

July, 2022 STLRC Newsletter

I hope everyone is having a good summer and getting in some good riding despite the rain and the heat. One of these days we will be complaining about how cold it is.

Potluck June 2, 2022: 25 members participated in the Kirkwood-JB ride, and 42 members and friends of STLRC attended the potluck. This was a very special potluck as we celebrated the 90th birthday of member, John Buck. Did you know he served in the Navy and flew in 5 squadrons and participated in six deployments? His words of wisdom to us were to seek camaraderie that he had in the military and now has in our STLRC club. His secret to longevity is to have a reason (purpose) to get up in the morning. Thanks to Sharon Kruchowski for providing the birthday cake, candles and decorations. Thanks to Kathy Montgomery for the special 90th birthday cookies and to Vicky McAmis for providing special bicycle and STLRC logo cookies. All were gobbled up! Also, thanks to Vicky McAmis for being our hospitality volunteer to acquire supplies and set up the pavilion. Also, thanks to Mike McAmis as well, as I'm sure he helped a lot also. Thanks to Tom Mitchell, Faye Holdenried and Pat Cannon for updating the cue sheets and leading the rides.

Lost and Found: from the Potluck: We found a pin which is a gold winged foot (runner symbol) on a table. Someone also left a Tupperware bowl. If you are the owner of either of these items, please contact Faye Holdenried at fholdenried@hotmail.com to arrange to be reunited with them.

June Ride Statistics: There were 31 rides recorded in June, 2022. The average size of a group was 8. Approximately, 2/3 of the riders were men and 1/3 were women. 104 members participated in one or more

rides. Our current membership is 195 and we continue to get new members.

Biking Statistics, January through June 2022: (from biking statistician, Granville White)

There have been 111 rides so far this year (132 scheduled, 21 cancelled.)

There have been 871 ride participants (617 males, 254 females.)

13 riders have participated in 14 rides or more.

Rick Schuchet has ridden in 65 rides.

90 of the 194 members have not ridden in any ride.

Thanks to the 18 different ride leaders.

Rick Schuchet, Kathy & Bill Montgomery and Sharon & Joe Kruchowski led 69 (62%) of the 111 rides.

Hiking Statistics, January through June 2022: (from hike statistician Jerry Whittle)

There were 27 scheduled hikes with one cancelation for a total of 26 hikes.

The 3 Creve Coeur Lake hikes had the most total participants with 29. Forest Park was hiked 4 times with 21 participants.

There were 8 hike leaders with Faye Holdenried leading 11 hikes.

March was the most popular month with 8 hikes.

There were 124 female hikers and 45 males for a total of 169 hikers.

A special mention goes out to Faye Holdenried who participated in every hike except one.

New Illinois Bike Maps: This was sent to us by one of our members. Click on the link to see more information.

[https://www2.illinois.gov/IISNews/25148-Improved Illinois bike maps blaze new trail.pdf](https://www2.illinois.gov/IISNews/25148-Improved%20Illinois%20bike%20maps%20blaze%20new%20trail.pdf)

We Want You to Lead a Ride and/or Hike: We need everyone to help out in leading events. Please consider leading at least one ride/hike a year. We will help you do this. Thank you to our three new leaders this season: Patti Brumleve, Dave Calvert, and Jerry Whittle. WAY TO GO!

Learning to Post Events: No one has contacted us to learn how to post your own events. It is much easier to learn WordPress one-on-one with your computer than when we started this method and had to do it via Zoom. If you would like to learn, please contact Joe Kruchowski jsjcat@sbcglobal.net to set up a time to meet with you using your laptop/computer. Several members are available to help you.

Request of Bike and Hike Leaders: Please use the following process to report your event sign-ins. Fill out our official sign in form, take a picture of it and e mail or text it to two people: Joe Kruchowski and either Granville White (rides) or Jerry Whittle (hikes). This makes Joe's work so much easier than getting just a list of names. Otherwise, he has to print a sign in sheet, fill it in, and then save it electronically. Also, please sign your name somewhere on this sheet to make it official in case someone has an accident. This proves you attended an event if you need to file an insurance report. We are now having leaders send non-waiver forms to Joe Kruchowski when you send him your sign in sheets. Once sign ins and waivers are received by Joe, you do not have to save them.

