

## Newsletter

Spring 2023

### The President

The entire RHBC Board of Directors was reelected again for 2023, and we are excited to see how that continuity will help us accomplish even more this year.

Some of our goals include adding new members, creating more club-sanctioned rides, improving the Fall Harvest Ride experience, as well as beginning the planning stages for a 3 day Spring Classics event in 2024.

I look forward to seeing everyone on March 13 for our first MNR of the season. This year we will again have spotters, and we have added a club phone in case anyone needs assistance during the ride.

If anyone has feedback for the club, please let me know.

Matt

### Follow Us



# ROCK HILL BICYCLE CLUB

Rock Hill, South Carolina

### Club Rides

Monday Night Rides: The Monday Night Rides start on March 13, 2023, at the Wells Fargo parking lot in downtown Rock Hill. There will be a few quick announcements at the beginning of each ride, then four groups at different paces. Please see the Rides section on the club website for more information.

Tuesday/Thursday Night Rides: These rides begin March 14, and meet in the parking lot off N. Shiloh Rd./Carolina Downs, York, SC (old Upper palmetto YMCA which is now Anthen Church). This is a no-drop ride at a 16-18 pace. See the Rides section of the website for more information.

Wednesday Night Women's Ride: This ride starts on March 15, location WF Parking Lot. This is a women's only, no drop ride for more experienced riders. Group pace is 15-18 MPH bi-weekly. Group ride leader: Mindy Hinson and communication will be in the GROUP ME app same as last year. See the Rides section of the website for more information.

Wednesday Time Trial Series: This is a 10-mile bicycle time trial starting in York, SC (Langrum Branch Baptist Church). Open to all rider abilities. First rider off at 6:30 pm. Start times may be adjusted based on daylight hours in the early season. Facebook @rockhilltimetrialseries or the Rides section of the website for more info.

Sunday Social Women's Ride: This is a women's only, no drop ride for the beginner or casual woman rider. We will begin Sunday April 2 at 1PM in the WF parking lot. This is a 10-15 mile ride at a pace that depends upon the group's ability. This is not meant for those who wish to get a "workout" in. This is a ride to build women's riding skills and is more social with building athletic ability to join the Wednesday and other weekly rides within the club. See the Rides Section of the website for more information.

Invite a new rider – **Cyclists Connecting Cyclists!**

**Please renew your club membership** and sign the waiver. Non-members will be asked to sign a ride waiver before participating.

[Join or Renew Membership HERE](#)

[Sign the 2023 waiver HERE](#)

On the Web  
rockhillbicycleclub.com

Facebook  
@rockhillbicycleclub

Twitter  
@RHBicycleClub

Instagram  
@RHBC

## Did you Know?

There are long distance cycling events called Brevets? If you want to ride longer on the bike contact Marshall.

Here is information on Randonneuring in the USA  
<https://rusa.org/>

For more info RHBC  
Rando contact:  
marshallnord2@gmail.com

## Things to Remember.

Monday Night Ride  
Starts March 13

Women's Wednesday  
Night Ride  
Starts March 15

Women's Sunday  
Social Ride  
Starts April 2

Time Trial Series  
Starts March 22

Fall Harvest Ride



## Get your 2023 Kit with a new design!

The kit store will be open by the first MNR (March 13) and remain open for approximately two weeks.

All current RHBC members will receive a **10% discount**. (Please note that all orders will incur a shipping charge. This is a requirement of Champion and not the club.)

An email will be sent to members only with a link to the store.



## Fall Harvest Ride

The famous Fall Harvest Ride is planned again for **Saturday, October 7th**. This ride is our most significant success and expect more vendors and support in 2023. We had a fantastic turnout last year, a great group of volunteers, and received a lot of positive feedback. Expect updated routes and more vendors.

## Meet your 2023 Board of Directors

- Matthew Griffin (President)
- Jason Sutton (Vice President)
- Phil Flynn (Treasurer)
- Marshall Nord (Secretary)
- Tim Nissen (Rec. Director)
- Bob Reppert (Youth Director)
- Mike King (Director of Competition – Men)
- Heidi Reppert (Director of Competition - Women)
- Erik Schutzman (Social Media/Website Director)

Saturday, October 7th

## Membership

Please renew your membership as this helps the club put on events. [Join or Renew Membership HERE](#)

## Merchandise

Club items will be for sale in 2023. Check the website for more information. New kits will be available for ordering on March 13.

## Volunteering

Please consider volunteering for one club sponsored event in 2023. Help us, help us!



The RHBC Board of Directors encourages everyone to ride together whenever possible. So, if you want to hold a ride, whether it be road, track, MTB, crit, gravel, or ultra (200k+), and no matter what level, please let the Board know, and we'll post it on our calendar and social media.

**2022 Budget:** Contact Phil at [flynn\\_philip@hotmail.com](mailto:flynn_philip@hotmail.com)

## Club Merchandise

Club merchandise will be for sale again in 2023. Look for more information soon on items like lightweight wicking t-shirts, new water bottles, and koozies. As well as new kits available for order in March.

