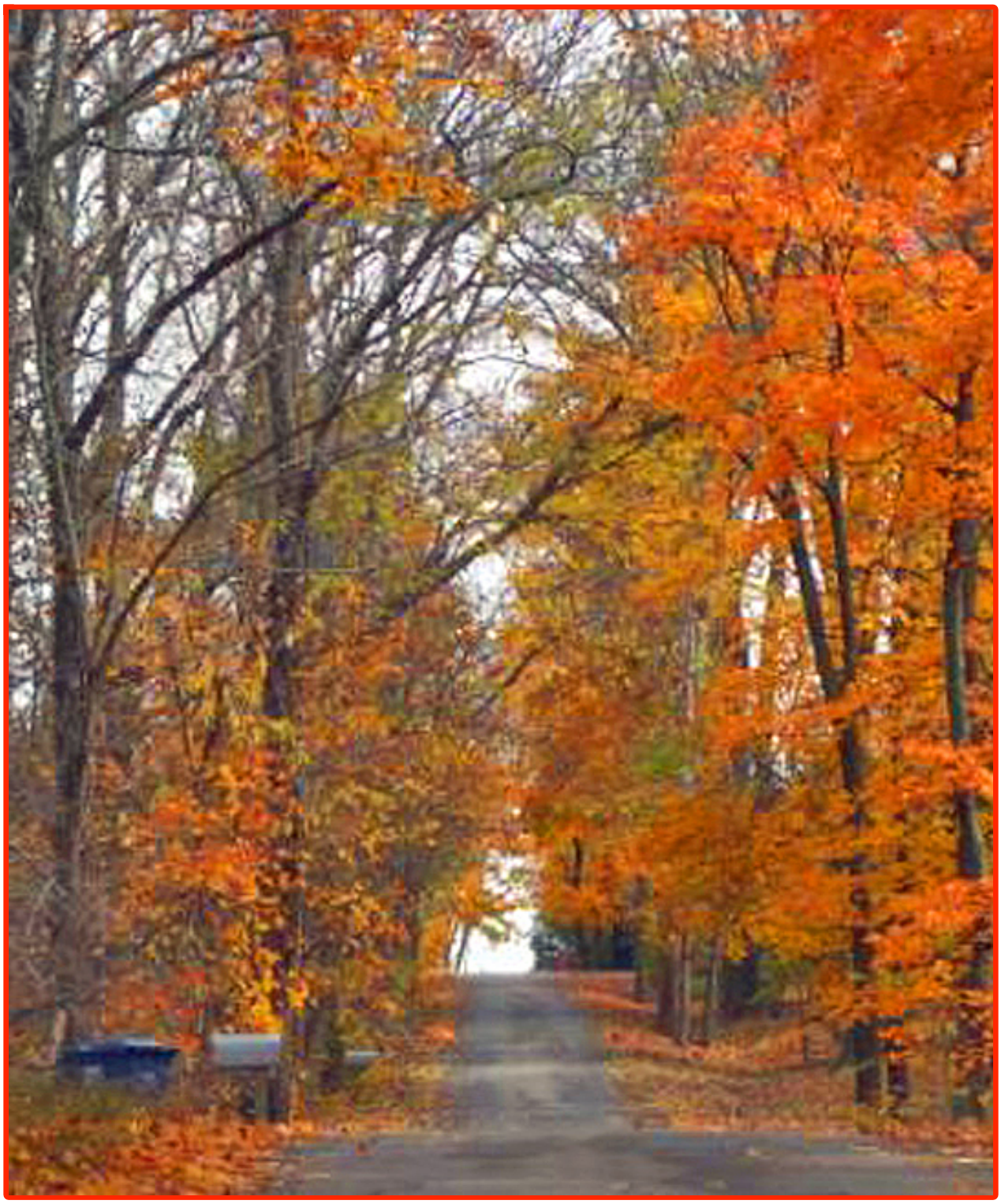
Flower City Cyclist

Newsletter of the Rochester Bicycling Club
Volume 47 Issue 9 Nov-Dec 2014

Rochester Bicycling Club



Some Might Say, "The Best Riding Time of the Year!"

