

Newsletter

Spring 2022

The President

As the new President of the RHBC, and on behalf of the board, I would like to announce our theme for 2022.

Cyclists Connecting
Cyclists!

It is our goal to make this season the best in RHBC's history for cyclists of every level by creating rides that are challenging, welcoming, and most of all....SAFE!

The RHBC website has an updated calendar for rides and more are being planned by the club currently. Our flagship ride, the Monday Night Ride, will feature a few tweaks designed to enhance the experience. Don't worry - we are not going to fix what isn't broken.

Our ask of you, the membership, is to become an advocate for the club in all of your cycling circles.

In addition, as the President, I personally ask you to share openly and



ROCK HILL BICYCLE CLUB

Rock Hill, South Carolina

Monday Night Rides (MNR)

- March 13th – Start @ 5:30 pm
- April 1st – Start @ 6 pm (until Memorial Day)
- May 31st Start @ 6:30 pm
- Sept 5th Start @ 6 pm (on Labor Day)
- October – TBD

Attack: Pace will be 24+ mph. Off the front and attack.

Chase: Pace will be 21+ mph. Work together, gain fitness and ability.

Peloton: Pace will be 18-19 mph. Controlled group, bulk of riders.

B-Train: Pace will be 17-18 mph. Social group of skilled riders only.

Groupetto: Pace will be 16-17 mph. Great for new and beginner riders. Take it easy and have fun. Pick up any stragglers. No drop, ensure all riders finish with the group. This group has the option of cutting the ride short to make it a 15-mile ride if needed.

Long route: <http://www.mapmyride.com/routes/view/2850072823>

Short route: <http://www.mapmyride.com/routes/view/29607574>

We will gather at the **Wells Fargo parking lot**. There will be a few quick announcements at the beginning of each ride. Please let us know when you arrive if you have something to add!

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

The club desires to connect cyclists with cyclists by being the hub of the cycling wheel in York County.

We intend to make the MNR groups more engaging by grouping like-minded riders to ensure all have a good night on the bike – Pick the group that fits you!



honestly with me how we might improve the club. We plan to make this year anything but the status quo, but I need each of you to do that.

This is not my club, nor the board's club, but your club and I ask you to consider how you may give back to cycling this year. Participation, cooperation, communication, and celebration await us as Rock Hill Bike Club members in 2022.

See you on the road soon!

Follow Us

On the Web
rockhillbicycleclub.com

Facebook
[@rockhillbicycleclub](https://www.facebook.com/rockhillbicycleclub)

Twitter
[@RHBicycleClub](https://twitter.com/RHBicycleClub)

Instagram
[@RHBC](https://www.instagram.com/RHBC)

Did you Know?

There are long distance cycling events called Brevets?

Here is information on Randonneuring in the USA

Women's Wednesday Night Ride (WWNR)

This is a women's only weekly ride that is for all levels of women riders.

The pace of the WWNR is TBD for the first night's ride until an acceptable tempo is decided by those who join. This is a no-drop group ride with the ride leader being Heidi Reppert.

The first ride will start at Wells Fargo.

- **March 16th – Start @ 5:30 pm (Wells Fargo)**

All dates are Weds. See RHBC Calendar

Rock Hill Time Trial Series (TTS) Wednesdays

This is a 10-mile bicycle time trial starting in York, SC (Langrum Branch Baptist Church – See FB Page for route).

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](https://www.facebook.com/rockhilltimetrialseries)

- **March 23rd – Start @ 6 pm (York, SC see FB page)**

All dates are Weds. See RHBC Calendar



Harvest Ride

The famous fall harvest ride is planned again for October 8th. This ride is our most significant success, and it's here to stay.

We had a fantastic turnout last year, a great group of volunteers, and received a lot of positive feedback. We have pictures posted under the Photos tab on the website and our Facebook page.

Check the RHBC calendar and mark yours!



<https://rusa.org/>

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

Things to Remember

Monday Night Ride
Starts March 13th

Women's Wednesday
Night Ride
Starts March 16th

Time Trial Series
Starts March 23rd

Fall Harvest Ride
October 8th

Membership

Please renew your membership as this helps the club put on events.

Merchandise

Club items will be for sale in 2022. Check the website for more information.

Volunteering

Please consider volunteering for one club sponsored event in 2022. Help us, help us!

Meet your 2022 Board of Directors

- Matthew Griffin (President)
- Jason Sutton (Vice President)
- Phil Flynn (Treasurer)
- Marshall Nord (Secretary)
- David Bray (Advocacy)
- Tim Nissen (Rec. Director)
- Bob Reppert (Youth Director)
- Mike King (Director of Competition – Men)
- Heidi Reppert (Co-Director of Competition - women)
- **Social Media Director needed (please refer)**

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, 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

Help Wanted - Social Media Director: Needed to manage FB, IG, Tik Tok, and Twitter. Non-paid position, but good resume builder for an internship type of relationship. Please refer a friend!

Club Merchandise

Club merchandise will be for sale again in 2022. Look for more information soon on items like lightweight wicking t-shirts, new water bottles, and koozies. As well as new kits!

Website Highlight: Member's Interests

Our website offers some elegant features like an Interests section. It's available on the navigation bar. When you sign into the site, you can go to that page and select your interests. This allows you to find people involved with the same things you are and provides us with a way to reach specific groups via email. If you get some time, go ahead and select your interests.

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