

## STLRC Newsletter

February, 2023

**Membership Renewals:** Renewals are being accepted for 2023. Dues are now \$25 for members (\$5 late fee after Jan 31, 2023) and New members are \$20. Dues and [Membership Form](#) for new members and renewals should be sent to: Patti Brumleve, 15574 Parasol Drive, Chesterfield, MO 63017. Renewing members only have to sign and date if no contact information has changed. Check your membership information after you are added to the membership list on the website to verify that your information is correct. It is most important to have accurate emergency contacts. Contact [admin@stlrc.org](mailto:admin@stlrc.org) if any changes are needed.

As of February 8, 2023, we have 157 members which includes six new 2023 members. Welcome all!

**New Protected Members Password:** You should have recently received your 2023 password by email and/or new member welcome letter. Please put it in a safe place. If you should lose it or forget it, contact us at [admin@stlrc.org](mailto:admin@stlrc.org) and we will resend it.

**Apparel:** Janis Thompson has once again done a fine job in finding members interested in purchasing short sleeved jerseys and ordering them. We have made every effort to help you order the correct size. The orders arrived at the end of January. Janis will contact you with information on getting the jerseys to you.

**New Officers:** Our bylaws state that your directors will elect officers every January. The new officers are as follows:

President: Faye Holdenried

Vice-President: John Clarke

Secretary: Leslie McCormick

Treasurer: Kathy Montgomery

To refresh your memory, the other five directors are: Marilyn Janowski, Bruce Crask, Patti Brumleve, Jerry Whittle & Joe Kruchowski.

**STLRC Facebook Page:** This is a reminder that our Facebook page is primarily to promote and share our group rides and hikes. We discourage items for sale and job opportunities.

**Hiking:** Our hikes are now considered non-club events. We will continue to post hiking on our STLRC website calendar. Remember to check the calendar especially the night before and the day of the hike for last minute hikes and cancelations. **We are no longer sending email reminders.** Leaders no longer have to print and fill out a sign-in sheet, but we request that you email or text the name of the hikers on your hike to Joe Kruchowski and Jerry Whittle. This helps us to determine what hikes we would like to repeat as they have high attendance.

### Statistics:

**2022 Year End Ride Statistics:** 327 rides were scheduled in 2022, and we were able to complete 282 rides. 1988 riders participated.

**January, 2023 Ride Statistics:** 13 rides were scheduled during the month of January, and we were able to complete 12 rides with 87 riders participating.

**January, 2023 Hike Statistics:** 10 hikes were scheduled and 9 were completed. 59 hikers participated.

**2022 Year End Hike Statistics:** 40 hikes were scheduled and 39 were completes. 264 hikers participated.

**E-Bikes:** We are beginning to keep records of who has and rides e-bikes on our rides. This will help us in compiling any future articles about STLRC in local media.

I'd like, your name and the particulars about your e-bike. Please send to: [fholdenried@hotmail.com](mailto:fholdenried@hotmail.com)  
If I know you and have ridden with you, I most likely have this info, but if you could send a description of your bike, that could help others in deciding what one to purchase.

**Leader Meeting:** A Ride Leader meeting is scheduled for March 8<sup>th</sup>, 10AM – 12 Noon, at Faye Holdenried's home at 1304 Summerhawk Lane, Fenton, MO 63026. This meeting is for current ride leaders and potential new ride leaders if you have any concerns or need assistance with posting rides on the website. If you're comfortable with posting rides, then you can skip this meeting. Any member who is interested in leading rides is encouraged to attend. Please bring your laptop so we can show you how to post or if you have any questions or problems posting now. Sorry, it's set up for using a computer to do this. Smartphones and tablets won't work. We would like a RSVP to see how many are coming. Please RSVP to Joe Kruchowski at [jsjcat@sbcglobal.net](mailto:jsjcat@sbcglobal.net) or text to 314-766-0646.

### **RidewithGPS Club Account News:**

Recently, we have opened a RidewithGPS Club account for our members. All paid STLRC members will get the invitation to join the RidewithGPS Club account. This is totally free to our members.

