

# Flower City Cyclist

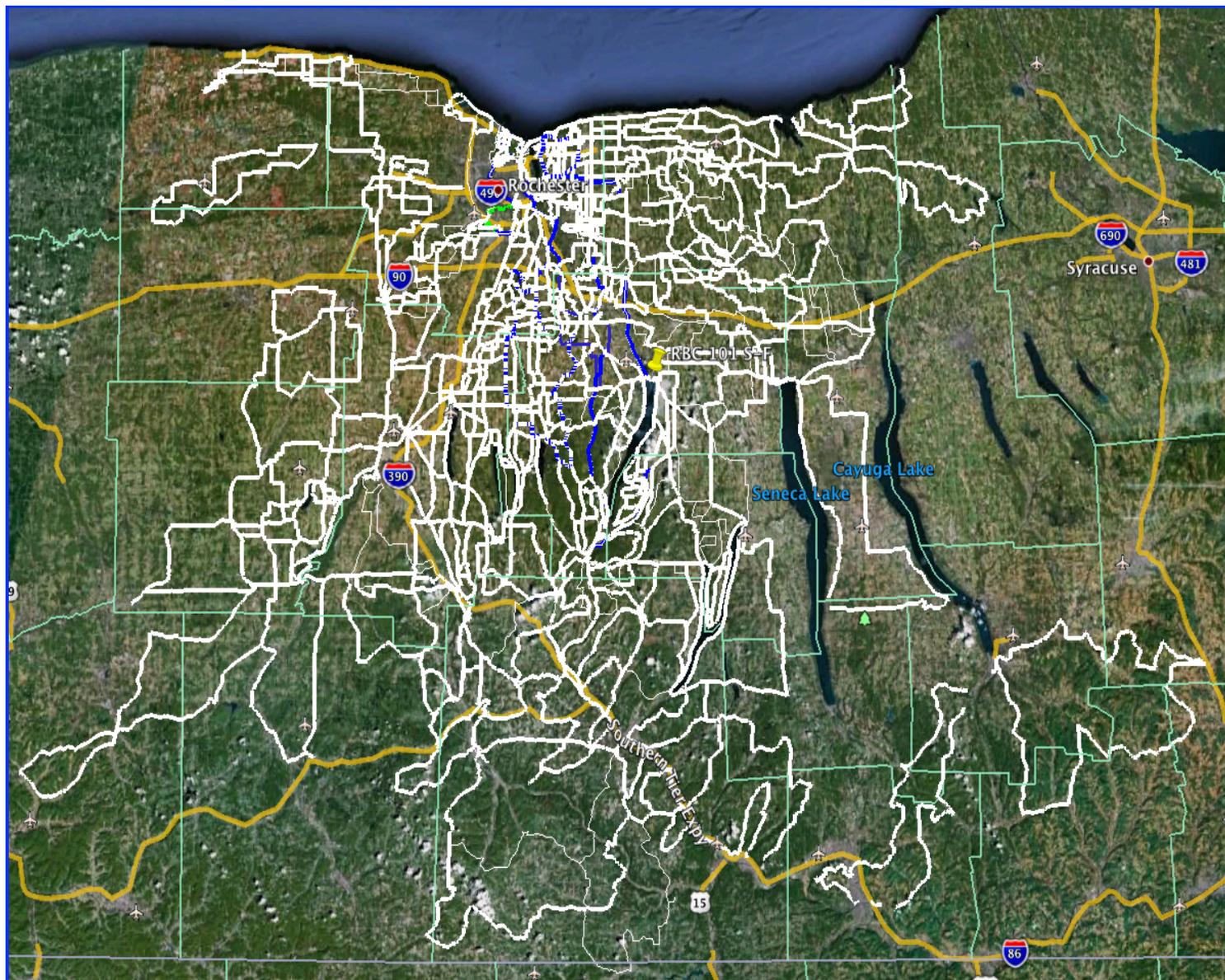
Newsletter of the Rochester Bicycling Club

Volume 48, Issue 2

April 2015, revision 1



## *Are You Ready to Ride?*



*This is a map of all rides available to us.*

*submitted by Brian Managan*

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## Upcoming Events Summary

### Board Meeting

**Note change>>>>>> April 07, 2015**

Brookside School

S. Winton Between 590 & Westfall Rd

### RBC Ride Leaders Meeting

April 1, 2015

Brookside School

S. Winton Between 590 & Westfall Rd

### RBC Bicycle Clinic -All About Your Bike

April 2, 2015

7:00 pm

Christ The Good Shepherd Lutheran Church  
1000 Winton Rd N

### RBC Bicycle Clinic -Flat Tires

April 14, 2015

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 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 by 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:

[RBCMembship@gmail.com](mailto:RBCMembship@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](mailto:rbcnewz@yahoo.com)

## President's Corner

I hope that everyone is as psyched as I am about the start of our 2015 cycling season. Our Ride Calendar looks wonderful. New for 2015 are four New Member Rides, a new venue for our Challenge Ride (with new opportunities for inclusion of Mountain Bike and Trail Rides), and, as noted elsewhere in this newsletter, a slightly different approach to our Wednesday night Mendon Ponds Park Rides. Our scheduled rides will once again be taking us throughout our beautiful Finger Lakes Region.



In this column I want to provide a reminder as well as share some Ride-Calendar-Related thoughts.

Substitute Ride Leaders. Developing a full well rounded schedule represents a great deal of work as does the process of finding ride leaders to lead our rides. One of the comments that we hear from members when asked to sign up as ride leaders is that it's difficult to commit to something months in advance. Members are concerned that something important might come up after committing to lead a ride to be held several months down the road. This is a legitimate concern which can become a big concern to the extent that a member might be unsure of what to do in the event that they can't lead a ride and/or not confident that "backup" will be readily available when needed. A brief "story": During the last 15+ years that I was working I was required to be "on call" once every 25 days or so. On call assignments were scheduled 6 months in advance. I have to tell you that persons newly added to the on-call roster were more than a bit anxious about the possibility of having to find a substitute should something "come up" in their lives. What we all learned, however, is that if we all "had one another's backs" it made finding a substitute very easy and nothing to worry about!!! I never had to call or email more than 2-3 colleagues in order to find a sub. It was easy because we all saw it as being to our advantage to work together. The "moral of the story" is that committing ahead of time becomes easier if we're "in this together!!" With that in mind I encourage all members to sign up to become Substitute Ride Leaders. It's very easy to do but at this time only 10 of our members have signed up. I think we can change that. Just click on the Become a Substitute Ride Leader link on the home page of our web site. You'll be able to enter information about the location, distance, and types of rides that you're willing to substitute on. Please consider signing up as a Substitute Ride Leader!! Your doing so will provide great support for our current ride leaders as well as for those committing to lead rides in future years.

