



Flower City Cyclist

Newsletter of the Rochester Bicycling Club

Volume 46 Issue 3

April 2013



Spring is in the Air!

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Upcoming Events Summary

RBC Open House

Wednesday April 10

RBC Ride Leaders Meeting

Thursday April 11

7:00 PM

Genessee Waterways Center, 149 Elmwood Ave.

Adopt a Highway

Saturday April 13

Safety Workshop

Wednesday April 17

7:00 PM

Christ The Good Shepherd Lutheran Church, 1000 Winton Rd N

New Member Orientation & Open House

Tuesday April 23

7:00 PM

Brighton Memorial Library, 2300 Elmwood Ave

On-road Break Down Clinic

Wednesday April 24

7:00 PM

Christ The Good Shepherd Lutheran Church, 1000 Winton Rd N

The Flower City Cyclist

Our Mission:

- > Teach and promote bicycling for transportation, recreation and health.
- > Preserve and proclaim the rights of bicyclists as operators of vehicles.
- > Schedule and and organize bicycle rides, tours and other activities on a regular basis.
- > Cooperate with other groups in promoting bicycling.
- > Advocate the use of approved helmets.
- > Advocate the safe and responsible use of appropriate lands for off-road cycling.

This Newsletter is published as scheduled below by the Rochester Bicycling Club

Newsletter Deadlines:

Mar	Feb	15th	Issue 1
April	March	15th	Issue 2
May	April	15th	Issue 3
June	May	15th	Issue 4
July	June	15th	Issue 5
August	July	15th	Issue 6
September	August	15th	Issue 7
October	September	15th	Issue 8
Nov-Dec	October	15th	Issue 9
Jan-Feb	December	15th	Issue 10

Newsletter Advertising:

The Flower City Cyclist accepts paid ads and preprinted inserts. Paid ads will run for one issue. Copy and payment are due on the deadlines listed above.

Rates are:

1/4 Page \$10.00

1/2 Page \$15.00

Full Page \$25.00

Note: Members may place bicycle related classified ads at no charge. See the RBC Website for complete details.

THIS NEWSLETTER IS ONLY AVAILABLE VIA EMAIL:

Send your email address to:

RBCMembership@gmail.com

Contributing?

The editor accepts all bicycling related, member submitted articles, photos and artwork for the newsletter. Special consideration is given to RBC related activities, rides, special events and your personal experiences, cycling tips and adventures! Share your stories!

Submit articles to:

rbcnewz@yahoo.com

Announcements



The 2013 Rochester Tour de Cure presented by Sage Ruddy is looking for Route Marshalls for the American Diabetes Association's signature cycling event on Sunday, June 2nd. The Tour de Cure offers five routes to choose from: 15 Mile, 25 Mile, 40 Mile, Metric Century and Century; Route Marshalls are needed for all.

Route Marshalls are important to ensuring the best possible rider experience on the Tour de Cure. They are part of the complete SAG program comprising support and transport vehicles. Some of the activities of Route Marshalls include:

- Being familiar with the assigned routes, markings and cues
- Sweeping some or all of a route (depending on distance) to identify or assist with rider incidents. Longer routes will be shared.
- Assisting with minor mechanical supports, e.g. flats, dropped chains. Carry two spare inner tubes, tire wrenches, a manual tire pump, and a CO2 canister.
- The ability to change a rear tire (we can train you).
- Assisting with minor first aid - e.g., small cuts. Carry band aids.
- Communicating with Net Control for vehicle support or 911 for emergencies. Carry a cell phone.
- Encouraging safe riding practices.

Being a Route Marshall is a great way to support Tour de Cure and enjoy all the fun and excitement of the event without asking for donations. When riding as a Route Marshall for the Tour de Cure you have no fundraising minimum or registration fee. If you would like to learn more, please contact:

Brandie Cardone at 585-458-3040 x3490 or bcardone@diabetes.org

Lake Placid Weekend

July 11-July 14th

Last month I gave you some of the basic information about the upcoming Lake Placid Weekend and some of that is repeated here, especially our lodging information.

Our home base for the weekend will be the Town & Country Motor Inn 2200 Saranac Avenue, Lake Placid, NY 12946. Phone 518-523-9268 or info@tcmotorinn.com. Their web site is www.tcmotorinn.com. There are a total of 10 rooms set aside for the RCBCD at \$99 per night with a minimum two night stay. These rooms will be held until May 1 for us so make your reservation early. They may make more rooms available if we fill the first ten rooms.

Now for our hill climbers in the club, a classic bike ride is to ride up the Memorial Highway to the top of Whiteface Mt. This is a climb that will get your attention. Just ask Robbie how this ride is, he did it a couple of years ago.

There are two good bike shops in town, one Placid Planet is located just down the road from our Inn. Also to be enjoyed are the various Olympic venues located throughout the area.

The riding will be fantastic, dining choices many along with all of the other features of Lake Placid. Make your lodging reservations soon. Please let Bob Lechner (boblechner@aol.com) know if you plan on attending.

Announcements

Andrew Spiller 25th Annual Memorial Picnic & Challenge Ride

That's right! This is the 25th anniversary for the Andrew Spiller Memorial Picnic & Challenge Ride and we want this to be one of the best Events ever. The entrance fee for this day long (24 hours) **is a dish to pass!**

What is the Challenge Ride; it is a great day for the RBC to gather in one place for many different types of riding. You can ride 12 miles, 25 miles or any number of miles during this 24 hour event. Yes we will be there through the night to cheer on riders who opt to ride throughout the night. This is the day when you can challenge yourself to ride a little further than normal, or maybe even set a personal best for distance ridden in one day. Or it can be a day where you come out to do a comfortable ride and socialize with other riders.



