

August/September 2023 STLRC Newsletter

Membership: As of August 27, 2023 we have 192 members. If you know of anyone interested in joining to enjoy our fall rides, remember to tell them that they only pay \$10 for the remainder of 2023. Dues will be \$20 due on January 1, 2023 and delinquent February 1 after which renewing members must pay \$25. If you want to get a head start on paying your membership for 2024, we will be collecting [2024 Member Forms](#) and \$20 at the Potluck on October 4th. It would be helpful if you put them in a sealed envelope with your name on it saying renewal or new member.

Ride Leaders: Once again we are asking that everyone lead one ride a year. We do not feel that this is too much to ask. Some of our current leaders that lead often will be unavailable to lead as much in the fall for various reasons. Please step up to the plate and lead a ride so our calendar doesn't become empty.

December Election: The STLRC Directors Election will be 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. The following Directors will be finishing their terms of office:

John Clarke, Faye Holdenried, Marilyn Janowski (appointed to fill the position remaining of John Musec), Leslie McCormick and Kathy Montgomery.

John Clarke and Faye Holdenried will not be running for another term. The other 3 have agreed to run for another two-year term.

We are now soliciting for members to run for Director. Please contact us at admin@stlrc.org or notify one of the directors if you are willing to serve STLRC ([Director duties](#)) and are interested in running for a two-year Director position, beginning in 2024. Next you need to submit a very short bio to be put on the ballot for those members that do not know you. You can mention your bicycle experience, why you want to run for Director, etc. Look at the bios from last year to assist you in writing your bio. Bios are found in [Membership/Protected Members Area/Elections/Bios](#)

We cannot be a viable organization without ride leaders and Directors.

Annual 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 is posted on the STLRC Calendar.

Park in the upper Parking Lot of Kirkwood Park off Adams at Adams and Geyer by the tennis courts. We will meet at the Sugar Creek Pavilion. From the parking lot, it 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. 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 admin@stlrc.org

Strava Club: (from Jerry Whittle) There is a Strava Club called "St. Louis Recreational Cycles". As it's an open club on Strava, anyone can join. I do recognize members of STLRC on it. If you'd like to check it out, go to <https://www.strava.com/clubs/536369>

Significant Birthdays:

Ivan Martin recently turned 70 on July 15, 2023. What better way to celebrate than to do a ride from St. Louis to St. Genevieve. Happy Belated Birthday

Joe Kruchowski will be celebrating his 70th birthday on September 27. He will enjoy his day by spending time with his granddaughters. He and Sharon will also be traveling to Michigan in a few weeks on a gravel tour.

If anyone would like to wish them well, their contact information is on the Protected Members Section of the STLRC website.

Anyone celebrating or know someone celebrating a significant birthday can contact Faye Holdenried, fholdenried@hotmail.com so that the information can be placed in the next newsletter.

Apparel Update:

We currently have the following jerseys for sale:

1 XL Short sleeved woman's jersey \$70

1 2XL long sleeved woman's jersey \$70

We also have:

1 M short sleeved man's jersey \$70

1 M short sleeved woman's jersey \$70

1 M short sleeved woman's jersey from our first sale (used—honestly you can tell anyone ever wore it) \$20

Jerseys were ordered in August and paid for in advance. They will be coming as soon as possible. You will be contacted by Janis Thompson when they arrive and will get instructions on how to pick them up. We are also purchasing a surplus of jerseys for any members to be able to purchase as we will not have another open sale as we did this year. We have to have a minimum of orders to buy future jerseys. Tell new members that they could possibly purchase a jersey that we have in surplus if they'd like one.

Contact Janis Thompson to purchase at: janthompson617@gmail.com

Thank You from Joe & Sharon Kruchowski to our STLRC Cycling Buddies: Sharon and I want to personally thank all of you who graciously contributed to the gift certificate you gave us. This was totally unexpected and really surprised us. You are a great group and we enjoy leading rides and keeping this club growing into the future. Sincerely, Joe & Sharon Kruchowski

July, 2023 Ride Statistics:

46 rides were scheduled during the month of July, and we were able to complete 44 rides with 295 participants.

Thanks to our ride leaders this month, including: Tim and Patti Brumleve, Ken DeBeer, Sue DiPiano, Joan Fromme, Laura Gerren, Faye Holdenried, Marilyn Janowski, Joe and Sharon Kruchowski, Dale Markley, Leslie McCormick, Tom Mitchell, Bill and Kathy Montgomery, Louis Pfleckl, Rick Schuchet, Claudia Spener, Granville White, and Jerry Whittle.

Perhaps you would also be interested in the approximate breakdown of rider participation.

- Of the 186 members, 113 members have ridden at least once this year.
- 21 members typically ride up to 20 miles each outing and have ridden on average 5 rides each so far this year.
- 32 members typically ride between 20 miles and 40 miles each outing and have ridden on average 5 rides each so far this year.
- 60 members typically ride over 40 miles each outing and have ridden on average 16 rides each so far this year.

August, 2023 Ride Statistics:

37 rides were scheduled during the month of August, and we were able to complete 30 rides with 230 participants.

Thanks to our ride leaders this month including: Tim and Patti Brumleve, Mike Byrd, Joan Fromme, Faye Holdenried, Joe and Sharon Kruchowski, Lou Malamas, Dale Markley, Tom

Mitchell, Bill and Kathy Montgomery, Louis Pfleckl, Rick Schuchet, Claudia Spener, Granville White, and Jerry Whittle.