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Upcoming Events Summary

Board Meeting

Wednesday November 12, 2014
December 9, 2014
7:00 pm
Brookside School
S. Winton Between 590 & Westfall Rd

Elections, Crock Pot & Pizza Party

November 7, 2014
6:30 pm
Kings Bend Park, North Lodge
Pittsford
Map >https://www.google.com/maps/place/King%27s+Bend+Park/@43.0976743,-77.5298908,14z/data=!4m2!3m1!1s0x0:0x5bfc4909c76ebf8

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 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

Notice of Candidates for Office - Whitey Link

Candidates for the November Board Elections

Nominations will be open until the November 7 Pizza Party / Election.
Below are the nominations to date.

OPEN POSITIONS:

- Publicity Chair
- Coordinators for Adopt-A-Highway
- Members-At-Large

Please consider volunteering for the position of Member-At-Large. It is a excellent opportunity to get more involved with the RBC.
The Member-At-Large is a voting position while the Coordinators are non-voting positions.

The following are the nominations to date.

Officers (Voting Members)

President - Mark Robbins
Vice President - Elaine Mizzoni
Secretary - Bill Crowe
Treasurer - Dave Natrop
Education - Andy Stewart
Maps - Ginn Lee
Membership - Cindy Fleischer
Newsletter - Dale Vanocker
Publicity - Open
Rides- Bill & Sara Ture
Immediate Past President - Whitey Link
Member-at-Large - Scott Wagner
Member-at-Large - Beth Johnson
Member-at-Large - Chris Basak

Coordinators: (non-Voting Members)

Adopt-A-Highway - open
Awards - Whitey Link
CD- Publisher - Brad Jensen
Impromptu Rides - Pamm Ferguson
Road Advocacy - Richard DeSarra
Trail Advocacy - Richard DeSarra
Slow & Easy - Mike Stanton
Social Rides - Mike Barber
Sweep Rides - Chris Basak
Web Site - Brad Jensen
Bike Cases - Beth Johnson
Winter Meeting - Brian Managan
Librarian - Todd Calvin
LAB Touring - Todd Calvin
Legal - Mark Bezinque

If you wish to to be a candidate for any of the Open Positions,
Please contact Whitey Link:

248-3207
vhlink@frontiernet.net

This Notice of the List Of Candidates is being published in accordance with the rules set forth by the Rochester Bicycling Club Constitution and Bylaws.

Announcements

Welcome To Our New Members through October 2014

Yovi Bruno
Brian Masker
Kenneth Masker
MaryBeth Masker
Heidi Mertz
George O'Gara
Paul Remington
Charles Woodstock

Re-Cycle Old Inner Tubes

Alchemy Goods (in Seattle) is a company that recycles used bicycle tire tubes. They have a tube collection partnership with retailers all over the US. You can drop off old tubes at any store that sells Trek Bicycles, or at REI. For more info on how and where to recycle your old bicycle tubes, please see the upcycling page on their website:

http://www.alchemygoods.com/upcycling.html

courtesy of Mary Dan Cooper

New Ride Categories!

Each ride on the calendar has now been categorized by the terrain.

When choosing a ride you should take into consideration all of the following; the terrain, the distance and your riding abilities.

Categories are listed below in order of increasing difficulty.

- Flat
- Roll – Rolling
- Mod – Moderate
- SmH – Small Hills
- Hilly
- VH – Very Hilly
- XH – Exceptionally Hilly
- Legs – Leg of Steel

2015 Board Elections

Mark your calendar for November 7 for the annual Pizza, Slow Cooker Party. As always we will hold an election for our 2015 board. Nominations have been received and are detailed on Page 1. We still need to fill Publicity and Adopt a Highway positions. Nominations are still open and can be made the night of the meeting.

Sara has expanded this year's Pizza party to encourage you chefs with your special Slow Cooker recipes to share your talent. For those that are cooking challenged, Pizza will do just fine.

Please note the location change below.