Farmington Town Park sits in the middle of a figure eight loop, with each loop being 25 miles. This way you are never more than 12.5 miles from the start (or finish). There is also a 12.5 mile loop usually used by our night time riders but this loop may be ridden any time of the day. This loop is all right hand turns so there is no crossing of traffic. For anyone riding at night please wear reflective clothing and lights are a must.

We want to try some new rides this year and we are looking for YOU, the club members to come out and lead rides throughout the day on a pre-published schedule in order to give members a choice of rides during the day. Please consider scheduling and leading a ride during the day.

We would like all rides or loop riders to be in the park sometime between the hours of 1 PM and 3 PM for the picnic. This year we will have a gas grill set up for cooking meat that you can bring with you. Again, everyone is encouraged to bring a dish to pass, not just cookies or other deserts.

If you want to schedule and lead a ride on this great riding day, please contact Bob Lechner at boblechner@aol.com. Please watch future newsletters for more information on this once a year club event. We will publish a list of jobs at the Challenge Ride that need volunteers to help make this a successful event.



Announcements

Ride of Silence



**Andy talking with the motorcycle escort rider,
Shane**



**Todd, Andy, Karen and Christina in front of the
gathering group**

For almost 200 years people have been riding bicycles. No one can say when the first cycling fatality happened but undoubtedly by the time the auto era began there were at least a few. We all know that soon after this shift in personal transportation the unfortunate number would grow. For the last ten years riders all over the world have stopped their talking and ridden together in silent memory of the numbers who no longer can ride.

The Ride of Silence happens every May, on the month's third Wednesday evening. This year the date is May 15th. We ride at a processional pace for about an hour. Our thoughts will be full of our friends, club mates and loved ones who have died or been injured while cycling. We gather with enthusiasm and friendly greeting. We finish wishing we never had the need to attend again, but we know better.

The RoS start is at the Penfield Town highway Dept parking lot located on Jackson Rd, just North of Atlantic Ave. We ask that you arrive at 6:20 to allow for time to get your bicycle prepared, meet fellow riders, sign in. Before we depart there will be a short ceremony, some instructions, the reading of the Ride of Silence poem then a musician will play us out with "Amazing Grace". All are welcome to attend and no special skills or fitness is required, excepting the ability to follow the rider ahead of you while meditating. There will be a motorcycle escort handling the traffic and intersections, allowing us to continue unabated. The route is just under 9 miles long along the wide and level Penfield roads. We expect to be finished and back in the parking lot by 8:00PM.

The national organization has merchandise, including 10th anniversary jerseys. They will be made as they are ordered and shipped direct from the manufacturer. It's suggested that orders are placed 6 weeks prior to the event to insure delivery. Here's the link to their website www.rideofsilence.org. The website had a donation capacity and much more information about this cause.

We are hoping to have some media present, recording the ride. If you have a RBC club jersey, and won't be getting a Ride of Silence one, please consider wearing it. Helmets are requested for the obvious reasons. Arm bands will be supplied. If it's a cool evening we suggest wearing warm clothing, you won't be generating much heat at the slow pace we will keep.

Please contact Andy Stewart, onetenth@earthlink.net, if you have any questions or wish to help out. There are a few small chores to help this ride be a success. The photos are of last year's RoS. Here's a link to Penfield Cable's video of the 2011 event. http://www.youtube.com/watch?v=T4U35EOHos&feature=player_detailpage

Announcements

Volunteers Needed for Ride of Silence

Contact Andy Stewart: onetenth@earthlink.net to volunteer

Job	Description	Time Commitment	When	Number of Volunteers Needed
Arm band production	No sewing! Buy fabric (you will be reimbursed) and cut into 100 strips for arm bands	3 hours total	At your convenience – completed by May 8, 2013	1. _____
Parking lot attendants	Direct arriving cars to parking spots	45 minutes – you will be able to ride – late arrivals will find their own way. Wear RBC jersey or yellow top	At the Ride of Silence from 6:15pm to just before the ride start at 6:50pm	1. _____ 2. _____ 3. _____
Arm band Distribution and Name Recording	Pass out arm bands, help put them on if needed. Capture riders' names and email addresses. If riders are memorializing a particular person, record that person's name.	Approximately 45 minutes	At the Ride of Silence from 6:15pm to just before the ride start at 6:50pm	1. _____ 2. _____
Ride Departure Organizer	Organizes riders as we depart the parking lot, instructions provided	75 minutes – 15 minutes before ride start & 60 minute ride	At the Ride of Silence, from 6:45 PM to 8:00 PM	1. _____
Sweep rider	Last rider out, carries cell phone in event of emergency	75 minutes – 15 minutes before ride start & 60 minute ride	At the Ride of Silence, from 6:45 PM to 8:00 PM	1. _____

Announcements



Order New Jerseys On-Line

<http://rbc.wildapricot.org/Jerseys>

New DISCOUNTED Prices on OLDER Style Jerseys!

All sales final
No returns
\$25.00



Sizes available:
Men Medium (3)
~~Men XX Large (1)~~
Women Medium (3)
Women Small (4)
Women X Large (1)

Contact:

Richard DeSarra
rdscomm@rochester.rr.com
585.461.5363



Volunteers Needed!