Ride Leader Needed Rides (*or keep an extra Ride Sheet In your car*). You will note that 7 or so rides on our calendar are listed as RLN (Ride Leader Needed) meaning that no one volunteered during our Ride Leader sign up period. A decision was made to leave these rides on the schedule as they offered good ride choices for our members. However, RBC's constitution requires that All participants on rides must sign the ride log. So...all RBC members are strongly encouraged to print out and keep in their glove compartments (or other convenient location) a copy of the Ride Sign-Up Sheet (aka: Road Ride Log), which is a 2-sided form. You can find this document in the Ride Leader section in the Members Area on our website. Never been a Ride Leader? It's not too difficult and if you're leading on an "emergency basis" be assured that your fellow riders will be most grateful and you'll be cut a good amount of slack! The reverse side of the Sign Up sheet doubles as a "cheat sheet" for the Ride Leader. As a substitute you only need to address numbers 5-10 and it's perfectly OK to ask other riders present to help out with the pre-ride talk (known road issues, food stops, etc.) if you're unsure. [Note: Another important reason for our members carrying a Sign Up sheet with them is that an RBC ride can go on in the unlikely event that the designated Ride Leader can not make it.]

So let's get those bikes out and ready, LET'S BE SAFE and LET'S HAVE FUN IN 2015!!!

# Announcements

## Help Wanted!!

RBC currently is seeking to fill 2 open Board positions (Publicity Director and Maps Director). Job Descriptions are listed below. Successful candidates can expect appropriate training and support. If interested please send an email to Mark Robbins, President, at:

[markerino@rochester.rr.com](mailto:markerino@rochester.rr.com)

### 1. Maps Director Job Description Per RBC Constitution

1. Oversees and maintains the Mapset Database and archives.
2. Refines map submission and revision procedures and assures integrity of all data and materials to be included in the mapset database.
3. Recruits and oversees volunteer activities related to map submission and revisions.
4. Annually updates and prepares all mapset materials for dissemination to the RBC Membership.

### Additional Maps Director Information:

This position requires someone with a high level of computer skills and knowledge of graphic/drawing software such as Adobe Illustrator or other vector graphic design software capable of managing and exporting selected layers to PDF.

Public domain USGS 24K plan and topographic quadrangle maps of New York State have been used as a “base layer” in the drawing application to allow consistent scaling of all initial drawings.

Multiple sources, such as Open Street Map, have been used to verify and/or update incomplete or out-dated information from USGS maps. Adobe Illustrator and USGS topographics will be made available for use by the Maps Director. Reasonable alternative map creation tools may be considered. Lastly, maps have already been created for all new map submissions that appear on the 2015 ride calendar.

### 2. Publicity Director Job Description Per RBC Constitution

1. Maintains a list of all area bike shops and media.
2. Arranges distribution of Club brochures to all area bike shops and restocks as needed.
3. Coordinates representation of the Club at selected promotional events.
4. Promotes invitational rides of the Club in area media.
5. Periodically prepares and/or coordinates feature, news, or human interest stories for publication.
6. Contacts bike shops and prepares the annual membership discount sheet material.

# Announcements

## Welcome To Our New Members through March 28, 2015

Thomas Arnold	Taylor Elliott
Wayne Arthurton	Rose Elliott
Christopher Auer	James Elliott II
Melisa Beauchesne	Mike Ellis
Frank Bov	Donald Graham
Chris Brick	Rick Harrison
Renee Carlineo	Sam Kapilivsky
Jeanne Chabot	Larry Kolb
Kaylin Connors	Elizabeth Masia
Nathan Connors	Martin Norment
Bill Connors	Sue Rasmuson
James Elliott	Sean Sheehan
	Vasya Shields

## R Community Bikes Needs Your Old Saddles and Seat-posts

RCB has about 70 bikes that we'd like to give away to needy cyclists, but that are missing a saddle and, in some cases, a seat-post. If you have an old takeoff saddle or seat-post that's gathering dust in your basement, we hope you'll consider donating it.

Just drop it off at our 226 Hudson warehouse between the hours of 9 am to 1 pm, Monday through Saturday.

If you can't make it to our warehouse, please drop your donations off at the following local bike shops:

*Bike Zone  
Towpath Bike  
Pedellars Bike Shop  
Park Ave Bike Shop  
Full Moon Vista*

RCB is a 501(c)(3) organization, so your donation is tax deductible.

## Something for everyone

As some of the more experienced members of the club know, there tends to be cycles with the rides. Much like fashion, rides can become popular & known for a particular characteristic will morph into something else & then back again.

Historically, the Wednesday night rides out of Mendon Ponds Park have offered something for every one. Many of the rides have had a large turnout with several groups forming to enjoy a spin (fast or slow) through the rolling hills of Mendon. More recently, the ride attendance has dwindled with only the fast & furious making an appearance to the Wednesday evening rides.

Quell horreur!! The riding around the Mendon Ponds Park is such a treat in the middle of the week. So, in effort to remind ourselves that this is a ride to be enjoyed by everyone, regardless of speed, Joe & Dana have graciously volunteered to lead May's rides & try to set up groups of different speeds. We hope to make this a new & lasting "tradition" for our MPP rides throughout the season. The idea being slower riders do not feel intimidated or dissuaded to attend the ride. No one relishes the thought of going to a club ride only to be instantly dropped and ride alone. Hopefully, the MPP Wednesday evening rides can again bring some riding enjoyment for everyone!

