

## March/April 2023 STLRC Newsletter

**Membership Renewals:** Renewals are being accepted for 2023. Dues are now \$25 for members (\$5 late fee after Jan 31, 2023). New members are \$20. New members who join after June 30 are just \$10. New members are ones who are joining for the first time or were not members in 2022. Dues and [membership forms](#) for new members and renewals should be sent to Patti Brumleve, 15574 Parasol Drive, Chesterfield, MO 63017. Renewing members 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.

### **Statistics:**

**February 2023 Bike Statistics:** 17 rides were scheduled during the month of February, and we were able to complete all 17 rides with 109 riders participating.

**February, 2023 Hike Statistics:** 5 hikes were scheduled during the month of February, and we were able complete 4 hikes with 24 participants.

**March, 2023 Bike Statistics:** 18 rides were scheduled during the month of March, and we were able to complete 17 rides with 111 riders participating. Both the number of rides and participants for the year so far are about 50% higher than last year. More than 40% of the rides this year have been led by Joe and Sharon Kruchowski. We thank you both so much. Thanks to Granville White for being our statistician.

**March, 2023 Hike Statistics:** 4 hikes were scheduled during the month of March, and we were able to complete all 4 hikes with 13 participants. Thanks to Marilyn Janowski for being a new leader. Thanks to Jerry Whittle for being our statistician.

### **MORE LEADERS NEEDED:**

**Members, we need more ride leaders to volunteer. If something occurs with the few leaders we have, like a sudden vacation, the club will be in trouble. Please contact us at [admin@stlrc.org](mailto:admin@stlrc.org) to let us know you will volunteer. You can co-lead a ride as well. We will help you through the process and get the posting completed for you.**

**More hike leaders are also needed. As you know, when I left town or couldn't hike, no hikes were held. Please plan on leading or co-leading one hike next season starting in November, 2023.**

**STLRC Facebook Page:** This is a reminder that our page is primarily to promote and share our group rides and hikes. We discourage items for sale and job opportunities. You may have noticed some junk posts that have misreported the deaths of famous people. We attempt to remove any inappropriate posts as soon as possible.

**Upcoming Potlucks:** Save the following dates for our 2023 potlucks:

May 3 and October 4. They will be held outdoors at Kirkwood City Park at the Sugar Creek Pavilion. **Park in the upper Parking Lot of Kirkwood Park off Adams at Adams and Geyer by the tennis courts.** The pavilion is just past the restrooms. We will not be doing any group rides that day. Just lots of visiting with one another and eating an assortment of dishes provided by members. Bring your own beverage and a food item to share with everyone. If your dish requires electricity to keep food hot, please bring along an extension cord. This is a rain or shine event as we are using a covered pavilion unless the weather is threatening. If the weather ends up being cold (NOT HAPPENING) we will have the firepit going to warm us up. We suggest members arrive around 11:30 to give you time to visit with one another and set up food. The food line will open at 12:00 pm, not a minute earlier per previous requests. Spouses and significant others are welcome as well as retired and/or former members. Spread the word so we don't miss anyone. If you have any questions, please send them to [admin@stlrc.org](mailto:admin@stlrc.org).

**Road and Trail Work:** As you probably know we are experiencing a lot of both road and trail work this season. Please consult every posting, the morning of an event to make sure you get the latest information especially of where to meet for MCT rides. If you receive any information about conditions that could be useful, feel free to send the info to Faye Holdenried [fholdenried@hotmail.com](mailto:fholdenried@hotmail.com). I can pass on the information to others if I haven't been notified yet.

**RidewithGPS Club Account News:** We have a RidewithGPS Club account for our members. All paid STLRC members have gotten 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.

The existing STLRC paper cue sheets will not be going away and will still be supported if you have no interest in RidewithGPS. 85% of the STLRC Cue Sheet Library has already been 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. Cue sheets can be printed out from the RidewithGPS program.

If you haven't already joined the STLRC RidewithGPS Club Account for all paid members, the link to join is [https://ridewithgps.com/auto\\_approve/Club/10117/OJsTTnW6AEOIOvdB](https://ridewithgps.com/auto_approve/Club/10117/OJsTTnW6AEOIOvdB)  
**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.

