

Saint Louis Recreational Cyclists March 2024 Newsletter

If you are one of the people that scrutinizes the Club calendar, you may have noticed that there was a meeting of the STLRC Board of Directors last week. If you are interested, see the website for the latest meeting minutes.

And what is on everyone's mind? FOOD, of course! The Spring Potluck is coming up on May 1. Meet us in Kirkwood Park at the picnic pavilion. The Club is not organizing rides around the potluck this year, so be warned if you ride on your own the buffet will open promptly at noon!

If you are interested in purchasing a Club jersey or t-shirt, please contact Janis Thompson, our apparel coordinator. She has our stock and can tell you what sizes of which styles are currently available. As with all members, her phone number and email may be found in the Members Protected Area of the website.

Someone has been spreading untrue rumors about the Club RidewithGPS account (that would be me; sorry about that). Here is RidewithGPS information from our resident expert, Joe Kruchowski:

One of the benefits of joining the St. Louis Recreational Cyclists biking club is the RidewithGPS Club account that is available for its members. All paid STLRC members will get the invitation to join the RidewithGPS Club account. Whether you join or not is up to you. If you don't want anything to do with it, that's OK too. Even if you don't plan to use a cycling GPS, it's interesting to actually see what the bike routes look like to see what you're getting into.

Important: You have to join the STLRC RidewithGPS account to have access to all of our routes. They are available to STLRC members only. Please do not share this invitation with any non-STLRC friends.

Even if you already have an existing RidewithGPS account, you will need to click on the invitation link below to get into the STLRC Club account. DO NOT SHARE THIS RidewithGPS CLUB ACCOUNT INVITATION WITH ANYONE NOT A CURRENT PAID MEMBER OF STLRC. People who are not club members are getting access to the account. We are monitoring who is trying to join the club account and they will be made in-active. Club funds are used to pay for this service and non-members should not get to take advantage of it. O-utside people can look at our cue sheets on the website but cannot use the protected RidewithGPS routes.

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

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. If you wish to pay for an annual Basic or Premium account for yourself, use promotional code "slrc_rocks" during checkout for a 20% discount.

It's recommended that you review the RidewithGPS Club Member Benefits page so that you are all familiar with the benefits you get with club membership. You can find that page here: <https://ridewithgps.com/help/club-benefits/>.

After you complete the registration process to join, you can log into the club account and see the Route Library and Collections tabs. Feel free to look at these. Don't worry about messing anything up. You won't have "messing up" privileges.

What does this mean to you? By having a RidewithGPS club account, all of our paid 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.

We will probably have some small classes later for any members interested in how they can use these navigation files on rides. Much of the functionality of using RidewithGPS navigation files depends on the model of cycling GPS device you have. The newer Garmin models from the Edge 1000 and up have full functionality and connectivity with Smartphones and computers. However, some older cycling devices cannot use the wireless functions and have to be connected with a USB cable.

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. Cue sheets are still available and can be printed out from the RidewithGPS program.

All active club members have access to premium navigation features on all club routes and events:

- Turn-by-turn navigation on all club routes
- Voice Navigation in the mobile RidewithGPS app (You must download the RidewithGPS mobile app to your smartphone to use this feature)
- Offline Maps in our mobile app
- PDF Maps + Cuesheets
- Advanced Turn Notifications with TCX files
- Estimated time

Several important points:

1. Our printed cue sheets are not going away. They are a very useful resource and will be used along with the RidewithGPS navigation files. I know that many do not want to fool with this new GPS technology. That's perfectly OK and we will continue to support the printed cue sheets.
2. When you open up your personal RidewithGPS account, you will see that it is the "Starter" version. You will be able to create routes and save them. You will be able to download club routes to your cycling devices. But you won't have all of the added features such as editing the RidewithGPS cue sheets and adding custom cues to your routes. This requires an upgrade to the Basic or Premium version. If you see those navigation files on the ride postings that I lead, those were from my personal RidewithGPS account. By getting a club account, all of our routes will be available for any member to access and use freely.
3. So, whether you just stick with using the Starter account or want to get into the route creation features more with an upgraded account, this will be a great addition for our club and moves us into the 21st century.

If you have questions, please contact Joe; his phone number and email can be found in the Protected Members Area of STLRC.org. Thank you Joe!

Spring has sprung and we are all ready to hit the roads on our bikes. When preparing to ride with the Club, remember to print your cue sheet, and/or download the route to your cycling device, and put the Ride Leaders' phone number(s) into your phone. Let both the first and second flight leaders know (preferably via text) if you drop down a flight or leave the course. Please please please be aware of motorized vehicles as you ride. Rear-view mirrors are important safety devices as are the rear light/radar devices by Garmin (and I guess other companies but I only know about Garmin's). Please be aware of oncoming traffic, even when riding in a group, and as traffic prepares to pass please ride single-file. Help other riders when you notice oncoming traffic by calling "car back" and "single file" and when you hear those calls PLEASE ride single file.

For those of you that ride the Des Peres Greenway, it is closed at I-55. That closure began Wednesday, March 13 to protect visitors and vehicles from flaking/falling debris as the decking project on I-55 proceeds. The Greenway is expected to open in early April, weather permitting.

Are you interested in multi-day bicycle touring? Several STLRC members are touring in Ohio in June on [GOBA](#), the supported Great Ohio Bike Adventure. This is **not** a club-sponsored event, so it is not covered by our club insurance. However, if you are interested in getting your feet wet in the supported touring world, come on down! If you have questions regarding supported tours in general, or GOBA in particular, drop a note to admin@stlrc.org. For a list of other supported tours, here are [links](#) in the cue sheet library for tours that members

have ridden and recommend. If the specific link for the tour is no longer accurate just look up the tour in your browser. If you have a favorite tour you would like to recommend please drop an email to admin@stlrc.org.

We all know each of us have our favorite routes, so let's share them! Become a Ride Leader! Send Joe Kruchowski a note or give him a call. It will take a week or so to create a brand new ride (Joe will put it through RidewithGPS to create the download and cue sheet), work with you on the cover page, and post the ride to the calendar. If the ride is already in the route library, it's even easier! Joe can post it to the calendar for you. Remember to post rides AT LEAST 24 hours in advance so everyone can find out about it.

On a sober note, if you know or hear about a club member or spouse that passes away, please contact our President Emeritus, Faye Holdenried.

And in closing, BEWARE THE CICADAPOCALYPS!!! Not really; only the 13-year Brood XIX will emerge around St. Louis this year. But know that they are attracted to yellow (can you say "club jersey"?) and will actually *hang on to your jersey or windbreaker*. Cicadas are enormous (as insects go), and kind of scary (they have red eyes) but they are harmless (unless you run into them at a high rate of speed). Don't let them keep you off of the road!

Hope to see all of you on a ride soon!
Leslie McCormick
Secretary, STLRC