The tabulated report below shows rides up by more than 30% and ridership by 9% over last year to this time.

19 riders typically riding up to 20 miles have averaged 7 rides each for the year.

35 riders typically riding 20 to 40 miles have averaged 6 rides each for the year.

62 riders typically riding Over 40 miles have averaged 18 rides each for the year

Cycling Items: Alan Ranford, Billie Teneau's partner is donating her bicycling clothes and other items. They will be on display at the October potluck. Any donations would be appreciated if you select some items. The proceeds will go to STLRC.

Bike parts for sale:

Roval Rapide C38 Carbon Wheelset w/wheelbags – Never ridden on. New bike take-offs. \$850

Shimano 12 speed Ultegra 11-30 cassette – brand new \$80

Contact Joe Kruchowski 314-766-0646 if interested in wheels or cassette.

Safety Tips:

A tip I have learned from the Women's Bicycle Summit is to drink lots of water on a ride.

Then after an hour, start drinking **an electrolyte drink** such as Gator Ade. (Faye)

Please take heat advisories into consideration when planning a ride during the summer months. We are getting older and cannot tolerate the heat like in our youth. (Joe)

Facebook Rules: We have recently revisited our Facebook rules for adding posts. The are:

- 1. Be Kind and Courteous.** We're all in this together to create a welcoming environment. Let's treat everyone with respect. Healthy debates are natural, but kindness is required.
- 2. No Hate Speech or Bullying.** Make sure everyone feels safe. Bullying of any kind isn't allowed, and degrading comments about things like race, religion, culture, sexual orientation, gender or identity will not be tolerated.
- 3. No Promotions or Spam.** **Your group ride information and photos are welcome! Only bicycle related items posted for sale or trade by STLRC members will be allowed.** Self-promotion, spam and irrelevant links aren't allowed.

4. **Respect Everyone's Privacy.** Being part of this group requires mutual trust. Authentic, expressive discussions make groups great, but may also be sensitive and private. What's shared in the group should stay in the group.
 5. **Jokes and other novelty posts are discouraged.** Please post the on other above cycling websites.
 6. Site open to all who are interested in cycling to participate in group rides. *One must be a member and pay dues to be covered by the STLRC group insurance.
 7. Any posts not in compliance will be removed, and the posting account may be blocked.
- (The Facebook committee is requesting that you **put your personal rides on your own Facebook page or other Facebook bicycling groups.**)

Obituary of fellow biker known to many: Randy Love



Mrs. Randy M. Love of Nashville, IL departed this life as a result of a bicycling accident near Oakdale, IL on Tuesday, August 8, 2023, at 6:10 P.M. She had attained the age of 73 years, 10 months and 24 days.

Randy was born on September 14, 1949, in Indianola, IA the daughter of James and Wanda (Lucas) Crawford. She was united in marriage to Robert "Bob" Love on May 30, 1971, in Postville, IA and he survives her passing.

Randy was a hairdresser for 54 years and owned and operated her own salon in Nashville. She was a member of the Grace United Methodist Church in Nashville and was also active with the St. Ann Catholic Church in Nashville. Randy took great pride in building her Christmas Village every year and enjoyed having an open house for her family and customers to see. Her true passion was cycling and was a member of many cycling clubs.

Left to mourn her passing is her husband, Bob Love of Nashville; 2 daughters, Missie Deters and husband Ken of Winfield, MO and Tiffanie Kozuszek and husband Terry of Nashville; 2 stepsons, Rick Love of Marshalltown, IA and Jeff Love and wife Shelly of Nashville; 13 grandchildren, Nikki (Derrik) Reynolds, Becky (John) Mueller, Angela, Jen and Joe Deters, Tianna, Tabor and Talanie Kozuszek, Justin (Megan) Love, Kylie (Josh) Barker, Danielle Droste, Jordan and Gavin Love; 6 great grandchildren; 3 brothers, Ricky (Donita) Crawford of State Center, IA, Reggy (Brenda) Crawford of Gillman, IA and Rusty Crawford of Columbia, MO; nieces, nephews, other relatives and friends.

She was preceded in death by her parents.

Funeral service were held at the Campagna Funeral Home in Nashville, IL on Sunday, August 13, 2023, at 4 P.M. with Rev. Leanne Noland officiating.

Graveside services were held at St. Charles Cemetery in St. Charles, IA on Tuesday, August 15, 2023, at 11 A.M.

Should friends desire, memorial can be made to The Dream Team or to the St. Jude Children's Research Hospital and will be accepted by the Campagna Funeral Home.

To plant Memorial Trees in memory of **Randy M. Love**, please contact the Campagna Funeral Home, 171 W Court St., Nashville, Illinois 62263

(phone 618-327-8111)

Rick Schuchet Accident Update: Many of you may not know this but Rick Schuchet had an accident on Aug.23 on a bike ride. No cars or any other riders were involved. He just veered off of the road into a deep ditch. He has multiple injuries, lots of abrasions, six broken ribs, two neck fractures, along with a back fracture. He'll be wearing a back and neck brace for a while. He is currently at home now recuperating. Please keep him in your thoughts and prayers. We'll try to keep you updated on his healing progress.

Have a wonderful rest of the summer. Hopefully, the most severe weather is over until next year. Stay safe, **hydrate** and have FUN!!

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

Hope to see everyone at the potluck on October 4, 2023,

Faye Holdenried, STLRC President