**STLRC Publicity:** A committee of three, Faye Holdenried, Larry Essmann, and Marilyn Janowski met to brainstorm facts about our club. We have organized the information and are next trying to get both newspaper and tv coverage to tell the community about us. If anyone has contacts to get this accomplished or have any expertise in this area please contact us at [admin@stlrc.org](mailto:admin@stlrc.org).

We are currently working on contacting a writer of the Post Dispatch and have a person who specializes in marketing willing to read our information and use her contacts. So if you also can be of help or know someone who could assist us, we would appreciate hearing from you. If you recall, last year's Post Dispatch featured The Regulators, a smaller bicycle club on their front page with an article and several pictures. We feel STLRC deserves similar recognition. We found at our Wildwood Celebration that there are lots of people who are interested in being a member of our club once they know we exist.

### **Bike Tour Discount Available:**

Joe Kruchowski was contacted by Jim Plaunt of Bike Tour Vacations, LLC about offering our club members a discount on his bike tours. Joe and Sharon worked for Bike Tour Vacations for a tour in Minnesota several years ago.

Bike Tour Vacations features bike tours in Michigan, Minnesota, New York and other locations. His tour prices are reasonable and he is a gracious host. If interested, take a look at Jim's website at <https://biketourvacations.com/>

Here is the Bike Club discount link for our club members.

<https://biketourvacations.com/cluboffer/>

This price is set \$100 per person less than the current price of our week-long tours, for both solo guests and for 2 guests in a shared room.

Jim can be contacted at the phone number below with any questions.

Jim Plaunt, Tour Chief  
Bike Tour Vacations LLC  
248-345-6929

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## **Memorial Letter of Billie Teneau written by David Brown**

Billie Teneau

(1925 – 2023)

Billie Coil was born on June 25, 1925, in Hayes Kansas to Oscar and Ada Coil. Oscar was Superintendent of Public Schools. When he refused to join the Ku Klux Klan, he was fired and the family moved to DeSoto, MO to be Superintendent there. She had two sisters who were 8 and 10 years older.

Her mother died when Billie was 6; her father remarried when she was 10. Billie's stepmother taught her to sew, play the piano, and type. The stepmother also taught her how to swim, dive and enjoy the outdoors.

Billie married her childhood sweetheart, Joseph Ames around 1943 – right after high school graduation and just before he was shipped overseas during WWII. From this marriage, there were two children: Greg (lives in GA) and Terry (lives in the Wash DC area). Surviving Billie are these two children, three grandchildren, and 4 great-grandchildren.

From 1947 through 1957, Billie and her husband Joe were leaders of the St. Louis chapter of CORE (Committee of Racial Equality). In fact, their home was the group headquarters, and Billie was the editor of their newsletter. They worked strategically to integrate lunch counters which were prevalent in the 1950's. They would have one black person and one white person go in pairs or groups of pairs to a lunch counter where they would ask to be served. This resulted in conversations and negotiations with managers and gradually achieved their goals. Non-violence was of utmost importance to their tactics.

In January of 1955, Billie joined the Ethical Society, where many of her CORE friends were members and brought her children to Sunday School. At that time, the home of the Ethical Society was what is now the Sheldon Concert Hall. Billie and Joe grew apart and divorced.

Billie and her two children lived at Pruitt Igoe, a mixed-race urban housing project, for two and a half years immediately following the divorce and while she finished her bachelor's degree in teaching English at Washington University.

A friend set Billie and Dick Teneau up with a blind date -- to go skating at the Steinberg skating rink in Forest Park. Dick was not a skater, but they found they liked each other anyway. They had very compatible life values. Dick joined the Ethical Society about the time he and Billie married in March of 1958 – a marriage that lasted 48 years. Dick was the Art Director (plus a lot more) at KETC Channel 9. He played the part of Grandpa Pidgeon in the ads for that general hardware store in the 1960's.

Billie and Dick moved to Ferguson where she found a job at McCluer High School teaching speech and drama for 30 years. She also earned a master's degree in Theater at St. Louis University.