Kings Bend Park
North Lodge
170 Jefferson Rd.
Pittsford, NY 14534

See page 5 for more details

Note: First left-hand turn that heads south off Jefferson Road, after you cross Clover Street (Rt. 65)

Re-Cycle Old Bicycles

COMMUNITY R BIKES

Don't Forget to Donate that Old Bicycle!

www.rcommunitybikes.net

rcombikes@yahoo.com

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:

Women Small (2)

Contact:
Richard DeSarra
rdscomm@rochester.rr.com
585.461.5363

Greater Rochester Area Bicycling Map 2014 Edition Now Available

http://www.gtcmpo.org/Bike_Map_2014/BikeMapInfo.htm

The 2014 Greater Rochester Area Bicycling Map prepared by the Genesee Transportation Council utilizing road ratings provided by volunteer members of the Rochester Bicycling Club, is now available.

The ratings represent the opinions of experienced bicyclists on the rideability of major roads based on existing road conditions and features such as pavement width and quality, traffic volumes, presence and type of shoulders, and posted speed limits.

Copies of the map are available at the following locations:

- Bicycle Outfitters, 72 Main Street, Brockport
- Bike Zone, 2100 Ridge Road West, Greece
- Mac 5 Bikes, 37 East Main Street, Webster
- Park Avenue Bike Shop, 2900 Monroe Avenue, Pittsford
- R Community Bikes, 226 Hudson Avenue, Rochester
- Sugar's Bike Shop, 2139 North Union Street, Spencerport
- Towners Bike Shop, 190 Monroe Avenue, Rochester
- More locations to come...

Individual copies can also be requested by telephone at the number provided below. Electronic copies in portable document format (PDF) may be downloaded.

Please be aware that road conditions may change and bicyclists must always be aware of vehicular traffic, potholes and other road hazards.

Additional information and maps available from:
Genesee Transportation Council
City Place ● 50 West Main Street ● Suite 8112

Rochester, NY 14614-1227
Phone: (585) 232-6240
Fax: (585) 262-3106

Richard DeSarra

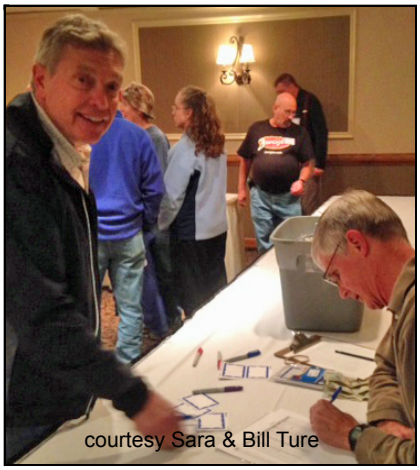
2014 Volunteer Dinner Report - Whitey Link

RBC held its Annual Volunteer Dinner to recognize those members that have contributed to the club by volunteering. This year we changed the venue to the Burgundy Basin.

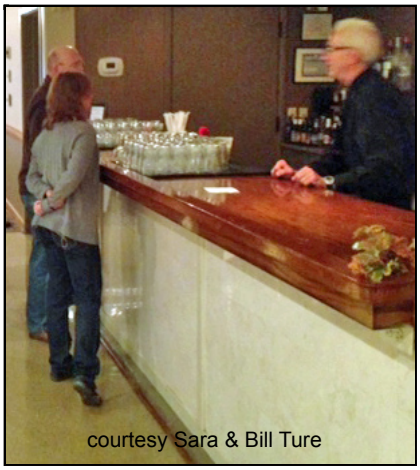
All indications are that it was a smashing success with white table cloths, sit down dinner, cash bar with RBC providing the soft drinks, tea & coffee.

As in years past the ride chairs, Sara & Bill, had the 2015 calendar available for members to sign up to lead their favorite ride.

This year we had a record number of prizes to give away. There were 28 winners that shared over $900 in prizes provided by local bike shops & RBC. Remember, all you need to be eligible for next year's Volunteer Dinner is perform just *one* volunteer activity.


courtesy Sara & Bill Ture

courtesy Bob Lechner


courtesy Sara & Bill Ture

courtesy Bob Lechner

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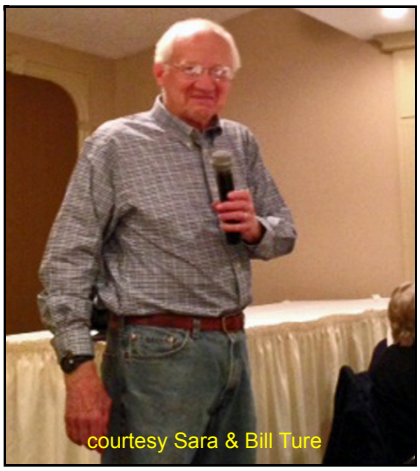

courtesy Sara & Bill Ture

Crock Pot, Pizza & Elections - Sara & Bill Ture

Trying Different "Roads" -New Venue

Friday, November 7th, 6:30 pm
King's Bend Park
170 West Jefferson Rd.
Pittsford, NY