## Mechanic's Corner

[101 Bike Maintenance Tips Every Cyclist Should Know](#)

## Junior Development

The juniors have been continuing to train over the winter months at the velodrome and as the weather starts to get a little warmer it's time to start promoting the program once again. If you have or know of any kids 9-10 yrs or older and think they might like bike riding/racing, please let them know about the junior development at the velodrome. Also, if you have any equipment that you think we may be able to use please contact me and let me know, shoes and pedals are the most needed.

## Mental Miles

Check out this helpful article by RHBC member Steve Lehman who has world class recognition. It is worth a read for new and seasoned cyclist as to how to ride better in the peloton.

[White Noise in the Peleton by Steve Lehman](#)

## Member Highlight

**Marshall Nord** ([sincerest apologies Marshall...I didn't act alone on this one - Jason](#))

A few days back I heard a certain kid that may or may not live with me say, "it's gonna take me all day to do that!" while referencing the time he/she would have to spend cleaning up after an apparent bomb that had detonated in said kid's room. It got me thinking about the efforts that ACTUALLY take all day to accomplish. Well, for one of our club members and acting Club Secretary, Marshall Nord, the answer is roughly riding 450 miles on his fully loaded/self-supported bike. That's what Marshall can do, and in fact, did do, when he took multiple "all days" to get some riding done, with just the support of...well, one Marshall. While I'm only a bit over a year in getting to know Marshall, I suspect this isn't the first time he's had a cycling year like he had in 2022 and I suspect it won't be the last time.

Before we hit the on-bike accomplishments, a "lightning round" on exactly who this Marshall Nord character is:

1. He's a Dad
2. He's an owner of several businesses
3. He's a fundraiser for children's education via PathLight
4. He's a volunteer - and not just by being the most frequent volunteer spotter on our Monday Night Ride
5. He's an artist - Strava Art that is - Reindeer Ride is proof - can't wait to see the Turkey design for next Thanksgiving!
6. He's a cheerleader - he loves to call out the many accomplishments of his cycling friends
7. While age is just a number, he currently rides in the 50-59 age group
8. He's a heckuva nice guy who goes out of his way to help others.

But since we are a cycling club and this is a cycling newsletter, allow us to share a bit more about Marshall's recent cycling accomplishments focusing on the past year.

Like many of us, Marshall has logged some miles inside on the trainer. Peeking a bit harder at Strava it was notable that some of these trainer miles were ridden at 1am in the morning and reaching nearly 70 miles in a single stationary session. All part of the training and consistency required to get on a bike for extended periods of time. Which brings me to a few of the other accomplishments that Marshall achieved in 2022:

- **Feb 2022 - Sebring 24 Hour** - 466 miles; 2nd overall, first in age group
- **Mar-Apr 2022 - Various Brevets (distance events)** - 944 miles of riding in 4 events over 5 days! In Marshall's world this is 'spring training.' In this writer's world, this is 'the entire season.'
- **May 2022 - Treasure Cove Grand Brevet (1200K)** - 4 days of riding over 800 miles (aka a one-way trip from Rock Hill to Key West, Florida). More "training."
- **June 2022 - TransAmerica Bike Race (TABR)** - This self-supported event started in the Pacific Northwest and finishes 4,178 miles later in Virginia Beach, Virginia. He finished 6th out of 80+ starters. For most this is a lifetime achievement but for some reason Marshall refers to it as "vacation." A vacation that raised much needed money to send 12 kids in Latin America to high school.

- **August 2022 - MidAtlantic 12 Hour WUCA Nationals** - 12 hours, 248 miles, 1st in age group
- **September 2022 - Silver State (Nevada) 508 (Rando/Self-Supported Category)** - 508 miles, 2nd place overall and 1st in his age group
- **October 2022 - Psycho 24 Hours** - 450 miles, 1st overall (making him National Champion - 24 Hour Time Trial!), and 1st in age group or to Marshall, just another Saturday on his bike.
- **November 2022 - Borrego Springs World Championship 24 Hour** - 433 miles, 11th overall, 1st in category and 1st in age group.

I need a nap just writing this. Marshall will be the first to tell you that he couldn't have done this without the support of many others (most of which are also members of the RHBC!) and that cycling means something different to everyone. To Marshall, I suspect he'd also say his time on the bike is about the challenge of pushing yourself just a little bit farther than you think you can go and finding a way to make it matter for something bigger than just the kudos on Strava or a medal in a case. I also imagine before asking him to summarize what cycling means to him, that he'd want to be careful not to toot his own horn which is why the club decided to do it for him (sorry Marshall -toot toot!). Here's to some wonderful personal accomplishments Marshall - thanks for "sharing."

Now for something Marshall would DEFINITELY want me to share...who gets the next cyclist member profile? We'd love to share your cycling story as a way to connect our members with each other, build club culture and share more of what makes our Rock Hill Bicycle Club special. Email [marshallnord2@gmail.com](mailto:marshallnord2@gmail.com).

Stay Strong, Stay Fit, Stay Safe, and Stay Rolling with RHBC!