## E-Bikes in NYS

Richard DeSarra

New York Bicycling Coalition has launched a statewide campaign to win passage of legislation that would clarify the legal status of certain electric-assist bicycles under the state's vehicle and traffic law. E-bikes are currently illegal to operate on public roadways in NYS, though they can be legally sold anywhere in the U.S. thanks to a federal consumer product safety law.

<https://www.facebook.com/nybicyclingcoalition/photos/a.146855862021293.29986.122311137809099/921320657908139/?type=1&ref=nf>

# Announcements

## Two New RBC Social Events

Been in the club a long while? Have some fun while meeting new RBC Members to our club. Let's help them feel welcomed!

New to RBC? Come meet other members off the bikes...get to know one another and find buddies to ride with. We'll help you identify others who like to do the kinds of rides you prefer.

Know someone considering joining RBC? Bring them along!

Introducing two new events for all RBC longtime members, new members and potential members:

### **2015 Member Mingles**

June 11 and July 15, 2015

6:30 – 8:00 PM

Location: The Back Nine Grill  
3500 East Avenue  
Rochester, NY  
(near St. John Fisher College)

Cheese nibbles and Cash Bar

If you've not yet been to the Back Nine Grill, it's time! Easy to find off Rt. 490 and not far from the intersection of routes 490 and 590, this casual spot features a large parking lot should you drive and plenty of places to lean your bike should you choose to ride to these events. Don't forget your lock if you do come on your bike...these events will be inside and you may not be within sight of your bike.

The Back Nine has reserved the Game Room for our get-togethers – a nicely-appointed and cozy area reminiscent of an Adirondack lodge. Come for drinks and conversation and if you choose to stay longer, enjoy appetizers or dinner.

Here's their menu: <http://thebackninegrill.com/Default.aspx?RD=1069>

We look forward to seeing you there!



The rumors are true! The [Rochester Twilight Criterium](#) will be back on:

**Saturday, August 15, 2015!**

We couldn't be more excited to make this announcement.

# Announcements

## 2015 Bike Clinics Preview

This upcoming season will see a further expansion of our clinic offerings with at least 4 different topics totaling 7 or more dates.

The always well attended "Flat Tire Clinics" are scheduled for three dates. This is a hands on class in dealing with the most common problem bikes have. Attendees bring their bike or wheel (if they already know how to remove and reinstall the wheel) along with any tools, tubes, pumps they have. We'll instruct everyone through a trial tire/tube repair. If members wish to bring fresh tires or tubes they are welcome to. Questions about care, prevention and current trends will be covered. Expect to get dirty.

Last year's new clinic, "All About Your Bike", will be repeated for two dates. Last year the common topics were centered on gearing and shifting. But we decide what will be discussed at the start of each clinic and might drift as the attendees wish. As example possible topics could be, but not limited to, commuting, group riding guidelines or the latest materials bike are made of. Andy has passed out his 10 best and 10 worst cycling inventions before and looks forward to attendees suggesting their own nominations.

### **New for 2015 are two onetime clinics:**

**First:** In early 2015 will be "*How to Prepare for the Season*". This will be focused on the bike. We'll learn how to assess and discuss possible servicing in detail. My hope is that the attendees' early rides will be trouble free and they will be able to better monitor and anticipate their bikes needs during the rest of the season. New club members might wish to attend.

**Second:** is a "*How to plan for a Tour*". Andy has done many multi day tours, from credit card fast

to self contained camping. We will cover some of the basic steps in deciding what type, how long, where to ride and whether to camp or motel. A sample list of equipment for each will be provided. Anyone hoping to ride a many day tour (or has already) is invited.

There is a possibility that a impromptu clinic or two might be offered. Wheel building and frame building are two topics dear to Andy. If these are offered they will be held at his home and will have very limited attendance. Watch the website for more details later this Winter.

The RBC has many members with a vast range of experiences. Besides Andy the clinics will have Steve Lee among other presenters helping out and/or offering their own focus. The sharing of skills, information and advice is a very basic aspect of our club. Some might say one of the more important reasons to be a member. I welcome/request any questions or suggestions for topics or aspects wished to be covered for any of the clinics. The website will have a sign up function for each clinic.

***Please feel free to contact Andy at :***

[onetenth@earthlink.net](mailto:onetenth@earthlink.net)

Locations are at:

Christ the Good Shepherd Lutheran Church  
1000 N. Winton Rd.

At this time, dates are as follows. Check the new calendar or contact me to confirm.

3/17: *How to Prepare for the Season*

4/2, 5/5: *About Your Bike*

4/14, 5/21, 7/9: *Flat Tire*

# ***We Need Your Help!!!***

***RBC needs volunteers for an upcoming activity. Please consider...***

**ANDREW SPILLER MEMORIAL CHALLENGE RIDE & PICNIC:** This annual RBC event takes place on July 25th and this year, for the first time, is being held at the Dryer Road Park in Victor.

**What's Involved?** Volunteer help is needed to plan and publicize this year's event. Volunteers may choose to serve on the planning committee which will:

1. Design, Produce, and Circulate printed publicity materials
2. Initiate contacts with local media to publicize the event
3. Identify appropriate cycling routes.

