



June 2025

## We are moving to ClubExpress!

**STCC** is moving to **ClubExpress**, a powerful new web platform built just for clubs like ours! What does this mean for you?



- A fresh, user-friendly website and mobile experience
- Easy online membership renewals and ride sign-ups
- A centralized calendar with all of our rides and events
- Better communication and timely club updates
- Lists of riders who have registered for each ride (members may opt out of having their name visible)
- Member forums, photo galleries, and so much more!

This switch will make it easier than ever to stay connected, involved, and informed. Whether you're a long-time member or just getting started, ClubExpress will help you get the most out of your STCC experience.

Stay tuned for launch details and info on setting up your new member profile. We can't wait to roll into this next chapter with you—together, stronger, and more connected than ever!

### STCC Social Committee Chairs

Thank you to **Brandon Browder** and **Fernanda Martinez** for volunteering to co-chair the STCC social committee. Look for announcements on happy hours, post-ride gatherings and more soon.



Photo credit Brandon Browder

## STCC 2025 Ride of Silence

On May 21, STCC members joined cyclists worldwide in a silent, slow-paced ride in honor of those who have been injured or killed while cycling on public roadways. Learn more about this important annual remembrance @ <https://www.rideofsilence.org/>

Photo credit: Christine Saville



## Calling all current and future Ride Leaders!

Tim Connor, STCC Ride Coordinator, will host an **STCC Ride Leader Meeting** on Saturday, June 21 at 2 PM. If you are a current ride leader or are interested in becoming a Ride Leader, this meeting is for you! Location TBA.

Want to learn what it takes to be an STCC Ride Leader? Join us for a regional ride leader training in partnership with PBA on Sunday, June 22 from 3pm - 5pm. Visit [planobicycle.org](http://planobicycle.org) for more information. If you're not a PBA member, please email Chrissie Taveira @ [cjtaveira@gmail.com](mailto:cjtaveira@gmail.com)



## Don't miss this!

STCC will hold our annual July 4 celebration with special ride routes followed by a finish line cookout. Look for more details in the coming weeks.

## June member spotlight: Ronnie Cutter

Ronnie started riding in 2020 after being a runner for years. He joined STCC after his neighbor Carsten Cruse told him about it, and was immediately hooked! He went from barely hanging on to C rides to leading A rides within a year. He also became a Ride Leader who leads several rides including a very popular Saturday B-pace ride.



**What type of bike(s) do you own?**

I have a road bike, two mountain bikes and a gravel bike. I love riding all disciplines and usually ride my mountain bikes in Colorado or Bentonville. Bentonville is my favorite place to ride as it's now the mountain bike capital of the world but also has amazing gravel and road riding as well! I hope to move there someday soon :)

**What is your favorite STCC memory?**

I have many amazing memories with STCC. My favorites are probably all of the events and big rides we do like Memorial Day, Labor Day, 4th of July, Scottish Rite...I love how we all come together after our rides for cookouts and bonding with fellow riders we normally wouldn't ride with or have the chance to spend time with post rides.

**What do you love most about being a Ride Leader?**

I love giving the opportunity for people to be able to get out a ride and have a great time. Without ride leaders we don't get to ride and I know how important that role is in our club. I also love seeing the progression of riders, I have seen so many show up on my rides that may not be quite ready for the pace but come weekly and never give up, and now many of them are riding A rides and leaving me in the dust, Ha!



## Fueling tips for summer riding

By Carroll Deighton

You are getting some longer rides in by now, and you have dialed in your heat acclimation, hydration and electrolytes. But what about fueling? As your body burns calories, you will

likely need to get some carbohydrates in on your ride. Like hydration, your body absorbs nutrients most efficiently if you eat small amounts throughout your ride. So think portable, palatable, and plenty.

For rides lasting 2-3 hours, your goal should be about 30-60 grams of carbs (120-240 calories) per hour. As you push yourself longer and harder, you may need 45-90 grams of carbs (180-360 calories). Everyone has differing metabolic needs, so you will need to see what works best for you.

Try a variety of liquids and solids- an electrolyte drink that contains maltodextrin, gels, bars, a banana, etc. A packet of energy gel has about 100-150 calories. Be cautious about gels that contain a lot of caffeine- a little goes a long way. My HEED drink mix has 110 calories per scoop for one water bottle.

After your AWESOME ride where you pulled into the wind and won every sprint, you will need to refuel. Try a protein recovery drink fairly soon after your ride to get some quick calories. You will also need some lean protein, carbs, and fats to refill your tank. A nice post ride beer is soooo good.

While some people ride bikes to lose weight, you should avoid going into a calorie deficit day-on-day. You will not perform at your best if you are underfueled, and you could completely bonk if your tank is empty.

Log into STCC Facebook and let us know what your favorite on-the-go snacks are!

## Protein Energy Bites Recipe

Contributor: Pamela Nisevich Bede, author of [Sweat. Eat. Repeat](#)

### Ingredients:

- 1/2 cup peanut butter
- 1/4 cup dried raisins or cranberries
- 1/4 tsp salt
- 1/2 cup old fashioned oats
- 2 Tbsp honey or maple syrup

### Instructions:

1. Combine all ingredients in a bowl and form into bites. If mixture is too sticky, add more oats.
2. Place bites in freezer and remove just prior to ride.

## Your STCC Board Members

- Dustin Palmer, President
- Jeff Frayser, Vice President
- Christine Saville, Treasurer
- Sarah Panepinto, Secretary
- Robert Ho, Sponsorship Director
- Anjali Karve, Director of Advocacy
- Saylee Sakalika, Director of Community Relations & Education
- Melinda Sampson, Director of Member Services
- Tim Connor, Ride Coordinator

Board meetings are held every month and are open to all members. These meetings will be posted on FB in advance.

**Ride registration is required. Be sure your membership is up to date!**

[Become a Member](#)





Shawnee Trail Cycling Club  
stcycling.org

Connect with us



Shawnee Trail Cycling Club | PO Box 2668 | Frisco, TX 75034 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!