Got a couple of hours to spare? Your participation on a limited basis here and there would make a world of difference in organizing RBC events. No time commitment will be considered too small! And don't forget - volunteers are invited to attend the annual RBC Volunteer Recognition Dinner next October.

You will find volunteer opportunities with specific tasks and time commitments detailed here in the newsletter and on the new RBC website beginning in April, 2013. You will be able to sign up online or by emailing or telephoning the specific event coordinator.

Ongoing volunteer opportunities are also available for tasks that can be accomplished from home or in short spurts of time over the year.

If you would like to lend your hand, go to RochesterBicyclingClub.org, sign-in, click on "View Profile," "edit," and scroll to the bottom where volunteer opportunities are listed. Check any or all to be contacted at some point over the year. Your help will be much appreciated.

Thank you!

www.rochesterbicyclingclub.org

Announcements

Save the Date!

Genesee-Finger Lakes Active Transportation Summit

Tuesday, April 30th

We envision a future in which every community has transportation options that are healthy, fun, safe, and environmentally friendly. The purpose of the Genesee-Finger Lakes Active Transportation Summit is to help educate, inspire, and mobilize our 9-county region to achieve that vision by making walking, biking, and transit easier, safer, and more available to all.

Join us for an exciting day-long program that includes:

- Innovative and influential speakers
- Dynamic educational sessions
- Networking with national and local leaders
- Working groups to share best practices and mobilize for action

Keynote addresses by two of the most important active transportation leaders in the US:

- Earl Blumenauer, U.S. Representative, 3rd District Oregon
- Jeff Olsen, former New York State DOT Bike/Pedestrian Program Manager and author of *The Third Mode*

When: Tuesday, April 30, 2013 from 8am-5pm

Where: Rochester Riverside Radisson Hotel (120 East Main St) Registration Cost: \$50 (includes breakfast, lunch, and snacks)

More details and registration information available soon.

Awards Banquet Report

You could not ask for a better day to kick off the 2013 RBC season. A sunny day of 50 degrees welcomed 29 riders to the first club ride of the season featuring road bikes, commuting bikes, cross bikes, hybrid bikes and of course Brian & his buddy on fat tire bikes.

Brad & Cindy brought computers and were available to demonstrate the new web site as well as signing up members for the 2013 season.

The ride was followed by a delicious meal based on the custom of "bring a dish to pass". There were more desserts than the 60 members could eat. After the meal it was time for the Awards Banquet conducted by Mark & Whitey.

High Mileage Calendar Rides

Jules Kleinhenz - 2821 Miles

Monica Gunther - 2240 Miles

High Mileage Impromptu Rides

Jules Kleinhenz - 2994 Miles

Cindy Fleischer - 2302 Miles

Most Improved Rider

Lance Whitback - 3443 Miles

Judy Calamia - 419 Miles

Most Improved New Rider

Mike Harris

Denise Kamiski

1000 Mile Club

Roger Weston

Dick Ferrante

Mike Kabat

Todd Becker

Marty Turner

Larry Simpson

Peter Costello

Mike Harris

Christina Bater

3000 Mile Club

Cindy Fleischer - 3558 Miles

Lance Whitbeck - 3443 Miles

Bob Lechner - 3111 Miles



Off they go!



Waldo Nielsen Award
Steve Wowkovich



George Rennie Award
Andrew Stewart

Continued on the next page >>>

www.rochesterbicyclingclub.org

Awards Banquet Report

Most S & E Rides

Ken Hansen -35 Rides second year

Most Sweep Rides

Andrew Henke - 27 Rides second year

Most Hell Bent Rides

Dave Larson - 19 rides second year

Most Centuries

Tom Colling - 5 centuries second year

High Mileage Couple

Steve & Kathy Riegle - 4571 total miles

Challenge Ride

Lance Whitbeck - 200 miles



High Mileage Calendar Rides
Monica Guenther
Jules Kleinhenz



High Mileage Impromptu Rides
Jules Kleinhenz
Cindy Fleischer

Brad Jensen, Steve Lee, Lance Whitbeck were all good sports receiving humorous awards. Cindy gets the good sport award having received humorous awards the past three years!

The prestigious Stone Saddle Award was given to Joe Voelkel for completing a 200 K brevet in eleven months having missed his goal of completing one in every month of the year but making up for it by doing one in Jan. & Feb.

Steve Wowkowych received the Waldo Nielsen Award for all of his outstanding work advocating opening up county parks to mountain biking and his tireless efforts on trail work.

This years George Rennie Award went to Andrew Stewart for his work on the Ride of Silence and Whitey Link for his service to the RBC.



The highlight of the evening was the recognition of over 20 years of service to the RBC by Karen & Brian Managan. Since they had received every award the club has the board chose to honor them with the newly created Life Time Achievement Award. They received a standing ovation.

Announcements

The 2013 Rochester Bicycle Film Festival

Spring is coming, and spring means bicycling and Bicycle Week. On May 14th, Tuesday of Bicycle Week, Rochester's 2013 Bicycle Film Festival will be held at the landmark Cinema Theatre at Goodman St and Clinton Avenue.

In the Cinema Theatre tradition of the double feature, we will be showcasing two feature films.

With My Own Two Wheels is an award-winning documentary about the power of bicycles to enhance lives and improve communities. Filmed in multiple locations around the globe, it showcases how ingenuity, determination, and this simple machine can bring great benefit to people practically and economically.

Race Across America is filmmaker Stephen Auerbach's exploration of this amazing 3000 mile, 10 day race. It is a story of grit and determination, tucked away from the money and glory of high-profile professional team bicycle racing. The competitors challenge themselves and each other in near obscurity, testing their mental, physical, and emotional endurance in what has been described as one of world's most grueling races.

