

STLRC November Newsletter 2022

We were able to celebrate our 10th Anniversary Celebration of STLRC at our Annual Ride/Potluck despite the cold weather causing us to postpone it to a nicer day. We did have a nice time, celebrating our club's successes and honoring all of the founders, past directors and officers of our club as well as many other members who helped out when needed. As we move forward to 2023, we look forward to making STLRC even better than it is now.

Upcoming Election: We are preparing for the 2022 election of new board members for the STLRC.

- Members may vote on the STLRC in the Members area of the STLRC website.
- Voting begins on December 1 and ends at 9:00 PM on December 15.
- A member may vote only once.
- There are four candidates and four vacant positions, so each member may vote for four candidates.
- The term of office is two years, beginning on January 1, 2023 and ending on December 31, 2024.
- Between December 1 and December 15, go to the Protected Members Area and click on the "ELECTIONS" button under "Page Exclusively for Members of St. Louis Recreational Cyclists" to vote.
- Members who have questions about voting or problems voting should contact Larry Essmann, cyclere@aol.com or 314-348-0388

Candidate information:

Patti Brumleve

My first real bike experience was in 2014, when I rode my big comfort bike the entire length of the Katy Trail. At the end of that year, I bought a nice road bike, and I was hooked. I joined St. Louis Recreational Cyclists in the spring of 2015, in order to get some miles in before a week-long bike trip that June with my husband.

I love getting exercise and being outside. Most of my miles are in the St. Louis area, but my husband and I have also enjoyed several rides in other states. In addition, we just did our first bike packing trip together, and we look forward to more.

Using my gifts of administration and organization, I have enjoyed managing the member information for our club for several years. I have also served on the Board for the last couple of terms. The members of STLRC are a pleasure to be around, and I look forward to the possibility of continuing to serve them.

Bruce Crask

My name is Bruce Crask. Recently Joe (Kruchowski) asked me to consider being a Director.

I'm 65 years old, retired, but I keep a part-time position at Ft. Zumwalt where I can walk around the school and they basically pay me to exercise. From November until Spring break I'm there 3 days per week (I recently changed the number of days after discussing my schedule with Joe and Sharon). I always have Mondays and Tuesdays off. The rest of the school year I also have Thursdays off.

I ride a lot. Not as much as some (3000 miles this year) but my bike is my friend that has been there taking care of me for years, including bringing it along while traveling the US for my job. Stepping it up a little bit in the mid '80s participating in AYH rides through the '90s. An MS-150 ride in '92, and my longest trip was a three-day bike tour on the Blue Ridge Parkway back in '86.

I joined STLRC the first time about ten years ago, rode a lot of Wayne's rides, but priorities were different and I didn't stay active. Since re-joining STLRC a couple of years ago, riding with the group

has re-enforced in me that I'll always enjoy cycling, especially hanging out with great fellow riders, as long as I'm able.

If my school schedule is not an obstacle for you, I would be happy to be allowed to serve as a Director.

Joe Kruchowski

My wife, Sharon, and I joined STLRC in March of 2016. We attended the Spring Banquet and didn't know anyone. We started to ride with Wayne Marsh's group.

That was painful at the beginning but we gradually got stronger and became better riders. After several years, Wayne asked me to lead the rides that he couldn't be present for and I gained valuable experience doing this. Wayne asked me to be on the Board numerous times which I refused until several years ago when we switched to our new website. I volunteered to be on the Board to be one of the webmasters with Jane O'Donnell.

I have been leading rides for 5 years now, making up new routes, establishing RidewithGPS Navigation files for my routes and other ride leaders' routes. I'm always looking for new routes or to put a new twist on older routes. I update cue sheets for some of our long-established routes and help other members with proposed routes. We are planning on acquiring a RidewithGPS Club Account very soon and I want to be active with that by being on the Board.

I'm also responsible for updating the website membership files, sign-in sheets, and posting other various files such as newsletters and meeting minutes.

I look forward to continue serving the Saint Louis Recreational Cyclists Club in my current capacity if re-elected.

Jerry Whittle

I joined STLRC in 2013 and have been riding in the St. Louis area since 1977. I especially like riding the Madison County Trails, MetroBikeLink, Katy Trail, and around Columbia, Illinois.

