

2023 STLRC Fall Presidents Report, Newsletter and Fall Potluck Meeting Minutes

Our STLRC Fall Potluck and Meeting was held on Wednesday, October 4, 2023 at Kirkwood Park. There were 43 members (with a few guests) in attendance.

Following the potluck, members perused through bicycle items donated by Alan Ranford and Billie Teneau. Proceeds from the sale of those items - \$75 - were donated to STLRC per Alan's request. (Other members are donating bike related items at the next potluck.)

Members were asked to list any e-bikes that they use on club rides to keep data of how many members use e-bikes. We also had a sign up list for monthly games/cards and NON-CLUB hikes. Members are expected to check the STLRC Website calendar daily for hiking information. Some leaders will send out e-mail reminders, but this is a very time consuming task.

Our new sturdy STLRC Banner was on display, thanks to Louis Pfleckl for researching and ordering a new and improved banner. The older banner is up for grabs if anyone would like it. It was suggested that it could be displayed in someone's garage. Contact us at admin@stlrc.org if you would like to own it. First one to email us will get to keep it.

Following the potluck, the annual meeting of the membership was held. Faye Holdenried reviewed the past 5 years of STLRC. Other information was shared with the group.

Membership Dues: As of November we have 199 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, 2024 and delinquent on February 1 after which renewing members must pay \$25. We are currently accepting membership dues for 2024.

[2024 Member Forms](#) Please send your form and check made out to STLRC to Patti Brumleve. Her address is on the member form. If your information is unchanged, you simply write in the year, print your name, sign your name and date the form. **Everyone should check the preferred members area to check on any changes in contact information.** If someone should have an accident and the member's emergency contacts were incorrect, it would be difficult to contact friends or family to assist.

STLRC Club Jerseys: Members who ordered Club Jerseys picked their purchases up at the potluck. If you haven't received yours, please contact Janis Thompson. If you still want to purchase jerseys, we have a stockpile of the most popular sizes of short sleeved jerseys. Again contact Janis Thompson at janthompson617@gmail.com if you are interested in buying one.

Member Health Challenges: As most of you know a few of our members are facing health challenges. Keep Rick Schuchet, Larry Essmann, Jim Reuter, Dave Reiter, and John Clarke in your thoughts and prayers.

Please contact Faye Holdenried 636-399-4604 if you would like their contact information to send cards or contact them. Some have/will have new addresses so feel free to contact me for details. Some of us have been calling on them and visiting. Be sure to contact them before visiting to see if your visit is convenient. They have expressed thanks to us for our support.

I don't pretend to know every member personally. If you hear of anyone who needs support, please contact us so we are aware of their situations.

Upcoming Directors Election: It was announced that the election will be held electronically from December 1-15, 2023. Members were told the details of the election. All members will receive e-mailed instructions beforehand and these will also be on our STLRC website calendar.

November 24 is the deadline to announce that any member wishes to run for a director position. Contact any director or admin@stlrc.org if you would like to be added to the list of candidates running for Director. Currently Marilyn Janowski, Leslie McCormick, and Kathy Montgomery are re-running for Director. At the fall potluck, Steve Leach and Karen Parham announced that they would also run for office. Five positions are open for election. More details will be announced before the election which runs from December 1-15, 2023. Per the by-laws, the election will be held electronically.

Finances: We are in good financial shape for the coming year. Dues will remain the same for 2024. Most of our collected dues go to maintaining our website and purchasing member insurance. See the Treasurer's Report in the October 2, 2023 director meeting minutes on our website. A Minutes link is at the bottom of our STLRC Home Page.

Milestone Birthdays: Sue DiPiano recently celebrated her 70th birthday on September 22, 2023. She of course had a significant ride: she did a double 70 miler riding 140 miles (all in one day). Amazing!

Anne Jesse is turning 70 on November 2. She is celebrating by biking in Costa Rica with her husband Jim. Congratulations Anne!

We have added milestone birthdays announcements to our newsletters, but we must be notified of any in order to celebrate them. Please notify us if you or another member is celebrating one (for example 70 or 75 years). Add any anecdotal info if you wish. Contact us at admin@stlrc.org

Memorial letters: Memorial Letter and funeral details of members will continue to be announced with input from members, friends, and family. Please notify us of any announcements as we don't always know about this information.

Website Postings: Members were reminded that meeting minutes and Newsletters will continue to be posted on our website as well as sent out in emails. Minutes of the Board of Directors will be posted to the website.

Rides/Hikes: We are continuing to seek **2nd flight ride leaders** for a more moderate pace on the fastest rides. Leaders for all rides and hikes are welcome. We can help you get started.

Cue Sheet Library: The cue sheet library is currently being updated. Rides that have been on roads that are now too busy may be rerouted or deleted for safety. Joe is adding mileage to routes as time allows. The Club has also purchased a Ride with GPS account and added Ride with GPS files to many cue sheets. This enables you to download cue files to your phone, Garmin, Wahoo, or other GPS device. (Note that if you use Ride with GPS the voice cues will work only if you have a personal paid account.)

Trips: We will attempt to do periodic club trips. In the past we have visited Xenia, Ohio, Denver and Glenwood Springs, Colorado, Door County Wisconsin, and the Fox River Valley outside of Chicago, Illinois. A future trip to Iowa is being planned when possible. We also try to notify members of any bike trip opportunities that members recommend.

Technology: We will continue to offer instruction in using WordPress for leaders to post their own rides/hikes. We will also assist members in using Garmin and setting up membership to our Ride with GPS account.

Facebook: Our STLRC Facebook Page rules have recently been revised. **Only STLRC members may list bike related items on our page for sale.** Posting news and pictures of rides should be club rides to encourage people to join our group rides.

Solo rides are best put on your own posting pages or other bike related pages like BikeSTL.

Marketing: We continue to “advertise” STLRC. In the past we have had information booths at Celebrate Wildwood, the Gateway Expo and the Women’s Bicycle Summit. STLRC was represented twice on radio with Barry Rinderknecht as our spokesperson, who is certified in bicycling safety through LAB and has done a great job of communicating and giving our club recognition.

We are in the process of drawing attention to our club through **newspapers and tv.** We also have MANY **business cards** so please feel free to pick up a bag of them to hand out to prospective members when you meet other cyclists.

Safety Guidelines: Please follow our safety guidelines. Be cautious and aware of your surroundings.

As we get older, we need to be very attentive and cautious when riding or hiking. Consider weather conditions before engaging in physical activity. Research says that we do not have as much warning that we are in danger of a medical emergency as we age; it happens before we can react. Please be careful. Hydrate and include electrolytes every day but especially on hot days. And remember, “Motion is the Lotion for our Joints”. In other words, “move it or lose it!”

Faye Holdenried,
STLRC President

