall of 2021 when we discovered that our member insurance covers leisure hiking as well as bike rides. So now we can list our hikes on our website to notify our members. Interested members who want to hike can be added to the Hiking email group to get upcoming hike reminders. If you want to be on the hiker's email list. Send an email to the admin@stlrc.org email and we will add you. Our Hiking statistics are posted at the end of the newsletter.

Riding

In recent years, some cyclists have continued to ride throughout the year on posted rides when weather conditions permit. Normally, the temperature has to be above freezing and rising with favorable wind conditions. Many of the hills and harder rides are tempered by the cooler temperatures. This year we are promoting more detailed ride descriptions by our ride leaders, with more information about average speeds and climbing elevation for the particular route. Some ride postings include RidewithGPS navigation files for your cycling computers and Smartphones. This provides turn by turn directions like on your car GPS. Some rides are featuring a two-flight system. Some of our members would like to participate on more challenging rides but find it difficult to keep up with the lead group so when enough members are available on a ride, we are able to break up into two flights, one faster and one who can do the same route at a moderate pace or varied length. We have had some good reviews for this system. Our Riding statistics are posted at the end of the newsletter.

Ride & Hike Leaders Needed

Our rides and hikes would not be possible without our wonderful leaders. However, just a few members lead most of the rides and hikes. We would like to suggest that every member who is a regular (veteran) participant lead at least one ride or hike per year to give the current leaders a little break. By becoming a Ride or Hike Leader, you can choose what ride/hike you really want to do. Is there a particular type of ride or hike you would like to participate in but it never seems to be listed? Rides that don't go too slow or fast but with moderate 25 – 40 mileages. If you want to see rides like this, please let us know and then we can work with you on routes, cue sheets, and tips for leading a great ride. We will help you to accomplish this in order to make it is a positive experience for everyone. We will be having a leader meeting in the near future. All interested members are welcome to attend.

Jerseys

We continue to proudly wear our STLRC jerseys and are taking requests to purchase club apparel when enough members sign up to purchase jerseys, arm warmers and T-shirts to meet the minimum quotas. Janis Thompson janthompson617@gmail.com should be contacted if you are interested in purchasing apparel that is displayed on our website under Membership—STLRC Apparel.

Deaths

We are saddened to report the deaths of the following members:

Mike Moncheski Sharon Friedrich Mary Ann Schulze Paradis Harold Wisely

Facebook Group

The following are our policies for posting and commenting in our STLRC group:

1. **Be kind and courteous.** We're all in this together to create a welcoming environment. Let's treat everyone with respect. Healthy debates are natural but kindness is required.
2. **No hate speech or bullying.** Make sure everyone feels safe. Bullying of any kind isn't allowed, and degrading comments about things like race, religion, culture, sexual orientation, gender or identity will not be tolerated.
3. **No promotion or spam.** Give more than you take to this group. Self-promotion, spam and irrelevant links are not allowed.
4. **Respect everyone's privacy.** Being part of this group requires mutual trust. Authentic, expressive discussions make groups great, but may also be sensitive and private. What's shared in the group should stay in the group.
5. **The website is open to all cyclists** or anyone interested in cycling.
6. Post pictures of club rides, hikes, and activities.
7. **Jokes and other novelty posts are discouraged.** Please post the above on other cycling websites.
8. **Website is open to all.** To participate in group rides and benefit from the insurance, one must be a member and pay dues. STLRC.ORG

New Website

Since the last President's Report in March 2019, we have a new updated website. Leaders are able to post their own rides as well as cancel and update them. If preferred, other members can post rides for you. Training for posting rides proved challenging as we were unable to train in person. It is now much easier to learn in person. Newsletters and minutes are now

being posted on our website. Watch for important news via our website in the Ride Schedule Section.

We are currently in the process of updating our website as we have lived with it for a while and are now making minor changes to improve it. One example was to make the calendar run from Sunday through Saturday rather than Monday through Saturday. We are also including hiking information on the website.

Please visit the website often. It frustrating to hear that someone missed a ride/hike because they didn't look at the website. We are frequently putting on rides/hikes shortly before the events due to scheduling, rain, flooding, heat warnings etc. However, we have recently made a policy of posting an event at least 24 hours in advance. Although many of us enjoy looking ahead into the calendar for events, it has become more common to cancel a ride/hike due to weather than in our earlier years of scheduling. We have been challenged many times in the past months, but our safe and healthy lifestyles and good friendships have helped us through these trying times. When I talk to my non-hiking and biking friends, conversation often includes me bragging about still being able to bike and hike with my friends even though a pandemic is going on. Can you imagine how some people are much more isolated and inactive than we are?