What does this mean to you? By having a RidewithGPS club account, all of our members can have access to their own RidewithGPS account for creating routes for cycling, hiking, motoring, or whatever you want. It also allows you to download routes you create and to access the club's bike routes to use in your GPS cycling devices.

Basically, all large bike tours and cycling event promoters now use RidewithGPS navigation files for their routes. Trailnet uses RidewithGPS navigation for all of their rides also. Cue sheets are still available and can be printed out from the RidewithGPS program. The existing paper cue sheets will not be going away and will still be supported if you have no interest in RidewithGPS.

All of the STLRC Cue Sheet Library is being converted to RidewithGPS navigation routes so that club members who have Garmin or Wahoo Cycling devices can navigate all of our routes in the library. This will take a bit of time but they all will be available to you later this year.

This is the invitation link to click on to join the STLRC RidewithGPS Club Account for all paid members.

[https://ridewithgps.com/auto\\_approve/Club/10117/OJsTTnW6AEIOIovdB](https://ridewithgps.com/auto_approve/Club/10117/OJsTTnW6AEIOIovdB)

**Even if you already have an existing RidewithGPS account, you will need to click on the invitation link above to get registered into the STLRC Club account.**

Please follow the directions on your computer screen. You will not have to pay anything for this unless you want to upgrade to a version with more editing features. Sign up with your email and a password. Please write it down somewhere.

RidewithGPS is offering a 20% discount to us if you want to upgrade your free RidewithGPS subscription from START to BASIC or PREMIUM.

This discount code is valid for a full year and expires on Jan 31, 2024. You can click this link to add this discount to their account for new subscriptions, or for your next renewal: [ridewithgps.com/dc/slrc\\_rocks](https://ridewithgps.com/dc/slrc_rocks)  
Trailnet also offers a 20% discount on RidewithGPS subscriptions with a Trailnet membership.

## **RidewithGPS Training:**

Joe & Sharon Kruchowski are doing some one-on-one-or-two training for interested members to show how beneficial RidewithGPS is to navigate & create routes. They will show you how to put the navigation files into your compatible devices. However, some cycling devices are not able to use this feature. If interested, contact Joe 314-766-0646 [jsjcat@sbcglobal.net](mailto:jsjcat@sbcglobal.net) or Sharon 314-229-0705 [jsjcat2@sbcglobal.net](mailto:jsjcat2@sbcglobal.net)

**Other Events:** Put the **Gateway Outdoor Expo** dates on your calendar now. The Expo this year will be held outdoors at Tower Grove Park on March 31 and April 1, 2023. There is FREE admission this year. For more detailed information go to <https://gatewayoutdoorexpo.com/>

**Potlucks:** Save the date of our 2023 potlucks. They are May 3 and October 4. They will be held outdoors at Kirkwood City Park at the Sugar Creek Pavilion. We will not be doing any group rides. Just lots of visiting with one another and eating an assortment of dishes provided by members.

## **News of Current and Former Members:**

### **Milestone Birthdays:**

A correction is in order. Dotty Menetre's 90<sup>th</sup> birthday is February 16, 2023. She will celebrate with family from all over with a lovely dinner. Enjoy!

Sue Wilhelm celebrated her 70<sup>th</sup> birthday on October 5, 2022. Of course she did a special bike ride. Hope you enjoyed your day.

### **Update on Lyn Reiter from her daughter Keri:**

To update you, we sold the home. Mom & dad will be moving to their new home on Feb. 27th. Since the last chain message was so successful, I wanted to send another to update everybody.

Dear family & friends,

My parents, Lynn & David Reiter, will be moving to their new home on February 27th. They are moving to a senior independent living community - no more cooking & cleaning, yay! Their new mailing address will be:  
9160 East Desert Cove  
Unit 221  
Scottsdale AZ 85260

All other points of contact remain the same:

1. 314-610-9909 for text messages & photos only, please. Mom continues to struggle with speaking.
2. [Lynnreiter20@gmail.com](mailto:Lynnreiter20@gmail.com)
3. Send digital photos to: [Lynnreiter20@mypixstar.com](mailto:Lynnreiter20@mypixstar.com)

Life's a struggle, as you can imagine, but mom maintains her good spirits. I honestly don't know how she does it. She handles it all much better than I.