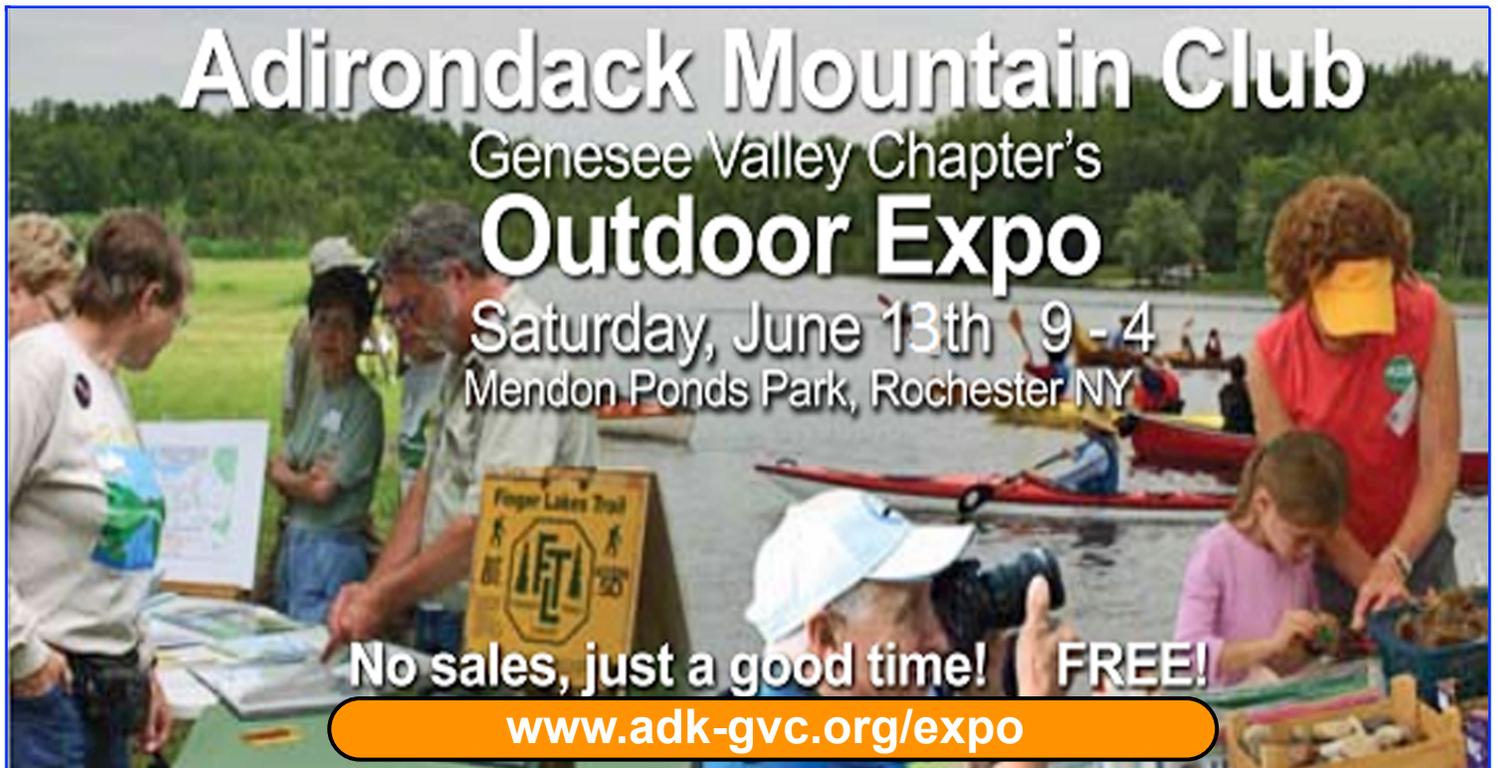
Volunteers may also choose to not become planning committee members but, rather, assist with the tasks listed above.

**To Volunteer:** Simply click on this link and follow instructions provided:

<http://rbc.wildapricot.org/EmailTracker/LinkTracker.ashx?linkAndRecipientCode=mSelcmM5%2FGOYHp3HOhGXP4tgctRzkCcuiHMW64fq3u7SmdUeUB%2BTu%2F4%2FxtkkUvJxFytEtXeyw7KuLE8afSOuNlBk7OFp9RtFhgBtYW%2FJ1f8%3D>

**Volunteer for Challenge Ride & Picnic:** [To facilitate registration for this volunteer event log in to RBC before clicking on the "Register" button] Persons volunteering can expect to be contacted by a Board Member within 2-3 days.

*Mark Robbins*



**Adirondack Mountain Club**  
Genesee Valley Chapter's  
**Outdoor Expo**  
Saturday, June 13th 9 - 4  
Mendon Ponds Park, Rochester NY

**No sales, just a good time! FREE!**  
[www.adk-gvc.org/expo](http://www.adk-gvc.org/expo)

# Ride of Silence - 2015



On Wednesday May 20, area cyclists will join over 12,000 others in a worldwide event to honor those who have been injured or killed while riding their bikes. In doing so we will speak truth to the power that drivers feel when they are behind the wheel of the two ton weapons we call cars.

The **Ride of Silence** is unlike any ride you've done before. Sharing the road with like minded cyclists as we roll along quietly. Only the sounds of our thoughts will be heard. Our safe passage is provided by motorcycle escorts. Intersections are controlled, overtaking cars held up until the way is clear. Our parade pace insures all will return to the finish about one hour after the start.

**When-** May 20, arrival by 6:15pm, roll out at 7:00 pm after the pre-ride ceremony.

**Where-** Penfield Highway Department parking lot on Jackson Road, across from Veterans Memorial Park, just North of Atlantic Ave.

**What-** A flat 10 mile route, ridden in silence at about a 10 mph pace.

**Who-** Anyone that cares about the next victim being the last. All abilities and cyclists are welcome. Racers, tourists, commuters, families, spouses, neighbors will share the road.

Since this is a slow ride, dress for warmth. You will not sweat or push hard. You will follow the rider in front of you and keep pace with the one beside you.

We will offer arm bands, but please bring your own. [www.openyard.com](http://www.openyard.com) is one source for black arm bands.

The national association web site is [www.rideofsilence.org](http://www.rideofsilence.org). Event history, locations, donation ability and apparel are all available.

Please consider attending this ride. You will be glad you did. Thank you, Andy.

## *Kick-off Banquet - March 14, 2015*



**Ready to Roll!**

March 14th was the day for the annual Awards Banquet. The day started out, cold, gray and rainy. Wouldn't you know ten brave and hardy souls showed up to do ride # 194 riding 14 Miles in the cold.

At 5:00 we kicked off the meeting with each member bringing a dish to pass. Crock pots ruled the day with all kinds of great creations. The club provided desert consisting of brownies, cookies, Italian deserts and a beautifully decorated cake.