Between these two films, take a few moments for refreshments and a chance to chat with friends, and enjoy a series of entertaining 3 minute "bike shorts!" We will be featuring short films which have won bicycle film festival awards, as well as premiering an entirely Rochester hometown short bike film.

The evening's events will be rounded out by cycling goodies, news, and information available in the lobby, as well as entertaining slides in the pre-film "preview" slide loop.

The 2013 Rochester Bicycle Film Festival is a noncommercial venture provided for the entertainment of our community. Proceeds of the Festival will benefit World Bicycle Relief (<http://www.worldbicyclerelief.org>) Their mission statement: "In the hands of a student, healthcare worker or entrepreneur, the bicycle is life changing. Individuals, communities, and entire economies are empowered. On average each bicycle in the field improves 5 people's lives."

Early arrival is recommended to get a good seat and to enjoy the pre-show action. Ride your bike to the theatre and show your helmet to receive a discount on our already low admission price. See you at the movies!

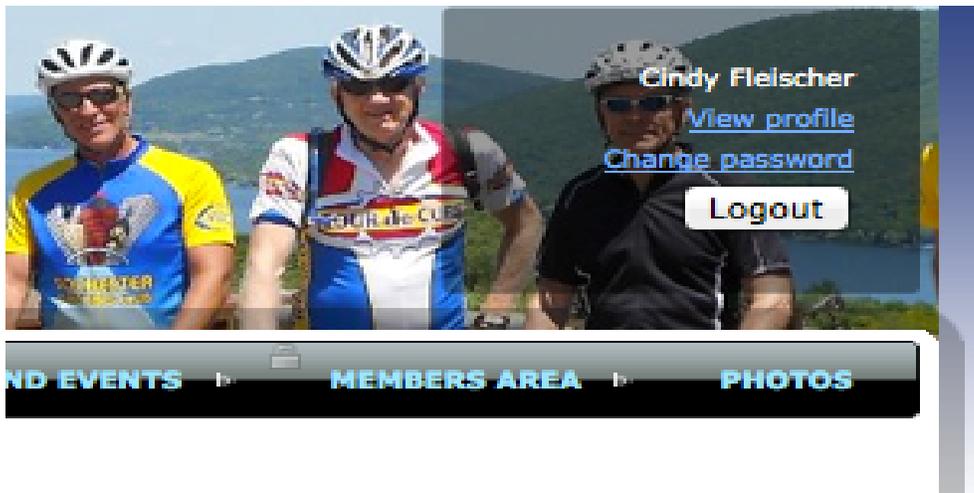
How to Use the New Website

Setting Your Profile and Privacy Options

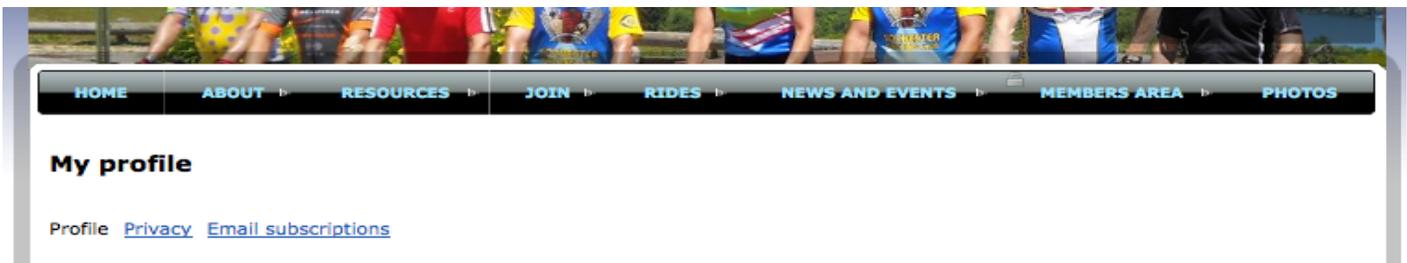
Your RBC website Profile is the place where you determine how you will interact with other RBC members using the website. Do you want to volunteer for RBC? Would you like to identify the types of rides that you prefer? Would you like fellow RBC members to be able to view your information so they can contact you? This article will tell you how to indicate your preferences and set your profile fields to be visible or hidden from other RBC members.

Here's the place to manage your profile and the process is VERY simple.

Log onto RochesterBicyclingClub.org
In the upper right corner, click "View Profile"



Now move up to just below "My Profile" and click the box "Edit Profile." You will be taken to another page that looks like this:



This is a tutorial to edit all three tabs shown here: Profile, Privacy and Email Subscriptions. It's best to edit all three in one sitting. It will take about ten minutes.

Continued on the next page >>>

www.rochesterbicyclingclub.org

How to Use the New Website

Profile shows all the information you provided on your membership application or what was in the RBC membership database as of last year. Note that most of the information in these fields can be changed, even your name and email address. The RBC newsletter and dues reminders will be sent to the email address you indicate here. If you move or decide to use a different email address you can now update these fields yourself. Check to be sure all your data is correct. If you'd like, check the volunteer opportunities that interest you. If you haven't already, be SURE to check the box next to the 2013 Liability Waiver. This indicates that you are aware of the waiver and understand and accept responsibility for yourself as you ride with RBC. It replaces the paper waiver you signed at the beginning of each season if you rode with RBC in previous years.