The first Friday of November, our "Annual Pizza Party" will be at ***King's Bend Park instead of Christ the Good Shepherd***. Along those lines, it will be a "Slow Cooker Party", although we would never turn away a pizza! What better a way to celebrate the end of the season than with a delicious slow cooker meal? Put it together the day or morning before & voila, you are ready to go the RBC party Friday night.

We realize that at times change can be a difficult, but necessary path to take. Much like your usual bike rides, sometimes taking the road less traveled can be rewarding. In the spirit of trying different things, please know that we are open to constructive criticism.

We realize that some things are a hit and others just won't work. Constructive feedback can go a long way to helping us down the road.

Cheers,
The Tures

October Ride Stats Report

Brad Jensen

As of October 14th there have been 323 reported rides, with 29 rides with no riders and 19 ride sheets outstanding. A total of 3375 riders, consisting of 437 individuals, have so far accumulated 118,863 miles. Participating riders have averaged 7.7 rides and 272 miles. 107 people have done 10 or more rides and 63 people have done 20 or more rides. Each non-rain-out has averaged 10.4 riders. Thirty-eight people have ridden over 1000 club miles so far this year, and five more people who are within 100 miles of this milestone. We have had 187 first time riders so far this year, but 225 people who rode last year have yet to ride this year.

There have been 80 Impromptu rides so far for a total of 16,508 miles or 14% of the total miles.

The riding season for most of us is winding down. The final individual statistics will be available on the website in December.

October 2014 Summary Stats	Oct 2010	Oct 2011	Oct 2012	Oct 2013	Oct 2014	2014 vs 2013
rides ridden	415	397	391	344	323	94%
rainouts / no riders	24	20	16	43	29	67%
ride sheets outstanding	1	14	36	22	19	86%
total riders	4487	4003	3889	3377	3375	100%
total accumulated miles	161,515	146,160	142,749	111,669	118,863	106%
individual riders	475	433	431	468	437	93%
rides / rider	9.4	9.2	9.0	7.2	7.7	107%
riders/ride average	10.8	10.1	9.9	9.8	10.4	106%
miles per rider		338	331	239	272	114%
# riders > 1000 miles	49	41	49	27	38	141%
# riders > 2000 miles	11	11	9	4	5	125%
# riders >= 10 rides				108	107	99%
# riders >= 20 rides		66	73	57	63	111%
# riders >= 40 rides		16	14	11	12	109%

STEERING OUT OF TROUBLE

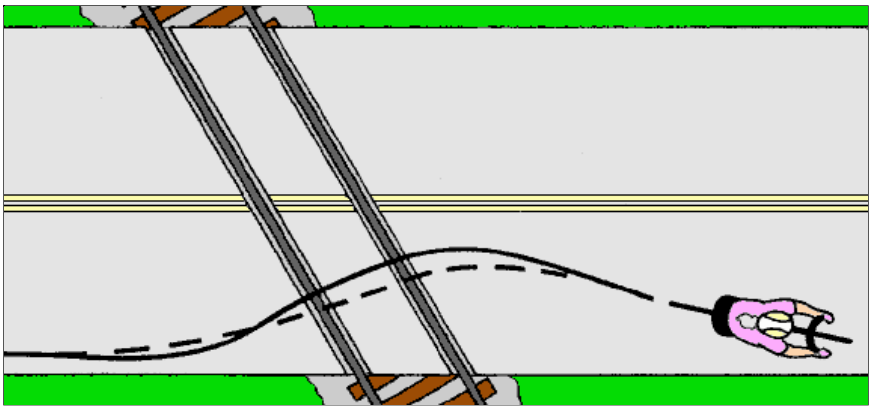
A bicycle is a highly maneuverable machine, but it stays upright only by being balanced. You have to take extra care to stay upright and read the road for hazards that can cause a fall.