I retired in 2020 and now have time for other activities. I started leading rides this year. I also track the STLRC hikes and participants in a database that I created. As far as other qualifications, I was the president of the Air Force Sergeants Association chapter at RAF Upper Heyford, England in 1990.

Membership Renewals: This is a friendly reminder to send in your 2023 Membership Form ([Link](#)) and \$20 dues, check or cash, which are due by January 1, 2023. Only fill in the year, your signature and name, date and any information that has changed. **PLEASE validate your emergency contact name and phone number on the website before you send in your form and update it on your form if necessary.** AFTER, January 31, 2023 dues will be \$25. Mail your form and funds to the name at the bottom of the form.

Jersey Sales: You can still purchase an STLRC short-sleeved jersey for \$70. If you have already confirmed your order with Janis Thompson, you are already on the order list. If not, there is still time to order a jersey. It is important to order the correct size. We would like each person to try on someone's jersey that is the size you are purchasing. If you do not know any member with your size, just contact Janis or Faye and we will find a shirt with the correct size for you to try on. There are no refunds, but if the jersey you order turns out to be the wrong size, we can help you sell it to another Club member. Keep in mind, we will not be having an additional sale in the near future, so you will want to order correctly the first time. To order a shirt, contact Janis Thompson at janthompson617@gmail.com.

Statistics: 41 rides were scheduled for October, 2022. We were able to compete 31 rides with 226 riders participating. There were also 2 hikes scheduled in October. We were able to complete both hikes with 17 hikers participating.

Website Assistance: Whenever you experience problems with our website, please notify us at webmaster@stlrc.org so that the problem can be corrected.

Potlucks: The Directors have decided to have two outdoor potlucks each year beginning in 2023. They will not include a ride. Save these dates for 2023: May 3, 2023 and October 4, 2023. You might have noticed that these dates are on Wednesdays, so the picnic will not conflict with our normal Ride Scheduling. More information will be shared nearer to these dates. The potluck will look a little different and hopefully attract more members and significant others.

Lost Items from the Potluck: Most of the lost items from the potluck have been returned to their owners. If you left a water bottle, please contact fholdenried@hotmail.com.

Hiking: Our hiking season has gotten off to a great start. If you have a hike that you would like to lead, let us know. We are trying to fill up every Tuesday, Thursday, and Sunday will hike postings. Hikes can be on any day of the week, however, but usually occur on Tuesdays, Thursdays and Sundays. Remember, sometimes due to weather forecasts and trail conditions, we may not add a hike until the night before. Also, **everyone needs to check the website the morning of the hike in case it has to be canceled.** If a leader, for personal reasons, cannot lead their hike, we will attempt to find an alternate leader. Any questions or comments can be directed to admin@stlrc.org.

If bad weather occurs, the leader will cancel the hike and the cancellation will be posted on the STLRC calendar. If you find you are unable to lead the hike, you should attempt to find another member will to take over or contact hikes@stlrc.org to ask for help.

Beginning January 1, 2023, we will discontinue sending out email reminders to the hiking list we have compiled. The list is getting much larger and will become too time consuming to send out. In January, 2023, you will then simply need to check the STLRC website calendar regularly.

Tier 2 Bike Rides: There is a large gap between the fastest/longest/hilliest rides and the slower/shorter/flatter rides. We have tried to create a group in between these two categories. We would like to continue to develop this kind of ride in 2023. We are beginning to brainstorm these rides. Right now, some independent rides occur (ex. Monarch Levee into Wildwood), and we have also added a tier 2 ride to current faster rides that will have a more leisurely pace. We will probably start these rides 15 minutes after the original ride. We would like your ideas, comments and input about this venture. We are looking for leaders as well as interested riders. In 2023 before the usual ride season begins, we will have a meeting of anyone interested in doing these types of rides. Right now, some members do not wish to ride on the most difficult rides but are not challenged enough in the next level below. Contact us at admin@stlrc.org with your input.

Happy Thanksgiving! Keep on biking and hiking. It keeps us young and fit.

Sincerely,

Faye Holdenried

STLRC President

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