Next click Privacy. If you check the box entitled "Allow to show profile" situated above the blue bar you will be included in the Directory when you are done editing these three pages. You can leave that box unchecked or check it now. We will provide more information about the Member Directory in the next newsletter, but for now know that it is available only to paid RBC Members. Next, choose your privacy level for each of the fields shown. For each item you can choose "Anybody," "Members," or "No Access." Once again, be assured that your information is secure. The RBC will never share it with another entity.

There is one last page to edit. Click on Email subscriptions where you may opt to unsubscribe to either of the two options there. If you choose to uncheck these boxes you will NOT receive event notices or the RBC newsletter.



Be sure to click SAVE before you leave the page, and all the changes you made to these three pages of your profile will be saved. After SAVE, click My directory profile to see your choices.

Coming up: "Using and/or Joining the RBC Directory" (including uploading photos)
"Buying an RBC Jersey Online"



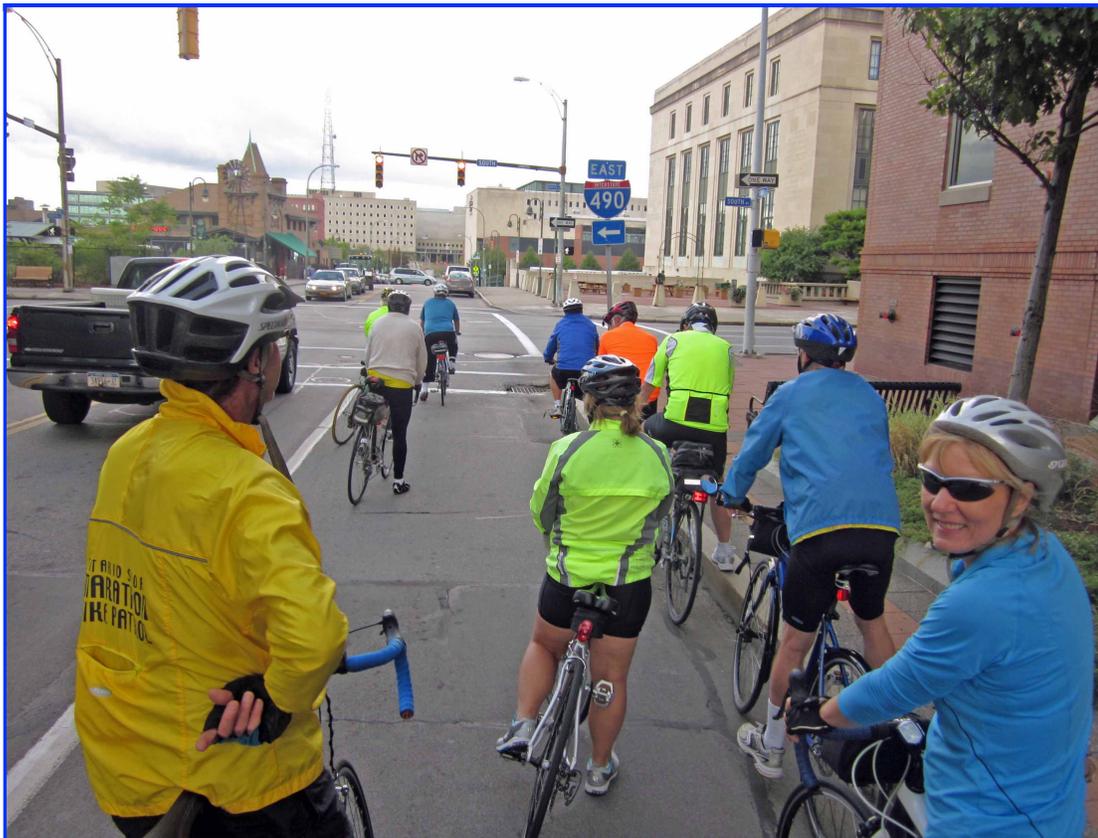
Necessary and Sufficient Conditions

This article is about cycling in the mix with motor traffic, not about randonneuring or major-league baseball, but I need some metaphors here:

One of my dreams -- in my priorities just a bit behind my dream of pitching a no-hitter against the Yankees -- is to complete the epic randonneuring event, Paris-Brest-Paris.

This event is over 100 years old, and it involves riding from Paris to Brest *et retour*, as they say in France, in less than 90 hours. It's almost eight-hundred miles. If you can do it, you get a little medal, but you have to pay extra for the medal, and if you can't do it, you don't get anything. Actually you do get something: You get "DNF" written next to your name in the *Audax Club Parisienne* record book ... for eternity: Did Not Finish.

There are several accomplished randonneurs in the RBC and at least five who have done PBP at least once. At least three have done it three times. When I share my dream with them, one of them will eventually say, "You can do it, if you think you can." This notion of thinking one can do a thing, the notion of belief being sufficient, is an interesting one in the sporting world, or in the world in general. Is it really enough to simply believe that one can do a thing in order to do it?



RBC Cycling Downtown 15 September 2012

I'm going to throw out this idea for your consideration: You might not be able to cycle safely in the mix with motor traffic, based solely on your belief that you can -- skill and judgment are needed, too -- but if you believe that you cannot do it safely, you cannot. Like the no-hitter and the eight-hundred-mile PBP, belief is not sufficient, but it is necessary. No one ever finished PBP believing that he couldn't do it.

Continued on the next page >>>



John S. Allen's expression -- which is the subtitle of his book *Bicycling Street Smarts* -- is "Riding Confidently, Legally and Safely." It's almost impossible for scaredy-cat cyclists to ride safely in the mix with motor traffic. Cyclists who are frightened by the presence of motor traffic go to great pains to avoid low-probability risks by engaging in high probability risks.