Sara & Billy had the ride packets available for ride leaders and bike store information packets were also available.



*Continued on the next page >>>*

# Kick-off Banquet - March 14, 2015

Awards, began at 7:00 hosted by Whitey Link & Mark Robbins.

High Mileage Calendar

Otto Muller-Girard  
Kathy Riegel



High Mileage Impromptu

Mark Robbins  
Cindy Fleischer (absent)



Best New Rider

Bill White (absent)  
Taryn Bross



3000 Mile Club

Steve Riegel



1000 Mile Club

Les Eisenberg (absent)  
Chris Delancy (absent)  
Dwight Kruep (absent)  
Therese Masiello (Left)  
Greg Turner (right)



Most S& E Rides

Ken Hansen (absent)

Continued on the next page >>>

# Kick-off Banquet - March 14, 2015

Most Sweep Rides

Paul Fuller



Most Centuries

Otto Muller-Girard



High Mileage Couple

Steve & Kathy Riegel



Challenge Ride:

Otto Muller-Girard	105 Miles	(left)
Dave Dana	105 Miles	(right)
Christine Bater	100 Miles	(absent)
Brian Managan	101 Miles	(absent)
Kevin McFarland	102 Miles	(absent)
Pauline Thorndike	105 Miles	(absent)



George Rennie Award

Bob Lechtner



Lifetime Achievement Award Mark Frank



*Continued on the next page >>>*

# Kick-off Banquet - March 14, 2015

## Humor Awards:

Big Gear

Sara Ture



How to Fix a Flat Tire

Andy Stewart



Tough Guy Award

Roger Weston



Stone Saddle Award

Steve & Kathy Riegel



Get Out of Jail Free Card

Joe Voelkel



GQ Award

Bob Lechtner



*text by Whitey Link - pictures courtesy of Tim Guenther*

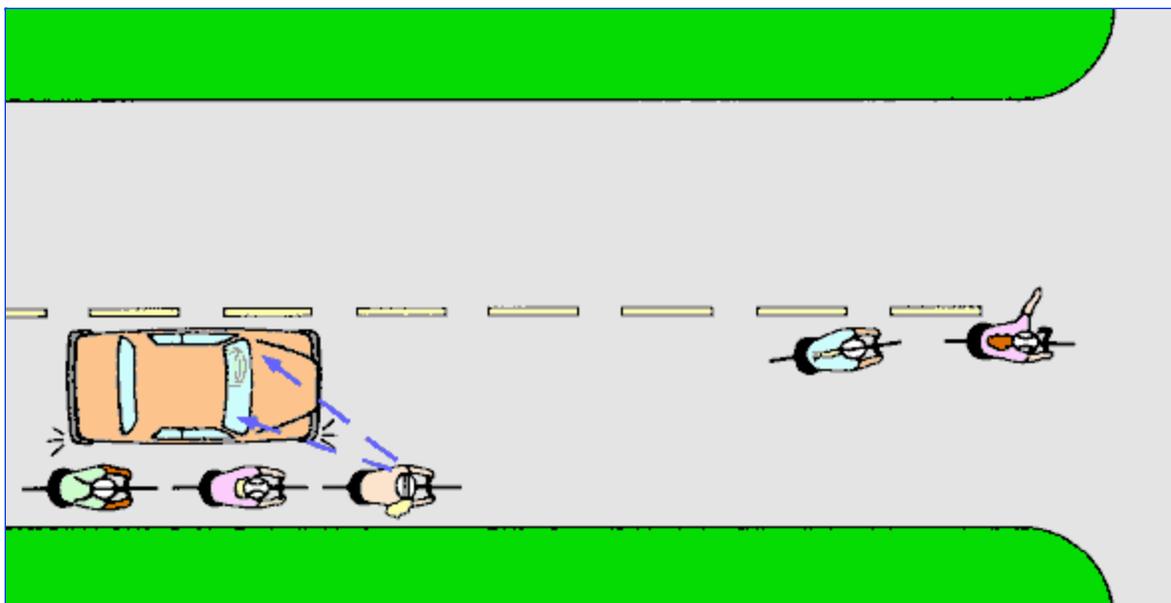
## INTERACTING WITH OTHER ROAD USERS

Some bicyclists fall for a "herd instinct" when riding in groups - as if the group protected them, or there's nobody else on the road besides the group. It's tempting to play "follow the leader" in a group of bicyclists - tempting but dangerous.

When preparing a lane change or turn, you must look out for yourself. It can be safe for the bicyclist ahead of you to change lane position, but not safe for you, since cars or other bicyclists could be approaching from the rear. You must look back for them just the same as when you ride alone. Look left, right, and left again for traffic at stop signs - don't follow the rider ahead of you into an intersection.

The only exception is in a tightly organized, small group that moves completely as a unit. The first and last riders are understood to be on the lookout for the entire group. Don't count on this service unless it's understood in advance.

When crossing lanes, a line of bicyclists should "snake" across, one at a time, each rider in turn. This way, you leave a safe passage for cars. A ragged line of bicyclists blocks the entire lane.



*"Snaking" across a lane, the cyclists can allow the passing car to make its right turn, while they turn left. Each cyclist looks back before crossing the lane.*

Make a neat, straight line when waiting at intersections. Groups of bicyclists who pile up at intersections block the road. This practice is unnecessary, discourteous and dangerous.

When you stop to rest, to read your map or to wait for companions, pull completely off the road. It's surprising how many bicyclists fail to observe this simple caution.

## *Blasts From the Past - Editor*

### **Are You a Bikaholic?**

Partially reprinted from the Dec/Jan 1994 RBC newsletter (vol 25, #8)

[This article comes to us from the newsletter of the Wheeling (IL) Wheelmen.]

Posted by Dick Sorensen

"You don't love me anymore!" "I always come second place to your ~3#\$\$% bicycles!" Sound familiar? You're definitely in trouble. You may be going overboard on the fresh air and exercise bit. You've gone too far! You've probably fallen victim to the insidious malady known as BIKAHOLISM!

