

THE

FREE

BUTLER BEE

"Local Buzz"

In this issue...

- **BHS Cancer Support Services**
- **Premier Bicycle Club**
- **Joey's P.A.W.**
- **Recipes & Puzzles**
- **Community Events**
- **Great Local Businesses**

Happy Father's Day!

From the Butler Bee

**June
2019**



Members of PBC on a trip to Italy, June 2018

The Premier Bicycle Club, Inc.

By Robert Vano, President

The Premier Bicycle Club (PBC) was founded in November 2016 in Gibsonsia, Pennsylvania. The organization began with a diverse group of community-based individuals such as lawyers, doctors, salespeople, students, business owners, healthcare professionals, and retirees, just to name a few. With more than 70 years of cycling experience combined, we understand what the cycling community wants and needs. We are people with different backgrounds, and a shared interest to provide a positive and supportive environment that encourages a healthy lifestyle for recreational cyclists of all levels to improve their skills and to participate with others in the joys of cycling. We have a strong conviction that cycling is more enjoyable when each of us takes a comprehensive approach to a healthier lifestyle.

Whole Foods, Plant Based Diet

We all know exercise and diet go hand-in-hand, and PBC's founding members wanted to make sure that our cycling events, socials, and parties included healthier food options. We have a bias towards a whole food plant-based diet because

research shows the benefits are substantial for living healthier. The founding PBC Executive Council decided to take this research into consideration by incorporating the idea that our events, rides, and parties would offer healthier food options to our members. We also keep in mind we have members who desire the Standard American Diet (SAD), and we respect their wishes. PBC supports the research presented on *nutritionalfacts.org*, and we educate our members by having a Healthy Eating page on our website, which provides members multiple resources to help them make healthy eating decisions for themselves.

We are not nutritionists and we do not provide eating plans for our members. What we do is create an opportunity for our members to be with like-minded individuals who share a common goal. We believe when we do things together and support each other, we make positive changes. Our Healthy Eating page on our website gives our members tools to make decisions for themselves.

How the Group Has Grown



You know the saying, “Build it and they will come.” Like anything, it takes energy and enthusiasm, and a conviction that what you are doing is right for the community. Our founding board members possessed strengths and qualities that would launch the Premier Bicycle Club. We started with 9 of us, and we are now serving nearly 350 members since going public in January 2017. There are many things that have helped us grow, a combination of them being energy, enthusiasm, conviction, and smart people. Top that off with the best group of members a club could have, and you get an organization that makes a positive influence in the community as a whole.

We knew there was a need in the Pittsburgh region for a cycling club that took things seriously. We also wanted to provide opportunities to those who are interested in taking part, while not breaking their bank account. The first thing we did was develop a website that is easy to use, is informative, and helps us manage the club on the backend. Like anything, having a system in place is what gets things done efficiently and effectively. Over the last two years, we’ve laid the foundation of our club by offering 5 special events (in 2019, we added a 6th special event) along with many local rides each week through the cycling season. We even created an opportunity for our members to ride together in the virtual world of ZWIFT, an online platform that brings riders from around the world together to ride. We offered a Saturday morning ride each week from December through March. The average week offers our members a half dozen or more rides to choose from. We are often told the reason someone joins our club was because they saw our website, or talked to someone, and they see we have a lot going on and wanted to be part of it. So again, build something people want and they will come.

Our Local Rides

Most of our rides start in the Northern Allegheny County area, with most miles being ridden in Butler County. We have some rides that start in Butler County at Harcrest Community Park, and also as far north as Moraine State Park. While we have various rides that get posted on our club’s ride calendar, there are a few staple rides that hap-

pen more regularly. We train all of our ride leaders annually so they can do the best job at conducting rides and reminding other cyclists of the “Rules of the Road.”

We offer group rides on Saturday mornings at the Northern Tier Regional Library on Dickey Road in Gibsonia, PA. We also offer rides that start in North Park on various days with our most consistent ride being our “Over the Hump Ride” on Wednesday evenings. Our rides attract anywhere from just a few riders to dozens of riders, and we have multiple ride leaders guide riders of different levels on mostly quiet country roads. Our more advanced rides cover routes that range from 35 miles to more than 60 miles. These rides are usually intended for those who can handle a faster pace. We make it a point to have rides each year that go all the way to Moraine State Park and back. We also have rides that offer a more relaxed pace and shorter distance that range from 25 to 40 miles. It’s not uncommon to see our group rides passing through Saxonburg, PA and Butler, PA. You’ll see us at one of our common rest stops, the Pittsburgh-Butler Regional Airport. They’ve been working with us since we started the club and make it easy for us

Continued on Page 9



Shenandoah & Skyline Drive Tour, July 2018



Ladies at one of our rest stops, Pittsburgh-Butler Regional Airport.

to use their restrooms and refill our water bottles. We appreciate their support. It's also not uncommon to see us at Subway in both Saxonburg and Evans City.

Safety Concerns and the Public

As the warmer months are upon us, we hope the community will recognize the importance of driving safely and honoring the safe passing laws in Pennsylvania, which requires drivers to give cyclists four (4) feet. We want to remind motorists we are drivers too, and we know what it is like to have to share the road with cyclists. PBC does its best to review the "Rules of the Road" with our members, and we expect them to honor and respect them. It is up to all of us, both cyclists and motorists, to respect each other and be kind. Let's work together to keep our mothers and fathers and children safe whether in the car or on their bikes.

We have nearly 350 members who will be heading out for some good exercise. We ask motorists to please help to keep us safe by giving us more room than you think we need. A small pothole to a car is potentially hazardous to a cyclist. We need room to navigate around road obstacles like potholes, tree branches, and rocks. Give us the space we need and we'll thank you as you pass by!

How to Become a Member and What is an Average Meeting Like?

It's simple! Visit premierbicycleclub.org and click on "Join Today!". Our annual membership cost is only \$25 per individual or \$40 per family. We also have multi-year options, and you can see them during the registration process.

Our club boasts its countless riding opportunities and other social opportunities throughout year, so meetings are ongoing and vary. Our special events are what attract the most members. A typical special event will have 70-100+ members attend, with our Shenandoah & Skyline Drive Tour attracting 120 members so far this year.

Typical local rides involve riding a route lead by one of our ride leaders, and choosing the right ride for you is important. We offer tips on making those selections on our website under our "Ride Info/Ride Classifications" page. Understanding this helps our riders choose rides that fit their ability.


In my opinion, any day that includes a bike ride in the schedule is a great day. It's a fantastic way to do something good for yourself!! 🐝

Photographs courtesy of Robert Vano.

At a Glance...

WHAT: Premier Bicycle Club

MORE INFORMATION: For more information, or to join, visit PremierBicycleClub.org

 PremierBicycleClub



Are you looking...

...for a job or better career opportunity?

...to fill a position?

...for a long-term solution to your staffing needs?

Nesco Resource is one of the leading national staffing and employment agencies. Through its branch office network, **Nesco Resource** offers clients and employees services ranging from;

- Temporary Staffing,
- Permanent Placement,
- Recruitment Process Outsourcing,
- On-Site Management Services
- and More!

NESCO
RESOURCE



An employment agency with a dedicated office in Cranberry Twp., supporting Butler County and surrounding areas.

Contact us today (412) 246-4826!

www.nescoreresources.com