Cyclists who are afraid of low-probability risks, for example, being rear-ended by a motorist, compensate by engaging in high-probability risks, for example, riding in the door zone. Riding in the door zone, discussed under "Riding in a Bike Lane" on page 14 of Allen's book, is actually not all that risky, but since it's also unnecessary, why do it?

"...positioning is one of the most important traffic skills for a cyclist to acquire, yet is precisely here that most cyclists perform badly. Many cyclists fail to position themselves properly because of their fear of traffic, yet ironically, it is this very fear that probably puts them most at risk." (p. 91)

John Franklin *Cyclecraft: The Complete Guide to Safe and Enjoyable Cycling for Adults and Children*

Franklin calls road positioning "probably the most important [of all cycling skills]" (p. 92).

"Respect for cyclists must start with self-respect." Eli Damon

cycles.eli-damon.info/2012/10/14/a-more-luxurious-ghetto.aspx

Thirty Left Turns After Discovery -- Ready to Learn

"...this is one reason why traffic-safe cycling is considered to be the province of the super experts. It's not that it takes super skill; the problem is that in America only those cyclists who already have advanced cycling skills have overcome the cyclist inferiority complex. (The other reason that traffic-safe cycling is considered superhuman stems from that primitive religious emotion: Since no human power can save the cyclist from cars, then clearly the cyclist who is safe in traffic must have acquired supernatural power, like the priest who can handle the normally-deadly sacred objects without being destroyed by the god.)

"In contrast to this lifelong self-education [in traffic-safe cycling] is the dramatically sudden change produced by intensive and guided experience. I start my cycling transportation engineering seminar with four days of half cycling and half lecturing. The amount of cycling is just as much as I believe the student's bodies can stand. The students are typically highway officials who have not cycled much since childhood. In the initial transportation lectures I avoid subjects that confront their cyclist inferiority complexes with 'controversial' facts, and I direct my cycling lectures and field trips to developing cycling confidence with increasing levels of traffic.

"On the fourth day the students make 30 left turns in a row on a 6-lane urban artery carrying 40,000 cars a day at 35-45 mph. That practically settles the issue. While the cyclist inferiority complex is rigidly powerful, it is also brittle. The shock of discovering that one can successfully negotiate traffic so intense that the complex declares it to be impossible practically destroys it. After that discovery the highway officials, or for that matter any cyclists, are ready to learn what cycling is all about [...]

"The problem is not in providing the information, but in persuading the students that the information is correct."

John Forester *Bicycle Transportation* (Cambridge: MIT Press, 1983) p 180-181 and p 238.



Cyclopedicia is a bicycle program that empowers inner city youth to learn about and explore the world around them. It was founded in 2010 through a partnership between Shawn Brown, teen coordinator at the Boys and Girls Clubs of Rochester, and Drs. Cappy Collins and Marc Lavender, physicians at Pediatric Links with the Community, an advocacy training program at Golisano Children’s Hospital at Strong. Now entering its fourth year, Cyclopedicia has expanded from an initial contingent of 19 adolescents to one of 90 adolescents and older school-age kids.

At a time when so many children in our urban community are confronted daily by poverty, violence, drugs, and other forms of toxic stress, it is no wonder the Rochester City School District high school graduation rate remains so low and murder rates so high. How can a child be expected to perform to their full potential when they are hungry, afraid of being physically assaulted, or unable to breathe due to untreated asthma? How can a child “pull themselves up by their bootstraps” when no one has showed them how, or even introduced them to the world beyond their day-to-day physical and social environment?

Enter Cyclopedicia - bicycles become literal and figurative vehicles for transporting these same kids to an alternate picture of what their lives could become. Each Cyclopedicia trip has a local theme. We start out at the Boys’ and Girls’ Club in the southwest corner of Rochester with a brief lesson on the days’ topic. We focus on learning about and exploring area treasures that many of the riders have never experienced firsthand: the Erie Canal, Lake Ontario, the reservoirs, a house designed by Frank Lloyd Wright, Frederick Douglass’s tomb, an urban farm, summer festivals, urban artworks, local entrepreneurs, and hip hop artists. After each ride, we upload photos and videos to our collaborative

Today’s ride was fun because I got a chance to stand in front of a house that I would one day live in. The house that I pick was brown and white. I chose that house because it’s a peaceful area where there not a lot of trouble.

Davontay Bradley, Age 13



Mapping the ride at the Boys & Girls Club

“wikiblog” (www.cyclopedicia.us) and write about our experiences. The resulting web page documents each trip with a brief description, total time & mileage, participant names, photos, and an interactive map.

Although Cyclopedicia currently runs during the summer months alone, our dream is to expand and provide high-quality after-school programming throughout the school year. We would do this by integrating our curriculum with local RCSD schools, and by developing an “earn-a-bike” program where kids would learn how to repair and build a bike, donate it to a friend or family member, and then build one for themselves. Such a model has been proven successful in many cities across the country.

We are looking for cycling enthusiasts, bike repair gurus, photographers, and writers to join us as we continue on our journey!! Please contact Marc Lavender at mdpurple@gmail.com if you are interested!!