What are the symptoms, you ask? Well, based on personal experience, I offer the following self-analysis:

You know you're an incurable bikaholic when...

- You find that a strange jargon is working its way into your everyday conversation. Words like "derailleur," "Campagnolo," "Biopace," "Kevlar," "Dia Compe," and "Shimano."
- You have an uncontrollable urge to bring your bike into the house—preferably in the living room or the bedroom.
- You find it amazingly easy to justify the purchase of a third bike—this one just for special rides.
- You plan, and actually look forward to, a two-week bicycling vacation trekking across mountainous terrain and setting a goal of 75—100 miles a day, rain or shine!
- You can actually remember which valve type is Presta and which is Schraeder, and are adamant about defending your favorite.
- Your spouse begins to automatically assume that you'll be on a club ride every weekend, or worse yet, your non-riding spouse begins to learn bike jargon.
- You meticulously care for your bike, while your \$10,000 car quietly rusts away.
- You view Christmas, birthdays, and anniversaries as times to exchange gifts of bicycling components and accessories.
- You hang around bike shops without really needing anything.
- You're so naive that you think a "wheel-watcher" is a bike racing fan.
- You accumulate bike catalogs—and find something new to order with each new issue.
- You easily rationalize replacing perfectly good components, just because something slightly better or trendier just came out.
- You never throw away the replaced parts—even worn out tires and tubes.
- Your eating habits have changed. Things like "gorp," "Gookinade," and "carbohydrates" creep into your diet.
- You plan the year ahead around the dates of TOSRV, GEAR, the LAW rally, the Hilly Hundred, the Makleville Death Ride, etc (the list grows longer every year).
- You don't plan any family events ahead until checking the "Mark Your Calendar" column.
- You begin to regard your job or school as a troublesome nuisance, interfering with your quality biking time.

## Blogs & Stuff

### **Brian Managan** [bcmbike.net/blog](http://bcmbike.net/blog)

Click below for an album of pictures that were taken on our latest Vacation Excursion...

[Click Here](#)

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### **Mark Robbins**

Here's a link to a recent front page article in the D&C...

<http://www.democratandchronicle.com/story/news/2014/11/23/law-protect-cyclists-unenforced/19466871/>

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### **Genesee Riverway Trail** [www.cityofrochester.gov/grt/](http://www.cityofrochester.gov/grt/)

The Genesee Riverway Trail (GRT) is an off-road trail for walking, running and bicycling along the Genesee River. It extends through the scenic, historic and cultural heart of Rochester, from the Erie Canal to downtown and Lake Ontario. It provides pedestrian access to the Genesee River, its scenic gorge, three waterfalls, eight pedestrian bridges, and eleven parks, including four historic parks designed by Frederick Law Olmsted.

Download the Free *Genesee Riverway and Trail Guide* (pdf) at:

<http://www.cityofrochester.gov/WorkArea/linkit.aspx?LinkIdentifier=id&ItemID=8589961203&libID=8589961190>

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### **Buffalo Bicycling Club Inc.** <http://www.buffalobicycling.com>

The Buffalo Bicycling Club is dedicated to the promotion and development of road racing in Western New York. The BBC hosts weekly bicycle training events throughout New York's Buffalo - Niagara region from March through September. Our calendar includes road courses, time trials, criterium's, and challenging training rides. Enthusiastic men, women and juniors (who can now join for free) are encouraged to join and take part in our events. Check out our training events calendar and the rest of our site to find more about cycling in and around the Buffalo-Niagara region.

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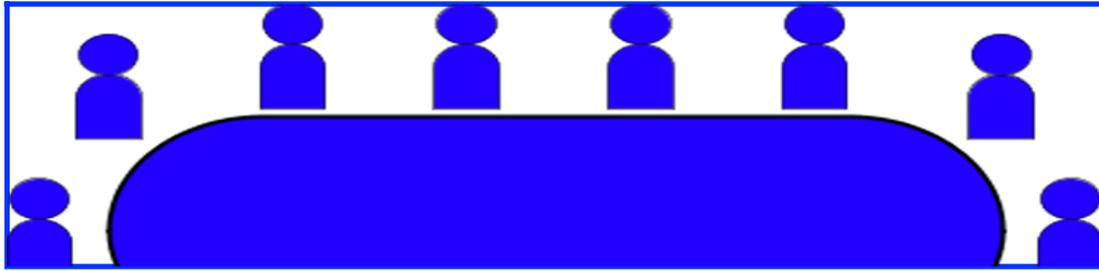
### **NYS Office of Parks, Recreation & Historic Preservation**

[www.NYSparks.com](http://www.NYSparks.com)

This is a rich site full of very interesting information about the NYS park system and the things it has to offer, both for bicycling and other recreational use.

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

# Board Meeting Minutes - Bill Crowe



## RBC Board Meeting Minutes: February 10, 2015

**Present:** Mark Robbins, Whitey Link, Richard DeSarra, Brad Jensen, Dave Natrop, Kathy Riegel, Andy Stewart, Bill Crowe, Chris Basak

The meeting was called to order at 7:00 PM by President Mark Robbins.

Approval of minutes for the January 13, 2015 Board Mtg: The meeting minutes were approved with no changes.

Timeline Review: The timeline for February and March was reviewed. Kathy volunteered to write a newsletter article about the slide show presentations last month.

### Committee Reports:

Mark thanked all committee chairs who submitted committee reports via email before the meeting. Those reports and others will be included here.

**Sweep Rides:** Quite a few of the scheduled rides still need leaders. Chris plans to make one more request to potential leaders to fill those needs.

**Rides:** The Ride Leader meeting will be held on March 31 at a site yet to be named.

### MAIN CALENDAR:

- 25 Rides still need volunteers:
- 23 are weekend rides and 2 are Wednesday
- 7 are "out of town" rides that will be removed if no leader SWEEP RIDES:
- 14 Rides still need volunteers; rides will be removed from calendar if no leader S&E RIDES:
- All rides are filled, schedule sent to Dana for Brochures.