Beware of any slippery or loose surface: gravel, snow, ice, leaves, oil patches, wet manhole covers and crosswalk markings. Avoid these, or ride over them slowly. Don't turn, brake or accelerate.

Be ready to put a foot down for balance. Be especially careful of diagonal railroad crossings, trolley tracks, a row of raised lane-line dots or a step between the shoulder and the travel lane. Any of them can push your front wheel to the side and sweep your bike out from under you. When you can't avoid them, cross them as nearly as possible at a right angle. Be aware of steel-grid bridge decks, which, especially when wet, will steer your bike parallel to the gridding, making balancing difficult. Test a grid deck at a low speed, and walk or use the bridge sidewalk if necessary.

Drainage grates with slots parallel to the road pose a special hazard. Most often you will be riding to their left, but if not, be sure to avoid going over one. Your front wheel can fall into the grate, causing you to go over the handlebars. It's a good idea to notify the applicable road or public works department of these and other hazards, as they are dangerous to bicyclists, and a liability issue.

Any bump, rock or pothole more than an inch high can squash your bicycle's tires flat against the rims, damaging the wheels. Avoid the bumps if you can, and walk your bike if the going gets too rough.



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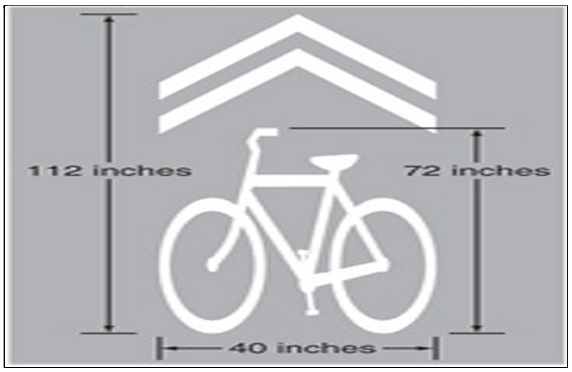
What is a Sharrow?

(Shared Lane Marking)



Just one example of just one type of a sharrow you may encounter when traveling in the US.

A. Assist bicyclists with lateral positioning in a shared lane with on-street parallel parking in order to reduce the chance of a bicyclist's impacting the open door of a parked vehicle,
B. Assist bicyclists with lateral positioning in lanes that are too narrow for a motor vehicle and a bicycle to travel side by side within the same traffic lane,
C. Alert road users of the lateral location bicyclists are likely to occupy within the traveled way,
D. Encourage safe passing of bicyclists by motorists, and
E. Reduce the incidence of wrong-way bicycling.

Guidance:
02 The Shared Lane Marking should not be placed on roadways that have a speed limit above 35 mph.

Standard:
03 Shared Lane Markings shall not be used on shoulders or in designated bicycle lanes.

Guidance:
04 If used in a shared lane with on-street parallel parking, Shared Lane Markings should be placed so that the centers of the markings are at least 11 feet from the face of the curb, or from the edge of the pavement where there is no curb.

05 If used on a street without on-street parking that has an outside travel lane that is less than 14 feet wide, the centers of the Shared Lane Markings should be at least 4 feet from the face of the curb, or from the edge of the pavement where there is no curb.

06 If used, the Shared Lane Marking should be placed immediately after an intersection and spaced at intervals not greater than 250 feet thereafter.

Option:
07 Section 9B.06 describes a Bicycles May Use Full Lane sign that may be used in addition to or instead of the Shared Lane Marking to inform road users that bicyclists might occupy the travel lane.

Drawing and text was reprinted from http://mutcd.fhwa.dot.gov/htm/2009/part9/part9c.htm#figure9C09
reference provided by Richard DeSarra

Blasts From the Past- Editor

How we got started

Many things have happened since March 17, 1967. It was on this day that an article appeared in the local morning paper by Floyd King concerning bike trails. Bicycle riders in the area realized that since the government money was available for bike paths it might be a good idea to form a club to help realize these paths which are so important to safe, quiet, healthful cycling. Waldo Nielsen's letter to the editor was received enthusiastically. His phone was kept ringing by interested bike riders. There were more adult cyclists around than we had realized.