I believe we are a sound organization that will continue to serve people who want to ride their bicycles and hike for exercise and friendship for many years to come.

Happy New Year, wishing you a healthy and safe year. Hope to see you on the roads and trails.

Sincerely,
Faye Holdenried
President STLRC

Continue to the Riding and Hiking Statistics on the next pages.

St. Louis Recreational Cyclists Summary for 2021

<u>Report for ></u>	<u>Year to Date</u>	<u>Dec 2021</u>
Rides Scheduled	332	13
Rides Recorded	279	10
<u>Attendance</u>		
Total	2278	66
Average per ride	8	7
Male	1601	46
Female	669	20
Members 1 ride or more	138	
Members with 0 rides	57	
Total Members	195	
<u>Distance of Rides</u>		
Under 10 miles	0	0
11 to 20 miles	38	0
21 to 40 miles	76	2
41 to 59 miles	144	8
60 to 99 miles	19	0
100+ miles	2	0
	<u>279</u>	<u>10</u>

Ride Leaders: Four Leaders accounted for 50% of the rides

Over 40 Rides	>	Joe and Sharon Kruchowski
Over 30 Rides	>	Rick Schuchet, Kathy Montgomery, Tom Mitchell
Over 10 Rides	>	Granville White, Claudia Spener, Jim Musec, Faye Holdenried
"		Larry Essman, Peggy Crump,
Less than 10	>	Bill Montgomery, Vicky McAmis, Dale Markley,
"		Marilyn Janowski, Nick Giovanetti, Laura Gerren, Joan Fromme
"		Sue DiPiano, Deedie Cote, John Clarke, Pat Cannon

Ride Participants

Over 100 Rides	>	Rick Schuchet
Over 60 Rides	>	Jim Musec, Sharon Kruchowski, Joe Kruchowski, John Jauss
Over 50 Rides	>	Granville White, Barry Rindernecht, John Buck
"		Kathy Montgomery, Bill Montgomery
Over 40 Rides	>	Jim Schweppe, Leslie McCormick, Larry Essmann, John Clarke
Over 30 Rides	>	Ken Wilson, Claudia Spener, Tom Mitchell, Faye Holdenried,
"		Jim Gruenwald, Robert Glass, Nick Giovanetti,
"		Ken Gerhardt, Sue DiPiano, Ken DeBeer, Peggy Crump,
"		Bruce Crask, Dave Calvert, Patti Brumleve
Over 20 Rides	>	Harold Wiseley, Susan Wilhelm, Peggy Wald, Dale Markley,
"		Marilyn Janowski, Al Janowski, David Howard, Richard Harting,
"		Mike Godar, Laura Gerren, Joan Fromme, Mike Emrick,
"		Clark Currier, Pat Courtney, Pat Cannon, Mike Byrd

Hiking Statistics Report

Over the past two years, 2020 & 2021, we've had a successful hiking program. I want to personally thank the members who have taken it upon themselves to lead hikes these past few years. They are: Claudia Spener, Vicky McAmis, Laura Gerren, Shirley Allen, Cindy Bird, Melanie Harvey, Bill Roberts, Pat Cannon, Deedie Cote & myself Faye Holdenried.

Without you our hiking program wouldn't succeed.

Interesting statistics from the past two years:

2020 – Hikes Recorded - 58

Members attending – 50 (31 women and 19 men)

Leading 2020 Hikers – Faye Holdenried (46), Claudia Spener (44), & Vicky McAmis (27),
John Jauss (29), Bill Roberts (27) & Louis Pfleckl (20)

2021 – Hikes Recorded - 45

Members attending – 45 (30 women & 15 Men)

Leading 2021 Hikers - Faye Holdenried (34), Claudia Spener (33), & Vicky McAmis (27),
Bill Roberts (25), Pat Cannon (18), Laura Gerren (17), John Jauss (23)
Patti Brumleve (15), & Louis Pfleckl (12)

Hiking will continue this year as soon as the weather cooperates. Hikes can also be scheduled any time of the year, even the summer. Keep your eye on the Events Calendar for new hikes.

Please consider becoming a Hike Leader especially if you have a special hike or venue you want to try.