We will send out our final Leader Request this coming weekend (2/14-15) and will shut down the calendar sign ups on 2/20 and will go by these dates:

Deadline for Volunteer Sign Up: 2/20

Schedule to Proofers: 2/21

Schedule Return from Proofers: 2/25

Schedule Clean-Up Completed: 2/28

SWEEP Schedule Release for Brochures to Dana: 2/28

Final Proof Brochures S&E / SWEEP completed \_ Released to Print: 3/3

Schedule Release to Onno for APP: 3/3

Schedule Release to Brad: 3/3

Awards Banquet: 3/14 (S&E/SWEEP Brochures and Ride Leader Packet Handouts)

*Continued on the next page >>>*

# Board Meeting Minutes - Bill Crowe

## Education:

### Ride of Silence

- Poster has been updated by Brian Managan. Will print off the same 50 copies as last year. Cost should be close to 2014's of \$101.
- Town of Penfield has given verbal approval of event and date, May 20. An event permit was provided and is now completed and will be submitted soon.
- Will need a "Certificate of Insurance" to accompany the permit, listing the Town of Penfield as additional certificate holder. A copy of the 2014's cert. has been passed along to Dave Natrop for reference in his acquiring the 2015's cert.
- Motorcycle escort services initial contact has been made with no reply as yet. Expect last year's cost of \$450 to be about the same for 2015. Will follow up to confirm.
- Andy will soon start the articles for the club newsletter, website, press release, ride email list notices.
- Possible banner or flag for the starting location will be looked into.
- Some upgrading of the night of the event rider sign up (club form) and other portions of program are being considered.
- As more details are confirmed Andy will update the board as needed.

### Clinics

- The first clinic, "How to Prepare Your Bike for the Season" will be held at the church on 3/17. The outline has yet to be determined, but will soon be done.

### "Advocacy/Safety/Education" Forum

- 1st meeting was held with 7 attending. We hashed out the primary goals. Discussion on how to achieve this was broad but no decisions were made. Which on line/social media tools were best for this was talked about. Todd Calvin agreed to give a review to Facebook's offers and functions, with reference to our goals, at our next meeting. Whether this "group/forum" should be limited to only the RBC or offered to the greater public/other clubs and how to entice enough people to participate to insure success was also covered. We agreed to meet again soon. Mark R. will handle scheduling.

## Membership:

New Members in January 2015: 2 family, 1 individual

Renewed Members in January 2015: 34 family, 61 individuals

Currently "Active" Members through January 31(includes 2,014 members not yet renewed for 2015 and Life Members: 666

Membership income to date for 2015 membership year: as of February 10, 2015 = \$2,550

**Advocacy:** Richard reported that the New York Bicycle Coalition is conducting two workshops at the U of R on commuter cycling. They will be in April 14 and 15 and are available to students, staff and faculty. Richard hopes these will be an ongoing thing.

Richard also reported that Scott Page will be presenting cycling-related workshops at the Rundel Library during Bike Week in May.

**Treasurer:** Dave reported a checking account balance of \$6,945.29. A recent major expense was the yearly insurance premium of \$1,986.93. On the income side, \$1,525 has been received in February for membership dues.

*Continued on the next page >>>*

# ***Board Meeting Minutes - Bill Crowe***

## **Old Business:**

**Cycling Safety/Laws/Advocacy Forum Update:** The group met once and is trying to decide on a platform to use. Richard suggested they look at Basecamp which is used by the New York Bicycling Coalition.

**Winter Media Presentation:** Approximately 55 people attended the three presentations.

**Awards Dinner:** Medals, trophies and certificates are complete. Whitey asked for help in naming the new award tentatively named GQ. That name was favored by the Board with the idea that the name be changed to Vogue in the event that a female member should win. He also asked for some art work help as expressed in his report but got no volunteers.

**Publicity Position:** This position is still open. An article has been placed in the next newsletter and on the web site asking for volunteers for the ADK Expo event on June 13th. A volunteer is also needed for the Ride of Silence publicity. One board member is considering doing this.

**CD Update:** Brad is gathering the material from the content providers.

**Criterion:** City Council has approved funds for this event. Scott Page is working to acquire a major sponsor. The event date is August 15. Under consideration is an idea that all local cycling organizations will have a tent in the same area along the course.

## **New Business:**

**Challenge Ride Committee:** This event will be held on July 25th at Dryer Park, a new venue. Bob Lechner will be on this committee. Whitey suggested the Club attorney be asked if there are any issues with inviting other cycling clubs to participate in this event. Mark asked for volunteers to help with this event. Mark, Whitey and Bill C. volunteered. A newsletter article has been written requesting help from the Club membership as well.

**Ageless Wonder Ride:** A new ride has been placed on the schedule for August 8th this year to celebrate cycling's ability to slow the aging process. See <http://well.blogs.nytimes.com/2015/01/07/how-exercise-keeps-us-young/>

Mark asked for approval to spend up to \$40 for a pre-ride non-alcoholic toast to this wonderful effect. The Board approved the request.

**Membership Mingles:** Much discussion took place regarding the level of expense, the number of events and the timing of the events. As Cindy was not present, this topic was tabled until the March meeting. As a result, the first event which had been scheduled for March will not occur at that time.

**Streamlining Committee Report Process:** Committee Reports will now be submitted via email to the Board by Sunday evening before that week's meeting. Included content should be activities done during the month, those planned for the next month and any topics needed to go before the Board. The hope is this results in more efficient and less lengthy Board meetings.

**November Club Ride Road Rage Incident Follow-up:** The driver in this incident is now in jail as a result of an unrelated parole violation. Two of the cyclists were unable to identify him in a line-up. Probably no court action will occur related to the road rage incident. However, Club member Chris Kvam, an Assistant District Attorney, did have a conversation with the driver's parole officer to make him aware of what happened.

**Next Meeting:** The next board meeting will be held at 7 PM on March 10, 2015.

The meeting was adjourned at 8:40 PM.