Wally Nielsen, Jack Kemp and George Rennie got together and decided to call a meeting on May 10, 1967, at the Parks Department Auditorium. Forty three people showed up for what became the first organizational meeting for the Rochester Bicycling Club. Mr Alvin Grant spoke to the group, mentioning the Parks Departments vital interest in the bike ways and bike trails. A schedule of bike hikes and membership forms were distributed to all present. We were a going concern from that time on.

Those scheduled hikes were blessed with good weather and good attendance. None had to be canceled. We were averaging 15 to 20 persons per hike. On our Barge Canal hike of July 9th, there were over 35 members and guests. Many first timers were there due to an article in the newspaper about this particular ride.

We have 44 paid members now and a mailing list of over 150.

Reprinted from the July 1967 (Vol. 1, #1) issue of the Rochester Bicycling Club

1969 Excellent Equipment

1969 Bill Walter on Rollers

1970 Becks Party - Ride

Blogs & Stuff

Brian Managan bcmbike.net/blog

Click below for an album of pictures that were taken on the 2014 Off-road Tandem Rally

Click Here

Brian Managan http://bbbiking.com

Adventure Cycling recommended Bed & Breakfasts

Cool website/database that shows B&B's along the major Adventure Cycling mapped routes. Could be handy for those light and fast tourists interested in doing well mapped and researched routes, but not fond of camping along the way.

Organized by State/Province as well.

Adventure Cycling www.adventurecycling.org/

As a nonprofit organization, Adventure Cycling Association's mission is to inspire and empower people to travel by bicycle. Established in 1973 as “Bikecentennial”, we are the premier bicycle-travel organization in North America with more than 35 years of experience and 47,000 members.

Sharrow Road Markings https://www.youtube.com/watch?v=wEHW9hNg5eY

http://mutcd.fhwa.dot.gov/htm/2009/part9/part9c.htm#figure9C09

The “chevron” style markings now found on many streets are causing a lot of controversy. The first link, from the City of Edmonton, California shows their interpretation.

The subject is well worth following!

The second link shows an excerpt from the NYS DOT site, Reprinted on Page 7 of this Newsletter.

“Meet a New Club” Bicycling Club Website

Onandaga Cycling Club www.onondagacyclingclub.org

The largest cycling club in the greater Syracuse area. We conduct group rides, races, and time trials throughout Central New York. As a member you will have the opportunity to meet and ride with people who share your passion for cycling!

***Add* your blog here or a link to a favorite one (with a description).**
Send copy to rbcnewz.com

GREATER ROCHESTER EATING AND TANDEM SOCIETY
(G.R.E.A.T.S.)

Do you own a tandem and are looking for other teams to ride with?

The G.R.E.A.T. Society is comprised of a group of tandem enthusiasts in the greater Rochester, N.Y. area.

Our mission is to announce and/or provide opportunities for Captains and Stokers to get together for rides and events that are social in nature and that typically involve another favorite pastime of cyclists - the enjoyment of food!

For more information about G.R.E.A.T.S.
Call Mike Barber: (585) 507-7829
or go to: www.greatstandem.com

Board Meeting Minutes - Bill Crowe

RBC Board Meeting Minutes: Sept. 9, 2014

Present: Whitey Link, Mark Robbins, Brad Jensen, Bob Lechner, Andy Stewart , Bill Ture, Sara Ture, Cindy Fleischer, Richard DeSarra

The meeting called to order at 7:00 PM by President Whitey Link.

Note: It was identified at the meeting's outset that a quorum (i.e. - 8 voting Board Members) was not present and that this would allow the board to discuss agenda items but would preclude the board from formally act on items requiring Board approval until the next board meeting or through electronic vote, per #2 under the club's by-laws.

Previous Minutes: Approval of the Aug. 12th minutes tabled till next meeting.

Challenge Ride: Bob will be out of town for next year's challenge ride and requests that someone else be identified to take the lead in coordinating the challenge ride for next year. Those present felt that it might be worthwhile to change the venue to Dryer road park as this may serve to enable us to expand the scope of the event. Richard volunteered to approach the Victor recreational coordinator about reservation of the park pavilion and can also contact the president of GROC -- this being consistent with Bob's earlier recommendation that other cycling related clubs be invited to participate in next year's Challenge Ride. No one present at tonight's meeting volunteered to coordinate next year's ride but did indicate an interest in involvement in planning for the event. We will continue to attempt to identify a coordinator and should also convene a planning committee

Treasury: Dave reported, via email, that the current acct. balance is $11,662.19.