Dr. Lavender with some of the Cyclopedicia crew at Cobbs Hill

Board Meeting Minutes Mark Robbins



RBC Board Meeting Minutes: 2/10/2013

Present: Whitey Link, Mark Robbins, Richard DeSarra, Brad Jensen, Bob Cooper, Andy Stewart, Bob Lechner, Joe Voelkel, Dave Natrop, Ginn Lee, Cindy Fleischer, Dale VanOcker

Approval of minutes for 1/13/2013 Board Mtg.: Minutes were approved.

Advocacy: Richard shared that the Rochester cycling alliance will be holding an active transportation symposium to be held 8-4 on April 30th at the Rochester Radison Hotel. The Keynote speaker will be Congressman Earl Blumenauer, from Portland, Oregon who was instrumental in Portland's bicycling revolution.

Membership: Cindy announced that to date there are 114 individual memberships and 44 family memberships. This represents a significant increase as compared to the number of registrations at comparable times in previous years with automated renewal reminders seen as a contributing factor. Thus far 86% of the registrations have occurred on line. Cindy added that thus far 7 individuals have ordered CD's and 7 have asked for new member materials.

Rides: Joe reported that of the 323 rides on the schedule 46 remain without ride leaders. Of those 9 are slow and easy rides and 8 are fast friends Friday rides. Joe indicated that the slow and easy rides without leaders will be cancelled if leaders are not found within the next several days. As to other rides without leaders some or all may remain on the schedule noted as needing ride leaders. Some discussion followed that the implementation of a Ride Leaders forum on our website might facilitate designation of ride leaders prior to the ride dates. Joe asked and board members agreed to review the current calendar. Joe will email the calendar to those board members that volunteered. Volunteers are asked to complete their review and advise Joe quickly of any needed corrections as the ride calendar needs to be finalized within the next several days.

Ride of Silence: Andy shared that he's had contact with the Penfield officials who are supportive of this year's event which will take place on May 15. Dave will be addressing the issue of insurance. Andy outlined additional persons that he will be contacting in the near future as well as publicity strategies. Bob C. was asked and agreed to contact the Hochstein school of music to recruit musician(s) for the event. Andy noted that volunteers will again be needed to assist the day of the event. Andy shared that he'd like to introduce a new aspect to the event this year - i.e.- photographing of the event and added that another possible new aspect of the event might be for participants to share the names of those "fallen riders" they'd like to recognize. Board members present felt that both suggestions were good ones.

Continued on the next page >>>

www.rochesterbicyclingclub.org

Board Meeting Minutes

Mark Robbins

Newsletter: Dale indicated that the March Newsletter is moving along. It will include an announcement regarding the upcoming Awards Dinner. Dale encouraged folks submitting future articles to consider submitting accompanying photos, as appropriate, along with the text. Whitey noted that it can be difficult to develop sufficient material to support publication of a monthly newsletter and encouraged folks to consider submissions.

Treasurer's Reports: Current account balance is \$5683. Highlights include transfer of \$1954.00 from Paypal into our bank account (this money stemming from registrations). A significant expenditure this past month was our annual liability insurance an expenditure of \$1092.00. Dave reported that the insurance rate charged by our insurer has increased as compared with last year -- due largely to a small rate increase.

Challenge Ride: Bob L. reported that he's met with Karen. Bob shared that new for this year will be introduction of new routes (all starting from the Farmington Town Park) and rides starting at pre-scheduled times. It is hoped that pre-scheduled ride starts will facilitate larger numbers of riders riding and picnicking together.

Web Site: Brad updated the group of the status of the website. He shared that there has been discussion about initiating a Ride Leaders Forum which serve to facilitate communication related to substitute ride leaders or identify leaders for rides that lack designated ride leaders. Brad noted that there has also been discussion about a "classified Ads" forum. Brad also proposed placing a copy of the annual financial statement on the website. Board members felt that this would be appropriate. Last, it was noted that all club CD content needs to be provided to Brad by no later than 2/25 to allow sufficient time for CD production prior to the March 9th Award Banquet.

Club Brochures: The board determined that all brochures will also need to be ready for distribution at the March 9th Award Banquet. Recommendation made at our last meeting to obtain pricing estimates for multi colored printing has not yet been completed. This needs to occur quickly. Further discussion by the board indicated that it might be preferable to continue to print our brochures using black print on colored paper. Several board members present expressed the opinion that printing the brochures on different colored paper helped folks to better identify/differentiate between the various brochures. It was acknowledged that as a decision needs to be made prior to our next meeting an Email vote on how to best proceed with brochure printing may need to occur.

Maps: Ginn reported that he's making progress with new maps and will have updates to Brad by 2/25.

Whitey Reported on Tammy's behalf that she is finalizing club discounts with our local bike shops.

Community Bicycle Transportation Recognition Award: Richard reported that the committee has named Nu Look Collision as the first recipient of this award. This was in recognition of their tremendous support of Kevin Royston after his serious cycling accident this past season as well as their subsequent promotion of bicycling safety in their TV ads. Richard shared that he's met with Nu Look's marketing director with regard to the possibility of their holding a press conference or, perhaps, their mentioning this award in their future ads

Awards Banquet: Whitey asked for a volunteer to purchase beverages for the Awards Banquet. Mark volunteered to do this. Dale volunteered to write a newsletter article. Whitey will prepare a website posting.

Next Meeting: The next board meeting will be held at 7 PM on March 10, 2013.

Minutes submitted by Mark Robbins, Secretary

Want Ads

Bicycle Cases for Rent to Club Members

Going on a bicycle tour and you need to ship your bicycle via air, water or ground transportation safely?



The club has cases for rent to our members at \$2.50 per day.

These are hard cases to protect your bicycle from damage.

