

October, 2022

Dear Hiking Friends,

Winter is fast approaching, a time when many of us will be hanging up our bicycles until spring. For others, this seasonal change means it's time to dig out the hiking boots and poles and hit the trails - it's hiking season!

We are happy to report that the St. Louis Recreational Cyclists (STLRC) will continue to offer a comprehensive hiking program with the same insurance available to our cycling members. Pat Cannon continues to be our hiking coordinator.

HIKERS

A recently formed section called [Hikes](#) gives detailed information about our hiking program including specific directions on how to post a hike (but we can train you one on one). Like STLRC's cycling program, member-led hikes will be published on the STLRC website in the [Calendar](#). Details of past hikes and directions to their starting locations can be found on the STLRC website in the bottom of the [Cue Sheet Library](#). Hikes are rated easy, moderate and difficult depending on the terrain and mileage.

Because winter weather is so changeable, it is often difficult to plan ahead, so check the website often for hikes and cancelations. We will follow our current schedule of Tuesday, Thursday and Sunday as our usual hiking days, but any day of the week is acceptable. New hikes and leaders are welcome and encouraged.

If you are not currently a member of STLRC, please join to be included in our insurance coverage. Send a \$20 check to STLRC Membership Chair Patti Brumleve, 15574 Parasol Drive, Chesterfield, MO. 63017. The annual membership fee includes both the biking and hiking programs. The [membership form](#) can be found on the STLRC website. Please mail your completed form with your check to Patti. The dues are good for the year that you join. So, if you join, your membership lasts through December 31, 2022 when 2023 renewals are due.

We have recently developed a [Hikes](#) section on our website with pertinent information you may want to know about our program. Everything a leader needs to know and bring to a hike are included in this section.

In order to send you reminders about upcoming hikes, we need your name and email address if you want to be on our hiking e-mail list. If you hiked last year, you should already be on the list. If you asked to add your name at the October 2022 ride/potluck, your name will be added. (Send to hikes@stlrc.org)

Hikes will be posted on the stlrc.org website in the [calendar](#). Please check it often as hikes may not be listed until 24 hours before a hike due to weather and trail conditions. We will send email reminders to you if you are on our hiking list. EVERYONE should check the calendar the morning before a hike. We will attempt to cancel the night before or early the day of the hike.

Check our website calendar frequently and watch for emails of hikes. If you have any questions contact Faye Holdenried (fholdenried@hotmail.com) or Pat Cannon (tapmsw@msn.com).

LEADERS

Recruiting volunteer hike leaders is our first priority. Want to lead a hike? We suggest you choose a hike and a date for the hike. Then contact Pat Cannon at hikes@stlrc.org If you prefer not to do the posting yourself (however, we will gladly train you), Pat can connect you with someone to post for you.

Before posting a hike, the following information is needed:

Starting Location

Meeting time

Time of Departure

Description of Hike

Directions to the hike start (List in steps here, using bullet points),

Experience Level: (easy, moderate, difficult)

Stops: (List food/rest/restroom stops here, including where they are located)

Hazards: (if none, feel free to delete this line)

Ride Leader: name and cell phone

Members are willing to teach you how to post rides/hikes. If you do not post your own hikes, please give the person doing this for you at least 48 hour notice. It would be very helpful for all leaders to learn how to cancel your event. It is easy to teach you how to do this. We can always cancel the hike if the weather isn't cooperative. Contact admin@stlrc.org to help you. If you want to lead a hike, send your name and email address to hikes@stlrc.org

We look forward to your responses and ideas for a successful hiking season.

Pat Cannon

STLRC Hiking Coordinator

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Faye Holdenried

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