Membership: Cindy reported that there were nine new members during the past month, bringing total membership to 650 persons, and two members renewed their memberships. Bob reported that all new-member materials have been mailed. Brad reported that the website's membership application has been updated.

Rides: Bill reported that Chris Basak has started work on the Sweep ride schedule for next year and that work on the club's general ride schedule would begin shortly.

Advocacy: Richard reported that RCA has provided bike corrals for 2 significant Rochester events; last weekend's Clothesline Fest and the upcoming Greentopia Fest. Richard shared that he manned the corral Clothesline which was quite successful this year and facilitated contact with several cycling enthusiasts present at the festival. Richard shared that RCA has been involved with working with local developers to include secure bike storage in new development occurring in Rochester. Richard also commented that Clinton Ave., from Main to close to Central Park will be converted to 2 ways as will St. Paul in that same area. This is connected with the construction of the new Bus Depot. Richard noted that bike lanes are being created for portions of the streets undergoing renovation but not throughout.

Old Jerseys: Richard reported that 2 of the remaining older jerseys have been sold leaving two in our inventory. Both are Women's, size small.

Andy Stewart: Shared comment made at recent ride involving a new club map that the print on the map is small, making it difficult to read. Andy will share this with Ginn.

Continued on the next page >>>

Board Meeting Minutes - Bill Crowe

Survey: Brad reported that we've had 111 responses thus far to the RBC survey sent out yesterday. Brad brought to our attention that we may be limited to viewing the results of only the first 100 surveys as we'd used a free option provided by Survey Monkey. Brad shared that Elaine is working with Survey Monkey to see if we can pay a 1 month ($26.00) fee to allow us to view all responses. Brad reported that he or Elaine will lay out the money, if needed and request later reimbursement.

Name Secure Expense: Unable to vote on renewal of our coverage, which provides protection of the club's web site, d/t no quorum. Item tabled until next meeting

Volunteer Dinner: Whitey will approach all bike shops with the exception of Mac 5 (Brad will approach) and Yellow Haus and Freewheelers (Richard) to request donations for Volunteer prizes. Brad reported that he's compiled a listing of persons who volunteered this past season (105 persons) and that he and Cindy will prepare an invitation to be sent out later this month. Volunteer's guests will be charged $15.00 per person. The 2 remaining older Jerseys will be auctioned or given away at the Volunteer Dinner.

Automotive Bicycling Safety: A good deal of discussion took place with regard to Cindy's proposal that she'd recently emailed to Board members.

> *Terminology first: GRANT = money. RFP = Request For Proposals. Organizations with money (GRANTORS) wishing to give a GRANT, write up an RFP and distribute it. Potential GRANTEES can apply for the GRANT by developing and submitting a plan which details how they would use the money to meet the objectives that are outlined in the RFP. In this case, RBC would be the GRANTOR.*

The idea in this first draft of the RFP centers around a public service type campaign for improved on-road relationships between vehicles and bicyclists. The RBC grant likely would not cover the costs of the public service campaign in it's entirety. Because of that, part of the responsibility of the GRANTEE as described in the RFP, would be fundraising and solicitation of volunteer services to fully meet the objectives of the grant. Essentially, potential GRANTEES would develop and submit their proposals describing their ideas and methods for meeting the requirements RBC lays out in the RFP. An RBC committee would receive the proposals to determine which, if any of the submitted proposals best meets the requirements of the RFP.

Funding for the RBC grant monies would come from the Club's investment account which was established for such purpose. Richard noted that there are several existing bike safety program proposals that have been developed by various organizations that have not yet been funded. It was asked whether our Investment Acct. could be used to directly fund an existing (unfunded) proposal. Board members present felt that Cindy's proposal be further explored and it was determined that Richard and Cindy will meet to further discuss and develop the proposal and get back to the board.