Dick found an interest in flying radio-controlled model airplanes. Billie got tired of looking at the sky, so she decided to find her own hobby – the Hawthorne Players, a theater group. Over the years, she directed or acted in many plays for which she won several awards. She and Dick were both very active in the Hawthorne Players, acting and directing plays.

Around age 50 (that would be 1975), Billie and Dick both stopped smoking and as she felt she was gaining weight, she took up hiking and biking. Billie found other bicycle riders and rode many miles each year. She went on weeklong bicycle rides in different parts of the country and became a ride leader for many rides. Later she became a board member of Hosteling International's American Youth Hostels program. She rode and organized many century rides. Their local group was the original sponsors of the annual Moonlight Ramble bicycle ride. Billie was clocking 3000 to 4000 miles per year as a personal goal.

In 1987 Billie received an Outstanding Teacher Award from the Ferguson-Florissant School District for her work supporting the integration of black children into the theater productions she was doing.

Billie was a frequent rider in the Turtles and Turbos bicycle groups which was sponsored by Hosteling International. When HI decided, in about 2011, to cease sponsoring local bicycle clubs, we were at a loss about how to proceed because our ride leaders were insured through HI, and we were not comfortable having our rides announced to the public on our website and have a newbie sue one of our ride leaders. Billie was one of about ten of us who called ourselves "the organizing committee". We found a way to buy insurance for our ride leaders through the League of American Bicyclists. The name of the organization became St. Louis Recreational Cyclists (STLRC), and we had about 180 members in our first year, 2012. Billie became a member of the board when we adopted a formal structure in 2016.

Billie was a strong rider who was an inspiration to so many of us because of her vast experience and knowledge, her dedication and persistence, her interest in promoting our organization, and her mentoring new riders. In her late 80's, Billie started looking for the rides that had few, if any, hills. She set up a series of rides for people who wanted to ride slower and go less than 20 miles. Billie rode with very good form; you could recognize her riding from a distance.

Billie was a regular competitor in the Senior Olympics in biking and swimming and other areas. She was a good competitor and won many medals; she also had the advantage in the 80's and 90's brackets of having outlived much of her competition.

At a Memorial Day celebration at the Ethical Society in 2009 where members could speak about a loved one who had passed away. Billie spoke tearfully about her late husband Richard Teneau who died in 2005. Alan Ranford spoke tearfully about his late wife Margaret who had died in 2004. Although Billie and Alan both were longtime members of the Ethical Society, they did not know each other, but they started talking after the memorial program and formed a relationship that lasted for the rest of her life.

When Alan first visited Billie's house, his eyes watered, and his nose ran --- she had a cat! They made an agreement: she would get rid of the cat, and he would get a bicycle. From then on, they were a couple and rode many miles together. Many of those miles were on the farm roads among the cornfields of NE St. Charles County which was flat and easily accessible from their home in Bridgeton.

One trip they took together was a visit to his native England on their way to a bike and barge river cruise in the Netherlands where they could ride either on the boat or on a bicycle to the next stop. Unfortunately, Billie fell off her bike fracturing her pelvis (for a second time). Because of the nature of her injury, only time would heal it, so she had to ride the boat the rest of the trip. When she returned to St. Louis, she had to recover for a few months before getting back on the bike.

A couple of years ago, Billie and Alan moved to the Brentmoor Retirement Community. They sold their bikes – hers was an extremely lightweight custom made one – and his tools including a milling machine. In the last couple of years Billie had become a little unsteady on her feet and had to depend on Alan for transportation. It seems not that long ago that Billie told me she really wished she could get back on her bicycle.

In the evening of February 17 this year, Billie and Alan were leaving the dining room at the Brentmoor and visiting with friends on the way out. Billie suffered a massive stroke and collapsed; she never recovered. Billie was active and enjoying life until her last moment.

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We hope to see you at the potluck on May 3. I hope the sunny, warm weather finds you hiking and/or biking. Enjoy! It's only going to get hotter I'm afraid.

Faye Holdenried

President, STLRC