

Hello STLRC members!

Please join me in thanking our ex-fearless leaders, President Emeritus Faye Holdenried (fholdenried@hotmail.com) and Vice President Emeritus John Clarke (seanoclary@aol.com) for their energy and imagination in years of service to the Club. They have both chosen to step down from the Board of Directors and will be sorely missed.

On that note, the STLRC Board met yesterday, January 3, and the following were elected as Corporate Officers:

- President: Marilyn Janowski (serving on the Board until 2025)
- Vice President: Jerry Whittle (2024)
- Secretary: Leslie McCormick (2025)
- Treasurer: Kathy Montgomery (2025)

Other Club responsibilities are:

- Membership Director: Patti Brumleve (2024)
- Ride Committee Chair: Joe Kruchowski (2024)
- Facebook Page Manager: Bruce "Crash" Crask (2024) Hey, it was his joke!
- Website Manager: Joe Kruchowski (2024)
- Hospitality Manager: Steve Leach (2025)
- Marketing and Public Relations Director: Steve Leach (2025)
- Elections Coordinator: Karen Parham (2025)
- Webmaster: Jane O'Donnell
- Apparel Coordinator: Janis Thompson

If you need to contact one of us, admin@stlrc.org is always available.

Remember that dues paid before February 1 are ONLY \$20! And on February 1 or after there is a \$5 penalty... We all like to save money, so save the five bucks! Send in your membership now! Mail in your [Membership Application & Renewal Form](#) and your check to Patti Brumleve as per the directions on the bottom of the form. We must have the signed form and the check for your membership application to be valid. Only those whose membership is paid for 2024 will receive the updated password when it is updated on February 1. Is that any incentive???

Speaking of insurance, hiking is not a club activity but hikes can be found on the calendar. Faye Holdenried (fholdenried@hotmail.com, (636) 399-4604). is our unofficial hiking contact person for questions on hikes.

Member Karen Frank joined us at the Board Meeting Wednesday and pitched an opportunity for STLRC to participate in Pedalling for Parkinson's. This will be an event to benefit the Davis Phinney Foundation which enables people to live well with Parkinson's disease. Evidently cycling is a major therapy for Parkinson's patients - who knew? Anyway, the event will be at the Gateway Cup Giro Della Montagna on the Hill in St. Louis on September 1. We have been asked to field a team to collect donations and

keep a stationary cycle spinning for the duration of the event on that day. Karen Parham has volunteered to be the team captain. Stay tuned for more details.

As many of you know, the Club has purchased a Club RidewithGPS account. Members, who have responded to the invitation to join the Club RidewithGPS account and are accepted into our RidewithGPS club account, can access our routes on the calendar. This account is **exclusively** for members of the club as we pay handsomely for that group account each year so please don't share the invitation. If another club member wants to get on board have them contact Joe. All club riders that have responded to the invitation can download the route onto our smartphones into the RidewithGPS app for turn-by-turn directions and route correction. Routes can also be downloaded from Ride with GPS on a smartphone to a Garmin cycling device. **Only if you have an individual paid subscription to Ride with GPS can you use the voice prompts for turn-by-turn instructions.** If you don't have the invitation to join the RidewithGPS Club account contact Joe Kruchowski at jsjcat@sbcglobal.net.

We are looking forward to warmer weather and making plans for an active riding season. The Board had a robust discussion regarding second flights where a second group of riders follows a fast ride. We hope to offer more second flights in 2024. If you might be interested in leading second flights in 2024 please contact Joe Kruchowski at jsjcat@sbcglobal.net.

You may have noticed some gravel rides on the calendar in 2023. I hope the gravel riders out there are excited about these opportunities! Unfortunately our insurance does not cover mountain biking rides. Any riding off of established roads or surfaced trails (like the Katy) cannot be sponsored by the Club.

Our Facebook page is for the express purpose of promoting club rides. Bruce has been doing a great job keeping the page "clean" of articles for sale, advertising, and other non-member non-club stuff. Thanks Bruce!

Almost one year ago, we lost member Tom Reichard. His son (also Tom) would like to sell Tom Sr.'s Lightspeed Vortex to someone who would appreciate it. Our policies do not allow sales on our Facebook page, so if you are interested please contact Tom Jr. at tomreichard9@att.net. I don't have any other details regarding frame size or component details.

If you hear of members that are no longer riding that would like to hear from current members, Faye Holdenried has graciously volunteered to be our point person.

Please let me know if there are additional subjects that you would like to have covered in a future newsletter.

Leslie McCormick,
STLRC Secretary