Proposed Newsletter Announcement and Email Blast re: Upcoming Cyclocross Event: Cindy had shared proposed Newsletter Announcement and Email Blast with board members prior to tonight's Mtg. It was noted that while these do not require Board approval Cindy's sharing with the board prior to sending was very much appreciated. Members present tonight felt that the Announcement and Email Blast were both quite appropriate. Cindy will proceed on both.

Bicyclist/Motorist Safety Brochure Update: Richard presented a proposal to have the current Bicyclist/Motorist safety brochure updated. The current brochure, that is sent to new members and offered to the public at RBC publicity events, was published by the Genesee Transportation Council and the graphics are rather dated. The updated brochure would be an RBC product and include updated graphics. Toward this end, Richard shared that he's approached two graphic artists who are interested in the project. Further discussion, including approval for funding to produce the new brochure, tabled till next mtg.

Board Positions: Whitey noted that Publicity and Adopt a Highway positions continue to be without candidates. He will continue to solicit interest via our newsletter.

Santa Ride and Membership Ride: Both items tabled until next meeting.

Nov. Meeting.: [Note: The November Meeting will be at 7 pm on Wednesday, 11/12/2014, rather than Tuesday 11/11/2014, due to the Veterans Day holiday].

Want Ads

The new RBC website now also hosts a "classified section." You may post or purchase items there. Go to RochesterBicyclingClub.org and click on "Members Area, Forums, Classified 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 Beth Johnson email: dr.j.4992@gmail.com

CANNONDALE SYNAPSE CARBON $1200

Frame	Synapse Carbon
Fork	Synapse S.A. V.E. Ultra Carbon
Frame size	58cm
Rims (NEW)	Shimano Ultegra 6700 Tubeless
Tires (NEW)	Hutchsion Fusion Tubeless
Front/Rear Derailures	Shimano Ultegra 6700
Brakes	Shimano Ultegra 6700
Brake/Shift Levers	Shimano Ultegra 6700
Cables	GORE Ride On Professional
Crank	Shimano Ultegra 6700 Compact 50/34
Rear Cassete	Shimano Ultegra 6700 11-28
Chain	Shimano Ultegra 6700

Great Condition, Pedals not included

Call:
585 202-9763

TREK 7200 WSD

16" Women's Hybrid, 8-speed.

Showroom New (<50 original miles), Peacock color.

Lists at $540;

Asking $350, incl. wireless comp.

Call (585) 752-8027.

View Specs at:

http://www.bikepedia.com/quickbike/BikeSpecs.aspx?year=2010&brand=Trek&model=7200+WSD

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**

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For Sale

Cannondale R1000 -Low mileage

> Carbon Fiber Fork
> CADD8 Frame
> Carbon Fiber Tru-Vativ Crank (triple)
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> Carbon Fiber Seat Stem
> Carbon Fiber Pedals (included)
> SLK titanium Seat
> Shimano Wireless Speedo
> Weight 17 lbs.

New Price! $1000 or best offer

Dale Vanocker 227-7218

rbcnewz@yahoo.com

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Ad copy in Word, RTF or PDF format are due on the 15th of the month preceding the intended Newsletter.

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For Sale

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Includes optional back rest with safety straps. $100.00 B/O.

Dave Hurd
585 493-5751 Home
585 322-6319 Mobile

For Sale

Shimano 105 pedals & cleats

Used less than one season.

The cleats have < 50 miles on them.

Asking $40.

Contact Les at les@tryonbike.com

Paid Ads

Steve's Cycle and Ski Works, LLC

By Appointment Only

Need a tune up? Bike repair?
Call Steve Lee 585-217-6625 or email:
www.stevenlee_1960@yahoo.com

Tune ups from $55-150.00 plus parts and tax

Visit http://Stevescycleandskiworks.com

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The Flower City Cyclist accepts paid ads and preprinted inserts.

Paid ads will run for one issue.

Copy in Word, RTF or PDF format and payment are due on the 15th of the month preceding the intended Newsletter.

Rates are:

1/4 Page	$10.00
1/2 Page	$15.00
Full Page	$25.00

Contact: rbcnewz@yahoo.com

*** We now accept ad payment via PayPal ***

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

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Trail Advocacy
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(info as of Jan 1, 2014)

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