Details on our rental agreement are on your club's CD.

To rent the cases contact Cynthia Cooper, 359-1424

ccooper@rochester.rr.com

FOR SALE:

1999 Schwinn Paramount, 56cm. Hand built by Curt Goodrich <http://www.curtgoodrich.com/> with Reynolds 853 steel tubing. It's the 463rd of about 750 bikes that Curt built. Components are a mix of Dura-Ace and Ultegra. A truly fantastic ride. Can be seen and ridden at Mendon Cyclesmith.

Contact for questions is David Snyder, 943-4050. doorknob@rochester.rr.com Asking \$1,100 / OBO

FOR SALE:

Road Handlebar \$20

Easton EA50 "Compact Ergo" aluminum Reach 75mm, Drop 130mm, Width 42cm C-C, oversize (31.6mm) clamp area

Shimano Ultegra 6700 components

Double RD \$50 (about 2,700 miles on it)
Triple FD 31.8mm clamp-on mount (Never installed, new in packaging) \$30

Shimano "105" 5600 levers (10-speed double) \$150

Last generation model with "flying" shift cables. Left lever has one 1/2" scratch, otherwise they are nearly pristine.

Shimano PD-M520 MTB pedals, SPD, double-sided, \$12/pair

Two pairs available, one black, one silver \$12 each, \$20 for both.

Thomson Elite Seatpost, silver, straight, 27.2x250mm, \$35

Offers considered.

Contact: Bruce Wilbur, brucew@brucew.com 442-5319

Jersey For Sale

Brand new, never been worn.

<http://www.Water.org> jersey (still has the tags on it).

The jersey and packaging say XL, but it is really a small-medium by my measurements.

It has a full front zip and of course, three rear pockets.

I paid over \$100 for it, but would like to recoup some of my loses.

A nice vibrant jersey.

\$70/OBO

Call or e-mail me with any questions:

Michael Friedland

585-202-0053

mfriedl1@rochester.rr.com



Jersey Front



Jersey Back

Want Ads

Gear Up For Winter!

All equipment in good/excellent condition

XC skis (\$30 per pair)

Peltonon Graphite micro 150 with Solomon bindings
Fisher Crown 147 (no wax) with Solomon bindings
2 pair Medalist Step skis 170 (no wax) with 3 pin bindings

Skate skis (\$30 per pair)

PRS Power flex Peltonon ski 188 (metal edges) with Solomon bindings
ZZ Peltonon 190 length with Rottefella bindings
Fisher Revolution 147 with Solomon bindings
Karhu Matrix 188 (metal edges) with Solomon bindings

Poles (\$10 per pair)

Swix 160 cross light performance RC47 graphite composite
Swix 160 skating pole
Excel 145 maxima

XC Ski Boots (\$20 per pair)

1 pair Solomon women's size 43 yellow 9.1RS)

1 large bag with assorted waxing items, scrapers, irons etc..... (\$10 for all)

Cloth sport valise ski bag (green/purple) holds several pair of skis (\$20)

Thule ski rack holds 3 pr of skis (\$40)

Contact Karen @ 654-962 or email: frosty_dog@mail.com



Want Ads

For Sale

Two bikes ridden by Dick Burns and his home made repair stand. These bikes are rolling art from a past time. Dick modified and customized both bikes with his unique flair and engineering skills he is known for. These need to find new homes that will care for and continue their rolling along our region's roads.

Raleigh Professional- About 1970, the old longer wheelbase style. 25" tall, Lots of Dick bits- home made hubs, aero bars, seat bag frame mounted thermometer. Some campy parts, 180 cranks, fenders, pump painted to match, Brooks saddle (well broken in!). Bike was overhauled by Jack Kemp a couple of years ago and hardly used since. \$500.

Smaug- This was Dick's ultimate bike project, a self made frame. From 1980 approximately 64cm tall and a 58.5cm top tube. Reynolds 531. Homemade aero bars, mirror, tire saver, seat bag, frame mounted thermometer. Painted pump, Brooks saddle (also broken in), Shimano 105 wheels (needs rubber), Campy 180 cranks, milled post, Cinelli bars. Bike needs TLC before real use but all works. \$450.

Repair stand- Actually a bike clamp (of course self made in Dick's wonderful machinist style, like a Park shop stand's) mounted on a wood beam which would hang from an overhead joist. Includes a tool tray. This clamp could be remounted onto another support device if wanted. \$50.

I have photos that I can email for the asking. The bikes have so many little details and features, they are a testament to Dick's riding life. They can be your second ride, the bike you pull out when you want to feel the ride or the bike to use when your plastic race bike is in the shop.

Andy, onetenth@earthlink.net.

2013 Board of Directors

Red Titles are Voting Members - Blue Titles are non-Voting Members

Officers: (Voting)

President

Whitey Link
248-3207
vhlink@frontiernet.net

Vice President

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Secretary

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Treasurer

Dave Natrop
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Coordinators: (non-voting)

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CD Publisher

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Impromptu Rides

Pamm Ferguson
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Road Advocacy

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rdscomm@rochester.rr.com

Trail Advocacy

Richard DeSarra (as above)
Steve Wowkowych
338-3629
steven.wowkowych@gmch.com

Coordinators: (continued)

Slow & Easy

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Social Rides

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Sweep Rides

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ahenke1@yahoo.com

Web Site

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bjensen99@yahoo.com

Bike Cases

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359-1424
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Winter Meeting

Brian Managan
654-9624
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LAB Touring

Ride information
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