

From STLRC President Faye Holdenried

## June/July 2023 STLRC Newsletter

**Membership:** We now have 179 members with several bicyclists planning to join in July when new members pay only \$10 for the remainder of the year. Renewal membership dues of \$20 are due on January 1st, 2024. Some members pay for 2024 at the Fall Potluck. Tell your friends about us. We are particularly looking for riders who like to do 30 mile routes, mostly flat rides with some hills, averaging 10-12 mph or so. We are also looking for riders who ride more miles, up to around 40 and who average 12-14 mph. If you are one of these riders, please contact us at [admin@stlrc.org](mailto:admin@stlrc.org) and we can discuss future rides to meet the needs of every member.

**May 2023 Biking Statistics:** 34 rides were scheduled during the month of May and we were able to complete 27 rides with 206 participants. Thanks to our ride leaders this month including: Faye Holdenried, Joe and Sharon Kruchowski, Leslie McCormick, Tom Mitchell, Bill and Kathy Montgomery, Karen Parham, Rick Schuchet, Claudia Spener, Dale Markley and Granville White. We are very grateful to you for leading rides for us.

**June 2023 Biking Statistics:** 45 rides were scheduled during the month of June and we were able to complete 42 rides with 295 participants. Thanks to our ride leaders this month including Faye Holdenried, Joe and Sharon Kruchowski, Tom Mitchell, Bill and Kathy Montgomery, Rick Schuchet, Claudia Spener, and Granville White. We are so grateful that you lead rides for us.

**New Leaders:** New leaders for May and June were Leslie McCormick and Karen Parham. Thank you for becoming a new leader.

**December Election:** Start thinking about the upcoming STLRC Director Election in December 2023. According to our by-laws, each year, elections for Board of Directors are held electronically in December. Five Directors will be elected this year. Directors John Clarke, Faye Holdenried, Marilyn Janowski (appointed to fill the term of Jim Musec), Leslie McCormick and Kathy Montgomery are finishing their current terms. All directors except John Clarke and Faye Holdenried plan on running for another term as director. Think about getting involved in STLRC and consider running for office. If you are interested in serving as a Director please contact us at [admin.STLRC.org](mailto:admin.STLRC.org).

**Training:** Instruction is available in posting rides and hikes using WordPress, in creating cue sheets on RidewithGPS, and in using a Garmin Cycling to guide you on your route without having to look at a paper cue sheet (Cue sheets will continue to be available.) This training would be done in a small setting, one on one or with a very small group of people. Contact Joe Kruchowski 314-766-0646 if interested.

**RidewithGPS Club Account:** We have a RidewithGPS club account which enables members to access our routes to use with their Garmin or other GPS cycling devices, but remember that if you haven't already, you have to register to be able to download the routes. Be advised that all of our RidewithGPS cue sheet routes have been made private, only visible to paid STLRC members. 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/OJsTTnW6AEOIOvdB](https://ridewithgps.com/auto_approve/Club/10117/OJsTTnW6AEOIOvdB)

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.

**MCT Trails:** Construction, closures and tree limb removal are continuing on the Madison County Trails this summer. It has been advised that you do not start rides from our usual Collinsville Trailhead by Culvers. School House Trail and Hwy 157 are closed nearby and the road leading to the parking lot is the detour for 157. If you are riding the trails, it is advised to check the advisories on their [website](#) for updated information.

**Cue Sheet Library Updates:** Many of our routes are ~~on~~ outdated (roads that don't exist, high volume traffic, etc.). We are in the process of retiring many routes that are unsafe and impractical to use. If you have any comments about this, please send a message to [Admin@stlrc.org](mailto:Admin@stlrc.org)

### **Safety Tips:**

1. Ride a safe distance between cyclists to avoid crashes and falls.
2. Announce yourself (on your left, NEVER on the right) when passing cyclists and pedestrians.
3. If something goes wrong with your bike, STOP to avoid a fall, and see what the problem is. Don't keep riding and attempting to look for the problem.
4. When trails are heavily traveled ride in single file. When approaching oncoming cyclists and pedestrians, get in single file. Do not fill up both lanes of a trail.
- 5 (will renumber) When riding on the roads, be aware of traffic. Ride single file when cars approach from the rear so they may pass with less difficulty.
6. When riding through a tunnel, approaching the top of a hill or managing a curve, keep to the right to avoid a sudden oncoming vehicle.
7. And my personal tip—"Don't Fall".

**Lost and Found:** Two items have still not been claimed from previous potlucks. One item is a green Polar Bottle water bottle from last year. This year we found a pair of pink and metal tongs. If any of these items belong to you contact Faye Holdenried and we will see that you get them back.

**Pat Cannon:** Many of you know Pat Cannon (our redheaded cyclist). She recently became quite ill to find out that she unknowingly was bit by a tick. She will be leaving rehab on July 6 and will be recovering in Kansas City, Kansas with Rich's brother Raymond and Ingrid, her sister-in-law. If you would like to send her a card, please consult the Protected Members Area for her address here in St. Louis. Her mail will be forwarded to Kansas City.

**Club Publicity:** A committee including Larry Essmann, Faye Holdenried, and Marilyn Janowski, have developed a document explaining what our club is all about. We have been in contact with a local newspaper in St. Louis County as well as the Post Dispatch for writing an article about STLRC. We also are pursuing an article in a St. Charles County newspaper. If anyone has any contacts with newspapers or TV stations, and/or has any marketing background and would be willing to guide us in this project, please contact Faye Holdenried at [fholdenried@hotmail.com](mailto:fholdenried@hotmail.com).

**Fall Potluck:** Our fall potluck will be held on Wednesday, October 4, 2023 outdoors at Kirkwood Park at 11:30 am at the Sugar Creek Pavilion. Information will be posted on the STLRC Calendar.

Park in the upper Parking Lot of Kirkwood Park off Adams at Adams and Geyer by the tennis courts. The Sugar Creek Pavilion from the parking lot is the first pavilion 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 beverages

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). Consult the STLRC calendar for any changes/cancellations. Please arrive at 11:30 am to set up food and to visit with fellow members. 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). Wear your STLRC jerseys or t shirts for our usual group photo. If you have any questions or notice any important information missing, contact us at [stlrc@adm.org](mailto:stlrc@adm.org)

Members who renewed this year, please introduce yourself to our many new members. We have been lucky to get such great new additions to our club.

Have a wonderful rest of the summer. Stay safe, hydrate and have FUN!!

Faye Holdenried, STLRC President