Minutes submitted by Bill Crowe, Secretary

# "Ride It" Announcement



## Ride It: Art and Bicycles in Rochester

**April 3 - May 15, 2015**

**Opening Reception:** Fri. April 3, 6-10pm

Free if you arrive on 2 wheels / Bike Valet

**Performance by One Dance Co.:** April 3, 8pm

**Artist Talk:** Sat. April 4, 1pm

**Slow Art Day:** Sat. April 11, 1pm

*Hurry Up & Wait:* Explore the art of slowing down with The Landmark Society's YUPs

**First Friday:** May 1, 6-10pm

**Bicycle Tour of Public Art:** Sun. May 3

Departs from RoCo at 1pm

**Rochester Bicycle Film Festival:**

Tues. May 12, 7pm *Breaking Away* at Cinema

Wed. May 13, 7pm *Triplets of Belleville* at The Little



*Ride It* is a diverse exploration of bike art, culture, and history, featuring projects by: **Cordell Cordaro, Jon Schull, Trevor Raab, Genesee Center for the Arts & Education, Rochester Bicycle Film Festival, Rochester Public Library, and University of Rochester Special Collections.**

2015 Artwork Entries Due: April 19

Underwritten by:



Scott MacRae MD



Genesee Co-op  
Federal Credit Union

Lynn Vacanti & John Gilroy



V.S. SC

Sponsored by:

Rome Cell

Carolyn & Tom Argust

Reconnect Rochester

Friends & Foundation of the  
Rochester Public Library

Bike Partner:



Wine Sponsor:  
Anthony Raad  
Wine Company

Media Partner:



Exhibitions at RoCo are funded in part by:  
The New York State Council on the Arts  
The Rochester Area Community Foundation  
The Government Arts Fund  
The Mary S. Mulligan Charitable Trust  
The Foster Charitable Trust  
The John & Barbara Lovenheim Charitable Trust  
The Samoff Family Fund  
The Louis S. and Molly B. Wolk Foundation  
The Costanza Family Foundation

# Member Want Ads

The new RBC website now also hosts a "classified section." You may post or purchase items there. Go to [RochesterBicyclingClub.org](http://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](mailto: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)	Hutchison 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 computer

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. This bike can be seen and ridden at *Mendon Cyclesmith*.

Contact for questions is David Snyder, 943-4050. [doorknob@rochester.rr.com](mailto:doorknob@rochester.rr.com)

Asking \$1,100 / OBO

## Member Want Ads

### For Sale

#### **Cannondale R1000 -Very Low mileage**

- > Carbon Fiber Fork
- > CADD8 Frame
- > Carbon Fiber Tru-Vativ Crank (triple)
- > Ksyrium Elite Wheels
- > 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](mailto:rbcnewz@yahoo.com)



### For Sale

#### **Lemond Zurich bike**

- Steel frame
- Carbon fork
- Size 55 cm, suitable for someone 5'9"-6'1"
- Triple chain rings
- Nine cog rear cluster
- Mostly Ultegra components
- Bontrager Race Lite wheels
- Continental Gran Prix 4000 tires
- Computer (needs battery)
- Two bottle cages,
- Frame pump
- No pedals.

Asking \$550

Please contact Gary Mitchell

585-621-1906



### For Sale

Adams Trail-a-Bike in excellent condition.

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

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



## Your Ad Here!

**The Flower City Cyclist accepts free ads from its members.**

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

**Contact: [rbcnewz@yahoo.com](mailto:rbcnewz@yahoo.com)**

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Exclusive  
2015 discount for RBC Members:

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Celebrate Spring!

We're open for the season on

APRIL 1st!

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# 2015 Board of Directors

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

## **Officers: (Voting)**

### **President**

Mark Robbins  
924-5982  
[markerino@rochester.rr.com](mailto:markerino@rochester.rr.com)

### **Vice President**

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### **Secretary**

Bill Crowe  
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### **Treasurer**

Dave Natrop  
889-1368  
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## **Directors: (Voting)**

### **Education**

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### **Newsletter Editor**

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227-7218  
[rbcnewz@yahoo.com](mailto:rbcnewz@yahoo.com)

### **Publicity**

**Open**

### **Rides**

Bill & Sara Ture  
227-1149  
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## **Directors: (Voting, cont'd)**

### **Immediate Past President**

Whitey Link  
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### **Members-at-Large: (Voting)**

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Beth Johnson  
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Kathy Riegel  
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[kriegel2@gmail.com](mailto:kriegel2@gmail.com)

Scott Wagner  
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[srwagner@frontiernet.net](mailto:srwagner@frontiernet.net)

## **Coordinators: (non-voting)**

### **Awards**

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### **CD Publisher**

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### **Impromptu Rides**

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737-2887  
[justpef@gmail.com](mailto:justpef@gmail.com)

### **Road & Trail Advocacy**

Richard DeSarra  
461-5363  
[rdscomm@rochester.rr.com](mailto:rdscomm@rochester.rr.com)

## **Coordinators: (cont'd)**

### **Slow & Easy**

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330-2371  
[michael.stanton@xerox.com](mailto:michael.stanton@xerox.com)

### **Social Rides**

Mike Barber  
507-7829  
[bikerochester@rochester.rr.com](mailto:bikerochester@rochester.rr.com)

### **Sweep Rides**

Chris Basak  
586-484-1822  
[basakc@aol.com](mailto:basakc@aol.com)

### **Web Site**

Brad Jensen  
872-4468  
[bkjensen99@yahoo.com](mailto:bkjensen99@yahoo.com)

### **Bike Cases**

Beth Johnson  
[dr.j.4992@gmail.com](mailto:dr.j.4992@gmail.com)

### **Winter Meeting**

Brian Managan  
654-9624  
[thelongroad@rochester.rr.com](mailto:thelongroad@rochester.rr.com)

## **Board Appointed Positions: (non-voting)**

### **Librarian**

Todd Calvin  
314-7432  
[tcalvin001@hotmail.com](mailto:tcalvin001@hotmail.com)

### **LAB Touring**

Ride information  
Club Representative  
Todd Calvin  
314-7432  
[tcalvin001@hotmail.com](mailto:tcalvin001@hotmail.com)

### **Legal**

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(585) 325-5110  
[mark@bezinque.com](mailto:mark@bezinque.com)