The last chain message we sent out worked well. Mom's always busy with her iPad/iPhone, delighting in all the attention and love coming her way. The many beautiful letters and cards

also touched her heart. And of course, she's tickled by the new videos & pictures that pop up on her digital frame from time to time. Thank you all, so much!

Warmest regards,  
Keri Reiter

(She also asked if anyone has any funny things you can send to her. It does not have to be with Lyn on the picture just some funny things.)

### **Remembrances of Tom Reichard:**

As was stated in the last newsletter Tom died on January 2, 2023. The following are a few remembrances I received from members:

**From Bill Roberts:** I was sorry to see that Tom had passed away in January. I first met Tom on an AYH bike ride a half century ago. Back then we had no electronics, no index shifting, toe clips, nailed on cleats, and wool shorts. Men and bikes were made of steel. We rode many weekend AYH rides together, week long supported tours in TX and WY, and a 3000+ mile unsupported bike-centennial tour in 1976. Tom always had a smile on his face, especially when he sprinted by you at the city limit sign.

I was asked to provide some "Tom" anecdotes from our rides together:

I remember taking off our shoes as we waded a section of the flooded roads by Fort Chartres, IL

I recall Tom mentioned that he injured himself in three different sports – biking, speed skating, and long jump.

Can't forget his custom car license plate of nine lives

He told the story where the doctor said he would never have kids after he got electrocuted - He has nine kids.

Never, NEVER, try to keep up with Tom on a downhill. With his breathing issues, you may drop him on the uphill, but he would catch you on the downhill.

On our 1976 tour, I stopped at an overlook coming down from a mountain pass. I overheard two ladies talking about the crazy motorcyclist that had passed their car. It was Tom on his bike.

There are many more memories we can relive over a cup of coffee on our next ride.

### **From Pat Cannon:**

Tom Reichard was an amazing man. Hi was smart, kind, and very athletic. I knew him from bicycling, but he was also a speed skater. I was about to have both of my knees replaced, and I knew Tom had experienced the same. I asked him to send me a time line of his recovery because I wanted to maximize my chances of getting back on my bike ASAP. He sent me numerous pages of a step by step (literally) report of his recovery. He enumerated hourly records of his progress, including the number of steps he took each day. It was so detailed and while I found it both amusing and amazing, it helped me so much! My recovery has been more than I could have hoped! Thank you, Tom!

### **From Faye Holdenried:**

I met Tom for the first time on a Xenia, Ohio bicycle trip. I bet we had at least 60+ riders attend. We filled up the ballroom where we had daily meetings and social time, visiting and playing cards and games every night. He and his friends stayed in a nearby park in their RV's while we stayed in a hotel. Our accommodations weren't much better. I never really rode much with him as he was so much faster than I

could ever be and loved hills. One day when I was trying to start up a group of leisure rides (slow paced and 20-25 miles), he showed up. I was horrified. I asked him why was he attending my ride. He explained that he no longer could ride with the fast group anymore due to his many health issues. Then after the ride, he said he had a great time. It was the first time he was able to sightsee and see what was going on around him. We once had a fun Columbia ride and he joined us at Bully's for barbecue and games. He also came to a bowling party and played games again. His big tradition was to go to Miss Sherri's (a local cafeteria) and purchase two fruit pies as his contribution for each of our potlucks. Needless to say, he became a popular guy. When his riding days began to dwindle, we continued to have phone visits. I talked to him two months before he passed, inviting him to our potluck and 10<sup>th</sup> anniversary. He explained that he should have died forty years ago but that didn't happen. With all his health issues, if he were to get around people during the pandemic and get COVID, that would be the end of him, he said. So he stayed home and was very careful. Every time I talked to him, he was the same fun loving Tom. He didn't have one bit of depression throughout his difficult health issues. He celebrated every day of his life. And what a life he had. We will miss him very much.

### **Have a fun and healthy year!**

We seem to be gradually getting into spring weather. I hope everyone is getting out there riding and hiking. Have a great time.

Sincerely,

Faye Holdenried, STLRC President