Reimbursement for Supplies: Directors and Frequent Ride Leaders supply their own paper, ink and printing for the club. The directors have

voted to initiate some compensation for these items. After costing out supplies, we have decided to offer these members 10 cents per copy. Leaders must print sign in sheets, non-member waivers, and always have one incident report form and a few membership forms on hand. They also print a few cue sheets for those who forgot to bring theirs. Directors also use a great deal of paper and especially ink for various duties. Some members have mentioned to me that they want their money to go to the club. However, any qualified member may report their usage of paper once a year at the end of December each year. Right now, the easiest way to determine what you have used so far this year is to refer to the calendar and count the rides you lead. (Try using both sides of a page for sign ins, and save extra cue sheets for the next ride/hike. From now on, document paper usage after each event for easier reporting each year. If we do not receive a request from you, thanks you for donating your supplies as well as serving on the board and/or leading hikes and rides.

Assistance With Posting Events: Please give Joe and others **at least one week** if you need assistance in posting your events, putting cue sheets on the website, and creating new cue sheets. This is only one small thing that Joe does for you and our club, so let's not overload him anymore than necessary. If you post your own events, we have a policy to post them at least 24 hours in advance. (I am guilty of violating this policy. I plan to do better.) You can always just post early and then write in canceled if you can no longer lead your event. Also, some members prefer to know ahead of time for scheduling purposes.

Website Updates: Our website has been updated in subtle ways. The biggest addition is found in the cue sheet library under hikes. Every hike we have done is listed with all of the details needed to post a hike and to give ideas of where to lead a hike. Another addition is our updated policies. Thanks so much to Janis Thompson and Patti Brumleve for

revising them. They can be found at the bottom of our Home Page under resources along with newsletters and by-laws. The meeting minutes will be housed in the Protected Membership Area. If you ever experience problems with our website, please let us know so the problem can be fixed quickly. Contact Jane O'Donnell, our webmaster. Her contact information is in the member area.

Emails and Contact Information: Please check your inbox, junk mail and trash. For some reason, emails are sometimes getting sent to places other than your inbox. Also, please recheck your contact information found in the Members Only area of the website. If there is an error, please send a message to Patti Brumleve qrptim@sbcglobal.net with the correct information so that the website can be updated.

E-bikes: More and more of us are using eBikes. If I haven't seen you out on rides, please contact me fholdenried@hotmail.com if you have an eBike and what brand you choose. This helps other members decide what bike they might like.

Xenia, Ohio Bicycle Trip: If you are interested in our upcoming trip August 28 through September 1, 2022 and haven't signed up with Faye Holdenried fholdenried@hotmail.com yet, please do so. Also, make your own reservation. No need to mention our club. Our nicer hotel is small, so I advise making reservations soon. All of the details are on the August 28, 2022 calendar. Call Faye for more information and to seek a roommate. Thanks to Anne Jesse for revising all of the cue sheets on both country roads and bike paths with mileages.

Wildwood Celebration: At our recent Director meeting, member, Elizabeth (Rinderknecht) Broyles gave a presentation about this upcoming event. Some of us would participate in a short parade and man a STLRC booth from 11:00 to 5:00 pm on Saturday, September 24, 2022 in the Town Center of Wildwood. (If you are participating in the

Pedal the Cause that day, we wouldn't expect you to attend, but we could still use you on our committee.) There will also be lots of food trucks, music and other fun activities that day. We need at least 3 more members for our committee. We need one person who is accomplished in creating a PowerPoint of club activities using our best STLRC pictures. We need 10 volunteers to carry our banner and walk in the parade with hiking clothes, STLRC jerseys, our helmets (to set a good example) and our bikes (to walk with) and decorate if desired. Lastly, we need 8 members to help at our booth, answering questions and handing out brochures and business cards. We definitely need some men volunteers to let people see that we have both men and women participating in our club events.

Have a wonderful rest of your summer,

Faye Holdenried,
President, STLRC